



DR For Moms
CHIROPRACTIC CARE
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Do Recurrent Ear Infections Have You Confused?

From Vital Chiropractic Center, Mount Vernon, WA

If So, You're not alone!

"My pediatrician prescribes antibiotics for ear infections, but my child still has recurrences." This frequently heard remark is stated by many parents each day. Commonly, parents accept acute otitis media as a normal part of a young child's life. The truth, however, is that although common, there is nothing normal about it. Research shows that children may get ear infections as a result of improper drainage of the deep neck lymphatics. This causes fluid buildup, an inflamed and bulging ear drum, and a welcome habitat for bacteria.

The preferred medical treatment today is a prescription of oral antibiotics, most commonly, Amoxicillin. However, a Journal of the American Medical Association study concluded that children who took Amoxicillin for chronic ear infections were two to six times more likely to have a recurrence of their ear problem than those who received a sugar pill. Lead author Erden Cantekin Ph.D. (Professor of otolaryngology) said "children are being abused by the antibiotic treatment in this country."

Drug resistant strains of childhood ear infections are rapidly increasing. Health officials say the trend is closely linked to doctors' misuse of broad-spectrum antibiotics, and patients mistaken belief that antibiotics are a "magic bullet" for all that ails the~ Up to half of the 110 million antibiotic prescriptions written annually by private practitioners may be inappropriate for the illness being treated, reported the US Center for Disease Control and Prevention. Alexander Tomasz, a Rockefeller University microbiology professor, reported "There's vast overuse of antibiotics. It's completely crazy." (4/94 New England Journal of Medicine).

New Federal Government guidelines recommend giving nature a chance with ear infections. Dr. Alfred Berg, co-chair of the Federal Panel of Expenses, said that in most cases the condition disappears within 3-6 months without medical treatment. Dr. Berg said antibiotics frequently used in the past, are of very limited value in treating the condition. Dr. Berg also said that antibiotics can cause side effects and lead to the development of drug-resistant bacteria that can cause a more serious disease. Antibiotics are not the preferred option in the early stages of the condition.

Dr. Michael Poole, a professor of otolaryngology and pediatrics at the University of Texas Medical branch in Houston, emphasized that most infants and young children with acute otitis media don't need antibiotics at all. "Ongoing studies at the University of Pittsburgh suggest that only about one out of seven children with otitis media should receive a prescription for an antibiotic. The disease usually gets well on its own." Your pediatrician may be lacking knowledge on current health trends and research. Because he/she prescribes an antibiotic, doesn't mean you have to fill the prescription. Your child's health needs to come first. There are numerous reasons for red ears other than bacteria manifestation. Your family chiropractor can share these reasons with you. Instead of treatment designed to kill the bacteria or virus, a more natural approach is to restore nervous system function which results in normal drainage of the ears and lymphatics.

Progressive parents are turning to their Family Chiropractor for this solution. The Doctor of Chiropractic specializes in restoring normal function to the spine and nervous system which may reduce or eliminate the tense neck musculature which is responsible for preventing normal fluid drainage. Once this interference is removed, the excess fluid in the ear drains, the appealing environment that causes bacteria and viruses to thrive is removed, and the infection can heal.

After normal drainage has been properly restored, the recurrence of ear infection is greatly reduced or nonexistent. The chiropractic approach to health care is safer, natural, and more effective. In light of these facts your Chiropractor may be the best doctor to help your child! To obtain more information on this and other children's health topics, visit Vital Chiropractic Center at 1509 C Riverside Drive, Mount Vernon, WA

