



Straightening-out Scoliosis

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.

Everyone's spine has natural curves. These curves round our shoulders and make our lower back curve slightly inward. But some people have spines that also curve from side to side. Unlike poor posture, these curves can't be corrected simply by learning to stand up straight.

When one views a normal spine from behind, the back appears straight and the trunk symmetrical. When the normal spine is viewed from the side, curves are seen in the neck, upper trunk and lower trunk. The upper trunk has a gentle rounded contour called kyphosis and the lower trunk has a reverse direction of the rounded contour called lordosis. Certain amounts of cervical (neck) lordosis, thoracic (upper back) kyphosis and lumbar (lower back) lordosis are normally present and are needed to maintain appropriate trunk balance over the pelvis. Deviations from this normal alignment may reflect abnormal kyphosis or lordosis or, more commonly, scoliosis.

Scoliosis

Scoliosis is defined as a side-to-side deviation from the normal frontal axis of the body. Although traditional, this definition is limited since the deformity occurs in varying degrees in all three planes: back-front; side-to-side; top-to-bottom. Scoliosis is a descriptive term and not a diagnosis. As such, a search is made for the cause. In

more than 80% of the cases, a specific cause is not found and such cases are termed idiopathic, i.e., of undetermined cause. This is particularly so among the type of scoliosis seen in adolescent girls.

Conditions known to cause spinal deformity are congenital spinal column abnormalities, neurological disorders, genetic conditions and a multitude of other causes.

What Are the Signs of Scoliosis?

1. One shoulder may be higher than the other.
2. One shoulder blade may be higher or more prominent than the other.
3. With the arms hanging loosely at the side, there may be more space between the arm and the body on one side.
4. One hip may appear to be higher or more prominent than the other.
5. The head is not centered over the pelvis.
6. When the patient is examined from the rear and asked to bend forward until the spine is horizontal, one side of the back appears higher than the other.

What Should Be Done?

In 90% of cases, scoliotic curves are mild and do not require active treatment, or at most regular spinal adjustments to keep proper spinal alignment. However, in the growing adolescent, it is very important that



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the spine and its curves be monitored for changes by periodic examination and standing x-rays as needed. If caught and monitored early enough scoliosis can be treated mildly with chiropractic adjustments to prevent increases in spinal curves.

Increases in spinal deformity require close evaluation to determine if brace treatment is required. In a small number of patients, surgical treatment may be needed.

What Factors Determine Treatment?

1. Age in years.
2. Bone age (the maturation of bone is not always the same as the chronological age).

3. Degree of curvature/Worsening of curve.
4. Location of curve in the spine.
5. Status of menses/puberty.
6. Sex of patient.

Answers to F.A.Q.'s?

1. A lack of calcium will not cause scoliosis.
2. Poor posture does not cause scoliosis.
3. Scoliosis is not usually painful in adolescence, but can become so in adulthood.
4. Smoking interferes with bone healing.

For more questions and answers about scoliosis and spinal conditions contact Dr. Caroline Long and Dr. Sherman Yeager at West U Wellness.

Fit for Life Program

***High cholesterol? Rising blood pressure or blood sugar?
Gaining weight? Lack of energy and activity?***

**The first session started on Saturday, October 9th at 8:00 A.M.
here at West University Wellness with great success.**

We will start a new program soon!

So be thinking to join West U Wellness' 8-week doctor-supported "Fit for Life" program! Each week you will meet at our clinic to take measurements such as cholesterol, blood pressure, blood glucose, height, weight and body fat. You will be given proven exercises, equipment, and nutritional advice to help you achieve your ideal body weight. A personal trainer will lead the exercises and participants may be eligible for a one-month free pass to 24 Hour Fitness.

A great deal for only \$150.00!

**As a bonus to "Fit for Life" or for anyone interested, you can join our West U Walking Club which will meet two times a week on Mondays and Wednesday at 7:30 A.M. at West U Wellness.
Call (713) 490-2225 today to sign-up!!!**



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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 come to offer free spinal screenings at your place of work, your school or your church, please contact our office at (713) 490-2225.

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.

***Join us this coming Tuesday, October 12th at 6:00pm for information on how to lower your cholesterol and keep your heart healthy naturally!**

October Calendar of Events

					1	2
3	4	5 Isagenix Health Talk	6	7	8	9 West U Wellness Open
10	11	12 Cholesterol and Heart Disease Health Talk*	13	14	15	16
17	18	19 Carpal Tunnel Syndrome Health Talk	20	21	22	23 West U Wellness Open
24 <hr/> 31 Halloween	25	26 Acupuncture Health Talk	27	28 Baylor College of Medicine Health Fair	29	30



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November Calendar of Events

	1	2 Disc Herniations Health Talk	3	4	5	6
7	8	9 Nutrition for the Skin w/Melissa Brandon	10	11	12	13 West U Wellness Open
14	15	16 Allergies Health Talk	17	18	19	20
21	22	23 Arthritis Health Talk	24	25 Thanksgiving Day (Closed)	26 (Closed)	27 (Closed)
28	29	30 Headaches Health Talk	29	30		