

# Local specialist working to educate people on natural pain relief options

It's estimated that roughly 50 million Americans (or 20 percent of the U.S. population) are living with some kind of chronic pain, which is more than diabetes, heart disease, and cancer combined.

September is Drug-Free Pain Management Month and Dr. Charles Schuster, owner of Back to Health Non-Surgical Pain Solutions, which has been operating in the Charleston community for more than 26 years, is working to educate people on long-term natural pain relief options.

"Pain is a warning sign that something in our body needs attention, and oftentimes, instead of trying to actually heal the body and treat the root of the problem, we use medication to temporarily make the pain go away," said Dr. Schuster.

"Living with chronic pain can drastically affect a person's life and our goal at Back to Health has always been to help patients find pain relief that not only makes them feel better but also eliminates the need for addictive pain medicines."

After more than 20 years working as a back specialist, Dr. Schuster has never prescribed pain medication to any patient and has been recognized by the Illinois Chapter President of National Association of Drug Diversion Investigators (NADDI) for his commitment to not prescribing addictive opioids in his medical clinic.

"I think our practice has always been a bit ahead of the curve in terms of recognizing the importance of offering patients pain solutions that don't involve pre-

scription drugs," said Dr. Schuster. "Now, as we are seeing more and more people become addicted to pain medications, that really underscores the importance of our decision."

Common causes of chronic pain include back and neck pain, arthritis, diabetic neuropathy and nerve pain.

Dr. Schuster said his office offers many non-invasive treatments which can help alleviate chronic pain and promote long-term healing such as Platelet Rich Plasma therapy, which utilizes a patient's own blood platelets to help prevent arthritis, Prolotherapy, which helps loosen strained muscles and allows them to heal naturally, and Non-Surgical Spinal Decompression, which relies on advanced technology to create nega-

tive pressure in the discs and has a 91 percent success rate with herniated discs.

*Back to Health Non-Surgical Pain Solutions offers a wide variety of pain relief treatments for conditions such as arthritis, back pain, neuropathy, sciatica, plantar fasciitis, as well as shoulder, neck, elbow and hand pain. The practice is also a Disc Centers of America Spinal Decompression Clinic. Back to Health also specializes in laser therapy and other whole body wellness treatments. It is one of the only clinics in the area which provides a combination of physiotherapy, chiropractic and regenerative medicine. The business is located at 25 W. Lincoln Avenue in Charleston. For more information about their services, go to [www.myback2health.com](http://www.myback2health.com) or call 217-345-9600.*



Submitted Photo

September is Drug Free Pain Management MImage of Dr. Schuster receiving award from the Illinois Chapter President of National Association of Drug Diversion Investigators (NADDI) for his commitment to not prescribing addictive opioids in his medical clinic in honor of drug free pain management month.

# Booth Library awarded grant to implement health literacy program

Booth Library was awarded \$18,000 from the National Library of Medicine to implement a health literacy program in the Southeastern region of Illinois.

With the award funding, Booth Library will partner with the EIU Department of Public Health

and Health Communication program to create training that includes the National Library of Medicine Digital Health Literacy Program. Trainers will work with local public libraries and community organizations to customize the training to meet local needs.

"The ability to find, understand, and evaluate health information is a critical need in our community," said Stacey Knight-Davis, Booth Library health and nursing librarian. "With the resources provided by Region 6 NNLM we will build a network of people

in our area with the skills and knowledge to find and appraise health information online."

This program is being funded by Region 6 of the Network of the National Library of Medicine, whose mission is to provide U.S. researchers, health professionals, pub-

lic health workforce, educators, and the public with equal access to biomedical and health information resources and data.

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# Early warning signs for breast cancer from Susan G. Komen foundation

Breast cancer affects millions of women across the globe every year. According to the World Health Organization, breast cancer is the most frequent cancer among women, affecting 2.1 million women each year. As daunting as that may seem, the WHO also notes that early diagnosis can greatly reduce a woman's risk of dying from breast cancer.

Women can be proactive in the fight against breast cancer by learning to identify early warning signs of the disease. The nonprofit breast cancer advocacy organization Susan G. Komen® notes that the warning signs for breast cancer are not the same for all women, but the most common signs include a change in the look or feel of the breast or a change in the

look or feel of the nipple. A discharge from the nipple is another common warning sign of breast cancer.

**Physical changes in the breast can vary, but Susan G. Komen advises women who notice these changes to bring them to the attention of their physicians immediately:**

- Lump, hard knot or thickening inside of the breast or underarm area

- Change in the size or shape of the breast

- Swelling, warmth, redness or darkening of the breast

- Dimpling or puckering of the skin

Women with breast cancer also may notice physical changes in their nipples, including:

- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple or other parts of the breast

It's important that women recognize that physical changes in their breasts are not necessarily indicative of breast cancer. In fact, the American Breast Cancer Foundation notes that not

all lumps in the breast cause cancer and that many such lumps are benign. Fibroadenomas and intraductal papillomas are examples of benign lumps, though it's important to note that even benign conditions such as these may put women at greater risk of developing breast cancer.

Susan G. Komen notes that breast tissue naturally has a lumpy texture. If lumpiness can be felt throughout the breast and it feels like your other breast, then it's likely that this is just the normal texture of your breasts. However, women concerned by a lump or lumpy texture are

urged to discuss those concerns with their physicians immediately.

Discharge from the nipple is another potential sign of breast cancer, but Susan G. Komen® notes that such discharge is rarely a sign of cancer. Discharges that occur without squeezing the nipple, occur in only one breast or are bloody or clear are potentially indicative of more serious conditions, including breast cancer.

Breast cancer is a formidable foe. But women who arm themselves with knowledge of the disease, including its early warning signs, are in a better position to overcome it.



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