

# DR. DAVID SINGER'S HEALTH REPORTS VOLUME 11 ISSUES 121-132

## ~ DISCLAIMER ~

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# HEALTH REPORT

VOLUME 11

ISSUE 121

## BOY'S BOWEL PROBLEM SOLVED WITH ADJUSTMENTS

The report of a case history about a child who received Chiropractic help for a chronic constipation problem points out both the immediate and the long range benefits of a successful adjustment program.

A recent issue of the *Journal of Manipulative and Physiological Therapeutics* (JMPT) tells the story of an 8-year-old boy who was troubled with bowel movement problems since birth. Before he paid a visit to a chiropractor, his condition was such that he'd only have a bowel movement at 7 to 10 day intervals. In fact, at times this even approached 2 weeks and these movements were reportedly quite painful for the boy.

The boy was by all other indications quite healthy. Medical treatment, in an attempt to solve the problem, had included laxatives, high fluid intake and a high fiber diet. All of these produced no positive or desired effect on his condition.

Chiropractic examination revealed that the boy had a subluxation (a partial dislocation) in the sacral region (lowest portion) of the back. Care began immediately with adjustments given to correct the subluxation. This continued with 2 visits per week for 4 weeks.

The result of just 1 visit to the chiropractor was a dramatic improvement in the boy's condition. His mother was very pleased to report that the boy had a bowel movement on the first day of his visit and again just 2 days later. She also reported over the course of the 4 weeks of ensuing treatment that the condition continued to improve.

Interesting statistics pointed out by the study show that 3 percent of childhood doctor visits are for constipation issues. The figure rises to nearly 30 percent of all visits to pediatric gastroenterologists. Treatments generally include dietary management, biofeedback and laxatives. Statistically, according to the study, between 30 percent and as high as 50 percent of children do not respond to these treatments and continue to have long-term problems.

The results of Chiropractic treatment with this boy and improvements in his life were immediate, continuing and long term. Follow up 1 month after treatment revealed consistent normal bowel functions. Several months later, another follow up revealed the same positive results. Finally, a phone call to the boy, now 13 years after treatment, reported normal bowel function. In fact, he said that his bowel function was nearly "clock-like" with daily movements.

How's that for producing life-changing improvements? Short-term Chiropractic intervention brought about very positive, long-term results.

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## CHIROPRACTIC HANDLES SUBLUXATIONS AND COMPLETELY CHANGES MAN'S LIFE!

Every single day, all across this country, people are helped by Chiropractic. They pay visits to their chiropractor and experience help and relief for that which ails them. This is not new news. However, when a person comes into the doctor's office suffering from a variety of physical pains and mental dysfunctions and comes away with a whole new improved lifestyle as a result of his adjustments, well that certainly qualifies as "something to write home about."

Such is the case of a 36-year-old man whose treatment was recently documented in the *Journal of Vertebral Subluxation Research*. Very simply, this man's life was in disarray when he arrived for his initial examination and was drastically changed by Chiropractic intervention.

The individual came to his chiropractor suffering from a variety of ailments. Physically, this included left leg pain extending to his foot which he'd experienced for 14 years. He also complained of gastritis (acute inflammation of the stomach), ulcers and eye pain. Besides that, he reported nervousness, a feeling of depression, lack of ability to concentrate and a general loss of interest in daily life. Additionally, his lifestyle was less than healthy: he smoked, did not exercise and regularly had a diet considered "sub-optimal." He also had a history of alcoholism that included bouts of heavy drinking that had resulted in falls.

Examination of the patient revealed vertebral subluxations (partial dislocations of the vertebrae) and a treatment program was begun that was to be expended over a period of the next 6 months. At the beginning of treatment and then periodically thereafter, he was asked to self-rate his overall health and quality of life. As treatment progressed, toward the end of the 6 months, the patient reported a 95% physical improvement in left leg, headache and eye pain.

In addition to all of the physical improvements, the man enjoyed secondary health improvements as well, including a decrease in stress levels and reduced nervousness. He also enjoyed better concentration, the normalization of digestive function, in addition to less irritability and apathy about life. More spontaneous changes included quitting smoking, starting a regular exercise program, making better nutritional choices and improving his ability to relax. By at the end of the 6 months, the man reported his overall health to be 100% improved!

The authors of this case study felt that it was important to note that this person was never told or encouraged to undertake these lifestyle changes. The authors noted that the initiation of Chiropractic care by itself is not "sufficient intervention to allow a person to achieve total health." Then they went on to make this observation. "Patients under Chiropractic care tend, as their subluxations reduce, to spontaneously take up lifestyle changes or health enhancing activities."

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## TWO STUDIES FURTHER VALIDATE SAFETY AND VALUE OF CERVICAL ADJUSTMENTS

Two recently completed surveys bring more good news for the Chiropractic community. One had to do with the overall safety of Chiropractic adjustments to the neck region. The second showed the very positive effects of cervical adjustments in reducing high blood pressure. The results of both studies were published in October 2007.

The first study took place in England with results reported in the scientific medical journal *Spine*. This national survey took a look at the outcomes of 19,722 Chiropractic patients who had received some form of neck adjustment. The researchers reviewed a total of 50,276 neck adjustments to see if there were any serious side effects from Chiropractic care. They defined serious effects to be those that resulted in the need to be referred to a hospital, or any that caused a worsening of symptoms immediately after treatment, or any that resulted in persistent or significant disability or incapacity.

The researchers arrived at very positive results. "There were no reports of serious adverse events," they said. Overall, they found cervical neck adjustments to be a safe procedure in the UK when administered by trained and registered Chiropractors.

In the U.S., a study published in the *Journal of Vertebral Subluxation Research* showed that Chiropractic adjustments had a profound effect on reducing Stage 1 hypertension. (Stage 1 is the first level of elevated blood pressure that causes health concerns.) The goal of the research was to determine if non-surgical procedures to properly align the Atlas (top) vertebra in the neck produced changes in blood pressure and heart rate.

This study compared two groups of subjects who had a history of Stage 1 hypertension with no apparent cause or disease creating this condition. One group of patients received Chiropractic adjustment and the other received "sham intervention" similar to an authentic procedure.

Both groups were examined before and after the procedures, with blood pressure read showed that both the systolic and diastolic blood pressure readings were significantly reduced for the group who received an actual adjustment to their Atlas vertebra. "This pilot study shows that correction of misalignment of the Atlas vertebra lowers and sustains reductions in blood pressure for at least 8 weeks in people with Stage 1 hypertension."

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## STUDY BOLSTERS ACUPUNCTURE'S POSITION AS A PROVIDER OF LOW BACK PAIN RELIEF

Acupuncture treatment for low back pain should receive a boost in popularity as more sufferers of the condition consider the results of a recently completed study in Germany. Acupuncture outperformed conventional therapy by a significant margin of more than 20 percent during the course of a 6-month treatment period in bringing relief to study participants.

The study involved 1,162 patients averaging 50 years in age who had suffered from low back pain for an average of 8 years. The subjects were divided into three different treatment groups. The first received traditional Chinese verum Acupuncture, (a form of standardized Acupuncture), the second group received sham (false) Acupuncture, and the third group received conventional therapy that consisted of a combination of medication, physical therapy and exercise. The results were published in the *Archives of Internal Medicine*.

“Low back pain is a common, impairing and disabling condition, often long-term, with an estimated lifetime prevalence of 70 to 85 percent,” according to the authors of the study. “It is the second most common pain for which physician treatment is sought and a major reason for absenteeism and disability.” However, while Acupuncture is growing in use as an alternative therapy, its value for low back pain treatment is still controversial, according to the authors.

Michael Haake, Ph.D., M.D. of the University of Regensburg, Bad Abbach, Germany, was the study leader. He and colleagues divided the groups as follows: 387 verum Acupuncture, 367 sham Acupuncture, and 388 conventional therapies. Verum Acupuncture consisted of needling known Acupuncture points to a depth of between 5 and 40 millimeters based on traditional Chinese medicine. Sham Acupuncture needling depth was between 1 and 3 millimeters, avoiding all points and meridians. Conventional therapy included medication, exercise and physical therapy. Each session lasted about 30 minutes, and was done twice per week.

The finding of the study showed that Acupuncture outperformed conventional therapy by a wide margin. Most interestingly, the group that enjoyed the next highest amount of improvements was the sham Acupuncture group. As measured by study parameters, 47.6 percent in the verum Acupuncture group achieved a positive response. Next was a 44.2 percent response rate in the sham group, followed by only 27.4 percent improvement in the conventional therapy group.

“The superiority of both forms of Acupuncture suggests a common underlying mechanism that may act on pain generation, transmission of pain signals or processing of pain signals by the central nervous system and that is stronger than the action mechanism of conventional therapy,” the authors concluded. “Acupuncture gives physicians a promising and effective treatment option for chronic low back pain with few adverse effects. The improvements in all primary and secondary outcome measures were significant and lasted long after completion of treatment.”

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## PRE-CONCEPTION NUTRITION VALUABLE TO MOM AND HER FUTURE CHILD

Pregnant women are constantly bombarded with life style advice about eating a healthy diet, being careful of beverage choices and making good lifestyle decisions. But what about a woman who is planning to conceive? Wouldn't it make sense that healthy living would be most conducive to her situation as well?

According to Claudia Anrig, DC, who is on the board of directors of the International Chiropractic Pediatric Association, it is quite rare that excellent nutritional advice is provided for women who are considering becoming pregnant. As many chiropractors deal in the total wellness of entire families, who better to provide nutritional and healthy lifestyle information to their patients, she says.

Coining the term a "wellness pregnancy," Dr. Anrig says that lifestyle changes should occur 4 to 12 months prior to conceiving. Advice should focus on a healthy and nutritious diet; the gradual reduction of coffee and diet carbonated drinks; and simply making good lifestyle choices.

Diet recommendations are very simple and really follow the healthy guidelines normally recommended for a pregnant woman. She should have a diet that is high in protein and iron. Dairy products are encouraged as a great source of calcium and protein. Additional proteins and essential vitamins should come from legumes and leafy vegetables. Antioxidants are important with good sources being berries, nuts and avocados.

Caffeine is one item that a woman will want to work to greatly reduce in her diet. This may be difficult for her based on the proliferation of coffees and soft drinks in our society today. However, a woman who wishes to become pregnant should know that a high intake of caffeine is known to decrease the opportunity for conception and slightly increases the likelihood of miscarriage in the first trimester, Dr. Anrig points out.

A high consumption of coffee and diet colas would fall into the category of something to start reducing and then eliminating slowly, maybe over a 12-week program aimed at quitting completely when conception is planned. Additional beneficial actions include eating a hearty breakfast, choosing healthy snacks and substituting items like fruit and yogurt for high calorie desserts.

These recommendations to a woman to change her eating and lifestyle habits are important for her and for her future baby. It's an important step along the way to increasing future wellness for the entire family, says Dr. Anrig. And, practicing wellness before conception is a great place to start.

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## ADJUSTMENTS PUT AN END TO SEIZURES, ALLOWS CHILD TO SLEEP THROUGH THE NIGHT!

When a child of only 5 months continuously cries, does not sleep very well and experiences up to 8 seizures a day, it's going to be a worrisome situation for parents. Additionally, this child had a constant tilt of his head to the left and could not rotate his head and neck to the left. To top this off, the child also had experienced a surgery to close the joints between the bones in his skull.

All of these problems prompted the parents to seek Chiropractic advice and assistance for their recently born child.

First off, the child's chiropractor had his diagnostic skills put to the test as the child was in severe distress and cried during the entire examination. However, the exam was completed successfully and revealed that there were subluxations (partial dislocations) in various areas of the neck, mid-back and the lower spine.

A regular schedule of Chiropractic adjustments commenced and continued for several weeks. The outcome of the care was immediately positive with the number of seizures decreasing after the first adjustment. Things were progressing along well until several weeks into the care when the child had a minor setback and experienced 5 seizures in one day, however, these quickly abated. In fact, following these episodes, the child remained seizure-free for an entire week. This was the first week of his life that he had lived seizure-free.

By the sixth week of Chiropractic care, the child's life had made a drastic turn for the better: he was no longer experiencing seizures between adjustments. In addition, he was sleeping through the night and eating properly for a child his age. Periodic follow-ups were done and it was noted in the case report that these improvements represented a significant change to the child's quality of life.

The author of the study, Dr. Nancy Brown, D.C., noted that each year approximately 150,000 children and adolescents experience seizures. The cause of this, she says, is a sudden onset of abnormal electrical discharges within the brain. A normal medical approach to this condition is to medicate in order to suppress the abnormal electrical impulses. Dr. Brown points out the ill-advised nature to this medical correction as there is no way to suppress the abnormal impulses without also suppressing activity needed for normal function and development.

"A Chiropractic approach may therefore be of more benefit as it will correct the abnormal impulses and not just suppress them," said Dr. Brown.

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## CHILDREN WITH HEADACHES RESPOND WELL TO ACUPUNCTURE TREATMENT WITH LASERS

Children can certainly be counted among the many folks in the world who benefit from Acupuncture treatment. But for kids, the sight of needles alone can be tough to handle, much less having a number of them inserted in the skin. Hence, Laser Acupuncture – the concept of shining laser beams at Acupuncture points – is one means of circumventing this aversion. The question is, however, is Laser Acupuncture effective for children?

A recent study to determine if Laser Acupuncture is effective therapy for headache pain was recently conducted at University Children's Hospital in Homburg, Germany. Children suffering from headaches were the target of a randomized, double-blind, placebo-controlled trial conducted by the Department of Pediatric Hematology and Oncology of Saarland University.

A total of 43 children averaging 12.3 years of age were included in the study. Of these, 22 suffered from migraines and 21 were diagnosed with tension-type headaches. Patients were randomized to receive a course of 4 treatments over 4 weeks with either an active laser or a placebo laser.

Data was very thoroughly gathered on each patient starting with a health history done 4 weeks before treatment began and then at regular intervals all the way to 12 weeks after the final treatment. Each child enjoyed a highly individualized treatment program based on Traditional Chinese Medicine.

The study took aim at two separate findings. First, what effect does treatment have on the average number of headache days? Second, does Laser Acupuncture have an effect on the severity of the headaches?

The results showed that the average number of headache days between the first treatment and 4 months later decreased significantly by 6.4 days in the treatment group. At the same time, the placebo group only dropped by 1.0 day. Also, the researchers found a significantly lower severity of headache pain in the Acupuncture group.

The researchers provided this results statement, "We conclude that Laser Acupuncture can provide a significant benefit for children with headache with active laser treatment being clearly more effective than placebo laser treatment.

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## ECSTASY RESURGENCE LINKED WITH METH!

A new combination of two very harmful drugs is making its way into the illegal drug market of the United States. Ecstasy laced with methamphetamine (meth) has been found entering the country via its northern boarder with Canada. The warning to health and safety leaders comes via the White House Office of National Drug Control Policy (ONDCP).

Meth-laced Ecstasy — now being called “Extreme Ecstasy” is already being produced in mass quantity in Canada. The Canadian Royal Mounted Police estimates a production capability of some 2 million tablets per week. Much of this is aimed to be smuggled into the United States.

This dangerous “poly\*-drug” combination of methamphetamine and Ecstasy can have major health consequences, according to the ONDCP. Both drugs by themselves can have severe toxic effects on the brain. They both can interfere with the body’s ability to regulate temperature. This can lead to elevated body temperatures, which can result in liver, kidney and cardiovascular system failure and death. Recent laboratory research suggests that Ecstasy and meth combinations may produce greater adverse neurochemical and behavioral reactions than do either drug when taken alone. The potential for life-threatening or fatal overdose is also increased when meth-laced Ecstasy is combined with alcohol.

The current warnings about the proliferation of this new drug combination are well founded based on the fact that 55 percent of Ecstasy samples seized in the United States in 2007 contained meth. According to the ONDCP, illegal drug makers are able to boost their Ecstasy product by cutting it with less expensive methamphetamine. This both raises their profit and increases the likelihood of resale because of the new product’s more addictive potential. Effectively, this is giving a dangerous “face lift” to a designer drug that had fallen out of fashion with young American drug users.

Ecstasy use in the United States had been on the decline since reaching its peak with the “Rave” culture in the early 2000s. Since the year 2001, Ecstasy use had dropped off by some 54 percent. However, that trend now seems to be reversing. The number of people in the US who reported that they tried Ecstasy for the first time rose 40% between 2005 and 2006, from 615,000 to 860,000. One-third of these new users in 2006 were under the age of 18.

“We cannot allow our young people to once again be victimized by the ‘Rave’ culture, ‘designer’ drugs, or the myth that drug use is safe,” said John Walters, the Nation’s Drug Czar. “We cannot afford to be complacent with the progress made against Ecstasy since 2001. Just as we must teach new generations of children to read, we must continue to educate new generations of young people on the harms of drug use.”

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## TEAMWORK BREAKDOWNS, LACK OF SUPERVISION ACCOUNT FOR MANY PHYSICIAN-IN-TRAINING ERRORS

Physicians-in-training are highly vulnerable to making errors when teamwork breakdowns occur according to a recent study funded by the U.S. Department of Human Services Agency for Healthcare Research and Quality.

The study focused on 889 closed malpractice claims between 2002 and 2004. The goal of the researchers was to determine whether the injuries that had occurred were due to errors involving medical residents, fellows or interns in training programs. The study focused on four clinical categories: obstetrics, surgical, missed/delayed diagnoses and medications. Taken as a group, these four categories account for approximately 80% of all U.S. medical malpractice claims.

The study found that trainees were involved in 27 percent of the error cases totaling 240 incidents. Medical residents were involved in 87 percent of the cases with interns and fellows accounting for 13 percent. Broken down further, one-third of the cases resulted in significant physical injury, one-fifth in major physical injury and one-third in death. Nearly one-third of the cases took place in the outpatient area of a hospital.

“We are continuing to learn about the critical role that effective teamwork plays in preventing medical errors and promoting patient safety,” said Agency for Healthcare Research and Quality Director Carolyn M. Clancy, M.D. “This study reminds us that we have a lot to do to ensure that hospitals are providing appropriate supervision to trainees and implementing team-training programs, both in the inpatient and outpatient setting.”

Additionally of interest to the researchers was the further breakdown of error categories as to cognitive factors (judgment and technical knowledge shortcomings) or to teamwork factors (supervision and patient handoffs). Cognitive factors contributed to the majority of trainee errors. In total, 72 percent of the cases involved errors in judgment and 58 percent involved a lack of knowledge. Regarding teamwork factors, lack of proper supervision accounted for 54 percent of trainee error. Handoff problems between departments or other medical personnel totaled 19 percent.

Proper supervision in the training of medical students is vital to the prevention of medical errors. “Our study confirms the relationship of poor teamwork to preventable errors and quality of care,” said study lead author Hardee Singh, M.D. He called for the resident program leaders and accreditation organizations to “orient training interventions toward these problem areas.” The results of the study were reported in the *Archives of Internal Medicine*.

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## NEW JERSEY BECOMES THE 1<sup>ST</sup> STATE TO REQUIRE FLU VACCINES FOR PRESCHOOLERS

The State of New Jersey has become the first state in the union to require flu shots for preschool children. Additionally, amendments to the state's immunization laws will require a total of four added immunizations for children beginning in September 2008. The amendments to the State's rules were approved by the New Jersey Health and Senior Services Commissioner Fred M. Jacobs M.D., J.D.

Earlier in the month the New Jersey Public Health Council advisory panel had voted 5-2 with 2 abstentions to approve plans for additional immunizations for preschool and school aged children. The new administrative rules will require children attending licensed child care centers and preschools to receive annual influenza vaccinations and a pneumococcal (pneumonia) vaccine beginning in Sept. 2008. Also, children born after Jan. 1, 1997, and enrolled in grade six or transferring into a New Jersey school from another state or country will be required to receive a booster dose of diphtheria, tetanus and pertussis (whooping cough) as well as one dose of meningococcal (spinal meningitis) vaccine.

The latest vote and approval by the commissioner comes over the objections of numerous individuals and organizations that had opposed the mandatory immunization of children. Reasons for those opposing include:

- ❖ Violations of personal freedoms of choice regarding immunizations.
- ❖ Concerns that the shots and dosage amounts could be harmful to a child.
- ❖ Growing concern that toxic contents of the vaccines, especially Thimerosal (mercury), could be a cause of autism in children.

The mandatory shots come over and above a line-up of vaccines already received by children entering a state educational facility or licensed day care center. These shots total 26 doses of vaccines for diphtheria, tetanus, pertussis, HIB (meningitis), measles, mumps, rubella, polio, hepatitis and chicken pox.

The New Jersey Alliance for Informed Choice in Vaccination is only one of a number of groups that have raised concerns about the growing number of required vaccinations and the possible link they have to severe health issues. The organization points out that New Jersey has both the highest number of required vaccinations in the country and also has the highest rate of children with autism. According to a recent federal survey, the organization points out that 1 in 94 children in New Jersey are autistic.

The Alliance has also raised concerns that what happens in New Jersey may become standard operating procedure in the rest of the country. According to the Alliance, CDC officials are hopeful of making flu shots mandatory in all other states following on the heels of the new state regulations here. In New Jersey, only children who attend parochial schools or who are home schooled and those who qualify for a medical or religious beliefs waiver will be exempted from receiving the mandatory flu vaccinations.

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## OVER THE COUNTER STATIN REJECTED AGAIN!

A statin is any of a group of drugs that act to reduce levels of fats, including triglycerides and cholesterol, in the blood. For the past 7 years, Merck & Co. has been urging the U.S. Food and Drug Administration to approve an over-the-counter statin drug for use by the general public. The drug is named Mevacor<sup>®</sup>. In December, an FDA panel voted “no” to Merck’s request, the third time they have done so during this 7 year period.

By a vote of 10 to 2, the FDA’s Nonprescription Drugs Advisory Committee said that it would be too difficult for consumers to decide on their own if they were a good candidate for the statin drug. Popular statins now available through a doctor’s prescription include Lipitor<sup>®</sup>, Crestor<sup>®</sup> and Zocor<sup>®</sup>.

In 2000 and in 2005, the FDA rejected similar proposals from Merck because of concerns about how the drug would be used by consumers, its potential side effects and the need to monitor people taking statins. Groups such as the American Medical Association and Public Citizen had lined up against Merck’s latest request.

“The third time is not the charm,” Dr. Steven E. Nissen, chairman of the department of cardiovascular medicine at the Cleveland Clinic, said before the vote. “It’s time to move on.”

Dr. Nissen stated concern for the over-the-counter sale of statins on several counts. People with high cholesterol don’t know they have it because there are no symptoms. “The only way you know is if you are tested.” Nissen also noted that statins need to be taken regularly to be effective, but data indicate that over-the-counter medications are not usually taken consistently.

Statin can have rare but serious side effects, such as liver abnormalities, and are not recommended for pregnant women. “This is not a disease that you can treat with a one-size fits all approach. That’s what’s being attempted here with a 20 milligram, low-dose statin,” Dr. Nissen said. “I see no public health advantage in doing this and I see lots of potential problems.”

A preliminary FDA report had concluded that the Merck proposal should be rejected, in part over worries that consumers would not be able to safely judge whether they were good candidates for the drug. According to the report, Mevacor<sup>®</sup> could be “a reasonably safe and effective” option if consumers used it properly. However, Merck’s studies failed to show that most people could judge if they needed the drug or not. In addition, some 30% of people who said they would buy the drug over the counter also have heart disease, diabetes or had suffered a stroke. These are all conditions that need a doctor’s care, according to the FDA report.

Mevacor<sup>®</sup> was the first statin drug to receive FDA approval in February 1997 and also the first to have its patent expire in December 2001.

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## CORPORATE WELLNESS LOOKING UP WORLDWIDE!

The world of business may be waking up to the fact that corporate wellness makes good sense – dollars and cents, that is. A recent report presented at the World Economic Forum suggests that the global workforce is becoming fatter, sicker and less productive due to chronic health conditions and it urges company top management to begin working toward wellness to save money and improve the output of their employees.

A manner similar to a state of the union address, the PricewaterhouseCoopers Health Research Institute presented findings regarding the growing and costly threat of chronic disease to corporations. These include cardiovascular diseases — stroke and heart disease — cancer, chronic respiratory diseases and diabetes. Together these cause 60 percent of deaths worldwide according to the report “Working Towards Wellness: Accelerating the Prevention of Chronic Disease.”

According to the report, these are some of the major issues facing business leaders worldwide:

- ❖ Deaths from chronic disease will rise 17% between 2005 and 2015.
- ❖ The world now has more overweight people than hungry; with lack of exercise, stress and poor diet on the rise.
- ❖ According to the World Health Organization, the US is the fattest nation, but China and India are getting fatter at a faster pace.

That’s enough bad news. Now let’s take a look at the flip side where wellness programs were surveyed among multi-national companies representing some 3 million employees worldwide. The positive side of the report found a growing emphasis on health prevention in the workplace.

- ❖ More than half of the multi-national corporations surveyed expect to introduce or expand wellness programs over the next 5 years.
- ❖ One-third of the companies will be rolling out comprehensive wellness programs in multiple countries, with single wellness programs in 17%.
- ❖ The two leading reasons for implementing wellness were reducing indirect costs associated with absenteeism, disability and workmens’ compensation and improving work performance, productivity and quality.

Of course, the bottom line is always of major concern to business management. “There are quantifiable benefits from using wellness programs to attract and retain talented, healthy employees,” said Simon Leary, a PricewaterhouseCoopers partner. “You can improve the health and well-being of your workers while also bolstering your bottom line. The economic case for prevention is overwhelming.”

Regardless of management attitude or motivation, with a good wellness program in place, the filter-down benefits to each employee will be what is indeed overwhelming.