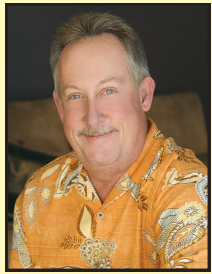


KIDS FIRST



Ear Infections

Childhood ear infections (Otitis Media) are often very frightening to parents mostly because they appear suddenly, usually at night, with little warning.

The most common treatments used for ear infections are antibiotics, decongestants, antipyretics (fever medication), and tympanostomy (tubes in the ears). You may be surprised that the benefits of all of these are highly questionable.

For example, *The Lancet*, a major medical research journal found that recovery time was about the same for children whether medical intervention happened or nothing was done at all. Another study from the *Archives of Otolaryngology*, showed that 88 percent of children with Otitis Media never needed antibiotics and antibiotics did not shorten the lifespan

of the disease." As a matter of fact, a very recent issue of *Newsweek Magazine* reported that antibiotics are not nearly as effective as the body's own immune system. What a concept!

For parents frustrated with recurring ear infections, the EENT (ear, eye, nose, and throat) specialist will most likely prescribe the "rite of tympanostomy" - words from the late Dr. Robert Mendelsohn, a friend, and a self proclaimed "medical heretic." It is a surgical procedure whereby your child is anaesthetised so that a tube can be placed in his or her eardrum to drain fluid. Research, however, indicates that this procedure does little to eliminate the problem. It simply reduces pressure and fluid build-up.

Millions of these operations are performed in Canada and the U.S. each year and yet controlled clinical studies have determined that there was no benefit gained from the placement of tubes. As a matter of fact, they actually created complications such as scar formation on the ear drum leading to hearing loss. Not a desirable side effect!

As a Chiropractor with Fellowship in pediatrics, I see ear infections as a malfunction of the immune system and

lowered resistance. In other words, the child's body not being able to fight off or prevent the infection. The main cause of lowered immune resistance in a child is most often the process of delivery. Yes, birth. It can be very traumatic. The stress of the average, uncomplicated delivery can cause a vertebral subluxation of the delicate segments of a baby's spine thereby affecting the way a child's nervous system reacts to the world around him.

In their landmark research studies, Drs. Gutman and Biedermann examined hundreds of newborn infants and concluded that "...an unhealthy spine at birth causes...lowered resistance to infection, especially ear, nose, and throat infection."

In my own practice, which is largely pediatric, most children I see with ear infections do have a vertebral subluxation in their spine affecting the way their nervous system controls their resistance to infection. By eliminating this subluxation, the child's normal resistance is increased and the threat of ear infection is minimized. You see, it's not a matter of discovering yet another "wonder" antibiotic to drug your child with, it is a matter of having your child's body function better.

As well as chiropractic care, which I feel is essential; you may want to try the following to help your child;

- Vitamin C, 1000-5000mg daily
- Echinacea tincture, 20 drops, 2x per day mixed with a few drops of orange juice for taste.
- Try for a week and discontinue for 1 week.
- Zinc lozenges, although kids can't stand these. Use as a last resort.
- Warmed olive oil drops into the affected ear.

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Dr. Scott Plath has practiced in Yankton for 32 years. He is a Certified Industrial Consultant, Certified Med X Rehab technician and a fellow of Applied Spinal Biomechanical Engineering and is a member of their advisory board.

Course

From Page 1

nated others that they are not. "We have students that may discover welding is not their strong point," explained instructor Bob Evans. "On the other hand, there are students that have never tried it and find out they really like it. You establish a relationship with the kids, which helps."

Evans said the thing he takes the most pride in from the two weeks spent with the students is the dedication to excellence they both show and learn.

"For the students to make the commitment to come in the summer (at 8 a.m.) shows that they have the interest," Evans said.

He explained how the course works. "Initially we have 10 things we set up that we wanted to work on with the students — a set of required projects. Then there are assigned teacher projects and (the students) come up with a final project."

Evans said that the instructors have high expectations for the students, not the least of which is to work with high standards and with professional attitudes.

"We don't have trouble with kids; if they are trouble, they are not going to want to come back because we do set such high expectations for them," he said. "The kids have to get along with

each other and we work to make quality parts. We didn't say, 'Go pick your buddies and do a project.' We put students we thought had similar skill sets to work together. When you go to work, you don't get to pick your partners, so we made it as similar to a work experience as we could."

That effort is showing in the results seen with past attendees of the academy, Svatos said.

"For example, one of our instructors this year was Eric Kotalik, who was in the program one of the first years it was offered," Svatos said. "He went through Yankton High School, graduated, went to Lake Area Tech, and now he is working at Applied Engineering, and coming back and helping teach the next kids. I tell the kids that take this class that I hope to see them in our facility again someday, whether that be taking a class from us or working for one of our (local employers.)"

Bart Hallberg of Yankton Rural Area Health said he knows that the students who graduated from the CNA Institute are exactly they type of people he wants to see providing care.

"I could not go to sleep at night if I didn't know there were people like you working in our long-term care facilities," he told the graduates. "I have two family members in care (my mother and stepfather). Knowing people like you are there allows me to do what I need to do."

It's a fact that Gwen Maag, the CNA Institute instructor, says was clear to her throughout the two-week course. She said

she hoped the students took three things with them from the class: kindness, perseverance and dignity. She said if they remember those three things, no matter what future careers they go onto, they would succeed.

"The kids are having a great time and don't realize how they are using the math, science and school-related subjects that are injected into these tasks," Svatos said. "For some of these kids, that is how they learn — hands on — and these courses allow them that opportunity."

"We can't forget that this is an opportunity that was made available because the businesses in the community stepped up and supported the courses. Without the sponsors, this would not be possible."

The students not only graduated from the classes, but they also earned a half-credit of high school credit.

"We recognize and support the fact that not all of our students are going to go to four-year colleges," said Dr. Wayne Kindle, Yankton High School principal. "I am very proud that we are able to provide for students who may want to explore two-year technical studies. We feel we have a responsibility to provide opportunities to our students so they can come back to Yankton to work. In these types of classes and programs in the summer, the students receive credit through the high school, so it is a great, great partnership."

Sept. 11 Death Count Increases By 1

BY DAVID B. CARUSO

Associated Press

NEW YORK — A man who died last year of lung disease was added Friday to the official list of victims of the Sept. 11 attacks.

New York City's medical examiner ruled that 63-year-old Jerry Borg, of Manhattan, who died in December, was killed by complications caused by a lung condition he got from inhaling dust from the collapse of the World Trade Center.

Borg suffered from pulmonary sarcoidosis, a disease in which inflamed cells can make someone's lungs stiff and interfere with normal breathing.

The death brings the official count of World Trade Center attack victims to 2,753.

The ruling is a rarity. Thousands of people have blamed health problems on trade center dust, but Borg is only the third victim to be added to the medical examiner's list of victims of Sept. 11, 2001.

Borg was working downtown on the day of the attacks and became caught in the dense cloud of pulverized concrete and glass that billowed over lower Manhattan when the twin towers fell.

Borg's nephew, Joseph Borg, of New York City, said Friday that his uncle worked as an accountant and was doing an audit at a building at ground zero on Sept. 11. He

said his uncle witnessed "the whole thing." He recalled that his uncle had some health problems before his death.

"He said something about having a lung problem before he passed away. And that he was waiting for a lung transplant," Joseph Borg said. "It might have been due to the fumes from the 9/11 accident."

He said his uncle was not married and had no children. "He lived an ordinary life. He went to work and came home. That's it," Joseph Borg said.

The other two people who were added to the medical examiner's list also were working downtown on Sept. 11.

Felicia Dunn Jones, a 42-year-old civil rights lawyer, fell ill immediately after the attacks, was diagnosed with sarcoidosis and was dead within five months. Her death wasn't ruled as officially

caused by the terrorist attacks until 2007.

Leon Heyward, 45, died in 2008 of lymphoma, an illness that hasn't been conclusively linked to trade center dust, but Chief Medical Examiner Charles Hirsch ruled in early 2009 that his cancer was complicated by sarcoidosis.

All victims of the terrorist attacks have been classified as homicide victims.

A spokeswoman for the medical examiner's office, Ellen Borakove, declined to release additional information about the circumstances of Borg's illness or personal biography, citing privacy rules.

Congress late last year created a \$2.78 billion fund to compensate people who might have been sickened by exposure to trade center dust and ash, and set aside \$1.5 billion to fund health programs for rescue and cleanup workers.




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