

New Procedure at Waterbury Chiropractic Office Designed to Avoid Back Surgery *By Evelyn Marshak*

[Note: This article is repeated from the July 2006 issue. The phone number was incorrectly listed last month and we apologize for any problems this caused.]

It is impossible for me to see the scars on my spinal column from the two back surgeries that I had years ago. Actually it doesn't matter to me at this point of my life because the Miss America contest is out of my reach. Then I got to thinking what if I could have avoided one or both surgeries?

Back then in 1982 and 1990, there was no alternative to the surgery. However, now an alternative is quite possible, according to Dr. James Albino. His newly acquired DRX9000, offers patients with back problems a non-surgical way to end their pain and lack of mobility due to bulging or herniated discs, facet syndrome and sciatic pain.

The minute he mentioned that this new device had an 86 percent success rate and was FDA approved, I was both delighted and saddened. To think I had undergone two operations that, while very successful, had meant a long recovery period and weeks away from my teaching responsibilities.

NASA was the first to investigate space travel's effects on spinal decompression in interver-

tebral discs. NASA found that during the weightless portion of a space mission, astronauts were relieved of low back pain. NASA also discovered that the space between discs also increased during a mission. Using this information, advanced technology is able to reproduce the same effects on earth.

Dr. Albino said that decompressing the lumbar discs relieves pressure on the spinal nerves caused by disc herniation, degenerative disc disease, sciatica or posterior facet syndrome.

He added, "The DRX9000 equipment relieves pain by enlarging disc space, reducing herniation, strengthening outer ligaments to help move herniated areas back into place through the application of negative pressure. The DXR9000 allows for specific targeting of discs."

Patients typically undergo a series of 20 treatment sessions. Each session lasts between 30 to 45 minutes depending on the diagnosis. Before the treatment, heat is applied. Following a treatment, cold packs and interferential therapy are used.

The NIH, the National Institutes of Health notes that low back pain is one of the most significant health problems facing Americans today and 85 percent of all Americans will face back pain sometime in their life.

For more information about this new treatment, call Dr. Albino or Dr. Francis Day at Spine Centers of Connecticut in Waterbury at 573-9868.

Waterbury Emblem Club 552 News

By Linda Galvin

The Waterbury Emblem Club 552 will be hosting a Comedy Night on Friday, September 22 at the Waterbury Elks Club, West Main Street, Waterbury. A donation of \$25 includes dinner and entertainment from two New York comedians.

On October 15, the club will be hosting a Ziti Dinner, also at the Waterbury Elks Club, with a \$10 per person donation.

A bus trip to New York City is planned on November 4. The trip is a "do your own thing" excursion to the city at a cost of \$30 per person.

The Waterbury Emblem Club is always open to new members. For further information, please contact Maggie at (860) 283-6018 or me, Linda, at 758-5158.

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