

Gerou's Chiro News

A Free Monthly Newsletter for the Friends and Patients of: **Dr. Thomas J. Gerou**

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This Month's Featured Topics:

- Moving To New Location
- Medical Research on Sinus Infections
- Severe Asthma with Cough Helped by Chiropractic
- Special Offer



against
antibiotics

using
for

most sinus infections in otherwise healthy people.

On Monday, January 14, 2008, Gerou Chiropractic will be moving

into the shopping center on the northwest corner at Warren and Lilley Rd., between "Planet Dance" and "Jet's Pizza". After 20 years on Ford Rd., the property has been sold, the buildings will be torn down, and BEST BUY and STARBUCKS will be built on the site.

MEDICAL RESEARCH

Most Sinus Infections Not Helped by Antibiotics or Topical Steroids

A study published in the December 5, 2007 issue of **Journal of the American Medical Association** (JAMA), and reported on in a December 4, 2007 article from CNN noted that treating routine sinus infections with antibiotics or topical steroids does not help. The study, conducted at the Department of Medicine, University of Southampton, Southampton, England, looked at the effectiveness of antibiotics and steroid sprays used in the treatment of sinus infections.

The researchers randomly assigned 240 adults with sinus infections to receive one of four treatments. The treatments given were either: antibiotics (amoxicillin), steroid spray, both amoxicillin and steroids, or a placebo (fake medicine). The results showed that there was no statistical improvement for the groups using the antibiotics, steroids or both, over the group that got only the placebo treatment.

The CNN article noted that in 2001 the American College of Physicians issued guidelines advising

Severe Asthma with Chronic Cough Helped by Chiropractic

A case study published on November 26, 2007 in the scientific periodical the **Journal of Vertebral Subluxation Research** documented the case of a 7 year old asthmatic girl whose life was changed with chiropractic. This documented case followed the care of this little girl who had suffered from chronic asthma since age two.

The study noted that by age 4, she was diagnosed as having asthma. Her mother reported that almost anything from dust to cold drafts would trigger an asthmatic attack. Her asthma was so bad that the 7 year old girl was taking oral medication twice a day and utilizing three different inhalers 4 times per day each, for a total of 24 inhalations per day.

As complications to her asthma, she was suffering from a cough and persistent fevers. Because of this, she was using more than ten other medications to attempt to manage the cough and fever. Even with this extensive level of medications, this little girl's life was problematic. The study noted that she experienced daily attacks, almost constant wheezing and coughing, and a persistent tight and heavy chest. As a result, she was unable to engage in any physical activities. Her condition was so severe that she would be forced to go to the emergency room for treatment approximately five times per year.

Finally at age 7, the child was brought into an office for chiropractic care. A chiropractic examination showed the presence of vertebral subluxations, and care was initiated. She was seen and given specific chiropractic adjustments for 2-3 times per week for an initial period of 3 weeks. The results for this little girl were life changing. After just the first adjustment, the case study reported that she had a noticeable reduction in her symptoms that evening, with the cough discontinuing. Over the next three weeks of care, she experienced no asthma attacks and no coughing. Additionally, her wheezing, chest tightness and heaviness has subsided.

The girl's mother reported that her daughter was able to increase her activity without the usual increase in symptoms. Three months following the start of chiropractic care, an examination with the girl's medical doctor documented a significant improvement in respiratory function. Her

pediatrician was elated with her progress and attempted to give credit to the medications. When the girl's mother explained they had stopped giving her several of the medications prescribed and that she was receiving chiropractic care, the pediatrician did not approve and terminated his care thus forcing the parents to change pediatricians.

In the conclusion of the case study, the authors summed up this case by stating, "We presented the chiropractic care of a patient with severe asthma and chronic cough. Perhaps this case will encourage future testing and screening for subluxations which could potentially cause dyspnea, resulting in a variety of symptoms that include asthma".

Map to New Office