

In Touch

Keeping you In Touch
with what's happening
in the world of
Health Care

Vol. 9, No. 1

January 2005

ISSN 1525-416X

■ Kid's health complaints associated with pelvic subluxations

The October 18, 2004 issue of the *Journal of Vertebral Subluxation Research* highlights a study that found an interesting correlation between children's health complaints and subluxations of their pelvic bones.

The study involved 650 children, 327 boys and 323 girls, and compared the results of their physical examinations, x-rays and surface EMG and thermography tests along with their complaints (or the problems mentioned by their parents). The children were divided into three age groups for the study; 2-4, 5-12 and 13-18.

The results of the study allowed the authors to conclude the following:

- 96% of the children examined were found to have pelvic subluxations.
- As a result of these subluxations, the beginnings of spinal degeneration, commonly found later in life in adults, becomes evident very early in life.
- The children examined experienced numerous physical complaints such as limb pain and numbness, low back and neck pain, growing pains, sinus problems, headaches, dizziness, stomach problems, bed-wetting, constipation / diarrhea, asthma / breathing problems, fatigue, colic, croup and menstrual cramps. Behavioral concerns included ADHD, learning difficulties, temper, memory and sleeping problems. Immune complaints such as allergies, colds, ear infections, fever, acne and throat complaints such as sore throats, Strep and tonsillitis were also noted.

- The complaints the children experienced were fully or partially the result of their bodies adapting to the negative neurological changes associated with the pelvic subluxations.
- A child's developing nervous system will learn negative patterns of body movement and function that result from subluxations as easily as it will learn positive patterns when no subluxations are present. It is not always able to distinguish "good" input from "bad" input.
- This nervous system learning process, involving body movement, body position awareness and posture, begins within a few months after birth.
- Chiropractic care should be started as soon as possible so that these negative body movement patterns, abnormal joint function, disc stress and early degenerative changes can be corrected as soon as possible.

Commentary: Making sure children remain free of the nerve interference produced by spinal subluxations is the best way to ensure they grow up into normal, healthy, fully functioning human beings. Chiropractic care should begin early and continue for a lifetime of wellness. ▲

**"It nettles men's minds to find
that truth is so simple."**

—Johann Wolfgang Von Goethe

*This Newsletter Compliments of: Timothy
Knight, DC
90 Lowell St., Arlington (781)641-2510
100 Fessenden St., Newton (617)965-2510*

■ Chronic back pain causes brain to shrink

The November 23, 2004 issue of *The Journal of Neuroscience* finds that for every year people experience chronic back pain, they can lose as much as 11 percent of their gray matter brain tissue.

11 percent translates into 1.3 cubic centimeters and is equal to the same amount of brain density lost in 10 to 20 years of normal aging. The gray matter processes memory and information.

In the study, MRIs and other analytical tests were performed on 26 people with chronic, continuous pain of more than a year. Their results were compared with 26 healthy people experiencing no pain.

The researchers say one explanation is that the gray matter of the brain is affected by the negative stress that results from the continuous perception of chronic pain. This constant stress results in overuse atrophy or burnout shrinkage.

The good news is that the researchers think that some of the shrinkage occurs without the loss of a lot of brain cells. That suggests that the loss can be reversed once the chronic pain ends.

According to the authors, 25 percent of Americans experience back pain with 25 percent of them experiencing chronic pain.

Commentary: We would like to see research that determines if the brain matter atrophy still occurs in chronic pain patients taking pain relievers. In many situations the body is still affected by the stress effects of chronic pain even though it is chemically turned off. ▲

■ FDA adds warning to arthritis drug Bextra

The *U.S. Food and Drug Administration* (FDA) announced on December 9, 2004 that the arthritis painkiller Bextra will now come with a new warning about the possibility of people using the drug developing blood clots and heart attacks.

The drug's maker, Pfizer, studied more than 1500 heart bypass patients who were given the drug after their surgery. It was discovered that the patients who took Bextra for pain were more likely to have strokes, heart attacks and blood clots in the legs or lungs than patients who took a placebo.

Bextra has not been approved for use in bypass patients and the new warning urges doctors not to use it in that setting.

Bextra also gets a new black box warning about the possibility of a potentially fatal skin reaction. As of November, 2004, the FDA had received 87 reports of patients experiencing skin reactions. 36 of the 87 were hospitalized and four of them died.

Bextra is in the same class of drugs as the drug Vioxx, which was taken off the market in September, 2004. Vioxx was banned because studies showed that it doubled the chances of strokes and heart attacks if used for more than 18 months. ▲

■ Antidepressants can cause abnormal bleeding

The November 22, 2004 issue of the *Archives of Internal Medicine* says that selective serotonin reuptake inhibitor (SSRI) antidepressants, such as Paxil and Prozac can cause episodes of abnormal uterine and gastrointestinal bleeding.

It seems that serotonin plays a role in blood clotting and manipulating its levels can lead to the bleeding.

The study examined 64,000 patients from 1992 to 2000. 196 of them suffered from abnormal bleeding.

The researchers noted that the higher the degree of serotonin reuptake inhibition the antidepressant exhibited, the higher the risk of bleeding. In fact, high degree level of activity drugs were as much as 2.6 times more likely to cause bleeding than low level activity drugs.

Commentary: No mention was made whether an already depressed and anxious patient's concern over abnormal bleeding would cause more depression and anxiety. ▲

*This Newsletter Compliments of: Timothy Knight, DC
90 Lowell St., Arlington (781) 641-2510
100 Fessenden St., Newton (617) 965-2510*

