



November 2008 Newsletter

Table of Contents:

1. Children's Cold Remedies
2. Chiropractors as Primary Health Providers
3. Happy Thanksgiving Gift

COLD REMEDIES PUT CHILDREN AT RISK LEADING PEDIATRICIANS SAY

A group of leading pediatricians have petitioned the Food and Drug Administration (FDA) to stop drug makers from marketing over-the-counter cough and cold remedies to children. In some children, unintentional overdoses have caused heart rhythm changes, cardiopulmonary arrest, hallucinations, psychoses, hypertension and seizures, according to research cited in the petition.

"Over-the-counter cough and cold preparations are neither safe nor effective for use in young children," the petitioners argue. "The FDA has never conducted an appropriate analysis to support their widespread use, and expert organizations agree that they are ineffective and pose a risk to health." The petitioners urged the FDA to tell drug makers the continued marketing of such products for infants and young children is not supported by scientific evidence and should lead to enforcement actions against the makers.

Dr. Joshua Sharfstein, Baltimore's commissioner of health, led the group of 15 petitioners who include such pediatric luminaries as Dr. Janet Serwint, professor of pediatrics at the Johns Hopkins University; Dr. Steven J. Czinn, chairman of pediatrics at the University of Maryland School of Medicine; and Dr. Michael Shannon, professor of pediatrics at Harvard Medical School. "These are very senior pediatricians," Sharfstein said. "That kind of expertise is not something the FDA gets petitions from every day. "I think this is something that should be wrapped up fairly quickly because the evidence on this is clear. They don't work, and they're not safe," he said.

FDA Says No Need for Immediate Action FDA officials have replied that the agency plans to review the matter over the next several months. One official told reporters at a Washington briefing that there is no need for immediate action. Dr. Charles Ganley, director of the Office of Nonprescription Products said the review will include an assessment of the safety and efficacy of cold and cough medications for children, as well as how dosage levels for them are drawn up. In the meantime, he said, parents should be careful to follow directions on the products.

"If we thought there was a need to come out with an immediate statement, we would do so," Ganley said. "Parents need to adhere to those dosing directions. If the directions are to consult a physician, parents need to adhere to that."

SOURCE: <http://www.baltimoresun.com/news/health>

THE EVIDENCE CONTINUES TO MOUNT FOR CHIROPRACTORS AS PRIMARY CARE PROVIDERS

Research data continues to build in favor of chiropractors being the Primary Care Provider (PCP) of choice for Americans. The reason: when chiropractors serve as the gate keeper of a managed care network there are substantial cost savings and decreased utilization of additional medical services as compared to PCPs using conventional medicine alone.

This latest research data comes on the heels of a study published in 2004 that showed similar results. The first study collected data from 1999 through 2002 with the expanded study done from 2003 to 2005. The lead investigators for both studies were Richard Sarnat, MD and James Winterstein, DC.

The basic idea behind the Chiropractic PCP model was to create an integrative system of health care using PCPs who specialized in non-pharmaceutical and non-surgical approaches compared to a traditional HMO system. An independent provider association known as Alternative Medicine Integration Group (AMI) served as the Chiropractic-lead provider.

The recent analysis supports the original findings in that patients who enroll in a Chiropractic-run network experienced a myriad of positive results in comparison to patients in an HMO monitored program.

These included fewer hospital visits, less time spent in a hospital for care and being subjected to fewer surgeries. Additionally, they used far fewer pharmaceuticals than traditional HMO patients analyzed for the survey, resulting in lower utilization costs.

For the entire 7-year study period from 1999 to 2005, Chiropractic-lead AMI members had 60% fewer hospitalizations, 62% fewer outpatient surgical cases and 85% lower pharmaceutical costs than HMO members. Incidentally, chiropractors also had higher patient satisfaction scores, too.

Here's what Dr. Sarnat had to say about the findings: "I have always believed that the over-utilization of pharmaceuticals and surgery, and the underutilization of more natural healing techniques, such as Chiropractic, has been the cause of great suffering. Yet, I had no idea that the magnitude of both clinical improvements and cost effectiveness would approach 50% in both cases.

"Previous studies have shown these types of savings when Chiropractic has been used as a first-line treatment for NMS (neuromusculoskeletal) ailments, instead of conventional medical care. But to see this level of effectiveness across the board for literally all types of clinical presentations within a primary care setting is surprising to me, and good news for the rest of the world."

Source: Dynamic Chiropractic, 2007

<http://www.chiroweb.com/archives/25/12/04.html>

Trying to come up with the perfect gift idea for that special person?



Wolf Family Wellness Center
is now offering

Holiday Cards
and Gift Certificates

Through December 23rd



Wolf Family Wellness Center will be closed
Thursday, November 27th - Sunday, November 30th



Happy Thanksgiving!

From, Drs. David and Kelly Wolf