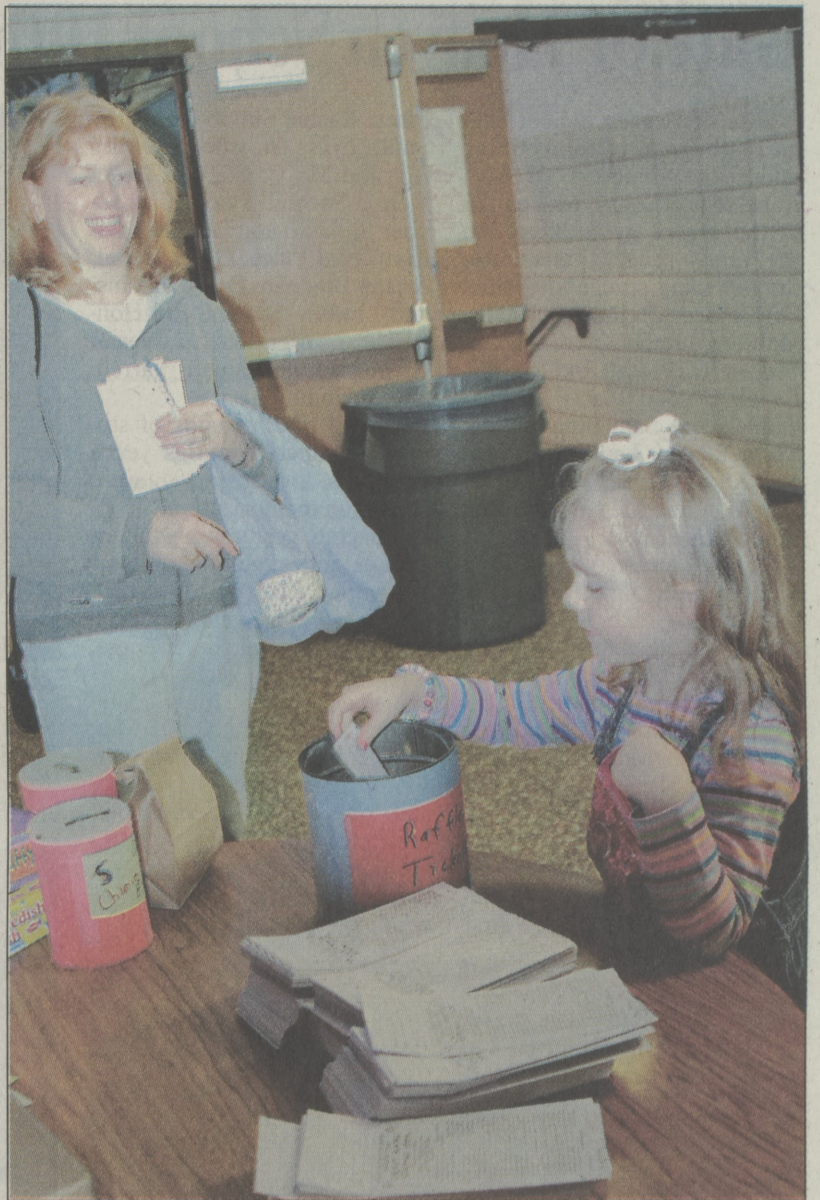


Crafts for a cause

The Dallas High School Soccer Booster Club hosted its spring craft fair March 28. The event, a major fundraiser, attracted more than 100 vendors and also offered visitors lunch and baked goods. In photos, clockwise from right: Kayley Gibbons and her mom, Jenny Gibbons, take a chance at the craft show; Kailey Peters and Nadia Novak have fun showing off jewelry at the craft show; Kathy Murray, Diane Domzalski, and Katie Lykon helped serve up desserts for their last year; Kristen Vogrin, Tunkhannock, looks overwhelmed by the many bunnies for sale.



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RESEARCH MATTERS

by Dr. David J. Madeira



"Steroid Injections for Back Pain?"

Epidural steroid injections may not be better than placebo. This was the conclusion of the research done by Daniel Steinitz, MD, from the division of orthopedics at McGill University in Montreal. On Friday, March 12, 2004 at the 71st annual meeting of the American Academy of Orthopaedic Surgeons in San Francisco he presented the results of his randomized, controlled, double-blind study. Fifty consecutive patients who were referred to radiology for steroid injections were randomly assigned to either a 12-mg betamethasone injection plus lidocaine and bupivacaine, or the numbing agents alone. All of the patients had confirmed pathology with either magnetic resonance imaging or computed tomography, and those who had undergone previous back surgery or steroid injections were excluded. All injections were administered by the same blinded radiologist, who used fluoroscopy and radiopaque contrast to guide and confirm the placement, and all outcomes were measured by the same blinded clinician. Dr. Steinitz said there was no difference in outcomes between the two groups at any time on any of the measures. In an interview with Medscape, Dr. Steinitz said his study was important because it was one of the first to use validated assessments to analyze benefits. "We found no benefit to the addition of steroids to the epidural injection," he concluded. If you're considering injections, try Chiropractic first. We offer safe alternatives that have been scientifically demonstrated to have positive effects, even for patients with disc herniations.



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