

OPTIMAL HEALTH UNIVERSITY™

Presented by Dr. Randy Roman

Highlights of 2006 Chiropractic Research: Part I

2006 was a groundbreaking year for chiropractic research. Many studies 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. Roman 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.

Dr. Roman 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. Roman reviews the past year's research on chiropractic and shares the most cutting-edge studies with patients. Following is a sampling of the landmark research published in 2006.

Chiropractic Adjustments Boost Immune Function

Dr. Roman teaches patients that most disease is due to a sub-optimal immune system, which is influenced by the nervous system. A report published during this past summer supports this viewpoint, indicating that chiropractic care boosts immune function.

The experiment tracked 11 individuals who were new to chiropractic care. Over a nine-month period, the study participants received chiropractic care aimed at correcting vertebral subluxations. Researchers also analyzed the subjects' blood for changes in specific immune system markers.

The subjects had significant reductions in indicators of vertebral subluxation at three- and nine-month follow-up examinations. They also enjoyed striking improvements in quality

of life. In addition, researchers saw dramatic changes in blood markers of immunity, signifying a boost in immune function.

"This pilot study has provided some preliminary information regarding chiropractic care and possible links to immune status and improved aspects of health and quality of life. Limited numbers of subjects, however, preclude definitive conclusions. Larger studies, including ill and healthy populations, to investigate the parameters presented herein and others such as killer cell activity will be necessary to test the conclusions presented."

*Journal of Vertebral
Subluxation Research –
July 5, 2006:1-6.
www.jvsr.com*

Patients Highly Satisfied With Chiropractic Care

A new analysis published in July demonstrates what Dr. Roman and fellow doctors of chiropractic already know: Patients are highly satisfied with chiropractic care.

As part of the study, "a national phone survey of households was done to measure attitudes, utilization, and health practices of chiropractic users and nonusers."



Results revealed that "satisfaction levels with chiropractic care are quite high (83 percent of persons are satisfied or very satisfied)."

*Journal of Manipulative &
Physiological Therapeutics –
July 2006;29:455-62.
www.mosby.com/jmpt*

Back Pain May Shrink the Brain

A study published in June adds to mounting evidence indicating that chronic back pain may literally shrink the brain — a process known as brain atrophy.

The trial compared 18 patients suffering from chronic back pain with 18 healthy controls. Findings showed brain atrophy in key areas of the brain responsible for memory and attention. Specifically, researchers saw "a significant decrease of gray matter in the brainstem and the somatosensory cortex." The more pain the subjects endured, the more extensive the changes.

*Pain – November 2006;125:89-97.
www.sciencedirect.com*

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Armed Forces Benefit From Chiropractic

A preliminary report demonstrates that chiropractic care benefits the Canadian Armed Forces. The study surveyed 69 soldiers who received chiropractic care at the Archie McCallum Hospital in Halifax, Nova Scotia. In addition, 10 referring medical physicians also completed surveys.

“The majority of military personnel (94.2%) and referring physicians (80.0%) expressed satisfaction with chiropractic services.”

Military Medicine – June 2006;17:572-6.

Chiropractic Care Benefits Scoliosis

Chiropractic care appears to benefit patients with adolescent idiopathic scoliosis (AIS), find researchers.

As part of the analysis, investigators tracked six adolescent patients (five female and one male) with AIS for six months.

“The study design was a randomized controlled clinical trial with two independent and blinded observers. Three patients were treated by standard medical care (observation or brace treatment), two were treated with standard medical care plus chiropractic manipulation, and one was treated with standard medical care plus sham manipulation.”

Results revealed that “chiropractic treatments were safely employed, and research protocols were successful.”

Chiropractic & Osteopathy – August 21, 2006;14:15.
www.chiroandosteo.com

Chiropractic Care Requires Fewer Visits for Relief of Back Pain

Patients with low-back pain (LBP) who undergo chiropractic care require significantly fewer office visits before their pain abates, compared with patients who receive physical therapy. These findings are from an investigation of 195 patients with LBP.

According to the report, patients received four weeks of either chiropractic care or a form of physical therapy. Researchers then followed the subjects for one year.

Findings showed that the physical therapy patients had significantly more health-care visits for LBP than the chiropractic patients.

Chiropractic & Osteopathy – August 24, 2006;14:19.
www.chiroandosteo.com

Back Surgery More Dangerous Than Ever

Back surgery is more hazardous than ever, say scientists. It seems that new, commonly used procedures for back surgery are causing even more problems than did older procedures.

According to the report, “use of intervertebral fusion devices rose rapidly after their introduction in 1996. This increased use was associated with an increased complication risk without improving disability or reoperation rates.”

Specifically, “among the 1,950 eligible subjects, fusions with cages increased from 3.6% in 1996 to 58.1% in 2001. Overall disability rate at 2 years after fusion was 63.9%, reoperation rate 22.1%, and rate for other complications 11.8%.”

Spine – November 1, 2006;31:2715-23.
www.spinejournal.com

More Than One-Quarter of Adults Suffered From Back Pain During the Past Three Months

How prevalent is low-back pain (LBP)?

To investigate, researchers pored over data from two surveys: the National Health Interview Survey (NHIS) and the National Ambulatory Medical Care Survey (NAMCS).

Results revealed that, according to the NHIS, LBP “lasting at least a whole day in the past 3 months was reported

by 26.4% of respondents, and neck pain was reported by 13.8%. Among racial groups, American Indians and Alaska Natives had the highest prevalence of low back pain, and Asian Americans had the lowest. Prevalence generally declined with greater levels of education and increasing income.”

Spine – November 1, 2006;31:2724-7.
www.spinejournal.com

More 2006 Research on Its Way

Can't get enough of the fascinating chiropractic research released during the past year? Don't worry, next week we'll be presenting part two of this stimulating series. Don't forget to pick up your copy!

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