

Welcome to the 1st Edition of Better Health and Wellness

Hello Everyone,

Welcome to the first edition of the Edgerton Chiropractic & Wellness Center newsletter. We hope you had a very healthy and restful Easter Break! In this newsletter, we have provided a variety of articles that are designed to give our readers a more in-depth look at health and wellness. Achieving and maintaining health requires a commitment and we are dedicated to helping you to maintain your good health. If you have any questions or wish to have any topics covered, just let us know.



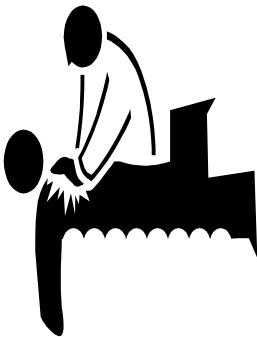
Good health is key
to good living!

Dr. Michael Edgerton, D.C.

Chiropractic More Effective Than Medication or Accupuncture

Research showed that patients with chronic pain syndromes did significantly better than patients that received either medication or acupuncture.

The participants selected for this study were individuals who had pain for more than 13 weeks. These participants were divided into three groups who exclusively received one type of care. One group got medication, one group received acupuncture and one group received chiropractic treatment. The participants were evaluated using standardized questionnaires, which were given at three different times. The questionnaires were given when the participants initially entered the study, then again 9 weeks after beginning with care. These results were compared to repeat questionnaires given to the same patients 12 months later.



A year later only the group that received chiropractic care was still experiencing significant improvement.

Researchers were extremely careful to exclude patients who were receiving multiple forms of care for their problem. Their intent was to have the results only reflect benefits from a single type of care. This way, outside factors could be minimized and the results should be attributed exclusively to the type of care the patient received.

Results showed that 12 months later, only the group that received chiropractic care was still experiencing significant improvement.

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Researchers noted that all three groups had experienced some short term benefits from their various care. They also noted that the patients who got acupuncture did better than those who were in the group that received medication. However, they noted that the group receiving chiropractic showed the best results. The authors concluded "Overall, patients who have chronic mechanical spinal pain syndromes and received spinal manipulation gained significant broad-based beneficial short-term and long-term outcomes."

This research was published in the January 2005 issue of the scientific periodical the Journal of Manipulative and Physiological Therapeutics. (JMPT) .

Kids Are Our Future– What You Must Know!

It is wise to consider what chiropractic care can offer your baby or child.

Frequently, people only think about what a chiropractic physician can do for adults...such as helping resolve a back or neck problem. Yet people of all ages may be helped by chiropractic!

Babies and children grow quickly, and their muscles, ligaments and bones develop rapidly. Because of this, they may particularly benefit from a drugless, painless and surgically free approach to good health. The goal of chiropractic is to help allow the body to best function and repair itself. Here are a few of the ways this practical care may be helpful to your child.

It's an incredible fact that 40-50 pounds of pressure are exerted on the infant's neck during the birth process. The baby's head is forced to rotate by 90 degrees while contractions squeeze their small frame.¹ This stress, combined with the weight of the baby's head, puts considerable pressure on the neck, spine, nerves and muscles.

Such trauma may contribute to several painful conditions often found in babies. Symptoms can begin in the first months of an infant's life and may plague a child throughout the early years. Early detection of any musculoskeletal distress may be beneficial.

Fortunately, your doctor of chiropractic may offer help for your baby - and peace of mind for you.

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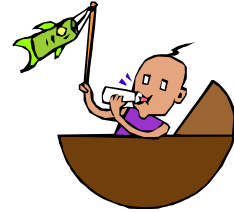
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Posture

Signs to watch for include posture signals such as:

- tilting the head
- neck sensitivity
- inability to lie on their back
- crying when moved out of their favorite sleeping position
- difficulty in breast feeding
- limited motion (perhaps with a leg or an arm)
- a bent body position
- unusual differences in the appearance of one side of the body from the other (such as one hip being higher)

Swelling, pain or constant crying and irritability are also signs of distress that should be evaluated, along with any unusual problems with eating, sleeping or playing.



Because babies and children are less able to tell you exactly what hurts, you may find your chiropractic's skills especially welcome in being able to access your child's overall health and physical structure. As a trained professional with a minimum of six years of college study, your practitioner of chiropractic can offer sensitive, professional diagnosis and skilled, safe care as warranted.

In addition to possible musculoskeletal disorders such as restricted motion or postural problems, there is growing evidence to suggest that your chiropractor's special skills may also be helpful when evaluating the following condition.

Colic

Approximately 20% of all babies will suffer colic.⁵ Colic is believed to be a baby's response to pain - although the exact cause of colic is not known.⁶ (It has also been found that some pain which mimics colic may be due to spinal joint pain which your chiropractor can assess.)⁷

“Colic babies treated with chiropractic care showed a 90% improvement”

Chiropractic care is helpful to infants with colic.

An encouraging new study from Denmark suggest that chiropractic may be helpful to infants with colic even when more traditional treatments had failed. The data included 316 babies treated by 73 chiropractors in 50 different clinics. Improvement was reported in more than 90% of these children.⁸

Minor Accidents: Should You Be Concerned?

When we think of accidental injuries, violent traumas such as car accidents come to mind. However, most accidents are minor and may not require hospitalization. Therefore the initial pain, stiffness or a few bruises are all forgotten in a couple of days. All too frequently, lifelong health problems begin from minor accidents, i.e. a fall, whiplash, or bump that was dismissed as nothing to worry about. Most people think that the disappearance of pain means that everything is okay. Even if there are no broken bones or bleeding, spinal damage may be present depending on the extent of the accident. Problems resulting from minor injuries may exist for a long period of time before exhibiting any symptoms.



Some accidents cause quiet injuries which give problems later. Don't wait for pain; get treated immediately with chiropractic care.

Collisions, falls, blows, and tumbles, big or small, can create damage to your nerves and spine. Only a Doctor of Chiropractic is trained to recognize the hidden spinal damage that can disturb the normal position and motion of the vertebrae. Muscles, ligaments, and discs attached to the spine are also affected. The aches and pains from minor accidents will eventually become chronic and more intense in severity. When spinal injuries are left untreated for long periods of time, it takes longer to correct the problem. Other health problems may arise because the misalignments in your spine are interfering with the body's ability to heal its self and function properly.

A spinal checkup becomes extremely important when someone has sustained an accident such as a fall. No matter how minor you may think it is, spinal damage should be ruled out to protect your long-term health. Give your body its best chance to heal by getting the chiropractic care necessary to restore spinal and overall health.

WE'RE ON THE WEB!

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