

## Granny Hump Posture Correlates with Higher Mortality

**Centennial**—A study published in the October 2004 issue of Journal of the American Geriatrics Society found that bad posture can actually kill you!

When you see someone with a “hunchback” or the “hump” at the top of their upper back, it may be that the person has too much of a curve. This posture problem is called “hyperkyphosis.” (‘Hyper’ is excessive; “kyphosis” is the normal curve in the *upper* back.) This condition correlates with increased chance of having atherosclerosis (hardening of the arteries). *The people in the study who demonstrated even a **slight** hyperkyphosis had a 1.44 times greater mortality than those without this posture problem.* This increased deaths due to atherosclerosis by 2.4 times!!

The authors of the study believed that interventions specifically targeted at improving hyperkyphotic posture could result in reduced mortality rates. Guess what? Those adjustments that you get in our office actually target that EX-ACT problem!

So by logic, maintaining good posture will help reduce your chance of atherosclerosis. Who knew good spinal alignment could promote healthy arteries? This study wasn’t even a chiropractic study. The good news is that with Advanced Biostructural Correction™ chiropractic adjustments, posture improves immediately; breathing is easier; you stand up straighter without trying. And even with a simple before and after digital

picture, it’s VISIBLE that the curve isn’t slumped as much. And many patients find that this condition is measurably better on their x-rays after completing their initial intensive care.

And who wants to let that hump have a chance to develop anyway? Many of you have even told me your fear of having the “hump that your grandmother had”.

I’ve noticed this problem cropping up in a group of people you wouldn’t suspect (unless you have one in your family!). But I observe lots of *teenagers* around town with the beginnings of this problem. This is probably worsened by the heavy back packs many kids carry, starting at an early age.

Kids shouldn’t carry more than 15% of their body weight. That means your 100 pound middle-schooler shouldn’t carry more than 15 pounds. Ha! She tells you. But I’ve had school administrators cooperate with patients and arrange for them to get a locker closer to the majority of their classes.

Sometimes gentle inquiry as to what is truly necessary to carry to school daily or between classes may help your child shift their viewpoint on what MUST be carried. If your student insists on trucking around with a heavy load, then the roller-suit case would solve the problem (but at the unfortunate risk of not looking cool!)

So who do you know that needs to get a check-up? It’s encouraging to see medical research that backs up the benefits of the exact product we offer in our office—good structural alignment allowing maximum bodily function! ***Yours in Health, Dr. Erica***

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