

# CHILDHOOD EAR INFECTIONS

## **Do Recurrent Ear Infections Have You Confused? If so, You're Not Alone!**

by Dr. Jackie St.Cyr

“My pediatrician prescribes antibiotics for ear infections, by my child has recurrences.” Many parents frequently state this remark each day. Commonly, parents accept acute otitis media as a normal part of a young child's life. The truth, however, is that although common, there is nothing normal about it.



**Don't put unnecessary medicine into this perfect little package.**

Research shows that children may get ear infections as a result of improper drainage of the deep neck lymphatics. This causes fluid to build up, the ear drum to appear inflamed and bulging, creating a welcome habitat for bacteria.

The preferred medical treatment today is prescription oral antibiotics, usually Amoxicillin. However, a Journal of the American Medical Association study concluded that children who took Amoxicillin for chronic ear infections were two to six times more likely to have a recurrence of their ear problem than those who received a sugar pill placebo. Lead author, Erden Cantekin Ph.D. (professor of otolaryngology) said, “Children are being abused by the antibiotic treatment in this country.”

Drug-resistant strains of childhood ear infections are increasing rapidly. Health officials say the trend is closely tied to doctors' misuse of broad-spectrum antibiotics, and patients' mistaken belief that antibiotics are a “magic bullet” for all that ails them. Up to half of the 110 million antibiotic prescriptions written annually by private practitioners may be “inappropriate” for the illness being treated, the US Center for Disease Control and Prevention reported.

According to Alexander Tamasz, a Rockefeller University Microbiology professor, “There's a vast overuse of antibiotics,” he says. “It's completely crazy.” (4/94 New England Journal of Medicine).

New Federal Government guidelines recommend giving nature a chance with ear infections. Dr. Alfred Berg, co-chair of the federal panel of experts, said that in most cases the condition disappears within 3-6 months without medical treatment. Dr. Berg stated that antibiotics, frequently used in the past, are of very limited value in treating the condition. Dr. Berg also remarked that antibiotics could cause side effects and lead to the development of drug-resistant bacteria that can cause a more serious disease. Antibiotics are *not* the *preferred* option in the early stages of the condition.

Dr. Michael Poole, a professor of otolaryngology and pediatrics at the University of Texas Medical Branch in Houston, emphasized that most infants and young children with otitis media do not need antibiotics at all. “Ongoing studies at the University of Pittsburgh suggest that only

about one out of seven children with otitis media should receive a prescription for an antibiotic. The disease usually gets well on its own.”

Your pediatrician might not be up-to-date on the current health trends and research. If he/she prescribes an antibiotic, you do not necessarily have to fill the prescription. Your child’s health needs to come first. There are numerous other causes of red ears other than bacteria manifestation. Your family chiropractor can share some of these causes with you.

Instead of treatment where the objective is to kill the bacteria or virus, a more natural approach is to restore nervous system function, resulting in normal drainage of the ears and lymphatics.

Progressive parents are turning to their Family Chiropractor for this solution. The Doctor of Chiropractic specializes in restoring normal function to the spine and nervous system, which may reduce or eliminate the tense neck musculature responsible for preventing normal fluid drainage.



Once this interference is removed, the excess fluid in the ear drains, the appealing environment, in which bacteria and viruses grow, is removed, and the infection can heal. After normal drainage has been properly restored, the recurrence of ear infection is greatly reduced or nonexistent.

The chiropractic approach to health care is safer, natural, and can be more effective. In light of these facts, your Chiropractor may be the best doctor to help your child!

To obtain more information on this and other children’s health topics, visit the “**Children’s Chiropractic Information Center™**” of Houston at INNATE CHIROPRACTIC HEALING ARTS CENTER, 2021 Driscoll, Houston, TX 77019.

To schedule a free consultation with a chiropractic doctor who can address any questions or concerns you might have, call **713-521-2104** or visit [www.n8chiro.com](http://www.n8chiro.com)

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