

Pointers For Parents

How to Spot Scoliosis in Your Child

(NAPSA)—According to a recent survey, 66 percent of America's parents know very little about scoliosis, a medical term used to describe abnormal curves in the spine.

The poll, commissioned by *Check Your Child*, a public education initiative sponsored by Medtronic Sofamor Danek a leader in the development of products used in the treatment of spinal disorders, found that only 20 percent of parents in America are aware of a simple screening test that can be conducted at home.

Scoliosis is a condition that may go virtually unnoticed in some children, but in others can impair the person's ability to walk, sit or lie comfortably.

It affects teenagers and adults and is more frequent (two percent) in females than in males (0.5 percent). The onset of symptoms usually occurs around the onset of puberty.

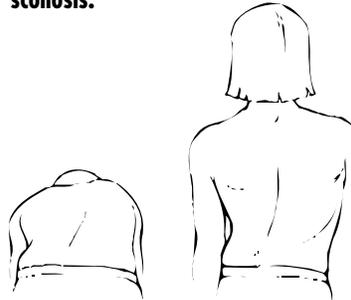
Early detection is important and a simple exam, called the Adam's Forward Bend Test, can help detect the unnatural curvature of the spine.

Used by pediatricians, in school screenings or at home, the child is asked to lean forward with feet together, bending 90 degrees at the waist. If a curve is present, the child's shoulder blades will appear uneven. One may be higher than the other one. (see diagram).

Once scoliosis of the spine is detected, it can be confirmed with an X-ray, spinal radiograph, CT scan or MRI scan.

Younger children should be checked using the Adam's Forward Bend Test every six to nine

In addition to the Adam's Forward Bend Test, there are several other warning signs that may indicate scoliosis:



- Shoulders are different heights or a shoulder blade is more prominent.
- Child's head is not centered directly over the pelvis.
- One hip is raised or more prominent than the other.
- Rib cages are at different heights or the child has an uneven waist.
- Changes in the look or texture of skin overlying the spine.
- Leaning of entire body to one side.



months from fifth grade through adolescence.

Various treatments, including orthopedic bracing and surgery can correct or lessen the degree of scoliosis.

Before recommending a treatment plan, a doctor will consider the severity of the curvature, location of the curve, maturity of the spine, and potential for progression of the curve.

For more information, visit www.iscoliosis.com, an educational Web site created by the *Check Your Child* initiative.