


Migraines respond to chiropractic care

An Australian study published in the February 2000 issue of the *Journal of Manipulative and Physiological Therapeutics* found that migraine headache patients experienced significant relief under chiropractic care.

Over a six month period, 83 people with clinically diagnosed migraines kept headache diaries for a two month period before beginning chiropractic care, during a two month-long period of chiropractic adjustments and during a two month period after care ended. 40 people were placed in a control group that received no chiropractic care.

In general, the participants in the study reported a significant decrease in the frequency, duration, disability and amount of medicine they used compared with people in the control group who did not receive chiropractic care.

50% of the participants receiving chiropractic care reported significant improvement in the morbidity (sickness) level of their migraines. 22% of the participants reported more than a 90% reduction of their migraines as a result of the adjustments.

By way of commentary, a March 2, 2000 report from the *National Headache Foundation* says that 12% of the public suffers from migraine headaches. This figure represents approximately 30 million people. Using the numbers from this study, approximately 6.6 million (22%) of these people could reduce the occurrence of their migraines by 90% if they got under chiropractic care. Another 15 million could report significant improvement. Talk about making the world a better place to live!

This study is a good example of how chiropractic care plays a vital role in restoring a patient's health. When a chiropractor removes interference to the nervous system by adjusting the spine, health is restored and the body is in a better position to heal itself.



Chiropractic Care Produces Long Term Results In Patients With Headache

A February, 2001 report from the *Foundation for Chiropractic Education and Research* finds that chiropractic patients not only experience improvement in the frequency and severity of their headaches while under chiropractic care but continue to experience these benefits even if their care program is interrupted.

The study, a literature review performed at Duke University in Durham, NC, collected information from more than 2500 sources and compared how patients with different types of headache responded to such approaches as chiropractic, acupuncture, drug therapy, exercise and relaxation techniques.

According to the report, adjustments "appeared to result in immediate improvement in headache severity" in patients experiencing cervicogenic headache. The report went on to say that when compared with soft-tissue therapies such as massage, chiropractic resulted in "sustained improvement in headache frequency and severity."

When the researchers compared how patients under chiropractic responded with patients taking the drug amitriptyline, a common headache drug, both had about the same immediate effect. However, patients who took the drug experienced some type of adverse effect 82% of the time.

During the 4 week period after the study ended, the patients who had received chiropractic care experienced significant improvement in both headache frequency and severity. The headaches of the patients taking the drug returned to the same frequency and severity they experienced before the study.

By way of commentary, this report shows that chiropractic care allows the body to function better which allows true healing to take place. Drugs, on the other hand, tend to simply cover up the problem. Making symptoms disappear does not mean that true healing is taking place. True healing takes place when the body is restored to its highest level of function. ▲



Too Much Acetaminophen Can Be Deadly

A January 22, 2004 article by the Associated Press reports that increasingly, too many Americans are accidentally overdosing on the over-the-counter pain reliever acetaminophen, best known as Tylenol.

In a new consumer education campaign, the U.S. Food and Drug Administration (FDA) has released a warning for consumers to follow the directions on the labels of **all** over-the-counter pain relievers in order to avoid dangerous or potentially lethal side effects.

Acetaminophen topped the FDA's warning list since it is in more than 600 products that treat pain, colds, flu and coughs.

The FDA warns that acetaminophen overdose is common since many people don't read drug labels and combine different medications containing the drug. Sometimes people take extra pills in hopes of faster pain relief. In either case, taking too much acetaminophen can damage the liver beyond repair.

In 2002 the FDA's own scientific advisors urged that warning labels be placed directly on the labels of over-the-counter painkillers to make sure consumers are aware of the risk.

This campaign falls well short of those recommendations since the FDA has decided to only allot \$20,000 for development of an informational brochure that the FDA **hopes** will be distributed by pharmacy chains. The FDA also **hopes** major magazines will run the ads for free.

According to the FDA, more than 56,000 emergency room visits and approximately 100 deaths a year are due to acetaminophen overdoses.