

# COLIC AND CHIROPRACTIC

Colic is a disorder in which an infant has episodes of uncontrollable crying, which often occurs at a predictable times of day or night. However, some infants cry almost incessantly. About 10-20% of infants less than 4 months of age suffer from infantile colic.<sup>1</sup> Although colic is not detrimental to an infant's health, it can place tremendous stress on the family.

While colic has been blamed on too much gas in the intestine, dietary problems and birth trauma<sup>2</sup> the precise cause of colic is not known today. Researchers have investigated a wide variety of therapies, including formula changes, pharmacotherapy and infant positioning maneuvers, but study results have been conflicting, controversial and inconclusive. At present, behavioral management, supportive counseling and parental reassurance are the mainstays of treatment. However, no effective cure for this disorder is known.<sup>3</sup>

However, research is showing that chiropractic care can help. Recently a randomized clinical trial (RCT) by Wiberg et al. has concluded "Spinal manipulation is effective in relieving infantile colic."<sup>4</sup> The research team enrolled infants who were diagnosed with infantile colic. For a period of 2 weeks, half of the subjects underwent chiropractic spinal manipulation, while the other half received the drug dimethicone. "From trial day 5 onward the manipulation group did significantly better than the dimethicone group," according to the report. Specifically, in the course of the 12 days of the study, the children receiving chiropractic adjustments saw a 67% reduction in crying and the drug group saw a 38% reduction in crying. The mean number of adjustments given during the 2 week study was 3.8.

This report adds to a growing body of scientific research that supports the efficacy of chiropractic care for children with colic.<sup>5-9</sup> In a prospective study of 316 children a satisfactory result occurred within 2 weeks in 94% of the cases receiving chiropractic care. 51% of these infants had prior, unsuccessful treatment, usually drug therapy (83%).<sup>10</sup> In another study of 132 infant's with colic, 91% of the parents reported an improvement, which occurred after an average of two to three manipulations, and one week after the treatment started.<sup>11</sup>

As research indicates, chiropractic care for the correction of vertebral subluxation may play an important and effective role in the cessation of infantile colic.

## REFERENCES- Colic and Chiropractic

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# KID BITS

## ICPA RESPONSE PRINTED IN MEDICAL JOURNAL

The ICPA responded to an article concerning chiropractic care for children that appeared in the April issue of the Archives of Pediatric and Adolescent Medicine. The response was printed in the current issue of the journal. You can read the response on-line at: <http://archpedi.ama-assn.org/issues/v154n10/full/plt1000-3.html> or call the ICPA for a copy.

*Pistolesse RA. In Defense of Pediatric Chiropractic Care. Arch Pediatr Adolesc Med. 2000;154 (10): 1063*

## SOFT DRINKS HURT BONES

Girls who drink carbonated beverages have a heightened risk of fracture, according to a report in the Archives of Pediatric and Adolescent Medicine by Dr. Grace Wyshak. The study tracked 460, 9th- and 10th-grade girls. Subjects completed questionnaires detailing physical activity, behavioral habits, carbonated beverage consumption and history of bone fracture. Findings revealed that girls who drank carbonated beverages had 3.14 times the risk of fracture, compared with their peers who did not drink soda. These results were especially pronounced among physically active girls who drank cola. Specifically, drinking cola boosted the risk of fracture by nearly five-fold in active girls. Experts speculate that the abundance of phosphorus in cola inhibits calcium metabolism, in turn weakening bones and predisposing them to fracture.

*Wyshak G. Teenaged girls, carbonated beverage consumption, and bone fractures. Arch Pediatr Adolesc Med. 2000;154 (6):610-613*

## MACROBIOTIC DIET MAY IMPAIR CHILDREN'S MINDS

Parents who feed their children a macrobiotic diet should be warned that this diet may impair their youngsters' cognitive development, according to a study published in the American Journal of Clinical Nutrition. The study enrolled 48 children who had been feed a macrobiotic diet and 24 control subjects who ate an omnivorous diet. The analysis found that adolescents who consumed a macrobiotic diet for an average of 6 years were deficient in vitamin B12 and scored significantly lower on tests measuring intelligence, spatial ability and short-term memory, compared with controls. One year after switching to a diet that included dairy products, 77% of subjects continued to test low in vitamin B12.

*Louwman MW, van Dusseldorp M, van de Vijver FJ, Thomas CM, Schneede J, Ueland PM, Refsum H, van Staveren WA. Signs of impaired cognitive function in adolescents with marginal cobalamin status. Am J Clin Nutr 2000; 72:762-769*