

## ■ Chiropractic patients use medical services less

The June 1996 issue of *Topics in Clinical Chiropractic* reports that older patients who use chiropractic health care services end up using less medical services such as hospitals, nursing homes and prescription drugs.

In a study of geriatrics by the Rand Corporation it was found that 96% of the population studied who use chiropractic had not used nursing home services in the three years before the study. 81% of those who had not received chiropractic care didn't need the use of a nursing home, a 15% less nursing home usage by the chiropractic patients.

In hospital use, chiropractic patients fared even better. 74% of the people under chiropractic care did not need the use of a hospital in the three years prior to the study versus 53% of the study group not under chiropractic care; a 21% difference.

87% of those patients under chiropractic care perceived themselves to be in good to excellent health. Only 68% of those not under chiropractic care thought their health good to excellent.

Commentary: Put simply, chiropractic works. ▲

## ■ Spinal Nerve Roots Far More Sensitive Than Previously Thought

Research is proving that the spinal nerves are much more susceptible to mechanical pressure, such as that caused by the Vertebral Subluxation Complex, than was previously thought.

Previous research held that it took pressure between 130-1000 millimeters of mercury to affect peripheral nerves to the point where the amount of information transmitted by the nerves is significantly reduced. Researcher Seth Sharpless at the University of Colorado found that spinal nerve roots (where the nerves exit the spine) only took 8-10mm of pressure, about the weight of a dime, to reduce nerve transmission.

The *Journal of Manipulative and Physiological Therapeutics* reports in a study by B.L. Rydevik that 5-10mm of pressure can interfere with the nutrition of a nerve, starving it of necessary nutrients.

M. Hause in *Spine* reports that pain is not necessarily present with nerve interference. "Nerve Root Compression can exist without pain. Mechanical changes lead to circulatory changes. There may be disturbed cerebro-spinal fluid flow."

E.J. Wall reports in the *Journal of Bone and Joint Surgery* that stretching a nerve as little as 6% can decrease the strength of the nerve impulse by as much as 70%.

Research continues to prove that compression and stretching of a nerve root reduces the amount of impulse that travels across that nerve as well as interfere with the nerve's blood supply causing it to swell. ▲

## Common stresses lead to need for chiropractic care in children

In the January/February 1995 issues of the *ICA International Review of Chiropractic*, Maxine McMullen, D.C. reports on the physical stresses children are subjected to that can lead to spinal problems requiring chiropractic care.

Dr. McMullen, Dean of Chiropractic Sciences at Palmer College, is the chair of the International Chiropractors Association Council on Chiropractic Pediatrics. In the article, McMullen points out that stress on the infant encountered during the medically assisted delivery process (from mechanical extraction, such as forceps, suction devices or cesarean section) can cause severe problems from too much force being applied to the infant's neck. Problems that can result include irritability, colic, failure to thrive, and lowered immune response syndromes.

Developmental problems also occur as the child grows older. When a woman breast feeds her baby, movement on one side of the baby's body is constricted while freedom of movement is allowed on the other side. This process is reversed as the baby is changed from one breast to another and allows for a balanced input of perception into the baby's central nervous system, a necessity for proper development. Mothers who bottle feed their babies tend to choose the side that is most comfortable for them and stick with that position during every feeding. As a result, there is not a balanced perception input and therefore improper nervous system development can occur.

When babies starts to cross-crawl at about six months of age, it is important not to put them into playpens, walkers or hanging baby seats. Forcing erect posture on a baby too early puts stress on structures not yet ready for such forces. Predictably, problems result. If the problems are not corrected, as they are under Chiropractic Care, they degrade into scoliosis (lateral curvature of the spine), muscle imbalances, motor dysfunction and symptoms of unknown origin which may not present themselves until much later in life along with the complaint "but I didn't do anything" to make it hurt.

Dr. McMullen closes the report by saying "Those children one cares for chiropractically on a regular basis develop strong, well-balanced, musculoskeletal structures accompanied by attitudes [mindful] of the need to take responsibility for one's own health, not merely the absence of disease. This trend should be consistent rather than sporadic as it is at present." ▲

## ■ Birth trauma during medically assisted deliveries dangerous to newborns

In a landmark study published in *Developmental Medicine and Child Neurology* in 1969, Dr. Abraham Towbin reported that “during the final extraction of the fetus, mechanical stress imposed by [obstetricians] –even the application of standard orthodox procedures –may prove intolerable to the fetus.” The most common cause of this damage is excessive traction and twisting of the infant’s neck when using the head as a lever to extract the infant from the birth canal, damaging spinal structures, the spinal cord and brain stem. Survival of the infant depends on brain stem functions such as respiration, heart activity and reflex actions.

Unfortunately, such damage often goes undiagnosed and unreported since many doctors are unaware of the significance of birth trauma spinal cord and brain stem injury. Routine examination of spinal structures are not normally done during autopsies of newborns.

Towbin, of the Harvard Medical School and the Department of Pathology (Neonatology) of St. Margaret’s Hospital in Boston, reports that spinal damage can occur in numerous ways. Rupture and tearing of the covering of the brain and spinal cord (Meninges), tearing of the spinal nerve roots and laceration, swelling and compression of the spinal cord and brain stem are common. While heart function may or may not be normal in such cases, respiratory depression soon after birth is a cardinal sign of brain stem injury.

By way of commentary on this article, chiropractors correct the misalignments (subluxations) that occur during even routine deliveries. If your child, or any you know, experienced a difficult delivery, it is imperative that their spines be checked by a chiropractor for subluxation. Chiropractic correction of spinal problems should begin as soon as they occur. ▲

## ■ Medication Mistakes Hurt 1.5 Million Patients Yearly

A July 20, 2006 report by the Institute of Medicine finds that at least 1.5 million people are injured or killed in the United States each year by medication errors.

According to the report, patients who are in the hospital can expect, on average, one medication error per day from wrong drugs, wrong doses and other problems.

Panel member Dr. Kevin Johnson of Vanderbilt University says the report is a follow up to a 1999 report that said up to 98,000 people are killed each year as a result of medical mistakes—7,000 from medication errors.

“We were initially quite surprised by the number of mistakes,” he says, “but the more we heard, the more convinced we were that these are actually serious underestimates.”

Each year, the report says, there are an estimated 400,000 preventable drug-related injuries in hospitals (these alone cost consumers more than \$3.5 billion yearly), 800,000 in nursing homes and 530,000 among Medicare recipients in outpatient clinics.

Co-chairman of the panel, J. Lyle Bootman of the University of Arizona College of Pharmacy, says, “We’ve made significant improvements since 1999...but we still have a long way to go. The current process by which medications are prescribed, dispensed, administered and monitored is characterized by many serious problems that threaten both the safety and positive outcomes of patients.”

## ■ Chiropractic: Effective Long and Short Term

A 1990 study reported in the *British Medical Journal* found that patients receiving Chiropractic care for spine-related work injuries were significantly better within six months than patients under medical care. The study found that the patients also stayed better during a two-year follow-up period.

In the study, 741 patients were seen over a three-year period with about half receiving chiropractic care and the other half receiving medical care. The findings were confirmed with pain questionnaires and range of motion tests. Progress was charted by the patient's ability to sit, lift, walk and conduct the normal activities of their daily lives.

The study also noted that the Chiropractic group missed less time from work than the medical group. Based on its effectiveness and long-term benefits, the researchers recommended that Chiropractic should be included in the British National Health Service.

Chiropractic Wellness Care will keep you healthier for a lifetime. But if you or someone you know has been hurt in a work-related or other injury, Chiropractic care should begin immediately. Not only will the injury heal quicker, you'll get, and stay healthier. ▲

## ■ Children under Chiropractic care recover faster, have fewer ear infections

The October 1997 issue of the *Journal of Clinical Chiropractic Pediatrics* reports that a study involving 332 children with otitis media (ear infections) found that not only did the children under chiropractic care recover faster, they had fewer instances of the ear infections happening again later on.

The study, which compared the recovery rates of children under standard medical care and those under Chiropractic care, concluded that “The results indicate that there is a strong correlation between the chiropractic adjustment and the resolution of otitis media for the children in this study.”

The study also found that the Chiropractic patient's cases were resolved at considerably less cost than the average \$350.00 per case with medical care.

Once again, we see research proving that Chiropractic is more than just a good way to alleviate back pain. Chiropractic is the best way for your entire family to get and stay as healthy as possible. Nature doesn't need any help, it just doesn't need any interference.

## ■ 80% of children's nervous systems not in balance

In the September 1996 issue of *Chiropractic Pediatrics*, noted pediatric chiropractor Jennifer Peet, D.C. reports that research indicates that as many as 80% of children's autonomic nervous systems are out of balance and that many of those are related to a subluxation.

In one of the landmark studies reviewed, Dr. G. Gutmann, a German medical doctor, reported in the journal *Manuel Medizin* in 1987 that many physical problems in more than 1000 infants he studied were caused by blocked nerve impulses at the level of the atlas, or first vertebra in the neck. The physical problems he noted were central motor impairment, lowered resistance to infections, particularly those of the ear, nose and throat. Gutmann states "Chiropractic and radiological examinations are of decisive importance for diagnosis of the syndrome."

Gutmann reached two important conclusions:

1. "Observations of motor development and manual control of the [atlas-skull] joint complex should be obligatory after every difficult birth."
2. "With any developmental impairment this joint complex should be examined and, if required, specifically adjusted."

Gutmann reports that he has been "constantly amazed how, even with the lightest adjustment with the index finger, the clinical picture normalizes, sometimes gradually, but often immediately." He goes on to say "The success of adjustment overshadows every other type of treatment."