

# Wellness Newsletter

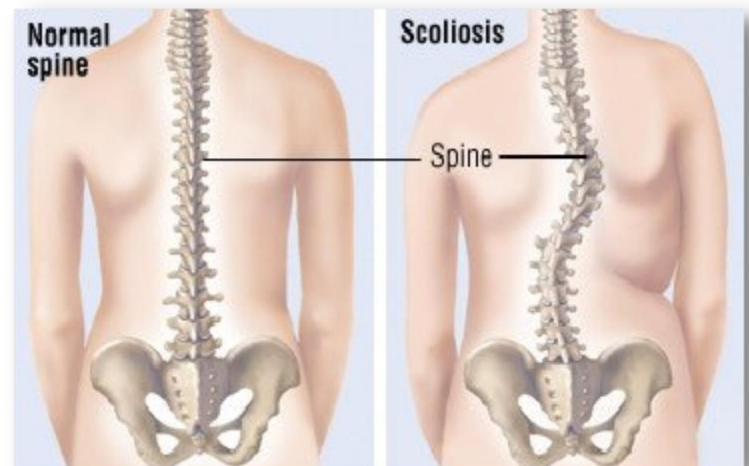
*"The greatest medicine is to  
teach people how not to  
need it"*

## SCOLIOSIS AND HOW IT AFFECTS YOU

Scoliosis is a sideways curvature of the spine that is most often diagnosed in adolescents. While scoliosis can occur in people with conditions such as cerebral palsy and muscular dystrophy, the cause of most childhood scoliosis is unknown. Most cases of scoliosis are mild, but some curves worsen as children grow. Scoliosis can worsen with age and over time, especially without treatment. About 40% of adult scoliosis patients experience worsening of their condition with time with no treatment.

As a person gets older, they may develop degenerative scoliosis. In this condition, the spinal curvature is often in the lower back. Spinal stenosis, a narrowing of the spinal canal, often occurs alongside degenerative scoliosis. A person with degenerative scoliosis may experience gradual pain, especially with activity. Scoliosis not only affects the back, but it comes with some very uncomfortable side effects. Patients have reported headaches and pain in the neck, hips, legs and knees. Some people may also suffer from radicular or nerve pain, problems with digestion and some females also experience menstrual cycle irregularities.

Scoliosis can also have major effects on a person's posture and symmetry of the spine. Often it can lead to an imbalanced appearance in the shoulders, shoulder blades, hips, and ribs. There may also be a shift in the head, torso, and pelvis. The more severe the curve, the more likely of having more serious side effects. Another side effect people suffering from scoliosis may experience is balance issues – especially when eyes are closed.



Long term side effects can lead to many issues. Scoliosis can lead to osteoarthritis and degenerative changes in the spine, hips and knees. If a case is severe enough, internal organs may also be compromised or severely damaged.

## HOW CHIROPRACTIC CAN HELP

Scoliosis is a treatable condition. However, it is not curable. Much like other chronic health conditions like high blood pressure or diabetes, scoliosis can be managed. Chiropractic care is an alternative to traditional medical scoliosis treatments, which include bulky spinal braces or spinal surgery.

Studies have shown that chiropractic treatment can improve pain, spinal curvature, and disability from scoliosis over the long term. This is especially true when chiropractic care is combined with other scoliosis treatments like exercise and special stretches. By combining spinal realignment from chiropractic care and muscle-strengthening exercises and stretches to support your new spinal alignment, scoliosis can be managed.

# Health Tips for Kids



## SLEEPING HABITS

Now that school is almost back in session, it's important to make sure your kids are getting enough sleep. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

Sleep patterns change dramatically in early childhood. Establishing a healthy sleep pattern in early life is very important for child development. Sleep plays a critical role in learning and memory, emotional regulation, and related brain structure development.

Infant 4-11 months old 12-15 hours  
Toddler 1-2 years old 11-14 hours  
Preschool 3-5 years old 10-13 hours  
School-age 6-13 years old 9-11 hours  
School-age 14-15 8.75-9 hours  
School-age 16-18 8.25-8.5 hours

## HEALTHY EATING TIPS

- ◆ The most powerful way to send healthy food messages to your children is by letting them see you make healthy eating choices every day. Children tend to do what they see you doing.
- ◆ Offering meals and snacks at regular times encourages a better appetite at mealtimes. Regular meals and snacks can be part of a healthy eating routine.
- ◆ Keep healthy snacks handy at home – and try to avoid buying unhealthy ones. Children will take the healthy option if it's the only one they have. For example, you could have a bowl of fresh fruit on the counter and a container of vegie sticks in the fridge.
- ◆ Get your child involved in planning and preparing meals. If your child has helped to make the meal, they're more likely to eat it.
- ◆ Enjoy healthy meals together as a family as often as possible. Also look for opportunities to eat together at breakfast and on weekends.
- ◆ Turn the TV off while eating. This way your child is paying attention to eating and the fresh healthy food choices you offer.

