

Spine Tingles

Newsletter of the Scoliosis Support Group of Qld Inc.

September, 2004



Annual General Meeting and Afternoon tea

37 Oleron Tce
PETRIE

Saturday 25 September
2004
Commencing at 2.30pm



Funding and responsibilities

Funding of our program comes from the Community Self Care Program of Queensland Health.

The goals of our program are to raise awareness among Queenslanders of scoliosis and of the importance of its early detection and treatment; and to provide a support network for people with scoliosis and their families.

We have just entered into a new service agreement which will provide us with \$5,306 per year, until 30 June 2007. Because of this funding, there is no necessity for the group to fundraise.

Major items of expenditure for the group are the printing of brochures and bookmarks, the postage of these resources, awareness advertising, and the phone line rental and our 1800 number.

In return for the funding, we have obligations to Queensland Health in the way of budgeting, spending, and reporting. Our accounts must go through an independent audit at the end of each financial year and the audit report be submitted

to Queensland Health. If anyone would like to see our income and expenditure spreadsheets for the last financial year, and the auditor's report, please ask and I will supply a copy.

Our original service agreement (1998/2000) depended on the group becoming an incorporated body. Like all incorporated bodies, we must have an executive committee to run the group and be responsible for the public money entrusted to us.

A well-attended AGM and the successful election of office bearers will ensure that the work of the Support Group continues. This is a great opportunity for you, our members, to make this happen!

A proxy form is included with this newsletter. If you are unable to attend the AGM, please send your proxy form to arrive on or before Friday 24th September. A completed proxy form counts as an attendance.

Our Patron, Dr Robert Labrom, is unable to attend the AGM as he will be overseas at the time. He sends his apologies and best wishes.

Scoliosis Support Group of Queensland Inc

Inc Number IA17199

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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.

An interesting website ...

<http://www.iscoliosis.com/>



The owner of the website is an international company, Medtronic Sofamor Danek, which makes products for spinal and cranial surgery. The site's editorial policy claims accuracy and objectivity. This website contains a large amount of information about scoliosis, including the following:

- Symptoms and warning signs
- Assessment guidelines, including a scoliosis self-assessment tool, the Adams forward bend test, and Cobb diagnostic test
- Treatment options
- Patient stories
- Anatomy of the spine, spinal cord and nerve roots, muscles and ligaments
- Back strengthening exercises and yoga positions specifically for the scoliosis patient

Several video clips are available, though streaming quality was not good at the times I tested them.

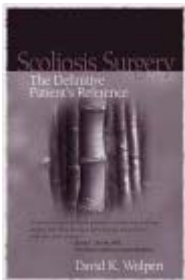
Evaluation and treatment of adult spinal deformity.

Spinal deformity is a complex and dynamic process that occurs in both planes of the thoracolumbar spine. Successful treatment is aimed at achieving satisfactory balance in both of these planes. The spinal curvatures in the adult differ greatly from those in adolescents. As a general rule adult curves tend to be stiffer, whereas adolescent curves are more flexible. In addition to cosmetic concerns, adult patients frequently present with pain and neurological symptoms in contrast to adolescents who usually do not experience this degree of pain or these symptoms. The treatment of adult spinal deformity differs substantially from that of adolescent deformity. Surgeries in the former tend to be more complex procedures associated with higher rates of complications during or around the time of the operation. The goals of surgery in the adult are to obtain a solid fusion with a balanced spine, to relieve pain, and to prevent further deformity. A secondary goal is to correct the curve, and, in so doing, to improve the cosmetic appearance. In this review the author addresses the basic principles of spinal corrective surgery in the adult and provides insight into the varied treatment options available.

Reference: Evaluation and treatment of adult spinal deformity: invited submission from the Joint Section Meeting on Disorders of the Spine and Peripheral Nerves, March 2004 / R.F. Heary. *Journal of Neurosurgery: Spine* Vol.1, no.1, pp.9-18. (A copy of this article will be mailed on request)

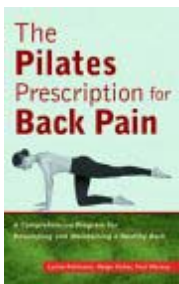
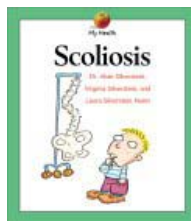
Books Available for Loan

We have a collection of books which may be borrowed by members. The support group will pay for postage out, and the member pay for return postage. The loan period is one month, which can be extended on application, providing the book is not required by another member.



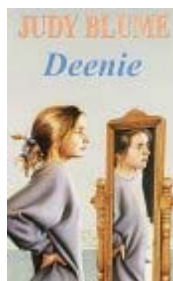
Scoliosis Surgery: the definitive patient's reference / David K. Wolpert. This is a comprehensive guide to scoliosis surgery, written from a patient's perspective by an adult who has experienced it. Useful for adult patients in particular, who are thinking about scoliosis surgery. Topics covered: what is involved in scoliosis surgery; what it can accomplish; how to decide if surgery is right for you; what the surgical options are; pain management alternatives to surgery; preparing for surgery and coping with the recovery process.

Scoliosis / by Alvin & Virginia Silverstein, & Laura Silverstein Nunn. In the "My Health" series for primary school-aged children, with coloured photos & drawings. Provides a clear explanation of the topic in simple language, which parent and child can read through together.



The Pilates Prescription for Back Pain / by Lynne Robinson, Helge Fisher, and Paul Massey, details a self-care program that trained Pilates physical therapists have been using for decades to manage back pain. The authors explain each step of the program, outlining the relevant anatomy and teaching the fundamental concepts of Pilates. The book's three-stage approach builds patient confidence as it strengthens core muscles. The series of coordinated exercises improves postural alignment and body awareness, helping to prevent problems and alleviate existing conditions. Detailed illustrations and photos of each exercise are included.

Deenie / by Judy Blume (a novel for young people). Deenie is a thirteen-year-old girl who seems destined for a modeling career. She tries out for cheerleading and is told a call will be made to her parents. The teacher tells her parents that Deenie needs to see a doctor. After seeing 3 doctors, Deenie and her family know that she has scoliosis and must wear a brace from her neck to her hips. Deenie knows things will never be the same. Who would hire a model with a brace from her head to her hips? How can Deenie make cheerleader with a brace? Deenie realizes that she must find a way to get through the hard times ahead.



Afternoon tea and AGM

McIntyre residence
37 Oleron Tce
PETRIE QLD 4502

Saturday
25 September 2004
2.30pm

Map Reference:
UBD 88 E19

Look for the Support Group
Banner!

Refreshments will be provided.

Please make a special effort to
support the Group by attending
the Annual General Meeting

Did You Know?

The liquid inside coconuts can be used as a substitute for blood plasma.

No piece of paper can be folded in half more than seven times.

Venus is the only planet that rotates clockwise.

Apples, not caffeine, are more efficient at waking you up in the morning.

Pearls melt in vinegar.

Elephants are the only animals that can't jump.

It is physically impossible to lick your elbow.

A snail can sleep for three years.

No word in the English language rhymes with 'month'.

The main library at Indiana University sinks over an inch every year because when it was built engineers failed to take into account the weight of all the books that would occupy the building.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

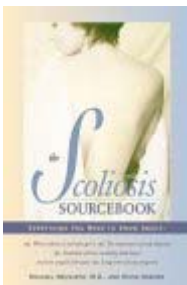
Almost everyone who reads this will try to lick their elbow!

(Source: Inglewood 60 & Better Newsletter & Community Health Chat Aug-Sept 04)



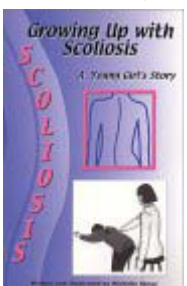
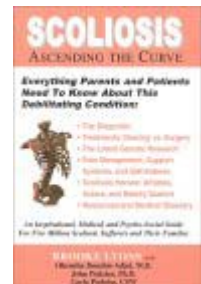
There's an "S" on my Back / Mary Mahony. This book will help any child understand what it's like to have scoliosis and what to expect, including wearing a new scoliosis brace. Narrated in the first person by Maisey, a fifth-grade girl, the book takes the reader through the entire process from diagnosis to treatment, and through the emotions raised by some difficult times. The author has experienced the problem of her own daughter's congenital scoliosis, which did not respond to brace treatment. The author impresses upon the reader the value of obtaining more than one medical opinion; and the benefit of well-planned and well-executed spine surgery.

Stopping Scoliosis: the Whole Family Guide to Diagnosis and Treatment / Nancy Schommer. (Published 2002) This consumer text is endorsed by the National Scoliosis Foundation (U.S.) It discusses how scoliosis develops, the various forms it can take, and how it is diagnosed and measured. Offers information on treatment, bracing, and surgical techniques. Provides an understanding about the disorder and its treatment options. The first-hand accounts provide encouragement and a personal perspective, reminding scoliosis patients that they are not alone! The author herself was diagnosed with the condition as a teenager, and is now a professional science writer.



The Scoliosis Sourcebook / Michael Neuwirth and Kevin Osborn. (Published 2001) The authors have covered just about everything that patients and their families need to know about scoliosis and its treatment. Contents: What is scoliosis?; The importance of early detection and treatment; Braces – options and opinions; If surgery becomes necessary; Preparing yourself for hospitalization and surgery; What to expect in the hospital; Recovering from scoliosis surgery; Degenerative scoliosis; Answers to commonly asked questions. It is generally written in understandable language, though some of the test descriptions are a bit technical. On the whole, this is a valuable popular book on its subject.

Scoliosis: ascending the curve / Brook Lyons and others. (Published 1999) Brooke provides the reader with a clear understanding of how scoliosis is diagnosed and managed, a resource on treatment options, and a useful tool in dealing with the psychological impact of scoliosis. Brooke shares the experience of young and old who have had to deal with scoliosis - in fact the individual patients' stories are inspirational. The compilation of facts and stories is really informative, inspiring and compassionate. Contents: An unexpected curve in fate's path; What is scoliosis?; Bracing: the conservative treatment option; Scoliosis heroes; Surgery: when it comes to this; Indications for surgery; Surgical complications; Denying your scoliosis and refusing treatment; Pain management techniques for scoliosis patients; How to cope with physical challenges and stigma on a daily basis; Every patient needs support; Building self-esteem; Searching for the genetic cause.



Growing Up With Scoliosis: A Young Girl's Story by Michelle Spray (Published 2002) addresses the emotional and social aspects arising from this condition and answers all the questions commonly raised by girls, friends, and family members affected by scoliosis. Michelle's initial response to her diagnosis was one of denial, but she slowly comes to understanding and acceptance, and is determined to do whatever it takes to overcome the condition. She writes humorously, but the problems she faces are obvious, particular the one of adolescent self-esteem – “puberty is stressful enough without having to worry about scoliosis too!”

