



Eliminating Ear Infections

Mission:

We at West U Wellness are committed to serving people who want a natural, higher quality of life for themselves and their families. We acknowledge that physical, chemical, and particularly emotional stress has devastating effects on the nervous system. Chiropractic adjustments remove this nervous system interference. Therefore, we go to extraordinary measures in educating society about the benefits of chiropractic care for optimal health.

No matter how common ear infections are, they do not have to be a normal part of a child's life. Today's public is more confused than ever about how to "treat" this condition. They receive contradictory information from TV, magazines, pediatricians, pharmacists, and health food stores.

Causes of Ear Infections

Clinical data shows that children may get ear infections as a result of improper drainage of the deep neck lymphatics. During certain situations lymphatic tissue may enlarge blocking the Eustachian tube opening. This blockage makes ventilation of the middle ear impossible causing fluid to build-up, the ear drum to appear inflamed and bulging, and a welcome habitat for bacteria. Some of these situations that can cause the blockage are teething, fever, viral infection (usually the common cold), allergies, and etc.

Yes, all these problems and many others can cause Eustachian tube blockage, but the underlying cause to any one of these situations may be nervous system irritation, most likely in the neck. Spinal nerves in the neck that control the function of lymphatic tissue, blood vessels and neck muscles are irritated when cervical vertebrae (bones) are not in proper alignment or are "subluxated". Subluxations are the main cause for several conditions that affect children and adults.

The Usual Treatment

The preferred medical treatment is oral antibiotics, most commonly amoxicillin. Because most medical doctors concentrate only on the bacterial infection which is just a side-effect of some other underlying cause, they fail to treat the reason(s) why the infection started in the first place. As mentioned above, a common cause of otitis media is a viral cold. Antibiotics, although they are the most common treatment prescribed for otitis media, do not react to viruses. However, millions of antibiotic prescriptions are mistakenly prescribed to children. To compound the problem, parents do not realize that each time an antibiotic is taken, only some of the bacteria die leaving the resistant strain to grow and multiply.

An important study, published by the Journal of the American Medical Association concluded that children who took amoxicillin for chronic ear infections were two-to-six times more likely to have a recurrence of their ear problems than those who received a sugar pill. Lead author Erdem 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 increasing rapidly. Health officials say the trend is closely tied to doctors' misuse of broad-spectrum antibiotics, and patients' mistaken belief that antibiotics are a "magic bullet" for all that ails them.

Up to half of the 110 million antibiotic prescriptions written annually may be



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"inappropriate" for the illness being treated, reported the U.S. Center for Disease Control and Prevention. 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 otitis media don't need antibiotics at all.

In short is your child's pediatrician up-to-date on the current health trends and research concerning ear infections? Not only do pediatricians still believe that amoxicillin should remain the first choice of treatment, now they are saying that children should receive twice the current dosage. Although they claim the higher dosage does not appear to cause more or worse side effects, it can still cause stomachaches, diarrhea and allergic reactions like the regular dosage.

Chiropractic for Ear Infections

As doctors of chiropractic, we are able to adjust children's spines, reduce vertebral subluxations and restore normal function to the neck and nervous system which may reduce or eliminate the underlying

problem(s) responsible for preventing normal fluid drainage. Once this interference is removed, the excess fluid in the ear drains, the appealing environment for bacteria and viruses to grow is removed, and the infection can heal. After normal drainage has been properly restored, the recurrence of ear infection is greatly reduced -- or nonexistent.

In numerous studies, chiropractic care has been shown to be beneficial in relieving the cause of ear infections. In one study, 93% of all episodes of chronic otitis media treated with chiropractic care improved, 75% in 10 days or fewer.

Share this with your family and friends. Advise them that their pediatrician's approach may not be the best for their children. If you know someone with a child that suffers ear infections, please talk to them about chiropractic.

If you have any questions or would like additional information about chiropractic and ear infections please contact Dr. Long and Dr. Yeager at West U Wellness.

**WOW! Our Kids Day Event was a GREAT Success!!!
We saw more than twice the amount of children & families as last year.**

Thank you to everyone who donated school supplies to *Shearn Elementary*. Your contributions allowed over 100 students to have school supplies this year!

We'd also like to thank everyone who came to our "Hurricane Healing" Day. With your help and support



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we raised \$265.40 to give to the American Red Cross for Hurricane Katrina victims.

GREAT JOB EVERYONE! YOU REALLY KNOW HOW TO GIVE BACK TO OUR COMMUNITY!

West U Wellness hosts or participates in numerous events and activities each month. Included in these events are free health talks covering a different topic every **Tuesday at 6:00 PM** in West U Wellness. We believe these talks to be a means of allowing our patients to improve their lifestyles.

***Head, Neck & Shoulder Pain?
Tired of taking medication and still having pain?
Come hear Natural Alternatives to reduce your Pain on Tuesday,
October 4th at 6:00 PM here at West University Wellness!**

October Calendar of Events

						1
2	3	4 Head, Neck & Shoulder Pain Health Talk	5 West U Walking Club 7:30 am	6	7	8 West U Wellness Open
9	10	11 Disc Problems Health Talk	12 West U Walking Club 7:30 am	13	14	15
16	17	18 Cold & Flu Season Health Talk	19 West U Walking Club 7:30 am	20	21	22 West U Wellness Open
23	24	25 Acupuncture Health Talk	26 West U Walking Club 7:30 am	27	28	29
30	31 Halloween					



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November Calendar of Events

		1 Arthritis Health Talk	2 West U Walking Club 7:30 am	3	4	5 West U Wellness Open
6	7	8 Shoulder & Knee Pain Health Talk	9 West U Walking Club 7:30 am	10	11 Southwestern Badminton Tournament	12 Southwestern Badminton Tournament
13	14	15 Low Back Pain Health Talk	16 West U Walking Club 7:30 am	17	18	19 West U Wellness Open
20	21	22 Cholesterol Health Talk	23 West U Walking Club 7:30 am	24 Thanksgiving Day (Closed)	25 Closed	26
27	28	29 Stress Management Health Talk	30 West U Walking Club 7:30 am			

Dr. Sherman Yeager & Dr. Caroline Long are available to give free "stress management" lectures to a variety of groups. If you would like us to speak at your company or have us offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

www.westuwellness.com