

## Chiropractic Caregivers

When it comes to physical support, these women make sure your body is working in perfect harmony

### Eileen Isom, D.C.

*Madison Chiropractic - Monona, Madison*

**How has chiropractic care changed during your years in practice?**

When I began 33 years ago, there were about 20 chiropractors in Dane County — myself being the only woman — and at that time, 10 percent of the population utilized chiropractic care. Since the Wisconsin insurance equality law passed in 1987 allowing more people access to chiropractic services, we've seen an increase in the industry. Now, there are about 135 chiropractors in Dane County, 16 percent of which are women, and more than 50 percent of our population uses chiropractic services.

### Kaili A. Richey, D.C.

*Arc of Life Chiropractic, Madison*

**What is the difference between a chiropractor and a family doctor?**

The difference between the two can be looked at as the difference between a firefighter and a builder. Your medical doctor is the firefighter, and if your house (your body) is on fire (having symptoms), he or she puts that fire out. Your chiropractor is the builder, focused on building and fireproofing that house — preferably before a fire takes place — and making sure that there is the smallest chance possible that a fire would take place within your house. Thus, most chiropractors focus on preventive care for restoring and building their patients' health.

### Julie Feit, D.C.

*Cross Plains Family Chiropractic, Cross Plains*

**What is the most rewarding part of your job?**

Chiropractors treat people of all ages, but I would say that treating children is the most rewarding part of my job; they heal so quickly and we get astonishing results. Recently, I saw a 16-month-old baby for reoccurring ear infections. This child had four ear infections in her short life and likewise, had been put on antibiotics all four times. Her mother was referred to our office, where we discovered the nerves going to this baby's ears were being irritated by the top bone in her spine. I am happy to report this child has not had another ear infection since!

### Sandra Bell, D.C., C.C.E.P.

*ChiropracticUSA, Madison*

**There are many myths about chiropractic care, including that it isn't a real science. How do you respond?**

We hear comments like these every day and it couldn't be farther from the truth. Education is key to understanding the spine and nervous system and why it needs to be maintained. The stresses we endure both physically and mentally take a toll on the body, and while pain or symptoms may subside as our body adapts to those stresses, the problem never goes away on its own. Thus, every patient who enters our door goes through a thorough education process to make sure he or she understands why we make the recommendations for care that we do.

### Heather Olson Patterson, D.C.

*Renewed Life Chiropractic, Madison*

**What are the three most common problems women have today and how can they be prevented?**

- 1. Weak core muscles.** Women are more prone to lower back problems when they lack core strength. Strengthen your core with an exercise ball and instructional tape or take yoga or Pilates classes.
- 2. Women who have just delivered a baby** have a lot of pelvic subluxations — when bones in your spine move out of position and create pressure on or irritate spinal nerves — and require a bit of care to get back on track.
- 3. Migraines.** Regular chiropractic care can remove the subluxations that cause intense headaches to relieve pain and restore a healthy life.

### Sara M. Knobloch, D.C.

*Luedtke-Storm-Mackey Chiropractic Clinic, S.C., Sun Prairie*

**What are three tips for those looking to stay out of your office?**

Stay active! Cardiovascular exercise keeps the joints and the muscles healthy and is a great way to increase your endorphins, the natural chemical hormones that help with pain control. Next, maintain some sort of stretching routine. Flexibility affects how the muscles and joints move together in your body. Thirdly, seek chiropractic care early. It may sound silly, but in the long run, it's worth it. If you're experiencing pain, it's your body's way of telling you something isn't right, and it's more challenging to treat a problem that has become a chronic issue than it is to address one near the onset.

### Amy Anderson, D.I.C.C.P.

*Bakke Chiropractic Clinic, DeForest*

**Why should pregnant women consider seeing a chiropractor?**

Pregnancy creates many changes in a woman's body, including changes to posture, muscle tone and ligaments. These changes can create imbalance in your spine, causing many problems, including sciatica, lower and middle back pain and headaches, which can be helped with chiropractic care. Even conditions such as heartburn and varicose veins are also helped if the cause is structural.

Another great way chiropractors can help is a chiropractic technique called "the Webster Technique," which can help babies who are in a non-ideal in-utero position. It's a gentle, non-invasive method that aligns the mother's pelvis and muscles, which allows the baby more space to turn.

### Debbie S. Oldenburg, D.C.

*Parkside Chiropractic, Ltd., Columbus*

**What do you hope for the future of chiropractic medicine?**

I see chiropractic care as a healing partnership between doctor and patient — and part of an overall health care network of healing professionals from a wide range of specialties, each contributing their special talents and training to enhance the health and wellness of our patients.

I hope to work someday in a multi-specialty setting with doctors from other health care fields. I dream of a center where people could utilize more than one service at a time and receive comprehensive care that focuses on prevention as well as treatment.

