

CHRIS™

The Chiropractic Health Research Information Service™ – October 11, 2007 Issue 1885

.....

WHAT FACTORS INFLUENCE RETURN-TO-WORK AMONG PATIENTS WITH LBP?

What factors influence return-to-work among patients with low-back pain (LBP)?

As part of the analysis a total of 206 workers who reported low back pain were evaluated as they returned to full-duty work. “One year after return to full duty workers were interviewed to assess who had a recurrence of low-back pain according to 4 different definitions of low-back pain (symptom reports, medical visits, self-reported lost days, and employer-reported lost days due to back pain).”

Findings showed that “the most liberal definition of recurrence, recurrent symptoms, had a significantly greater recurrence rate at 58% than all other outcome measures The medical visit recurrence rate of 36% was significantly greater than the more conservative lost time measures The recurrence rate for self-reported lost time was 15%, whereas the more conservative employer confirmed lost time measure was significantly lower at 10%”

The scholars conclude that “recurrence is greatly dependent on how one defines recurrence with symptom reporting yielding 5.5 times as many recurrences compared with employer confirmed lost time. In general, more quantitative measures of worker musculoskeletal function yielded the best predictions of recurrence when predicting the more restrictive definitions of recurrence (employer confirmed lost time).

Spine – October 1, 2007;32:2387-97.
www.spinejournal.com

CAN PAIN TOLERANCE BE TAUGHT?

Teaching children to control pain with positive emotional coping strategies can

significantly influence their reaction to pain stimuli, say scientists.

As part of the experiment, the pain tolerance 244 youngsters (ages 8 to 18 years) was tested by exposing their fingers to heat and cold. Their coping strategies toward pain were also assessed.

Findings showed that children who engaged in negative emotional reactions to pain — such as catastrophizing, focusing on the pain, internalizing and seeking emotional support — had lower pain tolerance. On the other hand, youngsters who displayed positive coping strategies — such as positive self-statements and looking for a distraction — had higher pain tolerance.

The study’s authors stress that teaching children positive coping strategies is key to molding their pain tolerance.

Journal of Pain –
September 2007;8:708-17.
<http://www.sciencedirect.com/>

SOME PEOPLE CHEMICALLY ‘PROGRAMMED’ TO LOVE CHOCOLATE

For the first time, scientists have linked a preference for a food to a specific, chemical signature that may be programmed into the metabolic system and is detectable by laboratory tests.

Sunil Kochhar and colleagues studied 11 male volunteers who classified themselves as “chocolate desiring” and 11 volunteers who were “chocolate indifferent.” Each subject ate chocolate or placebo over a five day period while their blood and urine samples were analyzed.

The chocolate lovers’ had a hallmark metabolic profile that involved low levels of LDL-cholesterol and marginally elevated levels of albumin.

The chocolate lovers expressed this profile even when they ate no chocolate, the researchers note. The activity of the gut microbes in the chocolate lovers was also distinctively different from the other subjects, they add.

“Our study shows that food preferences, including chocolate, might be programmed or imprinted into our metabolic system in such a way that the body becomes attuned to a particular diet,” says Kochhar.

“Knowing one’s metabolic profile could open the door to dietary or nutritional interventions that are customized to your type so that your metabolism can be nudged to a healthier status,” the researcher explains.

Journal of Proteome Research –
November 2, 2007;Epub.
<http://pubs.acs.org/journals/jprobs/>

AIR FRESHENERS LINKED WITH ADULT ASTHMA

Using household cleaning sprays and air fresheners as little as once a week can raise the risk of developing asthma in adults, say researchers in Europe.

“Frequent use of household cleaning sprays may be an important risk factor for adult asthma,” wrote lead author Jan-Paul Zock, PhD.

Altogether, the study included more than 3,500 subjects across 22 centers in 10 European countries.

American Journal of Respiratory and Critical Care Medicine –
October 2007;176:735-41.
<http://ajrccm.atsjournals.org/>

Copyright, © 2007. PreventiCare® Publishing. All rights reserved. CHRIS™ is a professional service of PreventiCare® Publishing. 1-912-897-3040. PreventiCare® Publishing shall not be liable for any errors or delays in the content of CHRIS™, or for any actions taken in reliance thereon. www.preventicare.com