**Arthritis: Understanding and Managing Pain**

Arthritis, characterized by joint inflammation, can affect various parts of the body, including the spine, leading to joint fusion and nerve damage. This condition causes widespread pain and discomfort, impacting daily life.

Common approaches to managing arthritis pain include nonsteroidal anti-inflammatory drugs (NSAIDs), painkillers, and steroid injections, offering temporary relief but with potential side effects and limited long-term benefits.

As a chiropractic doctor with 15 years of clinical experience from California to Guam and all the way to Virginia, I've seen many patients frustrated with conventional treatments, such as prescription drugs or over-the-counter drugs like NSAIDs (nonsteroidal anti-inflammatory drugs) and painkillers. In fact, many patients from Mitchell Family Chiropractic Center (Guam and California) and VTS Chiropractic & Wellness Center, P.C. (Virginia), (clinic database, 2003-2024) have reported that patients are tired and fed up with taking too many drugs and too much medication. According to many patients, "drugs make them become addicted, drug-dependent, and it is killing them!" Many patients are very concerned about the chemical reactions and the harmful side effects of drugs, such as "overdose," that can damage their body and kill them. Clinically, all patients at the centers have reported that chiropractic care, i.e., spinal adjustments, cervical tractions, and light therapy (LED), offer effective and tremendous relief for their conditions. Many patients also reported that they are happy with the care, which makes them feel stronger and healthier every day.

If you're seeking natural, sustainable relief for any kind of neuromusculoskeletal conditions, such as arthritis, headaches, neck pain, back pain, knee pain, foot pain, or shoulder pain, consider chiropractic care as a viable option. For questions or appointments, contact Dr. Glenda B. Mitchell, D.C., at 757-949-6165 or visit [vts-chiropractic.com](http://vts-chiropractic.com/).

Thank you for considering chiropractic care for your health needs.

**Yours’ in good health,**

                                                              Dr. Glenda B. Mitchell, D.C

                                                      VTS Chiropractic & Wellness Center, PC.

                                                         Email: [glendamitchell33@yahoo.com](mailto:glendamitchell33@yahoo.com)