

The National Self-Detection Program for Scoliosis (NSDP)

Dear Principal

This letter is to bring to your attention to the NSDP, an important preventative health program for girls in your school aged 11 and 13 years (Years 7 and 9 in most states and territories).

For the last few years all schools in Australia with girls in these age groups attending were asked to download a simple self-detection brochure from the Spine Society of Australia, an Affiliate of the Australian Orthopaedic Association, and distribute it accordingly. If your school participated in the past we thank you for your co-operation. If inadvertently the NSDP has not come to your attention we ask that you consider your school taking part in this program.

You are invited to peruse the Self-Detection Brochure and Policy Statement at www.scoliosis-australia.org. The Scoliosis Australia website offers comprehensive information about scoliosis for schoolgirls and their parents. Scoliosis, a sideways curvature of the spine, is a not uncommon condition and 2.5 percent of adolescent girls are at risk of developing a significant curvature.

A forum has been introduced to the website where members can share experiences and young girls with scoliosis can discuss fashion styles with our fashion consultant. Girls and their parents can obtain general advice from certified specialists who manage patients with spinal curvature. There is also a forum where healthcare professionals, school Principals, school nurses and parents of a child with scoliosis can discuss the NSDP.