

Hi Eric,

Yesterday Stephanie forwarded to me your request for help in answering some questions. In particular, you asked about our study results relating to possible effects of long-term chiropractic care on reducing declining health with aging.

Our primary measure was the score on the AIOS (Arizona Integrated Outcome Survey) plotted against time under chiropractic care. The AIOS is self-scored on a scale of 1 to 100 where 100 represents maximum possible sense of wellness. Our results suggested that this score usually increased over the first several years of care but then remained fairly constant rather than declining with age.

The interesting thing about the AIOS is that it is a clinically validated measure consisting of this one question: Please reflect on your sense of well-being, taking into account your physical, mental, emotional, social and spiritual condition over the past 24 hours over the past month. Please rate your sense of well-being on a scale of increasing well-being going from 1 to 100.

There are many references to the AIOS online; here is one: <https://bmccomplementalternmed.biomedcentral.com/articles/10.1186/1472-6882-4-1>

While these results are interesting and provocative, they are *only suggestive* of what might be happening. These results are based on approximately 100 samples which is not nearly enough to provide any statistical power. We would like to see these same results in our now-ongoing large-scale study.

Also, for those who might be interested, please find attached our ACC-RAC abstract about this study. A paper based on this study is a work in progress.

Please let me know if you need anything else.

Best Regards,

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