

[IMAGE]

## The Early Bird Gets the Worm

As we get older, we become more susceptible to health problems that can dramatically affect our lifestyle and enjoyment of daily activities. When these conditions lead to disability or limitations in function, our ability to work may also suffer.

In 1992 and again in 1994, more than 8,000 people (aged 51-61) were interviewed as part of the Health and Retirement Survey. The results of the survey were used to provide estimated of the impact of musculoskeletal conditions in the United States (estimated percentage of people aged 51-61 reporting at least one musculoskeletal condition):

- 1992: 62.4%
- 1994: 70.5%

In addition to this startling data, the researchers also estimated that almost 90% of people aged 51-61 (and 40% of the general population) experience disability related to these conditions.

The moral to this very real story? Stop the problems before they start. And what's a great way to help prevent musculoskeletal disorders? Regular adjustments from your doctor of chiropractic.

### *Reference:*

Yelin E, Trupin L, Sebesta D. Transitions in employment, morbidity, and disability among persons ages 51-61 with musculoskeletal and non-musculoskeletal conditions in the U.S., 1992-1994. *Arthritis & Rheumatism*, 1999: Vol. 42, No. 4, pp769-779

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