

CHIRO AND KIDS

NEW WELLNESS CARE FOR CHILDREN
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Why should children have chiropractic care? More and more parents are seeking chiropractic care for their children because many spinal problems seen in adults begin as early as birth. Even natural birthing methods can stress an infant's spine and developing nerve system. The resulting irritation to the nerve system caused by spinal and cranial misalignment can cause many newborn health complaints. Colic, breathing problems, developmental delay, nursing difficulties, sleep disturbances, allergic reactions, and chronic infections can often be traced to nerve system stress (vertebral subluxation). Since significant spinal trauma can occur at birth, many parents have their newborns checked for it. As the infant grows, learning to hold up his or her head, sit, crawl and walk are all activities that affect spinal alignment. These milestones are important times to have a child evaluated by a chiropractor.

As the child begins to participate in regular childhood activities, such as skating or riding a bike, small yet significant spinal misalignments (subluxations) may occur. Childhood injury is one of the most common reasons a parent seeks care for their child. If neglected, spinal traumas during this period of rapid growth may lead to more serious problems later in life. These misalignments may or may not result in immediate pain or symptoms. Subtle trauma throughout childhood will affect the future development of the spine, leading to impaired nerve system function. Any interference to the vital nerve system will adversely affect the body's ability to function and grow at its best. Regular chiropractic checkups throughout childhood can identify potential spinal injury from these traumas, allowing corrections to be made early in life, to help avoid many of the health complaints seen later in adults.

Another reason for seeking out care is the resolution of a particular symptom or condition. Parents often seek care for common childhood conditions—colic, ear infections, asthma, allergies, learning disorders, and headaches (to name a few)—because they have heard from other parents that chiropractic care may help. It is important to understand that the doctor of chiropractic does not diagnose or treat these conditions or diseases. The nervous system controls and coordinates the function of all the systems in the body: the circulatory, respiratory, digestive, hormonal, eliminative, and immune systems. This is why nerve interference can impair any aspect of health. The chiropractic adjustment restores nerve system function, allowing the body the ability to express a greater state of health and well-being.

Your chiropractor will take a case history and perform an exam to determine if spinal subluxations are present. Chiropractic adjusting procedures are modified to fit a child's size, weight, and unique spinal developmental stage. Given that some chiropractors do not work with children, it is always best to call the office first. Some practitioners tailor their practice around children and focus on preventative health, while others focus on other specialties. All chiropractors on the ICPA website (www.icpa4kids.org) focus their practices towards the care of children. Adjustments can be performed with hands, instruments, or pillow-like blocks. They are both gentle and specific to the child's developing spinal structures. Most parents report that their children enjoy their chiropractic adjustments and look forward to subsequent visits. They also report that their children experience a greater level of health while under regular chiropractic care.

IMMUNE BOOSTING TIPS

GET A DAILY DOSE OF SOLUBLE FIBER.

Mice that ate a diet rich in soluble fiber for six weeks recovered from a bacterial infection in half the time it took mice that ate meals containing mixed fiber, according to a recent study. Soluble fiber—abundant in citrus fruits, apples, carrots, beans and oats—helps fight inflammation, says lead author Christina Sherry, Ph.D., R.D., of the University of Michigan, Ann Arbor. Insoluble fiber—found in wheat, whole grains, nuts and green leafy vegetables—is still important for overall health, but it doesn't seem to have the same impact on immunity. Strive for 25 to 38 grams of total fiber a day, Sherry says, paying extra attention to getting the soluble kind

STAY LEAN

Overweight adults who cut their daily calorie intake by nearly a third saw a 50 percent boost in immunity, according to a six-month study out of Tufts University. Restricting calories may reduce levels of compounds in the body that depress your immune response, says Tufts nutritional immunologist Simin Meydani, D.V.M., Ph.D. Animal studies suggest that calorie restriction could work in normal-weight individuals too. "Try to maintain your body weight at what is considered ideal," Meydani says, because eating more than what you need drags the immune system down. And remember: when you cut back on quantity, you need to be even more vigilant about the quality of your diet. Aim to eat more fruits and vegetables—and choose lean protein sources, such as fish, chicken and low-fat dairy.



NATURAL PAIN MANAGEMENT AND WELLNESS

FALL/WINTER 2010 NEWSLETTER

WELCOME TO OUR VERY FIRST QUARTERLY NEWSLETTER!

Within each newsletter we will provide healthy living tips, information on nutrition and chiropractic care, as well as other interesting findings related to your health.

If you have specific questions that you would like answered, feel free to suggest a topic to Dr. Latona-Brzezinski the next time you are in the office, through her e-mail at npmaw@yahoo.com, or on the office's Facebook page.

Also, be sure to check out our new website at www.npmaw.com when it launches soon and let us know what you think!

Be Well! - Dr. Latona-Brzezinski



OFFICE HOURS AND INFO:

M 8:00am – 4:00pm
T 8:00am – 4:00pm
W 8:00am – 4:00pm
T 10:00am – 7:00pm

Call 716-505-1500 to schedule your appointment!

6245 Sheridan Dr. Suite 116
Williamsville, NY 14221
(in the Sheridan Meadows Office
Park near Transit)

Featured in this Newsletter:

Chiropractic and Kids – New Wellness care for Children

Everyday Tips for Immune Support

Addressing Chronic Headaches

What is Webster Technique?



A Drug-free Way to Ease Pain Associated with Chronic Headaches

"I wish I had seen a chiropractor sooner." The declaration comes unsolicited from Brett Cimino, a plumber who, for 10 years, has suffered from headaches nearly every day and debilitating migraines two to four per month. "As soon as I began getting adjusted, I noticed a difference. A year later, I am on a maintenance plan now and to say I have had six headaches (of any kind) in the last year would be an overstatement."

According to Dr. Jeffrey Robitaille of Robitaille Family Chiropractic in Rhode Island, 1 in 6 Americans suffers from chronic headaches. But like Cimino, many people overlook seeing a chiropractor for headache pain. "I waited more than a year before I made an appointment with a chiropractor. I guess I had some misconceptions about what a chiropractor does," says Cimino. "But after seeing the results, I don't know why I waited so long."

Every day, chiropractors hear similar stories from hundreds of people like Cimino who have been suffering for years with pain and are at their wits end because the only thing offered to them by their physicians and specialists are more drugs. As Dr. Robitaille explains, many people think headaches are normal and take over-the-counter or prescription drugs to relieve the pain. "But these drugs only dull the pain," he says, "They don't treat the cause, which is why the headache returns."

In addition to chronic headaches, chiropractic care is also effective in treating tension headaches. A recent study released by the Foundation for Chiropractic Education and Research finds that individuals undergoing chiropractic therapy showed sustained reduction in headache frequency and severity compared with patients who took the drug amitriptyline, a commonly prescribed medication for tension headaches.

"The conclusion of the study shows that chiropractic is not actually a therapy or treatment, but rather gets to the cause of the problem, thus allowing the body to effect a correction that lasts beyond actual care," says Dr. While many people associate chiropractic care as a treatment for bad backs, there is growing documentation that chiropractic is also effective in the treatment of cervicogenic headaches, migraines and cluster headaches.

In fact, the American Chiropractic Association reports that 14 percent of the public who see chiropractors presently go for headaches.

However, much of the general public continues to use the traditional medical practitioner route for headache treatment, with little success. The problem, says Dr. Robitaille, rests in the six misconceptions about headache relief. They are listed below, followed by his explanation:

1. Over-The-Counter Medication Treat The Cause Of Your Headache. "Drugs only numb the pain. If these drugs treated the real cause, your headaches would go away permanently. None of us were born with too few Advil in our blood. A lack of drugs is not the cause."
2. Headache Medication Can't Harm You. "On the contrary, drugs can cause side effects that can be far worse than the headache pain you're trying to relieve."
3. Stress Causes Headaches. "Although stress is a part of life, it is not the cause of headaches. Rather, it's how your body adapts to stress that affects your health. Chiropractic care can provide ways to help you increase your body's ability to adapt to stress of any kind."
4. Headaches Go Away On Their Own. "Without treating the cause, or root of the problem, they won't."
5. All Doctors Know How To Treat Headaches. "If this were true, no one would suffer from headaches. Chiropractors offer natural alternatives that do not involve drugs or invasive treatments."
6. Your Problem Is Always Where Your Pain Is. "In fact, not all headaches originate in the head. For instance, a person who suffered a neck injury at some point in their life, whether from a car accident, playing sports, or a fall as a child, could suffer head pain later on."

RECENT TESTIMONIAL

I injured my right knee while tubing on Lake Erie at the end of this summer. I went to the emergency room and the physician at ECMC said it was most likely a meniscus tear. I was referred to an Orthopedist and a physical exam with the orthopedist indicated a positive result for a meniscus tear. I was referred for a MRI of the knee to see extent of tear. I was given a suggestion to start seeing Dr. Latona-Brzezinski right away. She manipulated my knee, applied electrical stimulations, and guided me through several exercises over a few weeks. I followed up with Orthopedist after an MRI and the Orthopedist was AMAZED at the results. NO tear seen. He was SHOCKED. He stated that he had in his notes that he was going to refer me to a Sports Orthopedist for a complete tear repair that he was more than certain I had. Thanks to Dr. Latona-Brzezinski, she was able to prevent me from having surgery and missing extra time from work.

- Doug B., East Aurora

CHIROPRACTIC FACT OR MYTH?

Adjustments are uncomfortable.

Myth: Most times a spinal adjustment itself will not hurt at all. In fact a great sense of relief will be experienced. On some occasions it may feel like someone is momentarily pressing on a bruise. As your body adapts to your adjustments, you may experience some additional discomfort, similar to the sensation of tender muscles after starting an exercise program. Over time, as your nervous system integrates the effects of the adjustments, most people feel a continuing sense of ease. This is one reason many people make chiropractic the cornerstone of their wellness lifestyle.

SUPPLEMENT OF THE SEASON: VITAMIN D

Vitamin D promotes intestinal calcium and phosphorous absorption and reduces urinary calcium loss, essential mechanisms for maintaining proper calcium levels in the body and for healthy bone composition.

Furthermore, vitamin D is believed to provide general cellular support potential, including for the breast and prostate, in part by helping to maintain healthy angiogenesis balance, supporting immune cell activity, and maintaining healthy cell metabolism.

Vitamin D's role in immune health has long been established; vitamin D receptors are found on a number of immune cells, including lymphocytes and macrophages, supporting healthy immune cell activation.



FEATURED TECHNIQUE: WEBSTER TECHNIQUE FOR PREGNANT WOMEN

Sacral misalignment causes the tightening and torsion of specific pelvic muscles and ligaments. It is these tense muscles and ligaments and their constraining effect on the uterus which prevents the baby from comfortably assuming the best possible position for birth. The Webster Technique is defined as a specific chiropractic analysis and adjustment that reduces interference to the nerve system and facilitates biomechanical balance in pelvic structures, muscles and ligaments. This has been shown to reduce the effects of intrauterine constraint, allowing the baby to get into the best possible position for birth.

Dr. Larry Webster, Founder of the International Chiropractic Pediatric Association discovered this technique as a safe means to restore proper pelvic balance and function for pregnant mothers. In expectant mothers presenting breech, there has been a high reported success rate of the baby turning to the normal vertex position. This technique has been successfully used in women whose babies present transverse and posterior as well. It has also successfully used with twins. Any position of the baby other than ROA may indicate the presence of sacral subluxation and therefore intrauterine constraint. At no time should this technique be interpreted as an obstetric, "breech turning" technique.



The International Chiropractic Pediatric Association offers classes of instruction and issues its qualified attendees a Certificate of Proficiency in the Webster Technique. Only those doctors on our site maintain recognized certification status with the ICPA.

Learn more about Webster Technique and other information about the ICPA at www.icpa4kids.com