

Our cash wasted on unproven medicine - The Advertiser 24th June 2004

Over the past week there have been some articles in the media questioning the validity of alternative therapies, especially chiropractic and acupuncture, so let's look at some of the research that has been done. I don't want to bore you with all the research confirming the effectiveness of chiropractic care for musculoskeletal complaints, as I assume you have better things to do for the next few months, just know that government guidelines in Australia, USA, and Europe all recommend chiropractic care for back pain. This research has been summarised by a quote from the Manga Report.

"There should be a shift in policy to encourage and prefer chiropractic services for most patients with low-back pain ... a very good case can be made for making chiropractors the gatekeepers for management of low-back pain in the worker's compensation system."

Manga P, Angus D et al (1993) The Effectiveness and Cost-Effectiveness of Chiropractic Management of Low Back Pain, Pran Manga and Associates, University of Ottawa, Canada

Hypertension and Chiropractic

Atlas vertebra realignment and achievement of arterial pressure goal in hypertensive patients: a pilot study.

In a pilot study of 50 people where assigned to a specific chiropractic adjustment group or a sham adjustment group in a study performed at the Department of Preventive Medicine, Rush University Hypertension Center in Chicago. The researchers concluded that "restoration of Atlas alignment is associated with marked and sustained reductions in BP similar to the use of two-drug combination therapy" and "no adverse effects were recorded".

In other words, in people with neck joint dysfunctions and hypertension, specific chiropractic adjustments to the upper neck are very helpful in lowering that high blood pressure and there were no side effects which are common with drug therapy.

[http://www.ncbi.nlm.nih.gov/pubmed/17252032?](http://www.ncbi.nlm.nih.gov/pubmed/17252032?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

[ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum](http://www.ncbi.nlm.nih.gov/pubmed/17252032?ordinalpos=7&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocSum)

Infantile Colic and Chiropractic

The Short-Term Effect of Spinal Manipulation in the Treatment of Infantile Colic: A Randomised Controlled Trial with Blinded Observer.

Management, involving palpation of the entire spine then adjustment of vertebral joints found to have restricted range of motion, is significantly more effective than standard medical treatment with dimethicone.

Meanwhile several studies have shown that the medical treatment dimethicone is no more effective than placebo.

Wiberg JMM, Nordsteen J and Nilsson N. The Short-Term Effect of Spinal Manipulation in the Treatment of Infantile Colic: A Randomised Controlled Trial with Blinded Observer. *JMPPT* 1999;22(8):517-22.

Asthma and Chiropractic

Dr Ray Hayek, of Macquarie University, conducted a trial of 420 patients to discover the effects of chiropractic adjustments had on symptoms, such as depression and anxiety, general health status, and the levels of immunity, in asthma patients. He tested the concentrations of both an immunoglobulin (IgA) and an immunosuppressant (cortisol) to gauge his results. Dr. Hayek reported that only the patient group that underwent spinal manipulation displayed significant improvement in asthma symptoms.

Ali S, Hayek R, Holland R, McKelvy S-E, Boyce K, Curson P. Effect of chiropractic treatment on the endocrine and immune system in asthmatic patients. *Proceedings of the 2002 International Conference on Spinal Manipulation*, Des Moines, IA: Foundation for Chiropractic Education and Research. In press, 2002.

Osteoarthritis of the Knee – Surgery and Glucosamine

A controlled trial of arthroscopic surgery for osteoarthritis of the knee.

A team from the Baylor College of Medicine, Houston, Texas found in a randomised-placebo controlled trial that at no point did either of the intervention groups report less pain or better function than the placebo group.

In other words knee arthroscopies for osteoarthritis are a waste of taxpayers money because they don't work. Source:

<http://www.ncbi.nlm.nih.gov/pubmed/12110735>

Effect of glucosamine or chondroitin sulfate on the osteoarthritis progression: a meta-analysis. In a meta-analysis of 1502 cases researchers from Korea University Anam Hospital found that taking glucosamine sulfate or chondroitin sulfate daily for 2 to 3 years had a small to moderate, but significant beneficial effect on the knee joint space.

http://www.ncbi.nlm.nih.gov/pubmed/19544061?ordinalpos=10&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_DefaultReportPanel.Pubmed_RVDocS

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