

ACTIVE Health

Medical. Chiropractic. Physical Therapy.

"Better Together"



A Special Message From Dr. Marc and Jill



September is Suicide Prevention Month and is very important to us as a family. We have lost 2 young, beautiful cousins to suicide.

Although it happened 4 years apart, both were 19 years old and in college. That was our experience, yet this affects people of all ages. [PLEASE](#) take a minute to read and get informed.

This is becoming a pervasive issue and by bringing it to the forefront we can talk and, hopefully, remove much of the stigma surrounding suicide and mental illness. We must be able to get our friends and loved ones the appropriate help and support they need.

We miss you Raven and Ayla. May you rest in peace.

September is National Suicide Prevention Month



An annual month-long campaign to raise awareness about suicide prevention, reduce stigma around the topic and encourage those in need to utilize available resources. Suicide is a preventable public health problem and a leading cause of death in the United States. More investment in suicide prevention, education and research will prevent the untimely deaths of thousands of Americans each year.

Additional Facts about Suicide in the US

- The age-adjusted suicide rate in 2018 was 14.2 per 100,000 individuals.
- The rate of suicide is highest in middle-aged white men.
- In 2018, men died by suicide 3.56x more often than women.
- On average, there are 132 suicides per day.
- White males accounted for 69.67% of suicide deaths in 2018.
- In 2018, firearms accounted for 50.57% of all suicide deaths.
- Family history of suicide is common.

Patient Spotlight By: Jada

Prior to discovering Active Health, **Alex** was experiencing a lot of pain in his upper neck and back. He also had no range of motion in his neck, so he could barely turn his head to the right, left, or upwards. His trapezius muscles were always very tight. These symptoms he was experiencing were causing him to not get sleep at night. He also experienced more difficult completing work tasks, and overall, his attitude was becoming very negative.

Desperate for relief, he looked for somewhere to help relieve his pain, and a current patient of ours referred him to our practice. His treatment plan consisted of doing chiropractic

adjustments, a home exercise program, and utilizing our state of the art Multi Cervical Unit (MCU). After completing his treatment plan, there was a world of a difference with his symptoms. He was no longer experiencing pain in the neck, and he had nearly full range of motion as well! His trapezius muscles became much more loose and functional, and best of all, he could do many more activities for a prolonged period of time. His sleeping improved tremendously, as well as his ability to complete tasks at work.

Alex wholeheartedly says he "appreciates us for making him normal again".



If you would like to learn more about the
Risk Factors and Warning Signs or
How to Take Action in the Fight to **STOP** Suicide.
CLICK BELOW

Like and follow us on our social media platforms

