

CHIROPRACTIC CARE IMPROVES ASTHMA SYMPTOMS



From the November / December 2000 issue of Today's Chiropractic comes a study report on Asthma. The article notes that approximately 14 Americans die each day from asthma. Asthma is only one of three diseases that has shown an increasing death rate in recent years; up 58% since 1979. Presently, estimates say that 17 million Americans suffer from the disease, making it the most common and costly illness in the United States (\$13 billion annually). Presently, asthma causes more

hospitalizations of children than any other childhood disease.

In the study, 47 patients were observed for a two year period. These patients had all been medically diagnosed with persistent asthma ranging from mild persistent in 11 cases, moderate persistent in 28 cases, to severe persistent in 8 cases. The care rendered consisted of specific chiropractic adjustments. The range of visits was from 14 to 44, with the average being 26 during the study period. Most patients in the study began care at a rate of 3 visits per week with this frequency being reduced after 4 to 8 initial weeks.

The patient results were very good with all 47 of the study patients showing a marked improvement ranging from 87 to 100 percent. Patient improvement was marked by both improvement in their symptoms as well as a decrease in their usage of acute asthma attack medication. Even more impressive was that all of the patients in the study reported maintaining their improvement after a two-year follow up.



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