The Unnecessary Death Of An American Hero.

"That's one small step for man, one giant leap for mankind."

July 20, 1969 was an incredible day in American history. That's the day, Neil Armstrong became the first person to set foot on the moon. I can still remember where I was that night. I was sitting with Chris Mellaby and her parents watching history being made on their tiny black-and-white TV.

I later recall watching an interview with Neil Armstrong, where he said he and the other astronauts on that mission didn't believe they would make it back to earth alive. When a reporter asked him, "If you felt you wouldn't make it back to Earth from the Moon, then why did they take on the mission?" Neil Armstrong's answer was, "Because my country asked me to do it." Wow! I don't know what that is but whatever that is, we could sure use more of it today. Maybe I'm just getting older, but those were days when you knew who the good guys were and you wanted to grow up to be just like them.

So what actually killed Neil Armstrong? Was his death unavoidable?

Neil Armstrong's death occurred 2 1/2 weeks after undergoing heart bypass surgery. His death was attributed to, "complications resulting from cardiovascular procedures." What does that actually mean? According to Dr. Julianne Whitaker, "Neil Armstrong died from a surgery that, in the vast majority of cases, is medically unnecessary, far more likely to do harm than good and should never have even been considered for a man of his age. In my opinion, it's medical malpractice at its worst." Could that really be true?

Is surgery more effective at preventing a heart attack and death than more conservative care? What do the facts tell us?

Studies dating back to the 1970s showed that, "in all but a small percentage of patients, surgical intervention is no more effective at
preventing heart attacks and cardiovascular deaths than more conservative treatments." The big daddy of all the studies is the Coronary Artery Surgical Study (CASS), which involved 780 patients with severely blocked arteries. They were divided into two groups: one that had bypass surgery, and the other that received conservative medical therapy. After five years, there were no differences in death rates between the two groups. In fact, the annual death rate in the nonsurgical group was just 1.6%. This was lower than the risk of death from the surgery itself. If heart surgery is no more beneficial than noninvasive conservative treatment, why has it become so common? What do you think?

How many people can resist the pressure of an "expert" in a white coat telling you, "You are all walking time bomb, you could have a heart attack just walking to the parking lot."

This happened to one of my best friends from high school just last year. He went to the emergency room because he thought he may have broken his leg.

After having a number of doctors convince him that his leg injury was not his main problem, that his real problem was his heart and he needed bypass surgery immediately. He was panicked. Even with my suggestion that at the very least he should get a second opinion, their scare tactics worked. He was told he could die while in the process of getting that second opinion. My friend had the "emergency" surgery. And how is he now? Sadly, much worse than before the surgery. He now has shortness of breath, fatigue and frequent chest pain—all symptoms he never had before, and, according to his doctors, have nothing to do with the surgery. What? How absurd!

As Dr. Whitaker concluded, "there is no doubt in my mind that the excessive, inappropriate use of bypass—with all its attendant risks—is increasing the death rate rather than decreasing it, and this is particularly true in older age groups. On so many levels, Neil Armstrong's untimely death is a national tragedy."

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**Quotes:**

*Health is not valued till sickness comes.*

Thomas Fuller
Scared Straight

Julia Anne was not very different from the rest of us. She had a great paying job, a caring husband and three wonderful young children. As she lifted groceries out of the trunk of her car she felt something “go” in her back. It was pretty severe at first and very debilitating. She had trouble bending over and walked for a while like her 2 year old with a poop in her pants. It was hard for her to turn over in bed and getting out of it in the morning was really tough. She lost a few days at work initially and the pain gradually lessened but she continued to have some limitations in her movement and still had a nagging pain into her buttocks and down the back of her leg. She saw her medical doctor who prescribed some pain killers and anti-inflammatories. She tried these for a while and they helped a bit. But, she continued to have pain. After a while she finally decided to take her doctor’s recommendation and have steroid injections into her lower back. It killed her.

If you’ve been keeping up on the news recently you probably saw that 29 people have died from spinal meningitis and 404 have gotten sick. All from the steroid injections they received in their back and other joints that were tainted by a fungus.

The type of steroids used for these injections are called Corticosteroids. These drugs are typically prescribed to help control inflammation in the body and commonly used for temporary relief of pain. “Temporary” is the key word here. There is no real long term benefit to steroid injections. Sometimes they work and sometimes they don’t. If they do work they are usually limited to three injections in a year’s period. If used too often these steroids can begin to destroy the tissue they’ve been injected into.

Corticosteroids are not the same as the Anabolic steroids that receive so much media attention for their use by some athletes and bodybuilders. These are synthetic hormones that boost the body’s ability to produce muscle and prevent muscle breakdown. I’m sure you know the bad effects these can cause.

My intention here is to scare the heck out of you and to have you think more carefully about the medical decisions you make. The ‘quick fix” may be a quicker fix than you think. This incident was a rarity but any time you start sticking things into your body, there’s a risk something bad might happen.

And some people are afraid of chiropractic. Go figure.
**Quotes:**
Older people shouldn't eat health food, they need all the preservatives they can get. - Robert Orben

Back Care Professionals

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