

For your Health and Wellness!

Even Correctly Administered NSAIDs Can Cause Acute Kidney Injury In Kids

Giving children pain killers and anti-fever drugs such as Motrin, ibuprofen, Advil, and Aleve can lead to serious kidney damage according to a January 28, 2013 article in the Journal of Pediatrics. Younger kids (less than five years old) are at an increased risk as are kids who may be dehydrated, a common side effect of illnesses such as the flu. While this was a hospital study, parents should be well aware that over-the-counter NSAIDs can lead to the same type of problems. The Indiana University study found 27 cases where kids had been taking these medications before arriving at the hospital. Seven of these kids now have permanent kidney damage and four needed kidney dialysis. These children were given the appropriate dosage. While the median age was 14.7 years, children younger than five years were more likely to have dialysis, intensive care unit admissions, and longer hospital stays.

Fever is a symptom and not a disease. It is the body's normal response to infections. This increase in temperature stimulates the immune system and activates white blood cells and interferon. Fever is a common occurrence in children and is mostly associated with viral infections. A fever in the range of 100 to 104°F is not harmful and is most commonly due to the body's response. Medications are commonly given to "make the child more comfortable". Medications typically will only reduce the fever of 1 to 2° F. But beware they are not without their side effects. Parents sometimes develop "fever phobia" and become highly anxious when the child develops a minor fever. Fevers are important in order to stimulate the immune system and lets the body recognize the pathogen so it's less likely that they will have the same infection in the future.

Children with fever frequently respond to Chiropractic adjusting with a rapid reduction in fever symptoms. Following an adjustment, usually to the upper cervical spine, it is not uncommon to have a temperature of 104°F which has persisted for three to four days to drop to 99°F rather quickly. Nutritional supplements and cool cloths also help. Don't forget to keep these kids very hydrated!

My kids have been treated with Chiropractic adjusting and nutrition since the time they were born. We have never suppressed a fever but that may have meant walking the floor with the baby at night and watching Black and White reruns on "Nick at Night" at 3 a.m! These kids are smart, athletic, and receive their Chiropractic care often. When I was in Chiropractic College, an instructor with more than 50 years in practice said "don't fear the fever" and "at 103°F they're not out of first gear yet". Yes I know they may be a bit cranky but that's where comfort from mom and dad comes from. If you want to find out more about raising healthy, happy and minimally medicated kids, please give me a call.



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