



MAIN STREET CHIROPRACTIC

MONTHLY NEWSLETTER

APRIL 2009

IT'S ALL ABOUT THE KIDS!

DID YOU KNOW THERE IS STILL TIME FOR YOU TO WIN A NINTENDO WII?

Our patient referral contest is still going on through the end of April.

Refer the most new chiropractic patients to our office and you could win a **NINTENDO WII!** Perfect for

**YOU and YOUR KIDS!
IT REALLY IS THAT EASY!**



IMPORTANT INFORMATION:

The office will be closed from Wednesday April 15th to Tuesday April 21st. Sorry for any inconvenience.



CHIROPRACTIC APPROACH TO EAR INFECTIONS

By American Chiropractic Association

Ear problems can be excruciatingly painful, especially in children. With 10 million new cases every year, ear infections (otitis media) are **the most common illness affecting babies and young children and the number one reason for visits to the pediatrician**—accounting for more than 35 percent of all pediatric visits.

Almost half of all children will have at least one middle ear infection before they're a year old, and two-thirds of them will have had at least one such infection by age 3. The symptoms can include ear pain, fever, and irritability. Otitis media can be either bacterial or viral in origin, and frequently results from another illness such as a cold. For many children, **it can become a chronic problem**, requiring treatment year after year, and putting the child at risk of permanent hearing damage and associated speech and developmental problems.

Standard treatment for most cases of otitis media is with antibiotics, which can be effective if the culprit is bacterial (antibiotics, of course, do nothing to fight off viruses). But, according to many research studies, antibiotics are often not much more effective than the body's own immune system. And repeated doses of antibiotics can lead to drug-resistant bacteria that scoff at the drugs, while leaving the child screaming in pain.

Frequent ear infections are also the second most common reason for surgery in children under 2 (with circumcision being the first). In severe cases—for example, when fluids from an ear infection haven't cleared from the ear after several months, and hearing is affected—specialists sometimes prescribe myringotomy and tympanostomy, more commonly known as "ear tubes." During the surgical procedure, a small opening is made in the eardrum to place a tube inside. The tube relieves pressure in the ear and prevents repeated fluid buildup with the continuous venting of fresh air. In most cases, the membrane pushes the tube out after a couple of months and the hole in the eardrum closes. Although the treatment is effective, it has to be repeated in some 20 to 30 percent of cases. And this kind of surgery requires general anesthesia, never a minor thing in a small child. If the infection persists even after tube placement and removal, children sometimes undergo adenoidectomy (surgical removal of adenoids)—an option that is effective mostly through the first year after surgery.

Before yet another round of "maybe-they'll-work-and-maybe-they-won't" antibiotics or the drastic step of surgery, **more parents are considering chiropractic to help children with chronic ear infections**. Dr. Joan Fallon, a chiropractor who practices in Yonkers, New York, has published research showing that, after receiving a series of chiropractic adjustments, **nearly 80 percent of the children treated were free of ear infections for at least the six-month period following their initial visits** (a period that also included maintenance treatments every four to six weeks).

"Chiropractic mobilizes drainage of the ear in children, and if they can continue to drain without a buildup of fluid and subsequent infection, they build up their own antibodies and recover more quickly," explains Dr. Fallon. She'd like to see her pilot study used as a basis for larger-scale trials of chiropractic as a therapeutic modality for otitis media.

Dr. Fallon uses primarily upper-cervical manipulation on children with otitis media, focusing particularly on the occiput, or back of the skull, and atlas, or the first vertebra in the neck. "Adjusting the occiput, in particular, will get the middle ear to drain. Depending



More inside!

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cont.

CHIROPRACTIC APPROACH TO EAR INFECTIONS

By American Chiropractic Association



WHERE CAN YOU FIND US?

April 22, 2009

1.

Dr. Hamilton will be doing
a **BACK SCHOOL**
workshop in our office.
Learn about:
**Nutrition, Chiropractic,
and Exercises for your
Back!**

April 28, 2009

2.

Our Massage Therapists
will be doing a Wellness
Lecture in our office and
the topic is:
**PARTNER STRETCHING –
FRIENDS DON'T LET
FRIENDS STRETCH
ALONE!**

Our Wellness Lectures begin promptly at 6:40pm and our held in our office. Please call our office to sign up but hurry seating is limited.

on how chronic it's been and on where they are in their cycle of antibiotics, children generally need to get through one bout of fluid and fight it off themselves." That means, **for the average child, between six and eight treatments.** If a child's case is acute, Dr. Fallon will check the ear every day, using a tympanogram to measure the ear and track the movement of the eardrum to make sure that it's draining. "I'll do adjustments every day or every other day for a couple of days if they're acute, and then decrease frequency over time."

Dr. Fallon, whose research garnered her the acclaim of childrearing magazines like Parenting and Baby Talk, often sees great success when she treats a child for otitis media. **"Once they fight it themselves, my kids tend to do very well and stay away from ear infections completely.** Unless there are environmental factors like smoking in the house, an abnormally shaped Eustachian tube, or something like that, they do very well," she says.

"I have two large pediatric groups that refer to me on a regular basis. In the winter, when otitis is most prevalent, I see five or six new children each week from each group," says Dr. Fallon. **"It's safe and effective and something that parents should try, certainly before inserting tubes in their children's ears."**

Chiropractic Care Can Help...

Talk to your doctor of chiropractic about your child's ear infections. Doctors of chiropractic are licensed and trained to diagnose and treat patients of all ages and will use a gentler type of treatment for children. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

VITAMIN OF THE MONTH: NUTRITION NOW RHINO GUMMY MULTIVITAMINS



One of the best preventative measures against illness for your children is to eat right. However, we all know that **children rarely eat all of their fruits and veggies**. Therefore, it is important to give your child a daily multivitamin to supplement any of the nutrients, vitamins and minerals that they are not getting from their regular diet. **A child needs these vitamins and minerals to grow up strong and healthy.**

When your child is a picky eater and they are omitting an important food group from their diet a daily multivitamin is recommended. Dr. Ted Jablonski is a Calgary physician and he states, "For people who don't eat well, a multivitamin is an absolute necessity. He also says "You can't go wrong with a chewable multivitamin that's geared for kids once a day. Kids will get on food jags where they'll only eat hot dogs and macaroni for weeks at a time. **If they don't eat a good variety of foods they may end up becoming deficient in some things.** That's why a multivitamin taken daily can help remedy any deficiencies."

Research has also shown that **multivitamins and minerals can help with your child's brain function.** The British Journal of Nutrition published results from a study showing that twelve weeks of supplementation with vitamins and minerals was

found to **boost the attention scores of children.** The study used 81 children with ages around 11 years old to participate in the study. The results concluded that the children who were taking the multivitamin performed more accurately on 2 attention tests compared to the children taking the placebo. The first signs of improvement were actually noted only 3 hours after the first dose.

The Nutrition Now Rhino Gummy Multivitamins are perfect for children. **They come in a variety of flavors and children enjoy the taste.** It is important to remind your child when giving them the multivitamin that it is not candy. An adult should dispense the multivitamins, even if the child is thought to be responsible enough.

Multivitamins are beneficial to people of all ages. **The vitamins and minerals that are in a multivitamin are important for improving healthy skin, good cholesterol levels, diabetes, enzyme absorption and digestion.** A multivitamin provides you with the recommended minimum daily requirements at one time without having to take a handful of supplements. **Stop by our office to pick up a multivitamin for your kids and get one for yourself too.**

Information in this article was taken from: Nutraingredients.com, Articlesbase.com, MayoClinic.com, The Star Phoenix, and Nutritionnow.com

Backpack Safety

By The American Chiropractic Association

Back pain is pervasive among American adults, but a new and disturbing trend is emerging. **Young children are suffering from back pain much earlier than previous generations, and the use of overweight backpacks is a contributing factor,** according to the American Chiropractic Association (ACA). In fact, the U.S. Consumer Product Safety Commission reports that **backpack-related injuries sent more than 7,000 people to the emergency room in 2001 alone.**

"In my own practice, I have noticed a marked increase in the number of young children who are complaining about back, neck and shoulder pain," said Dr. Scott Bautch, immediate past president of the ACA's Council on Occupational Health. "The first question I ask these patients is, 'Do you carry a backpack to school?' Almost always, the answer is 'yes.'"

This new back pain trend among youngsters isn't surprising when you consider the disproportionate

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Backpack Safety

By The American Chiropractic Association
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amounts of weight they carry in their backpacks - often slung over just one shoulder. According to Dr. Bautch, a recent study conducted in Italy found that **the average child carries a backpack that would be the equivalent of a 39-pound burden for a 176-pound man, or a 29-pound load for a 132-pound woman.** Of those children carrying heavy backpacks to school, 60 percent had experienced back pain as a result.

According to Dr. Bautch, preliminary results of studies being conducted in France show that **the longer a child wears a backpack, the longer it takes for a curvature or deformity of the spine to correct itself.** "The question that needs to be addressed next is, 'Does it ever return to normal?'" Dr. Bautch added.

The results of these types of studies are especially important as more and more school districts - many of them in urban areas - remove lockers from the premises, forcing students to carry their books with them all day long.

The problem has become so widespread; in fact, that the California State Assembly recently passed legislation that would force school districts to develop ways of reducing the weight of students' backpacks. Similar legislation is being considered in New Jersey as well. **The ACA believes that limiting the backpack's weight to no more than 10 percent of the child's body weight and urging the use of ergonomically correct backpacks are possible solutions.**

What Can You Do?

The ACA offers the following tips to help prevent the needless pain that backpack misuse could cause the students in your household.

Make sure your child's backpack weighs no more than 5 to 10 percent of his or her body weight. A heavier backpack will cause your child to bend forward in an attempt to support the weight on his or her back, rather than on the shoulders, by the straps.

The backpack should never hang more than four inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.

A backpack with individualized compartments helps in positioning the contents most effectively. **Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back.**

Bigger is not necessarily better. The more room there is in a backpack, the more your child will carry-and the heavier the backpack will be.

Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause the disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.

Wide, padded straps are very important. Non-padded straps are uncomfortable, and can dig into your child's shoulders.

The shoulder straps should be adjustable so the backpack can be fitted to your child's body. Straps that are too loose can cause the backpack to dangle uncomfortably and cause spinal misalignment and pain.

If the backpack is still too heavy, talk to your child's teacher. Ask if your child could leave the heaviest books at school, and bring home only lighter handout materials or workbooks.

Although the use of rollerpacks - or backpacks on wheels - has become popular in recent years, the ACA is now recommending that they be used cautiously and on a limited basis by only those students who are not physically able to carry a backpack. Some school districts have begun banning the use of rollerpacks because they clutter hallways, resulting in dangerous trips and falls.

Consider the ACA-endorsed Samsonite Chiropak , a school bag designed to ease much of the stress that carrying books can place on one's body. Among other features, the Chiropak offers comfortable body-contact surfaces and an adjustable hip/waist belt.

Chiropractic Care Can Help

If you or your child experiences any pain or discomfort resulting from backpack use, call your doctor of chiropractic. Doctors of chiropractic are licensed and trained to diagnose and treat patients of all ages and will use a gentler type of treatment for children. In addition, doctors of chiropractic can also prescribe exercises designed to help children develop strong muscles, along with instruction in good nutrition, posture and sleeping habits.

Healthy and FUN Recipes for Kids of All Ages!

From Whole Foods

THE ULTIMATE GRILLED CHEESE SANDWICH

Serves 1

Although this sandwich is especially good with Grafton Reserve Cheddar, make it with any sharp cheddar cheese that you have on hand.

Ingredients

- 2 slices multigrain bread
- 1 teaspoon whole grain mustard
- 1/2 Macintosh apple, cored and very thinly sliced
- 2 ounces Grafton Reserve Cheddar, grated
- 1 tablespoon butter, softened

Method

Spread one slice of bread with mustard and arrange apple slices on top. Add cheese and top with second slice of bread. Spread butter on the outside of both slices of bread. Heat a skillet over medium heat. Add sandwich and cook, turning once, until golden brown and cheese is

MACARONI AND TREES

Serves 4

This is a kid-friendly recipe that combines their favorite mac and cheese with healthy green veggies.

Ingredients

- Salt for pasta water, plus 1/2 teaspoon more for cheese sauce
- 4 cups broccoli florets
- 8 ounces dry fusilli pasta
- 3 tablespoons unsalted butter
- 2 tablespoons all-purpose flour
- 2 cups lowfat milk
- Pinch black pepper
- Pinch cayenne pepper (optional)
- 2 cups shredded cheddar cheese

Method

Preheat the broiler. Bring a large pot of well-salted water to a boil. Add broccoli, return to a boil and cook, uncovered, until al dente, about 4 minutes. Remove broccoli with a slotted spoon, leaving the water in the pot. Boil the pasta in the water until just tender, about 10 minutes. Drain. Meanwhile, melt the butter in a saucepan over medium heat. Stir in the flour and cook gently for about a minute. Whisk in the milk, salt, pepper and cayenne. Bring milk mixture to a simmer, reduce the heat, and cook for about 5 minutes until mixture thickens. Stir in two thirds of the cheese until it has melted. Remove saucepan from heat and set aside. In 2-quart ovenproof dish, combine the pasta with 2/3 of the cheese sauce. Add the broccoli to the remaining cheese sauce in the saucepan. Then encircle the pasta in the dish with the broccoli. Sprinkle remaining cheese over the top and broil for about 3 minutes, until cheese begins to bubble.

FRUITY SODA POP

Serves 1

Turn your favorite juice into soda pop. Though any juice works well, apple, cranberry and grape are particularly delicious. This is sure to be a favorite for kids on long, hot summer days.

Ingredients

- Ice cubes
- 2/3 cup fruit juice, such as apple, cranberry or grape
- 1/3 cup sparkling mineral water
- Fresh fruit, for garnish

Method

Fill a glass with ice cubes, then pour juice over ice. Top off with sparkling water and stir well. Garnish with fresh fruit and serve immediately.



BALLOON POPPING DAY!

FUN FOR KIDS AND ADULTS!

On Friday May 15th Main Street Chiropractic will be having our Balloon Popping Day! When you come in for chiropractic care on Friday May 15th you will be able to pop one balloon and inside each balloon there will be a special

PRIZE JUST FOR YOU!

YOU COULD BE A **BIG WINNER!** CALL OUR OFFICE TO SET UP AN APPOINTMENT FOR MAY 15TH AND SEE WHAT YOU CAN **WIN!**

*THERE WILL BE PLENTY OF BALLOONS
WITH PRIZES FOR CHILDREN AND
ADULTS SO MAKE SURE TO BRING YOUR
FRIENDS AND FAMILY ALONG WITH YOU!*

*WE LOOK FORWARD TO SEEING YOU
FRIDAY MAY 15TH!*



Main Street Chiropractic

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