



Optimum Health

A Newsletter from JANZEN & JANZEN CHAMPION CHIROPRACTIC (408) 379-0133 February 2008

Please visit our website at www.janzenandjanzen.com

Once we believe in ourselves, we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit. - E.E. Cummings

New Studies Show: ADHD Medication Not Effective Long Term

This is a very “touchy” subject. If your child has been diagnosed with Attention Deficit Hyperactivity Disorder (ADHD), you know this to be true. And you are also not alone.

According to ADHD statistics:

About 1% to 3% of the school-aged population has the full ADHD syndrome, without symptoms of other disorders. Another 5% to 10% of the school-aged population has a partial ADHD syndrome or one with other problems, such as anxiety and depression present.

Another 15% to 20% of the school-aged population may show transient, subclinical, or masquerading behaviors suggestive of ADHD. A diagnosis of ADHD is not warranted if these behaviors are situational, do not produce impairment at home and school, or are clearly identified as symptoms of other disorders.

Gender and age affect the ways in which people with ADHD express their symptoms.

Boys are about three times more likely than girls to have symptoms of ADHD.

Symptoms of ADHD decrease with age, but symptoms of associated features and related disorders increase with age.

Between 30% and 50% of children still manifest symptoms into adulthood.

A classroom with 30 students will have between 1 and 3 children with ADHD.

Boys are diagnosed with ADHD 3 times more often than girls.

Emotional development in children with ADHD is 30% slower than in their non-ADD peers. This means that a child that is 10 years old will have the emotional development of a 7 year old, a 20 year old will have the emotional maturity of a 14 year old.

One fourth of children with ADHD have serious learning disabilities such as: oral expression, listening skills, reading comprehension and/or math.



65% of children with ADHD exhibit problems in defiance or problems with authority figures. This can include verbal hostility and temper tantrums.

75% of boys and 60% of girls diagnosed with ADD/ADHD have hyperactivity.

50% of children with ADHD experience sleep problems.

Teenagers with ADHD have almost four times as many traffic citations as non-ADD/ADHD drivers. They have four times as many car accidents and are seven times more likely to have a second accident.

21% of teens with ADHD skip school on a regular basis, and 35% drop out of school before finishing high school.

45% of children with ADHD have been suspended from school at least once.

30% of children with ADHD have repeated a year in school.

What Are Your Options?

For many years, many parents believed medication was the best option for their ADHD diagnosed children.

In 1999, a study concluded that after one year, medication worked better than behavioral therapy. This finding skyrocketed prescription rates of ADHD drugs like Ritalin and Concerta.

Results Of Study Disturbing

But now a study obtained by the BBC's Panorama program says drugs such as Ritalin and Concerta work no better than therapy after three years of treatment.

The findings by an influential US study also suggested long-term use of the drugs could stunt children's growth.

After longer-term analysis, the report's co-author, Professor William Pelham of the University of Buffalo, said: "I think that we exaggerated the beneficial impact of medication in the first study."

"We had thought that children medicated longer would have better outcomes. That didn't happen to be the case. There's no indication that medication is better than nothing in the long run."

Professor Pelham said there were "no beneficial effects" of medication and the impact was seemingly negative instead. The children had a substantial decrease in their rate of growth so they weren't growing as much as other kids both in terms of their height and in terms of their weight."

According to the BBC News, "The National Institute for Clinical Excellence is currently revising the treatment guidelines for ADHD. Chair of the working group, Dr. Tim Kendall, said they were devising a strategy, which was likely to involve training for parents as well as "behavioral interventions". Dr. Kendall also said, "The important thing is that we have an approach which doesn't focus just on one type of treatment."

Other factors that may also play a role such are diet (decreasing sugar), proper amounts of exercise and limiting TV.

Another alternative treatment that has been in the news quite a bit lately is Essential Fatty Acids (omega-3 and omega-6). The American Journal of Clinical Nutrition discovered that children with ADHD "had significantly lower concentrations of key fatty acids..."

Low levels of EFA cause asthma, allergies, dry skin, eczema, thirst and frequent urination. Coincidentally, almost all ADHD children exhibit one or more of these symptoms.

Males also need a higher daily intake of EFA. There is a 3:1 male to female ratio of ADHD. Studies have also shown that children with omega-3 deficiencies have more behavioral, learning and health problems. With that said, the results are very positive, but still mixed on how much EFA supplements help ADHD.

The best way to discover what is best for your child is to try different things. None of the above will have any negative side effects, usually only positive and that's the key.

Welcome New Patients!

By the way, since so many of our patients achieve full recovery, we always have room for more referrals. Thank You!!!

Cledith Jones of San Jose (Ref By: Jennifer Hopkins)
Jim Graham of Napa (Ref By: James Nachtigal)
Duc Lam of San Jose
Peter Cole of San Jose
Renee Infantino of San Jose
Jim Hollingsworth of Palo Alto
Michael Quan of San Jose
Brenda Cooper of San Jose
Brian Newton of San Jose (Ref By: Eric Newton)
Ninos Yacoub of Modesto (Ref By: Leroy Healy)
Chris Gatt of San Jose
Jonathan Stream of San Carlos (Ref By: Andy Harmon)
Taravat Bagheri of Los Altos Hills
Lori Zscherpel of Saratoga
Stacey Olson of Saratoga (Ref By: Lisa Palumbo)
Scott Griffin of Morgan Hill (Ref By: Fernando Betances)
Veena Prakash of Hayward
Christie Garcia of San Jose (Ref By: Robert De Neve)
Jason Pacheco of San Jose
Dan Tindle of San Jose
Divya Shaa of San Jose
Felicia Thomas of San Jose (Ref By: Shelly Morales)
Kristine Jakovcevic of San Jose
Terry Hartley of San Jose (Ref By: Mario Tolentino)
Geoffrey Hong of Cupertino (Ref By: Jae Pyo)
Shelly Theis of San Jose
Lance Antonicic of Santa Clara (Ref By: John Antonicic)
Anne Cefalu of San Jose (Ref By: Nicole Tuttle)
Matthew Durstenfeld of San Jose (Ref By: Robert Durstenfeld)
Brad Lionbarger of San Jose (Ref By: Patrick Bowers)
John Lakness of Oakland
Scott Beall of San Jose (Ref By: Danette Beall)
Wendy Winters of San Jose (Ref By: Sean Winters)
Chris Roberts of Saratoga (Ref By: Leslie Roberts)

Did You Know?

Bicycling may do a man's heart good, but it won't do much for his bones. Men whose primary physical activity is bicycling are much more likely to have low bone density in the hips or spine. Osteoporosis is often thought of as a woman's health issue because waning estrogen levels after menopause leave women particularly vulnerable to the condition. Running, jumping and other weight-bearing activities put the bones under stress. This forces the bones to respond by becoming stronger. In contrast, low-impact exercise, like biking or swimming, works the heart and trims the waistline, but puts little strain on the bones. These types of aerobic exercise have many health benefits; however, it is important that individuals who spend significant amounts of time engaging in non-weight-bearing forms of exercise do something extra to strengthen their bones. For people who can't jog or jump rope - due to an injury or arthritis, for example - strength training with weights offers an alternative. Power lifting is considered more effective for building bone than is standard strength training.

Tip Of The Month: If You Are Looking For A "Dumb" Gift...You'll Find It Here!!!



I'm sure it's happened to you. You're all excited to unwrap a sweet holiday gift and when you do you're stunned. You get that, "what the heck were they thinking?" reaction. You know what we're talking about!

I'm sure that's something you know all too well. But here's something I bet you don't know: There is a website that is devoted to finding and ranking the worst gifts! It's true. And, it's funny.

The site is stupid.com.

"These gifts are so ridiculously stupid that everyone will want them," said Stupid.com's founder, Gary Apple, in a statement. And here's stupid.com's top 10: (We have omitted some to keep the list PG rated)

1. Mistletoe To Go

In the mood for love, but on the go? Consider this portable mistletoe. This attractive arrangement of faux mistletoe comes with a suction cup that attaches to your forehead.

2. Omitted

3. Slingshot Monkey

The Slingshot Monkey is a stuffed monkey dressed like a superhero. It flies up to 50 feet and screams along the way.

4. Omitted

5. Uncle Oinker's Gummy Bacon Candy

One of America's favorite smoked-meat products has been reproduced as a candy. Uncle Oinkers Gummy Bacon comes packaged the same way as real bacon and even looks like real bacon.

6. Inflatable Moosehead

No need to go through the expense and trouble of tracking down a moose and shooting it dead when you can simply buy an inflatable moose head for the trophy wall.

7. Electronic Yodeling Pickle

The electronic yodeling pickle is a 6-1/2" plastic pickle with a high-tech interior. When you press the pickle's button it belts out a yodel reminiscent of the Swiss Alps.

8. Poo-lar Bear Candy

It's a plastic polar bear that you fill with candy poop so when you press down on the bear's hind quarters, he poops out a tasty treat.

9. Get Off the Phone Excuse Machine

If you have trouble getting off the phone from some people, this small electronic device could be the answer. Press a button for "Whoops, there's the door" or "I can't hear you, you're breaking up," and you can get off the hook.

10. USB dancer

This bikini-wearing dancer plugs into your computer's USB port and audio port and when sound plays on your system, she dances and gyrates.

Patient Quiz

There was no winner from January's quiz. Here is the question and answer.

Q: Do Medical Doctors Refer To Doctors of Chiropractic?

A: Yes! Medical doctors know that Doctors of Chiropractic are also “primary health care providers” and are trained in examining, diagnosing, treating, and referring. It is not uncommon for Medical Doctors to refer patients who are experiencing back pain, headaches, and other musculoskeletal conditions to Doctors of Chiropractic.

February Quiz Question

Q. What are common Tennis injuries and how can they be prevented??

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: jjaccounts@sbcglobal.net

Optimum Health Newsletter

Matthew I. Janzen, D.C.

Michael E. Janzen, D.C.

Sanaz Khalili-Malek, D.C.

256 E. Hamilton Ave., Ste. F

Campbell CA, 95008

(408) 379-0133

RETURNED SERVICE REQUESTED