

## Estimated Risks of Common Treatments and Accidents

<b>Procedure or Activity</b>	<b>Estimated Risk</b>
<b>Risk of serious stroke or neurological complication resulting from a chiropractic neck adjustment [2008]</b>	None *
Risk of death in fatal air crash, flying 3 hours on a U.S. commercial airline	1 in 2,000,000
<b>Risk of death in motor vehicle accident, driving 35 miles</b>	<b>1 in 2,000,000</b>
Risk of being injured in motor vehicle accident, driving ½ mile	1 in 2,000,000
<b>Risk of serious stroke or neurological complication resulting from a chiropractic neck adjustment (*best estimate 2001)</b>	<b>1 in 2,000,000</b>
Risk of death, per year, from GI bleeding due to NSAID use for osteoarthritis and related conditions	800 in 2,000,000
<b>Overall mortality rate for spinal surgery</b>	<b>7 in 10,000</b>
Death rate from cervical spine surgery	4-10 in 10,000
<b>Rate of serious or life-threatening complications from spinal stenosis surgery</b>	<b>5 in 100</b>
Risk of a developing a gastric ulcer visible on endoscopic examination after 1 week's treatment with naproxen (at 500mg twice daily)	19 in 100 (380,000 in 2,000,000)

**\* Risk of Vertebrobasilar Stroke and Chiropractic Care: Results of a Population-Based Case-Control and Case-Crossover Study. Supplementary Research Studies Spine. 33(4S) Supplement:S176-S183, February 15, 2008.**

*Conclusion. VBA stroke is a very rare event in the population. The increased risks of VBA stroke associated with chiropractic and PCP visits is likely due to patients with headache and neck pain from VBA dissection seeking care before their stroke. We found no evidence of excess risk of VBA stroke associated chiropractic care compared to primary care.*

**\* Spine Medical Journal October 1, 2007, 32(21):2375-2378**

*After having more than 19,700 patients undergo more than 50,000 cervical spine manipulations [adjustments], a team of researchers concluded that your risk of having a serious adverse event from "getting your neck cracked," is none.*