



- The 14th World Congress on Animal, Plant and Microbial Toxins
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- Some future events



Welcome to our final edition for 2003

This has been an eventful year of conferences, dinners and seminars, and in this issue we cover some recent events with articles contributed by Members. We hope their stories encourage others to follow in their footsteps with articles describing their experiences and/or expectations for future events.

We again highlight the availability of ready assistance for conference convenors or event organisers in support of conference bids or in accessing information. I would be delighted to discuss this support service at any time, and welcome any opportunity to assist either directly, or by guiding in the right direction.

A big thankyou to Members who have shown their support during the year by providing articles for this newsletter, and I continue to look forward to receiving comment as to how we, or this newsletter, could better serve Affiliation Members.

The final networking event for the year will be held at Regattas Bistro Courtyard in the form of a Christmas cocktail reception on Thursday 20 November from 4.30pm to 6.30pm. All members of the Affiliation and those interested in joining are welcome. For organising purposes it would be helpful if your acceptance was phoned to me on 8210 6717 as soon as possible.

The last reception was a great success with Members making valuable contacts, and this is a further opportunity to strengthen those ties and establish new personal associations.

To all, a Merry Christmas and a safe and enjoyable New Year.

Tania Williamson
MS&R Affiliation Manager
Email: taniaw@adelaidecc.com.au

The 14th World Congress on Animal, Plant and Microbial Toxins

Phew, what a mouthful! What does it mean?

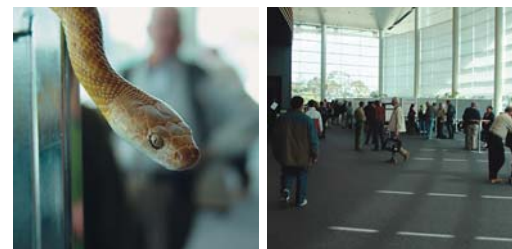
This international congress, held every three years, is the official scientific meeting of the International Society on Toxinology (IST), a scientific body promoting research into toxins. So what is a toxin?

Toxins are natural substances, produced by living organisms, that have a toxic effect on some other living organisms. This can range from the widespread tetanus toxin produced by certain bacteria, to the many complex toxins found in animal venoms. The effects on humans, you and I, can be minor to horrifying and deadly. This applies just as much to bacterial toxins, such as snake venom toxins. Toxins cause a great deal of suffering in humankind. Snakebite alone affects at least 2.5 million people every year, of whom more than 100,000 die.

But all is not bleak in the world of toxins (toxinology), because the list of benefits from toxins grows daily. Venoms, in particular, have formed a template for new pharmaceuticals, to treat such diverse diseases and problems as hypertension (high blood pressure), epilepsy, stroke, heart disease, cancer, arthritis and severe pain. It is research into these toxins and discovery of how they work and how we can use them that enervates the IST and its Congresses.

In September 2003, the IST held its 14th World Congress in Adelaide, at the superb Adelaide Convention Centre. The IST organisers looked at a number of venues, but only the Adelaide Convention Centre fully met the requirements. From September 14th to 19th, more than 200 toxinologists from all over the world came together in Adelaide for the Congress, exchanging the latest scientific and medical research on toxins, and pumping hundreds of thousands of dollars into the economy as well!

The IST was founded in 1962 and has had 13 previous World Congresses, starting in 1966 in Atlantic City, then Tel Aviv (1970), Darmstadt (1972), Tokyo (1974), Costa Rica (1976), Uppsala (1979), Brisbane (1982),



Newcastle-upon-Tyne (1985), Stillwater (1988), Singapore (1991), Tel Aviv (1994), Mexico (1997), and Paris (2000). Membership is drawn from many countries, in all parts of the world. There are regional subsections of the IST, for Europe, the Americas (PanAmerican) and Asia-Pacific.

This 14th World Congress in Adelaide was rated highly successful, both for the level of science and for the host facilities. Many leading toxin researchers from around the globe presented their latest research, including spectacular "walk through" presentations at the atomic level, looking at toxin molecules and how they interact with their targets. Another standout feature of this Congress was the involvement of clinical doctors, presenting their research on the effects of toxins on humans and how this can be treated. Another special feature was a whole day session on bioterrorism, with global experts, especially from the US (USAMRIID), the UK and Australia. This session was concluded with a "hypothetical" on bioterrorism, aimed at developing a better understanding of what threats we may face and how to deal with them.

At the conclusion of the Congress, some delegates stayed on to attend a Clinical Toxinology Short Course held at the Women's and Children's Hospital, Adelaide. Through the IST all the delegates stay in regular contact, by email, newsletters and the Society journal, *Toxicon*. A decision was also made to develop a new IST website, probably using expertise in Adelaide and displayed through the Congress and Toxinology websites (www.toxinology.com).

From Associate Professor Julian White – State Toxinologist, International Society of Toxinology



Chiropractic and Recreational Sports

Condensation of an article by Joseph J. Ierano B.Sc., D.C.
www.chiropracticierano.com.au



Definition of chiropractic

Chiropractic is the clinical science that is based upon a law of biology that states that "inborn into all living things is the ability to be well". Chiropractic draws on the theory of physiology stating that the nervous system (consisting of the brain, spinal cord, peripheral nerves and special sensory organs) controls and coordinates all other organs and structures in the body and relates it to its environment.

Chiropractic clinical science also hypothesises an association between this governing system, the nervous system, and the existence of health in the body, and was originally conjectured by its founder DD Palmer, as that science that primarily investigates interference to the nervous system's control of all other organs and structures by the human frame (ie: the spine, skeleton and joints). This interference is called a subluxation.

Today this conjecture has been elevated to hypothesis by a growing volume of research supporting it.

Input to the nervous system

One of the reasons chiropractic is effective in enhancing wellness, and for a wide range of conditions, is that all body movement requires input to the brain via receptors in all joints. If this input is altered by improper joint function or misalignment (subluxation), then input to the brain is altered. The brain may instead be receiving poor information, altered information, or pain. This is bad news for the sportsperson. Thus, it may be understood why chiropractic would help the golfer's swing, the athlete's balance, or the dancer's steps.

The effects of Recreational Sports

Recreational sports are an essential part of the activities of people who not only want to keep fit, but enjoy the challenge of competition, and take a break from busy daily schedules – whether it be work, family or study. Hence as the word hints, the "recreation" of the person is an important part of health recognised by chiropractors.

It is also evident that people generally do very little preparation before engaging in sports, particularly recreational. Stretching is probably the single most important preparation. Also, to exercise regularly, not just on the weekend.

The most neglected preparation, from the chiropractor's perspective, is a properly functioning neuro-spinal system. This means that as chiropractors, we commonly find imbalances in the body, postural asymmetry, and spinal irritation in people who are suffering health problems, or in some cases may be totally symptom free!

Common problems seen are:

1. Diminishing wellness due to poor spinal function
2. Diminishing performance in chosen sport because of pain syndromes
3. Headaches from poor neck function
4. Pain syndromes related to poor spinal function
5. Shoulder pain syndromes related to poor

spinal function, and strain in tendons and ligaments of the shoulder, and muscles of the forearm. Examples are tennis and golfer's elbow type conditions

6. Any activity which promotes asymmetrical action is bound to carry a risk of affecting the neuro-musculo-skeletal (NMS) system.

Some sports types that commonly see chiropractors

- **Golfers** will benefit from having a balanced spine due to the importance of body balance for stance, swing and merely getting around the course! Sometimes the stance requires a lean to one side which, over time, can irritate spinal joints.
- **Dancers** I would consider to be athletes. Many dancers suffer conditions related to unrealised poor spinal function such as neck, shoulder and foot problems. Tight muscles such as calves and upper shoulders are often an indication that body balance is less than optimal, or that spinal subluxation is affecting muscle tone. Without a doubt, all dancers need a properly functioning spine.
- **Softball/Baseball** can cause all sorts of injuries with the swing of the bat, pitching and even sliding to bases.
- **Netball** has its obvious strain on the knees but also on the pelvis, which quite often is found to be out of balance or even twisted.
- **Tenpin Bowling** is another sport that promotes asymmetrical activity. That is, the ball is always thrown with the same arm. Repeated swinging has its share of strain on the spinal structures.
- **Lawn Bowls** is commonly played by senior people. This is a sport that requires bending, and thus the strain on the back is obvious. What is less obvious is that senior citizens are at high risk of adverse drug interactions. Simply because the aches and pains are aplenty, if they can benefit from chiropractic care, which uses no drugs, this would be a wiser form of pain relief in many cases. It's wise to use as many non-drug forms of health care at any age.
- **Soccer** places strain on just about every part of the body; from ankles in the kick to the neck from heading the ball. The spine is an important part in co-ordination of this type of activity.
- **Rugby** has produced many of the more serious cases of injury seen in chiropractic offices. Frequently the injury goes undetected, particularly in the neck. And usually there have been many instances of being dumped on the head or even blackouts. The misalignments produced escape normal imaging such as x-ray, CT or MRI, if the patient is unlucky enough to warrant these medical tests. Commonly, fractures or dislocations are ruled out, but unfortunately some problems may not become symptomatic immediately. Chiropractic functional examination usually quite readily reveals injury to the spine or soft tissues.
- **Tennis** is likely to be associated with health problems, particularly when many

players are very enthusiastic and competitive. Not only elbow and shoulder, but spine and foot injuries.

- **Cycling** is an excellent sport because it does not jar the spine, especially good when an injury already exists.
- **Cricket**, whether indoor or outdoor, has considerable effect on shoulder, neck and back.
- **Skating, Skateboards** are a continual source of injury. On the other hand, if you want to be good at it, your body balance and function, controlled by the nervous system through the spine, better be in good shape.
- **Walking** may not be considered a sport, but it is one of the best exercises and recreational activities imaginable. Low impact, gives the heart, head, lungs, limbs, and the whole body a good work out.

What a chiropractor does

1. Conducts thorough history
2. Examination, including orthopaedic and neurological and x ray examination if indicated
3. Referral to other professionals if necessary
4. Other special testing and diagnosis may be carried out
5. Distinguishing feature is the adjustment. Other procedures such as soft tissue, cranial, or rehabilitative techniques may be used.

Some future events

2004

- 19th Australian Orthodontic Congress
- Australian College of Operating Room Nurses' National Conference
- Australian Society of Clinical Immunology National Conference
- Renal Society of Australasia Conference
- Australasian College of Sexual Health Physicians' Conference
- Australian Physiotherapy Association Conference
- International Paediatric Nephrology Association Conference
- 7th International Neotrauma Symposium
- National Divisions of General Practice Forum 2004
- Fertility Society of Australia Conference
- Optometrists' Association of Australia National Conference

2005

- Perinatal Society of Australia and New Zealand Conference
- Australian Dental Association National Conference
- Mental Health Services of Australia & New Zealand National Conference
- Australasian Society for Ultrasound in Medicine
- 30th Annual Scientific Meeting on Intensive Care

2006

- Reproductive Health International Congress
- International Society of Diseases of the Esophagus (ISDE) Conference

2006 and 2007

- Gastroenterological Society of Australia Conference