

Suffering
with headaches?

Give us a try!

1 Free Chiropractic Consultation

1 Free Report of Findings

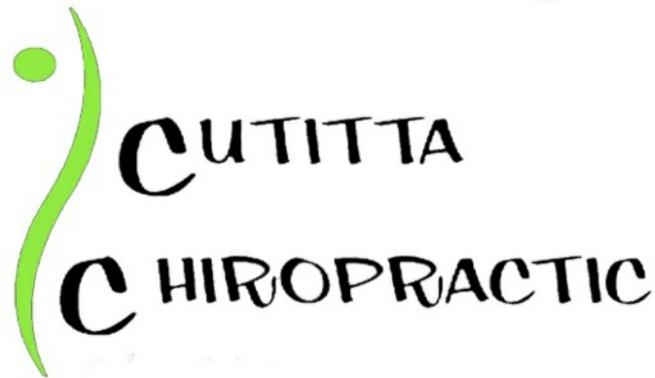
And when you come in for those visits get

1 FREE 30 Minute Massage!

New patients only. This certificate may be used for bodyworks sampler only and is not redeemable for cash. All Medicare Rules apply.

Complimentary consultation is for a pre-acceptance interview only, and does not cover any chiropractic services or procedures. Free Massage gift card will be issued on the Report of Findings visit and will be valid for 1 year following your report of findings. Cutitta Chiropractic reserves the right to change the contents or expiration date of this promotion at any time without notice. Transferable with recipients permission only.

Contact the office today to
make your appointment!
See inside for savings!



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How we help:
Headaches



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Interesting information about headaches

- ▶ The American Chiropractic Association reports that 9 out of 10 Americans suffer from headaches.
- ▶ 5% of all headaches are caused by physical triggers such as foods, environmental stimuli, or behaviors (such as insomnia or excessive exercise)
- ▶ 95% of headaches are “primary” headaches – tension, migraine or cluster headaches - meaning the cause is not a disease or diet.
- ▶ A 2001 study by researchers at Duke University found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck
- ▶ The same study showed chiropractic manipulation had significantly fewer side effects and longer lasting relief of tension-type headache than a commonly prescribed medication
- ▶ Chiropractic manipulation can reduce or eliminate your migraine or tension headache symptoms.

How Cutitta Chiropractic can help:

Tension headaches:

- ▶ Caused by muscular tension in the neck and shoulders
- ▶ Muscular tension is a symptom of physical and emotional stresses in your environment
- ▶ Muscle tension can lead to skeletal misalignments to compensate for tension, putting your body under further stress (cycle of pain)

How we help tension headaches:

- ▶ Break the cycle of pain (getting a headache can actually cause some of the physical stress that leads to your muscle tension)
 - ▶ Correct skeletal misalignments that are aggravating your muscle tension
 - ▶ Release muscle tension & Reduce associated nerve irritation

Migraine headaches:

- ▶ Vascular headaches resulting from sudden dilation of blood vessels in the brain
- ▶ Can be triggered by hormonal changes, foods, smells, weather, stress, etc.
- ▶ Over the counter medications often ineffective, prescription medications carry side effect risks.

How we help migraine headaches:

- ▶ Preliminary studies suggest chiropractic care can have a measurable role in the prevention of migraines
- ▶ Adjustments reduce irritation of the nervous system which appears to trigger vascular system tension
- ▶ No significant side effects from chiropractic adjustments vs. Medication side effects

Meet Dr. Cutitta



Dr. Cutitta has been practicing chiropractic care since 2004. After seeing how chiropractic care helped his parents, he wanted to provide the same care to his own patients. He is committed to providing excellent care and helping his patients achieve

optimal health and well-being.

Through years of experience, Dr. Cutitta can pinpoint the source of a patient's pain. "We can pretty much treat every joint in the body - head to toe". Though his primary complaints are headaches and backaches, Cutitta Chiropractic has treated patients with injuries and pain in all areas of the body.

In addition to providing excellent care, Dr. Cutitta is dedicated to helping in the local community. Through continued community outreach, including lectures, pamper events and fundraising opportunities, he tries to give back as much as he receives.

If you have any questions for our office, don't hesitate to ask us! Dr. Cutitta always wants to keep communication open between himself and his patients, and genuinely cares about every question he receives.

"...I'm 45 years old. I came to see Dr. Cutitta because of headaches & lower back pain. The headaches were bad enough to keep me in bed for long periods of time. Since seeing Dr. Cutitta I've had a great deal of relief from both symptoms. Give Dr. Mike a try, you won't regret it" - B.N.