

## Northeast Forum News

### DR. WALKER ASSERTS THAT RACE PLAYS NO ROLE IN BONE CORTEX THICKNESS

Editorial Staff

Robert Walker, PhD, professor and head of New York Chiropractic College's anatomy department, recently completed research that he thinks dispels the ethnic distinctions that have been offered to explain the varying thickness of human bone cortex. Bone cortex (or cortical bone) is the hard thin collar of bone that surrounds spongier interior bone and gives structural strength and rigidity to bone. Dr. Walker concludes that differences in cortical bone mass and rates of bone loss are closely related to differences in activity levels, diet, and other factors of nonracial or nongeographic origin.

His research may significantly affect how field chiropractors will diagnose bone conditions and suggest methods for treating (and avoiding) bone problems. It is a common belief that the rate of osteoporosis among blacks is very low. Dr. Walker's research points to the conclusion that osteoporosis is a disorder that affects people regardless of ethnic background, and should therefore be considered in the treatment of all patients.

Dr. Walker explains that bones gain mass when stressed, as happens during exercise. This "mechanical loading" of bone is extremely important for its healthy maintenance, and therefore should be encouraged at all ages, beginning in young adulthood and continuing throughout life. Since no race is immune to its debilitating effects, elderly adults of every background should be examined, treated and adjusted with osteoporosis in mind.

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