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Editor: Kathleen Bras DC

VOLUME 2, ISSUE 1, APRIL 2004



*James Dyer, 53 years, Motor Mechanic, Dapto*

**Approximately 8 years ago I woke during the night to go to the bathroom and crashed into the bedroom wall as I got out of bed.**

I realised that my balance had gone out of sync.

By the next morning my symptoms were considerably worse - not only my balance, but also I had ringing in the ears (tinnitus) and my whole head felt like it would explode.

My wife Yvonne organised for our local doctor to come. He diagnosed an ear infection and prescribed antibiotics and Stemetil to help the balance.

After several days with no improvement, he sent me for a CT scan of the head. Results came back as normal.

The next step was to see an ear, nose and throat specialist for more tests, which once again showed nothing.

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## Gerry's Story by wife Betty

**Nearly 30 years ago, Gerry put his back out by jumping over pot-holes.**

After a few weeks of physio. (which didn't help at all), he went back to work and "put up with the pain".

To put it in the nicest way possible, he became a real grouch – very hard to live with!

By luck, a friend discovered Cowin Chiropractic Clinic and told us how much better she felt, and to my surprise, Gerry was very interested.

Well, we started to see them and after Robert had pointed out to me the "S" bend that was Gerry's spinal track, he started having treatment and adjustments.

**It didn't take long before his happy nature re-emerged.** Soon, I got used to seeing him lying on the floor on his neck support, and hearing gentle snores as he "rested his eyes".

After a couple of years, one of the staff asked how my back was. "Oh", I said confidently, "my back is fine, but I DO have pain in my hip from a car accident."

So I started adjustments and nowadays I forget that I ever had hip pain.

I have had various health problems, including a "frozen shoulder", but a word to Robert about them usually brings a slight change in treatment and relief.

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### Jim's Story

My local doctor then suggested seeing a balance specialist at Royal Prince Alfred Hospital in Sydney. He diagnosed my problems as Meniere's disease and prescribed Serc tablets.

He also suggested that in the mornings I could sit on the side of the bed and throw myself first to the left and then the right. He said that this may help. Otherwise, he said, I would just have to try and learn to "live with it".

I think the treatment was as bad as the condition, because it made me dizzy and sick.

After "living with it" for 8 years I read an article in our local newspaper on a woman who had a problem similar to mine. She had been seeing chiropractor Dr Robert Cowin for chiropractic adjustments and was having good results.

I thought, "What have I to lose?" and made an appointment to see him. I am still seeing him 8 months later, at monthly intervals, with great results.

In that time my life has changed for the better: my dizziness has all but gone and so has the tinnitus.

I still have times when I have some neck and ear problems but it's just a matter of seeing Robert for a neck adjustment for instant relief. I also use my Chinese pillow daily.

Just the fact that I can manage my problem, and know what small neck strains to look out for has made it so much easier to continue my daily work routine.

When you feel good it's easier to get through each day. I can't thank Robert enough for the difference chiropractic has made to my life.

### James Dyer.

#### Chiropractor's comments:

Before beginning care, Jim reported that his dizziness was gradually getting worse and it was often exacerbated by overhead work, turning over in bed and sudden movements.

On a self-assessment scale called the Dizziness Handicap Inventory (Jacobson, Newman, 1990) his score was 38% and is now (13/04/04) 16%.

Also, his tinnitus was bilateral, continuous, had been becoming gradually more intrusive for the previous four years and repeatedly disturbed his concentration and drained his energy.

### Gerry's Story

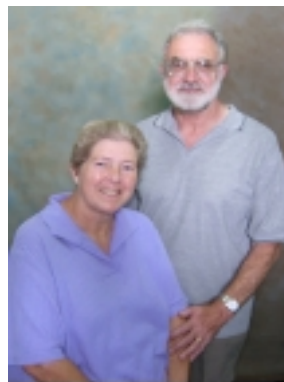
**Nowadays, Gerry and I can usually tell if one or the other of us has lost their adjustment. (I get "tired" he gets "cranky").**

However, with regular visits to the clinic, we manage to keep well, walking up to 5 kilometres almost every day which, considering that we are SENIORS, isn't bad.

We are quite happy to drive one and a half hours each way to have our adjustments as we have known real pain and appreciate being pain-free.

Also it is lovely to be greeted and made welcome as part of the "family". Thank you

### Betty Bradford



Betty and Gerry Bradford, (retired aircraft electrician/teacher) Bomaderry.

#### Chiropractor's comments:

It was good to receive this account from Betty and Gerry.

A 1999 survey of 100 consecutive patients at our clinic showed that 23% of them came here initially for persistent lower-back and/or hip problems similar to those reported by Gerry and Betty.

The next most common complaints, of 25 identified, were headaches, 19% (with non-migraine 14% and migraine 5%), neck pain, 14% , and paraesthesias (or abnormal sensations, often described as "pins and needles" or "creepy-crawly feelings") 6%.

**A German Study has found that leeches are a more effective treatment for osteoarthritis of the knee than topical non-steroidal anti-inflammatory drugs (NSAIDs)**

"CAA (NSW) News", April 2004; Vol. 17 (15): 1  
quoting from "Australian Doctor"

**Chiropractor's Comments:**

On the Tinnitus Handicap Inventory (Newman, Jacobson, Spitzer, 1996) his score was 44% and is now (13/04/04) 26%.

He also reported pressure in the ears, mild, fluctuating neck pain, "heaviness" of the head and paraesthesias (experienced as "a faint feeling of something walking up the side of my head").

With all these distractions in his ears, head and neck, he said that the thinking, concentrating, twisting and lifting of a mechanic's work were becoming very hard and some days made work impossible.

A clue to the possible biological onset of Jim's ear disorders was his report of a motor vehicle accident about a year before his first attack of vertigo.

Though standard neck X-rays had been taken "nothing had been found", so specialised neck X-rays known as Upper Cervical Orthogonal (UCO) were taken at this clinic.

UCO X-rays attempt to demonstrate in 3 planes (and, therefore, in 3 dimensions) how the head is loaded on the neck. One of these X-rays is taken in the horizontal plane and is known as the posterior-to-anterior vertico-submental ("vertex") view.

It is rarely seen outside of upper-cervical chiropractic (UCC) offices, but proved to be one of the main findings for control of Jim's problems.

The finding was of a rotatory angulation of approximately 5° between the occipital (C0) joints of the head and the atlantal (C1) joints of the upper neck.

That suggested that the heavy load of the head had been bumped out of its proper seating on the atlas vertebra, the small uppermost vertebra of the neck.

Accordingly, Jim's problem was identified as an upper-cervical spine disorder known in UCC offices as a left anterior, into-the-angles (or "second basic type") upper cervical vertebral subluxation.

After Jim's first compression-wave, instrument adjustment, new X-rays were taken and the angulation appeared to have been reduced to approximately 3¼°.

**He began reporting marked improvements in both his Meniere's symptoms and his neck symptoms/**

In our practice at present there are about 24 apparent Meniere's syndrome sufferers who, like Jim, show X-ray and other evidence of disturbed head-neck loading (upper-cervical vertebral subluxations).

To my knowledge, this ear-neck association also has been reported occasionally in the literature, for example, by chiropractors, a dentist and otologists:



Robert Cowin

**Hiatus Hernia Relief**

**In September 2001, I went to Cowin Chiropractic Clinic, for help in managing a huge hiatus hernia.**

While attending his chiropractic practice during the past two years, I have improved steadily in general health, viz., sinusitis, breathing/asthma, arthritis, flexibility and mobility (including a big improvement in neck rotation), and now 99% of the time I forget I have a hiatus hernia!



Of course, the "daily floor work" has also enhanced my positive outlook on life. So much better do I appear that many people have commented on this to me. I have even a new volunteer job, at almost seventy!

Recently I fell on my face literally, causing multiple abrasions, cuts, sprains (both wrists), and bruises (two beautiful black eyes). My neck particularly (whiplash) and forehead were affected to a very distressing degree.

After an adjustment one week ago, I improved immediately, and each day since have felt better. In comparison to similar accidents in the past, I have made a remarkably quick recovery – today no headaches, and not bad neck movement either!

This form of chiropractic is definitely "the very thing" for me!

**Mary Malady**

**Chiropractor's comments:**

This report was received immediately before Mary's visit on 19/09/03, when she reported that she was "very well" and thought she was still holding the adjustment.

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**Chiropractor's comments:**

More importantly, like Jim, other patients here report not just the association of neck and ear symptoms but relief of both after an adjustment. They have found that their various Meniere's syndromes, even when not fully resolved, are well controlled by regular chiropractic adjustments.

**National Chiropractic Care Week  
24 - 30 May 2004**

[www.chiropractors.asn.au](http://www.chiropractors.asn.au)

**Keep your kids in great shape**



Mrs. Bronwyn Gibbs with Jessica, 10 years, and twins Liam and Joshua, 8 years, who travel from Jannali to Wollongong for regular chiropractic check-ups.

**A British Medical Journal study has found that antibiotics have no benefit in children with a streptococcal infection.**

"CAA (NSW) News", April 2004; Vol. 17 (15): 1 quoting from "Australian Doctor"

**DIRECTORY OF SYMPTOMS**

covered in Newsletter stories

Cystitis .....	Vol. 1, Issue 1
Dizziness .....	Vol. 1, Issue 1
	Vol. 2, Issue 1
Dysmenorrhea (irregular periods).....	Vol. 1, Issue 2
Hearing Loss .....	Vol. 1, Issue 1
Hiatus Hernia .....	Vol. 2, Issue 1
High Blood Pressure .....	Vol. 1, Issue 2
Hip pain.....	Vol. 2, Issue 1
Irritability .....	Vol. 2, Issue 1
"Kimberley Fever".....	Vol. 2, Issue 1
Learning Difficulties .....	Vol. 1, Issue 2
Low Back Pain .....	Vol. 1, Issue 2
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Low Resistance to Infection.....	Vol. 1, Issue 2
Paraesthesia ("Pins and Needles") .....	Vol. 1, Issue 1
	Vol. 2, Issue 1
Poor Posture .....	Vol. 1, Issue 2
Shoulder Pain .....	Vol. 2, Issue 1
Sinusitis .....	Vol. 2, Issue 1
Tinnitus .....	Vol. 2, Issue 1
Tonsillitis .....	Vol. 1, Issue 2
Vertigo.....	Vol. 2, Issue 1

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**Chiropractor's comments:**

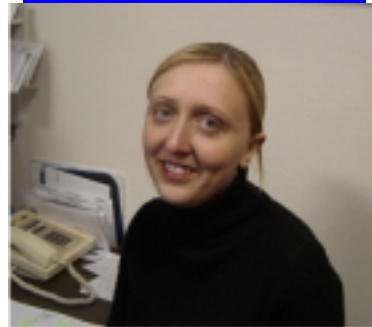
However, the neck movements and Leg Length Inequality (LLI) tests suggested Mary had "slipped" her adjustment somewhat and she was therefore adjusted.

After the adjustment she reported that her breathing was "freer" and her head felt "less jangled". Also, her neck range of movement measurements (CROM instrument) were increased.

A week later the "black eyes" and bruising on the forehead, right wrist and hand had disappeared but bruising, much faded, remained on elbows, knees and chest. All body movements were reported as pain-free except a residue at the fifth carpo-metacarpal

**Julie requests, that those who wish to, and have not already done so, send their email address to us at:**

[robcowin@ozemail.com.au](mailto:robcowin@ozemail.com.au)



Julie Ivanovska, Chiropractic Assistant

**Goodbye from Kathleen**

When I retired just over two years ago I expected to make my way to Sydney.

Instead, my husband and I have been infected with "Kimberley fever" and we are relocating to Darwin for "a year or two".



We plan on becoming very familiar with the Territory and have bought a camper trailer and a "machine" to pull it with.



This is a picture of me driving during 4WD classes.

As I head North, in a cloud of dust, I wish you all **good health and good fun.**