

Last week I discussed in part, how we often make irrational decisions when it comes to evaluating risk. It would be difficult going through life constantly being worried about the risk involved with our daily activities. As a result, we tend to downplay the risk of common activities.

The inherent risks associated with driving are some of the most common risks that we tend to ignore. People choose to drive rather than fly, because they believe that the risk of flying is greater than the risk of driving when the opposite is true. People drive to the store to buy medicine for conditions like colds and flu when the risk from driving is much greater than the risk of dying from the illness.

Fear of chiropractic care is another example of irrational risk assessment. Some people are afraid to go to the chiropractor, because they believe that the process of adjusting and aligning the spine is dangerous, yet they don't think twice about taking pain medications. Even over-the-counter pain medications kill thousands of people each year. Chiropractic is not only much safer, in addition it actually works to correct the underlying problem rather than merely suppressing the symptoms.

A few years ago, I was in a meeting with a number of medical doctors regarding some legislative issues. The chiropractic profession was attempting to pass an updated scope of practice law that would modernize the current law that defines chiropractic in the state of Georgia. I was in this meeting to help address any concerns that the medical profession had regarding the proposed changes to the chiropractic scope. I remember one of the medical doctors asking if we would be interested in helping them with their malpractice legislation. He followed his question with the statement that we all had problems with malpractice and their bill would help all of us. One of my colleagues informed the representatives of the medical profession that we did not have a problem with malpractice and they were very surprised to learn that the premium chiropractors pay for malpractice insurance is less than one tenth the amount that most medical doctors pay.

The simple reason that chiropractors pay much less for malpractice insurance is that chiropractic care is very safe compared to many common medical treatments. Still, many patients will choose much more risky medical procedures based on a false belief that chiropractic care is dangerous. In fact, you are much more likely to be seriously injured from a lightning strike than from a visit to your local chiropractor.

Every day we engage in activities that carry inherent risks. When you make decisions based on your interpretation of those risks, I encourage you to make those decisions with accurate information.

My articles can be found on our website: lifetouchclinics.com