



Injury Briefing

A review of the latest studies from Dr. Michael D. Berry.

Chiropractic Soothes Fibromyalgia

Spinal manipulation enhanced treatment outcomes for patients with fibromyalgia, a new study in *Rheumatology International* found.

"The addition of the upper cervical manipulative therapy to a multimodal program is beneficial in treating patients with (fibromyalgia)," wrote Ibrahim M. Moustafa and Aliaa A. Diab of Cairo University.

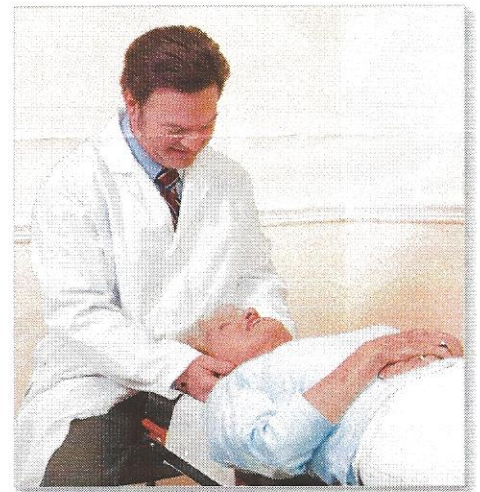
Researchers studied 120 participants (52 female) aged 40 to 60 years old who had suffered from fibromyalgia for at least four years. All patients had limited neck mobility, especially in the C1-C2 area.

Each patient received a 12-week multimodal treatment, which included: patient education, cognitive behavioral therapy, and an exercise program with relaxation techniques, plus active and passive stretches.

Half of patients also were randomly assigned to receive cervical chiropractic adjustments. That included a high-velocity, low-amplitude thrust to the C1-C2 motion segment three times a week for a month, and then once a week for the remainder of the study.

Patients filled out a questionnaire before treatment, after 12 weeks of treatment, and one year after the study concluded. Questions identified whether spinal manipulation affected symptoms, sleep, pain, fatigue, depression and anxiety.

Chiropractic patients had significantly better results than the control group, with scores on questionnaires improving by 15 percent or more. The study adds to ongoing research demonstrating the benefits of chiropractic for chronic pain.



PTSD elevates risk of stroke, heart attack

Women with post-traumatic stress disorder have up to a 60 percent greater risk of heart attack or stroke, found a new study from American Heart Association's journal *Circulation*.

The study also found that people without PTSD, but who had traumatic experiences, had a 45 percent greater chance of cardiovascular events.

"PTSD is generally considered a psychological problem, but the take-home message from our findings is that it also has a profound impact on physical health, especially cardiovascular risk," Jennifer Sumner, lead author and epidemiologist at Columbia University's Mailman School of Public Health in New York

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City, told Medical News Today.

Researchers studied almost 50,000 women in the Nurses' Health Study II, an ongoing cohort study of younger and middle-aged women that started in 1989. The study investigated exposure to trauma and PTSD symptoms in relation to incident cardiovascular disease over the 20-year study period.

"This is not exclusively a mental problem — it's a potentially deadly problem of the body as well," Sumner said.

While PTSD often stirs imagery of men in military service, women are twice as likely to have the condition than men. Survivors of an auto accident, natural disaster or sexual or physical violence, or other traumatic events are at risk of PTSD. Symptoms include flashbacks, insomnia, fatigue, nightmares, memory or concentration problems and numbed emotions.

About 1 in 4 auto injury victims suffer from PTSD. The disorder may even intensify whiplash symptoms.

Karestan Koenen, the study's senior author and professor of epidemiology at Columbia University Mailman School of Public Health and Harvard T. H. Chan School of Public Health, concluded:

"The medical system needs to stop treating the mind and the body as if they are separate. Patients need access to integrated mental and physical health care."

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