



Transitions

Transitions

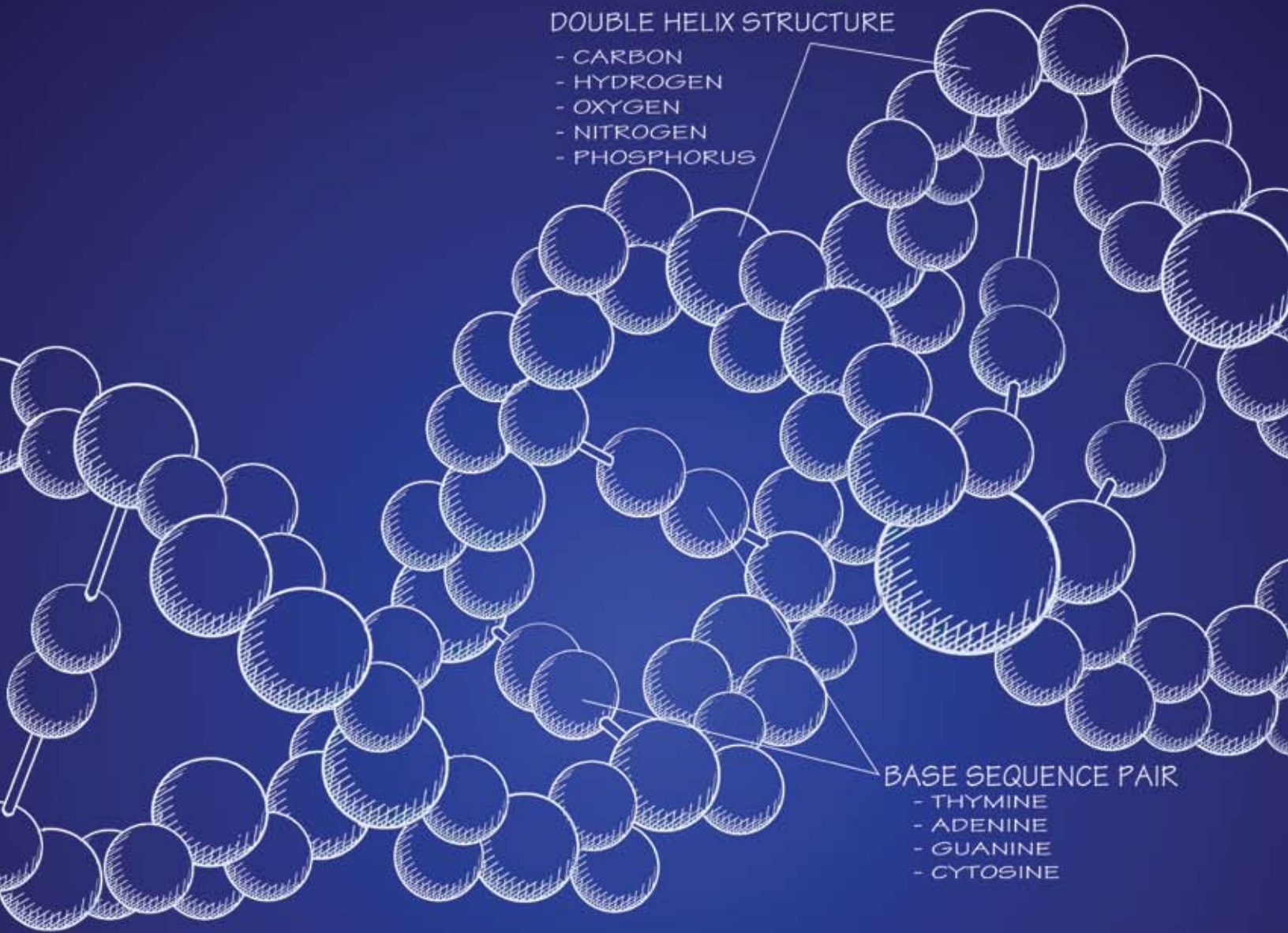
July/August 2006



Genetic Blueprinting

DOUBLE HELIX STRUCTURE

- CARBON
- HYDROGEN
- OXYGEN
- NITROGEN
- PHOSPHORUS



BASE SEQUENCE PAIR

- THYMINE
- ADENINE
- GUANINE
- CYTOSINE

| MODEL NUMBER | PROJECT NAME | SCALE |
|---|-----------------------------------|--------------------------|
| DNA-13571113 | Genetic Blueprinting | 1:2.7 X 10 ¹² |
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Dr. Frank J. Nicchi
President

Congratulations, graduates!

This July we celebrated an important milestone in NYCC's history: the graduation of the College's first Acupuncture and Oriental Medicine class! To this very special class, I extend my heartiest congratulations as I also express deep appreciation to our wonderful AOM faculty and staff.

This truly is a period of exciting achievements for NYCC. Situated solidly on the foundation of our chiro-

practic program, our schools of Acupuncture and Oriental Medicine, and Applied Clinical Nutrition, are advancing the College to new levels. Therapies based upon chiropractic, acupuncture, and nutrition create powerful synergies that help patients achieve optimal health and well-being.

Genetic Blueprinting

This issue of *Transitions* focuses on the timely topic of

genetic blueprinting. We are hearing more and more about genetic discoveries and how the effort to identify specific genes tied to particular diseases will soon enable healthcare providers to diagnose patients' propensities to develop those diseases. Genes and environment play a dual role as they impact health in a variety of ways. What makes two individuals exposed to the same environment differ in

their susceptibility to certain diseases? How can we help patients minimize their risks in developing these diseases and lead longer, happier, healthier lives? We are beginning to learn the answers to such questions. And though, as is often the case, the more we learn the more questions we may be left with, any effort that assuages debilitating pain and relieves diseased systems is well worth the look!

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NYCC Dedicates Dr. Lloyd Steffensmeier Technique Room

NYCC welcomed a special guest to its Seneca Falls campus on July 14. Dr. Lloyd Steffensmeier, president and CEO of Lloyd Table Company, attended NYCC's Unity Day. An assembled audience of students, staff and faculty, applauded NYCC President Frank J. Nicchi's introduction of Steffensmeier and the announcement that a classroom on the second floor of the Academic I Building would henceforth bear the name: "Dr. Lloyd Steffensmeier Technique Room." Dr. Nicchi publicly told Steffensmeier, "It is fitting that this technique room should bear your name, for yours is a name that has come to represent quality, commitment and service."

In addition to the room dedication, Nicchi also recognized Steffensmeier's professional contributions: "Today, we not only recognize your generous support of the College, but also pay tribute to your personal accomplishments. Yours, Lloyd, is a story of success – one born of dedication, characterized by an abiding commitment to quality, and nurtured with a generous spirit."

Following the presentation, Steffensmeier and Nicchi joined NYCC Chancellor Kenneth W. Padgett in a stroll to



NYCC President Dr. Frank J. Nicchi and Dr. Lloyd Steffensmeier, President and CEO of Lloyd Table Company

the Steffensmeier Technique Room, where they were welcomed by additional NYCC faculty members. The room's entrance is adorned with distinct new lettering, a framed rendition of the Lloyd Table Company story, and a photograph of Steffensmeier. The technique room features numerous Lloyd chiropractic tables and three large "Lloyd Table" banners as well as a short biography describing Steffensmeier as a celebrated icon in the field of chiropractic technique. This biography joins those of other notables such as NYCC founder and

first president, Dr. Frank Dean; long-time NYCC faculty member and special advisor Dr. Lloyd Henby; and former NYCC faculty member, author, and philosophy mentor Dr. Frank P. DeGiacomo.

At the conclusion of the presentation, Steffensmeier demonstrated the many features of a high-end Lloyd Table Company adjusting table and performed adjustments on faculty and staff members

Thank you, Dr. Steffensmeier, and thank you, Lloyd Table Company, for your dedication to and support of NYCC!

"NYCC's Fellowship program exceeded all of my expectations and provided extraordinary opportunities for personal and professional development."



"I earned a Master's of Science degree, was employed to teach at the nation's premier chiropractic college, and now enjoy a one-of-its kind career within the Veterans Health Administration, all of which was made possible through the NYCC Fellowship program."

"Thanks NYCC!"

Andy Dunn, D.C., M.Ed., M.S.



President's Council Member: Former NYCC President Kenneth W. Padgett, D.C.

The distinguished career of Kenneth W. Padgett, D.C., NYCC's chancellor and former president, reveals a heartfelt dedication to service, commitment to the chiropractic profession, and significant political, civic and professional contributions.

As a young child, Padgett was inspired by a chiropractor who successfully tended to his brother's serious bout with croup. He credits both of his parents as well as his uncle, Ralph N. Foster, D.C., for encouraging him to pursue the profession. A graduate of Lincoln College of Chiropractic in Indiana, Padgett began practice in Waterloo in 1954 and continued until 1989, when he was appointed to serve as president of the College. He has been a member of the President's Council since that time. "If you believe in something, you should support it," he remarked. Today, Padgett serves the College as chancellor.



Dr. Kenneth W. Padgett

Staying Active in the Community and Profession

Actively involved in the local community, Padgett headed the Waterloo Lions Club, chaired the county's Republican Party and chamber of commerce, and served as county coroner. He was ultimately named by Nelson Rockefeller to assist New York State's Environmental Facilities Corporation and was asked by President Ronald Reagan to serve as one of his health advisors.

Dr. Padgett is a past president of the New York State Chiropractic Association and the American Chiropractic Association, and presently serves as the chair of the Legislative Commission of the latter. He served on the New York State Board of Chiropractic for the maximum ten-year term. Padgett was also the treasurer for the National Board of Chiropractic Examiners and chaired the Acupuncture, International Affairs, and Finance committees. He is the president and a fellow of the International College of Chiropractors, as well as a fellow of the American College of Chiropractors.

Having received many awards honoring his achievements and professional contributions, in 2000, he was named American Chiropractor of the Year by the American Chiropractic Association and received the Dr. George Arvidson Award from the Federation of Chiropractic Licensing Boards, the Federation's highest individual honor for contributions in

chiropractic licensure. Dr. Padgett received the Association for the History of Chiropractic's 2003 Lee-Homewood Award, recognizing living pioneers who have made outstanding contributions to the chiropractic profession. In 2005 he received the Seneca County Chamber of Commerce Lifetime Achievement Award.

Family Life

Ken credits MaryAnn, his wife of 40-plus years, for her unwavering support. They now split their time between Seneca Falls, N.Y., and Naples, Fla., although they return from Florida once a month in the winter so he can continue seeing his upstate New York

patients. Dr. and Mrs. Padgett enjoy traveling together and have visited Europe 14 times. He also tries to get in as much golfing as he can!

The College's Future

Excited about prospects for the College, Padgett says, "The College's future is great! As president, I advocated higher standards and accreditation. NYCC offers a high-quality education and has successfully diversified into areas that include acupuncture and Oriental medicine." Urging the profession's members to work together, he comments, "If we [chiropractors] were to cooperate and more closely work together, we would be able to greatly strengthen the profession." He concluded, "Don't just take. Give back to the profession by getting involved!"

NYCC Honors Dr. Padgett

Dr. Ken Padgett is the visionary leader who brought NYCC to Seneca Falls and whose tremendous contributions to the Seneca Falls community and the chiropractic profession will long be remembered. In order to honor him, on September 29 the College's administration building will be named the "Dr. Kenneth W. Padgett Administration Building." That evening, NYCC will hold a testimonial dinner in Padgett's honor and display greetings included in a Commemorative Padgett Dedication Journal.

Many thanks to Dr. Padgett for his continued dedication to New York Chiropractic College.



President's Council is vital to the life and well-being of New York Chiropractic College. Its valued members play a pivotal role in allowing us to meet our goals by financially supporting the College's mission.

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In memory of Ida G. Hyde

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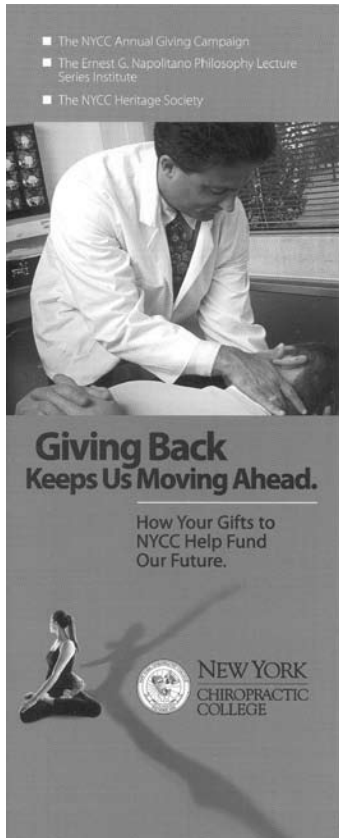
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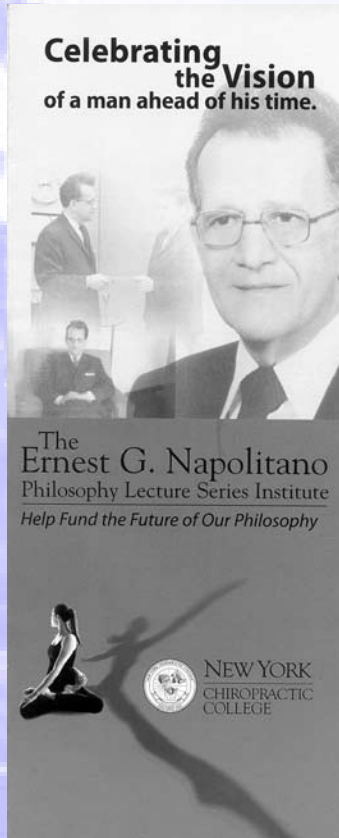
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Law Family Funds \$25,000 Scholarship

The family of the late Herbert S. Law, D.C., has generously created the “Dr. and Mrs. Herbert S. Law Memorial Scholarship” to honor Dr. Law and to celebrate the family’s rich chiropractic legacy. The scholarship will be awarded annually to a chiropractic student who demonstrates an interest in applied kinesiology.

Dr. Law’s wife, Joan, recalls first meeting young “Herb” while they were students at Juniata College. Herb, who was attending the college on a basketball scholarship, suffered an injury and Joan took him to her father, Dr. Frank A. Lenhardt, for treatment. Mrs. Law recalls the conversation with Herb after he had received chiropractic care from his future father-in-law: “I remember him saying, ‘I would like to help other people, and I feel that I could become a chiropractor.’”

Law came from a small mining town in central Pennsylvania and was used to hard work. After his freshman year at Juniata College, his summer job included the arduous task of retreading airplane tires. It wasn’t long after that summer, Mrs. Law quipped, “He wrote a letter to me that said, ‘If I have to work this hard to go to college, I am going to study and do well.’” And that he did, graduating first in his class from Lincoln Chiropractic College in 1959.

Upon graduation, Dr. Law opened a practice in Willow Grove, Pa. Through continuing-education classes, he developed an interest in applied kinesiology. His patients were very happy, describing their doctor as “wonderful, caring, and sincere,” and noting that he was “never too busy for anyone.” As an example,



Dr. Herbert S. Law

Mrs. Law added, “Our two daughters delivered the eulogy at their father’s funeral. Even though they hadn’t discussed what they were going to say, they both spoke about the Christmas Eve when he helped a patient at our home; at 11:30 that evening, we all wished him a Merry Christmas as he left.” In creating the new scholarship, Mrs. Law explained, “My husband needs to be remembered. This scholarship will perpetuate what he believed in.”

Continuing the Chiropractic Legacy

The Laws’ son-in-law, David Bennett, has followed the same path as his father-in-law. Bennett met the Laws’ daughter Kimberly when the two were working as attorneys. Kim brought him home to be treated by her father, and David was inspired to become a chiropractor himself. Mrs. Law explained, “David felt he could help more people with chiropractic than with the law.” Bennett says he chose to

attend NYCC because it “offers a solid education in all respects.” For Mrs. Law, the defining moment of Bennett’s graduation from NYCC in December of 2004 was when Dr. Law hooded him during the commencement exercises.

After 45 years in practice, and just before his passing, Dr. Law transitioned his Willow Grove practice to Dr. Bennett. Mrs. Law says, “David is doing very well and meeting new challenges every day!” Dr. Bennett describes his father-in-law with great affection, saying that “his priorities were his family and his patients,” and noting that he went so far as to list his home phone number in the Yellow Pages. He feels that Dr. Law, a caring educator, will long be remembered for his attentiveness to his patients and for his sound counsel.

Mrs. Law has remained active in the chiropractic office – helping to organize, decorate, and perform the necessary bookkeeping. “As a chiropractic daughter,” she explained, “I naturally knew what the office required. In addition, both of our daughters acted as substitute receptionists during their summers in high school and college. They realized how hard their father worked, and it set a good example for both of them.” Mrs. Law also enjoys spending time with her daughters and their families: Kim and David, and their new son, Ryan; and Lori and Scott Reed; and their son, Jackson.

We offer many thanks to you, Mrs. Law, and to your family for such generous support of New York Chiropractic College and its students. We deeply appreciate your family’s unswerving dedication to the chiropractic profession.

Chiropractic Commencement

July 29, 2006



NYCC's newest doctors recite the Chiropractic Oath.



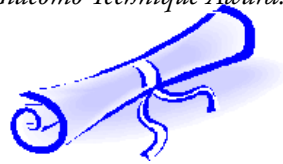
Class valedictorian Eric D. Wicks addressed his class. Dr. Wicks was also awarded the Alumni Class President Award, DD Palmer Memorial Award, and the Frank P. DeGiacomo Technique Award.



Class Salutatorian Adam Barrett Moyer was awarded the Diagnostic Imaging Award.



Pictured left are Drs. Jack Beige '66 and Lillian Ford '85. Dr. Beige delivered a humorous and heartfelt Alumni Greeting. Dr. Ford served as Grand Marshall and delivered the Faculty Address. She urged the new doctors to do their part in making the world a better place and concluded with a reminder to the graduates that NYCC will always be there



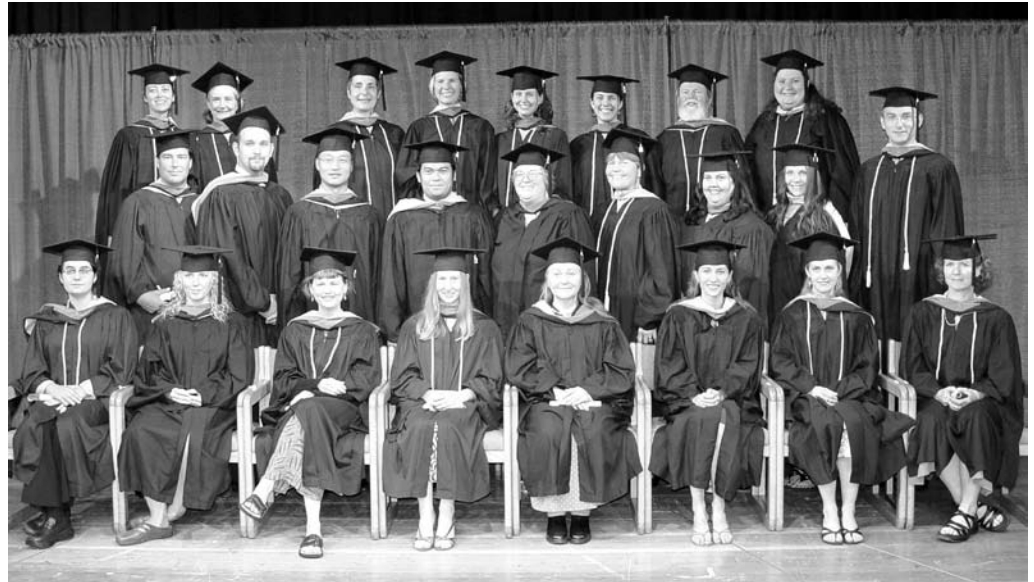
Dr. Karen Erickson '88 delivered the commencement address. She presented an emotional address, telling the new doctors to "become the change you wish to see in the world." She reminded them to "be your true



Graduating Members of the Class of July 2006 celebrated their graduation with a group photo.

Another Giant Step In Integration: NYCC Graduates First Class in Eastern Medicine

NYCC President Dr. Frank J. Nicchi expressed “extreme pride” at the commencement exercises for the NYCC School of Acupuncture and Oriental Medicine’ first graduating class on July 30. Thirteen graduates received the M.S. in Acupuncture, and 15 were awarded the M.S. in Acupuncture and Oriental Medicine. “I’m thrilled that we successfully achieved our goal to establish upstate New York’s first Acupuncture and Oriental Medicine master’s program,” said Dr. Nicchi as he addressed the graduates, noting that they were



The first graduating class of NYCC's Master's Degree in Acupuncture and Acupuncture and Oriental Medicine program.



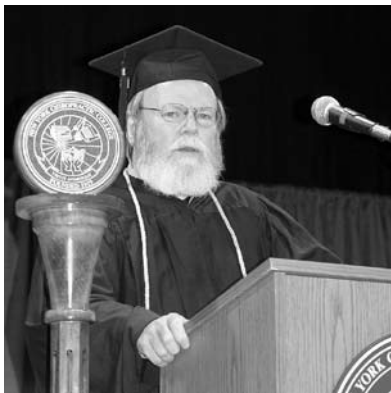
Assistant Professor Darlene Easton gave a tearful faculty address, eloquently beginning by saying, “The garden has bloomed.”

about to enter a healthcare market eager to welcome professionals skilled in Eastern medicine.

Dean Marilee Murphy felt that her AOM students had grown tremendously and that they would represent the College well. “We are confident you are going to be successful,” she remarked, adding that the class had provided important feedback which led to

improvements in the program.

Dr. Richard Carnival, a member of NYCC’s board of trustees in the mid-90s and an enthusiastic advocate for establishing the AOM program, wished the graduates success and commended them on having selected NYCC for their studies. “They made the best choice. NYCC is the finest college in the country for chiropractic, and I know we will be the foremost college in the country for acupuncture and Oriental medicine.”



In addition to receiving the Hua Toa Humanitarian Award for his leadership and effective communication, Dr. James Hyland was selected by his classmate to give the student



Kevin Ergil, M.A., M.S., L.Ac., encouraged the graduates to take care of their patients, their professors, their profession, their college and themselves during his motivating



Following Commencement, NYCC President Dr. Frank J. Nicchi (left), Dean of the Graduate Program in Acupuncture & Oriental Medicine Marilee Murphy (center) and Trustee Dr. G. Lansing Blackshaw (right) joined the graduates and their families and their friends

~ Series Introduction ~

Altering Genetic Expression, Naturally

by Paul Blackledge, D.C.

It's the classic nature versus nurture debate: How much of our health is biologically predetermined, and how much is dependent upon environmental influence? Was it the cigarette smoke that caused the cancer, or the patient's family history? Newspapers are constantly reporting that another new gene has been discovered for this or that

pathology. Consider, for instance, the recent discovery, published in *Science*, of a gene that regulates hunger and appetite. Imagine the impact that gene could have on America's narcissistic market contingent! Following the completion of the human genome project in 2003, genes have been implicated in the development of all kinds of disorders. Whether suffering from Alzheimer's disease, cancer, or plain old dyslexia, there's likely a gene out there to match the ailment.

Genetic Research Ushers In Tough Questions

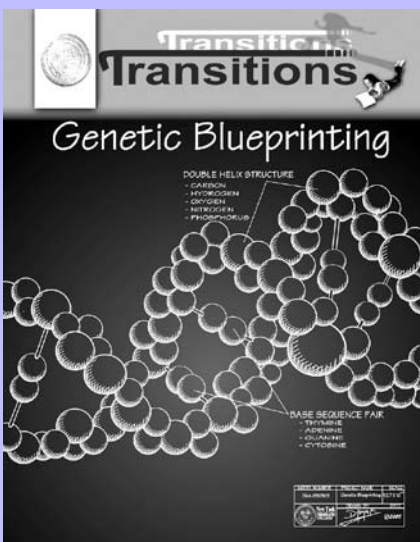
What do genes have to do with chiropractic or acupuncture? What if genetic testing evolves to become healthcare's new "crystal ball"? And if disease states are predetermined, then why bother practicing a healthy lifestyle at all? What is the value of eating right and exercising if certain people are predetermined to develop, say, adenocarcinoma later in life? These are some of the questions we must ask ourselves if we are prepared to accept the gene theory of disease.

Fortunately, however, the "nature" argument alone cannot account for all aspects of a patient's health. In fact, there is significant interplay between genes and lifestyle insofar as disease expression is concerned. And while we all may, to some extent, be a victim of our own genes, we almost certainly exert control over the expression of those

genes. For instance, a gene may make someone prone to developing cancer or heart disease; nevertheless, lifestyle habits such as smoking may increase the likelihood that the gene's expression is activated.

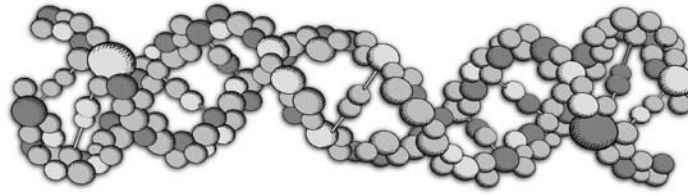
Genetics is a continually and dynamically changing field. There is no shortage of data linking specific chromosomes and DNA strands to particular traits and disorders. A well-known example would be that of Trisomy 21, a disorder more commonly known as Down syndrome, in which an extra chromosome at the 21st position results in the expression of mental retardation and a variety of other

birth defects. What is missing is a large body of data identifying lifestyle factors that may trigger these sorts of anomalies. More research into this area is essential before clinical guidelines can be created to stave off such pathologies. For instance, using the example above, if scientists knew what it was that causes the extra chromosome in Trisomy 21, they could intervene clinically



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to prevent the condition. That is, if some behavioral factors were found to significantly predispose someone to developing anomalies at the 21st chromosome, healthcare practitioners could recommend that women of childbearing age avoid that behavior.



DNA: Yours vs. Mine

Differences in genetic composition between patients also account for the variety of responses to treatment that physicians observe. That's why a "one-size-fits-all" treatment plan often fails. Some patients may only require half the dosage of a vitamin or mineral to fend off a disease, and other people find themselves having to exercise twice as hard as their counterparts to keep weight off. One person may be allergic to peanuts, another to eggs. Consequently, and reassuringly, the gene theory supports a patient-centered approach to healthcare – one in which the treatment is tailored to the individual.

Gene Expression: Where Do CAM Therapies Fit?

The question to ask at this point is, "How does genetics fit into the field of complementary and alternative medicine?" The answer is simple: "Perfectly." Genetics considers natural and internal influences on health, much like the many alternative approaches. Geneticists also recognize that while someone may inherit the DNA code for a disease, he or she may not contract it. Indeed, immunity and resilience vary from person to person. A better question, then, is, "How can we optimize an individual's health status such that he or she may better resist the expression of a negative phenotype?"

A common goal shared by many CAM therapies is to optimize health and strengthen immunity. Through natural and minimally invasive methods, CAM practitioners seek to remove stressors to the system and restore homeostasis. Such stressors may come in the form of dietary toxins, spinal restrictions, or minute disturbances in the body's energy meridians. Regardless of the source, the fewer stressors the body has to confront, the better poised it is to fight off diseases. Healthy people are more likely to express positive traits and less likely to express negative ones.

Chiropractic and General Health

Chiropractic seeks to maximize a patient's health through the maintenance of proper spinal alignment and joint mechanics. Adjusting the spine restores motion to a vertebral joint and introduces proper spinal mechanics. The result is reduced insult to spinal nerves and promotion of blood and lymph flow – especially to



the spinal cord, which helps to regulate homeostasis. The nervous system, stimulated by the chiropractic adjustment, innervates mast cells and other immune mediators in the body. When the nervous

system functions optimally, the patient is healthier and better able to discourage the onset of disease.

Interferences and Acupuncture

Acupuncture is a type of Oriental medicine that considers the flow of energy throughout the body's invisible network of interconnected meridians. Acupuncturists have been successfully treating a variety of conditions for over 2,000 years. These highly skilled practitioners are able to detect subtle interferences in a patient's energy flow and restore harmony to the meridians by inserting tiny needles into specific locations on the body. By maintaining the flow of *qi*, also known as life energy, acupuncturists empower patients to express their highest level of wellness. When life energy flows properly through the meridians, patients are better able to resist disease.

Genes and Nutrition: Living to See Another Good Meal

Nutritionists who screen patients' diets for sources of toxins – such as trans fats and other preservatives used increasingly to extend the shelf lives of products – are playing an important role in extending people's lives, given their particular genetic makeup. These toxins, among others, have been found to negatively impact health. Trans fatty acids, for example, elevate bad cholesterol and decrease good cholesterol levels in the blood. In addition to preventing dietary exposure to toxins, nutritionists recommend proper intake of micronutrients, such as vitamin C and zinc, to help strengthen the body's immune system. Therefore, by eating a balanced diet and avoiding sources of dietary toxins, patients are better able to resist disease.

Although current healthcare approaches do not directly modify the DNA sequences, they nonetheless encourage and empower patients to take responsibility for their own health. Ultimately, we are more than mere innocent victims of our own nucleic acids. Far from drowning helplessly in a sea of genes and chromosomes, we are inspired to actively seek out wellness. And while genetic testing may be useful, the detection of a particular gene should never be thought of as a death sentence since a healthy lifestyle may repress its expression. In short, if you're having trouble fitting into your genes, give chiropractic or acupuncture a try; it might be just what the gene therapist ordered.

Essential Influences on Health and Illness in Chinese Medicine

by Kevin Ergil, M.A., M.S., L.Ac. and Marnae Ergil, M.A., M.S., L.Ac.

For at least two millennia Chinese culture and medical knowledge have paid homage to the parental contribution to an individual's capacity for developing into a healthy and productive individual. In the context of China's traditional medicine, this perspective was expressed by the ideas surrounding the concept of *jing*, or *essence*. While the Chinese had no understanding of chromosomes, gene pairs, DNA, RNA, or the mechanisms by which these materials inform the development of human beings, the concept of essence expressed, in a subtle and comprehensive fashion, the way in which the materials that support the phenotypic expression of genetic information simultaneously express their own characteristics and the impact of the environment in which they develop. Essence is broadly defined as anything that is essential to the maintenance of life (Wiseman 1996, p. 23).

From the Chinese medicine point of view, our health is determined by our genes and by our environment. "Nature versus nurture" is not a question that would be posed by an informed Chinese physician. Within the paradigm of Chinese medicine, there is no question of such an opposition. Rather, it recognizes an inherent interdependence among the source of genetic information, the context in which this information is replicated in producing a human fetus, and the environment in which the neonate develops into an adult human being. This process involves three fundamental substances: *reproductive essence*, the genetic information contained in the sperm and ovum of the parents; *pre-heaven essence* (*xian tian zhi jing*), basically the uterine environment, nutritive characteristics of the maternal blood supply, and capability of the reproductive



essence to utilize these resources; and, finally, *post-heaven essence* (*hou tian zhi jing*), formed through the interaction of a living human being with his or her environment.

These substances, along with human reproduction and the innate capacity of any human being for growth and development, are associated with the kidney. Chinese medicine views organs as markers for many types of tissue and many aspects of physiological function; so while this view seems to diverge from the biomedical understanding of the structure and function of the kidney, it should be understood that in Chinese medicine, references to the kidney or any other organ

have more general connotations than they do in biomedicine. Essence - reproductive, pre-heaven and post-heaven - is stored by the kidney. However, a strict distinction is made between pre-heaven essence, which is the product of the interaction of the reproductive essence with its environment, and post-heaven essence, which is formed by the metabolism of the food and air that the developing human being encounters once it leaves the womb.

All aspects of human health are thought to be rooted fundamentally in the resources afforded by the genetic endowment of the parents, the quality of the environment afforded for their development in the womb, and the way in which these resources are husbanded and nurtured throughout one's lifetime. From a traditional Chinese point of view, healthy parents are considered to be a prerequisite for healthy offspring. Traditional Chinese cultural practices included the avoidance of potential mates whose families had discernible histories of apparently inheritable disease conditions, such as certain

“Nature versus nurture” is not a question that would be posed by an informed Chinese physician. Within the paradigm of Chinese medicine, there is no question of such an opposition.

seizure disorders. While unsophisticated, this approach reveals a substantial concern with avoiding disease with a discernible genetic component.

Because the gestational process is considered - after the reproductive essence of the parents - to be the most critical aspect of the developmental process, great attention has been paid to the health of parents at conception and to the health, environment and emotional state of the mother during gestation. This is the period during which the pre-heaven essence becomes fully developed. For example, it is thought that if conception occurs when either the mother or the father is not in optimum health, then the essence that is passed to the child at the moment of conception will not be as strong as it might. Additionally, the pre-heaven essence begins immediately to be influenced by its new environment: the mother's womb. Everything that the mother eats, does, sees, hears, feels, dreams, etc., is thought to have an influence on the developing constitution of the child. The Chinese traditionally have gone to great pains to ensure that expectant mothers are happy and well-nourished, and that they do not come into contact with frightening things or become overly disturbed by events in their lives, as these factors can influence the constitution - the pre-heaven essence - of the child.

With birth, the neonate initiates respiration and is nourished through the gastrointestinal tract. In Chinese medicine, this marks the transition from the formation of pre-heaven essence to the formation of post-heaven essence, which is created from the food that we eat and the air that we breathe. The pre-heaven essence is then supported in its functions and becomes stronger through the development of the post-heaven essence. As this happens, the body reaches full maturity. Then, as we continue to age, our ability to produce post-heaven essence wanes, and the body is said to rely on and ultimately deplete its reserves of pre-heaven essence. This depletion precipitates the gradual decline of our physical health associated with the aging process. This process, from birth to senescence, is described in detail in the Chinese medicine classics.

Thus any dysfunction, disharmony or even temporary improper use of the respiratory and digestive systems - such as having a cold, eating on the run, smoking, overeating, or any disruption of sleep - can have deleterious effects on the production of post-heaven essence. A healthy body that is living

a moderate lifestyle and getting appropriate amounts of sleep will produce sufficient post-heaven essence to manage daily activities as well as the storage of post-heaven essence to nourish and protect the pre-heaven essence.

If - due to diet, lifestyle, sleep habits, etc. - there is insufficient post-heaven essence to nourish and protect the pre-heaven or, in more severe cases, there is insufficient production of post-heaven essence to get through the day, then the body begins to draw on the pre-heaven essence. Because there is only a limited amount of this essence and because it cannot be replaced, once it is used it is gone forever. The earlier the pre-heaven essence is accessed and used up, the earlier the aging process begins and the more susceptible to chronic disease the individual becomes. Additionally, if the pre-heaven essence is negatively influenced at conception or during gestation, this will impact the overall constitution and may make one more susceptible to chronic diseases, unless that individual is able to positively affect his or her pre-heaven essence through the nourishment and nurturance of healthy post-heaven essence.



Then, as we continue to age, our ability to produce post-heaven essence wanes and the body is said to rely on and ultimately deplete its reserves of pre-heaven essence.

What does this mean in terms of an individual's susceptibility to disease? Essentially it means that through moderation in diet and lifestyle, we can positively impact our health. To many of us, this may come as no surprise; however, the key word here is *moderation*. The Chinese system of thought does not encourage sustained extremes of any kind, including, of course, behaviors such as drug abuse, a chronically improper diet, eating too much or too little, and insufficient or excessive exercise. However, insufficient or excessive sleep, persistent

emotional extremes, excessive sexual activity, and obsessive thought can also negatively impact the post-heaven essence. Persistence in immoderate activities such as these may lead to a taxation detriment in the body, resulting in a poor ability to ward off disease and in dysfunction of the internal organs, leading to chronic disease.

Through appropriate behavior, the potential of one's genetic endowment can be realized. Where identified correctly, constitutional tendencies towards disease can be ameliorated by changes in lifestyle and therapeutic intervention. Ultimately, from the point of view of Chinese medicine, a healthy life is best achieved through a balanced regime of moderate eating, rest and exercise carried out in proper relation to the seasons.

Disease: Bad Genes Meet Bad Habits

by Dr. Ilija Arar



Truth is often complicated. This is especially relevant when considering discussions involving nature versus nurture, or genetics versus behavior. With regards to the etiology of disease, are there genes that cause disease if inherited? Likewise, are there lifestyles and environmental interactions that do the same? As healthcare practitioners, we rely on an acute awareness

of the human condition – an awareness that guides all of our therapeutic decisions. As such, understanding the phenomenology of a condition informs us of the biology of that condition. Furthermore, understanding the biology of a condition allows us to make therapeutic decisions and provide interventions and counseling when and if possible. The question now becomes, “How well do we understand the biology of the complement of human diseases?” Science has attempted to focus on the role of genes, the environment, or behavior in the cause of disease, but had, until recently, overlooked the delicate interplay of all three in the etiology and pathogenesis of disease.

Maps of the Human Genome and Varying Human Responses to the Environment

One potential reason for this is the fact that the human genome had not been mapped until recently. The Human Genome Project (HGP) was an international effort that formally began in 1990. The project, planned to last at least 15 years, provided the first draft of the human genome in 2000, with a near-complete sequence in 2003. The goals of this massive undertaking were to identify, determine and store the complete sequence of the 3 billion DNA base pairs, identify all human genes, and make them accessible for further biological study. During the same time that the HGP was launched and the human genome was being sequenced, the Environmental Genome Project (EGP) was founded. Researchers recognized that no single human genome exists and that variations in our genetic code provide the fundamental variations that we observe in human populations.

One particular phase of the EGP was to re-sequence

variability in over 200 genes in 90 individuals and to identify this variability. Within this pool alone, over 20,000 polymorphisms of these 200 genes have been identified, suggesting that there might be an underlying reason as to how individuals respond differently to environment. Certain genes are more likely than others to be “environmentally responsive.” Thus far, the EGP has identified 554 potentially environmentally responsive genes. Coined under the term “environmentally associated diseases or dysfunctions,” these conditions cover a wide array of diseases including cancer, pulmonary diseases, neurodegenerative disorders, developmental disorders, birth defects, reproductive function, and autoimmune disease. How does this information translate into real-world context? Allow me to illustrate the complexity and rather paradoxical nature of the implications of genes and environment in the development of disease with the following statements:

Most people who develop lung cancer are smokers.

Not all smokers get lung cancer.

Some who smoke heavily their entire lives never develop lung cancer.

The chances of developing breast cancer are higher in individuals in whom there is a familial history of breast cancer.

Inheriting the BRCA1 (breast cancer 1) gene does not guarantee developing breast cancer.

Parents who have hyperlipidemia tend to have children who develop hyperlipidemia.

We can all relate to at least one or two of the above statements. We all know of a person who has never smoked and yet has developed lung cancer. Dana Reeves, wife of actor Christopher Reeves, is but one example. We all have that one relative who has smoked heavily his entire life, lived to an old age, yet never developed disease. We have also heard of individuals who succumbed to heart disease in their early 40s. Each of these statements, however, exemplifies the consequences of our interaction with the environment along with our background genetics. What makes each one of these scenarios different? It is

neither sufficient nor accurate to simplify the argument by saying “if you have the gene for a disease, you will get the disease.”

How We Treat Our Genes Matters

Very few diseases are monogenetic in nature. Huntington disease, an example of a disease with a monogenetic cause, has an incidence of 0.005 percent. On the other hand, cancer – a collective group of diseases all rooted in aberrant genetics – does not possess a monogenetic etiology yet presents a lifetime probability of incidence of roughly 25 percent in America. Why the disparity?

Research has informed us that simple links between genetics and disease rarely exist. The notion of genetic determinism has been replaced by the thinking that while genes play a pivotal role in numerous diseases, so do conditions and circumstances of one’s life and the decisions one makes. In essence, how we “treat” our genes may be, in some cases, as important as the genes that we inherit. Let us look briefly at two examples of metabolism-related genes and their products that play a potentially decisive role in whether or not one develops disease, and that are directly affected by our behavior.

Oxidative Enzyme Genes – Affect Body’s Ability to Metabolize Cancer-Promoting Toxins

Cytochrome P450 is a generic term for a super-family of oxidative enzymes that exist in numerous animals, from slime molds to humans. This gene is of interest since it is responsible for first-pass metabolism. First-pass metabolism, as you may recall, is responsible for drug metabolism and toxin degradation, which occur primarily in the liver. Why is this family of enzymes important? Nearly 60 different forms of this gene have been discovered, each with varying function and regulation. Differences in one’s ability to adequately metabolize toxins such as known carcinogens into relatively harmless molecules might explain the various susceptibilities to toxin accumulation and consequent development of certain diseases. It might explain why some alcoholics develop hepatocellular cancers and others do not. It also might explain why some have adverse reactions to medications and others do not. It also explains why “you should check with your physician if you have a history of liver disease before taking [place brand here] medication.” Although this family of enzymes might predict the capability of an individual to resist cellular damage due to risky behavior, it factors poorly in determining whether or not an individual actually engages

in risky behaviors.

“Bad” Diets Hamper Protective Genes

The paraoxonase families of enzymes are HDL-associated hydrolyzing enzymes that are capable of metabolizing a wide variety of molecules and that encompass nearly 200 different polymorphs. The importance of PON1 status of individuals putatively explains why certain people are more or less susceptible to organophosphate poisoning. This family of molecules encompasses relatively benign fertilizers, but also includes a dubious set of chemicals such as Sarin nerve gas and chemical-warfare agents. Although of potential importance in active-duty military, a wider importance may be realized in this gene’s ability to confer on blood vessels a protective effect against oxidative damage.

During oxidative stress, low-density lipoproteins (LDLs) undergo lipid peroxidation, which has been shown to damage vasculature and increase the capacity of phagocytic cells such as macrophages to ingest this “bad” cholesterol at the level of the arterial wall. Higher-functioning forms of the PON1 gene prevent this from occurring and confer a protective function to the cardiovascular system. The real-world implications of these findings are that the genetic polymorphisms of PON1 least able to protect LDL against lipid peroxidation are correlated in populations with coronary heart disease. What this

means to you and me is that we might possess fundamental differences in the risk of developing cardiovascular disease, all things being equal. Rarely, though, are things equal. Evidence from animal studies shows that “pro-atherosclerotic diets” decrease functioning of PON1 and thus increase susceptibility to cardiovascular disease, thus once again exemplifying the effect of behavior on the risk of developing disease.

Our “Abused” Genome

Exposure to various forms of radiation, viral and bacterial infections, and contact with carcinogens and mutagens are all capable of negatively impacting our genome. When certain critical genes are mutated, repressed or misregulated, numerous disorders may be surface. The mere act of aging can introduce errors into our DNA, underscoring the importance of avoiding behaviors that may damage genes. Research will continue to identify unhealthy interplays between genes, behavior and environment. As it does so, we will become better able to make



Genes, Diet and Disease

Mary E. Balliett, D.C., Adjunct Assistant Professor, Basic Sciences Department

History of Human Genome

Since the human genome was sequenced in 2001, scientists have been amazed that the complex organism known as *Homo sapiens*, or human, is “controlled” by as few as 40,000 genes. The genes “control” cells by coding for proteins – the structural components of cells and tissues as well as the enzymes that run metabolic processes.

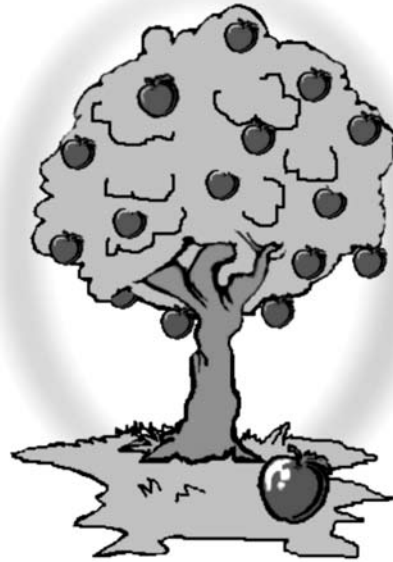
Today, we understand that the major diseases – heart disease, cancer, and diabetes, to name a few – come about due to abnormalities of the cell’s metabolic processes. Scientists are trying to identify genetic markers that may signal those of us who run particular risk for these diseases.

Food and Fuel Source

The energy we produce in our cells is derived from the foods we consume. Energy is like money: If there is more money than we need at any given time, it can be put in the bank for future use; if there is less than we need, we go into debt. Our cells have two food sources of fuel: sugar and fat. While our bodies store sugar as glycogen in our liver and muscle, only the liver can provide sugar to the blood for any other cell to use. The liver’s glycogen lasts about three hours, supplying sugar for our blood for such activities as walking when we are not eating and not exercising. Fat is stored as adipose tissue, which is our own personal bank.

History of Diet and Genes

Human biochemistry has developed over tens of thousands of years. One of the major functions of all cells is the production and use of energy. In order to have energy, food must be consumed and converted into energy. The food that was available to humans before the onset of agriculture less than 10,000 years ago consisted of fruits, nuts, seeds and berries as well as wild game. These foods were “nutrient-dense,” meaning that there were minerals and vitamins in the foods as well as calories. At the onset of agriculture, food still was nutrient-dense. The crops were varied and relatively small in size, and the soil was fertilized and cultivated with care in order to produce a good crop. Additionally, walking was an integral part of everyone’s day and physical activity was the norm. The meals of old had what



is known as a “low glycemic index.” This means that the food did not raise blood sugar over the body’s preferred level.

Many of today’s foods have a high glycemic index. When these are eaten, the body secretes insulin to lower the blood sugar level to the “acceptable” amount by letting glucose (blood sugar) into the cells, particularly muscle cells and adipose tissue. Unfortunately, insulin does not have good “brakes” and tends to overshoot the preferred level; this leads to low blood sugar or “hypoglycemia,” causing the body to crave food. If the craving is satisfied with another high-glycemic-index food, the body begins a vicious cycle of hyperglycemia followed by hypoglycemia, currently known to be “pre-diabetic syndrome.”

Metabolic Syndrome

Type II diabetes (also called adult-onset diabetes or non-insulin diabetes mellitus) is the result of what is termed “metabolic syndrome.” Metabolic syndrome involves the body’s inability to store more sugar and fat, resulting in the cell’s resistance to insulin. This creates a situation in which the blood sugar can no longer be lowered by putting sugar (and fat) into cells. Cells that are full of fat are not like a garage or basement, filled with stuff that is not being used; instead, they are like a busy warehouse with stuff moving in and out, and phones ringing and a lot of activity. Fat stores send out many signals, such as hormones to the brain and to other tissues. These signals, combined with elevated blood sugar, can create damage to the linings of blood vessels. As a result, more blood vessels, like more roads, are laid down to tissues where fat can now be stored.

Damage signals danger and white blood cells rush to the area in response, resulting in inflammation. This unchecked inflammation leads to the debilitating conditions such as heart disease, stroke, cancer, and non-insulin-dependent diabetes.

Genetic Component of Disease

Non-insulin-dependent diabetes may have a genetic component that makes some individuals even more likely than others to develop diabetes with high-glycemic-index

Continued on page 27

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Dr. Joseph Mannella



Practice Profile

Doctor: Dr. Joseph Mannella
Practice: Family Chiropractic
Location: Richmond, MI

Education:
Logan Chiropractic College,
St. Louis, MO

Practice type: Family
wellness subluxation based,
life-time care

Number of practices
opened: seven

Practices currently being
run: Two

Drawn to chiropractic:
With chronic back pain as
a child, sought chiropractor
at the age of 11 after
mainstream medicine had
not helped his condition.

For fun: Snow boarding,
water sports (Motor sail,
Wakeboard boat), cycling,
training.

Workout regime: High
intensity weight training and
cardio (running, biking),
advanced work on exercise
ball and core training.

Favorite team:
Detroit Red Wings

Practice Philosophies:

Dr. Mannella believes in helping the patient discover the truth about their wellness. "I try to help the patient self determine their truth. In the report of findings make sure you report true findings of their conditions." Mannella also feels you don't need to stress on those relationships that don't work. "You can't be perfect for all patients. There will always be some patients that it won't work out for. Do your best, but some will appreciate you and some won't. Just keep putting out who you are, just have good intentions and trust yourself."



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Genetic Blueprinting: The Genius of Genes



(L to R) Drs. Jeanmarie Burke, Chithambaram S. Philomin, Raj J. Philomin, and Julie A. Plezbert

Jeanmarie R. Burke

After earning a B.S. in Biology at Iona College, Dr. Jeanmarie Burke received an M.S. in Physical Education with an emphasis in motor control and a Ph.D. in Human Performance with a minor in neurobiology from Indiana University. The emphasis of her doctoral degree was on neuromuscular adaptations to exercise and aging. Her dissertation addressed spinal mechanisms of voluntary movement control as a function of age. Dr. Burke was an assistant professor at the University of South Carolina, Department of Exercise Science, from 1991 to 1998. In August of 1998, she joined the research team at New York Chiropractic College and now serves as the director of NYCC's Research Department. Effective September 1, she will be the dean of the Research and Basic Sciences Department. She has applied her research interests in motor systems physiology towards further understanding the physiology of spinal manipulation in collaboration with researchers/clinicians

in the chiropractic profession.

Dr. Burke explains that "there is a multicenter NIH-funded program, Functional Polymorphisms Associated with Human Muscle Size and Strength (FAMuSS), designed to identify genetic factors associated with muscle performance and the response to exercise. The outcomes of the research may help us better understand muscle physiology and provide insights into factors contributing to muscle loss with age and/or disuse, as well as effective interventions for maintaining or increasing muscle size and strength in elderly and diseased populations."

Raj J. Philomin

Dr. Raj Philomin earned a B.S. in Botanical Sciences, an M.S. in Anatomical Sciences, a Ph.D. in Histology, and an M.D. - all from the University of Madras, India. Before joining NYCC in 1995, he worked as a research associate in the OB/GYN department at Baltimore's

Sinai Hospital. Dr. Philomin is an associate professor in the Basic Sciences department and teaches classes in anatomy, histology and pediatrics. He is currently investigating the variation in the formation and distribution of the vertebral artery, and variation in the origin and distribution of the cystic artery.

Dr. Philomin comments, "It has been suggested that every human disease has virtually a genetic component. In some diseases, such as Cystic fibrosis, Tay-Sachs disease and Duchenne muscular dystrophy, this component is very large. In other diseases, such as diabetes and cancer, this component is mild to moderate. The reason for learning human genetic variation is to understand its practical value for human welfare. The desire to develop healthcare practices that can alleviate the suffering associated with human disease has provided strong support for the study of human genetic variation."

Chithambaram S. Philomin

With her formal education spanning zoology, human anatomy, medicine and surgery, Dr. "Seva" Philomin attended the University of Madras, India, where she earned a B.S. in Zoological Sciences, an M.S. in Anatomical Sciences, and an M.D. degree. Following nearly three decades of experience as a faculty member in various medical schools, Dr. Philomin joined NYCC in 1995 as an associate professor in the Basic Sciences Department. She teaches courses in clinical dermatology, diabetology, pathology, pathophysiology and Western clinical medicine for students in both the Doctor of Chiropractic and Acupuncture & Oriental Medicine programs. Her research interests are in the areas of visceral anatomy and immunohistochemistry.

Dr. Philomin explains, "The most common form of genetic variation is a single nucleotide polymorphism, or SNP. SNP is a variation in a single position in a DNA sequence. The human genome contains between three and six million SNPs. A genetic component of most major diseases is the result of the interaction of many SNPs.

Isolating the right pattern of SNPs, for instance, might identify the handful of genes most responsible for diseases such as cancer, diabetes, cardiovascular and Alzheimer's diseases, and also has important medical consequences, including predisposition to disease and differential response to drugs."

Julie A. Plezbert

Dr. Plezbert received a Bachelor of Social Work degree from George Williams College, followed by Bachelor of Science and Doctor of Chiropractic degrees from National College of Chiropractic. After her graduation from National, Dr. Plezbert completed a two-year family-practice residency. She is also certified in both acupuncture and homeopathy. As an associate professor in NYCC's Chiropractic Clinical Sciences Department, Dr. Plezbert has taught courses in both clinical and visceral diagnosis, clinical psychology, geriatrics, complementary and alternative medicine, homeopathy, and meridian therapy.

Dr. Plezbert noted that "the human genome project has potential for amazing



feats in medicine such as delaying the onset of or preventing diseases. The human genome is adaptive and not rigid, so that environment and internal factors can turn on certain gene sequences. I think it will take decades to know the full impact."

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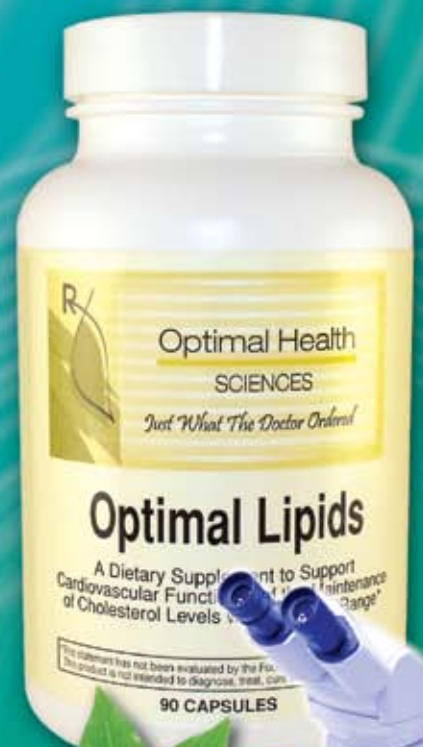
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Recent Alumna: Dr. Marissa Wallie

Dr. Marissa Wallie (NYCC 2000) grew up in a family of health practitioners – her mother was a nurse – and never missed a day of school from kindergarten through 12th grade. While attending Towson University, where she studied biology, pre-med and French, Wallie realized her calling when she shadowed a number of chiropractors. Her good friend Dan Summers, then a student at NYCC, brought her to visit the Seneca Falls campus; and the rest, as they say, is history. After completing her bachelor's degree at Towson, she enrolled at NYCC and completed her Doctor of Chiropractic degree a year after Dr. Summers.

Why NYCC?

Dr. Wallie selected NYCC because of its proximity to family members located in both Toronto and New Jersey. She also “loved the small town of Seneca Falls” and felt that living there would allow her to focus on her studies. She feels that NYCC gave her an incredible education. When comparing the knowledge and skills gained at NYCC to those of chiropractors educated at other institutions, Dr. Wallie says, “I feel really intelligent and confident in my abilities, both physically (adjusting) and academically.” She also feels that the assistance she obtained from a practice-management group gave her the boost she needed to start her own practice right out of school.

Travel – Then Work

After graduating in 2000, Dr. Wallie spent a year traveling to the Bahamas, Las Vegas, Toronto and Maryland – all the while looking for places to start her practice and interviewing accomplished chiropractors for their advice and guidance. She ultimately rented two rooms in a holistic health center in Maryland that also housed practitioners in massage, chiropractic, acupuncture, and nutrition. “It was a blessing,” she said. “I ran my practice and expanded six months later. I’ve been in private practice for five years now.”



*Dr. Marissa Wallie and
Annie Galaiza*

Advice

The best advice Dr. Wallie received was to “sharpen the saw – take vacations and stay fresh, because there’s nothing worse than an overworked doctor.” She was also advised to practice what she preaches: “We have a wellness practice. You will always see us exercising at the local gym, shopping at the farmer’s market, going on vacation, and really enjoying life. We lead by example.” Dr. Wallie notes, “I feel blessed to have the practice of my

dreams. It is a true reflection of my personality: bright, cheery, purple walls, open space. Well, it’s just the way I love it.” She was reminded never to work just for the money: “It’s a contradiction to serving and caring for people. When you serve patients, the money will come.”

Dr. Wallie encourages recent alumni and students to “start small and appreciate the ride! It is wonderful to look back and see how far you’ve come.” She also advises them to “keep it simple” and avoid debt: “You don’t need to spend a ton of money on a fancy practice. You need to care. You need a table, you need your hands, and a place to hang your shingle!”

On a personal note, Dr. Wallie has been married for two years to Jay Shepherd, has a wonderful stepson, Tanner, and a black Lab named Lexy. In addition to spending precious time with her family, Dr. Wallie plays Bunco (a dice game) with the neighborhood girls, creates handmade cards, works out, and is checking off her list of 100 things she wants to do in her lifetime.

Genes, Diet and Disease

Continued from page 18

individuals who are not as sensitive as the *majority* of us when consuming a diet filled with high-glycemic-index foods. Biochemistry that is working will *naturally* result in metabolic syndrome by eating foods that do not have a lot of nutrients (such as vitamins, minerals and amino acids) and consuming foods loaded with white sugar and fat over a prolonged period of time.

Quick and Simple Dietary Advice

In terms of dietary advice, I tell my students to think of those bracelets that read “WWJD.” Change it from “What would Jesus do?” to “What would Jesus eat?” If the food you are about to eat was not available 2,000 years ago, either don’t eat it or eat it in small amounts – a guarantee for a low-glycemic-index diet!

Santiago Speaks at Student Appreciation Day

by Andrea Del Monte, Student Writer

As part of the Ernest G. Napolitano Philosophy Lecture Series' Student Appreciation Day, Dr. Philip Santiago, a 1978 NYCC alumnus, presented a lecture about his experiences as a chiropractor on the 1992 U.S. Olympic Sports Medicine team in Barcelona, Spain.

Santiago recounted his experiences growing up in a family where both his parents and all but one of his siblings are chiropractors: "All of us wear white coats, except my sister. She's a judge and wear's a black robe." As a young child, he thought that all kids received a chiropractic adjustment whenever they weren't feeling well. As a teenager, he got teased a lot from kids who said that his parents weren't "real" doctors. But he knew differently from personal experience. He enrolled in NYCC, then known as the Columbia Institute of Chiropractic, and graduated in 1978. A long-time sports fan, Santiago decided to pursue sports chiropractic and very early in his career set his sights on treating professional athletes.

Pursuit of this dream led Santiago to earn diplomate status in the American Chiropractic Board of Sports Physicians; to become a member of the U.S. Olympic Committee Sports Medicine Advisory Council; and to serve as an adjunct associate professor at New York Chiropractic College, Northwestern College of Chiropractic, Logan College of Chiropractic, and Palmer College of Chiropractic. In 1992 he traveled to Barcelona as the



Dr. Philip Santiago and NYCC President Dr. Frank J. Nicchi

official team chiropractor to the U.S. Olympic Team. Santiago remains heavily involved with Olympic chiropractic training centers at Lake Placid, N.Y. and Colorado Springs, Colo. Chiropractic continues to earn respect as members of the public observe the world's finest athletes requesting its benefits.

As a child, Santiago noted, playtime occurred whenever there was daylight. Currently, however, play often takes the form of organized athletic events attended by parents and family who frequently outnumber the athletes. Sports practices are popping

up in communities to focus on children and adolescent athletes. The audience was relieved to learn that athleticism is finally moving away from synthetic performance enhancement through such agents as steroids, and returning to natural methods of optimizing performance, including chiropractic. Before closing his talk, he gave out copies of *Creating a Fitness & Wellness Profit Center*, a book about successful office management by Gina M. Piazza.

Santiago encouraged the student audience to model good health and to become active within their communities. In fact, his practice in Lake Hiawatha, N.J., encourages health and fitness through its "wall of fame" – a pictorial display of the many young athletic patients he treats.

Dr. Scott Cavagnuolo: Official USGA Chiropractor

Dr. Scott Cavagnuolo (NYCC '03) was selected as an official United States Golf Association chiropractor for this year's U.S. Open at the Winged Foot Country Club in Mamaroneck, N.Y. from June 12 to 18. Under the direction of the lead USGA chiropractor in New York, Dr. Jeffrey Poplarski, Cavagnuolo joined fellow chiropractor Dr. Patrick Eglauf (NYCC '93) in treating athletes and caddies during the competition.



Drs. Scott Cavagnuolo, Jeffrey Poplarski and Patrick Eglauf

NYCC and State Associations Hold Successful Symposium

by Thomas Ventimiglia, D.C., Director of Postgraduate and Continuing Education

On April 29 and 30, New York Chiropractic College, the New York State Chiropractic Association, and the New York Chiropractic Council jointly sponsored the first postgraduate symposium presented in a spirit of professional unity. Chiropractors gathered – 240 of them! – for talks given by Drs. Scott Haldeman and Christopher Kent, along with a stellar group of postgraduate faculty. Discussion centered on the chiropractic profession's strengths and challenges in an evidence-based healthcare environment - providing attending professionals the opportunity to collaborate, commiserate, and grow in their clinical chiropractic skills.

How It Came About

NYCC President Frank J. Nicchi, NYSCA President Mariangela Penna, and New York Chiropractic Council President Peter Morgan agreed that it was time for the chiropractors within the state to take another step toward unity. Consequently, a committee was formed and charged with producing a symposium consistent with the various organizations' academic standards.

Speakers and Topics

Keynote speaker Scott Haldeman, D.C., M.D., Ph.D., gave a talk titled "Changing Chiropractic Identity and Practice in the Era of Evidence-Based Healthcare," while fellow keynote speaker Christopher Kent, D.C., FCCI, J.D., spoke about "Subluxation, Wellness, and Evidence-Based Care." Additional presenters were Christopher Colloca, D.C., who spoke on "Evidence-



Dr. Nicchi posed with the senior-most chiropractor in attendance, Dr. Ethel Strenger, a 1951 graduate of Columbia Institute of Chiropractic

Based Case Management of the Patient With Headaches"; Christopher Good, D.C., M.A.(Ed), whose talk was titled "The Truth Will Set you Free: Ethical Considerations Regarding Evidence-Based Chiropractic Practice, Identity, Subluxation and Wellness"; Marc Lamantia, D.C., DACNB, addressing "Evidence-Based Case Management of the Patient with Cervicogenic Vertigo"; Charles Masarsky, D.C., touching on "Systemic Effects of the Vertebral Subluxation Complex"; Susan McClelland, B.S., with "Medicare Made

Simple"; and Meghan Van Loon, P.T., D.C., DICCP, FICPA, discussing "Evidence-Based Case Management of the Pediatric Patient."

The symposium was praised by attendees and sponsoring organizations alike. In response to the consensus that more such programming should take place, plans are currently under way to produce "Symposium 2007: In the Spirit of Unity"!



NYSCC, NYSCA, and NYCC presidents with keynote speakers (l-r): Drs. Peter Morgan, Christopher Kent, Scott Haldeman, Mariangela Penna, and Frank Nicchi.



The symposium committee and keynote speakers (l-r): Drs. Peter Morgan, Thomas Ventimiglia, Christopher Kent, Ellen Coyne, Scott Haldeman, Malcolm Levitin, and Lloyd Kupferman.

news briefs

Barr Elected to IAMSE Board of Directors

Deborah Barr, Sc.D., associate professor in the Basic Sciences Department, has been elected to the board of directors of the International Association of Medical Science Educators (IAMSE), effective July 1. As an international organization with members from 52 countries, IAMSE is the only interdisciplinary professional organization dedicated to promoting the teaching and learning of basic sciences in the context of training healthcare providers.



Dr. Deborah Barr

Barr, a charter member of IAMSE, is honored to have been elected to the board and to be the first representative from any chiropractic school elected to serve as an officer in this organization. She said, "I am fortunate to have been involved with IAMSE for the last four years as secretary and to serve on the executive committee." She also looks forward to the challenges attending board membership as she works with various committees to expand the programs offered to basic scientists engaged in educating healthcare professionals. "It is exciting to represent chiropractic education at a time when integration in the healthcare-education system and outpatient setting is as dynamic as it is today, with great opportunities for the future." Congratulations, Dr. Barr!

New Fellow Combines Interest in Research and Clinical Experience

Jonathon Egan, D.C., is a clinical/research fellow. He works in the Veterans Administration clinic in Rochester, the Campus Health Center, and the Research Department. For the Research Department, he is helping with recruitment, acting as a liaison between the health center and research, and doing public speaking to help promote community awareness for the research projects. He is also working on several research projects through both the VA and Campus Health Center with other clinical faculty.

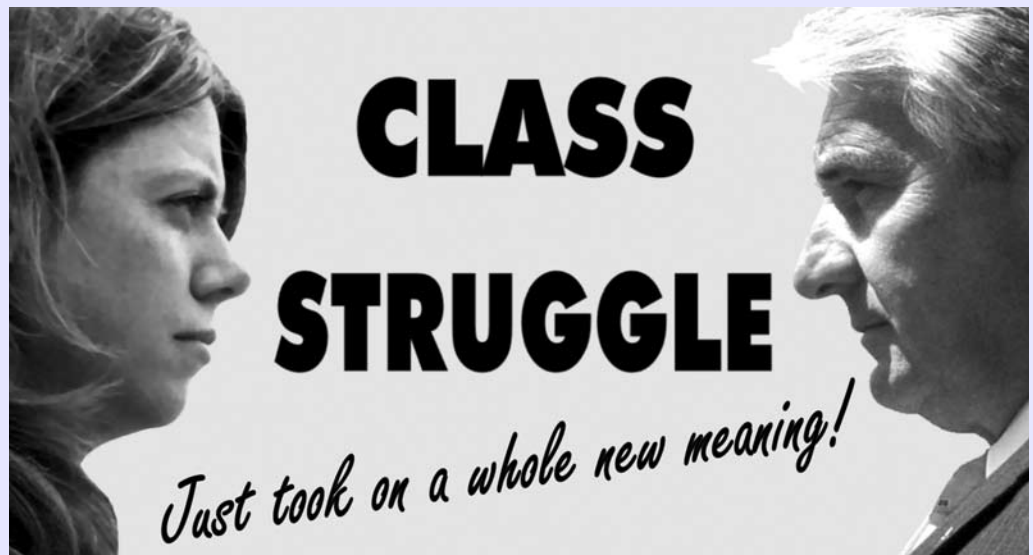


Dr. Jonathon Egan

Dr. Egan earned a Bachelor of Science in Family Science at Brigham Young University. He also holds a Master of Public Health degree from the A.T. Still University of Health Management, which has a partnership with NYCC. For the educational part of his fellowship, he is pursuing a Ph.D. in Public Health-Epidemiology through Walden University, one of the oldest distance-learning colleges and is recognized by the American Public Health Association. The program includes 21 days of residency and 400 hours of internship in a public-health setting, plus a dissertation.

Dr. Egan lives in Seneca Falls with his wife, Heidi, and their four children.

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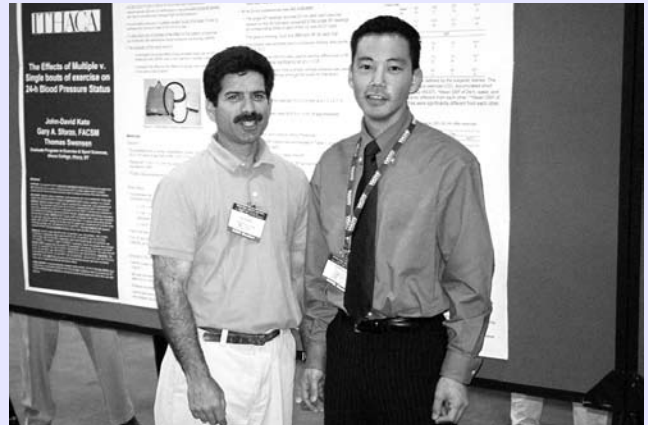
Dr. Sahler Presents on Trend Toward Integration

by Eoin Gregory, Student Writer

By invitation of the Research Department, O.J. Sahler, M.D., presented “An Allopath’s View on Integrated Medicine: How Do We Make it a Reality?” to the College community on Thursday, June 8. Dr. Sahler’s presentation focused on the trend toward integration and the challenges faced by current and new healthcare practitioners.



Kato Presents at American College of Sports Medicine’s Annual National Meeting



Dr. John-David “J.D.” Kato (r) is featured above with Dr. Gary Sforzo, his thesis advisor from Ithaca College. Kato, who completed an NYCC fellowship in diagnosis and practice in December 2005 with an M.S. in Exercise Science, presented a poster titled “Accumulated Exercise and Its Effect on 24-Hour Resting Blood Pressure” at the American College of Sports Medicine’s annual national meeting in May.

NYCC Graduate Adopts Japanese Taping Method

by Andrea DelMonte, Student Writer

Dr. Jennifer Illes, a 2005 NYCC alumna, presented Kinesio Taping to students and faculty on Thursday, June 8 - a taping technique that was developed nearly 25 years ago in Japan and is gaining popularity in the United States and Canada.



Demonstrating on two students, Dr. Illes explained how to apply the tape over and around muscles in order to assist and give support or to prevent over-contraction.

Dr. Illes personally treats members of the Toronto Mapleleaves and other professional athletes.

Dr. Fogarty Shares Strategies for Success

by Melissa Stoos, Student Writer



On May 23, the Career Development Center welcomed Dr. Jim Fogarty, a 2003 NYCC graduate who operates a part-time practice within an established clinic in Sarnia, Ontario, Canada, and who recently opened a second office. Formerly an associate in South Haven, Mich., where he started and successfully operated a satellite office for a local doctor, he discussed topics and provided information to help students become successful new practitioners.

National AOM Organization Welcomes NYCC

NYCC was voted in as the 50th member of the Council of Colleges of Acupuncture and Oriental Medicine at that organization’s semi-annual meeting, held May 3 to 6 in Keystone, Colo. The College was eligible for this membership due to its status as a candidate for accreditation. Dr. J. Clay McDonald and Dean Marilee Murphy attended the meeting and received a warm welcome from the CCAOM and its member colleges.

scholarships

Padgett and Foot Levelers Scholarships Awarded

NYCC President Dr. Frank J. Nicchi presented scholarship awards to two students from the class of July 2007 at their 7th Trimester Farewell event in July.



David Hominuk received the Kenneth W. Padgett Alumni Scholarship in the amount of \$1,000 for his essay on how he might effectively promote and support NYCC as a leading educational institution of chiropractic.



Rachel Streit was awarded the \$1,000 Foot Levelers Scholarship for her essay on the significant role that communication between patients and doctors plays in overall health management.

Foot Levelers' Educational Division Presents Scholarship



Foot Levelers' Educational Division presented a \$500 scholarship to Christian Jay, an NYCC ninth trimester student. He completed an application and case study based on his clinical experience titled "Foot Levelers' Effect on a Patient with a Lower Extremity Condition." Dr. Brian Jensen, Assistant Director of Professional Education at Foot Levelers, said "Foot Levelers congratulates Chris Jay for his excellent work and commitment to the chiropractic profession."

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Dr. Jack Barnathan created the annual Chiropractic Sports seminar with Arnold Schwarzenegger. A

lifelong strength athlete and IFBB Gold Medal honoree, Dr. Barnathan serves as Chiropractor and Sports Performance consultant to some of the world's top Pro and Olympic champions and was awarded the United States Presidential Certificate of Merit for his work on behalf of the President's Council on Physical Fitness & Sports.



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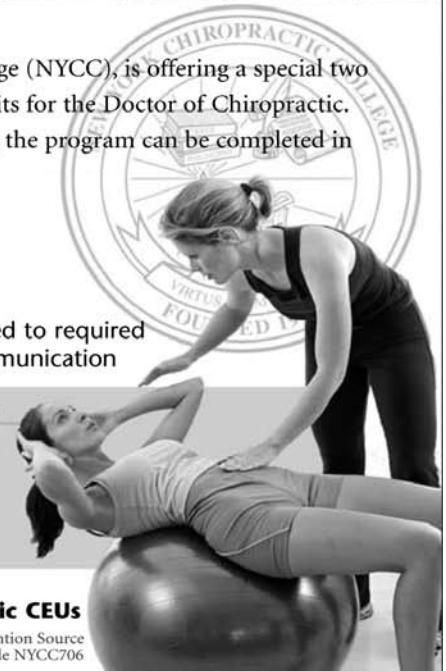
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Unity Day's "Western Round Up"

This year's Unity Day Celebration kicked off under sunny skies. The hot and humid weather did little to dampen the spirits of all those in attendance. This year's theme, Western Round Up, was complete with bandana give-aways and old-time Western photos. Sodexo served a delicious lunch featuring cook-out favorites: hamburgers, hot dogs and pork barbeque, along with salad and watermelon. Those seeking sweets were not left out! Ice cream sandwiches and fruit bars were consumed by many on the hot day. The snow cone stand did heavy business with blue raspberry, grape, cherry and lime flavored snow cones. The more adventurous enjoyed cotton candy and many sampled the freshly popped popcorn.

Under the Kid's Tent, weird science demonstrations were performed by Mad Science, of Rochester. Games and activities included sand sculptures and throwing games. Half a dozen inflatable games were heavily enjoyed. These ranged from three different moon bounces to two obstacle courses, an inflatable basketball game and a boxing ring (for the big kids).

Among the Unity Day staples, the class-versus-class tug of war, was won by the 6th trimester class – now the reigning champions, having won the tug of war last year. Many teams competed in this year's relay race, which was won by the team of Brian Blask, Logan



Heidzicki, Stacey Medeiros and Kelly Simpson after fierce competition. The putting contest was won by Tyler Kong with a hole-in-one and by Chase Brunton. Karaoke was enjoyed by all, with many participants young and old. Holly Waye, director of student life, and graduating student Paul Blackledge performed their final duet together as "Sonny and Cher" singing "I Got You Babe."

President Nicchi introduced Dr. Lloyd Steffensmeier, founder, president and CEO of Lloyd Table Company and continued corporate supporter of NYCC, who was honored with the dedication of Academic I, Room 220 as the Dr. Lloyd Steffensmeier Technique Room.

Proceeds from the raffle benefited the United Way of Seneca County, with the prizes won by faculty, staff, students and alumni. The culmination of Unity Day was the Family Feud-style game show. Many teams signed up for the feud, with eight teams competing for the grand prize of \$200 cash. The team of Brian Blask, Stacey Medeiros, Kelly Simpson and Joanne Randazzo took home the grand prize.

Many thanks go to the Office of Student Life for their excellent organization of this year's Unity Day celebration. Thank you's also go out to the numerous faculty, staff and student volunteers who contributed to the success of the day.



Homecoming Weekend - July 14-16, 2006

Homecoming Weekend was a rousing success, attracting over 325 people. More than 160 doctors of chiropractic availed themselves of the weekend's educational programs.

Friday's events included the traditional Unity Day celebration, complete with good food and lively entertainment. Friday also kicked off the educational portion of the weekend as Dr. Mark Charrette of Foot Levelers, Inc., delivered a well-received presentation. The day's festivities closed with a dinner dance at the scenic Canandaigua Inn on the Lake.

Three educational program tracks began Saturday, including a one-day, non-credit professional-development program designed to inform and motivate students and recent graduates. NYCC graduate Dr. David Singer gave a stirring talk on "How to Attract More Lifetime, Wellness, Cash-Paying Patients." Credit-bearing tracks began with a two-part presentation titled "Ethics and Boundaries: The Total Package."

Saturday afternoon's panel discussion, "Starting Your Own Practice and Making Informative Choices," enabled students to interact with successful alumni, listen to personal ventures, and learn important marketing points. The geographically diverse panel of graduates hailed from New York, Pennsylvania, Maryland, Delaware, Virginia, Arizona, West Virginia, Massachusetts, and Ontario, Canada. Over 250 guests attended Saturday's student-



alumni mixer, where alumni and students introduced themselves to one another and exchanged ideas.

On Sunday, doctors were offered the following lectures: "The Big Three – CPT Coding, Documentation and Medical Necessity," "Natural Intervention for Autoimmune Diseases," "Nutritional Adjustment Update: Fibromyalgia and Diagnosis," and "Treatment of Tunnel Syndromes and Peripheral Nerve Entrapments."

The College wishes to thank the guest speakers and panelists: Drs. Mark Charrette, David Singer, David Seaman, Salvatore LaRusso, Ronald Wellikoff, Dennis Homack, Frank Lizzio, Rick Rosa, Andrew Dunn, Anthony Gross, Eric Huntington, Darrin VanScoy, Marc Persson, Emily Swonguer, Anthony Lombardi, Dina Rosa, and Ian Paskowski. Special thanks to our sponsors and exhibitors for their continued support: Foot Levelers, Inc.; Ed Invest; NCMIC Insurance Company; Performance Health Inc.; Lloyd Table Company; Scrip Chiropractic Supply; Seneca Meadows; Anabolic Laboratories, Inc.; LSI International; Pulse Software, LLC.; Interactive Health; Physician's Reciprocal Insurers, Chirocere; and Health and Happiness Unlimited. Our deepest gratitude goes to our staff and student volunteers. The overall success of the weekend was greatly due to their tremendous efforts



Class of '60

Edwin Goldberg, D.C., sends his best wishes to **Stanley Kestenbaum, D.C. ('58)** "It was great and enlightening news to hear of his chiropractic journey. We shared many classes together. God keep him strong and active!" (See May/June 2006 issue of *Transitions*).

Class of '85

Linda Simon, D.C., has been authoring online continuing education courses and a novel, *Avatar: The Shamon of Change*, to be published in Fall 2006 by Publish America. Her phone number is 480-860-6890 and her e-mail address is leahbloom2@aol.com. Her office address is 10245 E Via Linda #112, Scottsdale, AZ 85258.

Class of '86

Margaret Verhagen, D.C., was acknowledged as one of Orange County's Women of Achievement in May 2006. She has served on the Boards of the Warwick Valley Rotary Club, Warwick Valley Country Club, The Source for the Healing Arts, and most recently became the first Trustee President of Vision Community Church. She

helps maintain the 9/11 memorial site through the Warwick Valley Garden Club. Her address is 11 Hidden Meadow, Warwick, NY 10990 and her telephone number is 845-986-9266.

Class of '89

Karyn M. Phillips, D.C., had a son, Richard James, on 2/26/06. He weighed 6 lbs. 8 oz. and was 20 1/2 inches long. Dr. Phillips has been in practice for 17 years. Her husband, Richard, is the mayor of the Village of Great Neck, N.Y., and a nuclear engineer, Ph.D., working at Brookhaven National Lab in Upton, N.Y. Her address is 515 Herricks Road, Suite 2, New Hyde Park, NY 11040. Her phone number is 516-294-3605 and her e-mail address is drkaryn@verizon.net.

Class of '90

Joseph Firgeleski, D.C., and his wife Susan, joyfully announce the birth of their second daughter, Cadence Alexandra, on April 26, 2006 who joins her big sister Brianna Nicole. Dr. Firgeleski's office is at 2 Daniels Farm Road, Trumbull, CT 06611. His e-mail address is drbonz@charter.net and his phone number is 203-261-7333.

Class of '95

Elaine Pompa, D.C., and Ralph Cardia, D.C., announce the birth of their third child, Justin, who weighed 7 lbs. 1 oz. Their office address is 1 Northwestern Drive, Bloomfield, CT and their e-mail address is ralphelaine@comcast.net..

Class of '96

Joseph M. Campbell, D.C., mourns the passing of his wife and best friend, Mary E. Lukacs, on April 15, 2006 after a courageous year-long battle with breast cancer. Dr. Campbell can be reached at his office at 585-374-2670. His address is PO Box 220, Naples, NY 14512 and his e-mail address is naplesvchiro@acninc.net.

Sheryl (Drake) Traudt, D.C., and **John Traudt, D.C.** (8/97) welcomed their second child, Carter John, on August 5, 2005. He weighed 9 lbs. 6 oz. and joins his big brother Cole who is two years old.

Joseph F. Leonardi, D.C., is the republican nominee for the United States House of Representatives, District 11, for the State of Pennsylvania. He will be running against a 22 year incumbent in

the November general election. His address is 250 Pierce Street, Suite 100, Kingston, PA 18704. His phone number is 570-718-1500 and his e-mail address is ridmypain@mac.com.

Class of '97

Elaine Bolte-Sargent, D.C., and her husband Mark, welcomed the birth of their first child, Ethan Michael, into the world on March 27, 2006. He weighed 8 lbs. 12 oz. and was 20 1/2 inches long. Dr. Bolte-Sargent owns Health Link Family Chiropractic and Wellness Center, 7347 Bell Creek Road, Mechanicsville, VA 23111. Her phone number is 804-559-6818.

Deanna Barbaro, D.C., is pleased to announce the opening of her new practice, A Better Life Chiropractic. Dr. Barbaro has been in Naples, Fla. for eight years and had outgrown her old facility. Her new practice is located at 661 Goodlette Road, Suite 108, Naples, FL 34102. Her phone number is 239-263-3369 and her e-mail address is drdee70@hotmail.com.

Class of '98

Chris DeGraw, D.C., and his wife Brandy, announce the birth

Bachelor of Professional Studies Luncheon Held at NYCC

The Bachelor of Professional Studies (BPS) degree was conferred on graduates of the program by NYCC President Dr. Frank J. Nicchi at a luncheon held in July. Dr. Deborah Barr, director, is pictured at center.



ALUMNI UPDATE

of their son, C.J., on May 30, 2006. Dr. DeGraw has been in private practice since graduation at DeGraw Chiropractic Center, 4019 Halifax Road, Suite E, South Boston, VA 24592. He is in the process of constructing a new 6,000 square foot office building to house their new businesses (chiropractic, salon and rental space). They also own a real estate company. His phone number is 434-575-5130 and his web address is www.degrawchiropractic.com.

Filippo Ragone, D.C., and his wife, Heather, announce the birth of their first child, Ashley Bella Ragone, on June 20, 2006. She weighed 9 lbs. 6 oz.

Class of '00

Kenneth Fish, D.C., presented in

May at the monthly staff meeting of Shady Grove Adventist Hospital on *Myofascial Pain Syndromes of the Head, Neck, and TMJ*. The presentation was very well received by the physicians and nursing staff. Dr. Fish has contracted with Jones and Bartlett to write a clinical textbook: *Myofascial Pain Syndromes of the Head, Neck and TMJ - a clinical approach to manual and physical therapies*, to be published in late 2007. He is also a regular instructor to physical therapists at the National Rehabilitation Hospital satellite clinics. His e-mail address is wellspringsclinic@yahoo.com and his phone number is 301-519-1881.

Class of '01

Marisa R. Silver, D.C., has,

in addition to being in private practice, opened a personal fitness training center in New York and has appeared on local television news channels talking about health and fitness. Her e-mail address is silverspine12@aol.com.

Class of '02

Jody Anderson, D.C., and his wife, Colleen, are pleased to announce the birth of their second son (they were informed that they were expecting a girl), Preston, who weighed 7 lbs. 9 oz. Both mom and baby are doing well.

Jason Price, D.C., and Tara Price, D.C., announce the birth of their second son, Joseph Tucker Price on June 29, 2006. He weighed 8 lbs. 13 oz. and was 20 1/2 inches long. Dr. Price's office is located at

4-295 King Street North, Waterloo, Ont., Canada N2J 4V2. His e-mail address is pricechiro@rogers.com.

Class of '03

Michael Buchakjian, D.C. ('03) and **Tara Snyder, D.C. ('04)**, of Hatboro, Penn., announce their engagement. They are currently planning their wedding for the summer of 2007. Dr. Buchakjian has a practice in Northeast Philadelphia and Dr. Snyder is an associate doctor in Trumbauersville, PA.

Class of '06

Sara (Webster) Dubois, D.C., and Alan Dubois were married on June 3, 2006. Dr. Dubois' e-mail address is sara5297@aol.com.



What's News?

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

Name _____

Name while at NYCC _____

Phone No. (Office) _____ Month/Year Graduation _____

Address (Office) _____

E-Mail Address _____

My News _____

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Fall/Winter 2006

Program Information: 3 hrs - \$70, 6 hrs - \$140, 12 hrs - \$260; free to NYCC students and NYCC faculty (limited seating, also certain restrictions apply) 10% NYCC alumni discount; rates will increase January 1, 2007

Locations: Programs are offered via classroom or Interactive video teleconferenced (IVTC) broadcasts. Unless otherwise noted, IVTC courses are available at three locations: Depew, Levittown and Seneca Falls, NY. Host site indicated for each program transmits to two other locations. All other classroom programs are in hotels. **Telephone Seminar is a new format in select courses; ask us about it when registering.**

Additional Information: Contact T. Ventimiglia, DC at (800) 434-3955 x121, or the Postgraduate Dept at (800) 434-3955 x132, 133, or visit the NYCC website: www.nycc.edu

Sponsored Classroom Programs:

3 CE Credit Courses

Offered: Thursdays (1:00 pm – 4:00 pm)
Please Note – New Class Times!!!

Introduction to Health and Wellness Principles in Private Practice

Instr: Gerald P. Stevens, DC, MS, BS
September 14 – IVTC host site - Depew, NY

Documenting for Medical Necessity

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)

Instr: Wendy Maneri, DC
Sept 28 – IVTC host site - Seneca Falls, NY
* "Ask us about the Telephone Seminar for this class"

Evidence Based Case Management of the Pediatric Patient

Instr: Meghan Van Loon, PT, DC, DCCP, FICP
Oct 12 – IVTC host site - Seneca Falls, NY
* "Ask us about the Telephone Seminar for this class"

The Bad Guys Never Get Away With It...NYS Board for Chiropractic Professional Disciplinary Case Histories

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Charles Keller, DC
Oct 26 - IVTC host site - Levittown, NY

Integrative Healthcare: an Emerging Model

Instr: Thomas Ventimiglia, DC
Nov 9 - IVTC host site - Levittown, NY
* "Ask us about the Telephone Seminar for this class"

Professionals Helping Impaired Professionals

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Stephen T. Eble, DC
Nov 30 - IVTC host site - Levittown, NY

Spinal Stenosis and Low Back Pain

Instr: Scott Surasky, DC
Dec 7 - IVTC host site - Levittown, NY

Fee Splitting, Self Referrals and Kickbacks: The Latest Word in Prohibited Healthcare Arrangements

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Peter Van Tyle, Esq.
Dec 21 - IVTC host site - Seneca Falls, NY
* "Ask us about the Telephone Seminar for this class"

Ethics and Law

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)

Instr: Jack Beige, DC
Jan 11 - IVTC host site - Levittown, NY

The Role of Chiropractic in Wellness

Instr: Lisa Bloom, DC, DACS, DIBCN
Jan 25 - IVTC host site - Seneca Falls, NY
* "Ask us about the Telephone Seminar for this class"

6-8 CE Credit Courses

Offered: Saturdays (1:00 pm – 7:00 pm)
Except Documentation AIDS & Risk Mgmt, Medical Errors, FI Rules & Regs (8:00 am – 5:00 pm)

Outcomes Based Practice

Instr: Stephen Perle, DC
Sept 30 - IVTC host site - Levittown, NY

Overview of Upper & Lower Extremity Adjusting: Manipulation, Mobilization and Myofascial Release

Instr: David Graber, DC
Sept 30 - Albany, NY - hands-on - bring portable adjusting table

The Chiropractor Role in a Multidisciplinary Practice

Instr: Douglas Taber, DC
Oct 7 - Syracuse, NY

Applied Diagnostic Therapy

Instrs: Jonathan M. Lesch, DC, Brian W. Carmen, DC
Oct 7 - Binghamton, NY

Diagnosis & Management of Headaches

Instr: Charles Hemsey, DC
Oct 14 - Newburgh, NY

Nutritional Management of the Obese/Diabetic Patient

Instr: Denise Holtzman, DC
Oct 21 - Rochester, NY
Dec 3 - IVTC host site - Seneca Falls, NY

Documentation, Standards & Guidelines

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Vincent Loia, DC
Oct 21 - IVTC host site - Seneca Falls, NY
Nov 18 - Rochester, NY

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Contemporary Legal and Ethical Issues for the Practicing Chiropractor in NY State

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Christopher Good, DC
Oct 22 - IVTC – host site – Levittown, NY

Ethics and Boundaries

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Stephen Perle, DC
Nov 11 - IVTC – host site - Levittown, NY

Documenting for Medical Necessity

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Wendy Maneri, DC
Nov 11 - Binghamton, NY

Ethical & Legal Standards in Private Practice

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Peter Van Tyle, Esq
Nov 18 - Albany, NY

Contemporary Ethical Issues

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Christopher Good, DC
Nov 18 - Syracuse, NY

The Bad Guys Never Get Away With It...NYS Board for Chiropractic Professional Disciplinary Case Histories & Professionals Helping Impaired Professionals

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instrs: Stephen Eble, DC, Charles Keller, DC
Dec 2 - Newburgh, NY

Spinal Adjusting in the Older Adult

Instr: Paul Dougherty, DC
Dec 2 - IVTC host site - Seneca Falls, NY

Documentation, AIDS & Risk Mgmt, Medical Errors, & FL Rules & Regulations - 8 CE credits

(6 credits can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Steve Savoie, DC, Anna Allen, RN
Dec 9 - Levittown, NY (Sat 8-5)

Risk Management

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instr: Stephen Perle, DC
Jan 13 - IVTC host site - Levittown, NY

2 Day - 12 CE Credit Courses

Offered: Sat. 1:00 pm – 7:00 pm and
Sun. 9:00 am – 3:00 pm except where noted

Musculoskeletal MRI for the Chiropractor - Essentials of MRI - colon, spine, brain & extremity

Instr: Vinton Albers, DC
September 9-10 - Levittown, NY

Ethics & Boundaries: The Total Package

(Can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)
Instrs: Salvatore LaRusso, DC & Ronald Wellikoff, DC
September 16-17 - IVTC - host site - Levittown, NY

Fundamentals of Herbal Therapeutics & Their Applications in Clinical Practice – Module II - Herbalism in the 21st Century: The Scourge of Cardiovascular Disease –

Sept 23-24; Module III - The Endocrine Disorders – Dec 16-17 - Each module may be taken separately although there is a cumulative effect if all are taken sequentially.
Instr: Jeanne D'Brant, DC, DACBN, CCN, ND
Both seminars - IVTC host site - Levittown, NY

Upper & Lower Extremity Adjusting: Manipulation, Mobilization and Myofascial Release

Instr: David Graber, DC
Oct 14-15 - Levittown, NY - hands-on – bring portable adjusting table

Nuts and Bolts of Chiropractic Nutrition

Instr: David Seaman, DC
Oct 28-29 - Levittown, NY
Jan 20-21 - Levittown, NY

Introduction to Chiropractic BioPhysics (CBT)

Instrs: Donald D. Harrison, Ph.D, DC, MSE &
Deed E. Harrison, DC
Nov 4-5 - Levittown, NY
(Note: Time Sat 1-7, Sun 8-2)

Cervical Radiculopathy: Diagnosis, Treatment, Rehabilitation

Instr: Donald Murphy, DC
Nov 18-19 - Levittown, NY

Clinical Anatomy

Instrs: Douglas Greco, DC, MS &
Sandra Hartwell, DC, CCSP®, ART®
Dec 9-10 - Seneca Falls, NY

Solving Clinical Challenges Through Ergonomics: Understanding Entrapment Syndromes

Instr: Dennis Homack, DC
27-28 - IVTC host site - Seneca Falls, NY

Announcing Sponsored Teleseminars on Thursday Afternoons!

These seminars will be 3 CE credit programs on Thursday afternoons from 1:00 pm to 4:00 pm indicated with an asterisk (*). Seminar is just a phone call away and can be taken from the convenience of home or office with no traveling involved. No special equipment is needed. Instructions will be given to those interested in taking this venue. Lecture notes will be supplied via mail, fax or e-mail. The credits for these seminars are considered face to face CE credits and are good in NY and other select states.

CENTER FOR POSTGRADUATE AND CONTINUING EDUCATION

Co-Sponsored Classroom Programs:

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

Active Release Techniques®

Upper Extremity – Sept 14-17 – Vancouver, CAN; Sept 28-Oct 1 - Toronto, CAN; Nov 16-19 – Los Angeles, CA; Nov 3 - Dec 3 – Nashville, TN; Lower Extremity (24 CE credits) Oct 13-16 – Kona, HI; Nov 9-12 – Austin, TX; Dec 7-10 – San Jose, Ca; Spine (21 CE credits) Oct 5-8 – San Diego, CA; Oct 26-29 – Orlando, FL

To register, call ART at (888) 396-2727, or visit www.activerelease.com

Acupuncture Certification

(15 CE credits each) Classroom seminars – Sept 16-17, Oct 7-8, Oct 28-29 – Chicago, IL; Sept 23-24, Oct 14-15, Nov 4-5 – Orlando, FL; Oct 21-22, Nov 18-19, Dec 9-10 – Phoenix, AZ; Some sessions available through distance learning

To register or for further information, call IAMA at (800) 327-1113, or visit www.iama.edu

Applied Kinesiology In A Nut Shell

(4 sessions, 12.5 CE each) - Sept 9-10, Oct 14-15, Nov 18-19, Dec 9-10 - Parsippany, NJ

Looking to the Future with George Goodheart, DC

(12 CE credits) Nov 4-5 – Parsippany, NJ

To register, call Applied Kinesiology Study Institute at (973) 334-6053, or e-mail Pauls42@optonline.net

Applied Kinesiology in Clinical Practice

(100 hr Certification Program, 12.5 CE credits ea session, 10 in NYS) - Oct 14, Nov 11, Dec 2, Jan 27 - New York City, NY; Sept 30, Oct 28, Nov 18, Jan 13 - Seneca Falls, NY

Precision Adjusting Seminar

To register, call Charles Seminars at (800) 351-5450; or visit www.charlesseminars.com

Association of New Jersey Chiropractors

Fall 2006 Convention

(22 CE credits available, 16 individual max)

Oct 6-8 - Parsippany, NJ

To register, call ANJC at (908) 722-5678

Certified Chiropractic Sports Physician (CCSP)® **

(10 sessions, 12 CE credits each) Oct 21-22, Nov 18-19, Dec 9-10, Jan 20-21 - Levittown, NY; Sponsored by NY Sports Chiropractic
To register, call NYCC at (800) 434-3955

Chiropractic & Yoga Workshop, a Natural Balance

Sept 22-24 – Rhinebeck, NY

Call Chiro Yoga at (845) 266-9926 or visit www.chiroyoga.com

Chiropractic Risk Management/Medical Errors/ Florida Laws and Rules Review/AIDS & Chiropractic

(8 CE credits - 6 credits can be applied towards NYS "Ethics, Documentation, Record Keeping and Patient Communications" mandatory Category 1)

Oct 14 – Newark, NJ

Call CE Specialists at (201) 444-1215 or e-mail cespecialists@aol.com

Diplomate in Neurology **

(24 CE credits) Sept 15-17, Jan 5-7 – Des Moines, IA; Sept 29-Oct 1 – Levittown, NY; Oct 6-8 – Orlando, FL; Call for new program dates; Sponsored by Event Management Services

To register, call NYCC at (800) 434-3955, For additional information visit www.iacn.com

Electrodiagnosis Certificate Program **

(15 CE credits ea of 10 Sessions) currently underway– Levittown, NY; Must start at Session 1, call for next program dates; Sponsored by Neurodiagnostic Institute

To register, call NYCC at (800) 434-3955, for additional information visit www.ndxinstitute.com

Enhancing Golf Performance

(12 CE credits) Oct 14-15 – Charlotte, NC; Oct 28-29 – Scottsdale, AZ; Sponsored by Back to Basics Golf Academy

To register, call Dr. Trottier at (603) 279-6348 or visit www.backtobasicsgolfaacademy.com

Footlevelers, Inc.

Charrette Adjusting Protocols (12 CE credits) Dec 2-3 – Boston, MA; Dec 9-10 – Arlington, VA

Clinical Application & Neurology of the Vertebral Subluxation Complex – Dec 2-3 – Woodbridge, NJ

To register, call Footlevelers at (800) 553-4860, or visit www.footlevelers.com

Graston Technique

MI - Oct 7-8 – Orlando, FL; **MI & MII** - Sept 23-24 – Newark, NJ & Portland, OR; Oct 21-22 – Las Vegas, NV; Dec 2-3 - Boston, MA; **MIII (Sports)** –Sept 30-Oct 1- Orlando, FL; Nov 18-19 – Las Vegas, NV; Dec 2-3 – Boston, MA; Soft Tissue Evaluation & Treatment Emphasizing Graston Technique – Sept 23-24 – Newark, NJ

To register, call Graston Technique at (603) 279-6348, or visit www.grastontechnique.com

ISSA Certified Fitness Trainer

(12 CE credits, 3 CE credits NYS mandatory category 1)
Sept 9-10 - New York City, NY; Sept 16-17 – Atlanta, GA; Sept 23-24 – Chicago, IL; Sept 30 - Oct 1 - Seneca Falls, NY; Oct 14-15 - Ft. Lauderdale, FL; Oct 28-29 - Boston, MA; Nov 18-19 - Levittown, NY; Dec 2-3 - Atlanta, GA; Dec 9-10 - Chicago, IL; Also offered are additional seminars 2 - 12 CE credit courses online such as CFT, Body Composition Assessment, Eating Disorders, Hormones & Exercise, Physiology of Resistance Training, and Interval Training
To register, call ISSA at (800) 892-4772, or visit www.fitnesseducation.com

Neuromechanical Innovations: 21st Century Chiropractic Training

(12 CE credits) **Mod 1** - Sept 23-24 - Mystic, CT; Oct 28-29 – Reno, NV; Nov 11-12 – Portland, OR; **Mod 2** - Sept 16-17 - Chicago, IL; Sept 30-Oct 1 - Pittsburgh, PA; Oct 14-15 - Denver, CO; Oct 21-22 - Dallas, TX; Nov 18-19 - Phoenix, AZ ; Dec 2-3 - Atlanta, GA

To register, call Neuromechanical at 480-785-8442, or visit www.neuromechanical.com

New York State Chiropractic Association

Fall 2006 Convention

(15 CE credits) Sept 15-17 - Verona, NY

Call NYSCA at (518) 785-6346

Sacro-Occipital Technique - SOTO-USA

2006 Clinical Symposium

(25.5 CE credits) Oct 26-29 - St. Louis, MO;

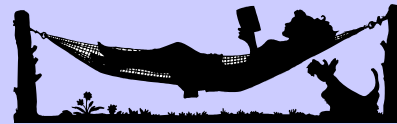
To register, call SOTO (336) 760-1618 or visit www.sotousa.org

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\*\* Contact NYCC to register, all other seminars, register with the Co-sponsoring organization.

Call 1-800-434-3955 or  
visit our Web site at [www.nycc.edu](http://www.nycc.edu) for details.

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### **“Online” & Home Study/Correspondence Continuing Education Courses**

- **“Avoiding Ethical Landmines and Criminality in Your Healthcare Employment Contract,”** - Instructor/facilitator Peter Van Tyle, Esq., 3 CE credits (Can be applied towards NYS mandatory Category 1 “Ethics, Documentation, Record Keeping and Patient Communications”)
- **“Botanical Therapies in Chiropractic Practice,”** Instructor/facilitator Jeanne D’Brant, DC, 3 CE credits
- **“Cervical Radiculopathy,”** Instructor/facilitator Donald Murphy, DC, 2 CE 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, 2 CE credits (online only)
- **“Ergonomics/Human Factors - Standing, Lifting, Backpacks,”** Instructor/facilitator Dennis Homack, DC, 2 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”)
- **“Fibromyalgia,”** Instructor/facilitator Virginia Norris-Schafer, DC, MD, MBA, 3 CE credits
- **“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
- **“The Sacroiliac Joint in the Low Back Pain and Pelvic Pain Spectrum,”** instructor/facilitator Scott Banks, DC, 3 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 - Post Partum and Beyond, Managing Back Pain,”** - Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 2 CE credits
- **“Treating the Female Patient: The Menstrual Cycle,”** Instructor/facilitator Diane Benizzi DiMarco, DC, BS, 3 CE credits

**NEW YORK CHIROPRACTIC COLLEGE**

**Department of Postgraduate and Continuing Education**  
Call 1-800-434-3955 or visit our Web site at [www.nycc.edu](http://www.nycc.edu) for details

# Top Ten Ways Orthotics Can Aid the Chiropractic Patient

by Robert Striker, D.C.

A television show I happened upon the other night ran a humorous “top ten” list that got me thinking about some serious top tens more relevant to my patients.

Prevention is the best care for health-related problems. One of the easiest, most logical, and extremely cost-effective “steps” for people of all ages to achieve wellness is the use of custom-made orthotics. When I started listing the advantages of using orthotics, I came up with a list of the “Top Ten Ways Orthotics Can Aid the Chiropractic Patient”:

- 1) Add Balance to Your Life.** People are not symmetrical, and this fact is further exacerbated when patients suffer from pronation and the body compensates. Since this is one of the most common ailments we see as chiropractors, and the source of the majority of symptoms, it makes sense to prolong the benefits of adjustments with custom-made orthotics. With custom orthotics, balance is restored, the body is no longer compensating, and many of the pains and physical complaints suffered by patients are alleviated.
- 2) Absorb Shock.** Second to restoration of balance is the necessity to decrease the heel-strike shock that our system experiences during day-to-day walking. Heel-strike shock is a major cause of musculoskeletal difficulties that, when left unchecked, can cause harmful consequences. Flexible orthotics balance the foot to control pronation and also allow movement needed to decrease the intensity of shock received by the body.
- 3) Help Reduce Biomechanical Aches and Pains.** Orthotics positively impact the three critical functions of the foot: support, locomotion, and shock absorption. The long-term effect of abnormalities in one’s gait cycle is a resulting asymmetrical compensation by the body. As the body responds in this manner, symptomatic aches and pains develop throughout. By preventing or correcting the critical functions, orthotics relieve these problems before they begin.
- 4) Improve the Biomechanics of the Knee.** By reducing the Q-angle, orthotics relieve stress to the knee caused by pronation. The knee - one of first casualties of any gait abnormalities – stretches and rotates properly when this stress is relieved.
- 5) Align the Body.** By addressing all of the above factors, orthotics serve to improve foot alignment and symmetry and, ultimately, help improve overall body alignment.
- 6) Promote Better Posture.** A body that is aligned and unburdened by aches and pains encourages better stance and posture.
- 7) Alleviate Complications From Conditions That Affect the Foot.** With many diseases, as with diabetes, added stress to the feet causes complications that can ultimately lead to amputation. Properly fitting footwear is crucial. The alleviation of factors that bring about ulcer formation through the use of orthotics offers a cost-effective preventative measure.
- 8) Increase Athletic Performance.** Consistency in athletic performance is experienced by athletes who find that orthotics significantly influence pelvic rotation and stride length, reducing fatigue and improving balance.
- 9) Put More Spring in Your Step.** Orthotics affect the total body, make the wearer feel better, and reduce fatigue brought on by walking.
- 10) Satisfaction.** Advantages flow from the use of orthotics while undergoing chiropractic care. Patients enjoy heightened relief from many of their symptoms and complaints.

## About the Author

Dr. Robert S. Striker is a *cum laude* graduate of New York Chiropractic College. He earned an MBA from the Smeal College of Business at Pennsylvania State University. Dr. Striker is currently Director of Marketing Communications for Foot Levelers, Inc., in Roanoke, Va. He can be contacted by e-mail at [striker@footlevelers.com](mailto:striker@footlevelers.com).

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