

Fast Facts

Scoliosis

- A sideways curvature of the spine
- Can occur in elderly individuals, especially women, which is thought to be the result of the loss of bone and muscle tone that occurs as part of the aging process
- Most commonly occurs in children during the growth spurt just before the onset of puberty
 - Exact cause unknown
 - Does tend to run in families
 - Impact girls more significantly than boys
 - Symptoms appear gradually
- If severe scoliosis isn't corrected, can cause damage to the heart and lungs and cause chronic back pain

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Uneven shoulders when standing straight -One shoulder blade more noticeable than the other -Uneven waist -One hip is higher than the other -If severe, can cause the spine to rotate or twist resulting in the child's ribs on side of the body to stick out further than the other 	<p><i>Mild:</i></p> <ul style="list-style-type: none"> -Monitor for any changes <p><i>Moderate:</i></p> <ul style="list-style-type: none"> -Brace (should be worn all the time until child stops growing) <p><i>Severe:</i></p> <ul style="list-style-type: none"> -Surgery (spinal fusion) 	<ul style="list-style-type: none"> -Can't prevent from occurring -Monitor for any signs to prevent it from getting worse

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