

Headache Relief Through Chiropractic

According to the American Chiropractic Association 14% of the public who see chiropractors presently go for headaches. For these patients the good news has gotten even better. Researchers at Northwestern College of Chiropractic in Minnesota, compared chiropractic care to certain drug therapies used for tension and migraine headaches.

The study, published in the Journal of Manipulative and Physiological Therapeutics, followed 218 headache sufferers who were given either chiropractic care or drug therapy or both. Pain was reduced 40- 50% in all groups initially. However, four weeks after all care was stopped, **only the chiropractic group still retained the benefits, while those who received the drug therapy lost about half of their improvement.**

Headaches Helped by Chiropractic Says Research

In the September 2001 issue of the **Journal of Manipulative and Physiological Therapeutics** was a report on the effectiveness of chiropractic care, specifically labeled "SMT" in the study, for patients with chronic headaches. The data for this report was gathered from nine trials involving 683 patients with chronic headache.

In this study chiropractic adjustments (termed SMT in the study) were compared to massage and medications for short term relief of up to six weeks after a month of care. The question of long term health benefits was not addressed. Results showed that the chiropractic group did better than the massage group. The group that received medication also showed relief however, the rate of side effects for the medication group was considerably higher than the chiropractic group. This difference gave a decidedly large advantage to chiropractic over the medication. According to the report, the financial cost of headaches is great, with billions of dollars spent annually for lost productivity and treatment. The study also noted that people affected with headaches have commonly been treated by medical practitioners. Recently however, they are increasingly turning to non-medical or alternative therapies for relief. A recent study from Harvard University by Dr. Eisenberg reported that one of the most common alternative practitioners sought out for the treatment of headaches was the chiropractor. This study confirms what most chiropractors and their patients have already known, that **chiropractic is one of the most effective avenues of health for headache sufferers.**

Many Kids Take Too Many Headache Pills

The June 10, 2004 Reuters Health reports that a new study released June 10, shows that nearly one quarter of children and teens with chronic headaches are overusing over-the-counter pain relievers. The study defined overuse of pain relievers as taking more than three doses per week for over six weeks.

The study noted that approximately one in seven kids said they took the medicines without telling their parents. Almost one in five participants said they had headaches every day, or nearly so. Most of the daily headache sufferers were girls and students who got high grades in school. Study author Dr. A. David Rothner, of the Cleveland Clinic in Ohio told Reuters Health, "Most likely children and teens are taking this medicine because they think it will relieve their headaches, and not to get any type of "high." The study noted that there are many reasons why kids shouldn't overuse these medicines. Some pain relievers contain aspirin, which puts children under the age of 19 at risk of Reye's syndrome, a potentially fatal disorder. Additionally, other **risks of overuse of over-the-counter pain medicines include kidney failure, liver problems, and intestinal and stomach bleeding.**

The study author, Dr. Rothner concluded with a warning for parents, "If you see they're using the medicine more than twice a week, then bingo! You've got a problem on your hands, and you've got to do something about it."