



TRANSITIONS

Winter / Spring 2004

The Art of Aging

Boomers Roll Up Sleeves
"Take On" Old Age

-Also-

Women's Health

- Women's Health Symposium
- Heart Risk in Menopausal Women



When your reputation's being judged ...

Make sure the Chiropractic Experts are on your side

CAN YOU BE TOTALLY INNOCENT AND STILL BE SUED FOR MALPRACTICE?

Yes. And when it's your good name ... your reputation at stake, you want NCMIC – the only company with more than 50 years of chiropractic malpractice experience – standing firmly behind you.

As a leader in chiropractic malpractice protection, NCMIC's program defends you three ways:

- **NCMIC Defense Lawyers are MALPRACTICE EXPERTS** – NCMIC puts its extensive knowledge base to work with in-depth defense counsel seminars. Recent cases ... the most current chiropractic research ... successful strategies are shared in these intensive defense counsel seminars. As a result, when your reputation's at stake, you can rest assured that you're getting the best defense a chiropractor can ask for!
- **NCMIC WILL NOT SETTLE Without Your Permission** – With the progressive "*Consent to Settle*" benefit, ***no lawsuit will ever be settled without your consent.*** Your reputation is priority #1. So NCMIC guarantees your right to protect your good name in every state which allows this valuable benefit.
- **HELPS STOP CLAIMS BEFORE THEY START** – NCMIC gives you free access to malpractice experts to discuss any troubling incident ... keeps you up-to-date on the latest chiropractic trends with NCMIC-sponsored research programs ... sponsors an informative series of risk management seminars. It all adds up to a proactive stance – to help you ***stop claims before they start.***

Call for your FREE information kit and rate quote today!

See for yourself why more than 35,000 D.C.s in this country protect their careers and income with NCMIC's Malpractice Protection.

TOLL FREE 1-800-769-2000, ext. 6046

Name _____

Address _____

City _____

Practicing County _____ State _____ ZIP _____

Daytime Phone (_____) _____

E-mail Address _____

For NCMIC use only. We will never sell or share your e-mail address.

Do you currently have malpractice coverage? Yes No

If yes, coverage renewal date? _____ / _____ Name of Company _____

Month

Year

6046-Transitions

Or fill out this coupon and mail it in an envelope to NCMIC Chiropractic Solutions, P.O. Box 9118, Des Moines, Iowa 50306-9118.

 **NCMIC**
Chiropractic Solutions®

NCMIC Chiropractic Solutions is a registered trademark of NCMIC Group, Inc. Insurance offered by NCMIC Insurance Company. Policy terms may vary based on state law. Consent to Settle not allowed by Florida, Kansas or Maryland.

Earn CE Credits ... at Home !!!

*“Continuing the
Tradition of Excellence
in Chiropractic Education”*



Distance Ed Coursework
Mailed to You

Access Online at:
www.nycc.edu

NOW AVAILABLE !!!

“Online” & Correspondence Continuing Education Courses

- **“Fee Splitting, Self Referrals and Kickbacks: The Latest Word of Prohibited Healthcare Arrangements,”** Instructor/facilitator P. Van Tyle, Esq., 3 CE credits (meets partial credit for Category I requirement for NYS)
- **“Integrative Health Care: An Emerging Model,”** Instructor/facilitator T.R. Ventimiglia, DC, FACC, 3 CE Credits
- **“Treating the Female Patient: The Pregnant Female,”** Instructor/facilitator D. Benizzi De Marco, DC, 3 CE credits
- **“Pathophysiology, Evaluation, and Management of Headaches,”** 2 to 4 CE credits, Modules I through VI, Instructor/facilitator S. Banks, DC
- **“E-spine” Volume I, II & III,** Instructor/facilitator S. Banks, DC, 2 to 4 CE credits

The following states accept online continuing education and have APPROVED ALL NYCC ONLINE COURSES: Arizona, Colorado, Maine, Massachusetts, Michigan, New York, North Dakota, Ohio, Oregon, Rhode Island, Tennessee, Virginia, Washington.

The following states accept online continuing education and COURSE APPROVAL IS PENDING: Alaska, Delaware, Maryland, Minnesota, Missouri, New Mexico, Pennsylvania, South Carolina, Texas, West Virginia.

NEW YORK CHIROPRACTIC COLLEGE

Department of Postgraduate and Continuing Education
Call 1-800-434-3955 for details and CE requirements in your state.

NYCC and A.T. Still University Offer Alumni and Friends Master’s Degrees



NYCC recently entered into a partnership with A.T. Still University's School of Health Sciences, enabling NYCC's alumni and friends to earn master's degrees in Public Health (MPH), Healthcare Administration (MHA) or Geriatrics (GHM).

The programs are 100 percent online, are accredited by the North Central Association of Colleges and Schools, and accepted by the Missouri Coordinating Board of Higher Education. J. Clay McDonald, D.C., J.D., NYCC's Dean of Academic Affairs, said, “The programs spare the student the expense of travel and inconvenience of the traditional class-

room setting, yet maintain both A.T. Still's and NYCC's reputations for excellence in graduate school education.”

A.T. Still University has demonstrated a history of academic quality through its family of colleges that also include the Arizona School of Dentistry and Oral Health, the Kirksville College of Osteopathic Medicine and the Arizona College of Health Sciences.

Anyone interested in more information about the programs should contact Laura Feligno at NYCC's Office of Academic Affairs by phone at (315) 568-3226, or by e-mail at lfeligno@nycc.edu.

a message from
THE CHAIRMAN OF THE BOARD
of trustees



*Dr. Peter Ferguson,
Chairman of the Board of Trustees*

Chiropractic Helps an Aging Population

I am pleased to see that *Transitions* magazine has undertaken the important topic of geriatric care. Chiropractic treatment has long been recognized for its relief of the pains and discomforts normally associated with the aging process. Whether it is cardiovascular disease, osteoporosis, arthritis, or diminished perceptual acuity, patients will continue to turn to appropriate healthcare professionals for relief. Since more than four million baby boomers will soon be entering the senior ranks, doctors of chiropractic will increasingly be called upon to provide relief for musculoskeletal problems — some of the first and most obvious symptoms to plague the elderly. Pain associated with movement causes sedentary lifestyles to become even more so until a vicious cycle takes root. Chiropractic care can help interrupt the debilitating cycle. Ultimately, doctors of chiropractic strive not only for patient comfort, but also to render their patients healthy and functioning autonomously. People who

can feed and clothe themselves — who can transport themselves without the assistance of others — are invariably happier people.

The emerging crop of elderly patients are no longer simply requesting lives characterized by enhanced mobility and freedom from pain, they are demanding it! Often, social alienation that results upon retirement, loss of loved ones, and restricted social activities can render once-socially active people bereft, and often manifests as clinical depression. Chiropractors, acutely aware of the unique needs of the elderly, anticipate such changes in their patients' lives. They know that their patients' nutritional needs will change as hormone levels shift and as densities of bone and muscle dwindle. Consequently, chiropractors will counsel their patients nutritionally and encourage health-promoting exercise regimens as sedentary lifestyles creep in. In short, chiropractic will be there to offer the elderly an opportunity to live lives of quality — and to respond with prompt and effective care when a patient insists upon relief.

New York Chiropractic College
2360 State Route 89
Seneca Falls, NY 13148-0800



Winter/Spring 2004

Public Affairs Office
(315) 568-3146
e-mail: pvantyle@nycc.edu

INSIDE THIS ISSUE

TRANSITIONS is a publication of New York Chiropractic College and is distributed to over 6,000 professionals, State Boards, Associations, State Publications, all NYCC students and other interested parties.

TRANSITIONS and New York Chiropractic College shall not be responsible for lost copy or printing errors.

TRANSITIONS is published three times a year.

President's Council	6-8
Trustees' Profile	9
In Memoriam	14-15
Health Centers	16-17
Boomers Roll Up Their Sleeves to "Take On" Old Age	22-26
Faculty Spotlight	29-31
Acupuncture	34
Research Roundup	35
Spectrum	36-37
Postgraduate and Continuing Education	38-40
Talent Pool	42-43
News Briefs	44-48
Commencement	50-53
What's News	54-55
Enrollment Management	56
Scholarships	57-58
Career Development Center	58

Editor/Director of Public Affairs

Peter Van Tyle

Advisor/Designer

Peggy Van Kirk

Editing Associate

Vicki Baroody

Cover/Illustrations

Dennis Homack, D.C., '97

Contributors

Tara L. Whiteman, 6th Trimester

Jonathan Todd Egan, 5th Trimester

Eoin Gregory, 2nd Trimester

Anthony M. Alphonso

Spectrum

Frank S. Lizzio, D.C., '80

NYCC Alumni Association President



*Dr. Frank J. Nicchi,
President*

A Great Profession Built on “Good Character”

Personal and Professional Integrity

Albert Einstein once said, “The most important human endeavor is the striving for morality in our actions. Our inner balance and even our very existence depend on it. Only morality in our actions can give beauty and dignity to life.” We at NYCC willingly assume our responsibility, not only to provide students with a high-quality education, but, in addition, to guide and empower students so as to encourage ethical behavior and social responsibility. This is not only constructive, but fitting as well. A professional school’s internal values can help shape decisions that concern social responsibility and foster an ethical culture. Whenever the behavior of a profession’s members can result in either harm or benefit to others, ethical issues are bound to arise. More significantly, ethics is not really about what the profession wants, rather the effect it and its members have on others.

“Molding” Character: Public and Peer Expectations

As doctors enter the larger community, they are expected to behave ethically and make principled choices. Each of us is answerable to him/herself, and since no one else controls us, we should not rely upon exterior decrees to mold good character. Only right action developed into habit can do that. True success presumes rightness in decision making. This is why we make every effort to encourage students to live ethically both within and outside the classroom. The College assembles its resources – teaming faculty with judicial representatives – to prepare doctors for subsequent practice in the “real world” under the watchful eyes of state boards, regulatory and law enforcement agencies, and state associations. Though these groups are charged to punish wrongdoers, they also furnish

“A professional school’s internal values can help shape decisions that concern social responsibility and foster an ethical culture.”

members of the profession with the resources and support necessary to make informed, ethical choices.

Ethics In Practice

Chiropractors are not alone in their challenge to properly handle ethical and legal issues that relate to informed consent and allocation of limited healthcare resources. Chiropractic clinicians join other healthcare professionals in walking a fine line – one that takes pains to confer health benefits while “doing no harm.” They must respect their patients’ autonomy, their preferences, and their right to make informed decisions regarding their healthcare. Integrity and effective communication are drawn upon in order to achieve optimal results. In the end, however, an organization is only as ethical as its decision-makers – the rank and file practitioners who, collectively, make thousands of decisions daily.

Recent Activities

NYCC recently assembled a panel of speakers to address students about the importance of integrity and professionalism. Panel members included NYCC’s Dr. J. Clay McDonald, Dean of Academic Affairs, and myself, as well as three state chiropractic board members: Massachusetts’ Dr. Thomas DeVita, and New York’s Drs. Benjamin Bartolotto and Vincent Loia. They each described doctors who cloaked themselves with professional credentials in an attempt to legitimize the wrongs they sought to commit. Nevertheless, it became very clear, very quickly that, as the 18th century English political author Junius put it, “The integrity of men is to be measured by their conduct, not by their professions.” Those who practice under the label of chiropractic and cut corners in the name of self-gain do the profession a great disservice. Instead, I urge my students and my colleagues to flourish through emphasis on true service. The profession will either thrive or flounder, based upon the conduct and standards of its individual members, for in the end one must live with oneself. Perhaps Ralph Waldo Emerson best said it: “Nothing is at last sacred but the integrity of your own mind.”

President's Council 2004

President's Council plays a vital role in the life and well-being of New York Chiropractic College. Its valued members fundamentally support the mission of the College. Membership is granted to those individuals who have contributed \$1,000 or more to the College each year, and in doing so, helped to enhance chiropractic education, research and the advancement of the profession.

Unrestricted Giving

\$2,500 or more

Dr. & Mrs. G. Lansing Blackshaw
Seneca Falls, NY
Dr. & Mrs. Richard E. Carnival*
New York, NY
Dr. & Mrs. Peter Flaum
Tenafly, NJ
Dr. & Mrs. Frank J. Nicchi '78
Seneca Falls, NY
Mrs. Kenneth Rogers
in Memory of Kenneth Rogers
Seneca Falls, NY

\$1,500-\$2,499

Dr. Robert A. Crocker, Jr.*
North Babylon, NY
Dr. Charles R. Solano '67 &
Dr. Peggy Grabinski-Solano
Yonkers, NY

\$1,000 to \$1,499

Dr. Donald S. Allen
Canandaigua, NY
Dr. Gil C. Allen
Flushing, NY
Mrs. Helen M. Barben
Seneca Falls, NY
Dr. Raymond Bartoli '95
Brooklyn, NY
Dr. Lewis J. '78 &
Dr. Olga Gazonas '83 Bazakos*
Valley Stream, NY &
Long Island City, NY
Mr. & Mrs. John E. Becker II
Waterloo, NY
Dr. Joan Benko '81
Palm Harbor, FL
Dr. Lisa K. Bloom '90
Ithaca, NY
Bond, Schoeneck & King, L.L.P.
Syracuse, NY

NYCC Welcomes Its Newest President's Council Members!

Dr. Gregory '92 and
Dr. Susan '96 DeMaille
Frederick, MD
Dr. & Mrs. Peter Flaum
Tenafly, NJ
Father Richard Murphy
Seneca Falls, NY
Partners & Napier, Inc.
Rochester, NY

Dr. Susan Bradley '94
New York, NY
Mr. Eugene B. Bradshaw
Seneca Falls, NY
C. H. Insurance
Syracuse, NY
Mr. Joseph P. Calarco
AFLAC
Auburn, NY
Dr. & Mrs. Frank R. Cartica '79*
Yonkers, NY
Cayuga Press of Ithaca
Ithaca, NY
Dr. Frank J. Crifasi '48
Brooklyn, NY
Dr. David Cuccia '80
Syosset, NY
Dale Surgical Professional Supply
(Joseph S. Ruggirello, President)
Bohemia, NY
Dr. Robert Daley*
New Hyde Park, NY
Dr. Gregory '92 and
Dr. Susan '96 DeMaille
Frederick, MD
Mrs. Diane C. Dixon
Syracuse, NY

Dr. Joseph S. Ferezy
West Des Moines, IA
Dr. & Mrs. Peter D. Ferguson*
N. Canton, OH
Dr. Margaret M. Finn '92
Geneva, NY
Foot Levelers, Inc.
Roanoke, VA
Dr. Lillian M. Ford '85
Geneva, NY
Dr. & Mrs. Arnold E. Forster '60
Great Neck, NY
Dr. Glenn '94 and
Dr. Christine '94 Foss
Riverdale, NJ
Dr. Lonnie Gross '90
Manalapan, NJ
Mr. & Mrs. David Hamblett
Johnson City, NY
Dr. Sylvia Heyman '89* &
Mr. David Heyman
New York, NY
Dr. Joseph L. Hoffman, J.D. '78
Roswell, GA
Dr. & Mrs. Herbert R. Holden
Seneca Falls, NY
Dr. Lawrence M. '78 &
Mrs. Carol Jack
Sacramento, CA
Dr. & Mrs. Robert A. Jarmain
New York, NY
Mrs. Walter C. Johanson
Seneca Falls, NY
Dr. & Mrs. Eric S. Kaplan '78
North Palm Beach, FL
Dr. Edwin M. &
Mrs. Sharon Kenrick
Framingham, MA
Mr. & Mrs. Robert E. Kernan, Jr.*
Seneca Falls, NY
Mr. Peter & Mrs. Gretchen Koch
Seneca Falls, NY

President's Council 2004

President's Council 2004

President's Council 2004

President's Council 2004

Unrestricted Giving - Continued

- LSV Management**
Chicago, IL
- Dr. Salvatore LaRusso '78**
Wellington, FL
- Mr. & Mrs. H. Russel Lemcke**
Falmouth, MA
- Dr. Lester Levine '74**
Longwood, FL
- Dr. Jeffrey Lewin '89**
Coral Springs, FL
- Dr. Frank S. Lizzio '80**
Parkchester, NY
- Dr. Ronald G. Manoni '81**
Danbury, CT
- Ms. Mary Jo Maydew***
South Hadley, MA
- Mr. & Mrs. Walter McCarthy***
Sandy Hook, CT
- Dr. & Mrs. J. Clay McDonald**
Seneca Falls, NY
- Mr. Henry Melchor &
Mrs. Jacqueline
Robinson-Melchor***
Syracuse, NY
- Dr. & Mrs. Tyran Mincey '98***
Montclair, NJ
- Father Richard Murphy**
Seneca Falls, NY
- Dr. & Mrs. William Murphy '78**
Jupiter, FL
- Dr. Serge Nerli '83***
Fresh Meadows, NY
- Drs. George & Teresa Ngo '72**
Garfield, NJ
- Dr. & Mrs. Kenneth W. Padgett**
Romulus, NY
- Partners & Napier, Inc.**
Rochester, NY
- Dr. Richard & Dr. Maria
Pashayan '82**
Garden City, NY
- Dr. and Mrs. Gregori S. Pasqua**
Mamaroneck, NY
- Dr. & Mrs. Valerio A. Pasqua***
Larchmont, NY
- Dr. Joseph Pfeifer '84 &
Dr. Barbara Ialacci '90**
Lake Grove, NY
- Physicians Reciprocal Insurers**
Manhasset, NY
- Pricewaterhouse Coopers**
Syracuse, NY
- Prime, Buchholz & Associates, Inc.**
Portsmouth, NH
- Dr. Robert C. Reiss '85**
Yorktown Heights, NY
- Dr. Michael J. Rodriguez '78**
Ormond Beach, FL
- Mr. & Mrs. Brien Rogers**
Romulus, NY
- Dr. & Mrs. John P. Rosa '92***
Rockville, MD
- Dr. Rick Rosa '96 & Dr. Dina
Tagliareni-Rosa '97**
Alexandria, VA
- Dr. & Mrs. Robert A. Rowe '92**
Annapolis, MD
- Dr. Mark L. Sanna '87**
Weston, FL
- Dr. Philip T. Santiago '78**
Lake Hiawatha, NJ
- Dr. Daniel Seitz &
Mrs. Trice Atchison**
Arlington, MA
- Seneca Meadows, Inc.**
Waterloo, NY
- Dr. Robert P. Sente '94**
Saddle Brook, NJ
- Dr. & Mrs. Roy H. Siegel '77**
New York, NY
- Sodexo Marriott**
Baldwinsville, NY
- Mr. George G.** &
Mrs. Susan Souhan**
Romulus, NY
- Dr. & Mrs. Scott N.
Surasky '81***
Great Neck, NY
- Mrs. Robert Tamow**
Naples, FL
- Dr. Gregory Triandafilou '83**
Phoenix, AZ
- Dr. & Mrs. Lee Van Dusen**
Seneca Falls, NY
- Dr. & Mrs. Thomas R.
Ventimiglia '80**
Woodhaven, NY
- Dr. & Mrs. Richard E. Vincent**
Falmouth, MA
- Dr. Wayne M. Winnick '81**
New York, NY
- Dr. & Mrs. Wayne C. Wolfson**
Orlando, FL

*Board of Trustees Members
**Deceased

Thank You For Your Support

Paying Tribute to President's Council Member: Roy H. Siegel, D.C.

Dr. Siegel: Giving Back to NYCC

Transitions is pleased to recognize President's Council member Roy H. Siegel, D.C., born in Brooklyn and raised on Long Island, who currently resides on Long Island and practices in Manhattan. Dr. Siegel, a President's Council member for the past few years, became a chiropractor through a rather curious route. As a student at Cornell, he had intended to attend veterinary college. While attending college he developed allergies to most animals and was advised by his professors that a veterinary career was likely out of the question. After graduating from Cornell, Dr. Siegel pursued a musical career, having played drums and percussion instruments since the age of seven.



Dr. Roy H. Siegel '77

A Career is Born

A pivotal moment in Dr. Siegel's life occurred when he met Kenneth Ahlgren, D.C., who suggested that his allergies might be relieved through chiropractic care. Dr. Ahlgren's treatments did, in fact, successfully eliminate Dr. Siegel's allergy symptoms, and Ahlgren thereafter urged him to consider a career in chiropractic. The idea wasn't so far-fetched, given Dr. Siegel's strong, fast drummer's hands and his having earned a degree in biology from an Ivy League university.

Dr. Siegel has been in private practice in Manhattan since shortly after his graduation from NYCC in 1977. He had been a protégé of Dr. James Cox in the early years of the Cox Flexion Distraction technique development and earned an advanced proficiency rating in Activator techniques. In addition, Dr. Siegel logged over 3,000 hours of postgraduate study in functional medicine.

Visions and Forecasts

Dr. Siegel became a President's Council member to support a college that provided him with excellent academic experiences and a wealth of knowledge. He feels an obligation to ensure that the high standards of education provided at NYCC continue to prepare future doctors, and he lauds the school's dedication to a wide variety of chiropractic treatment options. Dr. Siegel closed the interview with his vision of chiropractic

and remarked about NYCC's important role in the profession. He said that NYCC's continuing development and success will contribute significantly to a chiropractic profession that is perched on the brink of greatness. He sees the College's new Acupuncture and Oriental Medicine program as "a wonderful asset and an important factor in the public's overall awareness of alternatives to mainstream medicine." The campus' new integrative health center, which houses chiropractors, medical doctors, massage therapists and acupuncturists, makes profound sense to him.

Hobbies and Interests

Dr. Siegel's extracurricular activities include the publication of health columns for two magazines that focus on drum-

ming. He has been flown to lecture and consult in Europe and has written a number of articles for *Runner's World* and *The Runner*. A fan of theater, Dr. Siegel remains on call for the Broadway musicals, as he has for over 25 years, having met some very interesting performers along the way.

Dr. Siegel noted significant mentors in his life. One, of course, was the late Dr. Ahlgren. Another was Dr. Cox, who in 1977 was brought by Dr. Siegel to New York where he lectured to NYCC students. According to Dr. Siegel, Dr. Cox inspired him and modelled qualities of excellence. Dr. Siegel was a guest lecturer at Cox seminars conducted in Fort Wayne and Chicago. Mentors also include Jim and Julie Barnes, who produced the original Chiro-manis tables for the Cox technique; and most certainly his wife Shari, whom he met at a Parker Seminar in 1989.

Success

Asked whether he believed there might be a recipe for success, Dr. Siegel responded, "Stick to your values and surround yourself with people who are happy and determined to optimize the lives they touch." He encourages people to cherish each day. He says, "Chiropractors should consider themselves blessed to be involved in this wonderful profession."

Trustee Profile - Dr. Tyran Mincey

This issue of *Transitions Magazine* focuses on a 1998 NYCC graduate who currently sits as a member of its Board of Trustees: Dr. Tyran Mincey. Prior to his decision to enter chiropractic, Dr. Mincey had been involved in corporate sales. His record in chiropractic academia is a distinguished one, culminating in his election as NYCC student government president. Asked what chiropractic courses he liked best, Dr. Mincey listed anatomy, physiology, embryology, patient communications, and clinic.

The “Business” of Business

Dr. Mincey is still remembered at NYCC for his upbeat spirit and boundless energy. These qualities have not diminished over the years. In addition to running a successful chiropractic office, Dr. Mincey also serves as president of Nutri-West of Penn LLC, a distribution center for Nutri-West line of physician-only nutritional supplements. He also owns an integrated health company that educates educators about current issues affecting children of school age from a holistic perspective.

Dr. Mincey credits his training in business management and hands-on experience running several businesses for his current success in chiropractic. He has also enjoyed extensive public speaking opportunities and has undertaken a number of sales and academic marketing courses. The course work continues to serve him well in the business world. Dr. Mincey describes his current chiropractic practice as predominately cash-based: “Approximately 10 percent arises from insurance reimbursement.” It is a wellness practice that caters to patients who desire more personalized attention from their doctor, as he treats subluxations as well as functional illnesses.

The Future

Asked about chiropractic’s future, Dr. Mincey is enthusiastically optimistic, provided certain conditions are met. “The sky is the limit,” he explains, “so long as we ban together and



Dr Tyran Mincey

improve our public relations efforts beyond back pain, and take advantage of the wellness model.” He goes on to emphasize chiropractic’s versatility, noting that a chiropractor can be both an educator and clinician in such venues as private practice, integrated clinics, insurance companies, health clubs, and the lecture circuit. “When you are educated you have many choices — in fact, you have as many as you can create,” he says. Dr. Mincey anticipates expanded development of professional alliances — not only among fellow chiropractors, but interprofessionally as well. Multidisciplinary practices, for example, are likely to proliferate as medical communities grant greater acceptance to chiropractic’s valuable offerings. As for the College’s future? Dr. Mincey anticipates NYCC will further solidify its position as “the Harvard of chiropractic colleges.”

Student Perspective Versus Trustee Perspective

Asked to compare his perspective now, as a trustee, with the one he held as a student, he explains that students often form opinions based upon data that is incomplete, or just downright wrong. The result, he says, is a distorted picture of what’s really going on. “I have come to appreciate the college administrators’ level of commitment to the students success. The trustees have also demonstrated a commitment that goes far beyond the expectations of most students,” he said.

Dr. Mincey has somewhat of an acronym for those personal traits he feels best lend themselves to success in chiropractic: HIICCUP (**H**appy person, who is **I**ntelligent and **I**nterested in other health opportunities, **C**ommunication skills, **C**aring, **U**nderstanding, and a **P**ersistent, **P**rudent, **P**lanner). He adds that most people are just plain “far better” than they think they are. As for practice tips, Dr. Mincey encourages his fellow doctors to document their files, submit their case studies, and, as a profession, to take a rightful place among holistic providers of excellent, drug-free healthcare.

Faculty Promotions... ...Final Thoughts



Dr. G. Lansing Blacksaw
Executive Vice President/Provost

Faculty Promotions...

As in past years it is again both a privilege and a pleasure to recognize faculty members who will be advanced in rank effective September 1.

Associate Professor to Professor

J. Donald Dishman (Basic Sciences). A faculty member at NYCC since 1991, Dr. Dishman has taught courses in both the basic and chiropractic clinical sciences, as well as serving as the first chief of staff for chiropractic services at the Monroe Community Hospital, which is affiliated with the University of Rochester School of Medicine and Dentistry.



He is an active researcher, broadly in the area of investigating the neurophysiology of spinal manipulation. During the past four years Dr. Dishman has published nine refereed papers; and at the 2001 World Federation of Chiropractic Biennial Conference he received the Scott Haldeman Award, which represented the first prize in the international original research paper competition, for his paper "Central Motor Excitability Changes Following Spinal Manipulation: A Transcranial Magnetic Stimulation Study." In addition, Dr. Dishman has made numerous presentations in his areas of expertise at national and international conferences and has received \$150,000 as principle investigator in research grants from the Foundation for Chiropractic Education and Research and the Consortium Center for Chiropractic Research. In 2001 he was the recipient of NYCC's Faculty Excellence Award for Research and Scholarly Activity. Dr. Dishman also has served as Adjunct Associate Professor in the Department of Bioengineering and Neuroscience at Syracuse University's Institute for Sensory Research. He earned his D.C. at the Life University College of Chiropractic in 1986, an M.S. in Neuroscience at Syracuse University in 1999, and a B.S. at SUNY Albany in 1992.

Assistant Professor to Associate Professor

David R. Grimm (Basic Sciences). Dr. Grimm joined the NYCC faculty in 2001. Prior to coming to the College he was instructor and then assistant professor at the Mount Sinai School of Medicine in New York City. Dr. Grimm has had a productive research program in the area of spinal chord injury and has been both a lead author and co-author of over 15 research papers during the past nine years.



At NYCC his research has focused on autonomic nervous system and cardiovascular function among individuals with acute musculoskeletal injury and autonomic function in a healthy control population. During his tenure at the College, Dr. Grimm has taught cell physiology, basic human nutrition, systems physiology, and phytomedicinals principles and practice, and has served on several major College committees related to faculty evaluation, educational technology, research, and accreditation. He earned an Ed.D. and an M.S. in Applied Physiology from Columbia University in 1995 and 1991, respectively, and a B.S. in Health Sciences from Lock Haven University of Pennsylvania in 1984.

Kimberly D. Ryder (Basic Sciences).

Dr. Ryder has been a member of the NYCC faculty since 2000. During her four years at the College she has developed and/or been the lead instructor in a variety of core and elective courses in both the D.C. and A.O.M. programs. These include systems physiology, exercise physiology, sports nutrition and ergogenic aids, exercise prescription and disease, biochemistry, chemistry for healthcare professionals, and



Faculty Promotions...

Continued

women's healthcare issues. Dr. Ryder also has served on a number of key NYCC committees, such as the Middle States (regional accreditation) Steering Committee and the Basic Sciences Leadership Committee. In 2004 she led the development, organization, and presentation of two very successful Women's Health Symposia on the topics of osteoporosis and nutrition designed to promote public awareness of the latest developments in these fields. Dr. Ryder earned her Ph.D. in Physiology and Biophysics from the Indiana University School of Medicine. A recipient of teaching, research, and academic achievement awards as a graduate student, she holds an M.S. in Exercise Physiology from Ball State University in 1994, and a B.S. in Exercise Science from Northeast Missouri State University in 1992. All three of her degrees were earned with *summa cum laude* distinction.

Instructor to Assistant Professor

Scott D. Coon (Basic Sciences). An adjunct faculty member at the College since 1997, Dr. Coon has been a lead and assist instructor in basic sciences, chiropractic clinical sciences, and student clinic venues. His teaching responsibilities have encompassed a diversity of areas to include neuroanatomy; lumbopelvic, thoracic, and cervical manipulation; clinical correlation studies; musculoskeletal physio-pathology postural analysis; electrical rehabilitation; and X-ray positioning. A private practitioner in Fairport and Victor, N.Y., he serves as Education Chair for District 15 of the New York State Chiropractic Association, is a Board member of the Chiropractic Education Foundation of New York, and is active in civic organizations. Dr. Coon is a 1994 graduate of NYCC, and holds a B.S. in Biochemistry from SUNY Oswego.



...Final Thoughts

This is the final "From the Provost" column that I shall write or you will read. On August 31, I'll be stepping down as Executive Vice President and Provost; however, I will still continue to assist the College with respect to regional accreditation matters and other special projects on an as-needed, although part-time, basis. The Provost position will be eliminated, some slight restructuring of reporting lines will occur, and the responsibilities for academic affairs at NYCC



will be vested in the newly created position of Executive Vice President for Academic Affairs, who will serve as the Chief Academic Officer of the College. Dr. Clay McDonald, currently NYCC's Dean of Academic Affairs, will be the EVPAA effective September 1, 2004. With his professional and graduate degrees in chiropractic, law, and business coupled with 20 years as a private practitioner and clinician-educator, Dr. McDonald is superbly qualified to take NYCC to new levels of excellence that can only serve to further enhance the reputation of the College.

Knowing that the ethos and culture of chiropractic education and the chiropractic profession would be quite differ-

ent from those of engineering, where I spent most of my professional career prior to arriving at NYCC in February 1995, I nonetheless looked forward to new challenges. My nearly 9 ½ years at NYCC have been among the most rewarding of my life. The cooperation, friendliness and productivity of the faculty, staff and administration have been outstanding. I am particularly grateful to Presidents Padgett and Nicchi, and members of the Board of Trustees, who allowed me the latitude to do my job in ways with which I was comfortable. If ever there was a leash on me, it was a mighty, mighty long one.

Years ago, one of my mentors in higher education gave me advice that I've consistently tried to follow throughout my career, namely that when the opportunity presents itself, a key to your success in the workplace will be to always seek to hire individuals who are better than you. As I note the people at all levels whom we've brought on board since 1995, and who are still with the College, I'm feeling very successful.

Best wishes for prosperity and happiness to my NYCC colleagues, and to our students and alumnae/i.

Chiropractor's Patient Gives NYCC \$50,000

What can one say of a patient who wants to give back to chiropractic to the tune of \$50,000? Certainly the term “generous” comes to mind. What can one say of the chiropractor who successfully treated the generous donor? Dr. Peter Flaum is that chiropractor. We might say of Dr. Flaum that he is a chiropractor whose energy helped the chiropractic profession emerge in the state of New Jersey. Or that his father (a judge) encouraged young Peter to enter the nascent field

of chiropractic – as he called it, “the future of healthcare.” Or that he helped pave the way for the historic Wilkes antitrust case. More recently, Dr. Flaum tells how he locked himself in a room with easels, brushes and paint — and of course, wine — resolved not to emerge until he had created “art.” The result? A profusion of canvasses brimming with moving, colorful, aesthetic, award-winning scenes.

Some History

After high school Peter Flaum planned to study journalism at Northwestern University. His father sat his son down and said, “Listen, if it’s a fight you’re looking for, and if your skin is thick enough, there are going to be major changes in healthcare in the United States. There’s a need for energetic new blood; become a chiropractor!” The young Flaum graduated from the Chiropractic Institute of New York in 1956 and soon thereafter learned just how personally rewarding it was to cultivate and nurture close personal relationships with his patients.

The Gift

One such relationship led to the very generous \$50,000 gift from Ms. Madeleine Kremer. Dr. Flaum had been treating Ms. Kremer, a woman of advanced age who credited Flaum and his chiropractic treatments for her great health. Nearing the end of her life, Ms. Kremer said she wanted to “give back” to chiropractic. Accordingly, when she died at age 103, she willed a wonderful gift to NYCC that will enable it to continue training outstanding doctors. The graduates will, in turn, create their own patient relationships and administer therapies that



Dr. Peter Flaum

promote health and ensure quality lives for their patients, just as Dr. Flaum had done for Ms. Kremer.

The Exhibition

On May 13, a free exhibition of Flaum’s art pieces was held, along with a reception, in the lobby of the Administration Building of New York Chiropractic College, where the public had an opportunity to meet the artist personally. His paintings were met with enthusiasm and praise. Addressing the chiropractors in the audience, his reasoned words about chiropractic and his sage tips for success hit home. He concluded his talk by asking chiropractors in the audience to look at their hands, and to recognize the great relief those hands can bring to people such as Ms. Kremer.

Dr. Flaum is well-traveled, having painted in the United States, Europe, Central and South America, Mexico, Africa and the Caribbean. His art will be displayed once again during NYCC’s Unity Day celebration July 16 to 18. Samples of his work may also be viewed on the Internet at: www.peterflaumarts.com.

Dr. Flaum is well-traveled, having painted in the United States, Europe, Central and South America, Mexico, Africa and the Caribbean. His art will be displayed once again during NYCC’s Unity Day celebration July 16 to 18. Samples of his work may also be viewed on the Internet at: www.peterflaumarts.com.



NYCC President Dr. Frank J. Nicchi and Dr. Peter Flaum

NYCC's Student Appreciation Event: The Future of Chiropractic Philosophy

by Jonathon Todd Egan, 5th trimester

The Student Appreciation Event is a series of dynamic speakers that serves to stimulate critical thought and encourage expression reflecting chiropractic's philosophical diversity on our campus. NYCC's last Student Appreciation Event featured Dr. Arlan W. Fuhr, D.C., President and Co-Founder of Activator Methods International. Previous presenters were:

- Dr. Gerald Clum, President of Life Chiropractic College West;
- Dr. William Meeker, Vice President for Research, Palmer Chiropractic University Foundation, and Director of the Palmer Center for Chiropractic Research;
- Dr. David B. Koch, former President of Sherman College of Straight Chiropractic, and current Vice President for Professional and International Affairs at Palmer; and
- Dr. Reed Phillips, President of the Southern California University of Health Sciences.



Dr. Joseph Keating (left), a recent speaker at NYCC's Student Appreciation Event, and Dr. J. Clay McDonald, NYCC Dean of Academic Affairs (right)

NYCC President Frank J. Nicchi, D.C., M.S., introduced Joseph C. Keating, Jr., Ph.D., noted chiropractic lecturer and writer, who was the featured speaker at the 6th "Student Appreciation Lecture" on Tuesday, February 3.

Dr. Keating divulged that his mother was a nurse who thought "chiropractors were schnooks, if not crooks." In fact, the first book on chiropractic he ever read was by the American Medical Association, entitled *At Your Own Risk: The Case Against Chiropractic*. Nonetheless, through a series of experiences – including his own training in physical medicine and rehabilitation – he came to appreciate the value of chiropractic care, and has since both taught and conducted research at several chiropractic colleges.

Keating's training as a scientist, he says, tends to ground him. Consequently, he has always taken a hard look at the unproven, the cultish, and the unscientific. As a committed friend to the profession, however, he has challenged chiropractic practitioners and researchers to strive for the best, to understand what we know and what we don't, and to continue to move the science forward.

The Past, Present, and Future

Though Dr. Keating's talk was billed "The Future of Chiropractic Philosophy," he spoke first about its present and past. Noting that chiropractors generally communicate well with their patients and that his doctorate was in clinical psychology, he said he wouldn't bother teaching psychology at chiropractic school – "If it's not broke, don't fix it."

He turned his focus to the past and told of prescient chiro-

practitioners who, as early as the 1940's, felt that clinical research should be the primary basis for chiropractic practice, and that chiropractors should use an evidence-based approach. Keating said there were few chiropractic scholars then, and that today we have more, "but not enough." Today, there are still some chiropractors who favor strong belief over scientific rigor. This is a problem, he says – one that we ignore "at our peril."

As for the future, Dr. Keating envisions three important options for the profession: adopt an epistemology of science that is evidence-based, conduct research to generate unity and consensus, and investigate and remedy the financial circumstances of chiropractic colleges in the United States.

Epistemology

Keating asked, "How do we know what works?" He explained that since different chiropractors subscribe to different epistemologies (ways of comprehending their world), the profession lacks a cohesive view about its offerings. And because we lack consensus on epistemology, we are not taken seriously. He described different epistemologies that have been held by various chiropractors over the years. They include:

- Divine or spiritual inspiration, such as the claim of Dr. William Barge, that his writings were from God and he was just the scribe.

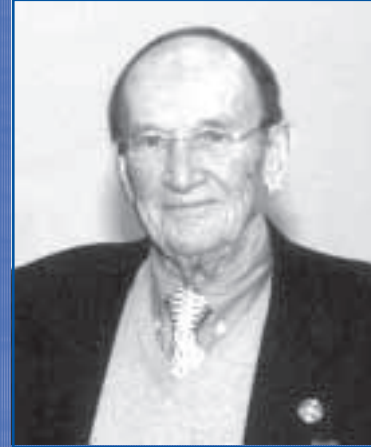
- Inappropriate appeal to authority, such as those who say, "B.J. said it, so it's true."

- Uncritical rationalism, as evidenced by Stevenson's 33 Tenets.

(Continued on page 19)

IN MEMORIAM

NYCC Remembers Former NYCC Trustee George G. Souhan



NYCC mourns the loss of former NYCC Trustee George G. Souhan - a man whose strong support, tireless efforts and generous financial contributions considerably benefited the College. "George was a significant influence for good in the lives of many people and will be sorely missed," said NYCC President Dr. Frank J. Nicchi.

Mr. Souhan's achievements were many. In 1958 he was chairman of the Seneca County Democratic Committee and was the 1978 Democratic candidate for New York's 52nd Senate District. In 1982 he ran for the New York State Assembly. Souhan's business associations included membership on the boards of directors for the former Security Trust Bank of Seneca Falls, the advisory board for Fleet Bank of Seneca Falls, the National Women's Hall of Fame, the American Cancer Society, and New York Chiropractic College. He was president of Taylor-Brown Hospital as well as the Seneca Falls Country Club, and he owned the former Seneca Knitting Mills, Seneca Fall's WSWF radio station, J. Souhan and Sons Dairy, Timothy Farms, Cobblestone Farms, and was former partner in the Gould Hotel of Seneca Falls. Having served on a selection committee for the US Naval Academy and as special adviser for economic affairs to former Governor Hugh Carey, Mr. Souhan clearly played an active role in upstate's business community.

The Seneca Falls businessman had been recognized during the College's December 2003 commencement exercises, when official announcement was made that the Athletic Center's well-equipped fitness area would thereafter bear the name *George G. Souhan Fitness Center*. Television monitors located throughout the busy center were a gift to the College from Mr. Souhan and his wife, Susan. Previously, the Souhans had donated a downtown Seneca Falls office building and a Steinway piano to the College.

Mr. Souhan is survived by his wife, Susan Wieda Souhan, of Romulus; one daughter, Elizabeth Souhan, of Minneapolis, Minn.; two sons - Geb Souhan, of Waitsfield, Vt., and Timothy Souhan, of Greensboro, N.C.; three grandchildren; two sisters; and several nieces and nephews.

Donations in the name of George Souhan may be sent to:

NYCC
Attention: Peter Van Tyle
Public Affairs Office
P.O. Box 800
Seneca Falls, NY 13148

IN MEMORIAM

Dr. Martin Greenberg Remembered

Transitions magazine remembers Dr. Martin Greenberg, who formerly served under Dr. Ernest Napolitano as Columbia College of Chiropractic's Vice President & Dean of Administration and who taught physiology and technique. Born June 15, 1918, Dr. Greenberg immigrated to the United States in 1921 and served in the U.S. Army from 1941 through 1945, both in the Pacific and in Europe's Battle

of the Bulge. Owing to back injuries suffered in the war, he received chiropractic treatment and decided to enter the profession.

Dr. Greenberg passed away on March 9, 2004, in Lake Worth, Fla., and is survived by his wife, Selma, sons Larry and Jeffrey, and grandsons Moshe and Jesse.

Dr. Greenberg was considered a pioneer in the chiropractic profession, having earned New York State's ninth professional

license, and was instrumental in bringing chiropractic into union health plans in the early 1960s

Former Greenberg student Michael Smatt, D.C., recalled his teacher as a soft-spoken man who was passionately committed to serving others. Smatt credits Dr. Greenberg's guidance for his current sense of bliss in chiropractic.

Richard Maltzman, D.C., eulogized Dr. Greenberg and described him as mentor, a teacher, a true friend. He said,



Martin Greenberg, D.C., '54

"Marty would always be there for his students. He never turned anyone away."

NYCC Remembers Dr. Peter Cueter

It is with great sadness that we acknowledge the passing, at the age of 51, of Peter J. Cueter, D.C., of Westbury, N.Y., on Friday, April 16, 2004. Dr. Cueter began as a student at Columbia College of Chiropractic (subsequently named New York Chiropractic College) in 1981. His first son, Adam, was only one month old when his student-dad would cradle him in his lap and read *Gray's Anatomy* aloud. After Dr. Cueter graduated from chiropractic college, he and his wife, Vicky (the chiropractic assistant), opened a practice in Brooklyn. The practice grew steadily. Dr. Cueter was active in chiropractic professional organizations, including the New York State Chiropractic As-



Peter Cueter, D.C., '84

sociation, where he served as secretary of District #2 – Brooklyn. Well-regarded by his patients, one of them described his positive and attentive outlook as "contagious." Another patient said of Dr. Cueter, "He was more than a chiropractor; while he adjusted your body his personality improved your outlook."

Born in the Bay Ridge section of Brooklyn, N.Y., Dr. Cueter attended school in Brooklyn. His wife, Vicki, born in Italy, moved to the Borough Park section of Brooklyn at the age of seven. They ultimately met at a mutual friend's 25th birthday party and married a couple of years later, in 1979. Dr. Cueter is survived by his wife, Vicki and by his sons: Adam, 22, Matthew 19, and Andrew, 17.

An avid reader of biographies and autobiographies, Dr. Cueter learned from others' successes. He also enjoyed listening to motivational tapes as he commuted to and from his office. Dr. Cueter was a staunch believer in fitness and ran several marathons. Civic and family pursuits included leading a local Cub Scout

troop and attending scouting events with his sons.

A friend of Dr. Cueter summed up his life saying, "Dr. Cueter lived by four simple rules that were the framework of his life: Love, honor, respect and cherish your family; love, honor, respect and cherish your friends; find something in life you enjoy doing, and do it (for Dr. Cueter that was Chiropractic); and, finally, enjoy life."

Donations for a scholarship in the name of Peter J. Cueter, D.C., (class of 1984) are being received at:

NYCC
Attention: Peter VanTyle
Public Affairs Office
P.O. Box 800
Seneca Falls, NY 13148

CHIROPRACTIC HEALTH CENTERS OF NYCC

Depew, NY

by Matthew C. Coté, D.C., Director

Greetings from the Depew Health Center! Spring has brought new energy to the faculty, staff and students. We have recently begun a new student-to-student mentoring program in which junior interns shadow senior interns in the performance of patient care. The program exposes the interns to a broad variety of patient types. Subsequent poster presentations and outcome analyses will provide feedback regarding our success.

We will also be involved with a new outreach program scheduled to begin July in East Buffalo, an area that is underserved medically, at a no-charge center called “The Lighthouse.” Medical students work one night each week delivering medical services primarily to family care patients. The Lighthouse’s board of directors approved our affiliation and we have a commitment from the medical personnel for our involvement in such an integrated program.

Alternative Health and Nutrition

On June 19th, Depew Health Center hosted an event, called “Alternative Health and Nutrition,” which was publicized locally via television, radio, newspapers, and various public forums. It was intended to be associated with the national event “The Great American Bake Off,” which benefits needy children of the country. Panels discussed such topics as “How to Cook Healthy,” and the event included fitness demonstrations.

Acupuncturist Colleen O’Neill began treating patients at the Depew Health Center on April 12th, joining massage therapy as a treatment modality integrated into the Health Center’s services. Emphasis has been placed on exposing students to a variety of professional healthcare environments. Accordingly,



State University of New York at Buffalo Medical School

Kenmore Mercy Hospital in Buffalo will permit our student interns to observe neurosurgeries there. Faculty assignments are being reorganized to accommodate rapidly evolving clinical and teaching tasks.

Additional opportunities are on the horizon! The medical director of the student health center at the State University of New York at Buffalo has expressed interest in setting up a satellite chiropractic clinic on Buffalo’s campus as a no-charge clinic, similar to the SUNY-Farmingdale program through the Levittown Health Center. Sheehan Memorial Hospital is currently opening a chiropractic department and has invited NYCC to enter into an affiliation agreement to train chiropractic student interns within their hospital setting. We are working to enable our graduates to function optimally in an increasingly integrated healthcare system.

NYCC’s Campus Health Center

by Wendy Maneri, D.C., Director



Campus Health Center staff (L to R) Drs. Joseph Miller, Vincent Loia, Wendy Maneri and Steve Feldman

The Campus Health Center is undergoing many changes. One of them is encouraging Medicaid patients to receive chiropractic treatment at the Campus Health Center free of charge upon presentation of a valid Medicaid card. Residents of the local community who might otherwise be unlikely to enjoy chiropractic care’s many benefits will now have an opportunity to do so. It also provides our outpatient interns with an invaluable clinic experience.

The Campus Health Center is also sporting a new look! Stop by and see our new bright and welcoming clinic area. Special thanks to Sharon Scattaglia, Jim Alise, Lindsay

(Continued on next page)

CHIROPRACTIC HEALTH CENTERS OF NYCC

Levittown, NY

by Joseph E. Pfeifer, D.C., Director

Through an affiliation between NYCC and the State University of New York at Farmingdale, faculty members and interns from the Chiropractic Health Center of NYCC at Levittown have begun to provide chiropractic services at the multidisciplinary Health & Wellness Center on Farmingdale-SUNY's 380-acre campus, on Long Island. The Health & Wellness Center provides a variety of healthcare services – including traditional medical and nursing care, acupuncture, massage, biofeedback, addiction counseling and nutritional counseling – for the institution's 6,000 students and hundreds of faculty and staff members.

Audrey Krapf, R.N., Director of the Health & Wellness Center, is very pleased with the reception and rapid growth of the chiropractic program, stating, "The patients of the Health & Wellness Center have been requesting chiropractic care for some time now. We are happy to have NYCC providing these services." After only about one month into the program, the schedule of chiropractic appointments is nearly filled.



SUNY at Farmingdale

Dr. Joseph Pfeifer, Director of NYCC's Chiropractic Health Center in Levittown, views the program as a real benefit to the clinical education program as well as to those receiving the care. "This outreach program is intended to offer much-desired healthcare service at Farmingdale while providing early-phase chiropractic interns with an opportunity to interact with a relatively low-complexity patient population," he explains. "For interns, this will be a valuable stepping stone to our other outreach programs, where patients generally have more complex presentations." The Levittown Health Center also provides chiropractic services at facilities populated by elderly patients with a variety of serious conditions and patients with mental illnesses and chemical dependencies.



Dr. Joseph Pfeifer

Levittown interns recently completed the spring season of scoliosis screenings in local school districts. This year, our interns and clinician faculty members screened about 5,000 children.

Back at the Levittown Health Center, intern Wendy Reynolds has initiated a weekly yoga class for patients and members of the local community. Wendy taught yoga sessions at the College's Athletic Center in Seneca Falls for about two years before coming to Levittown for her internship. She explains, "Because yoga is a safe and effective way to reduce stress and improve flexibility, it is a beneficial adjunct to chiropractic care for patients seeking health and wellness." As the first 10-week session draws to a close, plans for additional classes are under way.

NYCC's Campus Health Center

(Continued from previous page)

Arbogast, Leslie Freeman, and Tim Millis for all their hard work to make this possible.

We continue to work very hard assigning every patient a clinic doctor who, in turn, will share the clinic experience with selected interns. We do this to ensure that our patients enjoy the best possible healthcare.

Two interns from Seneca Falls attended Marcus Whitman High School's Health and Service Fair in March. Thayer Osborne and Amanda Johnson prepared and presented information on backpack weight and ADHD for the teachers and administrators present at the fair. The information on backpack weight was especially well received with multiple teachers planning to bring in scales and weigh their

students' bags. The interns also provided spinal posture and blood pressure screening. The Spinal Analysis Machine (SAM) drew big crowds as colleagues joked about each other's poor posture.

In April, the Seneca Falls Health and Safety Fair was visited by Amanda Johnson and Justin Fisher. The interns brought materials to inform about chiropractic as a healthcare system as well as information about chiropractic as a career. Although they had to compete with an adorable rescue dog at the next stand, Justin and Amanda spoke to several high school students interested in the healthcare profession. They also spoke to families about the integrated health center on campus.

Autumn Success Panel Shares Secrets to Successful Practice

As Sue Pittenger, Director of the Career Development Center (CDC), launched the first event in the “Autumn Success Series,” she introduced five recent graduates from NYCC who returned to relate their experiences as successful practitioners.

Cash Practice

Drs. Andrew and Andrea (Caverson) Williamson ('00) traveled from their family wellness practice in Mount Airy, Md., and described how they picked a town they loved, opened on a shoestring, did the build-out themselves, and made a profit from day one. Thirty to 40 percent of Dr. Andrea's patients are children. Asked how to start a cash practice, she responded, “You've got to have a picture in your head.” She and her husband promoted their practice by speaking to church groups, performing spinal screenings and posture checks. Dr. Andrew added the need to keep overhead low. As for their NYCC education, Andrea remarked, “The education at NYCC is fundamental, top-notch, wonderful!”

From Florida to Canada

Canadian Dr. Amelia (Mikalenas) Fratnick ('99) extended her student visa. She had been to Florida for an externship in her 10th trimester and continued working there. Having waited six months to get her license, she took a contract position as an associate in a high-volume, multidisciplinary clinic where she saw many motor-vehicle accident patients. After moving back to Canada and getting married, she opened up as an independent, cash-based chiropractor under another chiropractor's roof. She schedules her own patients and keeps her overhead low. Dr. Fratnick urged students to use the CDC's listings when looking for



(L to R) Dr. Joanne Hubley ('99), Dr. Amelia (Mikalenas) Fratnick ('99), Dr. Andrea (Caverson) Williamson ('00), Dr. Andrew Williamson ('00), and Dr. Christine (Devaney) Bellomo ('01)

positions and advised visiting and observing potential employers before signing a contract.

Friendly Canadian Banks

Dr. Joanne Hubley ('99) joined the panel from her successful practice in Toronto. She spoke to a family physician who had space available and set herself up in his office in March 2000. She noted that student loans didn't intimidate her. “Banks want to help you, because chiropractors are successful. You've got support in the community; they know

you can do it.” She started to get patients referred to her from the physician, and before she knew it “things just grew!” She urged her audience to develop their skills and hone their ability to communicate.

Upstate New York Practice

Dr. Christine (Devaney) Bellomo ('01) practices in Victor, N.Y., as well as at the Integrated Health Department of Clifton Springs Hospital. NYCC faculty member Dr. Michael O'Connor had approached her while she worked as a student with him at Clifton Springs. “He wanted an associate and I needed immediate pay! Dr. Bellomo now has two insurance-based practices, one in Victor and one in Clifton Springs Hospital. Serving on the medical staff at Clifton Springs, she finds she gets referrals from others on the medical staff. Bellomo recommended two books: Ivan Delman's *The Business of Chiropractic: How to Prosper After Startup*; and *Personal Finance for Dummies* (both in the CDC).

Her parting words drew laughter from the audience: “Love what you do. I did 11 years in business because I had to. [Chiropractic] is not a drag.”

“As for their NYCC education ... ‘The education at NYCC is fundamental, top-notch, wonderful.’”

Mitochondrial Tune-up Anyone?

Unassuming Mitochondria May Very Well Hold The “Secret” to Youth

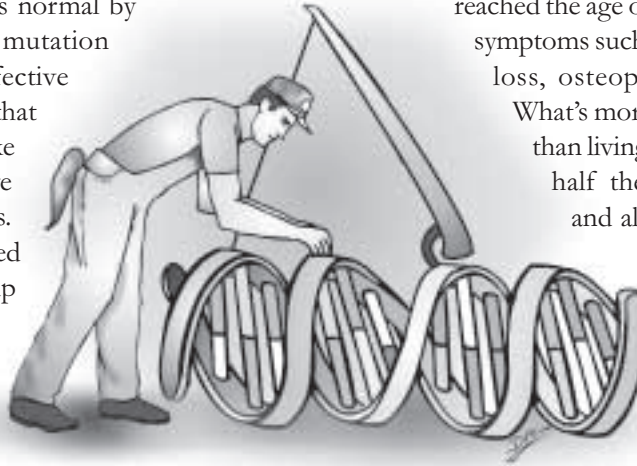
Scientists, interested to learn the precise cause of physical decline with age, may have the lowly mouse to thank for some rather interesting breakthroughs. Nils-Goran Larsson, of the Karolinska Institute in Stockholm, Sweden, caused mice to age twice as fast as normal by accelerating their mitochondrial mutation rate. He did this by using a defective version of the polymerase protein that copies mitochondrial DNA. Unlike the normal polymerase, the defective kind cannot repair many mutations. Nils-Goran feels he has established a clear cause-and-effect relationship between aging symptoms and mitochondria.

Mitochondria, the energy-generating structures found in cells, have long been thought to play an important role in aging. Chemical reactions taking place inside mitochondria generate harmful free radicals that damage

DNA. Generally, much of the damage is repaired.

During the early portion of their lives, one could detect little difference between the treated mice and normal ones. Drastic alterations, however, began to appear when the mice reached the age of 25 weeks – manifesting many aging symptoms such as spine curvature, baldness, fertility loss, osteoporosis, and heart-muscle disease. What’s more, their lifespans plummeted. Rather than living a normal span of two to three years, half the treated mice died after 48 weeks, and all were dead by 61 weeks.

Next, Larsson plans to raise mice that are better at destroying free radicals in order to see whether they age more slowly than normal mice. You can be certain that several drug companies will be watching closely to see whether there might be drugs on the horizon that mop up free radicals and thereby retard the aging process!



NYCC's Student Appreciation: The Future of Chiropractic Philosophy

(Continued from page 13)

- Uncontrolled empiricism in the practitioners who say, “I adjusted and they got better, so chiropractic fixed it” - also known as post hoc, ergo propter hoc (they occurred together, so the first must have caused the second).

- The scientific method or hypothetico-deductive model, in which hypotheses can be drawn from any source, but conclusions aren't reached until the hypothesis is tested.

According to Keating, “Chiropractors are all over the map,” epistemologically speaking. The profession will never unify until it agrees on how to know if something is real or true. “Evidence-based practice means practicing with the best information available,” declared Keating. “Your license gives you permission to use your best judgment.”

Research

Dr. Keating expressed additional consequences arising from chiropractic's lack of agreement about how we know what we know. “Our literature smells funny to the scientific community because we make bold claims and expect them to be accepted without adequate data.” For example, according to Keating, fifty percent of chiropractic college Web sites make unsubstantiated claims. (Fortunately, NYCC's does not.) His advice to practitioners is to follow the practitioner-scientist model, wherein each patient is a potential case report – an uncontrolled clinical observation study.

Economics

The unique economics surrounding the funding of chiropractic education impact the profession's research funding. Most medical schools, by contrast, are subsidized by federal and state governments, private philanthropy, and pharmaceutical companies. As much as 50 percent of a typical medical school's operating budget goes to research, while it is only 5 to 15 percent dependent on tuition. Chiropractic colleges, on the other hand, rely on tuition for 60 to 90 percent of their funding, and less than 5 percent of their operating budgets go to research. Dr. Keating urged local and state chiropractic associations to help fund chiropractic colleges. It would let the colleges admit smaller classes, better qualified students, hire more and best-qualified clinician scholars, and put more dollars in research and scholarship. Such funding would also lower tuition and decrease the students' debt burden.

In Conclusion

Mike Allgeier, fourth-trimester student and former president of NYCC's Student Government Association, asked Dr. Keating what advice he had for students. He responded, “Get skills, subscribe to *JMPT*, and get involved in the art, technique, and knowledge base. Prepare now to be a student for the rest of your life.”

Testosterone and the “Sad Old Man”

The Archives of General Psychiatry reported that men with low levels of testosterone are four times as likely to lapse into depression than are men with normal testosterone levels. A two-year trial involving 278 men aged 45 and older revealed that 20 percent of those deficient in testosterone developed depression. Compare this with only a 7-percent incidence among men with normal levels. Scientists reasoned that perhaps depression resulted from the fatigue, muscle loss and decreased libido associated with lower testosterone levels. The good news? Improvements in mood were observed among patient groups receiving testosterone in combination with antidepressant therapy, as compared with drug treatments alone.



What Makes Some Old Men Crotchety?

Elderly males have lower levels of good HDL cholesterol than their younger counterparts and are more prone to strokes and heart disease. What's more, the *European Journal of Clinical Nutrition* reports that people who eat fish rich in heart-healthy omega-3 fatty acids, such as salmon and tuna, appear to have less hostility than those who don't. One might be well advised to serve fish when springing bad news at the dinner table.

From Death to Sickness

Can you really die of grief? Health experts say the phenomenon does happen. Fortunately, there are some things that people who have suffered a loss can do to pick themselves back up. Suffice it to say, however, that the death of a loved one wreaks havoc on humans' natural defense systems. Grievers often lack energy; suffer headaches; and experience sadness, confusion, fear, guilt, anger, and a yawning chasm of emptiness. Survivors also experience increased incidences of heart disease, cancer, depression, alcoholism and suicide following the death of their spouses. And though there is clearly a “mind-body thing” going on, it's difficult to find a simple cause-and-effect relationship between grief, changes in the immune function, and death. We simply lack tools that precisely measure immune function. Nevertheless, we are very aware that stress suppresses the immune system. What does one say to the survivor of a great loss? There is no verbal elixir; the best way for concerned people to comfort and care for a grieving spouse is just to be there for them, say experts in the field.

Worry and the Common Cold

Research from Carnegie Mellon University revealed that people with positive dispositions were less likely to contract a cold. Over 300 healthy volunteers, aged 18 to 54 years, were assessed for both positive and negative emotions. Then they were given nasal drops containing one of two rhinoviruses that generally induce symptoms of a common cold. In the end, positive participants were less likely to develop a cold than were their crotchety counterparts.

“Focusing”

On Bifocals and the Elderly

Though convenient, bifocal glasses (Benjamin Franklin's clever 1784 answer to failing eyesight) pose dangers to the elderly. The *Journal of the American Geriatrics Society* reported a study wherein researchers examined a possible link between bifocals and risk

aged 63 to 90. Seniors than twice as likely to those who did not.

consider owning two

rather than bifocals, to reduce risks of falling.



of falling in more than 150 people who wore bifocals were more

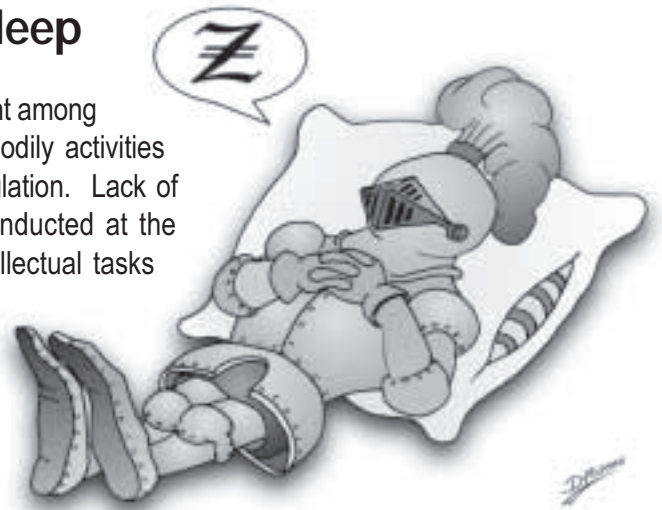
fall during the year than

Elderly people might

separate pairs of glasses,

Live Longer With A Good “Night’s” Sleep

Sleep and Longevity - Trouble with sleeping is a common complaint among the elderly. Unfortunately, sleep deprivation negatively impacts bodily activities such as immune function, antibody production, and hormone regulation. Lack of sleep also causes people to think less clearly. Experiments conducted at the University of Chicago revealed how participants improved in intellectual tasks when given an opportunity to sleep.



Risk Takers Live Longer?

Animals that prefer the predictability of familiar surroundings die younger than their more adventurous colleagues. Studies with rats indicated that “inhibited lifestyles” come with a health trade-off. Rats and other animals either avoid, or explore, new environments — a tendency that persists into adulthood. Heightened hormone responses to mildly stressful events undermine the capacity of inhibited mice to resist tumors and other health threats. Stresses experienced by rats in unfamiliar surroundings caused them to age prematurely and die from relatively small tumors. University of Chicago psychologist Dr. Martha McClintock explained, “This is the first study to show that a psychological trait present from infancy can have *life span* consequences.”

A Good Night’s Sleep Foils Cancer

The journal, *Brain, Behavior, and Immunity* reveals the existence of a relationship between sleep and cancer. It turns out that poor sleep causes imbalances of hormones such as melatonin and estrogen, and that these imbalances can stimulate tumor growth. Disrupted sleep cycles also result in a reduction of cortisol, a stress hormone that aids the immune system in fighting off cancer-causing cells.

Getting “Physical” Promotes Brain Power

Physically fit adults scored better on attention tasks and showed higher blood flow in the frontal-brain area than did their less fit counterparts. In contrast, 14 seniors who completed a six-month course of stretching and toning exercises – but not aerobic exercise – showed little improvement on the attention task. The results came on the heels of animal studies that disclosed how “active” animals were able to learn more quickly. A Society for Neuroscience study reported higher blood-flow levels in the brain capillaries of monkeys that performed treadmill exercises over several weeks. The same applied to mice. Henriette van Praag – of the Salk Institute for Biological Studies, near San Diego – and her colleagues showed how mice that exercised daily on a running wheel learned to swim to a hidden platform more quickly than did sedentary mice. What’s more, new brain cells began to appear in a region of the hippocampus associated with memory. So, if you’re going to forget anything, don’t forget to exercise!

Stay Young – Play Chess



Maintaining mental acuity well into one’s twilight years may require a little cardplaying, book reading, or crossword puzzle solving, according to a study in the *Journal of Epidemiology and Community Health*. Over 5,000 people aged 35-55 were tested for mathematical, vocabulary and short-term memory capabilities to assess levels. Participants exhibiting sharper mental functioning were more involved in leisure activities such as those mentioned above. It appears the elderly benefit from engaging in extracurricular social activities, classes, and visiting cultural sites such as museums.

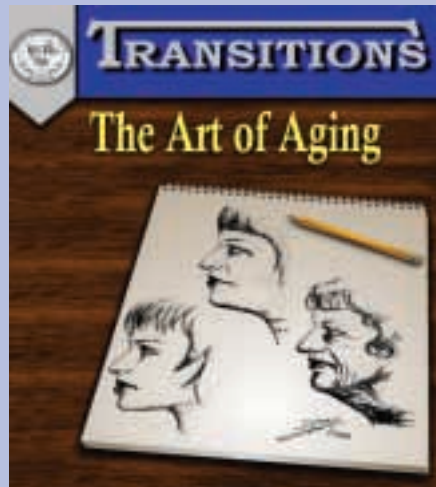
~Series Introduction~

Boomers Roll Up Their Sleeves to “Take On” Old Age

“There probably will be even more creative models as the boomers get older and try to figure out how to live their lives and have their long-term-care needs met,”

Denny McKee, program manager, Department for Social and Health Services, speaking of long-term living accommodations for the elderly.

To thoroughly understand a culture, observe how its citizens treat one another. Pay particularly close attention to the handling of its aged and infirm citizens, for their treatment will likely align with the perceptions of the society at large. Americans, for example, have long identified advanced age (senescence) with debilitating health, increased frailty, organ and system dysfunction, gradual loss of balance, increased incidence of disease, and, alas, encroaching morbidity. Any



wisdom that attends years of earthbound interaction generally goes sorely unappreciated – overshadowed by the more apparent physical ailments. There exists a silver lining, however. A robust and highly motivated segment of the population – indeed, a group that has earned its stripes by proactively wielding its unprecedented financial, popular and political clout – finds itself ever-so-involuntarily sliding into its own “twilight” years, frantically scrambling to regain traction.

Transitions surveys current literature and reports items bearing relevance to featured *Transitions* topics. Our staff makes every effort to relate the information in a relaxed and unencumbered style. We therefore, in many cases, dispense with citations that might otherwise detract from the magazine’s overall readability. While we attempt to ensure that the information provided is accurate, timely and useful, we nevertheless acknowledge the possibility of human error and changes in medical sciences. The authors and New York Chiropractic College consequently cannot warrant that the information is in every respect accurate or complete, nor is the College responsible for any errors or omissions or for the results obtained from the use of such information. Rather, readers are encouraged to confirm the information with other sources. The information herein is for educational purposes only and is presented in summary form in order to impart general knowledge relating to certain clinical trials diseases, ailments, physical conditions and their treatments. The data should not be used for diagnosing or treating a health problem or a disease, nor is it a substitute for sound medical advice. Content herein does not replace the advice and care of a qualified health-care provider. Note also that rapid advances in the medical field may cause this information to become outdated, incomplete, or subject to debate. New York Chiropractic College does not recommend or endorse any specific tests, products, procedures, opinions, or other information that may be mentioned herein. Reliance on any such information provided is solely at your own risk. Finally, practitioners are encouraged to acquaint themselves with their states’ rules and regulations relating to professional practice.

Boomers Roll Up Their Sleeves to “Take On” Old Age

Baby Boomers, Science and Research

Baby Boomers expect that science will divulge the secrets behind senescence and use that information in a last-ditch attempt to retard or hopefully, to reverse the aging process. As it turns out, a generation of baby boomers is unwittingly constructing a shadow world of remedies that mirror the culture’s deepest fears as they relate to advanced age. Death is generally preceded by a decline in function. In addition to extending life, boomers seek to significantly compress the period of physical and mental decline associated with old age.

Boomers are relying heavily on research to relieve the debilitating scourges afflicting their ranks. Diseases such as Alzheimer’s, osteoporosis, arthritis, hypertension and cancer have achieved a new significance as they stand ready to greet a formerly rambunctious generation with identity-robbing forgetfulness, paper-thin bones, achy joints, stabbing chest pains, and sprouting tumors. The American public appears resistant to all notions of a genetically “planned obsolescence.” And to the extent their resistance proves fruitless, they will increasingly fund their scientists in an attempt to alter the genetic code – to, in effect, make an end run around time.

Limits

In fact, longevity does appear to be a function of genes and how well they direct the body to maintain and repair its cells. This is why long life appears to run in families. But there are limits. Human longevity hovers at about 120 years, while the average life span generally falls between 70 and 75 for men, and 75 and 80 for women. The good news is that today’s young people likely will enjoy longer lives. Just a couple centuries ago, more than 80 percent of the population died by the age of 50; now, fewer than 10 percent die by that age.

Now That’s Old !!!

One of the oldest recorded lives was that of Madame Jeanne Calment – from Arles, in France – who died in 1997 at the age of 122. Madame Calment took up fencing at 85, was riding a bicycle at 100, and even released a rap CD at 121. She credited olive oil, port wine, chocolate, and never being bored. Then there is Ms. Njoki Wainaina from Kenya, who claims she was

born more than 15 years before Livingstone met Stanley and is now the ripe old age of 143!

We’re “Rusting” Inside

Outward manifestations of aging appear as damaged organs and impeded systems. Some damage routinely associated with aging arises from the harmful effects of what are known as “free radicals.” This may occur, for example, when some of the oxygen that enters our cells for energy production instead oxidizes the wrong targets. It turns out that the very same oxygen that rusts metal, makes fat go rancid, and causes browning of peeled fruits and vegetables makes us grow old. Boomers look to science for therapies that may boost some of the body’s natural defenses, such as the anti-oxidant enzymes that guard our cells against free-radical attack.

Negative Factors (and Silver Linings) Regarding Aging

In January 2004, *Integrative Medicine* carried an article by David Jones, M.D., Jeffrey Bland, Ph.D., and Sheila Quinn that explored the various influences on aging – from chronic disease to diet and lifestyle. The greatest negative factors impacting long, quality lives, it turned out, were smoking, poor body-mass index, and poor patterns of exercise. Emotional components characterizing stable marriage also played an important role in successful aging. The authors concluded that, fortunately, there are things people can do to favorably modify the health risks normally associated with aging – enabling those of advanced age to live with vigor and functional independence. Healthful lifestyle activities resulted in reduced loss of function and fewer chronic illnesses during one’s life.

Nature vs. Nurture

Just how important is the role of lifestyle and environment in the aging process? More specifically, can “clean living” stem its ill effects? It isn’t really all about genes, is it? An article published in the *New England Journal of Medicine* in 2002 reported the observations of 44,788 pairs of twins in Sweden.

(Continued on next page)



Boomers Roll Up Their Sleeves to “Take On” Old Age

The twins did not experience cancer at the same rate, signifying that inherited genetic factors made only minor contributions to cancer susceptibility. Therefore, the environment must have played a rather significant role. Some genes, for example, may require particular individuals to ingest more of a specific vitamin or mineral than others in order to maintain good health. The degree to which genetic expression is impacted by diet and environment is greatly underestimated. Specific vitamins and minerals, for example, have been known to restore genetic activity and expression to near-normal levels. It is no coincidence that the quarter of the human population eating the *fewest* fruits and vegetables suffers double the cancer rate when compared to the quarter with the highest intake of healthy produce.

Changing Our Habits

Though we cannot easily alter our genes, we certainly can change the behaviors that determine the expression of those genes. Happily, illness is not a predetermined consequence of aging. Science may assist both our genes and our genetic expression. Knowing a patient's genotype will likely become more important to health providers as adopting health-promoting lifestyles and establishing favorable environments help minimize the risks associated with aging.

The Gene and Environment “Dance”

Aging is largely about characteristics governed by genetic expression within a given environment. Scientists are not so interested as they once were about finding a “cancer gene” or a “heart disease” gene, but rather have come to the conclusion that age-related diseases arise through an interaction between a variety of genes immersed within a given environment. Genes do not cause specific diseases of aging so much as they represent strengths and weaknesses within people's systems. The result is either resistance to or susceptibility for age-related diseases. Some fortunate people have more genes that are able to resist the ravages associated with their particular environment and lifestyle. Illnesses that are associated with age generally result from a *blend* of genetic susceptibility factors given particular environmental exposures. Together, lifestyle and environment significantly determine the development of many chronic diseases associated with aging. Pinpointing precisely where lifestyle begins and genes end is anyone's guess. Suffice

it to say that the two interconnect to weave a truer and more complex picture of health. Added to this formula should be the accumulated effects of antioxidants through normal cellular metabolism. What is becoming increasingly clear to doctors is that the treatments uniquely geared to a particular patient, in terms of effectiveness and cost-effectiveness – lifestyle changes – are often the most difficult remedy to administer. In addition to our inherited genes, we also inherit custom, culture, habit and patterning. Eating *habits*, for example, and exercise *routines* can lead to healthy aging through proper nutrition and fitness.



Eat Right

Nutrition creates an environment of pinpoint dimensions (as local as the mitochondrial level) that can enhance or retard gene expression. It turns out – when it comes to nutrition, vitamins and minerals – that one size *does not* fit all. There are genetic variations among people that will require some to consume 50 times more of a particular vitamin or mineral to maintain good health. Diseases whose origins were unknown in 1950 can now be understood

as conditions associated not with malnutrition, as the term was generally understood at the time, but rather with *undernutrition* based on the individual's unique genetic needs. According to scientists, even the most common micronutrient deficiencies are likely to damage DNA. Conversely, it was discovered that feeding old rats the normal amounts of mitochondrial metabolites, acetylcarnitine and lipoic acid made them as mobile as young rats, restored mitochondrial function, and lowered oxidants to youthful levels. Nutrition can be tailored to fit the needs of a person's particular genes and thereby encourage the suppression of pathological processes. In this sense we all share a high level of control over our health, and sickness is no longer seen as simply a natural consequence of advancing age. Nutrition is not the whole of healthy lifestyles, however.

Can We Keep Growing Older?

Some scientists are convinced that we cannot extend life expectancies in the 21st century as we did in the 20th century. They do not see the same large incremental improvements in

(Continued on next page)

Boomers Roll Up Their Sleeves to “Take On” Old Age

public health measures, nutrition, and medical care being duplicated. According to them, the lifestyle changes, surgical procedures, vitamins, antioxidants, hormones and genetic engineering techniques required to repeat the prior gains are simply not available. On the other hand, were one to review world expectancy data, a steady continuation of life-expectancy progress becomes apparent: a linear incline from 1840 to 2000, as life expectancy rose by 2.5 years each decade for over a century and a half. Perhaps it is unreasonable *not* to expect a similar extension of life spans to continue accordingly.

Who Are the Boomers and Where are They Going to Live?

The youngest boomers – those born in 1964, at the end of the birth explosion that began in 1946 – are rapidly turning 40. They are considered “middle aged” in a society where the life span is approximately 75 years for a man and 80 for a woman. What the government wants to know is this: Where are they going to live? How do we best care for them? Elders who are entering their twilight years ask similar questions, in addition to wondering how best to care for themselves. Boomers have made a name for themselves and are known for having clearly, if not noisily, expressed their needs and desires. We may not know exactly how many baby boomers will reside in nursing homes. We do know, however, that about 14 percent of the

boomer population will require extra care – nearly 11 million of them – in part due to an American public that has eaten its way to obesity and embraced the sedentary life encouraged by television and computers.

A Change in Complexion

The long-term care industry will have to make major changes to accommodate the boomers. There are approximately 2 million nursing home residents and over 1.5 million people in assisted living facilities and homes for adults. By 2020 these numbers will double. Over 40 percent of the people over 75 will need extensive healthcare services late in their lives. The racial and ethnic makeup of elders within the U.S. is changing as well. An over-65, non-Hispanic white population recently represented 80 percent of the population. These proportions are changing significantly. By 2050 older adults that are non-Hispanic whites will make up 64 percent of the population, while minority ethnic groups will double to 36 percent of the population. This continuing change in the ethnic/racial makeup of the U.S. cannot help but impact many health areas and approaches to long-term care.

The Elderly: Effects of Depression and Unsocial Environments

The prevalence of depression in older adults who live in long-term care settings is a condition that clearly impacts the quality of their lives. Depression settling in after placement in long-term care is a factor that may be amenable to change, though its cause is not entirely understood. It may be related to adaptation to change, the loss of independence, healthcare management, long-term care experiences, loss of association with family members, or to multiple factors. The patient’s physical environment directly impacts his or her daily experience of safety, dietary needs, and personal hygiene. Social environments affect feelings of independence and autonomy. It is beneficial for people to be able to make immediate daily life and healthcare choices.

The Elderly - Benefits of Friendship and Socializing

Being socially interactive and doing things one wants to do help promote health. Friendships keep people from feeling isolated and lonely – emotions that are closely associated with illness, discomfort, and general ineffectiveness as a person. Friendships and personal relationships that encourage feelings of faith and hope result in demonstrably higher levels of im-

Total Population Ages

40-59	78,076,203
40-44	23,001,724
45-49	21,302,064
50-54	18,781,873
55-59	14,990,542

Source: US Census Bureau

A study conducted by the Rehabilitation Institute of Chicago revealed that 79 percent of the nation’s youngest boomers embrace the idea of staying healthy and active as long as possible. They feel that they will continue to be active beyond the age of 70, and half think they will be that way at age 80. As many as 93 percent plan to seek some form of medical intervention when they feel their bodies slowing down.

(Continued on next page)

Boomers Roll Up Their Sleeves to “Take On” Old Age

immune system functioning. Consequently, social engagement is a critical element for successful nursing-home environments. Social activities are known to favorably impact people’s physical and cognitive states and to improve overall life satisfaction. Other instances of social interaction and connectivity are expressed through participatory selection of roommates, the proximity of residents, and the volume of radios and televisions.

Creating An Empowering and Aesthetic Environment

Geriatrician William Thomas, M.D., in his 1997 book titled *A Life Worth Living*, has helped usher in a trend that is catching considerable attention in North Carolina and elsewhere. For example, Dr. Thomas encourages the refurbishment of traditional facilities into lush, natural habitats brimming with plants, animals, and people of all ages in hospitable, home-like environments. He is well aware that people want autonomy and that they are healthier and happier when they can actively and meaningfully participate in everyday matters, even in choices involving dinner menus. Whether the social group collectively observes happy hours, coffee houses, sports activities, book reviews, current events, or Bible study, the act of remaining “connected” does wonders.

In keeping with the benefits that attend autonomy and active participation in daily decisions, elders who have learned helplessness are instead encouraged to engage in activities likely to restore their sense of control and empowerment. Attention turns from traditional concepts of disease, disability, and decline to the insidious problems associated with loneliness, helplessness and boredom which decay a person’s spirit. Where such changes have occurred and the homes have democratized management decisions, empowered residents, and cultivated environments of companionship and self-sufficiency, the mortality rate has dropped as much as 15 percent and staff turnover has declined an impressive 26 percent.

The “Unspoken” Disease of the Elderly

A number of surveys confirm that sexual activity persists among the aged. Consequently, sexually transmitted diseases,

including HIV, are a real possibility among residents of nursing homes. In fact, 10 percent of all AIDS cases occur in persons over age 50, and the fastest growing HIV group is single women over 50. The problem is compounded by the fact that elderly patients may be more likely than younger adults to deny that they might have been afflicted by sexually transmitted disease. There is also a tendency for geriatric patients to avoid seeking healthcare for them.

Physical Touch and the Elderly

Doctors of chiropractic have long recognized the positive healing aspects associated with physical human contact. Touch is regarded as a major aspect of holistic healing’s mental, spiritual and physical components. Infants die, or suffer physically and psychologically, when they’re not touched. Unfortunately, many of the elderly are singles who are experiencing severely restricted opportunities for social, therapeutic and intimate physical contact. Their need for contact nevertheless continues.

Further Research and Chiropractic

Of particular significance to doctors of chiropractic is the government’s interest in research that will help decrease falls and injuries, prevent and reduce oral infections, improve pain management, and increase functional mobility, physical activity, and restful sleep. Mechanisms that cause death through natural aging rather than from chronic illness need to be investigated. Additional research is currently looking for ways to help the elderly maintain and improve health factors related to skin integrity, nutrition, hydration, dentition and oral function, and continence. Social and psychological aspects of aging are worthy research topics as well. The U.S. government, a considerable subsidizer of elder care, is exploring ways to improve and maintain social engagement and cognitive stimulation in the elderly populations. Chiropractic is particularly well-positioned not only to help conduct the much-needed research, but to execute treatment plans especially suited to their method of health delivery – treatments that are uniquely suited to deliver the sort of hands-on, attentive, and psychologically enriching relief the elderly both need and desire.



Are Postmenopausal Women More at Risk for Heart Attack?

Jonathon Todd Egan, 5th Trimester

Before the onset of menopause, women are far less likely to suffer a heart attack than men. The production of estrogen helps protect premenopausal women from the harmful effects of cholesterol. However, after menopause, the risk equalizes and women past 75 years of age are at significantly higher risk than men. Because cardiovascular disease is the number one killer of women, it is critical to comprehend how the sudden loss of estrogen at menopause profoundly influences cholesterol levels in women and, armed with that knowledge, learn how best to diminish the associated risks.

How Cholesterol Gets Around

Ingested fats and cholesterol are packaged into chylomicrons in the small intestine. These chylomicrons travel through the lymphatic system and dump into the bloodstream adjacent to the heart. They then travel through the bloodstream and release their fatty components, which can be converted into energy or stored as triglycerides. Chylomicrons that have distributed their fatty acids return to the liver as chylomicron remnants. Repackaged, they leave the liver with cholesterol at their core, ready to distribute fat and cholesterol as VLDLs, which become LDLs (the so-called “bad” cholesterol).

Various receptors on different cells and tissues in the body respond to these molecules. Receptors for LDLs are found in the walls of blood vessels – showing a connection to atherosclerosis – and in the liver. Counteracting the effect of LDL, HDL (“good” cholesterol) gathers cholesterol from tissues and returns it to the liver, where cholesterol can be repackaged and distributed again as VLDLs and LDLs.

Estrogen’s Role

If something were to block HDL from returning cholesterol to the liver, then HDL could scavenge cholesterol from the body but never release it for production as LDLs. As long as the blocking effect lasted, HDL would gather cholesterol and circulate harmlessly. *That blocking effect is exactly what estrogen provides in premenopausal women.* In these women, the HDL scavenger receptor is blocked and the enzyme in the liver that breaks

down HDL (hepatic lipase) is reduced. These women have blood filled with miserly cholesterol scavengers, keeping their short-term risk of coronary artery disease much lower.

However, this lowered risk may not be as pronounced a phenomenon if the high level of HDLs that protect these women from heart attack are negated by bad health habits such as a poor diet or a sedentary lifestyle. The temporary blocking of HDL by estrogen is combined with premenopausal women’s production of hormones that offer additional heart attack protection.

Menopause and Heart Attack

The temporary protection provided by HDL ends upon the commencement of menopause. When estrogen production ceases, the receptors for HDL scavengers are unblocked. Hepatic lipase in the liver begins to break down HDLs and release the cholesterol as VLDLs and LDLs. Cholesterol usage in hormone production slows. In a comparatively short time, these women see their risk for coronary artery disease become nearly equal to that of men. Dr. Mary Balliett, NYCC faculty member and nutritional expert, notes: “The most important thing to remember is that elevated HDLs in women are partially due to the fact that the receptor for HDL cholesterol in the

liver is blocked by estrogen, and the enzyme that lets the cholesterol get off is increased by testosterone.” If a woman at the junction of menopause has slightly elevated cholesterol (say 210), but it’s due to the elevated HDLs, the estrogen can decline [at menopause], and the cholesterol from the HDL can then ‘get off’ at the liver and get on an LDL. The cholesterol is used due to an increase in LDL.”

Consequently, women who are approaching menopause should have their cholesterol levels evaluated and should concentrate on lowering their total cholesterol. The artificially high HDLs will pose a problem. Dr. Balliett reminds women that HDLs are important, but the source matters: “It is very important for perimenopausal women to have HDLs that are created from exercise and not due to the fact that the liver recep-



(Continued on page 48)

A Chiropractic Student Views Treating the Elderly

by Eoin Gregory, 2nd Trimester

Chiropractic has witnessed its patient demographics undergo dramatic change over the past 100 years. Get ready, because the American public and the chiropractic profession are about to experience yet another transformation as a significant shift in the number of elderly Americans contributes to both an expansion of existing patient pools and a change in the complexion of health treatments and health maintenance. Practitioners and students who recognize this trend can seize opportunities by equipping themselves with the requisite skills to treat these patients.

Boomers, They are Aging!

As soldiers returned home from World War II, settled down, and started families, they initiated the American 20th century's most impressive birthrate. The baby boom generation, as it has become known, is celebrating birthdays complete with candle-clogged cakes. The bulk of them will start turning age 65 in 2011. And by 2030, 20 percent of Americans will top 65. The number of Americans over 85 will also increase by more than 400 percent, from four million in 2000 to an estimated 19 million in 2050.

Baby boomers saw an America quite different from that of their parents. Advances in technology, health care, leisure and education all contributed to the development of a uniquely independent and active generation whose lifestyles anticipate and demand high levels of energy throughout their later years. This group is not about to let old age slow them down! Fortunately for us, this is the very generation that will derive the most benefit from chiropractic treatment.

Unique Requirements of the Geriatric Patient

The geriatric patient has unique and complex needs. According to Dr. Julie Plezbert, a geriatric specialist at New York Chiropractic College, care for the average geriatric patient is very individualized. Each patient should be evaluated to differentiate between correctable physiopathologies and general age-related changes. Normal age-related changes may include reduced vision and hearing, decreased mobility, depression, and other mental ailments. Since some of these maladies afflict only some of the elderly patients, intake processes and patient interactions must be geared to identify such deficiencies.

Proper Assessment

Complete and proper assessment is key, according to Colleen J. Hewes, D.C. She writes in her article "The Challenge of the Geriatric Patient" how important it is to understand the complex associations between chronological age and functional disability; and she encourages doctors to evaluate individuals on the basis of their previous medical and psychological history, functional status, lifestyle, and health goals. Hewes also states that geriatric patients want practitioners who can perform thorough assessments and achieve accurate clinical impressions through interpretation of multilayered pathological and nonpathological symptomology.



The Effectiveness of Chiropractic Care

Many medical problems facing the elderly accelerate as they continue to age. According to Dr. Plezbert, a domino effect that includes both traumatic and nontraumatic injuries can catapult previously healthy individuals into conditions of immobility as they try to avoid painful movements. The resulting atrophy of muscles and steady decline in function then leads to depression and even premature death. Accidental falls that result in hip injuries and fractures often precipitate the spiral of decline. Early chiropractic intervention that increases mobility, muscle strength and flexibility postpones the decline. Several recent studies have shown that regular chiropractic geriatric care is very beneficial. Practice-based research conducted through the Palmer Center for Chiropractic Research revealed that patients receiving chiropractic care reported a decrease in pain commonly associated with back pain and a resulting 7.3 percent discontinuation of pain medication.

Geriatric Care's Inherent Sense

As the cost of health care climbs and the population of older Americans rises, health-care companies, governments and individuals will inevitably look for cost-effective alternatives. For many – particularly geriatric patients – chiropractic will present advantages. As clinicians and students, we will strive to obtain the skills adequate to properly evaluate and treat these special patients.

Dr. Paul E. Dougherty and Treatment of Older Adult Patients

Jonathon Todd Egan, 5th Trimester

This issue of “Transitions” focuses on topics related to older adults. To find out about chiropractic treatment of these special patients, we met with Dr. Paul E. Dougherty, NYCC Assistant Professor and Director of Chiropractic Consultative Services at Monroe Community Hospital in Rochester, NY. In that hospital setting he treats the aged and chronically ill. We talked to him about his own background in chiropractic, and about his insights for students and doctors of chiropractic interested in working with the elderly and/or in hospital settings.



Dr. Paul E. Dougherty

and I learned a lot from them as I observed surgeries and watched them in rounds.

T: Did you want to teach going into school?

Dr. D: I wanted to teach as I went through chiropractic school, but I knew that I needed practical clinical experience first. My undergraduate education helped shape my critical thinking and encouraged an interest in research. I think we’re *all* shaped by education, to some degree, to be inquisitive and to be critical thinkers.

Transitions: What was your first experience with chiropractic?

Dr. Dougherty: I grew up with chiropractic. My parents were of the belief that you first try the chiropractor, and if that didn’t work, then go the other route. The reason I became a chiropractor was because of the doctor I went to as a kid. When I was eight or nine years old, my dad hurt his back really bad. He was in bed for six or eight weeks, and the chiropractor would come to the house. My dad got better, and from that time on I don’t remember wanting to become anything but a chiropractor.

T: Where did you end up going to chiropractic school?

Dr. D: Logan. That’s where my field doctor went.

T: What were some experiences you had as a student that influenced you?

Dr. D: I’m going to give four examples. One was Norm Ketner, D.C., DACBR, my radiology professor in school – a very intelligent man who was both knowledgeable and confident. The other was Glen Bub, D.C., DABCO, the D.C. in charge of the orthopedics when I was in clinic. The third influence came through my technique professors – all were chiropractors with active practices and were people I emulated. They were great doctors who were unafraid to adjust anything. Finally, my tenth-trimester, six-week hospital externship helped shape my career. The orthopedic surgical residents respected my opinion

I did my undergraduate at Northwestern College in Iowa. They had a strong biology department with a 90-plus acceptance rate into medical school. Though my biology advisor was very anti-chiropractic, he required that I be critical as I thought things through. I took that critical thinking to chiropractic school with me. As you know, in chiropractic school you’re sometimes told, “Trust me, this works.” I couldn’t accept that, however.

T: What experiences have since helped you move any of that out of the gray?

Dr. D: The longer I’m in practice, the more I read. The more I do research on my own, the more I realize how little we truly know. I work in a university-based hospital (associated with the University of Rochester) that has a great reputation. I am constantly surrounded by people who are experts in their respective fields. They all admit, “We know so little.”

T: When Dr. Keating was here at NYCC, he spoke about the profession’s need to address some of these issues. What did you think of Dr. Keating’s presentation?

Dr. D: He’s right — we still have a lot of growing up to do. We need unity in the profession. We need to have a vision. Over the next few years we as chiropractors have to define where we’re going, and right now we’re a disaster [laughs] – largely

(Continued on next page)

Dr. Paul E. Dougherty and Treatment of Older Adult Patients

(Continued from page 29)

due to our disunity! I'm on the board of directors of the New York State Chiropractic Association, and I think NYSCA is moving in the right direction when they say, "Integration into mainstream healthcare is coming whether we like it or not." As we move in that direction we need to define ourselves as a profession.

Also, I feel strongly that post-graduate education is vital for the profession. Would I advocate that everybody should do some kind of post-graduate education? – Absolutely!

T: NYCC offers a few fellowships. Are there other things you're thinking about?

Dr. D: I'd like to see the creation of a geriatrics specialty in chiropractic. Let's face it, geriatrics is the future. I believe that by the year 2020, Medicare is projected to consume five percent of the Gross National Product. When you think about where we're going, we'd better be ready to treat older people – because they're definitely coming.

T: When did you start working with the elderly?

Dr. D: I was in practice for 12 years before I came to NYCC. I didn't focus on geriatrics until I went to Monroe Community Hospital in January 2003. Over the past year I've concentrated in the treatment of older adults and the chronically ill. Drs. Donald Dishman and Paul Katz (the Medical Director at Monroe Community Hospital) started the program. Dr. Dishman commuted to the hospital two half-days a week for the year 2002 and established a favorable reputation for chiropractic. When NYCC and the hospital wanted to expand the program and run a full-time clinic there they approached me, largely due to my previous hospital experience.

T: What has the experience been like?

Dr. D: I love it! And its not just older adults – I'm treating older adults and the chronically ill. My goals have changed from those I held in regular practice, namely to bring patients in, get them pain free, get them back to living a normal life — work-

ing without restrictions and that kind of thing. Currently, our goals are less pain and better quality of life. For example, we were treating a deaf-mute gentleman in his mid-seventies who could no longer walk. He complained of a sudden onset of left hip pain and we treated him, we did things like flexion distraction and adjusting. Now he can walk from his wheelchair to the chiropractic table without assistance. In fact, he can walk down the hall better *without* a cane than he could before with one. Another patient's goal was to simply write a letter; she just wanted to be able to move her arm enough to write a letter. Another woman just wanted to comb her hair. We care for patients suffering from dementia. We treat young people with multiple sclerosis and with ALS, and Parkinson's. These patients are simply striving to improve the quality of their lives. Clearly, it's a whole different world, but it's a great

one. I love being there because it gives me a different perspective on life. I am very thankful that I can get up in the morning and walk and that I can dress myself, take care of myself, and read a book.

T: What are you careful to do when adjusting the elderly?

Dr. D: That's a good question. Chiropractic schools teach that osteopenia and mild to moderate osteoporosis are relative contraindications for manipulation, and that severe osteoporosis is an absolute contraindication. They also teach that anticoagulation therapy is a contraindication to High Velocity

Low Amplitude (HVLA) manipulation. We're starting to dispel many myths. We adjust patients who have moderate to severe osteoporosis, and we're using HVLA manipulation. We simply modify the way we do it and the amount of force applied. For example, we modify the adjustment in the thoracic spine by performing it with the patient supine as opposed to prone. When we do lumbar, we don't do the traditional lumbar adjustment; we move the leg a little differently and put less stress on the spine and the hip. Side posture manipulation where the knee is flexed and the hip adducted is just not fea-



(Continued on next page)

Dr. Paul E. Dougherty and Treatment of Older Adult Patients

(Continued from previous page)

sible in these older adults who have such severe degenerative changes in the knee or in the hip. Their range of motion is significantly decreased, so I must alter the way I do things. Consequently, we're having great results; and I'm hoping that we're going to be able to set some trends in treating particularly the chronically ill.

T: What are your elderly and chronically ill patients looking for when they come to you?

Dr. D: They want less pain and a better quality of life. They're not looking for us to cure their diabetes or their Alzheimer's. They just want to feel better, plain and simple — to be able to do more things. For example, we have one MS patient who has bad contractures in his legs. When the nurses would dress him, he would suffer great pain as they tried to straighten his legs to put his pants on. When we were able to improve the flexibility of his legs, he was much more comfortable getting dressed. Another patient, who smoked, chronically suffered with thoracic spine pain from her chronic obstructive pulmonary disease (COPD). She loved getting adjusted because it improved her breathing temporarily. Now we are submitting a grant to explore COPD and the benefits of manipulation.

T: Do you have a particular philosophical approach or way of treating these patients?

Dr. D: Yes. Treat patients with respect; and second, have fun with them. We do a lot of joking; they love to pick on me. Treat them, as you would want to be treated. Oftentimes, older people get treated like they're less than human. They deserve respect.

T: What are some steps students or doctors can take who are interested doing hospital care?

Dr. D: First, decide what it is you want to do in a hospital. There are a number of possibilities. In Binghamton, for example, I performed manipulation post-injection. In Ithaca, I was part of a clinic's pain management team. Here at Monroe Community Hospital, I serve as a specialist as part of a team in

the consultative clinic. Define very specifically what you want to do in the hospital and show others how both the hospital and patients will benefit.

T: What do you see as the future of complementary care?

Dr. D: I firmly believe that the integrated model that we at NYCC are striving to achieve is the future of healthcare. We chiropractors must make every effort not to restrict our practices to the treatment of white, middle-class people with back pain. We need to treat minority populations. We need to treat underinsured populations. There are 14,000 Hispanics in Rochester. I would love to see an NYCC clinic in a Spanish-speaking area. I am anxious to extend beyond this little white, middle-class niche that we have.

T: How significant is chiropractic's role in the future of geriatric care?

Dr. D: Forecasts indicate that the number of people over 80 by 2050 will be staggering. Consider the annual cost savings of delaying the onset of a disease by five years: Alzheimer's disease, \$50 billion; nursing home admissions, \$40 billion. Also include stroke, hearing loss, incontinence, hip fracture, Parkinson's disease. Chiropractic must demonstrate its important role in disease prevention.

T: What is NYCC's role?

Dr. D: NYCC is one of the leading influences in integration. Also, since research is sorely needed to help demonstrate chiropractic's effectiveness, and since clinical trials are traditionally conducted in academic settings, NYCC is bound to play an important role. Take, for example, the Coulter study that showed how patients who underwent chiropractic care were less likely to be admitted to nursing homes. These same patients, it turns out, were also more likely to exercise and to remain active. Postponing nursing home admission could save the country billions of dollars, and chiropractic's contribution to this saving is now more clearly seen.



Monroe Community Hospital

(Continued on page 43)

A “Berry Good” Brain Food

Blueberries may keep you young. At least they keep rats young, according to an article published in *The Journal of Neuroscience*. Rodents that consumed blueberries recovered coordination normally lost with old age. James Joseph, of Boston’s Tufts University, studied antioxidant-rich foods like strawberries, spinach and blueberries. Antioxidants actually reversed some memory loss linked to old age by ridding the brain of damaging free radicals. The rats fed blueberries not only showed improvements in memory, but also had better balance and coordination in tasks such as running along a rod. This result was likely due to the polyphenolics they contain.

Reducing Strokes “By the Bushel”



Fruits and vegetables reduce the risk of stroke – so says *Stroke* (a journal of the American Heart Association). The journal reported that more than 40,000 men and women who ate green and yellow fruits and vegetables daily experienced a 26-percent reduction in the risk of total stroke, compared to those consuming the foods only once weekly.

When Your Brain Gets “Fat” – Literally!

A fatty diet can clog your brain as well as your coronary arteries. Toronto’s Baycrest Centre for Geriatric Care fed 1-month-old rats a diet rich in animal and/or vegetable fat until up to the age of 4 months. Though 40 percent of their calories came from fat, the diet was otherwise nutritionally complete. Control rats got the standard lab chow containing only 10 percent of calories from fat. Rats on either kind of high-fat diet performed much more poorly on learning and memory tasks than did the lean rats. Researchers figure fat prevented the brain from taking up glucose and possibly even interfered with the action of insulin, which helps regulate blood sugar levels. High-fat diets are known to cause insulin resistance. Since many adolescent children get 40 percent of their calories from fat, developing neural pathways could become permanently damaged, say the scientists.

Honey, “Pleeze” Pass the Honey

The American Chemical Society reported that honey contains the same amount of plaque-fighting antioxidants as spinach. In addition, honey is richer in antioxidants than apples, bananas, oranges and strawberries. Drinking a mixture of water and honey (about four tablespoons per 16-ounce glass) can significantly improve the antioxidant levels in the blood.



According to DrWeil.com



Six Simple Ways to... Uh... Prevent Memory Loss

1. Exercise your mind with crossword puzzles, mind games, challenging reading, or educational classes.
2. Exercise your body for better mental function through improved circulation.
3. Eat a diet rich in antioxidants and omega-3 fatty acids. Vegetables and fruit for antioxidants; fish, flax seeds and walnuts for omega-3s.
4. Limit alcohol consumption.
5. De-stress through daily breathing exercises, and practice relaxation techniques such as meditation or yoga.
6. Take a multivitamin that contains B vitamins. Folic acid, B6 and B12 are essential to maintaining healthy nerve function.

Why the Elderly Gain Fat So Easily



As the human body ages, the amount of lean muscle tissue decreases. This natural result of aging is compounded by the inactivity that often attends advanced age. The combined effect of muscle loss and inactivity results in a lowered capacity to burn fat. As a simple rule of thumb: Whenever one loses muscle, the body is less able to burn fat. Consequently, that unburned fat will be deposited throughout the body. The answer to this dilemma? Since inactivity and diets result in muscle loss that increases fat deposits, simply eat less fat and get more active.

Cut Calories and Live Longer

It has long been known that restricted-calorie diets extend the life spans of animals. Animals on a near-starvation diet lived up to 50 percent longer! Scientists were curious to know more about the association. The longer life was linked with lower body temperature, lower levels of insulin in the blood, and less of an age-related decline in levels of a steroid hormone called DHEAS that accompanied restricted caloric intake. When men in a test study did not restrict caloric intake but still exhibited the metabolic changes normally associated with restricted calories, they too lived longer. Consequently, researchers at the National Institute on Aging, in Maryland, are now considering ways to trigger the favorable metabolic changes without first having to starve any subjects.

Kidney Stone Likelihood “Tumbles” With Cranberry Juice

The many people who drink cranberry juice to help prevent urinary-tract infections and kidney stones were pleased to learn their efforts were not in vain. Participation by 20 South African men with no previous history of kidney stones helped researchers assess the influence of cranberry juice on urinary risk factors for formation of calcium oxalate kidney stones. The cranberry juice significantly altered three key urinary risk factors: Oxalate and phosphate excretion decreased, while citrate excretion increased. There was also a decrease in the relative supersaturation of calcium oxalate, which tended to be significantly lower than that induced by water alone.

Grapefruit Burns Calories, Aids Weight Loss

Over 100 overweight volunteers on varying diets were divided into three groups. One group ate half a grapefruit three times a day, another group drank a glass of grapefruit juice prior to every meal, and another had no grapefruit. After 12 weeks, grapefruit eaters had shed an average of 3.6 pounds, with some losing as much as 10 pounds. The juice drinkers lost an average of 3.3 pounds, and those without grapefruit in the diet lost only 0.5 pounds apiece. Researchers figured the grapefruit, facilitated by insulin, helps burn sugar – good news for obese folks and the over 18.2 million diabetic people in the U.S. What’s more, grapefruit supplies vitamin C, potassium, and dietary fiber.

Staying in the “Pink” With “Orange”



Research by Australia’s Commonwealth Scientific and Industrial Research Organisation revealed that a daily diet which includes oranges and citrus fruit can reduce mouth, larynx and stomach cancers up to 50 percent, and reduce strokes by nearly 20 percent.

Slim Down With Vitamin C

Researchers at the University of Colorado report that adults between 60 and 74 years old who take vitamin C can boost their average metabolism by almost 100 calories a day. Consequently, older adults may use vitamin C to fight a weight-gaining condition in their cells that leads to lowered metabolism. Vitamin C is an excellent antioxidant that retards the accelerated aging caused by free radicals within the body. Free radicals also suppress the body’s resting metabolism and reduce its ability to burn off fat. By fighting free radicals, vitamin C helps older adults boost resting metabolism and eliminate associated weight gain.

Heart Disease? Be Happy — Don’t Worry!

If you can’t change things, then don’t worry about them! At least that’s the advice suggested in a study conducted by Harvard School of Public Health researcher Laura Kubzansky, Ph.D., involving 1,759 men with no history of heart disease. She assessed the men as to the extent of their worries in five areas: social conditions, personal health, finances, aging, and religious faith. Those who worried most about social conditions were more than twice as likely to develop heart disease than those who worried less about social conditions. Worry associated with the other four categories showed only weak associations with risk of heart disease. So, be happy – don’t worry.

Acupuncture: An “Age Old” Remedy for Old Age

Marilee Murphy, L.Ac., R.N.
Dean for Graduate Programs in Acupuncture and Oriental Medicine

Acupuncture and Oriental medicine can significantly contribute to the health of the elderly. Over the past 15 years, some of my most rewarding experiences as a practitioner have arisen through relationships with elder patients. This is probably due to the fact that many of them came regularly for treatment once they established themselves as patients. I became a key player within their support system. It is gratifying to hear their expressions of appreciation and those of their family members.



Marilee Murphy, L.Ac., R.N.

Most elder patients seek acupuncture treatment for help with chronic health problems and for relief of pain. Treatment offers a wonderful nonpharmacological alternative in the treatment of headaches, osteoarthritis, and musculoskeletal pain. Recent studies have shown that treatment can help with incontinence and post-stroke rehabilitation.^{1,2} Results of acupuncture include increased mobility and function, and for the elder population this can make a significant difference in their ability to continue with certain activities, such as gardening. For instance, I have an 85-year-old patient who still lives alone, heats with a wood stove, and maintains a 40-square-foot garden! In managing osteoarthritis and back and neck pain, she relies on regular acupuncture and chiropractic treatments once each month for comfort and mobility.

Re-establishing Balance

With all acupuncture and Oriental medicine treatment, the goal is to restore healthy, dynamic balance to the flow of one's *qi*, also referred to as life force or - in more Western terms - electromagnetic energy of the body. In Chinese medicine, symptoms of disease are indications of imbalance; restoring balance to the flow of *qi* in the body promotes healing. Treatment has localized effects on tissue that reduce inflammation, relax musculature, and improve mobility. In addition to its localized effect, acupuncture treatment addresses many conditions through its systemic effects.

Western science is curious to learn more about the basis behind acupuncture's success. The physiological effects of acupuncture therapy cannot be explained in terms of a single

mechanism, but rather as a series of interactions between the nervous, endocrine and immune systems. Recent use of functional MRI in research lends support to the existing evidence of human physiological responses to acupuncture. Dr. Kathleen Hui's research from Harvard Medical School points toward a coordinated modulatory effect of acupuncture on a widely connected limbic-system neural network and on closely related cortical and subcortical structures. Modulation of the network's dopaminergic tone may also be involved. Such a pathway may constitute the initiating steps by which

acupuncture regulates multiple mind and body functions, and elicits diverse clinical effects.³

The elder population encounters some barriers to treatment. For example, patients on a fixed income sometimes lack the necessary funds for treatment, and Medicare does not currently cover acupuncture therapy. Practitioners may have offices in locations distant from underserved populations. In most communities, treatment is limited to ambulatory patients, since acupuncture is not available in many hospitals or long-term care facilities. Elder patients may choose against acupuncture care unless their primary-care physician fully approves, though this has become less of a barrier as acupuncture gains acceptance within the medical community. In fact, collaborating with elder patients' other health providers – including medical doctors, chiropractors, and physical therapists – has yielded impressive results. Patients really appreciate the coordinated care. And as interdisciplinary collaboration continues to grow, patients will enjoy the benefits that attend a well-managed team of health professionals.

References:

1. Bergstrom K., et al. 2000. Improvement of urge- and mixed-type incontinence after acupuncture treatment among elderly women – a pilot study. *Journal of the Autonomic Nervous System*, 15 Mar.: 79(2-3):173-80.
2. Stux, G., and R. Hammerschlag. 2001. *Clinical Acupuncture: Scientific Basis*. Springer (ISBN 3-540-64054-1).
3. Hui, K.K.S., et al. 2000. Acupuncture modulates the limbic system and subcortical gray structures of the human brain. *Human Brain Mapping* 9(1):13-25.

Golfers Swinging

by Anthony M. Alphonso



Golfers have long been regarded as zealously enthusiastic about their sport. Unfortunately, their passion also brings its share of aches and pains. Two of the most common complaints among golfers are high scores and low-back pain. Both seem to result from Herculean attempts to split the cover off the ball as they swing their club for distance. The swing, particularly the drive off the tee, puts a lot of strain on the lumbar spine.

Good news: help may be on the way as NYCC's research department continues to compile data likely to shed light on golf-related back pain. Kevin Ball, Ph.D., director of NYCC's gait analysis laboratory, speculated that there may be ways to decrease the incidence of low-back problems and still break par! By shortening their swings, golfers can alleviate the torque visited upon the spine without significantly compromising performance. Dr. Ball's findings are certain to be of particular interest to golfers and equipment manufacturers alike. Since chiropractic practitioners typically adjust bodies that lose flexibility with age, they are also the first to observe the problems that arise when the number of par-

ticipants and the frequency of participation tend to *increase* with the player's age – as is the case with golf.

Collecting the Data

Funding for the project came, in part, by way of a grant from the Association of Chiropractic Colleges. An indoor driving range was constructed at the NYCC research center and equipped with intricate and specialized pieces of equipment. Twenty-four male test subjects participated – 12 between the ages of 22 and 45 years, and another 12 ranging from 45 to 69. Each man performed a series of both short swings and full swings from a driving mat. The golfers' swings were observed by three PGA professionals in order to verify proper form and follow-through. Each participating golfer was then administered a physical exam and a chiropractic adjustment by a faculty doctor.

Preliminary Findings

Preliminary findings were encouraging. Researchers found that club-head speed varied little, whether the golfer used a short or a full swing. The shorter swing offered the additional benefit of greater control. After review of the data has been completed, additional findings and more valuable information may become available. Who knows? A modified golf swing may be "just what the chiropractic doctor will order!" NYCC appreciates the generosity of Debbie McCarthy – owner of Barracuda Golf in Fairport, N.Y. – for graciously donating the golf equipment needed for the project.

NYCC Thanks Anatomical Donors

NYCC's Anatomy Department presented its Annual Memorial Service on Tuesday, May 25, to thank those who had donated their bodies to an Anatomical Donor Program. Dr. Sandra Hartwell coordinated this year's service, which featured distinguished speakers, poets and musicians. Dr. Todd

Olson, of Albert Einstein College of Medicine, world class anatomist and a member of the New York State Board for Chiropractic, was the featured guest speaker. Others who assisted in the event included Dr. Thomas Greiner of the Anatomy Department; Dr. Frank Nicchi, NYCC President; and Fr. Richard Murphy,



Dr. Todd Olson

campus Chaplain. Student contributors included Mary Anne Saylor, Andrew Hancock, Jonathan Todd Egan, Mike Allgeier, Nicole Langlois, Casey Reardon, Anthony Scrima, and Sue Aery. Dr. Barry Berg, Director of the Anatomical Gift Program in Syracuse, attended as well.



A Message From The Alumni Association President



Dr. Frank S. Lizzio

With summer in full swing, it is my pleasure to announce three regional events —

An Alumni Golf Tournament has been scheduled for Thursday, August 5th, at The Hamlet Wind Watch Golf & Country Club in Hauppauge, New York. Each year enthusiastic alumni and student interns gather for this popular event.

Pennsylvania graduates, please stop by our booth at the Pennsylvania Chiropractic Association 2004 Annual Convention scheduled for August 19-22 at the Radisson Hotel Valley Forge in King of Prussia, Pennsylvania.

Another popular event, the Florida Chiropractic

Association Convention and Expo, is scheduled for August 27-29 at the Peabody Hotel in Orlando, Florida. Join us for lunch on Saturday for our annual alumni luncheon.

For questions regarding alumni programs contact Diane Zink at 1-800-234-NYCC (6922) extension 3065 or by e-mail at dzink@nycc.edu. Watch the Website and other publications for details on upcoming alumni opportunities.

Yours in chiropractic,

Frank S. Lizzio, D.C., '80

Dr. Catapano Inspires New Students

On May 4th, NYCC welcomed the Class of August 2007. Keynote speaker, Dr. Louis Catapano, a 1985 graduate of NYCC, addressed an audience of students, faculty and staff. Dr. Catapano's words of wisdom inspired listeners and his energy, humor, and profound compassion for his family, patients, and the chiropractic profession touched us all.



Dr. Louis Catapano '85

Dr. Catapano is not only a successful chiropractor and owner of Brighton Campus Chiropractors, one of the largest multi-disciplinary facilities in New York State, he is also a mentor to other successful NYCC graduates. His resume boasts an array of honors, awards and publications.

We thank Dr. Catapano on behalf of the NYCC campus community.

SIGN UP NOW TO RECEIVE E-MAIL BROADCAST INFORMATION

In an effort to effectively communicate with our graduates, the Office of Enrollment Management and Alumni has begun using an e-mail broadcast system. If you are



interested in receiving update information via e-mail, please send your e-mail address to Diane Zink at dzink@nycc.edu.

An Example of Excellence

We would like to recognize the following NYCC Alumni for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

New York Chiropractic College Alumni

Dr. Frank Cartica, '79
Yonkers, New York

Dr. B. Brierley, '99
Lockport, New York

Dr. Todd Rehm, '85
Lake George, New York

Dr. Lois Ann Schaub, '86
East Setauket, New York

Dr. Patricia Soper-Oakes, '98
Hornell, New York

Dr. Rodney Rischel, '00
Ridgeley, West Virginia

Dr. Jody Anderson '02
Mississauga, Ontario

Dr. Julie Kawut, '88
Elizabeth, New Jersey

Dr. Fernando Herrera, '03
San Juan, Puerto Rico

Dr. Brian Augustine, '87
Baltimore, Maryland

Dr. Ernest Hackett, '97
Waltham, Massachusetts

Dr. Karine Burns, '99
Bethlehem, Pennsylvania

Dr. Heather Cutlip, '00
Sayre, Pennsylvania

Dr. Stephen Barone, '96
Dansville, New York

Dr. Karen Howell, '00
Philadelphia, Pennsylvania

Dr. Efrain Palmer, '78
San Juan, Puerto Rico

Dr. Craig Martin, '88
New York, New York

Dr. Peter Holst, '85
Middletown, New York

Dr. Robert Ruddy, '96
Seneca Falls, New York

We would like to recognize the following individuals for their dedication to excellence in chiropractic education through their encouragement of qualified students to pursue a Doctor of Chiropractic degree.

Friends of New York Chiropractic College

Dr. Mark Grazen
Lancaster, New York

Dr. David Sahar
Swampscott, Massachusetts

Dr. Matthew Misiak
Williamsville, New York

Dr. Robert Burnhill
Gainesville, Florida

Dr. Brian DeClerk
Oceanside, California

Dr. Bill Bonsau
Westfield, New Jersey

Dr. Patrick O'Neil
Buffalo, New York

Dr. Joseph Frasco
New Providence, New Jersey

Dr. Joseph Hung
Port Huron, Michigan

Dr. Timothy Schaub
Cortland, New York

Dr. Norman Smith
Nunda, New York

Dr. Chris Allen
Philmont, New York

Dr. Grant Gonchar
Smithville, Ontario

Dr. Michael Shaffer
Philmont, New York

Dr. Valerie Sahar
Swampscott, Massachusetts

Thank You For Your Support!

July 2004 - October 2004 Seminars

Postgraduate Classroom Programs:

July 10-11 - Chiropractic Nutrition Certificate Program, Session 3, 12 CE credits, Course Coordinator: David Seaman, DC, Location: IVTC – host Levittown to Depew, Seneca Falls, NY, Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

July 10-11 - Certified Chiropractic Sports Physician, Session 10 of 10, 12 CE credits, Course Coordinator: Philip Santiago, DC, Location: Depew, NY, Chairperson: NYCC/NY Sports Chiropractic; Contact: Rosemarie Burrafato, (800) 434-3955

July 10-11 - Applied Kinesiology - 100 hr program, Session 7, 12 CE credits, Course Coordinator: Paul Sprieser, DC, Location: Parsippany, NJ, Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, DC, (973) 334-6053

July 10-11 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Levittown, L.I., NY, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

July 15-18 - Active Release Techniques - U.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: E. Rutherford, NJ, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

July 17 - Detoxification Protocols and Expectations, 6 CE credits, Course Coordinator: Tyran G. Mincey, DC, Location: Allentown, PA, Chairperson: Nutri-west, PA; Contact: Riley Mincey, (800) 697-9577

July 17-18 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Atlanta, GA, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

July 24-25 - The Shoulder Made Simple, 12 CE credits, Course Coordinator: Dale J. Buchberger, DC, DACBSP®, ART®, Location: East Syracuse, NY, Chairperson: Dale J. Buchberger, DC; Contact: Dale J. Buchberger, DC, (315) 258-1018

July 24-25 - Electrodiagnosis Certification Program, Session 5, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Levittown, L.I., NY, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

July 29-August 1 - Active Release Techniques - Spine, 21 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: St. Paul, MN, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

August 5 – Spinal Stenosis & Low Back Pain, 3 CE credits, Course Coordinator: Scott Surasky, DC, Location: IVTC – host Levittown to Depew, Seneca Falls, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

August 7-8 - Graston Sports Program, 12 CE credits, Course Coordinator: Richard Vincent, DC, Location: Newark, NJ, Chairperson: Graston Technique; Contact: Carla Vincent, (866) 926-2828

August 7-8 - Applied Kinesiology - 100 hr program, Session 8, 12.5 CE credits, Course Coordinator: Paul Sprieser, DC, Location: Parsippany, NJ, Chairperson: Applied Kinesiology Study Institute; Contact: Paul Sprieser, DC, (973) 334-6053

August 7-8 – Evaluation and Management of the Scoliosis Patient, 12 CE credits, Location: Depew, NY, Course Coordinator Gary A. Deutchman, DC, Chairperson NYCC/NSTLLC, Contact: Rosemarie Burrafato, (800) 434-3955

August 12-15 - Active Release Techniques - U.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: San Francisco, CA, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

August 14 – Introduction to Geriatrics, 6 CE credits, Course Coordinator: Paul Dougherty, DC, Location: IVTC – host Seneca Falls to Depew, Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

August 19 – Integrative Healthcare an Evolving Model, 3 CE credits, Course Coordinator: Thomas R. Ventimiglia, DC, Location: IVTC – host Levittown to Depew, Seneca Falls, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

August 19-22 - Active Release Techniques - L.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: Calgary, Canada, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

August 21 - Spinal Adjusting Seminar, 6.5 CE credits, Course Coordinator: Eugene Charles, DC, Location: Levittown, L.I., NY, Chairperson: Charles Seminars, Inc.; Contact: Lisa, (800) 351-5450

August 28-29 - Electrodiagnosis Certification Program, Session 6, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Levittown, L.I., NY, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

August 28-29 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Chi-

July 2004 - October 2004 Seminars

Chicago, IL, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

September 4-5 - Electrodiagnosis Certification Program, Session 1, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Orlando, FL, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

September 6 – Practical Nutrition for the Chiropractic Office, 3 CE credits, Course Coordinator: Robert Ruddy, DC, Location: IVTC – host Seneca Falls to Depew, Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

September 10-12 - Diplomate in Neurology, Session 4, 24 CE credits, Course Coordinator: Joseph Ferezy, DC, Location: Orlando, FL, Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, (800) 434-3955

September 11-12 - Electrodiagnosis Certification Program, Session 7, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Levittown, L.I., NY, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

September 11 - Nutrition A to Z, Silver Bullets II, 6 CE credits, Course Coordinator: Tyran G. Mincey, DC, Location: Williamsport, PA, Chairperson: Nutri-west, PA; Contact: Riley Mincey, (800) 697-9577

September 11 - Integrative Healthcare: Practical Implementations, 6 CE credits, Course Coordinator: Thomas R. Ventimiglia, DC, Karen Erickson, DC, Location: IVTC – host Levittown to Depew, Seneca Falls, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

September 16-19 - Active Release Techniques - U.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: Montreal, Canada, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

September 17-19 - Diplomate in Neurology, Session 9, 24 CE credits, Course Coordinator: Joseph Ferezy, DC, Location: Levittown, L.I., NY, Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, (800) 434-3955

September 18-19 - Graston Technique,- Module I, 12 CE credits, Course Coordinator: Richard Vincent, DC, Location: Newark, NJ, Chairperson: Graston Technique; Contact: Carla Vincent, (866) 926-2828

September 18-19 - Graston Technique,- Module II, 12 CE credits, Course Coordinator: Richard Vincent, DC, Location: Newark, NJ,

Chairperson: Graston Technique; Contact: Carla Vincent, (866) 926-2828

September 23 – Fee Splitting, Self Referrals and Kickbacks: The Latest Word of Prohibited Healthcare Arrangements – 3 CE credits, Course Coordinator: Peter Van Tyle, Location: IVTC – host Seneca Falls to Depew, Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

September 23-26 - Active Release Techniques - Spine, 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: Vancouver, Canada, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

September 25-26 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Boston, MA, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

October 1-3 - Diplomate in Neurology, Session 9, 24 CE credits, Course Coordinator: Joseph Ferezy, DC, Location: Des Moines, IA, Chairperson: NYCC/Event Mgmt Services; Contact: Rosemarie Burrafato, (800) 434-3955

October 2-3 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: New York City, NY, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

October 2 - Risk Mgmt/Medical Errors/FL Rules & Regs/AIDS, 8 CE credits, Course Coordinator: Timothy Santo, DC, Location: Newark, NJ, Chairperson: CE Specialists; Contact: Timothy Santo, DC, (201) 444-1215

October 2-3 - Rehab. for the Chiropractor - Lumbar Spine & L.E., Module 2, 12 CE credits, Course Coordinator: Patricia Flynn, DC, DABCO, Location: Depew, NY, Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

October 2-3 - Somatovisceral Tone, 12 CE credits, Course Coordinator: Chuck Masarsky, DC, Location: IVTC – host Levittown to Depew, Seneca Falls, NY, Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

October 7-10 - Active Release Techniques - L.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: Chicago, IL, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

(Continued on next page)

July 2004 - October 2004 Seminars

October 8-10 - How to Clone Wholistic Health Care Practice, 12 CE credits, Course Coordinator: John W. Brimhall, DC, Location: Pittsburgh, PA, Chairperson: BCS/Nutri-West; Contact: Jerry Berman, (888) 227-5469

October 9-10 - Electrodiagnosis Certification Program, Session 8, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Levittown, L.I., NY, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

October 9-10 - Documentation, Record Keeping & Patient Consents, 12 CE credits, Coordinator: Vincent Loia, DC, Benjamin Bartolotto, DC, Location: IVTC - host Seneca Falls to Depew, Levittown, NY; Chairperson: NYCC; Contact: Rosemarie Burrafato, (800) 434-3955

October 16-17 - Certified Chiropractic Sports Physician, Session 1 of 10, 12 CE credits, Course Coordinator: Philip Santiago, DC, Location: Levittown, L.I., NY, Chairperson: NYCC/NY Sports Chiropractic; Contact: Rosemarie Burrafato, (800) 434-3955

October 16-17 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Orlando, FL, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

October 16-17 - Graston Technique, Module I, 12 CE credits, Course Coordinator: Richard Vincent, DC, Location: Orlando, FL, Chairperson: Graston Technique; Contact: Carla Vincent, (866) 926-2828

October 16-17 - Electrodiagnosis Certification Program, Session 2, 15 CE credits, Course Coordinator: J. Donald Dishman, DC, Location: Orlando, FL, Chairperson: NDX Consultants; Contact: J. Donald Dishman, DC, M.SC, (315) 224-1626

October 21-24 - Active Release Techniques - L.E., 24 CE credits, Course Coordinator: P. Michael Leahy, DC, Location: West Hollywood, CA, Chairperson: Active Release Techniques; Contact: ART, (888) 396-2727

October 23-24 - Certified Fitness Trainer, 12 CE credits, Course Coordinator: International Sports Sciences Foundation, Location: Atlanta, GA, Chairperson: ISSA; Contact: Frank Miele/Jack Barnathan, (800) 892-4772

October 23-24 - Integration of Graston Technique for Lumbar Spine & L.E.; Assessment, Treatment & Rehab Protocols, 12 CE credits, Course Coordinator: Richard Vincent, DC, Location: Newark, NJ, Chairperson: Graston Technique; Contact: Carla Vincent, (866) 926-2828

Postgraduate On-Line Programs

Applied Pharmacology for the Chiropractor - A series of 8 on-line lectures 2 CE credits each including Implications of Drugs Used for Treatment of Various Diseases, and Pharmaceuticals Used in Radiology. For details visit www.brightcourse.com.

E-spine Volume I, II & III - 2 to 4 CE credits, Instructor/facilitator S. Banks, DC, Chairperson: NYCC. Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

Fee Splitting, Self Referrals and Kickbacks: The Latest Word of Prohibited Healthcare Arrangements - 3 CE credits (meets partial credit for Category I requirement for NYS), Instructor/facilitator P. Van Tyle, Esq. Chairperson: NYCC, Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

HIPAA Compliance, 4 CE credits through NCMIC visit www.dc-hipaa.com/230.

Integrative Health Care: An Emerging Model - 3 CE Credits, Instructor/facilitator T.R. Ventimiglia, DC, FACC, Chairperson: NYCC Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

International Sports Sciences Association (ISSA) - 2, 3, 4, or 12 CE credit courses including Body Composition Assessment; Essential Tools for Building Healthy; Eating Disorders 101; Hormones and Exercise; Interval Training for Fitness and Endurance Performance; Theory and Practice; ISSA Certified Fitness Trainer; Physiology of Resistance; call ISSA at (800) 892-ISSA, ext 169 www.fitnesseducation.com.

Pathophysiology, Evaluation, and Management of Headaches, Modules I through VI - 2 to 4 CE credits. Instructor/facilitator S. Banks, DC, Chairperson: NYCC. Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

Risk Management of Sexual Harassment in the Office and on Campus - 1 CE credit. Visit www.brightcourse.com for details and module description.

Systemic Effects of the Vertebral Sulbuxation Complex: Immune and Central Nervous System Considerations - 3 CE credits. Instructor/facilitator Charles S. Masarsky, DC, Chairperson: NYCC. Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

Treating the Female Patient: The Pregnant Female - 3 CE credits, Instructor/facilitator D. Benizzi DiMarco, DC, Chairperson: NYCC, Visit www.eondirect.com/nycc/PublicSite/Welcome.asp.

When your reputation's being judged ...

Make sure the Chiropractic Experts are on your side

CAN YOU BE TOTALLY INNOCENT AND STILL BE SUED FOR MALPRACTICE?

Yes. And when it's your good name ... your reputation at stake, you want NCMIC – the only company with more than 50 years of chiropractic malpractice experience – standing firmly behind you.

As a leader in chiropractic malpractice protection, NCMIC's program defends you three ways:

- **NCMIC Defense Lawyers are MALPRACTICE EXPERTS** – NCMIC puts its extensive knowledge base to work with in-depth defense counsel seminars. Recent cases ... the most current chiropractic research ... successful strategies are shared in these intensive defense counsel seminars. As a result, when your reputation's at stake, you can rest assured that you're getting the best defense a chiropractor can ask for!
- **NCMIC WILL NOT SETTLE Without Your Permission** – With the progressive "*Consent to Settle*" benefit, ***no lawsuit will ever be settled without your consent.*** Your reputation is priority #1. So NCMIC guarantees your right to protect your good name in every state which allows this valuable benefit.
- **HELPS STOP CLAIMS BEFORE THEY START** – NCMIC gives you free access to malpractice experts to discuss any troubling incident ... keeps you up-to-date on the latest chiropractic trends with NCMIC-sponsored research programs ... sponsors an informative series of risk management seminars. It all adds up to a proactive stance – to help you ***stop claims before they start.***

Call for your FREE information kit and rate quote today!

See for yourself why more than 35,000 D.C.s in this country protect their careers and income with NCMIC's Malpractice Protection.

TOLL FREE 1-800-769-2000, ext. 6046

Name _____

Address _____

City _____

Practicing County _____ State _____ ZIP _____

Daytime Phone (_____) _____

E-mail Address _____

For NCMIC use only. We will never sell or share your e-mail address.

Do you currently have malpractice coverage? Yes No

If yes, coverage renewal date? _____ / _____ Name of Company _____

Month

Year

6046-Transitions

Or fill out this coupon and mail it in an envelope to NCMIC Chiropractic Solutions, P.O. Box 9118, Des Moines, Iowa 50306-9118.

 **NCMIC**
Chiropractic Solutions®

NCMIC Chiropractic Solutions is a registered trademark of NCMIC Group, Inc. Insurance offered by NCMIC Insurance Company. Policy terms may vary based on state law. Consent to Settle not allowed by Florida, Kansas or Maryland.

Baby Boomers Take On Old Age – Issues and Trends

Daniel Kanaley, M.A., M.L.S., Library Director

After scanning several articles in the journal *The Futurist*, a number of trends relating to the phenomenon of aging baby boomers were identified. These are global trends, not just a concern in North America. Indeed there are aging baby-boom populations (defined as those born from 1946-1964) in the European Union and in Japan, among other nations. How each nation deals with its aging group will be fascinating to watch, and will challenge assumptions held by the baby boomers and by other members of the affected countries.

The phenomenon of the baby-boom generation was caused by the high birth-rate during the post-World War II time period, and the effects of the baby boomers will be dramatic on U.S. society. In *The Futurist* of May/June 2004, page 37, the potential effects and possible trends are outlined:

•**Demographic:** “Declining percentage of children in population. Fewer elderly will have working family members to help them with their disabilities and living problems. Increase in percentage of disabled in the population. Elderly may face backlash from younger people forced to pay for their upkeep. Elderly may break up into new categories – octogenarians, nonagenarians, centenarians, and super-old (over 110).”

•**Economic:** “More years in retirement. Fewer resources may be available for children and working adults due to the increase in the non-working population. Businesses may need to come up with more incentives to keep older workers on the payrolls longer.” In *The Futurist* of July/August 2003 (page 1), Wagner points out that in addition to possibly having more retirement years, some older people may be required, or have an incentive, to work longer in order to solve a future jobs crisis, in which there are too few workers. Several countries have changed their pension or retirement rules. Japan has cut its national pension benefits and will require some workers to work longer. Sweden now has a defined benefit plan in which workers get, upon retirement, what they had put in. The U.K. is raising the eligibility age for women to 65 and rewarding people who work longer with more benefits.

•**Environmental:** “Need for more resources of almost every kind to meet needs of swelling elderly population. Special pressures on areas favored by elderly – Florida, Arizona.”

•**Governmental:** “Increasing burden on Social Security and government programs to assist elderly and disabled. Elderly grow as political constituency demanding benefits. People may agitate against laws requiring that they spend down their individual re-



Daniel Kanaley, M.A., M.L.S., Library Director

tirement accounts. Government finances strain under burden of supporting retirees paying few taxes. As less money is available for meeting other national priorities, policies might become increasingly drastic, such as completely privatizing Social Security.”

•**Societal:** “Families have more elderly to care for. Parents’ resources may be diverted from their children to aging relatives. Elderly may become increasingly prominent in TV, other media. More products, programs, and institutions specifically for the elderly.”

•**Technology:** “Elderly will push innovation by providing a growing market for

drugs and technologies to overcome their disabilities. Technofurnishings – high-tech chairs, beds, tables, sinks, toilets, etc.- may become popular as elderly seek solutions to their living problems. If researchers gain understanding of senescence (aging process), a means might be found to extend human lives for centuries.”

Additionally, in a paper titled “Trends shaping the future: economic, societal and environmental trends,” Cetron and Davies point out: “In contrast to the developing world, many industrialized countries will see fertility rates below the replacement level and hence significant declines in populations, excluding the effects of immigration. This means that the population of the developed nations will fall from 23% of the total world population in 1950 and about 14% in 2000 to only 10% in 2050.” The authors go on to point out that the elderly are surviving longer because of “the development of new pharmaceuticals and medical technologies, which are making it possible to prevent or cure diseases that would have been fatal to earlier generations. In many developed countries, credit also goes to government health programs, which have made these treatments available to many or all residents. In the developing lands, a primary cause is the availability of generic drugs, which cut the cost of care and make health affordable even for the poor.”

However, problems may occur, as the elderly population remains healthy into old age. Cetron and Davies also note: “Developed countries may face social instability as a result of competition for resources between retirement-age boomers and their working-age children and grandchildren. In the United States and other developed countries, public spending on retirement benefits could grow to one-fourth of GDP by 2050, even as the number of

(Continued on page 53)

The Elderly: Too Late for Ergonomics?

Dennis Homack, D.C., CCSP

When I presented a well-attended, three-hour ergonomic seminar at the Ithaca College Gerontology Institute, the professionals in the audience felt there was little that ergonomics could do for elderly individuals – I told them that quite the contrary was, in fact, true. New technologies such as computers and hand-held electronics have brought the elderly new challenges. They learn the basics of Web surfing and e-mail at the expense of posture. The result is a plethora of gizmos designed to help arthritic hands do such things as tie shoes and open jars.

Because of visual changes experienced by the elderly, computer monitors should be farther away than typically would be acceptable to younger people. The monitor should also sit lower, since bifocal glasses often cause the wearer to tilt the head back in order to see objects on the screen. Their eyes also require higher contrast of colors



Dr. Dennis Homack

and brighter illumination of surrounding objects. I recommend that elderly computer users take periodic breaks. Motion plays an important role in maintaining optimal joint health. They should select a supportive chair that can be easily adjusted. Since elderly people often prefer a soft seat, they may want to add chair pillows.

Additional considerations include the provision of handholds near entryways, lavatories and showers. Again, regular exercise and activity are helpful; however, pushing muscles too hard may cause injuries that likely will take longer to heal than those experienced by their more youthful colleagues. In short, the aging years are not

a time to forego ergonomic considerations. Quite the contrary, they are an optimal time to employ ergonomics in a manner that enhances life and makes the golden years comfortable and enjoyable. After all, we deserve it!

Dr. Paul E. Dougherty and Treatment of Older Adult Patients

(Continued from page 31)

T: Can you describe some other research you're working on?

Dr. D: We currently have a grant application at the NIH for older adults with low-back pain. Additionally, we have an FCER grant application we recently submitted. Our multiple sclerosis grant is exciting. Pain is such a big part of multiple sclerosis and is so debilitating that any research that holds the potential to bring relief is greatly welcomed. Anecdotal experience of our treating patients has been favorable. We're also working on a carpal tunnel study. Another project involves decreasing pain in the dental chair for older adults. We're testing a device that measures how far back a chair can go before the patients experience pain. If it can be shown that chiropractic intervention permits the chair to go back farther without the onset of pain, performing dental work on the elderly will be easier. We also are doing a pilot project on the role of thoracic manipulation in the chronic obstructive pulmonary disease patient, utilizing forced expiratory volume as an outcome measure.

T: What would help you as a chiropractor to get more research funding dollars?

Dr. D: I'm learning that if you want to get funded a D.C. degree alone is not doing me as much as I thought. Consequently, I'm probably going to need to earn a master's in public health. The University of Rochester has a program that is a clinical track and specifically designed for clinical research, that would be a great program to get into.

T: Any last words of advice?

Dr. D: We, as a profession, must give serious consideration to integration, to geriatrics and to additional research. I agree with Dr. Meeker when he writes in *Annals of Internal Medicine*, 2003, that we, as a profession, are at a "crossroad." Every chiropractor must decide the best way for him/her to integrate. I work in an integrated environment and have done so most of my career. Decisions are being made that will chart the direction for chiropractic integration. Get involved in these decisions. Voice your opinion. Join political organizations. I love being a chiropractor and pray we will unify as a profession and enable more people to benefit from chiropractic care.

Region's Women Attend Successful NYCC Symposium



*Darlene Easton, M.S., L.Ac.,
N.C.C.A.O.M. Diplomat
Chinese Herbology*

The first Women's Health Symposium sponsored by NYCC was a resounding success. The focus of the symposium, held on February 21, 2004, was *Strong Bones for Life: Prevention and Treatment of Osteoporosis*. Over 70 participants attended the event.

After enjoying a continental breakfast, participants were welcomed by Dr. Kimberly Ryder. Following the welcome, Ms. Freda Hannafon, a

participants had the opportunity to personally ask the presenters further questions. The next lecturer, Dr. Mary Balliett, spoke about nutritional support for optimal bone health. Darlene Easton, M.S., L.Ac., addressed the topic of acupuncture and Oriental medicine, explaining how these therapies might be incorporated into a healthy lifestyle. Dr. Ryder concluded the



Kimberly Ryder, Ph.D.

nurse-practitioner, with the University of Rochester Osteoporosis Center, spoke about medications that are currently available for the treatment of osteoporosis. Dr. John Taylor followed with an explanation of bone density scans and what they can indicate. Chiropractic care in individuals with osteoporosis was discussed by Dr. Paul Dougherty.

During the short refreshment break,



morning's presentations by talking about the important relationship between physical activity and bone health.

Several door prizes were awarded audience members, including ESCAPE by the Lake tickets and several NYCC athletic center memberships. Over 50 women then attended a free health clinic that was sponsored by the College. Attendees expressed their delight at having received important information about the relief and prevention of osteoporosis.



Freda B. Hannafon, R.N., M.S. and Mary Balliett, D.C.



Paul Dougherty, D.C., DABCO; and John Taylor, D.C., DACBR

Camp Lejeune: Looking for “A Few NYCC Interns”

What and where is Camp Lejeune, and what is it that NYCC student interns do there? The College’s Career Development Center invited Dr. Kris Petrocco, NYCC’s first female Camp Lejeune intern, to address an audience of interested students on Tuesday, February 24. Dr. Petrocco, a December 2003 NYCC graduate and current faculty member, was eager to share information about her pioneering chiropractic internship experience in the active-duty military setting. Not only was the internship rotation unique in chiropractic education, but Dr. Petrocco’s participation as the first female intern afforded her a unique perspective to share.

Dr. Petrocco began by explaining how Camp Lejeune is the largest Marine Corps base in the world – home to 150,000 active duty military personnel and families, civilian employees, and retirees. The base had been a deployment point for Marines who served in Iraq and Afghanistan. The interns worked with military patients who were involved in wartime duty. Working alongside medical professionals from all disciplines and interacting with medical students, interns experienced important “firsts” through this internship. The students rotated through

the Internal Medicine, Neurology and Radiology Departments, and went on rounds, participating in activities such as examining patients, taking histories, and reading films. Several high points of Dr. Petrocco’s talk included stories about contributions she was able to make as an intern, and her affirmation that her NYCC education adequately prepared her for her experience at Camp Lejeune. Though there were some challenges in accommodating military structure and its unique culture, she nonetheless felt the internship was deeply satisfying, and she highly recommended it for students who are interested in hospital and/or military settings.



Dr. Kris Petrocco, NYCC '03

VFW Honors NYCC for Packages Shipped to Soldiers in Middle East



(L to R) Ms. Kathy Robson, 8th District Department Commander James Rooney, Post Commander Billy Caskey, NYCC President Dr. Frank J. Nicchi, Finger Lakes County Council Commander Allan Fox, 8th District Quartermaster Jack Haight, and Ms. Marie Caracillo

Officials of the Veterans of Foreign Wars paid tribute to Records Coordinator Kathy Robson and Career Development Coordinator Marie Caracillo for their recent kind acts. The two employees joined President Frank Nicchi in accepting certificates of recognition and an American flag for having assembled and sent to the troops in Iraq and Afghanistan 14 boxes filled with tissues, chapstick, hard candies, books, magazines, snack food, powdered Gatorade, and a “huge” amount of personal-hygiene items. The VFW officials indicated that NYCC was the only college in New York to have done so. Generously donated by NYCC students, faculty and staff, the items were shipped to four individuals who distributed them to their troops: two sons of Marie Caracillo, who were stationed in Iraq; NYCC student Amanda Johnson’s father, stationed in Afghanistan; and Waterloo native Doug Daeffler, a friend of Kathy’s who was deployed to Iraq. Kathy said, “It felt fantastic to be able to mail these out to these servicemen and women.”

At NYCC: Quality Assurance is Up and Running

When NYCC's Academic Quality Assurance and Support was created nearly two years ago, the intent was to develop a quality-improvement team that would view the academic program from several unique perspectives to identify and assess program efficiency and effectiveness and to recommend improvements. AQUAS provides services to students, faculty and staff by conducting focus groups and gathering such information as board scores and survey results. Additionally, AQUAS will unearth information that is more difficult to quantify, such as academic areas of particular difficulty, academic "stressors," and the effects of technology on students and faculty.

AQUAS staff members represent a variety of offices and responsibilities, including the Center for Academic Support, Outcomes Analysis, Counseling Services, and Instructional Technologies. Together, this group provides support for the NYCC community and plays an important role in assuring academic quality.

The Evolution of Quality Assurance

You can't talk about quality assurance without mentioning W. Edwards Deming, one of the field's foremost pioneers. Dr. Deming was a proponent of a cycle composed of four stages: Plan, Do, Study, and Act – activities that are not only essential for ongoing quality improvements, but also place the customer at the center of the process. Consumers include students, faculty, staff, alumni, patients, and the public and the profession at large. AQUAS provides necessary information for making decisions within the Plan and Study stages of the cycle. Further, the department tracks changes and provides feedback regarding the outcomes of these changes.

AQUAS is currently involved with helping to create educational and patient care protocols, establishing ongoing reviews of health center files to help ensure that patients enjoy quality experiences, designing patient satisfaction surveys for use in NYCC's health centers, and developing an alumni survey.

The Plan

The Center for Academic Support has already incorporated the Plan, Do, Study, Act model to improve tutoring services. The Center is also used for faculty in-service training, using



(L to R Back): Father Richard Murphy, Sue Sinicropi, Ron Kausser, Pat Merkle and Dr. Lee Van Dusen (L to R Front): Liz Larzelere, Susan Miller-Throm and Dr. Judy Silvestrone

relevant information to meet the needs for ongoing faculty education. Counseling Services monitors clients' needs to enhance their offerings. And as the world of computers continues to change, Instructional Technology regularly surveys its consumers to determine needs and provide educational training – in person, through materials such as the "News You Can Use" publication, and by means of the Computer User Group.

Satisfaction

The efforts and activities of AQUAS, in providing current and accurate information about the campus, support and maintain the College's favorable reputation. A recent student survey showed that 94 percent of student respondents were *satisfied* to *very satisfied* with NYCC's academic quality. AQUAS is committed to cultivating and preserving academic excellence, quality education, and quality patient care at NYCC.

You Can Help

Help ensure continuing quality at NYCC by responding to surveys you receive. AQUAS encourages all of us to take an active role in NYCC's improvement. Interested in more information about AQUAS? Please feel free to contact Dr. Lee Van Dusen, Dean of Academic Quality Assurance and Support, at lvanduse@nycc.edu or 315-568-3214.

Camp Lejeune Naval Officer/Chiropractor Addresses NYCC Audience



(L to R) Dr. Kris Petrocco, '03; Dr. Daniel Maher, '87, and NYCC President Dr. Frank J. Nicchi

NYCC's Career Development Center informed a packed audience about chiropractic in the military through guest lecturer Dr. Daniel Maher, an NYCC alumnus, medical doctor, and lieutenant commander in the U.S. Navy Medical Corps. Dr. Maher currently serves as Assistant Director of Medical Services at the Naval Hospital at Camp Lejeune, N.C. He discussed the role of chiropractic at his facility, and commented upon chiropractic's future in both the military and in veteran affairs. Chiropractic's unique ability to provide spinal manipulation and encouraging clinical outcomes for otherwise unrelieved patients makes the therapy particularly valuable to those who serve in our armed services.

New York State Board of Chiropractic Examiners



(L to R) Dr. Vincent Loia, Dr. Joanne Amicola-Olgee, Cynthia T. Laks, and NYCC President Dr. Frank J. Nicchi

NYCC Faculty member and New York State Board for Chiropractic member Dr. Vincent Loia and NYCC President Dr. Frank Nicchi are pictured with Joanne Amicola-Olgee, D.C., NYCC '81, Chair of the New York State Board for Chiropractic, and Cynthia T. Laks, Executive Secretary for New York State Board for Chiropractic, who recently met at New York Chiropractic College. The visiting board members were impressed with their tour of the NYCC campus and subsequently convened with President Nicchi to discuss topics of mutual interest.

NYCC's Judy Silvestrone Lauded at SUNY Conference

The State University of New York at Geneseo hosted a conference titled Faculty-Student Partnerships in Teaching and Learning on May 10-12. NYCC's Dr. Judy Silvestrone presented a well-received workshop, "Designing Performance-based Assessments That Get No Argument." The half-hour interactive workshop on the basics of performing the patellar reflex was followed by a discussion about challenges that crop up when assessing performance. In attendance were over 200 college faculty from schools that included New York's RIT, University at Buffalo, and Finger Lakes Community College. Some college representatives traveled from as far away as Alaska, New Mexico and Australia.



Dr. Judy Silvestrone

presented, including authenticity of goals and testing environment, the use of psychomotor and behavioral objectives, transparency of test criteria, format and grading, and the best forms of evidence for evaluating particular skills. Methods to maximize test validity by reducing external constraints (novel applications, time and performance anxiety) were also discussed. Examples from attendees' disciplines were also used, such as dance, music, culinary arts, computer design, languages and science laboratories.

Becky Glass, Ph.D., conference coordinator, commented on the presentation. She said that key presenters Tara Gray and Arletta Knight were very impressed with Silvestrone's presentation and felt it was widely applicable, "not just to performance-based subjects like medicine."

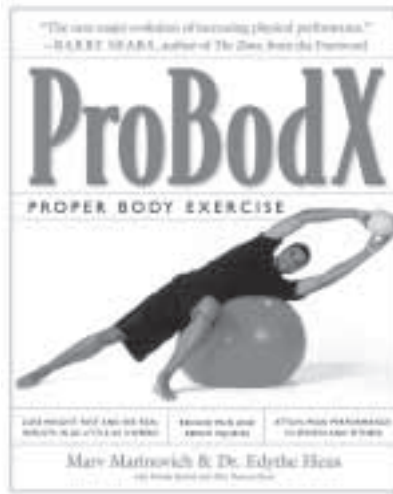
Best practices in construction of practical examinations were

A Fitness Fountain of Youth?

Exercise Options for Baby Boomers and Seniors in Pain

A new fitness/lifestyle book, *ProBodX—Proper Body Exercise*, published by Harper Collins, offers encouraging prospects for aging baby boomers and seniors. What is more, it appears to counter many long-held tenets relating to exercise. For example, it is generally thought that stretching as a warm-up is good — WRONG, according to ProBodX. In fact, stretching can damage cold muscles, ligaments and tendons by causing unnecessary pulls. Dr. Edythe Heus, co-creator of ProBodX and an NYCC graduate, didn't set out to buck the system. "It's just that I had treated so many patients for chronic pain and injury over the years that I wanted some lifestyle program that would aid me in making my patients well, permanently."

Neuromuscular connections form the basis for ProBodX, a regimen that combines restorative principles and training techniques in one program for the first time. The program reduces pain, aches and chronic physical problems as it increases flex-



ibility, strength and endurance. In short, it helps get the body in shape.

Dr. Heus tried out numerous diet and fitness programs during her 18-year stint as a New York practitioner. She quickly discovered that no single program provided what she was looking for — a means to optimally improve fitness and well-being.

"I saw that where there was no efficient movement, there was no real health," says Dr. Heus. "ProBodX works with the design of the body to create efficient movement." Originally developed as a collaboration between Heus and professional athletic trainer Marv Marinovich, the program helped injured professional athletes – such

as Jason Sehorn of the New York Giants and Steve Finley of the Arizona Diamondbacks – recover from injuries and return to their respective sports. Chiropractors may find this alum's program to be a valuable assist to patients' recovery and to their overall well-being.

Are Postmenopausal Women More at Risk for Heart Attack?

(Continued from page 27)

tor is blocked. "Women who have reached menopause should understand that their risk of heart disease is very similar to that of men. Dr. Balliett indicates that they can have their risk for heart attack assessed: "The best predictor for MI [heart attack] in both men and women is to measure L-homocysteine and C-reactive protein in the blood. These, in combination with elevated cholesterol, are the best predictors for the risk of MI." Whether pre- or postmenopause, women should discuss diet and exercise with their healthcare providers to help achieve their health goals.

What Can Be Done?

Exercise and lower-calorie diets – including diets rich in whole foods, fruits, and vegetables – have been shown to be beneficial. Dr. Balliett says, "Dietary modifications must be done – especially reduce refined carbohydrates like sugar, high-fructose corn syrup and white flour – keeping saturated fat below 10 percent of the total calories, with total fat less than 30 percent of total calories." Lowering cholesterol intake is

helpful. Consumption of omega-3 fatty acids – in fish oils, flax seed, and evening primrose oil – can help. Quitting smoking is essential; smoking damages blood vessel linings and admits cholesterol more readily, thus accelerating the process of atherosclerosis. For most people, simply losing 10 pounds offers tremendous health benefits. Harvard research reported an absolute correlation between waist size and risk for cardiovascular disease, noting that the risk increased for women with a waistline over 33 inches and for men with a waistline over 35 inches. Hormone replacement therapy has been shown to have a negative impact on health due to increased blood clots, increased invasive breast cancer, and no cardiovascular health improvements, and should therefore be avoided for treatment of this condition.

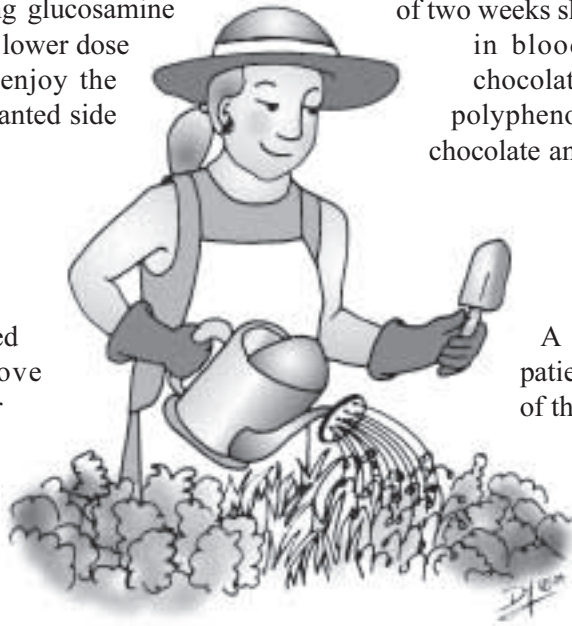
Heart disease is often a lifestyle disease. Avoiding it requires a lifestyle change. Chiropractors have advocated wellness, preventative care, and nutrition for a century and are ready to help women as they face the changes and challenges of menopause.

Glucosamine “Energizes” Ibuprofen

Glucosamine, a naturally occurring substance in the body, helps boost the pain-relieving power of ibuprofen. Since glucosamine supplements are commonly used to treat osteoarthritis, Temple University researchers now surmise that those patients taking glucosamine supplements might get by with a lower dose of ibuprofen and nevertheless enjoy the same pain relief with fewer unwanted side effects.

Some “Sage” Advice for the Forgetful

For centuries, it has been believed that the herb *sage* can improve memory. Recent studies appear to confirm this belief. Scientists at the Universities of Newcastle and Northumbria in England tested 44 people who were given either the herb or a placebo. Those who got the sage oil tablets performed much better in a “word recall test.” Sage’s active ingredient may boost levels of chemicals responsible for transmitting messages in the brain.



Dark Chocolate Relieves Hypertension

A German study reported in the *Journal of the American Medical Association* indicates that eating a little dark chocolate may relieve hypertension. Volunteers who daily ate three-ounce dark chocolate bars over a span of two weeks showed a significant positive change in blood pressure. Those eating white chocolate did not. Credit is given to the polyphenols present in foods such as dark chocolate and red wine.

Ginger Found to Relieve Arthritis Pain

A double-blind study involving 29 patients who suffered from osteoarthritis of the knee explored the effect of ginger on pain levels, function and swelling. The trial revealed that patients who took ginger enjoyed a reduction in knee pain and swelling, and enhanced knee function. Of particular relevance to elderly patients is the fact that knee-pain relief may help them avoid the heart disease, cancer, obesity, diabetes and high blood pressure generally associated with sedentary lifestyles.

Ordinary Cinnamon Proves Healthful

Eating a spoonful of cinnamon each day significantly lowers blood-sugar, cholesterol and lipid levels, according to a study reported in the December 2003 issue of *Diabetes Care*. Sixty people divided into six groups were given daily doses of either cinnamon or placebo capsules containing wheat flour. Those who took cinnamon for 40 days experienced significant reductions in blood-glucose, triglyceride, LDL-cholesterol and total-cholesterol levels. Hence, diabetic patients who simply add cinnamon to their coffee or cereal, or who make tea out of boiling water and a cinnamon stick, might find that their blurred vision clears up, or that they successfully stave off heart disease and kidney failure.

Vitamins C and E Combined Reduce Likelihood of Alzheimer’s

Archives of Neurology reports that combinations of antioxidant vitamins E and C work synergistically to help elderly people lower the risk of developing Alzheimer’s disease. Johns Hopkins researchers asked a group of 65-year-olds about their use of vitamin supplements and then tracked them for several years. The biggest drop in Alzheimer’s occurred among those who took individual supplements of the two vitamins in combination. Daily dosages were at least 400 IU for vitamin E and 500 mg of vitamin C. No evidence of a protective effect was seen for people taking either of the vitamins alone or for people taking multivitamins.

NYCC Alumnus Delivers Commencement Address To August 2003 Graduates

NYCC conferred Doctor of Chiropractic degrees on graduating doctors during its August 3rd commencement ceremonies. Professor David Aberant opened the ceremony in his role as grand marshal. President Frank J. Nicchi welcomed graduates, families, guests, faculty and staff. Father Richard Murphy delivered the invocation, and Dr. Eileen Santipadri delivered the faculty welcome.



*Bradley R. Brooker,
Valedictorian*



*Gregory L. Larivee,
Salutatorian*

Valedictorian and Salutatorian

Executive Vice President and Provost Dr. G. Lansing Blackshaw recognized valedictorian Bradley Robert Brooker and salutatorian Gregory L. Larivee. Valedictorian Brooker expressed that standing before his colleagues as their valedictorian was a great honor. Mr. Brooker went on to recall many wonderful memories he shared with his classmates, and said that he joined his fellow graduates in their eager anticipation for new experiences. Robert stated that chiropractic still has its challenges, and he warned that his fellow graduates' future conduct would henceforth reflect not only upon them as individuals, but also upon NYCC and on the profession generally. He implored his colleagues to practice with honesty and integrity, and he thanked the faculty and staff for their invaluable support, skills and guidance. Speaking directly to the faculty, he remarked, "It is an honor to call you colleagues." Robert thanked his family and friends for their encouragement, and concluded with a paraphrase from Sir Winston Churchill: "We will make a living by what we have learned, but we will make a life by what we give back." He closed with, "Farewell. Good luck. Keep in touch!"

Commencement Speaker

The commencement address was given by Mark L. Sanna, D.C., a 1987 NYCC graduate. Dr. Sanna engaged in the private practice of chiropractic and subsequently made his name in the field of practice



Dr. Mark L. Sanna '87

management. He established two successful business-coaching organizations while balancing the demands of a full-time, high-volume, multi-doctor chiropractic practice.

Dr. Sanna serves as chief executive officer for the international consulting firm Breakthrough Coaching L.L.C. – a company that provides proven business instruction relating to successful procedures and strategies for physicians in professional practice. He also serves

as president of an industrial and occupational health-care company, Corporate Health of America, whose network of physician providers and health-care experts serves employers throughout the country. Dr. Sanna is a member of the American Chiropractic Association's Governor's Advisory Board and was named recipient of the American Chiropractic Association's prestigious Presidential Award in 2003.

His duties as CEO of Breakthrough Coaching, L.L.C., find Dr. Sanna lecturing to chiropractic audiences both nationally and internationally in an effort to help chiropractors achieve personal and professional success. As a practitioner of chiropractic, he has directly helped more than 100,000 people with their health-care needs. A second-generation chiropractor, Dr. Sanna demonstrates deep commitment to chiropractic's ethical principles and an appreciation for sound business procedures.

Dr. Sanna addressed the graduating class as "colleagues" and reminded them that they were soon to leave the auditorium as full-fledged doctors. He proudly recalled his experience graduating from NYCC just 16 years before, and encouraged the graduates to treat one another with support and respect. His passion for chiropractic was evident. He described the profession as "alive and filled with energy."

Dr. Sanna then cited a Rand Organization study that had irritated some practitioners. The study questioned the effectiveness of chiropractic treatment



Dr. Eileen Santipadri



NYCC President Dr. Frank J. Nicchi (left) presents certificates of appreciation to NYCC Depew Health Center Director Dr. Matthew Coté (center) and Dean of Academic Quality Assurance and Support Dr. Lee Van Dusen (right).

in certain instances. According to Dr. Sanna, it is this strong feeling for the profession, as exhibited by the practitioners, that sets the profession apart. “It is OK to care. In fact, it is good to care!” he exclaimed. He said that science was bound to prove that some techniques and chiropractic therapies were not particularly effective, and it is just as likely that science will affirm that much more is indeed valid. “That’s OK!” he said. But the essence of the profession, he said – the impetus behind the science – was that doctors of chiropractic do care and to care is human. Dr. Sanna pointed out that simply having the scientific stamp of approval is not enough. There are many (presumably) scientifically sound medical procedures that result in patients’ death through medicinal side effects.

Dr. Sanna warned, however, not to rest. According to him, doctors within the chiropractic profession must learn to better express themselves as scientists and as humanitarians. Sanna expressed that chiropractic was leading the way to a “revolution in healthcare.” He feels that what the graduates say and do from that point forward will, indeed, make a difference – reasoning that passionate and inspired doctors were more likely to make more significant impacts on their patients and on their patients’ health. He encouraged the graduates to teach patients that “through caring, doctors of chiropractic are changing the face of healthcare for our children and for generations to come.”

Hooding and Oath

Dr. Nicchi hooded the graduates, and Dean of Academic Affairs Dr. J. Clay McDonald administered the Chiropractic Oath. Dr. Frank Lizzio, president of NYCC’s Alumni Association, addressed the new doctors and admonished them that their accomplishments brought with them new responsibilities. He encouraged them to treat their patients in a kind and loving manner, and added: “The true measure of your success will be the gratitude you receive with every adjustment you administer.” Dr. Lizzio

then welcomed the graduates as new alumni and urged them to involve themselves with their alumni association.

Great Time to Enter the Profession

Dr. Nicchi took an opportunity to address the graduates, pointing out that acceptance of chiropractic is at an all-time high. “There is no better time to be a chiropractor!” he proclaimed, and then reminded his audience that merely three years earlier President Clinton had signed into law a bill that provided chiropractic care to active-duty members of the armed services. Dr. Nicchi also mentioned that in 2002 President Bush signed legislation mandating the establishment of permanent chiropractic benefits within the Department of Veterans Affairs. Both historic events significantly advanced the public’s access to chiropractic treatment and created new professional opportunities for chiropractic practitioners.

Internship Efforts Recognized

President Nicchi recognized the successful efforts of Drs. Matthew Coté and Lee Van Dusen for having established exciting new internships at the Bethesda Naval Hospital and at Camp LeJeune’s Marine hospital in North Carolina. Accordingly, Dr. Nicchi presented Drs. Van Dusen and Coté with certificates of appreciation for their invaluable assistance in advancing interdisciplinary collaboration.

As the ceremonies drew to a close, Dr. Nicchi expressed his pleasure in presiding over one of the single most significant achievements in the graduates’ professional career, remarking that it was a privilege “to serve, to heal, and to give to others in a way that only few have ever been asked.” The president expressed deep pride in the graduates and assured them that the College would continue to support the healing arts that enrich so many lives.

Following the ceremony, the class, their families, and their friends were treated to refreshments in honor of the graduates.



Chiropractic Oath

Congressman Sherwood Boehlert Addresses December 2003 Commencement Exercises

NYCC's December 2003 Graduation

NYCC conferred Doctor of Chiropractic degrees on graduating doctors during commencement ceremonies held December 7th at 10:00 a.m. Dr. Michael O'Connor opened the event in his role as grand marshal. NYCC President Dr. Frank J. Nicchi welcomed graduates, families, guests, faculty and staff, and Father Richard Murphy delivered the invocation. Dr. Nicchi then recognized NYCC Board of Trustees Chairman Dr. Peter Ferguson, and Trustee Bob Kernan. Dr. Ferguson addressed the audience, sharing in the joy and excitement felt by those in attendance whose months of study and many years of dreams had brought them there.



Dr. Dale Buchberger

Faculty Greeting

Dr. Dale Buchberger welcomed the audience on behalf of the NYCC faculty, beginning his talk with a quote from Eleanor Roosevelt: "You must do what you think you cannot



*Kimberly S. Brown,
Valedictorian*

do." Affirming the challenging rigors and stresses that academic life visited upon the graduates, he also warned that as doctors they will continue to confront "tests" throughout their careers. He quipped that their real education would begin upon their commencement of chiropractic practice. Dr. Buchberger encouraged the graduates to actively engage their professional associations and elected officials. "Become active for the right reasons. ... Work for your patient and have your patient work for you," he exhorted. The audience laughed in response to his comment that there were two things one never wants to see being made: sausage and a law. Nevertheless, he prodded the students into political activism and even suggested they elect someone from within the ranks of their graduating class to political office. Dr. Buchberger closed by wishing the graduates and their families peace and prosperity and reminding them just how much they all have to offer.



*Suzanne E. Plano,
Salutatorian*

Valedictorian and Salutatorian

Executive Vice President and Provost Dr. G. Lansing Blackshaw recognized valedictorian Kimberly Sue Brown and salutatorian Suzanne Elizabeth Plano. Valedictorian Brown noted the many things she and her classmates had experienced while at NYCC: marriages, divorces, births, deaths of loved ones, and the tragedy of a classmate. She also made mention of her classmates' characteristic camaraderie forged through a common inclination to give of their time and effort in such worthy efforts as tutoring fellow students, teaching gym classes, participating in Chiro Walks, and involving themselves in state and national professional associations. "Now," she said, "we are moving on to a bigger arena." The present, she claimed, held particular promise for those entering the profession. She labeled the early 21st century as one of validation and integration for the profession and urged her classmates not to be distracted from patient-centered care.

She closed her talk with an expression of comfort that her colleagues would continue to help others and do their jobs to the very best of their ability.

Congressman Sherwood Boehlert Addresses NYCC Commencement Exercises

Congressman Sherwood Boehlert provided the commencement address. He mentioned that he was both pleased and proud to be addressing the New York Chiropractic College exercises and revealed that one of his staff members quipped how chiropractors don't usually deal with politicians, since so many politicians are "spineless."

Congressman Boehlert was proud that his work on behalf of the College and the chiropractic profession, generally, bore positive results. In his fed-



*Congressman Sherwood L.
Boehlert*

eral capacity, he pushed for a wider range of chiropractic services to be covered by Medicare and was instrumental in the passage of a demonstration project that eliminated the requirement for physician ap-



(L to R) NYCC President Dr. Frank J. Nicchi, Mrs. Susan Souhan and Mr. George Souhan

proval in order to receive a chiropractic service. The congressman was also working to ensure that upstate New Yorkers have better access to chiropractic care through the College. Consistent with that effort, he helped draft language that paved the way for the Buffalo Veterans Administration Hospital to forge relations with New York Chiropractic College.

As had Dr. Buchberger, Congressman Boehlert urged graduates seated before him to become active in their government. He expressed disappointment that citizens often felt their civic participation was either irrelevant or ineffectual. According to him, "No attitude is more corrosive in a democratic nation." Without an ac-

tive citizenry, he said, the government would lack the information required to properly assess benefits and costs. He closed his talk by imploring all who heard his remarks to become natural leaders in their respective communities and to involve themselves in a range of civic activities – whether at the local school, with the Boy Scouts or Girl Scouts, or with religious congregations.

Hoarding and Oath

President Nicchi and Chairman Ferguson presented the graduates with their diplomas as Dr. Lee Van Dusen announced the graduates' names. Dr. McDonald administered the Chiropractic Oath. Dr. Matthew Coté spoke to the

graduates on behalf of the NYCC Alumni Association, welcoming them as the College's most recent alumni.

Dr. Nicchi announced that NYCC had recently become a multi-degreed program with the addition of Master's degree in Acupuncture and Oriental Medicine, and a Bachelor of Professional Studies degree. He introduced Dr. Deborah Barr, the new Bachelor of Professional Studies program director, who then conferred BPS degrees on those who had completed the program's requirements.

Former Trustee George Souhan Recognized

During the ceremony, Dr. Nicchi recognized George Souhan and his wife, Susan, for their generous contributions to

the College. Having served as trustee from 1989-2001, Souhan was honored to learn that the College Athletic Center's well-equipped fitness area would thereafter bear the name George G. Souhan Fitness Center. Television monitors located throughout the busy center were a gift to the College from Mr. and Mrs. Souhan (see George Souhan memorial article on page 14).

Closing

As the ceremonies drew to a close, Dr. Nicchi remarked how the commencement ceremony capped an ongoing learning relationship fostered over many hours of mutual endeavor. He concluded with a pledge that "together we will continue to support the healing arts that enrich so many lives."



New Graduates recite the Chiropractic Oath.

Baby Boomers Take On Old Age – Issues and Trends *(Continued from page 42)*

workers available to support each retiree declines sharply...".

The potential conflict among generations is most frightening to contemplate. Hopefully compromises by both the baby boomers and the younger members of society will result in baby boomers being viewed by our society as an asset rather than a liability. Chiropractors and acupuncture/Oriental medicine practitioners will have an important role in keeping baby boomers healthy as long as possible in order to minimize their utilization of expensive health procedures.

References

Cetron, Marvin J., and Owen Davies. (2003). Trends shaping the future: economic, societal and environmental trends. *The Futurist*. January-February, 2003, pp. 27-42.

Trend analysis: the increase of the elderly in the population. (2004). *The Futurist*. May/June, 2004. P.[37].

Wagner, Cindy. (2003). Keeping older workers on the job. *The Futurist*. July/August 2003. Retrieved 5/7/2004 at <http://www.wfs.org/trend3ja03.htm>.

Class of '60

Edwin Goldberg, D.C., M.A., F.R.S.H. (London), was elected to be included in Marquis Who's Who in the World 2004 edition. His address is 155 W 68 Street, New York, NY 10023 and his phone number is 212-877-3115. His e-mail address is edgoldbergnewyork@yahoo.com.

Class of '77

Leonard L. Drebsky, D.C., and his wife Natalie welcomed their twelfth child, a son, Brandon Matthew, on September 26, 2003. Their address is 28-07 Astoria Boulevard, Astoria, NY 11102 and their e-mail address is natalieonatalie@aol.com. Their phone number is 718-932-3474.

Class of '81

H. William Wolfson, D.C., will represent Metro-(NYS) Downstate as the delegate to the American Chiropractic Association. You may contact Dr. Wolfson at drwolfson131@aol.com. His address is 131 Parkway Drive N, Commack, NY 11725 and his phone number is 631-543-5125.

Class of '84

Joseph Del Rosso, D.C., recently became part of a group of offices called Sport and Spine Rehab. He has lost contact with many of his classmates and would love to hear from them. His address is 8776 Manahan Drive, Ellicott City, MD 21043. His e-mail address is jdelrosso@sportandspinerehab.com and his phone number is 410-964-0837.

Emanuel Pepitone, D.C., has recently moved to 271 Nassau Blvd., Garden City South, NY 11530. His phone number is 631-300-8817.

Class of '85

Peter M. Daddio, D.C., C.C.S.P., was team chiropractor for the NFL Washington Redskins from 1995 to 1998. He is presently the official team doctor for Team Italy, an Italian national lacrosse team. His address is 17337 Pickwick Drive, Purcellville, VA 20132 and his phone

number is 540-338-0005. His e-mail address is sportdr58@aol.com.

Class of '86

Kevin Bellows, D.C., is at 2153 Main St., Bridgeport, CT 06606. His e-mail address is kbellows@msn.com and his phone number is 203-334-9188.

Class of '90

Joseph Firgeleski, III, D.C., and his wife, Susan, gave birth to their first child, a 9 lbs. 5 oz. girl, Brianna Nicole, on June 6, 2003. Dr. Firgeleski's office address is 2 Daniels Farm Road, Trumbull, CT 06611 and his phone number is 203-261-7333. His e-mail address is drbonz@charter.net.

Nicole Dowling, D.C., recently served as staff chiropractor for the U.S. Surfing Federation National Championships in Oceanside, CA at Oceanfest 2003. She was interviewed by FOX TV and had the opportunity to adjust several "legends" of surfing. In preparation for sports oriented practice she obtained her personal trainer certification and learned bodybuilding techniques while working out for two years. She can be reached at 808-330-5059.

Class of '92

John S. Hitchiner, D.C., and his wife, Sharyn, announce the birth of their second son, David Joseph, on November 17, 2003. His two-year old brother, John Michael, joins him at home. Everyone is "adjusting" well, just a bit sleep-deprived. Dr. Hitchiner's address is 50 Hartford Avenue, Granby, CT 06035, his phone number is 860-653-5581 and his e-mail address is jshbackdr@aol.com.

Joseph Anthony Arcuri, D.C., has opened his own practice as of July 1, 2003, Stamford Chiropractic Health Clinic, at 3521 Portage Road, Niagara Falls, Ontario, Canada. His phone number is 905-357-0886.

Kim Sutherland, D.C., and Dan Spillett were married August 30,

2003. They reside in Hoboken, NJ. She is in private practice in Ridgewood, NJ.

Class of '94

Christina DiCello, D.C., and her husband Joe Bosack, announce the birth of their second son, Quinn Anthony Bosack, on October 17, 2003. Quinn joins his older brother, Brendan, who is two years old. Dr. DiCello's office address is 401 Hyde Park, Doylestown, PA 18901. Her phone number is 215-348-7123 and her e-mail address is chris@joebosack.com.

Lucia Colletti, D.C., has been appointed to the position of "At Large" Trustee on the Executive Committee of the Staten Island Institute of Arts and Sciences. Dr. Colletti has her own practice, Colletti Chiropractic, in Staten Island, NY.

Lori Puskar, D.C., recently opened Nutritional Healing Center at 68 Lions Drive, Drums, PA. Her phone number is 570-788-7487 and her Web site is at www.Drlorispuskar.com.

Class of '95

Jennifer E. Kissane, D.C., and her husband, Stefan Hake, announce the birth of their son, Matthew Sean, born February 1, 2004. Dr. Kissane has a private chiropractic practice in Greenwich, CT. Her address is 11 Maple Avenue, Greenwich, CT 06830, her phone number is 203-661-6629 and her e-mail address is drjkissane@usadatanet.net.

Class of '96

Dawn (Balnicki) Tobin, D.C., and her husband Greg, joyfully announce the birth of their first child, Christopher John, born January 2, 2004. Dr. Tobin can be reached at dawntobin@sbcglobal.net. Her address is 185 Bayard Ave., North Haven, CT 06473.

Kara Liebenauer, D.C., and her husband Scott Remole, celebrate the birth of their third daughter, Ryan Ayn Remole. Ryan was born on Feb-

ruary 23, 2004. Dr. Liebenauer practices part-time at Stallings Chiropractic in Owensboro, KY. Her address is 6560 Springwood Drive, Owensboro, KY 42301 and her phone number is 270-771-0901. Her e-mail address is sremole@mindspring.com.

Class of '97

Jenifer L. DeWald, D.C., and Oliver P. Leber, were married on September 13, 2003. Dr. DeWald has her own practice, DeWald Chiropractic, 1961 W. Fourth Street in Williamsport, PA. Dr. DeWald was named an attending-treating doctor to The Greatest Athletes in the World Decathlon Club. She will have the opportunity to go to the USA Olympic Qualifying Trials in Sacramento, CA, where the Olympic Teams are being selected.

Austin J. Noonan, D.C., and Jennifer Sue Cooley, were married July 5, 2003 in Lansdale, PA. Dr. Noonan has a practice, Chestnut Hill Wellness Center, in Philadelphia, PA.

Evan B. Sorkin, D.C., has opened a new chiropractic office at 3004 Middletown Road, Bronx, NY. His phone number is 718-823-9670.

Class of '98

James Dougherty, D.C., is practicing at Baldwinsville Chiropractic, 2231 Downer Street, Baldwinsville, NY. His phone number is 315-635-1231.

Donna Nicolich, D.C., and Keith DiBartilo were married on September 14, 2003. Dr. Nicolich DiBartilo opened her own practice, Nicolich Chiropractic, in January 2003. Her address is 10 Railroad Avenue, Rochelle, NY 07662; her e-mail address is drdonnandc@aol.com; and her phone number is 201-226-0700.

Todd Massey, D.C., and his wife, Jen, announce the birth of their first child, Connor Andrew, born March 22, 2004. He weighed 6 lbs. 2 oz. Dr. Massey practices in Stanhope, NJ. His phone number is 973-347-

1555 and his e-mail address is drtodddc@earthlink.net.

Class of '99

Brian Lancaster, D.C., and Sandi Weiss, were married October 12, 2003 in Norfolk, VA. Dr. Lancaster has his own practice in Virginia Beach, VA.

Allison Simon, D.C., recently opened an office at 14 Alleyne Street, Quincy, MA 02169. She is also getting married on July 25, 2004 to Jeremy Robin. She can be reached by phone at 617-471-5909. Her e-mail address is asimondc@aol.com.

Karen E. Beal, D.C., and her husband John, had a son, Ryan Christian, October 25, 2003. Dr. Beal owns a family practice with a large focus on pediatrics and pregnancy. Her address is 226 Harwood Avenue, Ajax, Ontario and her phone number is 905-426-9116.

Julian Greco, D.C., and his wife, Grace, had their first child, Bryce Anthony, born January 13, 2004. Bryce weighed 6lbs., 5oz. and was 19 inches long. Dr. Greco is in private practice in Hazleton, PA, and is the District 11 president of the Pennsylvania Chiropractic Association. His address is 168 Susquehanna Boulevard, West Hazleton, PA 18202 and his phone number is 570-453-2866. His e-mail address is drjag@verizon.net.

Class of '00

Brian Piatak, D.C., and Jessica Piatak had a 4 lbs. 12 oz. baby boy named Evan on November 4, 2003. Dr. Piatak's office address is 30 North Scott Street, Carbondale, PA 18407 and his e-mail address is bjpiatak4@aol.com. His phone number is 570-282-5464.

Brian M. Murray, D.C., and Michele (McBride) Murray, D.C., are proud to announce the birth of their son, Michael Patrick, on March 24, 2004. They are the owners of Better Backs Chiropractic, 5409 Roberts Road, Hilliard, OH 43026. Their phone number is 614-771-4200.

Class of '01

Eric R. Huntington, D.C., was recently appointed the ICA Representative Assemblyman for the State of Maryland. He also has a seat on the Maryland Chiropractic Association Board.

Mary Steiner, D.C., and her husband Matt are expecting their first child in May. Dr. Steiner currently works in Baltimore, MD, at Light-house Point Chiropractic Center. Her e-mail address is marysteiner@hotmail.com.

Gerald Stevens, D.C., and Maureen McNamra have become engaged and will be married on October 16, 2004. Dr. Stevens practices at Peak Chiropractic in Lockport, NY and is also a fellow at the NYCC Depew Health Center.

Ellen E. Matuszak, D.C., has opened an office on the first floor of the Dewitt Mall in Ithaca, NY. Her phone number is 607-273-8110 and her website is at www.doctorem.topchiro.com.

Jessica Meade, D.C., opened her own practice, Day Star Health, in East Greenwich, RI. Her e-mail address is jess@daystarhealth.org and her phone number is 401-578-8168.

Brian M. Bayzick, D.C., joined Bayzick Chiropractic in Plains, PA.

Mandy K. Durham-Vassallo, D.C., ('01) and her husband **Sam Vassallo, D.C., ('02)** had a son, Gabriel David Vassallo, on February 10, 2004. He weighed 9 lbs. 15 oz. and was 23 inches in length. They have their own practice at Family Chiropractic Care, 315 Holcomb Street, Watertown, NY 13601. Their phone number is 315-785-9588.

Pete J. Tavarone, D.C., opened his own home practice in November 2003 at 29 Center Street, Oneonta, NY 13820. His wife, Kacy, gave birth to a little boy, Kyler Joseph, on March 14, 2004. He joins a sister, Emma,

and a brother, Cameron. His phone number is 607-433-1485.

Class of '02

Jonathan Kropf, D.C., ('02) and **Kelli LeBaron, D.C., ('03)** have recently become engaged. They are currently living in Ellicott City, MD and are planning to open a practice. Their phone number is 443-745-2035. Dr. Kropf's e-mail address is j_kropf@yahoo.com and Dr. LeBaron's e-mail address is k_lebaron@hotmail.com.

Natalie McDonald, D.C., recently opened her own practice, Complete Wellness Chiropractic & Acupuncture at Unit 205 550 Ontario Street South, Milton, ON. Her e-mail address is mcdcc2003@hotmail.com and her phone number is 905-875-2288.

Phillip Jones, D.C., has recently opened Optimal Health Chiropractic at 1761 Orchard Park Road, West Seneca, NY.

Eric Vincent, D.C., and Violet Klecha were married June 14, 2003 in Simsbury, CT. Dr. Vincent practices at Hartford Medical Group.

Ali Mustafa, D.C., opened Manchester Chiropractic, 49 Union Street, Manchester, MA.

Tom Grantis, D.C., joined Twin Hills Health Center at 2796 Lycoming Mall Drive, Muncey, PA.

Robert D. Marsh, D.C., has joined Milton Chiropractic and Rehabilitation, Inc., 526 Gallivan Boulevard, Dorchester, MA.

Class of '03

Millicent M. Thomas, D.C., has joined East Buffalo Chiropractic, 449 East Ferry Avenue, Buffalo, NY.

Kimberly S. Anderson, D.C., has recently opened Active Health Chiropractic at One Keuka Business Park, Suite 201, Penn Yan, NY. Her phone number is 315-536-3700.

Michael R. Fralick, D.C., held the grand opening of his practice, My Chiropractor, 8566 Main Street, Williamsville, NY 14221, on October 24, 2003. His phone number is 716-631-1155.

Rachel A. Brooks, D.C., opened Brooks Chiropractic, 1331 North Forest Road, Suite 220, Williamsville, NY 14221 in November of 2003. Her phone number is 716-725-5759 and her e-mail address is dr_rachel_1@hotmail.com.

Melissa Riley, D.C., has accepted a position at Wellness Health Options, 627 Wood Street, Clarion, PA. Her phone number is 814-226-6695.

Ray Benedetto, D.C., and **Alison Gennaro, D.C.**, have opened a practice at 39 West Union Boulevard, Bethlehem, PA.

Robert G. Lieb, D.C., has joined Dr. Foster Malmel's practices. One is at 2505 Carmel Avenue, Suite 207, Brewster, NY, phone number 279-3400, and the other is at 120 Kisco Avenue, Mt. Kisco, NY, phone number 914-666-8666.

Amir M. Rezaei, D.C., held a grand opening for his new office, Laureleaf Centre for Back and Spine Care on March 29, 2004. His address is 1575 Steeles Avenue East, Suite 109, Toronto, Ontario, M2M 3Y7, Canada and his phone number is 416-225-4442.

Gregory A. Bauer, D.C., purchased a 22-year old practice in the Fall of 2003, Arlington Chiropractic located at 406 Massachusetts Avenue, Arlington, MA 02474. His phone number is 781-648-4000. His classmates are invited to dinner at his house anytime they are in the Boston area.

enrollment MANAGEMENT

Academic Scholarships

The following students are recipients of NYCC's Academic Scholarships for the Winter 2003 trimester. These scholarships are awarded in recognition of outstanding academic achievement. Recipients of these awards represent those who are ranked as being the highest in their trimester by cumulative grade point average and the highest by trimester grade point average.



*Diane Dixon,
Executive Director of
Enrollment Management*

Michael Vorozilchak
Philip Szalowski
Matthew Craig
Silver Jayne
Linda Tran
Andrew DelSignore
Louis DeGironemo
Erin Sepic
Jason Sonners
Jarrett Cohen
George Ettl
Don Galovich
Audrey Forbes
Nathan Sikora
David Allensen
Christopher Steacy
Julie Cull
Melissa Scalzi

Olya Sharova
Ivan Nassif
Grove Higgins III
Jennifer Illes
Louise Middaugh
James Toon
Amanda Ngui-Yen
Edward Semelsberger
Rebecca Slupski
Jamal DeVita
Joel Stutzman
Heather Deyman
Jeffrey Farnham
Michelle Fekete
Bradley Brooker
Gregory Masci
Lisa Hinkle
Jana Hendrick

Krista Maselli
Sue Aery
Laurence Froidevaux
Rick Goins
Amy Rinker
Jessica Kennedy
Paulette Matuszewski
Melissa Savicky
Colleen Cooper
Mark Morris
Shauna Dougley
John Cipriani
Kimberly Brown
Gregory Larivee
Curt Healey
Carin Castro
Timothy Daughton
Jacek Kura

Thomas McKeon
Tonya Hawman
Daphne Maxwell
Stewart Belcher
Jason Engelhardt
Matthew Davis
Sara Plain
Kenneth Adams
Mark Lique
Daniel Steigerwalt
Michael James
Suzanne Plano
Brendan Corcoran

Educational Opportunity Awards

The following students have been awarded the NYCC Educational Opportunity Award for the Fall, Winter and Spring trimesters. Applicants for this award were required to have a minimum grade point average, submit an essay, and demonstrate some financial need.

Ken Adams
Yolanda Bernat
Carin Castro
Matthew Davis
Jonathan Gerrard
Michelle Kin
Patrice Lee-Seyon
Daphne Maxwell
Michael Murphy
Pervinder Panwar
Yarissa Rodriguez
Jason Sonners
Kenny Tsang
David Allensen
Paul Blackledge
Dustine Capanec
Jim Fogarty
Mark Guker
Grove Higgins III
Jeff Lowes
Michael McClure
Amanda Ngui-Yen
Sachin Patel
Melissa Savicky
Chad Thompson
Eric Wicks

Fuad Amer
Neil Brown
Kavita Chopra
Audrey Forbes
Curtis Healey
Safana Ladak
Mark Matesich
Paul Molloy
Tricia Nolan
Michael Petermann
Melissa Scalzi
Depak Sud
Aaron Howard
Lindsay Arbogast
Kathleen Calixto
Adeyemi Daramola
Mohammed Elkassem
Andria Hoda
Jean Laine
Brent Maxwell
Jennifer Moore
Marisa Pancheri
Gretchen Reschke
Olya Sharova
Linda Tran-Barry
Michael Vorozilchak

International Scholarships

The following students are recipients of NYCC's International Scholarships for the Fall 2003 trimester. This scholarship is awarded in recognition of academic merit, as well as the content and quality of an essay, submitted by each recipient.

Ken Adams
Colleen Cooper
Shauna Dougley
Audrey Forbes
Curtis Healey
Safana Ladak
Brent Maxwell
Jennifer Moore
Pervinder Panwar
Chad Thompson
David Allensen
Adeyemi Daramola
Mohammed Elkassem
Laurence Froidevaux
Andria Hoda
Marc LeBlanc
Daphne Maxwell
Michael Murphy
Steve Passmore

Yolanda Bernat
Stacey DeWolf
Andrew Eravec
Mark Guker
Jennifer Illes
Patrice Lee-Seyon
Yako Merogi
Amanda Ngui-Yen
Deepak Sud
Neil Brown
Ehren Doty
Jim Fogarty
Jillian Hartman
Michelle Kin
Jeff Lowes
Patrick Maddalena
David Pace
Michael Petermann
Thomas Vicentini

scholarships

SCHOLARSHIPS

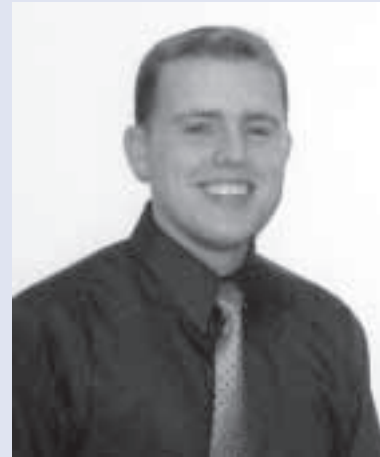
FALL '03

Matthew Davis Awarded Footlevelers Scholarship



Matthew Davis, 9th trimester, (L) is pictured with NYCC Executive Vice President/Provost Dr. G. Lansing Blacksaw (R). Matthew was awarded the Footlevelers Scholarship in the amount of \$1,000 for his essay that discussed the important role that doctor/patient communications plays in overall health management.

Marc Persson Awarded Kenneth W. Padgett Alumni Scholarship



NYCC student Marc Persson, 9th trimester, was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for his essay that discussed how he might effectively promote and support NYCC in its mission as a leading educational institution of chiropractic.

WINTER '04

Ralph Bonocore Awarded Footlevelers Scholarship



Ralph Bonocore, 8th trimester, (L) is pictured with NYCC Dean of Academic Affairs Dr. J. Clay McDonald (R). Ralph was awarded the Footlevelers Scholarship in the amount of \$1,000 for his essay that discussed the important role that doctor/patient communications plays in overall health management.

Daphne Maxwell Awarded Kenneth W. Padgett Alumni Scholarship



Daphne Maxwell, 8th trimester, (L) is pictured with NYCC Dean of Academic Affairs Dr. J. Clay McDonald (R). Daphne was awarded the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for her essay that discussed how she might effectively promote and support NYCC in its mission as a leading educational institution of chiropractic.

scholarships SCHOLARSHIPS

career center DEVELOPMENT

Congratulations Scholarship Winners!

Congratulations go to Frank Sorrentino, 3rd trimester, who won the Walter L. Vaughn Merit Scholarship in the amount of \$1,500.

Stephanie Werner, 3rd trimester, was granted \$2,500 under the William and Florence Crowther Merit Scholarship.

Christopher Norval, 3rd trimester, won the Dr. George I. and Frances E. Koenig Merit Scholarship in the amount of \$2,500.

Robert Tenney Granted First Dr. Jack DiBenedetto Merit Scholarship Award



Robert Tenney, 3rd trimester, was the first student to be awarded funds under the Dr. Jack DiBenedetto Merit Scholarship. Honoring Dr. Jack DiBenedetto, who died February 14, 1996, the scholarship helps those students who, like Dr. DiBenedetto, changed careers in order to become chiropractors. The Dr. Jack DiBenedetto Memorial Scholarship fund, spearheaded by Gary P. DiBenedetto, D.C., was funded largely through contributions from individual donors and the DiBenedetto family.

Career Developments and Anti-Aging Medicine



Sue Pittenger, Director of Career Development Center, counsels NYCC students regarding their future career plans.

Are you searching for the fountain of youth? (Who isn't?) How about the next best thing: a career specialty just about guaranteed to grow?

Students and practitioners are encouraged to explore information relating to the burgeoning field of anti-aging healthcare. One of the newest trends in healthcare, this discipline is fueled by the baby-boomer generation, that large segment of the U.S. population that is at or approaching the age of 50 plus. As the baby boomers have sought ways to delay and minimize their aging process, anti-aging healthcare has evolved to meet their quest. Anti-aging healthcare is a multidisciplinary approach encompassing good nutrition, stress reduction, exercise, and increasing muscle and joint flexibility - all areas that have to do with chiropractic! In addition, anti-aging therapies involve assessing a patient's biomarkers, described as "functionalities of the body that correlate with age." These include blood pressure, cholesterol, motor and cognitive skills, body fat composition, etc. Using biomarkers, anti-aging practitioners can determine the "biological age" of the body and adjust treatments and therapies to bring about changes and improvements.

For more on the field on anti-aging healthcare, check out the web site for the American Academy of Anti-Aging Medicine, an organization of health care professionals at the forefront of the anti-aging field, at <http://www.worldhealth.net>.

CDC Online

www.nycc.edu



**Our online database
has the following listings:**

PRACTICES FOR SALE

ASSOCIATE POSITIONS

OFFICE SPACE FOR LEASE

USED EQUIPMENT FOR SALE

A candle loses nothing and increases light, by lighting
another candle... B.J. Palmer, D.C.



**“BRINGING IT
ALL TOGETHER”**

SCIENCE * PHILOSOPHY * ART

AB

“A NEW BEGINNING FOR A NEW FUTURE”

JOIN US OCTOBER 21, 22, 23, 24, 2004

Clarify what chiropractic is in your life.

www.newbeginningsIC.org
www.newbeginningschiro.com
732-747-4646



Need a place to hang your hat?



Scrip is your chiropractic product resource! We carry the most complete line of supplies and equipment available and our people are some of the friendliest and most experienced in the industry. We look forward to serving you while you are in school and after graduation. Call us today and find out why we're called "The Friendly Choice".

- Exercise & Rehab
- Physical Therapy
- X-Ray Sales & Service
Service anywhere in the United States
- Treatment & Office Supplies
- Diagnostic & Student Products
- New & Refurbished Tables
- New Office Financing

1.800.747.3488

Place an order,
get our latest catalog or
talk to a Scrip salesperson

www.scrip-inc.com

Every product. Every order. Satisfaction guaranteed!

Controlled Simplicity

Xerographic Solutions simplifies
the complex, chaotic world of
network printing and copying
with a cost-per-page service
that improves workflow and
controls costs.

No equipment to purchase.
Let us manage your
current fleet.




886 Linden Avenue, Suite 100
Brooklyn, New York 11205
562.248.5554
Fax: 562.248.3632
800.611.2805

www.XEROGRAPHICSOLUTIONS.com



Non-Profit Org.
US Postage
Paid
ITHACA, NY
PERMIT NO. 780

PO Box 800
Seneca Falls, NY 13148-0800
Address Service Requested



What's News?

Your fellow alumni want to know! Share your personal and professional successes with us—marriages, births, awards, achievements and professional advancement. Mail the form below to: Director of Public Affairs, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800, fax: 315-568-3153, call: 315-568-3146 or e-mail: pvantyle@nycc.edu.

Name _____

Name while at NYCC _____

Phone _____ Month/Year Graduation _____

Address _____

E-Mail Address _____

My News _____

Transitions is a publication of New York Chiropractic College. Direct all submissions to Director of Public Affairs, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800 (315-568-3146).