

The Spinal Column

A Free Monthly Newsletter For The Friends and Patients of: Dr. Roger D. Smith

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“There is only one success – to be able to spend your life in your own way.”- Christopher Morley

FDA Officials Finally Break Their Silence: These Commonly Used Over-The-Counter Cold Medicines ARE NOT FOR KIDS...

First do no harm. That’s one of the most basic... and important... concepts in the practice of medicine. But in this day and age, profit seems to have taken that age-old motto’s place ...*Even when it comes to our children.*

On October 1st, the Associated Press reported that *“Very young children simply should not take some commonly used cold and cough medicine federal health officials say in recommending that the “consult your physician” advice to parents on the labels be dropped.*

The preliminary recommendation, from Food and Drug Administration safety officials, would apply to decongestant use in children under 2, and antihistamines in those younger than 6, according to agency documents released Friday.

The more than 350 pages of documents are part of a broad and ongoing FDA examination of whether the roughly 800 medicines, many popular and widely used, are safe and effective in treating children's colds and coughs.”

And that’s just the beginning...

The FDA review came in response to a petition filed by Baltimore city officials who say many of the over-the-counter cold and cough medicines can harm toddlers and pre-schoolers. According to the Associated Press article: *“Those officials, joined by the American Academy of Pediatrics, cite evidence that suggests the drugs are not only risky but also don't work in the very young.*

“The basic question is, why should a product be so relentlessly marketed when it's not safe or effective?” said Dr. Joshua Sharfstein, Baltimore's health commissioner. “It does not make sense, in the absence of information, to say ‘consult a physician,’ because they do not have superhuman powers. They cannot make a product safe or effective.”

Here’s something interesting: The Consumer Healthcare Products Association (which represents the makers of over-the-counter medicines) supports not using these cold and cough medicines in children under the age of two.



“Sedate” Young Children?

The association’s president, Linda Suydam, said they recommend adding a warning that the drugs not be used to sedate young children.

Wow. It’s a sad state when labels stating THAT has to be added... and... is not common sense to most parents. But in many parents’ defense -- society has been BOMBARDED with brilliant marketing campaigns that make these drugs sound safe and effective. And even beyond that – flat out miracles.

That being said... check out what Dr. William Campbell Douglass II, M.D. has to say about the issue:

“I grumble about the incompetence of today's parents a lot. It's no secret that I think new-fangled ‘diseases’ such as ADD and ADHD are nothing more than kids being kids — and parents NOT being parents. I shudder to think that the future of this great nation is going to be largely in the hands of children who were diagnosed with a psychiatric disorder and have been dependent on drugs nearly from infancy.

“Something I haven't spilled much ink over — but that is equally deserving of ridicule, in my eyes — is the absurd action of sedating children with OTC cold and allergy drugs. It's a whole new level of irresponsibility and selfishness on the part of parents, caregivers, and anyone else who thinks children

should come with an on/off switch. Newsflash: It doesn't work that way.

“Still, that hasn't stopped a portion of the population from drugging (yes, drugging — let's call a spade a spade) children with allergy or cold medicines whenever it was convenient. But if the ethical concerns weren't strong enough to make these people think twice, maybe the safety concerns will.

“The sedation issue has brought about the long overdue examination of certain cough and cold medicines for children **THAT WERE NEVER ADEQUATELY TESTED** in children. It's a dirty little secret, but now pediatricians and health officials are finally bringing it to light.

“Brand names that have become the standard treatment for children — drugs such as Toddler's Dimetapp, Triaminic Infant, and Little Colds — were placed on the market before the FDA tightened its pre-market testing standards. The main compound in Benadryl (diphenhydramine) is under inspection for the same reasons.

“This will likely come as a shock to most parents. After all, the drug companies are allowed to market the cough medicines for children — even though no studies have been done showing that they're safe **OR** effective!”

This newsletter is not endorsing or condemning the statement made by Dr. Douglass. What it does endorse is open discussion on the subject, and Dr. Douglass' right to his opinion.

You must admit – it is something to think about. Especially when you take these facts into account:

An FDA review of side-effect records filed with the agency between 1969 and September 2006 found 54 reports of deaths in children associated with decongestant medicines made with pseudoephedrine, phenylephrine or ephedrine. It also found 69 reports of deaths associated with antihistamine medicines containing diphenhydramine, brompheniramine or chlorpheniramine.

Most of the deaths were children younger than 2.

The CDC found that in 2004 and 2005, over 1,500 children under 2 years old had to be taken to the hospital after taking a common cough and cold medicine. Three of them died.

And in Maryland alone (where the petition to review the safety and efficacy of cough and cold medicines originated), 900 children under 4 years old overdosed on these medications in 2004, and in the last 5 years such drugs have been linked to 4 deaths.

Also on September 28th, the FDA gave drug companies until Oct. 31 to stop making and selling any unapproved prescription medicines labeled for use by children younger than 6 that contain the painkiller and cough suppressant hydrocodone.

The move is part of a broader effort to remove from sale an estimated 200 unapproved prescription cough medicines made with the narcotic.

Manufacturers of any other unapproved hydrocodone medicines, beyond those intended for young children, must stop making them by Dec. 31 and cease shipping them by March 31, 2008, the FDA said. It said the order applies to most of the hydrocodone formulations sold as cough medicines.

And according to Dr. Douglass, “Manufacturers claim that the drugs are safe when they're used on the proper age group (6 years old and up) and with the proper dosage.” But do they even know what constitutes proper dosage? According to Dr. Charles Gangley, the Director of the FDA's Office of Nonprescription Drug Products, most dosages listed on these labels are no more than **EDUCATED GUESSES**. He said, “We have no data on these agents of what's a safe and effective dose in children.”

My advice: We're talking about children here, infants and toddlers. So first things first: Let's worry about **SAFETY** first and get to effective from there.”

Sounds like “first do no harm” doesn't it?

And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and enjoy nothing more than participating in your lifelong good health.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

David R. from Huntington Beach.

(Referred in by Laurie S.! Thanks!)

George B. from Huntington Beach.

Paul B. from Huntington Beach.

(Referred in by Relax The Back, Huntington Beach! Thanks!)

Matthew A. from Huntington Beach.

(Referred in by Harry M.! Thanks!)

Tom F. from Long Beach.

Elyas Y. from Whittier.

(Referred in by Sal & Evette Y.! Thanks!)

Tracy D. from Garden Grove.

(Referred in by Lorraine D.! Thanks!)

Inspirational Story Of The Month –

"A Diamond Is A Congealed Drop Of Sunlight"

The story you are about to read holds one of the most important keys to health, relationships... and... success of any kind. It comes from a lecture delivered by Russell H. Conwell many moons ago. It is even more powerful today. And the really unusual thing is: the more times you read this story – the more value it will have. So, if you've read it before – be sure to read it again right now...

In 1870, we went down the Tigris River. We hired a guide in Baghdad to show us Persepolis, Nineveh and Babylon, and the ancient countries of Assyria as far as the Arabian Gulf. He was well acquainted with the land, but he was one of those guides who loved to entertain their patrons; he was like a barber that tells you many stories in order to keep your mind off the scratching and the scraping. He told me so many stories that I grew tired of his telling them and I refused to listen - looked away whenever he commenced; that made the guide quite angry.

I remember that toward evening he took his Turkish cap off his head and swung it around in the air. The gesture I did not understand and I did not dare look at him for fear I should become the victim of another story. But, although I am not a woman, I did look, and the instant I turned my eyes upon that worthy guide he was off again.

Said he, "I will tell you a story now which I reserve for my particular friends!" So then, counting myself a particular friend, I listened, and I have always been glad I did.

He said there once lived not far from the River Indus an ancient Persian by the name of Al Hafed. He said that Al Hafed owned a very large farm with orchards, grain fields and gardens. He was a contented and wealthy man - contented because he was wealthy, and wealthy because he was contented.

One day there visited this old farmer one of those ancient Buddhist priests, and he sat down by Al Hafed's fire and told that old farmer how this world of ours was made. He said that this world was once a mere bank of fog, which is scientifically possible, and he said that the Almighty thrust his finger into the bank of fog and then began slowly to move his finger around and gradually to increase the speed of his finger until at last he whirled that bank of fog into a solid ball of fire, and it went rolling through the universe, burning its way through other cosmic banks of fog, until it condensed the moisture without, and fell in floods of rain upon the heated surface and cooled the outward crust. Then the internal flames burst through the cooling crust and threw up the mountains and made the hills and the valleys of this wonderful world of ours. If this internal melted mass burst out and cooled very quickly, it became granite; that which cooled less quickly became silver; and less quickly, gold; and after gold, diamonds were made.

Said the old priest, "A diamond is a congealed drop of sunlight." This is a scientific truth. You all know that a diamond is pure carbon, actually deposited sunlight - and he said another thing I would not forget: he declared that a diamond is the last and highest of God's mineral creations, as a woman is the last and highest of God's animal creations. I suppose that is the reason why the two have such a liking for each other. And the old priest told Al Hafed that if he had a handful of diamonds he could purchase a whole country, and with a mine of diamonds he could place his children upon thrones through the influence of their great wealth.

Al Hafed heard all about diamonds and how much they were worth, and went to his bed that night a poor man - not that he had lost anything, but poor because he was discontented and discontented because he thought he was poor. He said, "I want a mine of diamonds!" So he lay awake all night, and early in the morning sought out the priest.

Now I know from experience that a priest when awakened early in the morning is cross. He awoke that priest out of his dreams and said to him, "Will you tell me where I can find diamonds?" The priest said, "Diamonds? What do you want with diamonds?" "I want to be immensely rich," said Al Hafed, "But I don't know where to go."

"Well," said the priest, "if you will find a river that runs over white sand between high mountains, in those sands you will always see diamonds." "Do you really believe that there is such a river?" "Plenty of them, plenty of them; all you have to do is just go and find them, then you have them."

Al Hafed said, "I will go." So he sold his farm, collected his money at interest, left his family in charge of a neighbor, and away he went in search of diamonds. He began very properly, to my mind, at the Mountains of the Moon.

Afterwards he went around into Palestine, then wandered on into Europe, and at last, when his money was all spent, and he was in rags, wretchedness and poverty, he stood on the shore of that bay in Barcelona, Spain, when a tidal wave came rolling in through the Pillars of Hercules and the poor, afflicted, suffering man could not resist the awful temptation to cast himself into that incoming tide, and he sank beneath its foaming crest, never to rise in this life again.

When that old guide had told me that very sad story, he stopped the camel I was riding and went back to fix the baggage on one of the other camels, and I remember thinking to myself, "Why did he reserve that for his particular friends?" There seemed to be no beginning, middle, or end - nothing to it.

That was the first story I ever heard told or read in which the hero was killed in the first chapter. I had but one chapter of that story and the hero was dead. When the guide came back and took up the halter of my camel again, he went right on with the same story. He said that Al Hafed's successor led his camel out into the garden to drink, and as that camel put its nose down into the clear water of the garden brook, Al Hafed's successor noticed a curious flash of light from the sands of the shallow stream, and reaching in he pulled out a black stone having an eye of light that reflected all the colors of the rainbow, and he took that curious pebble into the house and left it on the mantel, then went on his way and forgot all about it.

A few days after that, this same old priest who told Al Hafed how diamonds were made, came in to visit his successor. When he saw that flash of light from the mantel, he rushed up and said, "Here is a diamond - here is a diamond! Has Al Hafed returned?" "No, no. Al Hafed has not returned and that is not a diamond; that is nothing but a stone; we found it right out here in our garden." "But I know a diamond when I see it," said he, "that is a diamond!" Then together they rushed to the garden and stirred up the white sands with their fingers and found others more beautiful, more valuable diamonds than the first, and thus, said the guide to me, were discovered the diamond mines of Golconda, the most magnificent diamond mines in all the history of mankind, exceeding the Kimberley in its value.

The great Kohinoor diamond in England's crown jewels and the largest crown diamond on earth in Russia's crown jewels, which I had often hoped she would have to sell before they had peace with Japan, came from that mine, and when the old guide had called my attention to that wonderful discovery, he took his Turkish cap off his head again and swung it around in the air to call my attention to the moral. But I think you already know the moral...

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?... The consequences of poor sleep include less energy for physical activity and dealing with stress, difficulty concentrating, increased mistakes, more prone to accidents, and an immune system that is not at its best to fight illness.

- Start your day off right with a good night's sleep. Below are tips for better sleep:
- Give yourself "permission" to go to bed. Put your "to do" list away and make sleep a priority.
- Unwind early in the evening.
- Develop a sleep ritual. Do the same things each night before you go to bed to signal to your body that it is time for sleep.
- Keep regular bedtime and waking hours.
- Create a restful place to sleep.
- Sleep on a comfortable bed.
- Exercise regularly, but avoid exercising late in the day.
- If you drink coffee, avoid drinking the caffeinated beverage in the evening.
- Don't smoke.
- If you drink, reduce alcohol intake. Drinking alcohol shortly before bedtime interrupts and fragments sleep.

Orthopedically correct sleep is when you sleep in a position that does not cause stress to the spine, the muscular system, or nerves. The position that works well for most healthy people is the fetal position. A person lies on either side, with the legs flexed toward the abdomen and the back is also slightly flexed. This takes stress off the spine and allows the organs to spread themselves out, so there is less intra-abdominal pressure against the diaphragm. A pillow under the head or neck will deflect a lot of weight from the shoulder you are lying on.

Tip Of The Month – "3 Quick And Easy Recipes To Try This Week!"



Let's face it: Cooking can be a real drag! But we all have to eat. And we all want it to taste good. So, here are three recipes that take 30 minutes or less... and... don't come up short in the taste department!

Bruschetta Chicken Bake - Ingredients: 1 (14.5 ounce) can diced tomatoes, undrained; 1 (6 ounce) package STOVE TOP Stuffing Mix for Chicken; 1/2 cup water; 2 cloves garlic, minced; 1 1/2 pounds boneless skinless chicken breasts, cut into bite-size pieces; 1 teaspoon dried basil leaves; 1 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese.

Instructions: 1. Preheat oven to 400 degrees F. Place tomatoes in medium bowl. Add stuffing mix, water and garlic; stir just until stuffing mix is moistened. Set aside. 2. Place chicken in 13x 9-inch baking dish; sprinkle with the basil and cheese. Top with stuffing mixture. 3. Bake 30 min. or until chicken is cooked through. Yield: 6 servings

Quick Thai Chicken and Vegetable Curry - Ingredients: 2 teaspoons canola oil; 1 medium red bell pepper, cut into 1- to 2-inch long julienne strips; 1 medium onion, halved and sliced; 1 clove garlic, minced; 1 tablespoon minced fresh ginger; 1 1/2 teaspoons red curry paste, or to taste; 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes; 1 cup reduced sodium chicken broth; 1 cup "lite" coconut milk; 1 tablespoon fish sauce or reduced-sodium soy sauce; 1 teaspoon light brown sugar; 1 1/2 cups cauliflower florets; 2 cups baby spinach; 1 tablespoon lime juice; Lime wedges. **Instructions:** Heat oil in a large nonstick skillet over medium-high heat. Add bell pepper and onion; cook, stirring often, until beginning to soften, about 4 minutes. Add garlic, ginger and curry paste; stir to mix. Add chicken and cook, stirring, until fragrant, about 2 minutes. Stir in broth, coconut milk, fish sauce (or soy sauce) and brown sugar; bring to a simmer. Add cauliflower, reduce heat to medium-low and simmer, stirring occasionally, until the chicken is cooked through and the cauliflower is tender, about 10 minutes. Stir in spinach and lime juice; cook just until spinach has wilted. Serve immediately, with lime wedges. Yield: 4 servings

Speedy Layered Chicken Enchilada Pie - Ingredients: 1 (11.5 ounce) package Old El Paso(R) Flour; Tortillas for Burritos; 2 cups cubed cooked chicken; 1/2 cup uncooked instant white rice; 8 ounces shredded reduced-fat Monterey Jack cheese; 1 (15 ounce) can Progresso(R) Black Beans, drained, rinsed; 1 (19 ounce) can Old El Paso(R) Red Enchilada Sauce; 1 cup Green Giant(R) Frozen Shoepeg White Corn, thawed; 1 cup Old El Paso(R) Thick 'n Chunky Salsa; 2 tablespoons thinly sliced green onions; Reduced fat sour cream (optional); Chopped green onions (optional). **Instructions:** 1. Heat oven to 350 degrees F. Spray 9-inch round (2-quart) glass baking dish or casserole with nonstick cooking spray. Cut 5 of the tortillas in half. Cut remaining tortillas into 2 1/2-inch-wide strips. In large bowl, combine chicken, rice, 1 cup of the cheese, beans and 1 cup of the enchilada sauce; mix well. 2. Layer 4 tortilla halves in bottom of sprayed baking dish. Top with 1/4 cup enchilada sauce and half of the chicken mixture. Top with 2 tortilla halves; fill in empty spaces with 3 tortilla strips. Spoon corn over tortillas. Spread salsa over corn. Layer with 2 tortilla halves and 3 strips. Top with remaining half of chicken mixture. Continue layering with remaining 2 tortilla halves and strips, enchilada sauce, cheese and 2 tablespoons green onions. 3. Bake at 350 degrees F for 35 to 45 minutes or until mixture is thoroughly heated and cheese is melted. Cool 5 minutes. Top with sour cream and green onions. Yield: 6 servings

Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.

Thank you again to Reina P. Charles for volunteering to help us get this newsletter to you.