



Transitions Transitions

January/February 2005

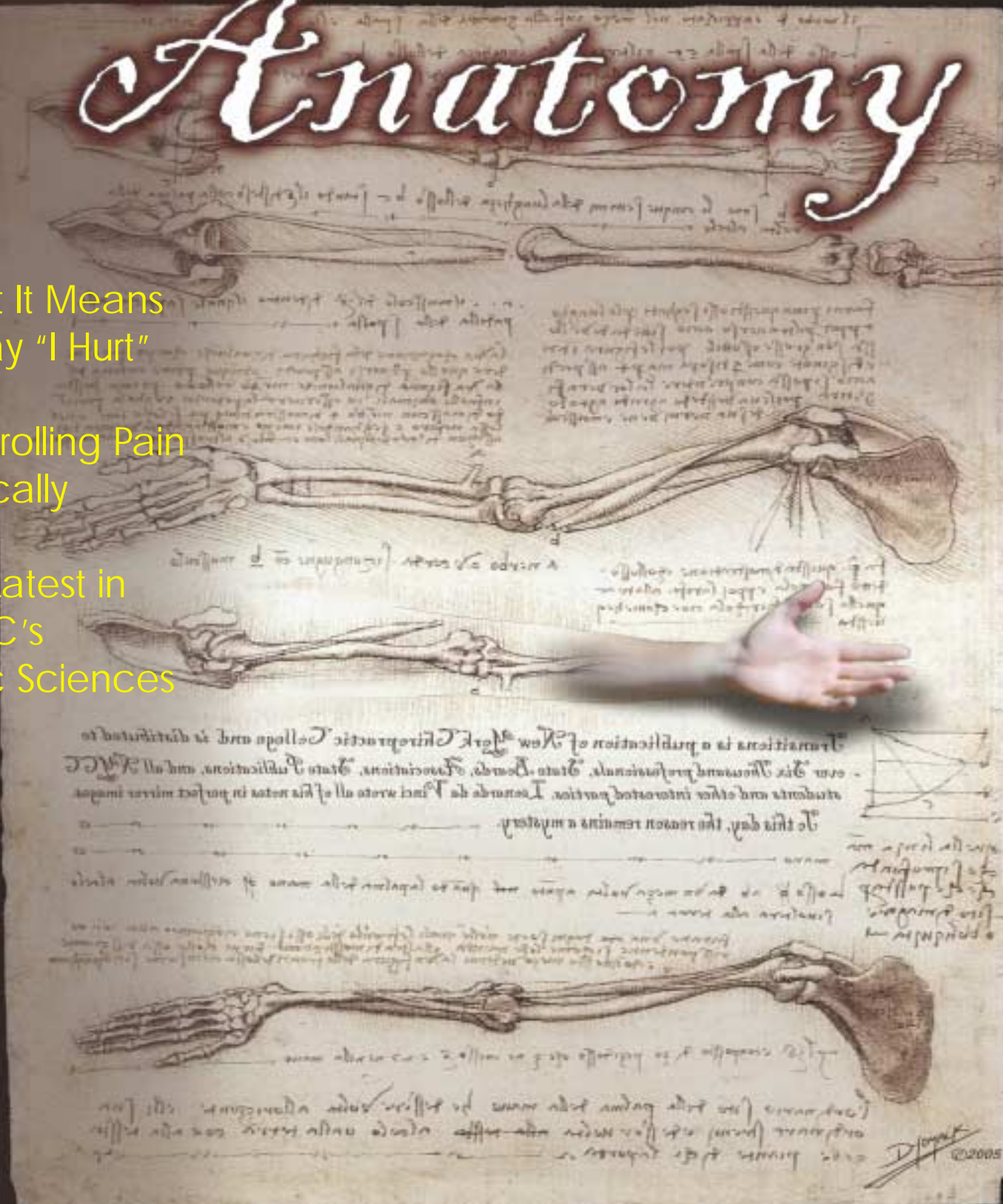


Anatomy

What It Means
To Say "I Hurt"

Controlling Pain
Clinically

The Latest in
NYCC's
Basic Sciences



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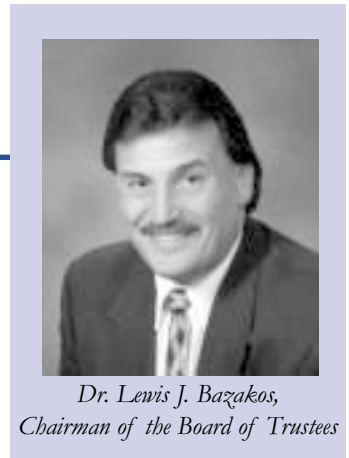
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Treating Patients in Pain

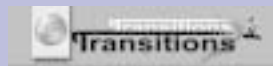
I am pleased to see that *Transitions* magazine has chosen to discuss the topic of pain and its physiology. Having treated a number of patients complaining of nagging pain, I have found they are generally unfamiliar with pain's complexities and the intricate manner by which pain establishes itself and thereafter develops. Surveys indicate that most people visit chiropractors to relieve their pain. Others request treatment for restoration of movement and improved function.

Currently, we doctors of chiropractic enjoy a favorable and widespread reputation for relieving pain through spinal adjustments. Our patients are thrilled to learn that relief may come about with little financial expense and/or without the physical discomfort that is often associated with drugs and surgery. They relish the fact that, in many cases, they will soon be resuming their normal daily activities.

Chiropractic: Not Simply For Pain Relief

We doctors of chiropractic have long maintained an expansive approach to health. To be "well" is much more than simply an absence of debilitating pain. We administer treatments designed to promote the body's natural resources and its marvelous healing powers. Chiropractic's unique blend of physical manipulation and patient education enables us to counsel our patients about such topics as nutrition and stress-relieving strategies in an effort to root out the very problems that ultimately manifest as pain and discomfort. We, in effect, empower our patients — arming them with a means to discourage the recurrence of painful symptoms. Having successfully addressed the patients' pain, they often become increasingly receptive to chiropractic's bigger message — all the more certain that it can favorably impact their overall health and well being.

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Dr. Frank J. Nicchi,
President

Thanks for Your Support ... and Success!

As we enter the New Year, I wanted to thank you, our many alumni and friends, who have helped make New York Chiropractic College the country's preeminent chiropractic college. It is perhaps ironic that this edition of *Transitions* focuses on pain, since the College has clearly undergone its own growing pains since its 1919 founding as the Columbia Institute of Chiropractic. I know you share my pride in NYCC's astonishing evolution.

Successful Alumni

Our alumni are extremely successful. More than 90 percent of them continue to practice chiropractic after seven years following graduation. Their default rate on student loans remains, impressively, at less than 1 percent. And they involve themselves, enthusiastically, in national, state and regional chiropractic organizations – serving also in leadership positions within their own communities.

Unparalleled Instruction

NYCC continues to graduate highly trained professionals who become leaders in the profession. Our students have long demonstrated their superior preparation through exceptional board scores. (It certainly helps that we attract and retain high-

caliber students, many of whose mentors were NYCC alumni and friends). As a result, they fill the ranks of internships at such prestigious health centers as the U.S. Naval Hospital in Bethesda, Md., Camp LeJeune, N.C., and the VA Western New York Healthcare System in Buffalo, N.Y.

Please — Help Us

Certainly, NYCC would not enjoy this esteemed status were it not for you. Your continued support will enable us to remain the world's premiere chiropractic college throughout the 21st century, and beyond. A flurry of activity is occurring here at NYCC, and we want to keep you informed about the many exciting initiatives we have undertaken. You are invited to share in our success! With this in mind, we have increased the number of *Transitions* magazines you will receive each year to six.

My Thanks ...

Once again, I extend my deepest appreciation to all of you for your wonderful accomplishments and loyal support. I look forward to working closely with you as we continue to contribute to one another's mutual success.



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



New York Chiropractic College 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 Executive Vice President for Academic Affairs, said, "The programs spare the student the expense of travel and inconvenience of the traditional classroom 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.

President's Council 2005

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.

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Paying Tribute to President's Council Member: Lester Levine, D.C.

Dr. Lester Levine

Dr. Lester Levine was born in Brooklyn, N.Y., and moved to Spring Valley, N.Y., as a young child. His first visit to a chiropractor took place as a high school student, against his family's wishes. After being treated by world-famous chiropractic philosopher Dr. Reggie Gold, he realized he, too, was to become a chiropractor. Dr. Levine earned his undergraduate degree from Long Island University, began working, and six months later enrolled in the Columbia Institute of Chiropractic (now NYCC). He graduated in 1974, moved to Deltona, Florida, and opened Deltona Advanced Wellness, a practice he continues to manage. In addition to chiropractic, Dr. Levine is a certified acupuncturist and also recently earned certification as an addictionologist - employing chiropractic, nutrition, counseling, and auricular therapy to treat addictions of work, sex, alcohol, drugs, smoking and gambling.

Giving Back to NYCC

Dr. Levine was very pleasantly surprised upon visiting NYCC's Seneca Falls campus. "I couldn't believe how far NYCC has come!" he exclaimed. Lauding the College for its excellent academic standards, he pointed out, "Our education has given us the ability to change people's lives and to provide an exciting way of life for our families." He sent Dr. Nicchi a letter pledging his support to the College, and he encourages his fellow alumni to do the same. He feels strongly that alumni



Lester Levine, D.C.

should serve the school, enabling the College to provide education for future generations. "It's time we all gave back," he said.

Challenges Ahead

"There are tremendous challenges facing the profession and the College - both good and bad," said Dr. Levine. The level of fighting within the profession and against insurance companies has taken its toll. There is tremendous potential as well, however. Thrilled at the prospect of a Florida State University chiropractic program.

Family Life

Dr. Levine lives with his wife, Gloria, owner of a travel agency. Not surprisingly, they both enjoy travel and the movies. They dote on their only grandchild, Zoe, daughter of their eldest child, Lauren, and son-in-law Craig. They have two other children, Darcie and Joshua, and Dr. Levine's 88-year old father lives just a few miles from their home. Last but not least is Graff, the family dog. Dr. Levine prizes family, closing his office during holidays so that he and his staff can spend time with loved ones. "It's also important to 'recharge the batteries,'" he adds.

Dr. Levine reaffirms chiropractic as his true passion: "I am as excited today as when I first got started. I can't think of a better reason to get up in the morning." Neither can we, Dr. Levine!

He feels strongly that alumni should serve the school, enabling the College to provide education for future generations. "It's time we all gave back," he said.

Trustee Profile: Dr. Sylvia Heyman

Dr. Sylvia Heyman provides a remarkable blend of both Western and Eastern medicine as a chiropractor, registered nurse and licensed acupuncturist. As such, she provides valuable experience and guidance in her role as a Trustee at New York Chiropractic College.

Working as a registered nurse for 25 years – 11 of those in the cardiac surgery unit – Dr. Heyman recognized a need for a better work/life balance and returned to school at age 47 to become a chiropractor. She did not know much about chiropractic, but she believes strongly that she was directed on this path for a reason. Dr. Heyman says, “In the Hebrew Bible, the guiding hand of God appears in many forms. I believe that in a covert way, God continues to guide us. We must nourish our souls and keep our eyes, ears and mind open to see the path we are called to take.” She graduated from NYCC in 1989 and bought a practice on Long Island, N.Y. After five years in practice, she attended a seminar about acupuncture. While the certification course piqued her interest, Dr. Heyman said she took a trip to China “and I felt transported. God said to me, ‘This is where I want you to go.’” She returned to school again and became licensed in acupuncture in 1998. Her practice combines chiropractic and acupuncture – and goes the extra mile for patients in the special way that nurses care for their patients. “Once a nurse, always a nurse,” notes Dr. Heyman. In addition, Dr. Heyman also practices feng shui, an ancient Chinese science concentrated on design and arrangement.

Recognizing that bringing these different disciplines together is “challenging,” Dr. Heyman says she “blends the roles as best as I can.” She single-handedly manages all of the aspects of her practice and has done so by purchasing a good software package with technical support, keeping up-to-date on patient notes, and billing electronically. She comments that it keeps her mind “lubricated” and minimizes the cost of her opera-



Sylvia Heyman, D.C., L.Ac.

tions. This allows her the freedom to choose her own hours and be flexible with patients. For those pursuing dual professions, Dr. Heyman recommends spending time with practitioners who are doing the same thing. She considers it part of her role as an NYCC trustee to be available to students for this purpose.

Dr. Heyman reminds practitioners to be humble and that “we are serving the patient.” She continues, “Whether a person is religious or not, when their work is touching people, they need a strong soul that is grounded in its own spirit.” Dr. Heyman goes on to say, “You have been

called upon to provide the best skills that you know with the best intention; however everything can’t be solved with just chiropractic or just needles or just herbs. We need to be cognizant that we are dealing with a complex man and aware of our limitations. We don’t always have to be the one that is the lifesaver.” She recommends referring patients to the services they need and that “everyone connects and helps each other to best serve the patient.”

Uniting Eastern and Western disciplines requires a “balance of body, mind, and spirit,” notes Dr. Heyman. She is passionate about religion, and has recently celebrated her bat mitzvah, an acceptance to observe the commandments in the Jewish faith. In addition to her religious studies, she enjoys intellectual activities (attending seminars and learning), exercise, cooking and entertaining. Her family is also very important to her and is comprised of a loving husband, two sons and their wives, five grandchildren ranging in age from four to fourteen, and a puppy (that accompanies her to the office.)

Dr. Heyman concluded the interview by encouraging adults to “not be afraid to start new careers.” She says, “If it’s time for a change, just do it. Fulfill all of your callings.” Thank you, Dr. Heyman, for fulfilling all of your callings and for being such an inspiration to us.

The Latest in Basic Sciences at NYCC !!!

by Robert Walker, Ph.D., Department Head

The last few years have been ones of great activity for the basic sciences at NYCC. In the Fall 2003 trimester, the Physiology and Anatomy departments merged into a single Department of Basic Sciences. During that same time we've undergone some changes in personnel and in the mission and goals of the department.

Basic Sciences Education for AOM and D.C. Students

Since the Fall 2003 trimester, NYCC has ceased to be a single-purpose institution and now has two degree programs: the Doctor of Chiropractic program, leading to the D.C. degree; and the graduate programs in Acupuncture and Oriental Medicine (AOM), leading to a Master of Science in Acupuncture (MSA) or a Master of Science in Acupuncture and Oriental Medicine (MSAOM). Previous to Fall 2003, Basic Sciences had the mission of providing basic sciences education for the D.C. students. Since then, however, the Basic Sciences faculty have been providing basic sciences education for the AOM students as well. From the earliest stages of preparation for the possibility of offering an AOM degree, Basic Sciences faculty have been involved in the development of the basic sciences curriculum for that program; and since the implementation of the program, they have worked closely with Dean Marilee Murphy and the AOM faculty in developing an appropriate basic sciences program for AOM.

There's only one human biology. That applies to all human beings, regardless of the program of instruction in which these facets of human biology are being offered. There are, however, differences in the approach used to deliver that material, depending on the audience. Fortunately, the Basic Sciences faculty at NYCC have had a wide range of experience in different professional education programs. At various stages in their careers, the Basic Sciences faculty have taught anatomy, physiology, pathology, histology and biochemistry to such diverse groups as nursing students, physical therapists, EMTs, paramedics, medical students, dental students, chiropractic students, and now acupuncture and Oriental medicine students.

Different "Sciences" for Different Professions

The differences between the instructional requirements in basic sciences for the two programs are far more about approach and depth of material than about rigor. Both the AOM and D.C. students receive a very rigorous course of instruction

in human biology. However, it is covered in greater detail for D.C. students due both to program requirements and to the longer length of the D.C. program.

The part of the curriculum where this difference is perhaps the most marked is in anatomical education. The D.C. program currently has a year-long, three-course series in human gross anatomy – including six weeks of the osteology of the axial skeleton, as well as full-

body dissection of human cadavers – and a two-trimester sequence of neurosciences that runs concurrently with the second and third trimesters of gross anatomy. By contrast, the AOM students receive a two-semester sequence in human gross anatomy followed by a one-trimester course in neuroanatomy. The amount of the anatomical sciences taught to each group has been worked out in conjunction with the deans of both the AOM and D.C. programs.

For the AOM students, gross anatomy is taught through a combination of didactic lectures and laboratories utilizing demonstrations and prosections. The type of instruction offered to the AOM students is designed to give them a very thorough overview of human gross anatomy, particularly as that anatomy relates to acupuncture meridians and points. For the DC students, anatomical education must provide an in-depth knowledge of the relationship of bony landmarks to surface structure, as well as the normal anatomy of internal structure and the relationship of normal anatomy to radiographic images and other imaging modalities. Likewise, it is necessary to give the D.C. students adequate anatomical knowledge to be competent diagnosticians. As a result, it is essential that the D.C. students complete a dissection-based anatomy course. Because diagnosis in AOM is based on a theoretical foundation that is not rooted in Western science and the practice of acupuncture involves understanding the meridians and acupuncture points, and because it is a more compact curriculum, the AOM pro-



Dr. Robert Walker

The Latest in Basic Sciences at NYCC !!!

Continued from previous page

gram is better served by a prosection/demonstration model of instruction.

Some of these differences in approach carry over to the other parts of the basic sciences curriculum, though perhaps to a lesser degree. Again, because part of the expectation of the NYCC D.C. program is to produce chiropractic physicians with a good background for diagnosis, it is very important that they be given a good working knowledge of pathology, nutrition and biochemistry. Likewise, as healthcare providers, those same things are important for the AOM students; but pathology, nutrition and biochemistry are not covered at as great a level of detail for the AOM students as for the D.C. students.

Finally, while most of the differences in basic sciences education between the AOM and D.C. programs are due to differences in time allotted and to the respective roles of D.C. and AOM practitioners after graduation, there are also some differences in the student bodies of the two programs that must be accounted for. In general, D.C. students tend to be more traditional students. Most are coming directly to the D.C. program from their undergraduate institutions. Most of the AOM students, on the other hand, are currently working in some field and are less traditional students. AOM students tend to be older than the D.C. students, on average. Thus the expectations of the two groups of students may be somewhat different.

Faculty Changes

Over the course of the last year, Drs. Dishman, Sciotti, Ryder and Greiner have moved on to other professional challenges in academia. They are all talented individuals and will no doubt be successful in other arenas. All have left a legacy at NYCC. Dr. Greiner organized the first annual NYCC research symposium and continued to run it throughout his years at NYCC. It is now an NYCC tradition that will be carried on. (Dr. Doug Greco is organizing this year's symposium.) Dr. Ryder organized the first Women's Health Symposium at NYCC. That series of symposia continues under the guidance of Darlene Easton, MSAOM.

At the same time, the Basic Sciences Department has been

joined by Doug Greco, D.C.; Ilija Arar, D.C.; and Kim Brown, D.C. Drs. Greco and Arar are fellows in the relatively new fellowship program. In addition to their teaching duties in the Basic Sciences Department (and elsewhere as needed), Dr. Greco has earned an M.S. in Neurosciences at Syracuse University and Dr. Arar is pursuing an M.S. in Basic Science Education at Syracuse. Dr. Brown has joined the department as a GTA while at the same time working as an ACC Research Fellow in NYCC's Research Department. All three are recent NYCC graduates.

The Basic Sciences and Research departments have been seeking to strengthen their already strong traditional ties. Dr. Jeanmarie Burke serves as Department Head of Research. Historically, there have been joint appointments of faculty to both departments. Dr. Burke and I are currently co-chairing search committees for two Ph.D. faculty members who will hold joint appointments in both departments. One of these

positions is for a pathologist to run the biochemistry lab in the Research Department, and the other will be an anatomist to run the biomechanics lab in the Research Department. Both will teach half-time in the Basic Sciences.

The core of the Basic Sciences faculty, many of whom you may remember, remains intact:

David Aberant, M.S. - microbiology, public health
Ilija Arar, D.C., B.S. - anatomy, pathology
Mary Balliet, D.C. - biochemistry
Deborah Barr, Sc.D. - physiology
Kimberly Brown, D.C., M.S. - primarily anatomy
Scott Coon, D.C., B.A. - pathology
Christine Cunningham, M.S. - pathology, histology
Doug Greco, D.C., M.S. - anatomy, neuroscience
David Grimm, Ed.D. - physiology
Mike Lentini, D.C., B.A., B.S. - anatomy, neuroscience
Raj Philomin, M.D., Ph.D. - anatomy, histology
Seva Philomin, M.D. - anatomy, neuroscience, pathology

Continued on next page

The Latest in Basic Sciences at NYCC !!!

Continued from previous page

Maria Thomadaki, D.C., B.S. - neurosciences, anatomy
Robert Walker, Ph.D. - anatomy, histology
Michael Zumpano, Ph.D. - anatomy; currently pursuing a
D.C. degree

Additionally, the Basic Sciences Department has its two laboratory technicians: Carl Jagos and Veronica Mittak. In addition to their laboratory technician duties, both also serve an invaluable role in acting as laboratory assistants where and when needed. Veronica is especially talented in the histology labs, while Carl possesses a very strong background for working in the neurosciences laboratories.

Future Plans

NYCC currently has four degree programs in place: the D.C. program, the AOM program, the Bachelor of Professional Studies program (BPS), and the Masters of Science in Diagnostic Imaging program (MSDI). Basic Sciences is involved in all these programs to one extent or another. The D.C. and AOM programs have already been discussed. The BPS program provides a means for D.C. students entering NYCC without a bachelor's degree to complete one concomitantly with their D.C. degree. Dr. Deborah Barr, of the Basic Sciences Department, is the director of this program. The MSDI program has accepted its first student this year, and some Basic Sciences faculty serve as members of the faculty of that program.

New Degree Programs

NYCC also has plans for future additional degree programs. An M.S. in Clinical Nutrition is tentatively slated to begin in late 2005 or early 2006. An M.S. in Clinical Anatomy (MSCA) program is actively being developed by the Basic Sciences Department for a tentative start date of fall 2006. The MSCA program is being developed in conjunction with several other colleges and universities.

In the near future, there could well be a shortage of trained professionals who are competent to teach human gross anatomy

in healthcare settings. Chiropractic colleges in general, and NYCC in particular, are one area where anatomy continues to be a strong and central part of the education. As such, chiropractic students receive some of the most extensive human gross anatomy training of all the health professions. This has been recognized by those outside of chiropractic and has been well known within chiropractic. The Basic Sciences Department of NYCC, with the strong support of Todd Olson, Ph.D., Director of Anatomy at Albert Einstein College of Medicine, is working with the SUNY Health Sciences Upstate Medical Center in Syracuse, The University of Rochester Medical School, and Albert Einstein Medical School to develop this program. We envision the program as giving D.C.s more specialized training in the anatomical sciences, as well as practical teaching experience in the anatomy laboratories of all the participating schools. More and more, D.C.s are being hired in basic sciences education at colleges and universities. The MSCA

degree would give a D.C. an additional credential as well as teaching experience in laboratories at very well-respected and world-class institutions.

An advisory committee has been formed to develop the curriculum for this program. The committee consists of

Dr. Olson; Barry Berg, Ph.D., Director of Anatomy and Assistant Dean for Curriculum, SUNY Health Sciences Center, Syracuse; John T. Hansen, Ph.D., Professor of Neurobiology and Anatomy, Director of Curriculum Development, and Associate Dean for Admissions, Offices of Medical Education, University of Rochester Medical School; Diane Piekut, Ph.D., Associate Professor of Neurobiology and Anatomy, and Director, Anatomical Donation Program, University of Rochester Medical School; Michael Mestan, D.C., B.S., Dean of Chiropractic Education, NYCC; and Robert A. Walker, Ph.D., Head, Department of Basic Sciences, NYCC.

If you'd like more information on anything we're doing here in the Basic Sciences, please feel free to contact me, either by e-mail at rwalker@nycc.edu, or by dropping a note to me at the College's address. I hope to see you back with us for Unity Day 2005.

**... chiropractic students receive
some of the most extensive
human gross anatomy training of
all the health professions.**

We Remember...

Dr. Ernest G. Napolitano

This year, 2005, marks the 20th anniversary of the passing of one of New York Chiropractic College's most outstanding leaders: Dr. Ernest G. Napolitano. To this day, his legacy continues to benefit the institution immensely.

Appointed President by the board of trustees of Columbia Institute of Chiropractic (NYCC's predecessor) in 1959, Dr. Napolitano presided over the College until his death in 1985. An internationally renowned giant in the chiropractic profession - having successfully shaped a premier American chiropractic institution and led the charge for recognition of chiropractic in New York - his list of achievements is not restricted to the chiropractic field. He served in the



United Nations on both the Speakers Research and Communications Coordination committees. He was awarded 13 honorary degrees and over 50 educational, professional and civic recognitions. An acclaimed educator, author, and lecturer, Dr. Napolitano held fellowships in more than 10 learned societies and served innumerable international, national and state academies, societies and association throughout his lifetime.

Dr. Napolitano's "Integrated" Vision

Dr. Napolitano's vision of integrated healthcare continues to fuel the collaborative relationships the College has been developing with other healthcare professionals as well as with regional hospitals, university systems, medical schools and military health centers. During his tenure, Dr. Napolitano introduced the first postgraduate certification in acupuncture in the nation, inspiring the creation of NYCC's master's degree offerings in acupuncture and Oriental medicine. In essence, the talented doctor initiated many of our identifying "Traditions

of Excellence" through his faith, dedication and unswerving leadership.

A Golden Era

The Napolitano era ushered in a period of dynamic growth, modernization and financial prosperity. Today, NYCC continues to embrace many of Napolitano's Traditions of Excellence. Few men have impacted a profession and institution as he has, and few men have earned our respect and admiration as he has.

Institutional Advancement Welcomes New Development and Grants Coordinator

Please join me in welcoming Jill Henry to NYCC — Institutional Advancement's new Development and Grants Coordinator. "I am thrilled to be a part of NYCC," she said, "And my personal commitment to the College runs deep." Though new to the College, she is not new to chiropractic. A chiropractic patient since 1998, chiropractic treatments eliminated headaches that had plagued her for 15 years. Jill assumes the fund-raising position formerly held by Joe Walsh who recently departed to pursue other opportunities.

A native of Seneca Falls and Mynderse Academy graduate, Jill received her Bachelor of Science in Economics from the Rochester Institute of Technology (RIT) in Rochester, NY, and thereafter served as a proposal developer/cost analyst for Advanced Technology Systems in McLean, VA. As a key member of the proposal development team, Jill worked with senior management in the development of multi-million dollar federal contracts that involved Housing and Urban Development (HUD), the General Services Agency (GSA) and the Department of Justice (DOJ).

Six years ago, Jill moved back to Seneca Falls — closer to family members who were thrilled to see more of their three grand children. Since her move back home, Jill has worked as an Economic Development Specialist with the Seneca County



*Ms. Jill Henry, Development and Grants
Coordinator*

Industrial Development Agency, and most recently as the county's Grants Management Specialist. Working closely with federal, state and local agencies on regional re-use projects at the former Seneca Army Depot in Romulus, NY, Jill administered over \$3.5 million dollars of federal and state grant funds for redevelopment projects including, Kids Peace, the NYS Police Training Facility, and Advantage Group distribution facility. Over the past two years she also secured \$450,000 in new equipment for local fire departments and funding for the preservation of the historic Three Bears Courthouse Complex in the nearby Village of Ovid.

Jill is also a strong proponent of acupuncture and massage therapy and is very excited to be called upon to identify new and innovative funding sources to enhance existing College programs and foster new ones. "There seems to be endless opportunities for partnerships," she remarked. "By establishing mutually beneficial relationships with vendors, alumni and friends, - everybody wins! That's what Institutional Advancement is all about."

Jill's husband, James Lorenzetti, is a District Manager for Eckerd Drugs. They have three children: Kelly (age 7), Owen (3) and Sam (2), and for you dog enthusiasts, a Clumber Spaniel named Otis.

Dr. Li Joins AOM Faculty

Please welcome the newest member of the Acupuncture and Oriental Medicine program faculty: Dr. Aizhong Li. Dr. Li earned a master's degree in medical science from the Heilongjiang University of Traditional Chinese Medicine in her native China. She also holds a certificate from the Advanced Chinese Medical Doctor Training Program at Heilongjiang University and is now a PhD candidate in Acupuncture and Moxibustion there.

Dr. Li has spent the past several years in Toronto, where she taught acupuncture at the Michener Institute for Applied Health Sciences, the Shiatsu School of Canada, and the Canadian College of Naturopathic Medicine. In addition, she supervised and coordinated the Joint Venture Acupuncture Clinic at Mount Sinai Hospital's Wasser Pain Management Center. From 1993 to 1997, she was a postdoctoral research fellow in neurology at Harvard Medical School. Prior to that, she was a visiting scholar in neurology



Dr. Aizhong Li

at Brown University. Just before joining NYCC, she was a researcher at the Roger Williams Medical Center in Providence, Rhode Island.

In addition to teaching, Dr. Li gained experience as a Chinese medical doctor both in China and Canada. She has authored numerous papers, articles and books, and co-authored *The Grand Dictionary of Chinese Medicine*.

In her new position at NYCC, Dr. Li will be the lead instructor for the Herbal Formulas course and AOM theory classes. In the future she will also be a supervising clinician in the health center.

Depew Interns Make Lasting Impression

Assistant Professor Sherri LaShomb, DC, BS, and 11 NYCC interns recently returned from a trip to Plantation, Florida, where they worked at the Rising Stars Softball Tournament. This was a very competitive event that included high school and college athletes from all over the country. Stationed at one of five separate facilities, Dr. LaShomb was in charge of the largest venue, with 15 fields going nonstop from 7:00 a.m. until 10:00 p.m. The interns had the opportunity to interact with several different doctors and be exposed to various techniques, including Graston and ART. The very rare “slow” times were spent showing interns different taping and treatment techniques.

Located under a tent that was central to all of the fields, the group was kept busy evaluating and treating athletes for numerous musculoskeletal conditions, as well as for first-aid concerns. They were also responsible for emergency calls to the fields. Equipped with a cell phone and golf cart, two students would accompany Dr. LaShomb and assist with the emergency assessments. There were several significant injuries, including a clavicular fracture, shoulder dislocation, anaphylactic shock, heat exhaustion, and a severe ankle sprain/fracture. Dr. LaShomb stated that the students were outstanding – the best group she has ever worked with. They received numerous compliments from the athletes, parents, and umpires (see the thank-you letter in right column). The tournament director went out of her way to let them know that she had also received several positive comments from the participants. She was told that the NYCC group was the best medical staff they had ever had. All in all, it was a very positive experience and Dr. LaShomb was very proud of our students. She added, “They were professional at all times and represented our profession and the College very well.”

Congratulations to Dr. LaShomb and to all the interns who participated at the Rising Stars Softball Tournament.

Here is the letter an athlete’s father sent to Dr. Edington following the tournament:

Dear Dr. Edington:

Please accept our grateful thanks for the treatments and advice offered to our daughter Michelle during the Rising Stars Softball Tournament in Davie, Florida this weekend. This tournament is a very important showcase for softball players throughout the country and any injury can cost a scholarship or opportunity. In our case Michelle was recruited by and we expect her to attend Brown University in the fall of 2005.

Dr. Sherri LaShomb and her staff were outstanding in caring for Michelle after she suffered a hamstring injury. The staff diagnosed and treated Michelle on four separate occasions that allowed her to compete today after suffering the injury Friday afternoon. What impressed us most was both the concern for her health and the ability to help her perform after only a short time.

Because of the time that I spent in the Therapy Tent, I had the occasion to speak with many of the interns (unfortunately, I do not have all of their names). Every one of the interns was courteous and caring about my daughter's health, welfare and future college plans. I have rarely seen instances of this kind of courtesy and caring from medical professionals.

Your interns and staff could not have done a better job as far as I am concerned.

Thank-you again for providing such fine support to the Rising Stars Softball Tournament. Your people are a credit to your fine institution.

*Sincerely,
Steven A. Moses*



Back Row: Deepak Sud, Jaimie Towle Front Row: Laura Russo, Amy Rinker, Kurt Perkins, Jillian Hartman, Dr. Sherri LaShomb, Erin Smith, Heath Altland, Dan Cuoppolo and Jennifer Illes

Integrating Mind & Body With Chiropractic Care

by Matthew Coté, DC, Depew Clinician

Three interns from the Depew Health Center – Phil Cameron, Amanda Ngui-Yen, and Tara McGovern – recently made a presentation on chiropractic care to over 30 students in the Mind and Body Integration class at the University of Buffalo’s Dance and Theater Department. The UB students were eager to learn how chiropractic services could enhance their physical performance and how their own posture and balance could be affected. The interns demonstrated chiropractic evaluation and, in some cases, treatment (under the supervision and guidance of Dr. Matthew Coté). One of the interns commented, “It was nice to see the students so interested in what we have to offer!” All in all, it was a positive experience.

Interns from the Depew Health Center rotate through various satellite clinics, and this month they will begin a regular schedule in the UB Student Health Center. Interns will work with the doctors and allied-health providers there to provide health services to some of the 27,000 students enrolled at the university. The Health Center’s Director, Dr. Frank Carnevale,



Depew interns Tara McGovern and Phil Cameron (left and far right, above) are pictured with clinician Matt Coté, DC (center).

stated, “It should be a win-win situation for our students and the interns from NYCC.”

First Clinician-Educator Workshop Held

*by J. Clay McDonald, DC, JD
Executive Vice President of Academic Affairs*

On the weekend of October 23 and 24, NYCC held the first in a series of annual on-campus workshops for all health-center faculty. This series is part of the College’s ongoing effort to enhance communication both within and between the health centers and to improve patient care and the educational experience for our students.

Dr. David Seaman, a well-known and respected chiropractor who specializes in clinical nutrition, kicked off the

two-day workshop on Saturday. His six-hour presentation on clinical nutrition was the first of three such seminars he will provide for our clinical faculty during the coming year.

On Sunday, the workshop continued with sessions led by Drs. Judy Silvestrone and Lee Van Dusen on the development of best practices for the administration of clinical services; break-out sessions on improving consistency in faculty grading; a discussion on multidisciplinary opportunities within

the College’s health centers; the evolution of fellowships; and, finally, NYCC’s participation in the Empire State Advantage, a New York State quality-assurance program.

Feedback from the faculty clinicians has been very positive, and we look forward to hosting the second annual faculty clinician workshop here on campus next fall.



Dr. Kenneth Edington (far right), Depew Health Center Director, addresses the clinician-educators at the workshop.

Dr. Pfeifer Named Assistant Dean

by J. Clay McDonald, J.D., D.C.
Executive Vice President of Academic Affairs

Dr. Joseph Pfeifer, Director of the Levittown Health Center, has been appointed Assistant Dean for Clinical Education. As Assistant Dean, Dr. Pfeifer will assure compliance with various accrediting agencies and continuing standardization and enrichment of the clinical

education experience of our chiropractic students. As Assistant Dean, Dr. Pfeifer will continue in his role as the Director of the Levittown Health Center and be a conduit between the health centers, Dean of Chiropractic Dr. Michael Mestan and the chiropractic program.

Dr. Pfeifer brings extensive experience to the role – not only as an educator, but as an active participant in CCE accreditation visits to various colleges and as an experienced chiropractic clinician.

Please join me in congratulating Dr. Pfeifer as he assumes this new role.



Dr. Joseph Pfeifer

NYCC's Campus Health Center Integrated

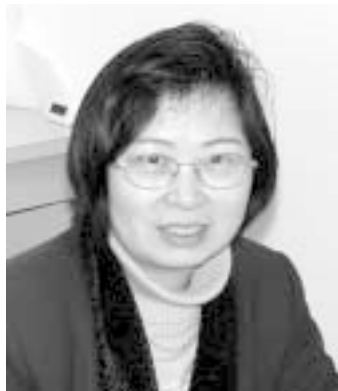
by Wendy L. Maneri, D.C., Director

We are happy to announce that the Campus Health Center is now integrated. On Thursday, January 6, the Campus Health Center started offering acupuncture and Oriental medicine (AOM) treatment by licensed acupuncture practitioners to students and their spouses/partners at a discounted rate. Beginning in May 2005, these services will be offered at the Campus Health Center to students and their spouses/partners free of charge.

AOM treatment is useful for many conditions - both acute and chronic - including musculoskeletal pain, headaches, allergies, digestive problems, depression, sleep issues, and women's health issues. Treatment also impacts the effects of stress and may be used for health promotion.

We would like to welcome the following acupuncture practitioners to the Campus Health Center:

Xinmin Zhao: Xinmin Zhao has practiced Chinese medicine for 34 years and is a former associate professor of Chinese medicine at Nanjing University of Traditional Chinese Medicine. She began her training at the age of 16 as an apprentice under her grandfather, a noted Chinese physician. After completing her formal medical training at Nanjing Medical College in 1977, she served in several



Xinmin Zhao

hospitals. From 1984 to 1987, she continued her medical graduate study, with a focus on liver diseases, at Nanjing University of Traditional Chinese Medicine, where she went on to serve as a chief physician in the Department of Internal Medicine in 1987. Ms. Zhao has done extensive research on hepatitis B and hepatocirrhosis and has published widely in Chinese medical journals. She has also co-authored several medical textbooks. Ms. Zhao serves as the lead instructor in the NYCC AOM program's Materia Medica courses. She will be providing acupuncture and Oriental medicine care on Thursdays in the Campus Health Center.

Ke Zang: Ke Zang earned his M.D. degree in Traditional Chinese Medicine in 1992 from Liaoning College of Traditional Chinese Medicine in China. He worked as an acupuncturist from 1992-2001 in the Liaoning Rehabilitation Center.



Ke Zang

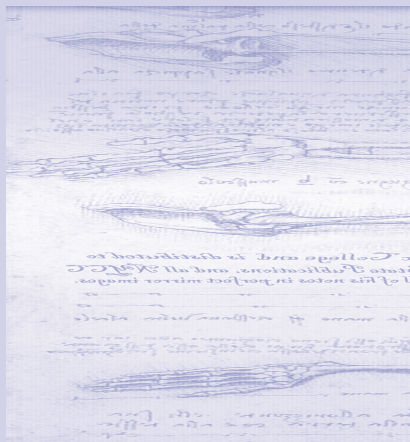
He is an international student from China currently enrolled in NYCC's Doctor of Chiropractic program. Mr. Zang also serves as the lead instructor in NYCC's AOM Taiji/Qi Gong and Tuina classes and as the assist instructor in Points and Meridians and Clinical Skills courses. Mr. Zang will be providing acupuncture and Oriental medicine care on Tuesdays in the Campus Health Center.

~Series Introduction~

“What It Means To Say ‘I Hurt’”

Ouch! It’s hard **not** to find someone in pain. Most people feel at least a twinge sometime during the day. A 2003 survey, “America Speaks: Pain in America,” reports that almost 60% of Americans say they are *in pain*. As for discretion, pain has none. It is absolutely non-discriminatory; those younger than 35 say they experience pain as frequently as their older counterparts.

Is pain a good thing? Surprisingly, many health-care professionals would respond “yes” to this question, citing pain’s irresistible power to “alert” its host to things gone awry. Nonetheless, too much pain can be difficult to handle and can don various guises.



Chronic pain may attend such common diseases as rheumatoid arthritis and osteoarthritis. Many injuries that fail to heal properly, and those involving nerve damage, may

also cause chronic and nagging pain. More acute types of pain often associated with muscle strain arrive on the heels of overexertion, bone fractures, and improper lifting. Some aches and pains may arise over time through poor posture, inadequate diet or insufficient exercise; others appear

more abruptly. No matter the cause of the pain, it can overwhelmingly debilitate its victims and play havoc with their relationships, emotional well-being, and work performance.

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.

“What It Means To Say ‘I Hurt’”

Controlling Pain Chemically

Controlling pain with medication may aggravate the unwary sufferer’s condition. Nonsteroidal anti-inflammatory drugs (NSAIDs) – a large class of pain-relieving prescription medications – include Vioxx, Celebrex and Bextra. Used primarily for the relief of arthritis pain, they have recently been under intense and critical scrutiny. Merck & Co., Inc., for example, withdrew Vioxx from the market after an increased risk for cardiovascular problems was discovered. Celebrex, produced by Pfizer, Inc., was also with associated heart attacks and strokes. New warnings were posted for Pfizer’s Bextra after a finding that it increased bypass-surgery patients’ heart problems.

Over-the-counter medications were also found culpable. An Alzheimer’s prevention trial was terminated when it became evident that healthy elderly patients suffered 50 percent more heart attacks and strokes after taking Aleve. The U.S. Food and Drug Administration now recommends that Aleve – and other naproxen-containing medications – including Naprosyn, Anaprox, and Naprelan be limited to 10-day dosages and taken under a physician’s guidance.

Increasingly Popular Pain Relief Alternative

An “Americans Living With Pain” survey conducted in 2004 indicated that “nearly all of those [people] with chronic pain turn to alternative treatments regardless of the medications they are using, or to the nature of their pain.” WebMD, for example, cites chiropractic as the most common nonsurgical treatment for back pain. Though chiropractic and acupuncture are certainly about much more than pain relief, one cannot help but recognize that both therapies are sought by a public strongly motivated by a desire to alleviate its aches and pains.

How Pain “Works”

When you do something that causes pain, pain receptors within the body get very excited and relay messages through nerves up through the spinal cord to the brain. After the brain processes the messages, it sends its own message back down the spinal cord and directs the body how best to react. Touch a hot skillet and the brain retracts the hand – pronto! The

types of pain receptors and nerve fibers will determine the reaction and its speed.

“Ouch” Receptors

Most pain receptors are found in the skin and on joint surfaces, bone linings, artery walls, and skull structures. They tend to be less concentrated in organs. The brain has none at all. Coming in threes – mechanical, thermal and chemical – each responds to different types of pain. The mechanical pain receptors respond to stretching activities, thermal pain receptors to temperature, and chemical pain receptors to chemicals both in and outside the body.

Fat and Thin: A lot of “Nerve”

There are two types of nerve fibers: fast and slow. Fast pain fibers respond to strong reactions, such as sharp pain. Their thicker fiber conducts pain messages quickly. This kind of pain tends to be more difficult to relieve. The thinner, slow-nerve fibers respond to dull pain. Leisurely pain messages travel slowly and, when left uncorrected, often result in chronic pain.

Fast pain travels to specific regions on the surface of the brain, causing an immediate reaction. Slow pain messages spread throughout the brain and cause a wide range of symptoms. The brain sends its instructions

through the nerves to effect a bodily reaction.

Chiropractic and Acupuncture for Pain

Chiropractic helps to restore spinal alignment and nerve function, often alleviating sufferers’ pain. Acupuncture has also been shown to relieve pain and while conclusive explanations regarding its mechanism have not been agreed upon by Western scientists, there is evidence to suggest that acupuncture influences the nervous system in ways that trigger biological changes within the body, including the release of endogenous opioids and changes in neurotransmitter levels.

As integrative therapies continue to gain in popularity, there likely will be many fewer “ouches” and many more happy and pain-free smiles.



Controlling Pain - Clinically

by Steven Feldman, D.C.

Senior Clinician/Assistant Professor, Campus Health Center

Throughout time, humans have sought treatment primarily for one symptom: pain. Billions of dollars are spent on pain remedies every year. The following simple overview is being provided in hopes of raising interest in the topic of pain management and encouraging readers to further explore the particulars of each of the modalities mentioned.

All healthcare providers, in one way or another, find themselves dealing with pain. Unfortunately, it is a symptom that cannot be measured objectively; the only test that can give a hint of objectiveness is Mankopf's. And because pain is a subjective symptom, it often remains the one most difficult to remedy.



Dr. Steven Feldman

The Pain Trail

It is helpful to trace pain's journey. Pain begins at receptors and travels first to the dorsal horn, then up the spinal cord to the trigeminal nucleus – the thalamus-frontal cortex – where pain is perceived. Though the pathway that pain takes within each human body is equivalent, everyone's subjective experience of pain, and their overall tolerance for it, varies.

Pain Relief Options

There exist many touted remedies that purportedly offer relief from pain, including bracelets, magnets, anesthetics and analgesics. We will briefly examine some of the ones that have proven themselves effective within the integrated healthcare arena. Current studies have shown that inflammatory intermediaries increase perception or lower pain thresholds of receptors, or they block inhibitory pathways on the biochemical level. Curiously, most appear to arise from foods that lead to increasing levels of arachidonic acid, an important precursor of the inflammatory pathway. Also, foods that contain antioxidants such as isoflavones can inhibit inflammation. Dr. David Seaman has studied, lectured, written, and counseled patients regarding this type of dietary regimen, which he calls "DEFLAMING the patient."

Ancillary Therapies and Modalities

- **Cryotherapy:** Used to numb receptor fields and temporarily decrease blood flow, thereby decreasing inflammation/swelling.

- **Hydrocolator (moist heat):** Increases blood flow and decreases spasm/hypertonicity, increasing normal biomechanics.

- **Interferential Therapy (IFC)/TENS:** Electrical stimulation to increase catecholamines and endorphins, nature's natural opiates. Stimulates inhibitory pathways and increases the threshold of the receptor field. Very effective for acute conditions.

- **Ultrasound (U/S):** More effective for chronic conditions. Uses vibration of molecules/atoms, causing deep heat. Excellent for 'seek-and-destroy missions' such as trigger points, adhesions/scar tissue, calcification of soft tissue, and heel spurs.

- **Cold Laser:** Less heat output than ligating lasers used for surgical procedures. Raises the synthesis of enkephalons/endorphins, DNA, RNA, and amino acids to promote healing. Just beginning to be utilized in the United States, but has been utilized in Canada and Europe for 10 years.

- **Alpha Stim/microcurrent:** Can be utilized where the above modalities are contraindicated, such as over the abdomen/cervical spine or head. Lower current output, but similar in effect to the above electrical stimuli.

Nutritional Intervention

- Many research papers and Dr. Seaman's postgraduate lecture series on inflammation, diet and neurological consequences have led to the following conclusions:

- Decrease or omit grain and corn, increase omega-3 oils, and eliminate omega-6/transfatty acids.

- Increase intake of ginger, cumin, fruits and vegetables.

- Drink black and/or green teas.

- Eat "free-range" (grass-fed) beef and chicken, and raw almonds.

- Take a multivitamin and magnesium, coenzymes that drive metabolic pathways.

- Calcium decreases inflammation (inflammation leads to calcium deposition in soft tissue under stress, resulting in bursitis), quiets the nervous system, and is heavily fortified in most foods.

Continued on page 45

Acupuncture Offers Viable Option for Treatment of Pain

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

Dean of Graduate Programs in Acupuncture and Oriental Medicine

Given the recent developments that call into question the safety of commonly prescribed pain medications, the alternatives for treatment of both acute and chronic pain can become a significant issue for patients. For thousands of years, acupuncture has been utilized for treatment of painful conditions, and research evidence is beginning to provide validity for acupuncture's efficacy for treating pain. The most recent evidence for acupuncture's efficacy was provided by researchers at the University of Maryland School of Medicine in one of the largest trials of its kind published to date. The results of the trial, published in the December 21, 2004, issue of the *Annals of Internal Medicine* indicate that acupuncture may be a safe and effective treatment of osteoarthritis of the knee. This is good news for patients who have recently stopped their use of Vioxx or Celebrex.

Data Supporting Acupuncture's Relief for Pain

While the research data is not sufficient to provide firm evidence for acupuncture's efficacy on diverse pain conditions, there is some reasonable data to support acupuncture's use for treatment of shoulder pain, low back pain, carpal tunnel syndrome, and headaches. There is clear evidence to support acupuncture's efficacy for postoperative dental pain.

Physiological Effects

There is a substantial amount of data that speaks favorably to acupuncture's physiological effects and plausible mechanisms for acupuncture's impact on pain. Acupuncture is known to induce anesthesia and to trigger endogenous opioids, including endorphins and enkephalins, both in plasma and in cerebrospinal fluid levels. Other effects of acupuncture include anti-inflammatory action and relaxation of the musculature. Functional magnetic resonance imaging is beginning to provide information on acupuncture's ability to quantifiably influence regionally specific structures of the brain.

Patients in Pain

A majority of the patients who seek acupuncture care in the United States suffer from pain due to a number of conditions. There are numerous approaches employed in the treatment of pain in Oriental medicine, including the needling of local and distal body points, scalp and/or auricular points, and trigger points.

Practitioners may also employ the use of electrical stimulation; moxibustion; low-level laser therapy; and herbal treatment, including the ingestion of herbs and topical herb applications. Duration of treatment varies widely based on the acute or chronic nature of the pain, its severity, and individual patient response. Results may be achieved with biweekly or weekly acupuncture treatments, in as few as three treatments or a regimen of a dozen treatments or more may be required. A good rule of thumb, though, is to expect that chronic conditions will require more treatments over time than acute conditions to achieve lasting results.

Given acupuncture's strong safety record and low incidence of side effects, it provides a viable and exciting alternative for patients coping with pain conditions. Oriental medicine's wholistic approach to treatment also means that patients enjoy not only the benefit of acupuncture's effect on pain, but also its positive impact on their general health and well-being.

Resources:

1. Kaptchuck, Ted. Acupuncture: Theory, Efficacy, and Practice. *Annals of Internal Medicine*; 5 March 2002 (Volume 136); p. 374-383.
2. Stux G, Hammerschlag R. *Clinical Acupuncture: Scientific Basis*. Berlin: Springer; 2001.



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

faculty SPOTLIGHT

Dr. Robert A. Walker, Professor/Department Head of Basic Sciences

Since the current issue of *Transitions* magazine highlights NYCC's highly regarded Basic Sciences Department, it is only fitting that our Faculty Spotlight focus on that department's head administrator, Dr. Robert Walker. Dr. Walker splits his time between administrative and teaching duties in an effort to provide the strongest and most relevant science instruction to students while ensuring that the department's faculty and staff have the support and equipment they need. He particularly enjoys this role because he is able to make changes to the curriculum and College policies that enhance student learning. He is very proud of the College's state-of-the-art cadaveric facilities, which he contends are among the best of all those at chiropractic colleges.

Dr. Walker graduated from the University of Arkansas in 1980 with a Bachelor of Arts degree. He continued his education at Kent State University, where he received a Master of Arts degree in Biological Anthropology in 1982 and a Ph.D. in Biomedical Sciences in 1989. Following graduation, he accepted a postdoctoral fellowship at Northwestern University College of Medicine. In 1992, after having completed his fellowship, he accepted a position as Assistant Professor of Anatomy at New York Chiropractic College's new Seneca Falls campus.

Exciting Happenings in Basic Sciences

Dr. Walker's tutelage has resulted in an exciting and progressive Basic Sciences Department. He is currently collaborating with the University of Rochester, SUNY Syracuse, and Albert Einstein College of Medicine in the development of an M.S. in Clinical Anatomy, a program that will train future anatomy teachers. The department is currently on the lookout for new anatomy and pathology faculty who will split their time and collaborate with the Research Department. Finally, the Basic Sciences Department is digitizing the pathology laboratory and anticipates having the collection available in May.



Robert A. Walker, Ph.D.

Dr. Walker the Author

In addition to his administrative and teaching duties, Dr. Walker continues to pursue research in skeletal anatomy. Toward this end, he is well published. He collaborated with M. Elizabeth Bedford, Ph.D. and William Yee, D.C., L.Ac. (both with NYCC at that time) and C. Owen Lovejoy, Ph.D., of Kent State University, to publish *Skeletal and Developmental Anatomy for Students of Chiropractic*. He also has numerous articles published, most recently in the journals *Annals of Anatomy*, *Skeletal and Developmental Anatomy for Students of Chiropractic*, and *Homo: Journal of Comparative Human Biology*.

Initial Interest

Dr. Walker's interest in anatomy came at a young age. Growing up and working on and around farms in West Virginia and Arkansas exposed him to the cyclical nature of life and death and provided him the opportunity to explore skeletal anatomy. His parents were supportive of his interest, and although his family did not have a phone or a car, Dr. Walker was surrounded by microscopes, telescopes, and skeletal models. His father instilled in him a passion for building wooden ship models, which Dr. Walker likened to having a skeleton of their own. In his office, one cannot help but be impressed by his model clipper ship *Sea Witch*. The original was, in 1846, the fastest ship in the world. He is also creating scale models of the *Constellation*, the last Civil War ship afloat.

Dr. Walker demonstrates a passion for genealogy and has traced his family history back to the 1500s. A fan of travel and photography, one quickly spots a common theme underlying Dr. Walker's many interests: precision, attentiveness, and patience – character traits that help explain the high regard he enjoys from NYCC's students, faculty, and staff.

Basic Sciences Department

David Aberant, M.S., associate professor, is a graduate of King's College of Pennsylvania, where he earned a B.S. in Biology, and a graduate of Long Island University - C.W. Post Center, where he earned an M.S. in Medical Biology with a concentration in microbiology. He has also recently completed work in Bioterrorism. He currently is lead faculty member in microbiology and public health at NYCC. His main areas of interest are fungal and parasitic diseases of the human body.

Ilija Arar, D.C., is a graduate of NYCC, where he currently serves as a fellow. In 1994, he earned a B.S. in Biology with a minor in organic chemistry from McMaster University. Currently he is working toward his M.S. degree at Syracuse University. Prior to matriculating at NYCC, Dr. Arar was employed as a quantitative analyst at Fine Analysis Laboratories, in Hamilton, Ontario, Canada, with a specialization in high-pressure liquid chromatography. As a fellow at NYCC, Dr. Arar

conducts biochemical research on musculoskeletal pathology. In addition, he teaches anatomy and physiopathology courses for the D.C. program and anatomy for the AOM programs.

Mary Balliett, D.C., is an adjunct assistant professor in the Basic Sciences Department. She earned her D.C. with honors at NYCC in 1988 and a B.S. in Biology, with a concentration in biochemistry, from Cornell University in 1976. While working as a research support specialist at Cornell, she co-authored a number of papers regarding animal nutrition and milk and

cheese analysis. Dr. Balliett currently teaches biochemistry and clinical nutrition courses at NYCC. In addition, she is in private practice in Ithaca, N.Y.

Deborah Barr, Sc.D., is the director of the Bachelors of Professional Studies program at NYCC, where she also teaches Musculoskeletal Physiopathology to fourth-trimester students. Dr. Barr earned a B.S. from Colorado State University in 1979, an M.S. from Texas A&M University in 1982, and an Sc.D. from Boston University in 1988. She served two postdoctoral fellowships researching atherosclerosis and cellular physiology at the Bowman-Gray School of Medicine of Wake Forest University and at the Albany Medical College of Union University. Prior to joining NYCC in 1991, Dr. Barr taught undergraduate and graduate students in programs of medicine, health science, physical therapy, occupational therapy and veterinary technology. In 2004 she was elected to a second term as secretary of the International Association of Medical Science Educators and, as an officer, serves on the association's executive committee and board. She is also a member of the American Physiological Society and the Performing Arts Medicine Association. When not in the classroom, Dr. Barr's research interests include medical education as well as the physiological demands and neuromusculoskeletal problems of instrumental musicians.

Kimberly Brown, M.A., D.C., is currently an Association of Chiropractic Colleges (ACC) research scholar and a graduate teaching associate in the Basic Sciences Department. Prior to graduating from NYCC in 2003, she obtained her M.A. in Molecular Biology and performed research in academic medicine and industry for 12 years. She has since changed her research interests to the neurophysiology and mechanism of the chiropractic adjustment. In the field, she performs electrodiagnostic studies and practices part-time within the Spine Institute of Central New York, in Syracuse.

(Continued on page 26)



Basic Sciences Department



Standing (L to R): Mary Balliett, D.C., David Aberant, M.S., Carl Jagos, B.S., Michael Lentini, D.C., Robert Walker, Ph.D., Ilija Arar, D.C., Michael Zumpano, Ph.D., Douglas Greco, M.S., D.C., Sandra Hartwell, B.S., D.C., Kimberly Brown, M.A., D.C. Seated (L to R): Raj Philomin, Ph.D., M.D., Veronica Mittak, B.A., Deborah Barr, Sc.D., Maria Thomadaki, D.C., Seva Philomin, M.S., M.D., Christine Cunningham, M.S. Not pictured: David Grimm, Ed.D.



Basic Sciences Department

(Continued from page 23)

Christine Cunningham, M.S., received her B.S. in Medical Technology from SUNY Stony Brook in 1981. After graduating, she worked for 12 years as a senior medical technologist in chemistry at John T. Mather Memorial Hospital, in Port Jefferson, N.Y. During that time she returned to SUNY Stony Brook and completed her M.S. in Health Science Education. She later moved to central New York, and in 1996 she became a faculty member in the Basic Sciences Department at NYCC, where she is currently involved in teaching histology, physiopathology, and clinical laboratory diagnosis courses. Christine lives in Skaneateles with her husband, Brian, and their three boys. She considers her wonderful family to be her greatest blessing.

Douglas Greco, M.S., D.C., is currently a fellow at NYCC, teaching anatomy and neuroscience courses for the Basic Sciences Department. A graduate of NYCC, he recently completed his M.S. in Neuroscience at Syracuse University and has a private practice in Syracuse.

David Grimm, Ed.D., earned his doctorate in 1995 from Columbia University, where he completed his M.A. in 1991. He received his B.S. from Lock Haven State University of Pennsylvania in 1984. An associate professor in the Basic Sciences Department at NYCC, Dr. Grimm teaches biology, physiology, and human nutrition courses. Outside of the classroom, Dr. Grimm is conducting research to explore how changes in people's neuromuscular systems contribute to spinal instability. He and his colleagues are also looking at the long-term effects of autonomic imbalance on patients who suffer from chronic low-back pain.

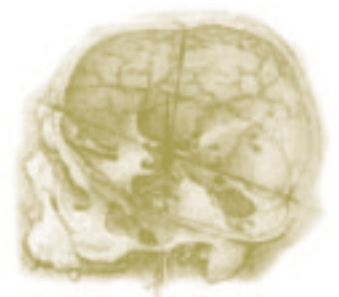
Sandra Hartwell, B.S., D.C., earned an A.A. from Caryuga Community College in 1991 and graduated from NYCC in 1996, the year she also received a B.S. from Regents College. She

subsequently obtained designation as a Certified Chiropractic Sports Practitioner and became a credentialed Active Release Provider. In addition to teaching anatomy full time, Dr. Hartwell treats private patients.

Carl Jagos, B.S., is the laboratory coordinator for the Anatomy Department and assists instructors in the neuroscience laboratories. He earned a B.S. in Biology from Saint John's University in 1987 and joined NYCC in the fall of 1988, while the campus was still located on Long Island. During the summer of 1991, he oversaw the transition of the anatomy laboratory to the Seneca Falls campus. The recipient of one of the 2004 Staff Recognition awards, Jagos co-authored an article published in the *Journal of the Neuromusculoskeletal System*. Outside of work, his special interest is music.

Michael Lentini, D.C., earned his D.C. in 1991 at National College of Chiropractic, where he received a B.S. in 1989. He also earned a B.A. at Hamilton College in 1985. He joined NYCC's Basic Sciences Department in September 1991, when the College moved to Seneca Falls. Dr. Lentini is currently an adjunct assistant professor who serves as a clinical anatomist, acts as a liaison between the pre-clinical basic science studies and the clinical sciences, and teaches anatomy courses in both laboratory and classroom settings. He has been in private practice in Syracuse, N.Y., for over 13 years.

Veronica Mittak, B.A., received her degree from the University of Wisconsin-Madison in 1985. Upon graduation, she was employed by Cornell University in the fields of molecular biol-



Basic Sciences Department

ogy and transgenics. She began working at NYCC in 1994, and in 1996 became the biotechnician in the biochemistry research laboratory. She is currently an instructor in the anatomy and microbiology laboratories and will complete her Master of Public Health degree in 2006.

Raj Philomin, Ph.D., M.D., earned his degrees from Madras University in India. He earned his B.S. in Botanical Sciences and M.S. in Human Anatomy. His Ph.D. thesis was on the vascular pattern and drainage of secretion from the pituitary gland (pars intermedia). In addition to a private practice in medicine and surgery in his hometown, he taught anatomical sciences to medical, dental and physical therapy students at various medical schools over two decades. Before joining NYCC in 1995, he worked as a research associate in Department of Obstetrics and Gynecology in Sinai Hospital, Baltimore, Md. He is an associate professor at NYCC and teaches histology, gross anatomy and pediatrics courses. Currently he is investigating the anatomical variations in the blood supply to the gall bladder and variations in the distribution of the vertebral artery.

Seva Philomin, M.S., M.D., earned her degrees from Madras University, India. Her formal education spanned zoology, human anatomy, medicine, surgery, and obstetrics and gynecology. With nearly three decades of experience as a faculty member in various medical schools teaching diverse health-professional students, Dr. Seva joined NYCC in 1995. As an associate professor in the Basic Science Department at NYCC, she teaches pathology, diabetology, and dermatology courses for the D.C. program as well as teaching Western medicine and pathology courses for the AOM programs.

Maria Thomadaki, D.C., earned her D.C. from NYCC in 1994. She earned her B.S.

from Regents College in 1994 and completed graduate work in neuroscience at SUNY Health Science Center at Syracuse. As an assistant professor in the Basic Sciences Department at NYCC, Dr. Thomadaki teaches neuroscience and lectures in anatomy for the D.C. program. She also teaches neuroanatomy for the AOM programs.

Robert Walker, Ph.D., holds a B.A. in Anthropology from the University of Arkansas, and an M.S. in Anthropology and a Ph.D. in Bio-

medical Sciences with a specialty in biological anthropology from Kent State University. He also completed a postdoctoral fellowship at the Northwestern University Medical School in Chicago and worked as a research anthropologist for the U.S. Army before coming to NYCC. Dr. Walker is a professor and head of the Department of Basic Sciences. He is the lead instructor for gross anatomy in the D.C. program and

teaches elective courses in advanced arthrology and forensic osteology. Dr. Walker also maintains a research program investigating the histomorphology of human and animal cortical bone.

Michael Zumpano, Ph.D., a member of the Basic Sciences Department since 1999, received his Ph.D. in Anthropology from SUNY Buffalo in 1997 and completed a two-year postdoctoral fellowship at the Johns Hopkins School of Medicine in 1999. He specializes in craniofacial growth and development and comparative functional anatomy. His research includes three-dimensional morphometric techniques to analyze size and shape changes due to growth or trauma throughout the body. Dr. Zumpano teaches gross anatomy and neuroanatomy. He is currently enrolled in the D.C. program.





A Message From The Alumni President

It is with great pleasure that I invite you to attend Unity Day and Reunion Weekend on July 15-17, 2005. Great speakers and interesting topics are scheduled throughout the weekend, earning up to 12 continuing education credits. Free "non-credit" offerings will give our young alumni and current students the opportunity to learn the

fundamentals of setting up a new practice and building a patient base.

Look for your invitation in May!

For questions regarding alumni programs contact Diane Zink at 1-800-234-NYCC (6922) extension 3065 or by email 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. Frank S. Lizzio

Attention Class of April 2000

You are invited to attend our
5th year Class Reunion
Unity Day/Reunion Weekend
NYCC Campus
July 15-17

Special events Friday and Saturday evenings

- Get CE credits!
- Bring your family and friends!
- Reminisce about the "old days!"

Contact Marissa Wallie at: drwallie@yahoo.com

Class of December 1990

If you are interested in a class reunion, please E-mail Linda A. Eisen, D.C., as soon as possible at leisen@optonline.net.

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.



Alumni Appreciation Day 2005

Palm Beach Gardens, Florida

On January 22, 2005 a new format hosting an information session for prospective students and a postgraduate opportunity for NYCC graduates was introduced to an audience at the DoubleTree Hotel in Palm Beach Gardens, Florida.



*NYCC President Dr. Frank J. Nicchi
and Dr. Jeffrey Lewin (89)*

The goal of the combined audience was to give graduates and prospective students the most current paths taken by NYCC as well as allowing them the opportunity to interact.

Special thanks goes to all who participated in the event.



*Dr. Jeffrey Lewin, Dr. Kenneth Padgett, Dr. Ginger Southball (96)
and Dr. Frank J. Nicchi*



*NYCC Alumni Association President Dr. Frank S. Lizzio (80)
and Dr. Lynn Benelli (91)*



*Dr. Andrew Wasserman (82), Dr. Walter Saviuk (81)
and Mrs. Anne Saviuk*



*Dr. Carl Valvo (54), Dr. Frank J. Nicchi
and Dr. Ronald Wellikoff (76)*

Health Snippets

Graying Hair and Skin Cancer



Melanoma is a cancer that causes pigment cells to replicate more rapidly. In aging people, however, signals from graying hair follicles cause these cells to grow more slowly. Scientists are now looking at signals that slow hair-pigment division so they can use that same signal to cure skin cancer.

Before Lighting Up – Call a Friend



Are you pregnant and want to stop smoking? Use a *Who Wants to be a Millionaire?* strategy and phone a friend. Better yet, have your friend phone you. A study released in January 2005 examined a free service funded by the Vermont Department of Health that provided proactive peer support to 948 low-income pregnant women from October 1994 through December 2000. The women received calls from a woman ex-smoker (first weekly, bi-weekly, and then monthly) to provide guidance, encouragement, and reinforcement.

This resulted in a 25 percent self-reported abstinence at last telephone contact and a 20 percent self-reported abstinence during pregnancy among participants during their postpartum visit.

“Waisted” Predictions

People’s waists, it turns out, are pretty good predictors for hypertension. The Universidade Federal do Rio

Grande do Sul in Brazil indicates that men with waist circumferences over 40 inches, and women with waists over 35 inches are more likely to develop high blood pressure. The most dangerous fat is deep belly fat around your organs. It increases your risk for diabetes, heart disease, stroke, and some types of cancer, and is linked to high cholesterol, high insulin, high triglycerides, high blood pressure, and other problems.



Eating Less by Taking Less

A Cornell University study documented that the more food young adults are given, the more they overeat. Told that they were participating in a survey on flavor enhancers, undergraduates were provided a buffet lunch on Monday, Wednesday, and Friday and instructed to eat as much or as little as they wanted. The following week, the participants were served portions that were 100 percent, 125 percent, or 150 percent of the amount of food they had consumed the prior week. The results indicated that the students consumed significantly greater amounts of food when

the larger amounts were served. This study supported a hypothesis by two other scientists, Young and Nestle, that the increase in the portion size during the past 20 years may be responsible for the epidemic of overweight and obesity in the U.S.



Gum Disease and Premature Deliveries

Women with gum disease have a greater risk of delivering prematurely than those who do not. In a University of Alabama School of Dentistry study, pregnant women who had scaling and root planing (a cleaning of the root surfaces to remove plaque and bacterial toxins) reduced their odds of premature delivery by 84 percent.



Health Snippets

Rising Blood Pressure and Crossing Legs

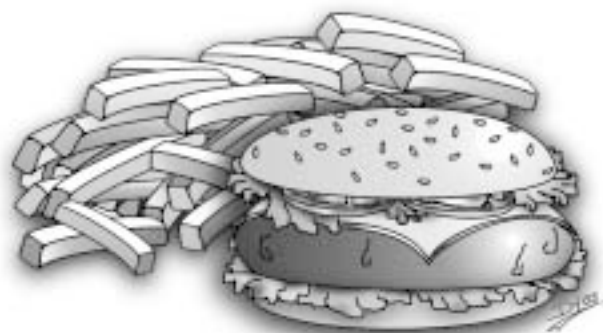


A group from the Marmara University College of Nursing in Turkey tested blood pressure procedures on 238 subjects with unmedicated high-normal blood pressure, stage 1 or stage 2 hypertension. The patients' blood pressure was first taken with their feet flat on the floor, and then again three minutes later with one leg crossed at the knee. The results revealed that both systolic and diastolic blood pressure were significantly higher in the latter position. So, when you have your blood pressure taken, make sure to keep your feet flat on the floor.

Fast Food – And Even *Faster* Weight Gain

Research from Children's Hospital in Boston links fast food with weight gain and insulin resistance. Accounting for 10 percent of the total energy consumed by children, fast food intake has greatly increased from 2 percent in the 1970s. People who eat

fast food more than twice a week gain an extra 10 pounds on average. Why the link? High energy density. Fast food confuses the part of the brain that assesses portion size. Fast foods have about twice as many calories as recommended for healthy diets.



Tranquilizing Games



A New Jersey study found that video games were more effective than tranquilizers or the presence of a parent at calming down children before surgery. Children who played video games experienced less anxiety than their counterparts as the anesthesia to effect. Children became so absorbed in the games that they forgot where they were.

Chamomile Tea

Researchers found that chamomile tea is good for colds, menstrual cramps, and a host of other illnesses. Fourteen healthy volunteers who drank five cups of chamomile tea every day for two weeks had increased levels of the anti-inflammatory hippurate and glycine in their urine; these anti-inflammatories are believed to relieve muscle spasms. Chamomile tea is not for everyone, as it may cause severe reactions in those allergic to ragweed.

Effective Chinese Headache Remedy

A study revealed that over half the patients who suffered from migraine, episodic, or chronic, tension-type headaches and received traditional Chinese medicine (TCM) halved the number of headache days they experienced through a combination of herbs and acupuncture. In addition, those suffering from migraines or a combination of migraine and episodic, tension-type headaches improved more than patients with other types of headaches.

NYCC and University of Rochester: “Working Together”

Dr. Paul Dougherty has a dream: to see a core of nonallopathic courses implemented at the University of Rochester. That dream came one step closer to reality in December when Dr. Dougherty, Assistant Professor at NYCC and Director of Chiropractic Consultative Services at Monroe Community Hospital, was assigned the rank of Adjunct Assistant Professor of Orthopedics at University of Rochester School of Medicine and Dentistry.

A 1987 graduate of Northwestern College and 1990 graduate of Logan College of Chiropractic, Dr. Dougherty already was an affiliate faculty member of the Geriatric Medicine Fellowship program at the U of R. In that capacity, he has delivered lectures as part of the core lecture series for geriatric-medicine fellows at Monroe Community Hospital as well as a four-part lecture



Dr. Paul Dougherty

series for internal-medicine residents at Highland Hospital. Medical students and internal-medicine residents assigned to geriatric rotations currently rotate through the chiropractic clinic at Monroe Community Hospital, and Dr. Dougherty recently conducted medical grand rounds for the emergency department. Considering all of this, the assignment of official faculty rank at the U of R was the next logical step.

Of all the medical schools in the United States, only 23 teach about nonallopathic treatments as part of the core curriculum. Now that Dr. Dougherty is an adjunct faculty member at the University of Rochester, he hopes to have the opportunity to present more lectures to orthopedic and physical medicine and rehabilitation residents about the indication for chiropractic care.

NYCC Alum Makes Special Presentation At Seventh-Tri Farewell

by Holly Ann Waye, M.S., Director of Student Life



On December 2, 7th trimester students were treated to wonderful “words of inspiration” by NYCC President Dr. Frank J. Nicchi and Assistant Professor and Senior Clinician Dr. Steven Feldman, and a special presentation by 1985 NYCC alumnus Dr. Louis Catapano. (L to R) Sharon Scattaglia, Dr. Wendy Maneri, Dr. Steven Feldman, Dr. Louis Catapano, Dr. Frank Nicchi.



Ensure New York Chiropractic College’s status as the premier academic chiropractic institution for future generations. Join NYCC’s prestigious

Heritage Club!

Include NYCC in your:

- Will
- Life Insurance Policy
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Make a gift that will live on for years to come.

Please Remember Us ...

For more information contact Peter Van Tyle at
1-800-234-6922, Ext. 3146.

Wrestling With Destiny

by Don J. Moore, Jr., 2nd trimester

If you asked me when I was 15 years old what I was going to do with my life, the answer would shock you. Though interested in music (participating in cello competitions), healthcare and sports, I have long harbored a secret passion for professional wrestling.

My mother, a speech therapist for 30 years, held high expectations for my future; she did not envision a professional wrestler in the family. At 8 years old, I began training in martial arts. Ten years of studying the art of Kenpo taught me honor, respect and discipline. It also sculpted my body with flexibility, muscle control, technique and power.

In 2000, I began training in earnest as a professional wrestler: four days a week at



Don J. Moore, Jr., 2nd trimester, and NYCC President Dr. Frank J. Nicchi

the gym and the other three in the ring. The regimen doubled as a psychological safety net: both my mother and aunt had been diagnosed with cancer. Since then, I have worked for several indepen-

dent companies, including the New York Wrestling Connection (NYWC), a family-run organization delivering entertainment to local Long Island crowds. For almost two years now, NYWC shows have

helped raise money for community centers and local school districts off the talents of some of the country's best up-and-coming wrestlers.

The Try-Outs

Just this past September I received an invitation from World Wrestling Entertainment to compete for a million-dollar contract in Venice Beach, California. Training for the competition while keeping up with my studies at NYCC took its toll. Diagnosed with bronchitis and bed-ridden for two weeks, I arrived in Venice Beach pale and sickly. The grueling tryouts had professional athletes from a variety of specialties passing out and retching well before lunchtime. Several were taken away in ambulances. Unfortunately, I was not selected. Nonetheless, I continue to travel across the country, competing and striving to realize my childhood fantasy of wrestling for World Wrestling Entertainment. Once I graduate from NYCC, if you have occasion to view professional wrestling on your television, look closely at the screen. You will spot me working with WWE's medical team, for I firmly believe that those who chase their dreams are the ones who will catch them. The sky's the limit and quitting is not an option.



In Memoriam

William T. Rousch, D.C.



William T. Rousch, D.C., a 12-year member of the board of trustees at New York Chiropractic College, passed away on December 4, 2004, after a brief battle with colon cancer. Known to many simply as Dr. Bill, Dr. Rousch was born in Pueblo, Colorado. After graduating from Centennial High School and Palmer Chiropractic College, he served in

the U.S. Army at Beaumont Hospital in Fort Worth, Texas, as an X-ray technician. A former commander of the American Legion and a mountain search pilot for the Civil Air Patrol, the doctor's interests were varied. During his 50-year chiropractic career, Dr. Rousch lectured extensively in Europe and the United States on the benefits of chiropractic care and served as president of the Colorado Chiropractic Association. He is survived by his wife, Sharon; his children Tom (Valinda), of Utah; David (Marianne), of Ohio; Richard (Deb), of Pueblo West; Marilyn Kaye, of Pueblo; Kelly (Roy), of Colorado City; and Kurt, of Colorado Springs; and 12 grandchildren.

Faculty Contribute Questions To NBCE

by Lee Van Dusen, BS, DC, Assistant Vice President of Academic Quality Assurance & Support

Drs. Lisa Bloom, Lillian Ford, Chris Good, Dennis Homack, Michael Howard, Fiona Jarrett-Thelwell, Michael Mestan, Hunter Mollin, Michael O'Connor, John Taylor, Maria Thomadaki, Meghan VanLoon, Charles Ventresca, and one anonymous faculty member collectively contributed over 300 questions to the National Board of Chiropractic Examiners. Of these questions, 271 were accepted by NBCE to be placed in the question pool for upcoming exams. By participating in the question-writing process, these faculty have helped to keep national board questions up-to-date, relevant, and reflective of chiropractic values here at NYCC.

Approximately 7 percent of chiropractic students in the United States are currently attending NYCC. We are pleased that our faculty contributed 13 percent of all new NBCE test items. Only Palmer-Davenport and Logan College of Chiropractic contributed more questions, with 15 and 14 percent respectively.

Please take a moment to recognize the individuals mentioned above for their efforts, which will benefit NYCC students and the chiropractic profession.

Bachelor of Professional Studies Luncheon Held At NYCC

by Deborah Barr, Sc.D., Director, BPS Program

Pictured are the Fall 2004 graduates of the Bachelor of Professional Studies (BPS) program. The BPS degree was conferred by NYCC President Dr. Frank J. Nicchi at a luncheon held in their



honor on December 2, 2004. These students are currently enrolled in the D.C. program at NYCC; Acupuncture and Oriental Medicine students will be eligible to apply for the BPS program in Fall 2005.

10th Trimester Online Business Class a Success

As one of three new business classes in NYCC's newly redesigned business curriculum, the College currently offers an online business course entitled, "Starting in Practice" to 10th trimester students. True to its name, the seven-week class focuses on various topics related to starting a chiropractic practice and provides a "nuts and bolts" overview of topics relevant to starting a small business. The course was developed by Sue Pittenger, of the Director of Career Development Center (CDC) in response to a request by Executive Vice President of Academic Affairs, Dr. Clay McDonald, who approached Pittenger about the possibility of teaching an online business.

Pittenger collaborated with Liz Larzelere, Instructional Technologist at NYCC, to design the course.

Easy Navigation

The online format was selected because 10th trimester students are scattered among many different locations – outpatient health centers and remote internship locations. This format affords students the ability to fit their studies around their clinic schedules. Also, 91% of the students felt that the course was accessible and easy to navigate. At the conclusion of the course, one student commented that the course was "well organized and easily accessible".

Course topics include location selection, business planning, chiropractic practice options, forms of business ownership, financing, office design, employment practices and cash flow and accounting. Students study what goes into becoming a successful entrepreneur and to complete assessment exercises to identify their own strengths and growth areas as independent business-people and practitioners. As a final project, students are asked to write a short reflection paper outlining a few key points they took from the course that they plan to put to use in practice. Many online resources are highlighted, including the Small Business Administration, SCORE (Service Corp of Retired Executives), E-Myth Physician, and the myownbusiness.com business start-up tutorial websites. The course materials are posted on the CDC's Official Group on NYCCOnline, so students continue to have access to them after they graduate.



(L to R) Sue Pittenger, Career Development Center Director, and Liz Larzelere, Instructional Technologist

Bridges to Alumni

In addition to the courses' educational components, Pittenger says the course "provides the department additional visibility among the students and enables CDC to 'build a bridge' to new alumni who are just entering practice." Pittenger continues, "I truly enjoyed developing the course and have found it to be an excellent venue for the CDC to promote its message about the importance of preparing for chiropractic practice. It's been very rewarding to read about what the students have taken from the course and how they have found it to be helpful in putting together their career plans."

Good Stuff, Now and Later

The support for the course from students has been very positive. A student survey indicated that 81% of the students felt the information would be helpful immediately upon graduation and would be a great reference for the future. One student said, "I really liked this course. The material and added links are very useful now and in the future, I am sure I will refer back to them."

Dr. LaRusso Named Chair Florida Board of Chiropractic



Salvatore D. LaRusso, D.C., '78, has had the pleasure of serving on the Florida Board of Chiropractic Medicine since 1998 and was honored by Florida Governor Jeb Bush with re-appointment from 2004-2008. Dr. LaRusso was appointed chair of the board at the December meeting. Dr. LaRusso is a member of NYCC's President's Council.

Winter/Spring 2005

Sponsored Classroom Programs (In date order):

Thursdays! 2:00 pm – 5:00 pm

Each program is 3 CE credits

Cost per 3 CE credits - \$60.00 Drs., \$30.00 students

10% NYCC alumni discount

Interactive video teleconferenced (IVTC) broadcasts from various locations to health centers in Depew, Levittown and the main campus in Seneca Falls, NY

Spinal Stenosis & Low Back Pain

Instr: Scott Surasky, DC – February 17 – IVTC host site – Levittown, NY

**Enhancing Your Lab Diagnosis Skills for the
 Multidisciplinary Practice**

Instr: Julie Plezbert, DC – March 3 - IVTC host site – Seneca Falls, NY

Fee Splitting, Self Referrals and Kickbacks:

The Latest Word in Prohibited Healthcare Arrangements

Instr: Peter Van Tyle, Esq. - March 10 – IVTC host site - Seneca Falls, NY –
 (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

Chiropractic and the Breastfeeding Couplet

Instr: Meghan VanLoon, DC – March 24 – IVTC host site – Seneca Falls, NY

**Enhancing Your Diagnostic Imaging Skills –
 Focus on the Musculoskeletal System**

Instr: Michael Mestan, DC – April 14 - IVTC host site – Seneca Falls, NY

Practical Nutrition for the Chiropractic Office

Instr: Robert Ruddy, DC – April 21– IVTC host site – Seneca Falls, NY

Performing the Physical Exam on an Infant

Instr: Meghan VanLoon, DC – May 19 – IVTC host site – Seneca Falls, NY

**The Neurology & Clinical Application of Pain &
 Pain Management**

Instr: Lisa Bloom, DC, DACS, DIBCN – June 9 – IVTC host site – Seneca Falls, NY

Diagnosis & Management of Headaches

Instr: Charles Hemsey, DC — June 23 – IVTC host site – Levittown, NY

Saturdays! 1:00 pm – 7:00 pm

Each program is 6 CE credits

Cost per 6 CE credits - \$120.00 Drs., \$60.00 students

10% NYCC alumni discount

Interactive video teleconferenced (IVTC) broadcasts from various locations to health centers in Depew, Levittown and the main campus in Seneca Falls, NY

**Diagnosis & Treatment of Tunnel Syndromes
 and Peripheral Nerve Entrapments**

Instr: Dennis Homack, DC - March 5 – IVTC host site – Seneca Falls, NY

**ACA Presentation - Navigate the Insurance
 & Coding Process – “Break Through Coaching”**

Instr: Kathleen Mills Chang, DC - March 12 - IVTC host site - Seneca Falls, NY

Ethics & Boundaries

Instr: Steven Perle, DC - April 2 – IVTC host site – Levittown, NY – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

Ethical Considerations in Private Practice

Instr: Frank Lizzio, DC, Thomas Ventimiglia, DC - May 7 – Classroom - Albany, NY – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

Integrative Health Care – Practical Implementations

Instr: Karen Erickson, DC, Thomas Ventimiglia, DC - May 14 – IVTC host site – Levittown, NY

**Diagnosis & Treatment of Acute & Chronic
 Low Back Pain with Leg Pain**

Instr: Scott Surasky, DC - June 11 – IVTC host site – Levittown, NY

Saturday & Sundays!

Sat. 1:00 pm – 7:00 pm, Sun. 9:00 pm – 3:00 pm

Each program is 12 CE credits

Cost per 12 CE credits - \$240.00 Drs., \$120.00 students

10% NYCC alumni discount

Interactive video teleconferenced (IVTC) broadcasts from various locations to health centers in Depew, Levittown and the main campus in Seneca Falls, NY

Cervical Radiculopathy, Diagnosis, Treatment, Rehabilitation

Instr: Donald Murphy, DC - Feb 12-13 - Classroom – Levittown, NY

**Fundamentals of Herbal Therapy &
 Their Application in Clinical Practice**

Instr: Jeanne D'Brant, DC, DACBN, CCN, ND - March 19-20 – IVTC host site – Levittown, NY

Lower Extremity Adjusting

Instr: David I. Graber, DC - April 16-17 – Classroom – Levittown, NY

Treating the Female Patient

Instr: Diane Benizzi DiMarco, DC, BS - Apr 30-May 1 – IVTC host site – Levittown, NY

**Documentation, Record Keeping
 & Patient Consents**

Instrs: Benjamin Bartolotto, DC, Vincent Loia, DC - May 7-8 – IVTC - host site – 1 day Seneca Falls, 1 day Levittown, NY – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

Winter/Spring 2005

Whiplash Associated Disorders: Mechanics, Diagnosis, Treatment, Management

Instr: Donald Murphy, DC - May 14-15 - Classroom — Levittown, NY

Understanding the Vertebral Subluxation Complex – Somato-visceral Tone

Instr: Charles Masarsky, DC, BS - May 21-22 – IVTC host site – Depew, NY

Cervical Radiculopathy, Diagnosis, Treatment, Rehabilitation

Instr: Donald Murphy, DC - June 4-5 - Classroom – Depew, NY

Spinal Trauma: The Rest of the Story

Instr: Charles Masarsky, DC, BS - June 4-5 – IVTC host site – Levittown, NY

Chiropractic Nutrition Certificate Program

Instr: David Seaman, DC, MS - 3 sessions – June 25-26, July 23-24, Sept 17-18 - IVTC – host site – Levittown, NY

Can take all for 36 CE credits and certificate, or 1 weekend for 12 credit CE credits

NEWS FROM THE ALUMNI OFFICE

Reunion Weekend – MARK YOUR CALENDAR!!

CE TBD - July 15-16-17 - NYCC Campus – Seneca Falls, NY - Call D. Zink at the Alumni Office - 315-568-3087

NEWS FROM THE DEPARTMENT OF ACUPUNCTURE AND ORIENTAL MEDICINE

“A JOURNEY TO CHINA” - April 16-May 1, 2005

NYCC's Graduate Program in Acupuncture and Oriental Medicine proudly invites you to attend two weeks of international studies with the Institute of Acupuncture and Moxibustion, Beijing, China. Learn first hand about Integrative Medicine, Integrative Hospital Practices, and Traditional Chinese Medicine. To reserve your seat for this extraordinary, interdisciplinary education experience, Call the Postgraduate Office or for questions, call Marilee Murphy, R.N., L.Ac. @ 1-800-234-NYCC - \$1,745 plus airfare (est. \$850) for an all inclusive

“Journey to China” - 15 Continuing education credits for Doctor's of Chiropractic and 30 credits for Licensed Acupuncturists

WINTER/SPRING 2005

CO-SPONSORED CLASSROOM PROGRAMS:

To register or for additional information, please contact our co-sponsors at the numbers listed below.

Active Release Techniques

Lower Extremity – Jan 20-23 – Teaneck, NJ; Feb 3-6 – San Jose, CA; May 19-22 – Dallas, TX; June 23-26 – Montreal, CAN;

Upper Extremity - 24 CE credits – Mar 3-6 – West Hollywood, CA; Mar 31-Apr 3 – Tampa, FL; Apr 14-17 – Vancouver, CAN; May 12-15 – Niagara Falls, CAN; **Spine** - 21 CE credits –Jan 6-9 – Calgary, CAN; Feb 24-27 – Chicago, IL; Apr 21-24 – Charlotte, NC; June 2-5 – LaJolla, CA;
Call ART at (888) 396-2727, or visit www.activerelease.com

Acupuncture Certification

15 CE credits each - Jan 15-16, Feb 5-6 – Chicago, IL; Jan 8-9, Jan 29-30 – Phoenix, AZ; Jan 15-16, Feb 5-6, Feb 26-27, Mar 19-20, Apr 9-10, Apr 30-May 1, May 21-22-Houston, TX; Jan 29-30, Feb 19-20, Mar 12-13, Apr 2-3, Apr 30-May 1, May 21-22, June 11-12 – Orlando, FL;

Acupuncture Orthopedics –Feb 5-6 – San Antonio, TX; Feb 19-20 – Memphis, TN; Mar 5-6 – Toronto, CAN; Mar 19-20 – Kansas City, MO; Apr 2-3 – Denver, CO; May 14-15 – Boise, ID; May 21-22 – Arlington, VA; June 11-12 – Salt Lake City, UT; June 18-19 – Sioux Falls, SD; June 25-26 – Portland, ME;

Meridian Orthopedics – June 4-5 – Anchorage, AK;
Call IAMA at (800) 327-1113, or visit www.iama.edu

AIDS/Risk Management & MD Jurisprudence

12 CE credits – April 16-17 – Baltimore, MD; **Call Dr. Scott at 410-544-1957**

Applied Kinesiology

100 hr Certification Program – 12.5 CE credits each session

Jan 8-9, Feb 5-6, Mar 5-6, Apr 16-17, May 14-15 – Parsippany, NJ;

Call Applied Kinesiology Study Institute at (973) 334-6053, E-mail Pauls42@tellurian.com

Applied Kinesiology in Clinical Practice

100 hr Certification Program – 12.5 CE credits each session - Jan 29, Mar 12, Apr 9, May 7 – New York City, NY; Jan 22, Feb 12, Mar 5, Apr 2, May 21 - Seneca Falls, NY; **Call Charles Seminars at (800) 351-5450; visit at www.charlesseminars.com**

Certified Chiropractic Sports Physician **

10 sessions, 12 CE credits each - Jan 15-16, Feb 19-20, Mar 19-20, Apr 16-17, May 14-15, June 18-19, July 16-17 - Levittown, NY; Sponsored by NY Sports Chiropractic; To register, **call NYCC at (800) 434-3955**

Diplomate in Neurology **

24 CE credits each session, take 1 or all 14 – Jan 14-16, Apr 1-3 – Des Moines, IA; Jan 7-9, Apr 22-24, - IVTC host site – Levittown, NY; Jan 21-23, Mar 18-20, May 6-8 - Orlando, FL; Sponsored by Event Management Services, To register, **call NYCC at (800) 434-3955, visit www.iacn.org or www.iacn.com**

**** Contact NYCC to register, all others seminars, register with the Co-sponsoring organization**

Electrodiagnosis Certificate Program **

15 CE credits each 10 Sessions – Mar 5-6, Apr 16-17, May 21-22, June 11-12 – Levittown, NY; - Sponsored by **NDX Consultants**, To register **Call NYCC at (800) 434-3955, visit www.ndxconsultants.com**

Continued on next page

Winter/Spring 2005

Continued from previous page

EMG Certificate and Electrodiagnosis

15 CE credits each - 10 Sessions – Begins Jan 15-16 - King of Prussia, PA; - **Nerve Conduction Certificate** – Jan 29-30, Feb 12-13, Mar 5-6, Apr 2-3, Apr 23-24, May 21-22, June 4-5 – King of Prussia, PA; **Call Expert Clinical Benchmarks at (800) 814-8712, or visit www.expertclinicalbenchmarks.com**

Enhancing Golf Performance

12 CE credits - Feb 19-20 - Boston, MA; Mar 12-13 - Orlando, FL **Apr 30-May 1- Levittown, NY - To register for April date, **call NYCC at (800) 434-3955** – For other dates, call Dr. Trotter at Back to Basics Golf Academy at (888) 578-7437, or visit **www.backtobasicsgolfacademy.com**

Establishing & Documenting Medical Necessity

6 CE credits – Jan 22 – Rochester, NY; Call Functional Diagnostix at 412-377-2426

Ethics and Boundaries: The Total Package including Coding, Documentation and Fraud

12 CE credits – Feb 5-6 – IVTC – host site – Levittown, NY; Sponsored by Salron Enterprises, To register **Call NYCC at (800) 434-3955**, e-mail spinedoc2002@yahoo.com – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)

Footlevelers, Inc.

12 CE credits – **Clinical Application & Neurology of the Vertebral Subluxation Complex** – Jan 29-30 – Madison, WI; Mar 19-20 – Wilmington, DE; Apr 2-3 – Greenville, SC, May 21-22 – Melville, NY; **Call Footlevelers at (800) 553-4860, or visit www.footlevelers.com**

Graston Technique

12 CE credits - **MI & MII** – Jan 8-9 – Newark, NJ; Feb 26-27 – Las Vegas, NV; Mar 5-6 – Orlando, FL; Mar 12-13 – Boston, MA; May 21-22 – Newark, NJ; **MII** - June 4-5 – Boston, MA - **Soft Tissue Evaluation & Treatment Emphasizing Graston Technique** – Feb 26-27 – Las Vegas, NY; May 21-22- Newark, NJ; **Call Graston Technique at (866) 926-2828, or visit www.grastontechnique.com**

ISSA Certified Fitness Trainer

12 CE credits – Mar 5-6 – Santa Barbara, CA; Mar 12-13 – Boston, MA; Mar 19-20 – St. Louis, MO; Apr 2-3 – New York, Y; Apr 9-10- Ft. Lauderdale, FL; May 14-15 – Chicago, IL; June 4-5 – Tulsa, OK; June 11-12 – Long Island, NY; June 25-26 – Boston, MA; **Call ISSA at (800) 892-4772, or visit www.fitnesseducation.com** - Visit our home page – <http://www.nycc.edu> (Post Graduate)

Neuromechanical Innovations: 21st Century Chiropractic Training

12 CE credits – Feb 12-13 – Los Angeles, CA; Feb 26-27 – San Francisco, CA; Mar 5-6 – Seattle, WA; Mar 19-20 – Orlando, FL; Apr 2-3 – Atlanta, GA; Apr 23-24 – Tyson’s Corner, VA; Apr 30- May 1 – Columbus, OH; May 14-15 – Chicago, IL; May 21-22 – St. Louis, MO; June 4-5 – Minneapolis, MN; **Call Neuromechanical at 480-785-8442 or visit www.neuromechanical.com**

NYSCA Seminars

Conventions – up to 20 CE credits - Jan 28-30 - Mohegan Sun, CT; May 13-15 – Verona, NY; **Seminars - Achieving Excellence: Chiropractic Practice in the 21st Century** - 6 CE credits - Apr 7, or Apr 9 - Levittown, NY; **Call NYSCA at (518) 785-6346; or visit www.nysca.com**

Sacro-Occipital Technique

12 CE credits all programs – **CMRT** – Apr 2-3 – Los Angeles, CA; **Cranial I** – Feb 26-27 – New York, NY; **Cranial II** – May 14-15 – New York, NY; **Cranial III** – Feb 26-27 – Los Angeles, CA; **Level II** – Jan 22-23 - New York City, NY; May 7-8 – Los Angeles, CA; **Call SOTO-USA at (781)-237-6673, or visit www.soto-usa.org**

Scoliosis Certificate Program **

12 CE credits – Jan 29-30, Mar 5-6, May 14-15 – East Elmhurst, NY; Feb 12-13, Apr 9-10, June 11-12 – Los Angeles, CA; **Sponsored by Scoliosis Systems, To register, call NYCC (800) 434-3955, or visit www.nstlfc.com**

Virginia Chiropractic Association

HIPAA Security & Clinical Documentation ... The Essentials 8 CE credits – Feb 5 – Northern, VA; **Spring 2005 Convention** – Apr 15-17 – Wintergreen, VA; **Call VCA at (540) 932-3100 or visit www.virginiachiropractic.org**

*** Contact NYCC to register, all others seminars, register with the Co-sponsoring organization*

On-Going Co-Sponsored On-Line Programs:

Applied Pharmacology for the Chiropractor

A series of 8 on-line lectures 2 CE credits each. For details visit <http://www.brightcourse.com>

HIPAA Compliance

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

International Sports Sciences Association (ISSA) Seminars

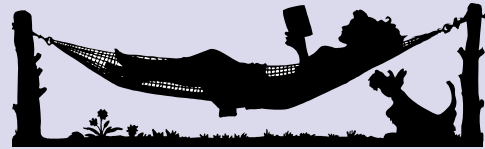
2, 3, 4, or 12 CE credit courses including Body Composition Assessment: Essential Tools for Building Healthy; Eating Disorders 101; Hormones and Exercise; Interval Training for Fitness and Endurance Performance: Theory and Practice; ISSA Certified Fitness Trainer; Physiology of Resistance; **call ISSA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

Risk Management of Sexual Harassment in the Office and on Campus

1 CE credit - Visit <http://www.brightcourse.com> for details and module description – (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”) **Sponsored by Scoliosis Systems, To register, call NYCC (800) 434-3955, or visit www.nstlfc.com**

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



www.nycc.edu

“Online” & Home Study/Correspondence Continuing Education Courses

- **“Botanical Therapies in Chiropractic Practice,”** Instructor/facilitator Jeanne D’Brant, DC, DACBN, CCN, ND, 3CE credits
- **“Documentation, Standards and Guidelines,”** Instructor/facilitator Vincent F. Loia, DC, 3 CE credits, (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Documentation, Patient Consents and Interaction,”** Instructor/facilitator Benjamin Bartolotto, BS, DC, 3 CE credits, (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“E-spine” Volume I, II & III,”** Instructor/facilitator Scott Banks, DC, 2 to 4 CE credits
- **“Ergonomics: Human Computer Interface,”** Instructor/facilitator Dennis Homack, DC, 3 CE credits (online only)
- **“Ergonomics/Human Factors - Standing, Lifting, Backpacks,”** Instructor/facilitator Dennis Homack, DC, 3 CE credits (online only)
- **“Fee Splitting, Self Referrals and Kickbacks: The Latest Word of Prohibited Healthcare Arrangements,”** Instructor/facilitator Peter Van Tyle, Esq., 3 CE credits (Can be applied towards NYS mandatory category, “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Integrative Health Care: An Emerging Model,”** Instructor/facilitator Thomas R. Ventimiglia, DC, FACC, 3 CE credits
- **“Pathophysiology, Evaluation, and Management of Headaches,”** Modules I through VI, Instructor/facilitator Scott Banks, DC, 2 to 4 CE credits
- **“Spinal Trauma: The Rest of the Story,”** Instructor/facilitator Charles Masarsky, DC, BS, 3 CE credits
- **“Systemic Effects of the Vertebral Subluxation Complex,”** Instructor/facilitator Charles Masarsky, DC, BS, 3 CE credits
- **“Treating the Female Patient: The Menstrual Cycle,”** Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 3 CE credits
- **“Treating the Female Patient: The Pregnant Female,”** Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 3 CE credits (online only)

NEW YORK CHIROPRACTIC COLLEGE

Department of Postgraduate and Continuing Education

Call 1-800-434-3955 or visit our Web site at www.nycc.edu for details

Commencement: December 2004

by Eoin Gregory

New York Chiropractic College celebrated the commencement of the December 2004 class on Sunday, December 12. The ceremony was the culmination of three and a third years of study and sacrifice on the part of the students, their families and their friends. The grand marshal of the commencement ceremony was Dr. Michael O'Connor, who welcomed all those in attendance.

After benediction by the campus Chaplain, Father Richard Murphy, and the playing of the Star Spangled Banner, the College president, Dr. Frank J. Nicchi, also welcomed the graduates, faculty, staff and the graduates' families and guests. The faculty address was delivered by Dr. Janeen Wallace. Dr. Wallace noted that the graduating class was well-liked by the faculty. She proffered that the graduates are "at the end of a successful chiropractic education and the beginning of a successful career in chiropractic." She also implored the graduates "to seek contentment as you will



Janeen Wallace, D.C.

always find peace within yourself." Dr. Wallace ended her address by offering graduates struggling with confidence in their new career to "use the confidence I have in you."

The class valedictorian, Dr. Edward J. Semelsberger, and salutatorian, Dr. Heather M. Wilt, both received congratulations from President Nicchi and the at-



*Edward J. Semelsberger III
Valedictorian*



*Heather Marie Wilt
Salutatorian*

acknowledging the faculty of NYCC and the supportive parents, family members and friends, he advised the graduates to "never stop moving forward or stagnate in the past; instead, we should reach out for our future." He also stated that it is very important to "stay involved in your local and national organizations." Dr. Krippendorf closed with the reminder to "never leave your family and loved ones behind; they will always be the most important part of your life."

Welcoming the new doctors as alumni, Dr. Frank Lizzio, president of the Alumni Association, expressed the importance of keeping in

tendees, but did not speak during the commencement.

The commencement speaker was Dr. Donald J. Krippendorf, president of the American Chiropractic Association and an alumnus of Lincoln College of Chiropractic. Dr. Krippendorf is a board-certified chiropractic neurologist and the owner of the Chiropractic Institute in St. Petersburg, Florida. Dr. Krippendorf had much to offer the new doctors, and after



Donald J. Krippendorf, D.C.

touch with NYCC, emphasizing that he and all the faculty and staff will always be there to help the graduates.

The commencement ceremony concluded with a reception for the new doctors and their families, friends and guests.



Graduates recite the chiropractic oath.

Class of '62

Vincent E. Greco, D.C., was reelected to New Hampshire's House of Representatives. He serves on Fish & Game, County Attorney and Sheriff's Department. He has been the health officer for the Town of Pembroke for 40 years and was given the Life Achievement Award in 2004 from the New Hampshire Chiropractic Association. His address is P.O. Box 151, Pembroke, NH 03275 and his phone number is 603-485-3770.

Class of '63

Murray Beller, D.C., and **Ira A. Geier, D.C.**, ('77) are happy to announce that they are in practice in sunny south Florida at Midway Medical Associates, P.A., 5859 North University Drive, Tamarac, FL 33321. They are a full service multidisciplinary office and employ two medical doctors. Their phone number is 954-720-1040.

Class of '81

Stephen T. Eble, D.C., has been appointed to New York State Board for Chiropractic and continues to serve on the NYS Education Department's professional assistance program which deals with professionals who are impaired in practice due to addiction. His office address is 101 South Bedford Road, Suite 264, Mt. Kisco, NY 10549. His E-mail address is sedocsteve@aol.com and his phone number is 914-666-0230.

Class of '85

David I. Graber, D.C., and his wife Laurie Gerstein are proud to announce the birth of their daughter, Rebecca Sage, on September 3, 2004. She is their second child. Dr. Graber joined the NYCC Postgraduate Department and will be teaching a series of extremity adjusting seminars. His E-mail address is GraberDC@aol.com.

Class of '91

Camille D'Amato, D.C., had her second son, Ryan James. She also completed her certification in pediatrics. Her address is 6231 Leesburg Pike, Suite 201, Falls Church, VA 22044-2102. Her E-mail address is damato@erols.com.

Class of '96

Anthony Griguoli, D.C., and Jennifer Harmonosky were married on September 25, 2004. He is the owner of Griguoli Chiropractic and Rehabilitation Center, P.C. at 1109 West 15th Street, Hazelton, PA 18201. His phone number is 570-455-4811.

Jamie Skaggs, D.C., announces the purchase of his third chiropractic practice, Skaggs Chiropractic, 54 North Country Road,

Miller Place, NY 11764. He moved into a new house last year in Port Jefferson, NY. His website is located at www.drskaggs.com and his phone number is 631-331-2272.

Marissa Makie, D.C., her husband Douglas, and daughter Isabel, moved back to New York where they live on a farm. Dr. Makie is currently not working and spending all of her time with their daughter Isabel who was born May 7, 2004. Her address is 240 West Candor Road, Candor, NY 13743 and her E-mail address is marissamakie@cs.com. Her phone number is 607-659-4343.

Emanuel Vito, Jr., D.C., and Donna L. Fenwick were married August 29 in Clarks Summit, Penn. Dr. Vito is practicing at Universal Chiropractic and is co-owner of A Woman's Pace Fitness Center, both in Scranton, Penn. The couple resides in Clarks Summit, Penn.

Class of '97

DeAnna (Smardz) Barbaro, D.C., is the owner of A Better Life Chiropractic in Naples, Fla. Deanna and her husband Vince are proud to announce the arrival of their second child, a daughter, Brianna Lynn, on September 13, 2004. Brianna joins her brother Vincent who is 3 years old. Her address is 2228 N. Tamiami Trail, Naples, FL 34103 and her phone number is 239-263-3369. Her E-mail address is drdee70@hotmail.com.

Timothy J. Federowicz, D.C., and Deborah M. Weaver were married April 17, 2004 in Owego, NY. Dr. Federowicz is in private practice in Endwell, N.Y. The couple resides in Endicott, N.Y.

Class of '98

Dawn (Lautermilch) Klose, D.C., and her husband Matt Klose are happy to announce the birth of their first child, Victoria Emily, born on November 4, 2004. She weighed 9 lbs. 2 oz. Her address is 58 Elizabeth St., Wharton, NJ 07885. Her phone number is 973-627-7888 and her E-mail address is dmklose@optonline.net.

Darrell Johnson, D.C., and his wife Lorie are expecting their first child in June 2005. They are also building a house which will hopefully be complete by the time the baby is born. Dr. Johnson is still at the same office at 110 Skyline Drive, Maynardville, TN 37807 and would love to hear from former classmates and friends. His phone number is 865-992-7000 and his E-mail address is unionctychiro@yahoo.com.

Sarah Grimason-Westcott, D.C., gave birth to twin boys, Asher Wallison and Thomas Kenneth on December 7, 2004. Her ad-

dress is 2592 Western Avenue, Altamont, NY 12009. Her E-mail address is sarahgrimson@hotmail.com or drsarah@gfchiropractic.com and her phone number is 518-355-3700.

Class of '99

Thomas Perkins, D.C., announces the opening of his second office in Erie, Penn. Lake Erie Spine and Injury Center opened in June 2004 and is located within Hamot Hospital Family Practice. He practices with two medical physicians and one certified nurse practitioner. It is an integrated medical practice utilizing a multi-disciplinary approach to patient care. In addition, he continues to be a partner at Young Chiropractic Center. His address is 5035 Peach Street, Erie, PA 16509 and his phone number is 814-459-1905.

Nicole Linskey, D.C., and Attorney Jarrett J. Ferentino will be married May 14, 2005. They will reside in Exeter, PA. Dr. Linskey has her own practice, Greater Pittston Chiropractic First, P.C., 302 Kennedy Boulevard, Pittston, PA 18640. Her phone number is 570-602-1590

Timothy Dee, D.C., and Kimberly Auger were married in September 2004 and spent their honeymoon in Hawaii. Dr. Dee is employed at the University of Buffalo in the office of science, technology transfer and economic outreach, intellectual property division.

Class of '00

William J. Mitrus, D.C., and his wife Theresa, had their first child, William Joseph II, on September 30, 2004. Dr. Mitrus has been in private practice in Bay Shore, N.Y. since 2002. His E-mail address is mitrusdc@aol.com.

Christopher Wayrich, D.C., CCSB, and his wife Christine, are proud to announce the birth of their son, Jack Christopher, on July 9, 2004. Dr. Wayrich is the owner of Advance Chiropractic of Shirley, P.C. at 691 Montauk Highway, Shirley, NY 11967. His phone number is 631-281-1200 and his E-mail address is drwayrich@hotmail.com.

Victor Naumov, D.C., announces the formation of The National Coalition for the Advancement of Drug-Free Athletics (NCADFA). This New Jersey nonprofit organization supports educational, charitable, religious and scientific organizations that utilize anti-drug education to teach the dangers and prevent the use of performance enhancing drugs. Dr. Naumov's address is P.O. box 206, New Milford, NJ 07646 and his phone number is

201-265-8688. His E-mail address is drvic2219@hotmail.com and his Website is located at www.NCADFA.org.

Class of '02

Jill Y. O'Malley, D.C., was married on August 13, 2004 to Matthew O'Malley. She is currently working with Dr. Michael Landi, Chief of Neurosurgery at Kenmore Mercy Hospital. Dr. Landi owns a multi-disciplinary facility where Dr. O'Malley works with **Steven Celotto, D.C. (NYCC '99)**. She is an assistant professor at Erie Community College and Daeman College.

Jennifer M. Thompson, D.C., and her husband Charlie had a baby girl, Alyssa Rose Thompson, on July 23, 2004. She weighed 8 lbs. 8 oz. and was 20 ½ inches long. She currently practices in Floral Park, N.Y., with her mom, Rosemarie Bou, D.C. (NYCC '92), and works as a fellow in the NYCC Levittown Health Center.

Chadd M. Rolland, D.C., and Erika Rolland have moved from Ohio to Edinbory, Penn. Dr. Rolland bought an existing office that is now operating under the name of Rolland Chiropractic, Inc. Erika is a homemaker taking care of their boys Ben (5) and Zachary (1).

Michael A. Heintz, D.C., (NYCC '02) and **Daniel Kemmer, D.C., (NYCC '03)**, opened a practice together in the Abbott Professional Building, 3656 Abbott Road, Orchard Park, NY 14127. Their phone number is 716-825-0040.

Jonathan Kropf, D.C. (NYCC '02) and **Kelli LeBaron, D.C., (NYCC '03)** are engaged and are planning a July 16, 2005 wedding. They both practice in Boston, Mass.

Class of '03

Larysa C. Panchyshyn, D.C., was married on August 28, 2004 to Jeremy D. Lutin. She opened Aligned Family Chiropractic, 243 Main Street, Suite 230, New Paltz, NY 12561. Her office phone number is 845-255-1900 and her E-mail address is AlignedFamilyChiropractic@hotmail.com.

Rebecca Mae Hosey, D.C., is practicing at Court Street Chiropractic in Ithaca, N.Y.

Class of '04

Kenny H. Tsang, D.C., is practicing at Greater Rochester Family and Sports Chiropractic, 30 Allens Creek Road, Rochester, NY 14618. His phone number is 585-442-3220.

Tiger's Chiropractor Dr. LaFountain Wows Incoming Class

by Valerie D'Ottavio

Dr. Nicchi aptly described Tiger Woods' chiropractor – Thomas LaFountain D.C., DABCO (NYCC '82) – when he spoke of his “infectious enthusiasm for chiropractic.” Dr. LaFountain returned to NYCC to wish the class of March 2008 “best of luck in one of the greatest healthcare professions.” The advice he gave was honest, straightforward and humble, and each one of his accomplishments is a reflection of who he is both as a chiropractor and as a person.

Dr. LaFountain ranks among those who can tell the story of how they found chiropractic. He recounted how, as a member of the football team at Hamilton College, he suffered a back injury in his junior year. Too young to “never play sports again,” as his orthopedic surgeon suggested, he sought treatment from his father's chiropractor and was back on the turf three weeks later. In awe of the transformation he had been a part of, the economics major did his homework and was



Dr. Thomas LaFountain

later enrolled in a chiropractic program.

Following his graduation from NYCC, Dr. LaFountain began his practice in New Hartford, N.Y., and years later began treating the United States Olympic Speed Skating Team. At his first-ever event – the 1991 World Cup Championships in Berlin, Germany – Dr. LaFountain arrived with many therapy units and an eagerness to treat the athletes who would need him. After accidentally blowing out his equipment and with “10 minutes to get it right,” Dr. LaFountain immediately called

upon all of the skills he had been taught at NYCC to get the equipment up and running again. With his short anecdote, he reminded us all not to take anything for granted, to learn as much as we can so that nothing will phase us, and to utilize all of our resources.

Dr. LaFountain continued to treat the U.S. Olympic Speed Skating Team at competitions, including the Olympic Games in Albertville, France (1992), and Lillehammer, Norway (1994). These days his attention is focused on the Professional Golfers' Association. Even when his first patient, Dave Duvall, walked in for treatment, Dr. LaFountain did not blink. Instead, he spent four hours on a thorough evaluation, and Duvall returned the next day for more treatment. Dr. LaFountain has treated PGA Tour professionals for nine years. With his influence, 12 chiropractors have been added as practitioners on the PGA Tour and Senior Champion events over the past eight years.



*Diane Dixon,
Executive Director of
Enrollment Management*

Dr. LaFountain still maintains his practice in New Hartford and has turned it into a multidisciplinary one. He stated that patients are “making chiropractic better”; they want to get better and are challenging us to be ready and able. He urges us to attain the same success he has come to know. That means putting together the diagnostic and manipulative skills we are taught, as well as our knowledge of rehabilitation, modalities and anatomy – not to mention embracing our love for chiropractic – and understanding that once you enter into chiropractic you have joined a “family” that will keep expanding.

Whether you plan to treat professional athletes, children, or the elderly, always remember that it is people you are treating; and it is those very same people who will continue to teach you. Dr. Thomas LaFountain began as a student and will end as a student. So will you. Take it from the man who no longer “sweats it” when Tiger comes in for treatment.

Managing People's Pain

by Sue Pittenger, Director

At first glance, the field of pain management might seem more oriented toward allopathic practitioners. However, according to an article written by Dr. Paul Sandhu, a physiatrist and pain-management specialist, and published in the January 2003 edition of *Chiropractic Economics* magazine, this specialty field shares a great deal in common with chiropractic. According to Dr. Sandhu, pain management specialists are generally more open to complementary and alternative treatments, and share with chiropractors a goal



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

of assisting patients in improving or recovering without drugs or other invasive procedures. And like many chiropractors, many pain-management specialists work with patients who have been unable to find relief in other places.

For these reasons, Dr. Sandhu believes that pain-manage-

ment specialists and chiropractors are uniquely qualified to work in partnership. The advantages include a shared commitment to treating in a noninvasive manner and easy accessibility for consultations. The ability to co-manage patient care and the cost-effectiveness of this type of treatment protocol make this type of practice an attractive choice for treating personal injury and workers' compensation cases.

Dr. Sandhu also stresses the importance of finding the right pain-management spe-

cialist to work with for greatest success. Check out the article at www.chiroeco.com, or contact me at the Career Development Center. You may also want to visit the Web site for the American Academy of Pain Management at www.aapainmanage.org.

Controlling Pain - Clinically

Continued from page 20

Over-the-Counter and Prescription Drugs

- NSAIDS block prostaglandin production and perception by the cerebral cortex, thereby decreasing pain. They also block the production of inflammatory intermediaries such as COX 2. They can lead to gastrointestinal ulceration as well as renal and hepatic failure.
- Opiates and "Caines" block synaptic clefts and nerve blocks. These can lead to addiction.

Mechanical Means

- **The Adjustment:** Alters the sinuvertebral nerve (recurrent meningeal), which is sympathetic innervation regulating blood flow/pain generation/inhibition.
- **Myofascial Release/Massage:** For the post-acute phase of care, NIMMO, IC, ART, and cross-friction massage decrease hypertonic bands, trigger points, adhesions and scar tissue. The Golgi tendon and spindle cell techniques are used to reset tendon and muscle tension, respectively.

- **Acupuncture/Acupressure:** Stimulate meridians (neural/energy pathways) to increase inhibitory pathways and decrease pain transmission by redirecting the body's energy flow.
- **Surgery** (last resort).
- **Neurostimulator:** Implanted in the spine, with leads inserted into the spinal cord.
- **Sympathectomy:** Surgical ligation of the sympathetic chain ganglia.

Pain's "Gate Theory"

The gate theory of pain is the one most used to illustrate pain control. Its premise is as follows: A person gets a bee sting or burn, etc., then grabs or rubs the injured area/part to decrease the sensation of pain, overstimulating the receptor field and leading to inhibition. A soft-tissue "pull" prior to IC close to the area of treatment will provide the same result. Exercise and biofeedback work similarly.

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A Journey to China

NYCC's Center for Postgraduate and Continuing Education is sponsoring a "Journey to China" from April 16 through May 1, 2005. The main purpose of the trip is to see firsthand the structure of integrative medicine as it has been applied in China over the past 50 years. Continuing education credits will be granted for Doctors of Chiropractic and Acupuncturists.



look at the history of Chinese medicine, and a visit to the Tong-Ren Tang Herbal Store.

And what would a trip to China be without a visit to the Great Wall, the Imperial Tomb, Tian An Men Square, and the Forbidden City, not to mention the thrill of Chinese acrobats, the intrigue of ethnic dance, and enjoying real Chinese cuisine!

While the trip has been planned as a means for graduates to earn continuing education credits, it is open to anyone who wishes to participate. Space is limited to 20 people. The cost is \$1,745 plus airfare (approximately \$850). A deposit of \$800 is due with registration. Of that deposit, \$150 is nonrefundable. The remaining balance is due March 12.

Participants will leave Syracuse on April 16 and arrive in Beijing on April 17. After resting and enjoying some sightseeing on Monday the 18th, the group will spend Tuesday through Friday visiting a number of hospitals and educational institutions to observe clinical practice and teaching, Chinese orthopedic manipulation and massage, and Traditional Chinese Medicine (TCM) treatment for various conditions. In addition, they will attend lectures on herbs, medicinal foods, and advances in pain reduction and the treatment of CNS diseases. There will be a tour of the TCM Museum at Beijing University, providing a close

For further information, contact AOM Dean Marilee Murphy at extension 3268 or mmurphy@nycc.edu, or stop by her office in Academic 1, Room 206B. Registration for the trip can be made through the NYCC postgraduate department by calling 800-434-3955.

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Ed-Invest's Health Professions Consolidation Center (HPCC) can determine if consolidation is right for you. Ed-Invest's staff has assisted chiropractic colleges, students, and graduates for more than a decade, and, in partnership with the Association of Chiropractic Colleges (ACC), is also the provider of the ACC Student Loan Program. With consolidation you can:

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What's News?

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