



Poor Health & How Chiropractic Can Help -Posture & Disease-

“Hyperkyphotic posture predicts mortality in older community-dwelling men and women: a prospective study”

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Deborah Kado, MD, MS

Mei_Hua Huang, DrPH,

Arun S. Karlamangla, MD, PhD

Elizabeth Barrett-Connor, MD

Gail Greendale, MD

Studied:

- **Objective:** to determine any association between hyperkyphotic posture and mortality and cause specific mortality in older persons
- 1353 adult patients studied
- Patient's posture measured to determine
- Participants followed for 4.5 years
- Hyperkyphotic posture was measured as the number of 1.7 cm blocks needed to be placed under participants head to achieve a neutral head position when lying supine on a radiology table

Results & Conclusions:

- Persons with hyperkyphotic posture had a 144% increased rate of mortality
- Hyperkyphotic posture is associated with restrictive pulmonary disease and poor physical function
- Hyperkyphotic posture is more prevalent in men than women.
- Patients with atherosclerosis and hyperkyphotic spines had an increased rate of death to those without hyperkyphotic spines.