Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): This class of drug is the most commonly used medication in the world. OTC NSAIDs include ibuprofen (Advil™ and Motrin™), naproxen (Aleve™), and aspirin. NSAIDs are used primarily to treat inflammation, pain, and fever, by blocking prostaglandin production. However, prostaglandins are needed to create mucosal protection for the lining of the stomach, and, if blocked, serious damage can occur. NSAIDs also inhibit platelets that help with blood coagulation and homeostasis, and can interfere with kidney function. There is no risk-free NSAID dose (includes low-dose aspirin).

Acetaminophen (APAP): Tylenol™, Datsil™, and others do not have anti-inflammatory effects like NSAIDs but are commonly taken for chronic pain. Used in over 600 medications.11

- Annually, acetaminophen (APAP) toxicity kills nearly 500 people and causes 56,000 ER visits, 2,600 hospitalizations, and 100,000+ calls to Poison Control Centers.12
- Overdose of acetaminophen is the leading cause of Acute Liver Failure (ALF). ALF may feel like flu symptoms over several days.11 Coma and death can rapidly occur in one-third of ALF cases.13
- ALF can occur using the maximum 4 grams (gm) per day dose for five or more consecutive days.12 10% of ALF victims used 2-4 daily gm.12
- APAP causes half of all ALFs. Of these cases, 38% had combined two or more APAP-containing preparations.13
- Alcohol used with more than 2 gm of APAP can cause ALF.13

Bigger Doses Don’t Mean Better Relief
The analgesic ceiling effect of a drug refers to the dose beyond which there is no additional pain relief. Taking higher than the recommended dose does not yield additional pain relief, but may increase side effects. The ceiling per dose for the following meds are ibuprofen, 400 mg; Acetaminophen, 1000 mg; Naproxen, 500 mg; Pure Opioids, no ceiling; Combination Opioids with APAP (less than 4 gm/24 hours to avoid ALF).14,15

Opioids: These powerful prescription narcotics are extremely addictive and may cause permanent physical changes in the brain. Commonly prescribed opioids are oxycodone (OxyContin®), hydrocodone (well-known brands Vicodin® and Lortab® contain acetaminophen), and methadone.

- The #1 selling U.S. drug is hydrocodone. With 135 million prescriptions, the U.S. uses 99% of the world’s hydrocodone.16
- Hydrocodone caused 62% of accidental APAP-induced ALFs.12,17
- Prescription opioid-related deaths exceed the total deaths involving heroin and cocaine.17
- There were 22,400 accidental overdose deaths with opiate prescriptions vs. 17,000 homicides in 2005 in the U.S.17
- More people in the 45-54 age group die of unintentional opioid drug overdose than from motor vehicle accidents.17

References listed on page 21.
Case Study: Severe Herniated Disc

Two years ago, Terence M. ruptured a disc while lifting a box from the trunk of his car. As a result, he lost the use of his right leg and suffered relentless, excruciating pain. Desperate for relief, he went to see Harvey Kleinberg, DO, an Osteopathic Physician and Physical Medicine and Rehabilitation Specialist for over 35 years. Dr. Kleinberg used Non-Surgical Spinal Decompression Therapy to alleviate Terence's pain and restore his lost function.

"When patients have injuries, you want to make them feel better as quickly as possible, and that is what Spinal Decompression Therapy is capable of doing for many patients," Dr. Kleinberg said.

Dr. Kleinberg prescribed a treatment plan of three 30-minute sessions a week, which eventually tapered off as the pain began to subside. Patients usually undergo about 20 to 25 treatments, and easy maintenance can keep people from ever having a repeat injury again.

"My pain was excruciatingly horrible," Terence said. "I thought I'd never be able to be up and about again. My pain was gone in two weeks. I was feeling so good, I couldn't wait to go back to work."

"I Was a Pain Doctor In Pain!"

Dr. Kleinberg knows first-hand how unbearable back pain can be—he suffered from herniated discs three years ago. "I had undergone three laminectomies, but continued to suffer from severe sciatica one year after the third surgery. Due to the severity of my problem, it took 29 treatments for a total elimination of pain. It's been three years now, and I'm still pain-free!" Because Spinal Decompression Therapy alleviated his back pain, he is determined to inform people about this non-surgical treatment for herniated or degenerative discs.

"No one should have to suffer from pain for the rest of their lives if there is a treatment outside of surgery that can offer them relief with no risk involved," Dr. Kleinberg said.