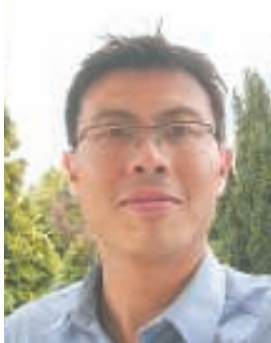


# Use of Paracetamol May Increase Your Child's Risk of Asthma

## Experts and Officials Say "Keep Using The Stuff"

New Zealand-led research associating the use of paracetamol with strong increases in child asthma risk is making headlines around the world. It found that usage of paracetamol in the first year of life increased the child's risk of asthma later on by 46%. It also increased the risk that the child would suffer from hay fever or eczema. These disorders have strong links to the immune system. Fever, the suppression of which is the main use for children's paracetamol, is a tool of the immune system. The official response to the research has been to keep using the drug as directed. In New Zealand, hundreds of thousands of litres of paracetamol syrup are given to kids annually.

It seemed inevitable that parents would be told to keep using paracetamol. The research does not prove that it causes these immune-related disorders, just



**Dr Tat Loo: Chiropractor**

that they appear to go together. And, there are few really safe drug options for child pain relief. In this light, one logical conclusion is to keep using the stuff and wait for more research. This could take years, by which time as a parent with children today, it may be entirely too late to help you.

So consider this. Fever is a useful

immune-system process. It's a normal body function; there's no need for "fever phobia". Most childhood fevers are best left to run their course. Doing so is helpful to the immune response (your child's brainstem made the decision to run a fever so let it do its job). Suppressing a fever can actually damage your immune response to an infection. Old-fashioned tools like parental reassurance, fluids and tepid baths can help comfort a child. If a fever seems long-lasting, severe or associated with other disturbing symptoms, seek professional advice.

If your child suffers from recurring discomfort of any sort and drugs aren't helpful, than an underlying body structure, spinal or recurring joint irritation may be what is upsetting things. Chiropractic care is the non-drug option which has been helping New Zealanders young and old for 80 years.

This content reflects personal opinions of Dr Tat Loo, a Dunedin-based chiropractor.

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