

NEWS DIGEST

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the type of undergraduate coursework required to enroll in chiropractic college and the board and state exams they must pass before they can practice in any state.

Dr. Clum also informed listeners that 80 percent of Americans will experience loss of work and disability for lower back pain at some point in their lives. He explained that in this case chiropractors place primary attention to repositioning the vertebra in the lower lumbar spine with adjustments. After repositioning, active rehabilitation is often applied to strengthen the muscles where the adjustments occur. Chiropractors, he said, may also suggest lifestyle changes pertaining to diet, exercise and ergonomics to protect the body from additional injury.

Dr. Clum also offered suggestions on how patients can participate in their own recovery. He recommended exercises to help strengthen the spine, such as stretching and swimming. "As we age", he said, "we need to shift from traumatic

movements such as running towards more strengthening exercises such as walking." The abdominal wall, he said, is also important to maintaining the integrity of the spine. "People need to do core exercises to strengthen the tiny muscles between the vertebrae," he said.



Grocery Stores' Offer of Free Antibiotics Can Come at a High Price

The growing trend among pharmacies and grocery stores to offer free antibiotics is causing concern among many public health experts especially those who have been fighting against the misuse of antibiotics. In January of this year many grocery chains started offering free generic antibiotics to customers with

valid prescriptions for a 14-day supply of commonly prescribed antibiotics such as amoxicillin, penicillin and tetracycline.

According to the National Institutes of Health, antibiotic use is one of the key microbial threats to health in the United States. Antibiotic resistance has been increasing during the last decades making it harder to treat many infectious diseases such as tuberculosis and methicillin-resistant staphylococcus aureus (MRSA). The Centers of Disease Control reported that in 2005 there were 94,000 life-threatening infections in the US. Multi-resistant TB is a growing threat around the world and recent reports have documented drug resistance among Clostridium difficile, a bacteria that can cause serious intestinal problems.

These free antibiotic offers are dangerous because they could lead consumers to stockpile the drugs or to want and use them more because they are free. According to the Infectious Diseases Society of America, giving free antibiotics at a time when the country is facing a growing crisis of antibiotic resistance does not make good public health sense.

Source: *The Nation's Health*

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education, movement education, and gymnastics are often used by occupational and physical therapists. While these are important skills to work on, the sensory integrative approach is vital to treating SID. The sensory integrative approach is guided by one important aspect — the child's motivation in selection of the activities. By allowing them to be actively involved, and explore activities that provide sensory experiences most beneficial to them, children become more mature and efficient at organizing sensory information

Conclusion — Chiropractic adjustments and craniosacral therapy utilized in a co-therapeutic environment appear to result in the reduction of aberrant sensory stimuli optimizing the results of the therapeutic sensory diet offered through an occupational therapy program designed to address sensory integration issues.

By detecting subluxation, intervening and providing treatment at an early age, some of the manifestations of sensory integration disorder may be reduced or managed more successfully. By removing the subluxation and reducing impedance to communication along the neuro-axis, the body's ability to maintain a homeostatic state is improved and the individual will be better able to interact with his or her environment in a more successful and adaptive way.

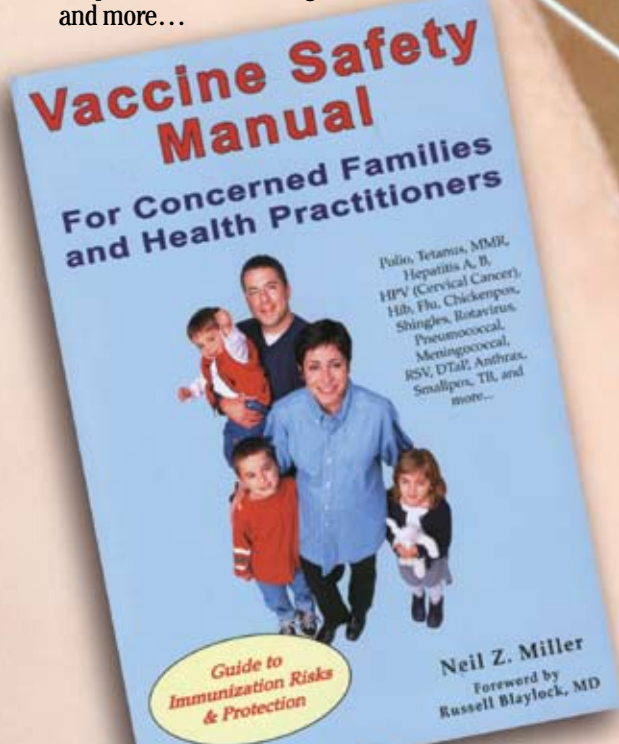
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SHARON VALLONE, D.C., F.I.C.C.P. has a special interest in children with special needs and is actively involved with the Kentuckiana Children's Center in Louisville, Kentucky, serving as their Chairman of the Board. A founding member of the ICA Council on Chiropractic Pediatrics, Dr. Vallone is currently the Vice Chair of the Council. A graduate of New York Chiropractic College, she received her Diplomate in Pediatrics (DICCP) in 1998 and was made a Fellow in Pediatrics in 2004 because of her many contributions to help improve the quality of life for children world wide. Dr. Vallone is in private practice in Connecticut, on the faculty of the DICCP program and serves as editor of the *Journal of Clinical Chiropractic Pediatrics*.

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