Chiropractic Care Effective In Managing Leg and Arm Pain

A recent study finds chiropractic care highly effective for patients suffering from lower back (lumbar) and neck (cervical) radiculopathy - pain, numbness and/or tingling extending down the arm(s) or leg(s) due to nerve irritation related to the spine. In this study consisting of 162 patients, each received chiropractic manipulation, neuromobilization and exercise stabilization. Of the 162 patients, 10 unresolved cases were referred for epidural steroid injections, 10 were referred for further medical medication management and 3 cases were referred to undergo surgery. **However, a total of 86 percent had resolution of their primary radicular complaints following their chiropractic care and thus were not required to received injections, medication management or surgery. According to the authors of the study, "The conservative management strategy we reviewed in our sample produced favorable outcomes for most of the patients with radiculopathy. The strategy appears to be safe."** If you or another is suffering from pain, numbness or tingling in the extremities, contact your local chiropractor for a thorough evaluation. As this study demonstrates, chiropractic care is effective in many cases of cervical and lumbar radiculopathy and can be an appropriate, safe, non-invasive therapy for many.

Source: Journal of Chiropractic Medicine. Volume 7, Issue 3.

Vitamin D and Calcium for a Longer Life?

A review of several studies involving over 70,000 older individuals found that people who take vitamin D and calcium together may live longer than people who do not. The study, recently published in the *Journal of Clinical Endocrinology*, found that participants taking the supplements were 9% less likely to die over a three year period than individuals taking a placebo. Participants were administered 20 micrograms of vitamin D and 1,000 milligrams of calcium per day; both well within the guidelines suggested by US health officials. The reasons for the decline in mortality were unclear, although a decline in both hip fractures and cancer were suggested. Lead researcher Lars Rejnmark, of Aarhus University in Denmark, noted the effect as being comparable to the benefits of blood pressure medications and cholesterol-lowering statins. There was no effect noted by taking vitamin D alone.

Source: The Journal of Clinical Endocrinology & Metabolism, May 17, 2012.

Walk Away from Diabetes

A new study, published in the journal *Diabetes Care*, suggests that even small amounts of physical activity can reduce the incidence of diabetes by up to 29%. The study focused on native American communities known to have low physical activity levels and high incidences of diabetes. The 1,800 participants, none of whom had diabetes at the beginning of the study, were required to wear a pedometer for a week to measure the number of steps they traveled per day. A quarter of the group had very low levels of physical activity; less than 3,500 steps per day, while half the group took fewer than 7,800 steps. After five years of followup, about 17% of the lowest activity group developed diabetes, as opposed to 12% of the people who took more than 3500 steps per day. After taking other risk factors into account, the study concluded that the people who walked the most were 29% less likely to develop the blood sugar condition than the people who walked the least.

Source: Diabetes Care, online June 20, 2012.