

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Wayne Terai

Highlights of 2009 Chiropractic Research Part II: Research in Children

Dr. Terai believes that the doctor-patient relationship is a partnership. When fully informed, patients are better able to make choices that propel them toward optimal health. That's why, at the end of each calendar year, Dr. Terai reviews the past year's research on chiropractic and shares the most cutting-edge studies with patients. Part I of this series provided an overview of research involving adults. Now, in Part II, Dr. Terai reviews 2009 chiropractic research involving children.



Many studies published in 2009 focused on the role of **vertebral subluxations** in wellness. Vertebral subluxations are areas in the spine where motion is restricted or bones (vertebrae) are out of alignment. Dr. Terai corrects vertebral subluxations using gentle maneuvers called **chiropractic adjustments**. In addition, chiropractors teach patients how to prevent the physical, chemical and emotional causes of vertebral subluxations. This focus on prevention makes chiropractic unique.

Chiropractic May Help Kids With Developmental Delay

Chiropractic adjustments may improve cognitive function in children with developmental delay. These findings are from a study of 157 youngsters, aged 6 to 13 years, with developmental delay syndromes.

According to the report, “the outcome measures were a series of 8 standardized psychometric tests given to the children by a certified speech therapist pre- and post-treatment, which evaluate 20 separate areas of cognitive function, including patient- or parent-reported improvements in school performance, social interaction, and sporting activities.”

“Individual and group data showed

that at the end of treatment, the 157 children showed improvements in the 8 psychometric tests and 20 areas of cognitive function compared with their values before treatment. Their ability to concentrate, maintain focus and attention, and control impulsivity and their performance at home and school improved.”

Journal of Manipulative and Physiological Therapeutics – October 2009;32:660-9.
www.jmptonline.org

Chiropractic Helps Babies With Trouble Breastfeeding

Chiropractic adjustments may help resolve breastfeeding difficulties in newborns.

Researchers looked at 114 cases of infants with breastfeeding problems diagnosed in the hospital or by a lactation consultant.

Upon chiropractic evaluation, it was determined that 89 percent of the infants had vertebral subluxations in the spine of their upper neck. In addition, many of the babies had an imbalanced jaw joint.

After two weeks of chiropractic care involving two to five visits, all the babies improved, with 78 percent be-

ing able to breastfeed exclusively.

“Chiropractic treatment may be a useful adjunct to routine care given by other professionals in cases of diagnosed breastfeeding problems with a biomechanical component,” conclude the study’s authors.

Journal of Manipulative and Physiological Therapeutics – October 2009;32:670-4.
www.jmptonline.org

Chiropractic Care May Resolve Bed-Wetting

A case series of 33 youngsters indicates that chiropractic care may help resolve bed wetting (primary nocturnal enuresis). The subjects, who were between the ages of 3 and 18 years, were followed for twelve months. During this time they received chiropractic care.

Findings showed that 66 percent of the cases resolved during the study period.

Journal of Manipulative and Physiological Therapeutics – October 2009;32:675-81.
www.jmptonline.org

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Adjustments May Prevent Behavioral Problems Associated with Colic

Infants who suffer from colic often experience long-term behavioral problems, even after they recover from the disorder. Fortunately, a study published in October reveals that chiropractic care doubles a child's odds of being spared these long-term problems.

The analysis looked at 117 post-colicky toddlers who had received chiropractic care for colic during infancy. These youngsters were compared with 111 post-colicky toddlers who had not received chiropractic care.

The study found that "toddlers who were treated with chiropractic care for colic were twice as likely to not experience long-term sequelae of infant colic, such as temper tantrums ... and frequent nocturnal waking ... than those who were not treated with chiropractic care as colicky infants."

Journal of Manipulative and Physiological Therapeutics – October 2009;32:635-8.
www.jmptonline.org

Chiropractic Helps Moms Avoid Migraine Medication During Pregnancy

A case review in the journal *Complementary Therapies in Clinical Prac-*

tice suggests that chiropractic care may alleviate headache during pregnancy, allowing expectant mothers to avoid medication, which may be harmful to the fetus.

The study looked at a 24-year-old pregnant woman who suffered chronic migraine headaches for 12 years. "Previous unsuccessful care included osteopathy, physical therapy, massage and medication. Non-steroidal anti-inflammatory medication with codeine provided minor and temporary relief."

"Chiropractic care involving spinal manipulative therapy (SMT) and adjunctive therapies resulted in symptom improvement and independence from medication. This document provides supporting evidence on the safety and possible effectiveness of chiropractic care for patients with headaches during pregnancy."

Complementary Therapies in Clinical Practice – November 2009;15:192-7.
www.sciencedirect.com

Vertebral Subluxations Linked With Headache in Pre-teens

Neck pain and headache in preadolescents is linked with vertebral subluxation according to analysis published in October.

As part of the study, 131 students, ages 10 to 13 years, completed questionnaires to determine if they suffered from neck pain or headache. In addition,

a physical examination was performed by a doctor of chiropractic.

According to results 40 percent of the pre-teens reported neck pain, recurrent headaches, or both. The chiropractic evaluation determined that these conditions were significantly associated with the presence of vertebral subluxations in the spine of the lower neck.

Journal of Manipulative and Physiological Therapeutics – October 2009;32:625-34.
www.jmptonline.org

Chiropractic Safe and Effective for Kids

Chiropractic care is highly effective for children, with a very low rate of adverse events, according to a study published in the September edition of the journal *Explore*.

Investigators pooled survey data from chiropractors and parents of pediatric chiropractic patients.

"Treatment-associated complications were not indicated by the chiropractic and parent responders. Chiropractor responders indicated three adverse events per 5,438 office visits from the treatment of 577 children. The parent responders indicated two adverse events from 1,735 office visits involving the care of 239 children. Both sets of responders indicated a high rate of improvement with respect to the children's presenting complaints, in addition to salutary effects unrelated to the children's initial clinical presentations."

Explore – September 2009;5:290-5.
www.explorepub.com

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