

# Arthritis Walk®



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**Ella Cain – Community Honoree**



**Daniel Strelcheck, D.C. - Medical Honoree**

## 2013 Fox Valley Arthritis Walk

**Ella Cain of St. Charles and Dr. Daniel Strelcheck, Sr. of Crystal Lake will serve as Community and Medical Honorees, respectively, at the 2013 Fox Valley Arthritis Walk.**

A St. Charles native, 10 year old Ella was diagnosed with juvenile idiopathic arthritis (JIA, formerly known as juvenile rheumatoid arthritis) in 2012, at the age of nine. "It feels weird to be different from other kids," said Cain, whose arthritis is primarily concentrated in her ankles and knees. "Sometimes I can't do what my friends do, and sometimes my friends look at me funny because they think only old people get arthritis."

Dr. Daniel Strelcheck is a retired Doctor of Chiropractic and prominent Crystal Lake resident. A 1957 graduate of Palmer College of Chiropractic, he specialized in SOT (Sacro Occipital Technique), TMJ (Temporomandibular Joint), CMRT (Organ Reflex Therapy), and Nutrition. Dr. Strelcheck founded Strelcheck Chiropractic Clinic in 1958, where he helped multiple generations of Crystal Lake-area patients for 53 years.

One in five adults in America live with some form of doctor-diagnosed arthritis (osteo or auto-immune) and approximately 60% of those people are under the age of 60. Arthritis is the leading cause of disability in the nation, leaching \$128 billion from our nation's economy, annually. And, in addition to being ranked seventh nationally for the number of adults living with arthritis, Illinois is also ranked fifth in the United States with children who have doctor-diagnosed arthritis.

Cain is one of those children. So is her older sister, 14-year-old Michaylann, who also has JIA. Cain cited her older sister and her uncle, who is a rheumatoid arthritis patient, as great sources of support to her as she navigates these unfamiliar waters.

"She helps me not to feel so alone," said Cain of her sister, Michaylann. "I don't like that she has it, but I am glad that she is such a good person for me to talk to about how having JIA makes me feel." Cain

added that her Uncle Mike has been a valuable resource regarding medications and treatments. Both girls are patients of Dr. Curran from Lurie Children's Hospital, Chicago.

"He has been really helpful with my sister's shots," said Michaylann. She went on to say, "He takes the same ones, and he told my mom how painful the medication is, and told her and my sister ways that can help make it not as bad."

Kim Cain, mother to the two girls, also has first-hand experience with juvenile arthritis, having volunteered as staff nurse for the Foundation's annual youth summer camp, CampJAM. Standing for Juvenile Arthritis Matters, CampJAM is a weekend retreat for children ages 8-17 hosted by the Foundation at Lake Geneva, Wisconsin. Many of the campers attend with the help of full or partial scholarships funded through money raised by Foundation events, such as the June 2 Fox Valley Arthritis Walk.

Dr. Strelcheck notes his decision to become a chiropractor was fueled at a young age. After suffering injuries and on-going pain following a football accident, a local chiropractor helped Strelcheck recover from misaligned bones in his head, face, and neck that caused him severe migraine headaches. That early experience fueled a passion in Strelcheck, who taught patients that there were multiple osteoarthritis conditions in which chiropractic techniques could be of aid.

"When it comes to osteoarthritis," said Strelcheck, who specialized in treating patients with osteoarthritis, headaches, back pain, TMJ, and other health ailments, "staying flexible by maintaining correct joint alignment is key. Your joints are like car tires. It is inevitable that they will wear as we age, but if they are not aligned properly, they will wear out expeditiously, as much as 90%, resulting in severe osteoarthritis."

Today, the children, grandchildren, and great grandchildren of Dr. Strelcheck's lifelong patients are treated by Strelcheck's son, Dr. Daniel Strelcheck, Jr. and Dr. Peter Norton. From one generation to another, the company has come full circle with advanced education in Cranial Manipulation, and Upper Cervical Specific Atlas Orthogonal. Their success has been driven by regarding each individual patient as priority number one, and believing that simple preventative choices can make powerful differences long term, financially and in quality of life.

Since his retirement in 2010, Strelcheck and his wife, Barbara, continue to educate those with osteoarthritis on the importance of chiropractic care. They lead by example staying very active by walking, traveling, and enjoying family activities.

The Arthritis Foundation is proud to have Ella Cain and Dr. Strelcheck as this year's honorees.

### **About the Arthritis Foundation**

The Arthritis Foundation ([www.arthritis.org](http://www.arthritis.org)) is committed to raising awareness and reducing the unacceptable impact of arthritis, which strikes one in every five adults and 300,000 children, and is the nation's leading cause of disability. To conquer this painful, debilitating disease, we support education, research, advocacy and other vital programs and services.