Health Care or Sick Care…You Choose  
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Regardless of the outcome, health care reform will raise serious concern as to whether we will be left with health care or sick care. To explain this, consider that the difference lies in how we define these two concepts.

Currently, the focus of our health care model primarily involves a symptom-(or effect)-oriented approach, and subsequent reimbursement for related drug and surgical interventions. This shouldn’t surprise anyone considering the enormous influence the pharmaceutical and medical supply industry wields over health insurance coverage and the practice of medicine. This influence, however, is cause for debate as to whether it has served to promote our nation’s health, as statistics gathered by the Food and Drug Administration (FDA) continue to reflect a growing number of prescribed drug adverse events. Furthermore, chronic illness is pervasive in this country in spite of advanced medical technology.

As such, I believe that we are long overdue a shift in our understanding of what actually constitutes health care. I would add that our current health care model is actually based on providing sick (or symptom/disease-based) care, disguised cleverly as “health care”. On the contrary, a true health care model would champion education for lifestyle changes and an unwavering commitment to wellness principles that facilitate and preserve health naturally. These principles espouse “eating, moving, and thinking well” for life (concepts I teach in my office) as the foundation of being well.

The basic tenets of Chiropractic philosophy have embraced these now-popular wellness principles for over a century, recognizing prevention to be the greatest “cure” of them all. The strength and success of Chiropractic lies in its recognition that our health is most critically a reflection of the integrity of the spine and nervous system, and the lifestyle choices we make.

For your health, consider this perspective and embrace a new paradigm by which to get well and stay well. Ultimately, choose the model of care that will serve you best by staying informed!

At Health First Chiropractic, Dr. Domenic Febbraro serves Hampton Township and surrounding communities with 13 years of clinical experience in the field of adult and pediatric corrective spinal care. A graduate of Central Catholic High School in 1988, he received his doctorate from Life University, School of Chiropractic in 1996. He is a member of the Chiropractic Fellowship of PA. His purpose is to educate and adjust as many families as possible toward optimal health through natural Chiropractic care!

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