

## OTITIS MEDIA IMPROVES WITH CHIROPRACTIC TREATMENT

Although ear infections in children are still commonly treated with antibiotics, increasing studies show the relative ineffectiveness of this treatment.

An article published in the British Medical Journal found that antibiotics offered only limited benefits and that most children with acute otitis media can be managed without them.

In another article found JMPT, author Rosann Froehle, D.C. talks about complications arising from the use of antibiotics: “Problems with antibiotic use include cost, allergic reactions and cross-reactions, GI upset, destruction of the gut’s natural flora leading to yeast proliferation...and the increased resistance of pathogens to antibiotics, thereby necessitating stronger antibiotics and the costly search for new and more effective antibiotics.”

She concludes by saying, “Virtually all (93%\*) improved with chiropractic treatment; 75% in 10 days or fewer, and 43% with only one or two treatments. Young age, no history of antibiotic use, initial episode (vs. recurrent)...were factors associated with improvement with the fewest treatments...”

*\*The article did not include the number of children involved in this study.*

SOURCE: *Journal of the American Chiropractic Association, February 1999.*