

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Shirley, Dr. Choate, Dr. Rausenberger, & Dr. Smith

Highlights of 2010 Chiropractic Research Part II: Beyond Musculoskeletal Pain

Your doctor at Spinal and Sports Care Clinic 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, your doctor at Spinal and Sports Care Clinic 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 musculoskeletal pain. Now, Part II reviews 2010 research on chiropractic care for other disorders. In addition, we explore new evidence on the cost-effectiveness of chiropractic care.

Many studies published in 2010 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. Your doctor at Spinal and Sports Care Clinic 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.

While vertebral subluxations are related to disorders involving joints, muscles and bones (such as back pain, neck pain, headache and shoulder pain), they may also trigger a vast array of other disorders involving organs and the nervous system. Why? Researchers theorize that vertebral subluxations interfere with the nerve transmissions exiting and entering the spinal cord.



Because these nerves supply all the organs and structures of the body, these interferences may spark a plethora of disorders. Fortunately, research shows that chiropractic care may help correct them. Read on to learn more.

Chiropractic Care May Alleviate Asthma

Chiropractic care may benefit patients with asthma. These findings are from a review study published in the *Journal of the Canadian Chiropractic Association*.

As part of the investigation, researchers pooled data from eight studies on chiropractic care for asthma. They concluded that chiropractic patients showed improvements in subjective measures and, to a lesser degree, objective measures. "It is evident that some asthmatic patients may benefit from this treatment approach ..."

*Journal of the Canadian
Chiropractic Association* –
March, 2010;54:24-32.
www.jcca-online.org

Chiropractic May Benefit Kids With ADHD

A study published in the journal *Ex-*



plore indicates that chiropractic care may significantly reduce symptoms of attention deficit hyperactivity disorder (ADHD).

The analysis pooled data on four patients with ADHD. The participants ranged in age from 9 to 13 years. Progress was monitored with questionnaires completed by the patients' parents and teachers. The children underwent chiropractic care for a minimum of five months.

Findings showed significant improvement in symptoms such as hyperactivity, impulsivity and inattentiveness, as well as behavioral, social or emotional difficulties.

The study's authors write: "This provides supporting evidence on the benefits of chiropractic spinal manipulative therapy."

Explore – 2010;6:173-82.
www.elsevier.com

Chiropractic Adjustments May Relieve Meniere's Disease

Meniere's disease is a disorder of the inner ear. Symptoms of Meniere's include a feeling of fullness in the ear, dizziness (vertigo), ringing in the ears and hearing loss. Fortunately, a study released in November demonstrates that chiropractic adjustments may relieve this disabling condition.

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The investigation enrolled 139 patients with Meniere's disease. All patients were diagnosed by medical doctors who specialized in ear, nose and throat medicine. All of the patients had endured a trauma to their neck prior to the onset of symptoms.

The study participants underwent chiropractic evaluations. Examination results revealed that 130 of the 139 patients had vertebral subluxations of the spinal bone at the top of the vertebral column, directly beneath the skull. This spinal bone is known as the atlas.

According to the report, following one or two chiropractic adjustments, 136 out of 139 patients enjoyed a dramatic reduction of symptoms, especially vertigo.

These results remained over time. Specifically, "after two years, on a scale of 0 to 10, with 0 representing the absence of the symptom and 10 being the worst imaginable, vertigo was lowered from an average of 8.5 to 1.4."

Journal of Vertebral Subluxation Research – November 14, 2010;1-10.
www.jvsr.com

Chiropractic May Quell Tourette's Syndrome

A case report released in August indicates that chiropractic care may mitigate Tourette's syndrome.

The study followed a 45-year-old man with a history of Tourette's syndrome and a variety of related neurological issues, such as fatigue, stuttering, uncoordinated walking and tremors.

The patient received chiropractic care three times a week for 12 weeks, then two times a week for a year.

"After a few months of care the patient's wife reported improvements in his energy level and that the tremors were decreasing. After a year of care the patient was markedly improved.

Journal of Vertebral Subluxation Research – August 18, 2010;1-9.
www.jvsr.com

Chiropractic Costs Less Than Medical Treatment

Chiropractic care for low-back pain (LBP) costs significantly less than treatment from a medical doctor, according to an analysis of Blue Cross Blue Shield of Tennessee claims.

According to the researchers, "the insured study population had open access to MDs and DCs through self-referral without any limit to the number of visits or differences in co-pays to these 2 provider types."

Findings showed that "paid costs for episodes of care initiated with a DC were almost 40 percent less than episodes initiated with an MD."

Journal of Manipulative and Physiological Therapeutics – November, 2010;33:640-3.
www.jmptonline.org



Chiropractic Costs 60 Percent Less Than Medical Care

When care for back pain extends beyond primary care, chiropractic is far less expensive than medical care. These findings are from a study that examined the costs of managing low-back pain (LBP) in a managed care organization in northeast Wisconsin.

Investigators compared the expense of managing LBP by medical providers (both primary care and other providers) with the expense of managing LBP by chiropractors.

According to the report, the cost of primary medical care alone for LBP is "virtually indistinguishable" to the

cost of chiropractic care. However, medical patients with LBP are often referred to a specialist, rather than receiving primary medical care alone. The cost of care from a medical specialist is 60 percent more than chiropractic care.

A wealth of previous research shows that chiropractic care is at least as effective, if not more so, than medical care. In addition, it does not pose the possibility of hazardous side-effects associated with medication and surgery.

Journal of Manipulative and Physiological Therapeutics – November 2009;32:734-9.
www.jmptonline.org

Chiropractic Students Know Research Is Vital

According to a study conducted at Palmer College of Chiropractic Florida in Port Orange, FL, chiropractic students are aware of the importance of chiropractic research. Specifically, the survey of 303 students found that 99 percent of respondents "agreed that research was necessary for positive growth within the chiropractic profession. A majority of students reported having research experience, and 58 percent planned to participate in research activities prior to graduation."

"This study expresses possibilities for building a strong research culture at the college," concludes the report. "Students were aware of the necessity for research and were openly interested in conducting research."

Journal of Chiropractic Education – Spring 2010;24:35-45.
www.journalchiroed.com

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