

Spine Tingles

Newsletter of the Scoliosis Support Group of Qld Inc.

December, 2005

With sincere best wishes to our
Members and Friends
for a safe and happy Christmas



Fra Filippo Lippi and Workshop *The Nativity*, c. 1445

Outcomes of AGM

Thank you to those members who attended the AGM on 24 September 2005, and to those who sent proxy forms. Special thanks go to the McDonald family for hosting the AGM and to Mr Jim McDonald for accepting nomination for the position of Secretary. The support group can now operate for another year, thanks to this commitment.

Time has run out for us this year to hold an afternoon tea / meeting. We will hold one in February or March 2006. If any member would like to offer their home as a venue, please contact us; otherwise the function will be at Petrie on a Saturday afternoon. A newsletter will go out in advance.

Budget for 2005/2006

Our annual grant of \$5574 will be spent according to the following guidelines:

| | \$ |
|--------------------------------------|-------|
| Resource development | 1,550 |
| Telephone (line rental and 1800 no.) | 1,200 |
| Postage | 1,000 |
| Library donations | 974 |
| Advertising | 600 |
| Audit | 165 |
| Stationery | 50 |
| Incorporation (Dept of Fair Trading) | 35 |

The material on the sheet inserted in this newsletter is copied with permission from Self Help Queensland Inc Newsletter Issue 4, December Quarter, 2005.

Scoliosis Support Group of Queensland Inc

Inc Number IA17199

Mail : 37 Oleron Terrace
PETRIE QLD 4502

Phone: 3285 7100
1800 722 257

Email:
info@scoliosissupport.org.au
Submissions for this newsletter or
for the web site may be made to this
email address.

Patron: Dr Robert Labrom
MBBS (Qld) MSc(Surg) FRACS (Orth)

President: Bill McIntyre
(07) 3285 6180
0438 594 203 (mobile)

Vice President: Trevor Rogers
(07) 3711 3907

Secretary: Jim McDonald
(07) 3208 3367

Treasurer: Jane McIntyre
(07) 3285 6180
0403 369 467 (mobile)

Internet:
<http://www.scoliosissupport.org.au>

This newsletter is published
quarterly, normally before a social
gathering or meeting.

Warning:

Information published in this
newsletter represents views of the
authors and is not to be seen as a
recommendation or the views of the
Support Group. We aim to inform
our members of as many options as
possible. It is the responsibility of
individual patients to decide on their
treatment in consultation with their
doctor.

Scoliosis book for regional libraries

Thirty copies of the following book were purchased by the Support
Group and offered free of charge to regional public libraries:

The scoliosis sourcebook / Michael Neuwirth and Kevin Osborn.
Chicago : Contemporary Books, 2001.
xiii, 256 p. : ill. ; 23 cm.
ISBN: 0737303212

Contents: What is scoliosis? – The importance of early detection –
Braces: options and opinions – If surgery becomes necessary –
Preparing yourself for surgery – What to expect in hospital –
Recovering from scoliosis surgery – Degenerative scoliosis.

These are the libraries which responded to our offer and were
supplied with a copy:

- Aramac
- Barcardine
- Beaudesert
- Biloela
- Boonah
- Bowen
- Boyne Island
- Cardwell
- Charleville
- Charters Towers
- Childers
- Cunnamulla
- Dalby
- Esk
- Georgetown
- Gin Gin
- Goondiwindi
- Gympie
- Ilfracombe
- Ingham
- Injune
- Innisfail
- Kilkivan
- Mareeba
- Miriam Vale
- Moranbah
- Mt Isa
- Murgon
- Pialba
- Proserpine

A bundle of brochures and bookmarks was included with each
parcel, on the understanding that a display would be arranged.

This project was run in November and December. Total cost of the
project, including purchase of the books, and postage, was just
under \$1300.

Our brochure in LOTE

At a committee meeting held in November 2005, it was agreed that
we proceed with a project of producing our brochure in languages
other than English. This is in response to requests from school
principles for information on scoliosis for families whose language
at home is not English.

Our budget in the current financial year will allow for a single
translation and print run. We will use the experience gained by this
exercise to make submission to Queensland Health for special
funding for a more comprehensive project.

The language which we are considering for starters is Samoan.

Sign of the times

A little girl climbed onto Santa's lap at a Department Store. Santa
asked the usual: "And what would you like for Christmas?"
The child stared at him open-mouthed, then she said "Didn't
you get my e-mail Santa?"

A treatment for progressive infantile scoliosis (U.K.) : summary of an article

Studies of the natural history of untreated or late treated progressive infantile scoliosis show that in some infants the deformity can increase rapidly to a severe and unmanageable degree by the age of two or three years, with further relentless progression to skeletal maturity. Accompanying this deformity is physiological, psychological and social dysfunction.

This study of 136 children with progressive infantile scoliosis treated under the age of 4, and followed up over a period of 9 years, shows that the scoliosis can be reversed by harnessing the vigorous growth of the infant to a series of plaster jackets. This treatment uses the rapid growth of the infant to spontaneously correct the infantile scoliosis into a straight spine.

Progressive infantile scoliosis, whether idiopathic or occurring as the result of a syndrome, has the potential for recovery and is reversible, but only when treated in the early stages of the progression and preferably in the first two years of vigorous growth.

The corrective force in converting a spine with scoliosis into a permanently normal spine is the growth of the spine itself, channeled in an increasingly corrected direction and held rigidly by non-removable plaster-of-Paris jackets. Each jacket is worn for 8 to 16 weeks to allow the spine sufficient time to grow into a progressively improved direction and shape.

However, when treatment is delayed until the deformity is established and the child older, the potential for recovery appears to be lost.

The study shows that the progressive form of infantile scoliosis occurs in children with various observable physical characteristics (phenotypes). Whereas the scoliosis in children of sturdy phenotype will tolerate some delay in treatment and still be able to resolve, this is not the case for infants of slender phenotype or those with various syndromes. These children appear to have a greater susceptibility to deforming forces and a diminished potential for recovery. A short delay of a few weeks between detection and treatment is sufficient for some syndromic curves to progress to a point where reversal is no longer possible.

This article includes a description of the patients and methods used in the study, the method of treatment, results of the treatment, and a discussion of the treatment.

Reference: Growth as a corrective force in the early treatment of progressive infantile scoliosis / M.H. Mehta. *The Journal of Bone and Joint Surgery* (2005) Vol.87-B, no.9, pp.1237-1247.

(A copy of this article will be supplied on request)

Mum's letter to Santa

Dear Santa

I've been a good Mum all year. I've fed, clothed, cleaned and cuddled three kids on demand, and spent long periods of time in the doctor's waiting room. I've sold 62 cartons of chocolate to raise money for a shade shelter in the school playground. I worked out how to stick patches on my daughter's Girl Guide sash, using only a glue gun.

I am writing this letter in the laundry, with the washing machine going, and using my son's red crayon. It probably won't be long before I am discovered, so I'll be brief.

Here are my Christmas wishes. I'd like:

1. A pair of legs that don't ache (in any colour other than red and purple which I have already)
2. A pair of arms that are strong enough to carry a struggling toddler out of the confectionary aisle of the grocery store
3. A waist, since I lost my original some time ago.

Now, if expensive items are on offer, I would appreciate any of the following:

1. A car with fingerprint-resistant windows
2. A TV that won't show any programs with talking animals
3. A refrigerator with a secret compartment where I can hide to talk on the phone

If economy items are all that you have, I'd like a talking doll that says "Yes Mum" or a CD of Tibetan monks chanting "Don't eat in the lounge room" and "Stopping fighting with your sister".

If you can't find any of the above, I'll settle for the luxury of enough time to brush my teeth and comb my hair in the same morning, and eating food warmer than room temperature.

Well Santa, my son has found me and he wants his crayon back. Have a safe trip and if you are wet please dry off using the towel provided so you don't catch a cold. Help yourself to the biscuits but don't eat too many or crumble them on the carpet.

Thanks in anticipation,
Mum



Network Spinal Analysis

There is a relatively new form of Chiropractic available in Australia that has been quite effective in assisting people manage their spine and body tension and stress levels. It is called Network Spinal Analysis (NSA). NSA was developed by Dr Don Epstein, an American chiropractor, over 20 years ago. It uses very gentle and specific touches to the top and bottom of the spine to assist the recipient in recognizing and releasing stored energy and tension throughout the body.

Many times when we experience stressful situations or events, the body goes into an immediate defensive posture we call “fight or flight” physiology. Our survival mechanism kicks in and our body responds by tightening muscles, distorting our posture and guarding the spine, increasing heart rate and blood pressure. Non-essential functions like the immune and reproductive systems as well as digestion are shut down. At the same time our emotions and feelings are bottled up and stored as tension in the body.

Network Care acts by suspending the stress response and working with your body to tap into its natural healing capacity. Permanent strategies are learned that will take you out of a posture of defence and into a state of relaxation, the spine learns to self-correct and regulate its own tension.

Research has shown that NSA consistently improves overall quality of life with respect to:

- Having increased energy
- Increased flexibility
- Reduced pain and headaches
- Markedly reduced stress levels and greater ability to cope with stress
- Improved emotional and psychological wellbeing
- Improved ability to concentrate and focus
- Reduced anxiety and depression
- Greater confidence
- Higher productivity and ability to accomplish goals
- Increased ability to adapt to change
- Increased satisfaction and contentment with self, work and life.

While NSA is not a specific treatment for scoliosis, many of our clients have spinal curvatures and find it to be very beneficial in helping them to develop a more flexible, healthy and pain free spine. The gentle nature of the technique makes it suitable for all ages, people with mild or severe curves, even those who’ve had spinal surgery and Harrington rods can benefit from this work. The severity of curves have even reduced with regular care. This change has been seen on x-ray in 30, 50 and even 70 year old spines!

If you would like to experience this life changing spinal care, please contact Dr Corinne Gill at Brisbane Network Chiropractic on 07 3367 8452. Network practitioners are available in most major centres around Australia and can be located by ringing Dr Gill or by visiting the Network website: www.wiseworldseminars.com.

Q. What is red and white and gives presents to good little crustaceans at Christmas?

A. Sandy Claws!

Q. Why does Santa have lots of garden beds?

A. So that he can hoe, hoe, hoe!

Q. What do we have in December that we don’t have in any other month?

A. A “D”!

