

(201) 792 3544

50 Harrison Street Suite 316  
Hoboken, NJ 07030

# Newsletter

AUGUST 2011

## Putting a Price Tag on Health

It's hard to put a price tag on something as important as health, but we all do by the choices we make and priorities we set.

We who work in health care place a high value on health. So when we find out someone has discontinued their chiropractic care because they can't afford it, we're concerned. Are our fees out of line?

Turns out, it's usually a matter of priorities and finances are a convenient excuse. Each of us has the free will to prioritize our health in the way we see fit. True, most of us take our health for granted until we lose it, but that may be just human nature.

If other issues in your life require more attention than your health, we understand. No need to make excuses or feel self-conscious. You won't get a scolding, a sermon or even a raised eyebrow. After all, it's your health.

You're the boss. We offer you the finest chiropractic care possible. You decide how much of it you want. No guilt. No shame. No problem.

## Choosing a Home Birth.

Women know that pregnancy is not a medical condition that has to be treated but instead is a natural occurrence that should be celebrated; and, despite major professional societies condemning the practice, over 28,000 American babies were born at home in 2008. This represents .67% of the 4.2 million total births according to the National Center for Health Statistics (NCHS). An average of 1% may not seem substantial but it's a 20% increase from the .56% delivered in 2004.

### Who gives birth at home?

According to the NCHS report published in the September 2010 issue of Birth, more women are choosing to have their babies at home and, perhaps more surprising to the researchers than the 20% increase, was the 94% of that increase being attributed to non-Hispanic white women. In 2008, over 80% of the home births were by Caucasian women.

A landmark study published in the British Medical Journal (BMJ) in June of 2005 studied over 5,400 low-risk pregnant women planning to birth at home in the United States and Canada, then analyzed and compared the results to the outcomes of over 3 million low-risk hospital births. The BMJ press release stated the following:

88% of the women birthed at home, with 12% transferring to hospital

Planned home birth carried a rate of 1.7 infant deaths per 1,000 births, a rate "consistent with most North American studies of intended births out of hospital and low-risk hospital births"

## Now, Where Did I Leave My Health?

Knowing where to look is the fastest way to find something. We can help so many people recover their health because we know where to look.

One of the key tenets of chiropractic is that health is our natural state. When someone isn't healthy, we look for what could be interfering with this natural ability by looking for the underlying cause of the symptom.

Typically, we find a disturbance in the controlling or regulating impulses of the nervous system, producing a myriad of conditions that go by thousands of different names. The most common source of compromise in this brain/body communication is from the moving bones of the spine.

Headaches? Look to the spine. Acid reflux? Look to the spine. Inflamed tonsils? Look to the spine. Asthma? Look to the spine. You get the idea.

Does that mean chiropractic can cure everything? Of course not. But to regain your health, it's a great place to start looking!

There were no maternal deaths

Medical intervention rates of planned home births were dramatically lower than of planned hospital births, including: episiotomy rate of 2.1% (33% in hospital), cesarean section rate of 3.7% (19% in hospital), forceps rate of 1% (2.2% in hospital), induction rate of 9.6% (21% in hospital), and electronic fetal monitoring rate of 9.6% (94.3% in hospital).

97% of over 500 participants who were randomly contacted to validate birth outcomes reported that they were extremely or very satisfied with the care they received.

## Who delivers babies at home?

This same study reported that planning a home birth attended by a Certified Professional Midwife (CPM) "offers as safe an outcome for low-risk mothers and babies as does a hospital birth." This "largest of its kind" study was heralded as groundbreaking by the Midwives Alliance of North America.

The authors of this study found that Certified Professional Midwives "achieve good outcomes among low risk women without routine use of expensive hospital interventions," which challenged the many unnecessary interventions routinely performed in low-risk hospital births.

The report supports what midwives have always said: planned home births with a trained midwife are a safe, high-quality, cost-effective, emotionally-satisfying way to have babies.

Even the World Health Organization in 1996 said, "Midwives are the most appropriate primary healthcare provider to be assigned to the care of normal birth." This was supported by the Coalition for Improving Maternity Services' 1996 statement that "Midwives attend the vast majority of births in those industrialized countries with the best perinatal outcomes."

## Why deliver your baby at home?

According to the Centers for Disease Control and Prevention, home birthing in the United States is on the rise, despite the fact that only 27 of the 50 states actually license midwives. A Time magazine article in September of 2010 stated that women who choose to give birth at home are trying to "avoid what they deem

## Why Whine?

A common refrain we hear from patients is that they know someone who complains about their health but won't take any action. These health issues often respond well to chiropractic care, but the suggestion to try chiropractic is rebuffed. And the whining continues...

I can think of three reasons people reject chiropractic and whine about their pain instead:

**Fear.** Trying something that doesn't involve medication can be a stretch for some. We can supply you with brochures that explain chiropractic to reduce their fear. Or invite them to your next visit so they can see for themselves.

**Ignorance.** With little knowledge of chiropractic, many see it as merely a treatment for the spine. But because the focus of chiropractic care is the integrity of the nervous system (which controls everything), many other health issues resolve as well. Ask for a handout that shows the relationships among the spine, nervous system and all the tissues of the body.

**Secondary gain.** Some folks actually enjoy being sick! They may like the attention they receive or having a reduced workload or expectations. Paint a picture of the possibilities that await them by taking action.

You may need to make the call to arrange an appointment for them. If they whine instead, consider getting a good set of headphones!

overmedicalized childbirth". When considering that 32% of hospital births result in a c-section, and that studies have shown home births have far fewer medical interventions, it's understandable that women are making the choice to give birth at home.

Choosing to give birth at home with a midwife has many benefits that far outweigh the services provided at a hospital. For instance, a midwife will spend time with the expecting mother developing a relationship built on trust. This is proven by simple statistics: "the average prenatal visit to a midwife lasts 30-45 minutes (and longer if the woman is planning a home birth), compared to a 5-7 minutes obstetrician's average with their patients."

A study published in the Journal of Midwifery and Women's Health in 2009 questioned 160 American women who had chosen homebirth. The women were mostly married (91%), white (87%) and college educated (62%). When asked "Why did you choose home birth?", the majority of the women (38%) stated for safety or to avoid the unnecessary medical interventions common in hospital births. Some women (37%) had a previous negative hospital experience, and then some wanted more control over the birth process (35%) or preferred a comfortable, familiar environment (30%).

## Global Home Birth Statistics

In many countries home birth is as common as a hospital birth and, in some cases, hospital births are reserved solely for high-risk pregnancies or are the result of an unforeseen circumstance requiring a home to hospital transfer.

In the Netherlands, Certified Professional Midwives are integrated into the medical system making home births easier and more common. An in-depth study in 2009 of the 529,688 women who gave birth in the Netherlands determined that 321,307 (60.7%) intended to give birth at home and 163,261 (30.8%) planned to give birth in a hospital. For the other 45,120 (8.5%) the intended birth place was unknown.

This study resulted in no significant differences between planned home and planned hospital birth when it came to infant death or admission to neonatal intensive care unit.

These results were similar to a 1996 study published in the British Medical Journal that determined there was no relation between the planned place of birth and the perinatal outcome. In multiparous (women who gave birth to more than one child during one birth,

## The Cost of Doing Business

Drug makers use TV and other media to encourage folks to “Ask your doctor if (drug name) is right for you.”

Yet you rarely hear from the thousands of people who permanently pay the “cost of doing business” as a result. Consider some of the terms used to deflect attention from the resulting death toll:

**Adverse reaction:** Unintended reaction to a drug that is detrimental to the recipient.

**Side effect:** An unwanted effect of a drug that is not part of the intended activity.

**Drug interaction:** The result of drugs reacting with each other, often in ways that are unexpected or harmful.

**Medical error:** An inappropriate treatment, or the right treatment that was performed incorrectly.

**Iatrogenic:** A state of ill health or an adverse effect caused by a treatment, usually due to mistakes made in treatment.

On the other hand, chiropractic is so safe that no “warning label” or fine-print disclaimers are necessary. Chiropractic is so safe that even newborns and the elderly can benefit. Chiropractic is so safe that the only so-called “side effects” are positive effects! Now that’s a reasonable cost of doing business!

i.e., twins, triplets, etc.) perinatal outcome was “significantly better for planned home births than for planned hospital births, with or without control for background variables.” The authors found that the outcome of planned home births is “at least as good” as that of planned hospital births for low-risk women in the Netherlands.

A study published in 2010 found that planned home births accounted for .38% of a little over 300,000 births in South Australia and that these had lower c-section and instrumental delivery rates and a seven times lower episiotomy rate than planned hospital births.

Additionally, a 2009 study showed that women who planned a home birth with a registered midwife in British Columbia were overwhelmingly positive about their experience.

## In Summary

As women are becoming aware that there are more choices for how and where to deliver their babies, the decision to give birth at home will definitely become a more common one. Statistics are proving that home births are on the rise and your Family Wellness Chiropractor will always support a woman’s choice to deliver at home.