

Avoid second party interference

Question: My Chiropractor told me I had subluxations of the spine and required a series of adjustments. I told a close friend and he said not to get treatment because he got hurt by a Chiropractor. I am confused as to which direction I should proceed. What do you suggest?

Answer: Your friend's advice is known as second party interference in medical circles. An unknowledgeable resource that is unfamiliar with a situation that gives advice blindly based on their personal experience. Comparing symptoms, medications or personalized treatment to another person's condition is grossly dysfunctional and can result in disaster. Most physicians will agree that second party interference disrupts and delays appropriate treatment more than any other issue. There is a huge difference between human emotional support, additional professional advice and utilizing existing literature to make responsible decisions versus someone's isolated experience. We all have people that we utilize as a resource for advice and direction but with the unlimited information available on the world wide web it is prudent to discover answers on your own. I advise my patients to discuss their treatment advice with their family and friends and to bring them to my office so I can explain exactly what our goals and intentions are. Having a support team behind you who understand your mission only empowers you to feel confident in your doctor and his treatment. The more faith you have in your doctor and his treatment the quicker and more successful your treatment will be.

Don't be distracted by random comments of previously scorned or upset strangers friends or family. Get information for yourself by asking questions and researching the facts. Even call other professionals in that field if necessary. Most importantly, there is never a question that is a bad question when it comes to discussing your own personalized health care. I encourage you to ask your chiropractor directly about any concerns you have until you feel totally satisfied. Make your decision based on your own. It is your body and your health.

Quote of the week: *"Don't compromise yourself. You are all you've got."* –

Betty Ford