

# Bed Wetting



*Did you know that up to 25% of children occasionally wake up to a wet bed?<sup>1</sup>*

Because some children with bed-wetting respond well to chiropractic care<sup>3</sup> researchers think that chiropractic care helps the brain become more aware that the bladder is full.<sup>4</sup>



## **Chiropractic care may help**

Over recent years the safety of chiropractic care for children and infants has been investigated by many researchers.<sup>5-7</sup> The results of their studies suggest that chiropractic care can be safely provided to even the youngest members of our society. We know that gently adjusting the spine changes the way the brain perceives what's going on in the body.<sup>8</sup>

## Chiropractic care reduced the frequency of bed-wetting in some kids by 50%



### What does the research show?

In 1994, a group of researchers performed a clinical trial including 46 children who frequently wet the bed at night.<sup>3</sup> In this study the researchers found that after ten weeks the children receiving chiropractic care had on average almost two more dry nights over a two-week period. When the researchers took a closer look at the results they found that one in four of the children who received chiropractic care actually had a 50% or more reduction in wet nights over the course of the trial. This suggests that chiropractic care may well help some children with their bed-wetting.

Research published in 2009 on the role of chiropractors in caring for children and infants found that only three out of 5,500 children visiting chiropractic offices reported adverse effects which were described as muscle or spine stiffness or soreness.<sup>7</sup> Parents also reported a host of improvements in their children's pain levels, mood and immune function.

A review published in 2011 suggested that about one in every 100 or 200 children who see a chiropractor will experience mild adverse effects, defined as self-limiting irritability or soreness lasting

less than one day.<sup>7</sup> More serious adverse effects usually tended to be correlated to significant preexisting conditions.

The clinical bottom line from these studies is that modern pediatric chiropractic care is safe. But what causes bed-wetting? The causes of enuresis are generally unknown.<sup>1,9,10</sup> Some theories suggest that some kids are very deep sleepers, so they are unaware that their bladder is full.<sup>9</sup> It appears that the child's brain isn't receiving 'loud' enough messages saying that the child needs to wake up and go to the toilet. Other causes are thought to be emotional stress or a medical condition such as bladder infection.<sup>10</sup> Conventional management of enuresis includes behavioural therapy, alarm therapy, and drug therapy. There is a lack of evidence to support most of these approaches.<sup>2</sup> Remember that the chiropractor isn't directly trying to treat the bed-wetting.

Instead, they're trying to improve spinal function with the aim of improving your child's brain's ability to process what's going on in their body. And for some kids this seems to result in more dry nights and improved bladder control!

#### Disclaimer and References

This information is provided for educational purposes only. It is not intended to be professional advice of any kind. Haavik Research Ltd encourages you to make your own health care decisions based on your own research and in partnership with a qualified health care professional.

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