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Porto

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Dear Mr. Secretary General, Dr. Richard Brown

Dear Madam President, Dr. Vivian Kil

I do hope this email finds you both and the team at the WFC safe and in good health in this unprecedented time of our modern history. As the members of the Portuguese Chiropractors' Association (APQ) start their 4th week of voluntary quarantine and hope to return to work soon serving their communities, some have expressed concerns regarding the rapid review of literature put forth by the WFC. As President of the APQ I am their representative and it is my obligation to communicate those concerns to the WFC.

The WFC rapid review of known literature cited 6 articles and 1 historical account. One of the articles was not able to be located by the researchers therefore one cannot conclude anything from that article and the historical account is obsolete by today's scientific standards because it is 100 years old and more importantly, not research. Therefore, the conclusions by the Research Council were based on 5 articles and any conclusion based on a small sample number is questionable at best. It is difficult to believe that the research council composed of 9 members could, even on short notice, come up with only these 5 articles. Our review of the 5 articles showed weak evidence for the link between chiropractic care and its effects on the immune system however, our conclusion is that more research must be done regarding the link to reach a reasonable conclusion. That the Research Council did not cite any other research because they had no knowledge of any other studies is legitimate to claim but at the same time very difficult to believe. It is a genuine concern of the APQ that the Executive of the WFC would authorize to publish a position statement based solely on 5 articles.

The WFC currently on its website states that there is a vast body of research for chiropractic effectiveness namely for lumbar pain, cervical pain and cervicogenic headache (which in and of itself is mostly due to cervical spine dysfunction). The APQ therefore logically concludes that the WFC only recommends chiropractic care for the above clinical conditions. If our conclusion is correct, we would kindly request an official confirmation on the matter and if we are not we solicit clarification.

It is well accepted in the scientific community that all systems of the body are controlled by the CNS including the organs involved in the immune response and therefore not farfetched to

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hypothesize that an optimized nervous system is beneficial to our overall health, including our immunity. There is a substantial body of evidence linking the neurologic effects of chiropractic care on components of the immune system, and although more research is required to answer important questions that does not invalidate the current research just because that link is not yet completely clear.

The members of the APQ are all responsible members of the healthcare community, do not make unfounded claims and practice within their scope based on the best available scientific evidence. They also know that the effects of the chiropractic adjustment is beneficial to the central nervous system and ongoing research in that area only solidifies the effectiveness and health benefits of chiropractic care. At a time when the WFC could have used these current circumstances to put forth a message of unity and a focus on what chiropractors can do, its Executive chose to focus on a negative message aimed at "some" chiropractors. We believe the WFC should focus on the majority of chiropractors and calling for more research on the benefits of chiropractic which extend beyond lumbar and cervical pain would have been a much better message to relay to its members.

The APQ therefore rejects the conclusion of the Research Council which was based on a very small sample of research and we conclude that the effects of chiropractic on immunity is not yet able to be fully determined based on current research. We recommend to our members they continue to practice following best practice guidelines and keep current with the latest credible research empowering them to make the best clinical decisions possible.

In Health

Paulo Valente

President – Portuguese Chiropractors' Association