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A publication of New York Chiropractic College

November/December 2007



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November/December 2007

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President's Message

"It was a Very Good Year . . ."

One cannot help but feel extraordinary pride in the many achievements completed at the College during 2007. We now stand among the first institutions of higher education in New York State to have been awarded the Empire State Advantage (ESA) Excellence at Work Program's "Gold" level of recognition, and are the only chiropractic college or school of acupuncture and Oriental medicine anywhere to have been so honored. Enrollment at NYCC is robust - this fall was our largest chiropractic enrollment in 15 years. There were 134 first-time chiropractic students, 20 new enrollees in the Master of Science in Acupuncture/Master of Science in Acupuncture and Oriental Medicine program, and 56 students entering the Master of Science in Applied Clinical Nutrition program, for a multi-program entering enrollment of 210. Total enrollment stands at 822 students whose diverse geographical representation includes twelve different countries, 32 states and Puerto Rico.

Throughout 2007, NYCC extended clinical outreach efforts to Veterans Administration Medical Centers and to institutions of higher education, improving opportunities for our student interns and providing chiropractic services for patients visiting the facilities. This past year the College signed affiliation agreements with the Veterans Administration Medical Centers (VAMCs) in Miami, FL, and Bath, NY, - adding to similar programs offered by NYCC at the Buffalo, Canandaigua, and Rochester VAMCs. We also began a clinical service at the Health

and Wellness Centers at State University of New York (SUNY) at Stony Brook and St. John Fisher College in Rochester, N.Y. These affiliations are in addition to our presence at SUNY Buffalo and Farmingdale.

Accreditation of the chiropractic program was reaffirmed by the Council on Chiropractic Education (CCE) and we recently completed our site visit from the Accreditation Commission for Acupuncture and Oriental Medicine (ACAOM) for full accreditation of our acupuncture and oriental medicine program. Additionally, construction of an outstanding on-campus Chinese Medicinal Herb Garden was completed and dedicated and the plantings have already undergone one growing season. Our Master of Science program in Applied Clinical Nutrition is now in its second year and the new Master of Science in Clinical Anatomy program started in September.

To be sure, the holidays are a great time to pause, reflect, and give thanks for the many blessings we receive in our busy lives — the *gift* of friends, family, and good



Dr. Frank J. Nicchi,
President

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President's Council

President's Council Member, Dr. Marc Persson

New York Chiropractic College graduate Marc Persson ('04) credits NYCC with helping him to succeed. Busy with two practices in the suburbs of Philadelphia, Pennsylvania – Persson works three days a week at each office. In his spare time he teaches anatomy and physiology at Neumann College, volunteers for local community activities including political organizations and the local church, plays golf, travels, and is affiliated with both the American Chiropractic Association (serving as Alternate Director for Pennsylvania) and the Pennsylvania Chiropractic Association (having served on the State Board).

Persson earned his bachelor's degree from Franklin and Marshall College and an MBA from the University of Pennsylvania. Chiropractic caught his eye as a career path, so he sought a recommendation from his own chiropractor, who turned out to be an NYCC alumna and regaled him with tales of her experiences here. After researching the College and visiting the campus, he felt that NYCC would prepare him well.

finds that while ads, tele-marketing, and business luncheons are helpful in building a practice, they are costly. Consequently, he recommends a more personal approach, suggesting that doctors “walk around town, become involved in local business associations, and enjoy informal lunches with influential people in town.” This requires “knowing what you are talking about and being convincing,” he says.



Dr. Marc Persson

Crediting NYCC and Giving Back

“At NYCC, I became involved in as much as possible so that I could gain experience and get the connections that I would need after graduation,” Persson explains. His advice to current students: “Pay attention in all of your classes. You will need the knowledge when relating to patients and other health practitioners.” He feels that NYCC gave him the information and confidence he needed to become a better field doctor.

Giving back to NYCC is important to Persson, and he has made a significant commitment as a member of the College's President's Council. He explains, “I have always been told that you need to give back to three things: your college, your profession, and your religious institution. I feel a need to do my part to help maintain and build NYCC. Contributions are very important for the everyday business of the College; I give because I cannot be there to help on a daily basis.

Bias against chiropractic is one of Persson's main concerns. “Overall, people remain very naïve as to what chiropractic can do,” he says. “I blame the insurance companies, other healthcare providers, but mostly chiropractors themselves.” He continues, “For instance, when you see a Yellow Page ad, you see that we treat back pain, neck pain and headaches, yet we all know that chiropractic's impact goes well beyond those topics. The good news is that you can do something about this. Your state and national associations are there to help you with any business issues. Talk with mentors and advisors from the association. Believe me, they want you to do well.” He also stressed the

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Faculty Spotlight

Denise Holtzman, DC

By Jodie Scott, Student Writer



Dr. Denise Holtzman

Dr. Denise Holtzman, recently promoted to associate professor in the Chiropractic Clinical Sciences Department at NYCC, currently teaches courses in chiropractic technique, women's health issues, and nutrition. Her future plans include implementation of a new chiropractic philosophy elective that will focus on the history and roots of chiropractic in the tradition of D.D. and B.J. Palmer.

Holtzman, born and raised in Detroit, Mich., obtained her BS in Psychology at Michigan State University. After taking some time off to travel to Israel and Europe, she attended Life University, in Georgia, where she obtained a BS in Clinical Nutrition and Doctor of Chiropractic degree. Currently, Holtzman is enrolled in the Master of Science in Applied Clinical Nutrition program at NYCC and will graduate in August of 2008. In her spare time, she enjoys running, lifting weights, and playing her violin.

A Life Changing Experience

At age 19, suffering from chronic obstructive pulmonary disease during

childhood and having been put on many different medications that offered little benefit, Holtzman began to see a chiropractor. The results were remarkable. Finally, she was able to sleep lying down, exercise, decrease her medication, and resume a normal life. In short, chiropractic completely turned her life around. After experiencing the difference that chiropractic adjustment made in her own life, she began to seriously consider it as a career.

When asked what words of wisdom she would like to pass along to *Transitions* readers, Holtzman stressed the importance of “appreciating the value an adjustment, itself, has. [The adjustment] is what sets us apart from other professions” and is “the most powerful tool that we have.”

Before NYCC

Prior to teaching at NYCC, Holtzman practiced privately for eight years – first as an independent contractor with a general practice emphasis on athletes in Colorado for two years, and then as a family chiropractor in private practice in Michigan for six years. After leaving private practice, Holtzman spent six years teaching at Parker Chiropractic College as a technique professor, focusing on upper cervical technique and static and motion palpation technique, and later as a clinician training interns. It was during that time that she established a great interest in teaching.

Her experience as a family chiropractor allowed Holtzman to work with patients of all ages, including the elderly, children, and pregnant women. In time, she began to realize her major interest was in working with children. They responded more quickly to an adjustment than adults.

Holtzman emphasizes the importance of adjusting children. Their musculoskeletal system goes through many changes associated with growth, and suffers many bumps and scrapes associated with growing up. She has seen many children with pediatric conditions respond well – including those with ear infections, colic, learning disabilities, asthma, autism and cerebral palsy – and show remarkable improvements.

Adjusting Pregnant Women

Pregnant women must adapt to weight gain and changes in weight distribution, as well as biochemical/hormonal changes. Unique neuromuscular and biomechanical problems often arise. Holtzman says pregnant women often experience increased stress at the spinal transitional levels – at the cervicothoracic, thoracolumbar and lumbosacral junctions – as well as at the pubic symphysis. Foot problems are also common due to increased fluid retention and resulting edema.

The Webster breech technique, which involves assessing the pelvis – specifically the sacroiliac joints – for hypomobility and dysfunction, is one of the techniques Holtzman utilizes in treating expectant mothers. Associated imbalances in the surrounding pelvic musculature, such as the psoas, and ligaments, such as the broad ligament, are also examined. Hypomobile joints are adjusted, assisting in resetting the nervous system and restoring pelvic balance. Through adjustment of the sacrum, the broad ligament may be impacted, decreasing intrauterine torsion and having vast implications in terms of female fertility and easier births. In fact, treatment of the joints,

Commencement - December 2007

Valedictorian Christopher Lynch had the honor of addressing his



NYCC President Frank J. Nicchi presents Amanda Laytham with the Salutatorian me-



New York State Senator Michael F. Nozzolio gave the



John Taylor, DC, gives the Faculty Greeting.

Mastronardi Elected to ACA Board of Governors

New York Chiropractic College Trustee Robert D. Mastronardi, DC, was elected to a two-year term on the American Chiropractic Association's (ACA) Board of Governors.

The ACA Board of Governors is comprised of 12 elected members who provide leadership in the chiropractic profession and help shape the policies that govern the association. Mastronardi will represent chiropractors in Connecticut, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island and Vermont, and will serve as chair of the association's Finance Committee.

A lifelong resident of Rhode Is-

land, Mastronardi is a 1977 graduate of National College of Chiropractic and has maintained a chiropractic office in Warwick, R.I., since 1979. He is a member of the Chiropractic Society of Rhode Island (CSRI), the New England Chiropractic Council, and the alumni association of National University of Health Sciences. Named CSRI's Chiropractor of the Year in 1997, Mastronardi was named a Fellow of the International College of Chiropractors and served as the ACA's delegate to Rhode Island for 19 years.

"I am grateful to the members of the ACA for the confidence they have expressed in me, and I look forward



Dr. Robert D. Mastronardi

to working on behalf of the association, its members and the patients

Infertility and Traditional Chinese Medicine

Reviewing the National Library of Medicine's Web site reveals that infertility is defined as a failure to conceive after attempting to conceive for one year. The definition also applies to women who are capable of becoming pregnant but who suffer from repeated miscarriages. Since it's not generally a topic for open discussion, infertility may affect more couples than you might think. According to the National Center for Health Statistics of the Centers for Disease Control and Prevention, in 2002, 7.3 million women ages 15 to 44 in the United States had difficulty getting pregnant or carrying a baby to term. Though this accounts for 12 percent of women, infertility is not always the woman's fault. In fact, female factors only account for one-third of cases, whereas one-third is caused by male factors, and the final third is due to a mixture of male and female factors or by unknown factors.

While couples may only suffer from poorly timed intercourse, there may be a myriad of other reasons for their infertility that can be remedied through traditional Chinese medicine (TCM). TCM's holistic approach addresses the infertility while enhancing the function of the whole body.

Women's Infertility

Western diagnoses associated with infertility include fibroid tumors, cysts, enlarged ovaries, endometriosis, blocked tubes, inadequate hormone levels, and immune disorders. And though TCM has been used to regulate the female reproductive system in China for thousands of years, it has only recently gained popularity in the United States. TCM may help



promote a woman's reproductive health by strengthening her immunity, regulating menses, and reducing stress. TCM restores the hormonal balance by gently influencing the hormonal regulation centers in the brain and autonomic nervous system and helps encourage an appropriate diet and lifestyle. The beauty of using TCM is that the chosen acupuncture points and selected herbs are specific to each patient and tailored to where a woman is in her cycle.

TCM may enable a woman to get pregnant naturally and is recognized as an effective complement to modern fertility treatments. One of the most common treatments for infertility is in-vitro fertilization (IVF). The Centers for Disease Control (CDC) and the Society for Assisted Reproduction (SART) reported that over 100,000 IVF treatment cycles were performed in the United States in 2001. The success of IVF is very low – 27% resulting

in a live birth according to the CDC and SART; acupuncture is theorized to increase the IVF pregnancy rate. Studies reported that women who have acupuncture 30 minutes before and after in-vitro fertilization may increase the chance that the embryo is implanted successfully, reducing the chance of miscarriage. More studies are under way by organizations such as the National Center for Complementary and Alternative Medicine to further quantify the benefits.

Male Infertility and Sterility

The male's role in the three steps to conception is, indeed, significant. First, there must be sufficient production of spermatozoa by the testes. Second, the sperm must move through the seminal tract without obstruction. Finally, at least one sperm must fertilize the ovum. An analysis of a male's semen may shed light on his infertility (the inability to fertilize an ovum) or

sterility (lack of sperm production.) According to the World Health Organization, the volume of ejaculate should be greater than one milliliter and there should be more than 20 million sperm per milliliter. Of those, more than 14 percent should have what is considered normal shape and structure, and more than 50 percent should move vigorously and purposefully. Acupuncture may help some men overcome infertility problems by improving the quality, quantity, and motility of their sperm. In a 2005 issue of *Fertility and Sterility*, scientists reported that five weeks of acupuncture treatment reduced the number of structural abnormalities in sperm and increased the overall number of normal sperm in a group of men with infertility problems. They concluded that acupuncture may complement traditional infertility treatments by helping men reach their full reproductive potential.

Nutritional Deficiencies

Nutritional deficiencies have been found in over 60 percent of the

women suffering from infertility. Failure to ovulate, for example, may be due to low body weight or obesity. Good nutrition is essential not only for the development of healthy eggs, but strong sperm as well. TCM practitioners apply the concepts of Eastern nutrition to aid couples in increasing their fertility by promoting a healthy body weight and recommending foods specific to the patient's TCM diagnosis. They may recommend that couples trying to conceive avoid too much fatty, oily food, alcohol, and spicy food. Not eating enough food, eating too much cold, raw food, or drinking cold liquids can tax the body, particularly the spleen. In TCM, the spleen is thought to extract the components of food and liquids necessary to form *qi* and blood in the body.

Keep a Cool Head: Emotional Effects of Infertility

In TCM terms, the liver coordinates the flow and distribution of blood by regulating the smooth coursing of *qi* throughout the body. This liver *qi* is extremely susceptible

to stress and the emotions, and these cause the *qi* to stagnate. This stagnated liver *qi* wreaks havoc in the body. Not only is liver *qi* stagnation a cause of infertility, but it can complicate other causes of infertility – further challenging the emotional health and well-being of the couple. This may manifest in several ways, including physical pain and emotional ailments, such as depression, low self-esteem, and temporary sexual problems. It is important that couples struggling with infertility manage their emotional health so that the infertility does not cause marital disharmony. TCM can promote the smooth coursing of *qi* in the body for better mental, emotional, and physical health.

Final Thoughts

Traditional Chinese medicine works differently from Western medicines. TCM is gentle and works on such a deep level that the changes tend to be subtle rather than blatantly obvious. Therefore, couples who receive consistent treatments are more likely to conceive. Western scientists

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The Balancing Act:

Managing a Chiropractic Practice While Pregnant

An interview with Wendy Maneri, D.C., chief of staff of the Seneca Falls Health Center Systems and associate professor at NYCC. Maneri tells of some challenges that attend carrying on a chiropractic practice while pregnant. She has two young

Transitions: Did being pregnant and becoming a mother change the way you approached the practice of chiropractic?

Maneri: It did. I now have a new-found appreciation for my pregnant patients and women having to manage their lifestyles with young children. I can identify with the symptoms of pregnancy as well as –unfortunately – some of the later-stage aches and pains that may be associated with the changing pregnant body. As a chiropractic professional, I am also sensitive to some of the challenges practicing chiropractors face when pregnant such as finding coverage for patients and unexpected complications. It also allowed me the opportunities to practice what I preach. Incidentally, both of my girls – ages 2 and 4 – have been chiropractic patients since birth.

Transitions: A woman's body undergoes many significant changes during pregnancy, including weight gain and balance. Did you find it necessary to adapt the way you treated patients during your pregnancies?

Maneri: Progressing through my pregnancies, I found I had to modify my adjusting style so as to accommodate a larger abdomen, and I had to alter postures and patient setups. It is important to remember that, as a provider, your pregnant posture is changing at a relatively slow pace. You will have the ability to make modifications over a period of time. Your center of gravity is also changing. Once I started gaining weight, I actually felt more stable as I adjusted patients. Consequently, my adjustments as a provider were just as effective as before I became pregnant.



Transitions: Each pregnancy can present its own set of challenges. Did you experience any complications during your pregnancies that required you to modify the demands of your practice?

Maneri: I had complications during both pregnancies, so I was more cautious adjusting a patient's lumbar spine – especially during the earlier stages of my pregnancies. I was actually placed on bed rest for almost two weeks for the first pregnancy and three months for the second. Not subject to some of the

demands of private practice, I was able to use the time to work at my desk and handle some of my administrative duties. Nonetheless, the existence of complications caught me off guard and required that other doctors cover my patients.

Transitions: The demands of treating patients can put a strain on anyone, much less an expectant mother. As your pregnancies progressed, did your case load decrease or increase?

Maneri: I actually saw more patients as my pregnancy progressed, due to the complications I experienced in my earlier trimesters. Overall, I felt great – probably the best I've ever felt. Fortunately, my patients were very understanding. While some understood that pregnancy was not an illness, they still worried I might injure myself when adjusting them.

Transitions: It is said that chiropractic care can ease discomforts associated with pregnancy. Did you receive

(Continued on page 21)



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Optimizing Prenatal Nutrition For Mom and Baby

By Mary E. Balliett, DC

There is no other time in life when so much growth and development occurs than the time when a baby is in utero. Despite some “jokes” about children being parasites to the mother, this is not nutritionally true. Just as a mother riding in an airplane during an emergency is told to put the oxygen mask on herself before she puts one on the child traveling with her, nutritionally she must meet her own nutrient requirements first and then feed the baby. This miracle of life is dependent on so many things, but the expression “you are what you eat” is especially true at this time.

Macronutrients: Protein, Carbohydrates, and Fat

Before considering any supplementation, both the mom and the baby need to meet their protein, carbohydrate and fat calories first. The mom needs 0.8 to 1.2 grams per kilogram of body weight to meet her protein needs, depending on her level of activity – the lower amount being for a relatively sedentary woman and the higher amount for a moderately active woman. For even more active women, raise the protein level to 1.5 grams per kilogram body weight. (A kilogram is a pound divided by 2.2.) A 130-pound woman will need 47 to 71 grams of protein. Just add another 2 grams of protein for the baby. A protein serving of 20 grams is about the size of a deck of cards. Lean protein is best; and, if possible, meat should be hormone-free.



In order to commit one’s carbohydrate requirements to memory, just say “strive for five” and “eat the rainbow.” Five one-cup servings of fruits and vegetables (combined) from fresh sources are best. The “white diet” – white bread, white flour or white rice – should be eaten in small amounts, if at all.

The good news about fat for the pregnant woman is that eating good fat is OK. The baby needs good-quality fat to grow a nervous system and protect vital organs. Olive oil, soybean oil, nuts and seeds (raw, not roasted) are excellent sources of fat that both the mom and the baby need. All-natural peanut, almond and cashew butters are also

good choices now. Yogurt, milk, and cheese can also provide needed sources of protein and fat to support the growth of the baby. Essential fatty acids are fats the body cannot make for itself; they are linoleic acid and linolenic acid. Nuts, seeds and soy can supply linoleic acid, and ground flaxseeds can supply linolenic acid. Other important omega 3 fatty acids are the conditionally essential EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These are termed conditionally essential since the body can only produce them from linolenic acid and, if there is not enough in the diet, they must be added to the diet. Fish can also be a source of EPA and DHA as well as needed protein; but with mercury

a concern, limit fish to one serving a week or every other week. Look for a good-quality omega 3 fatty acid supplement that is mercury-free and take 1 to 2 grams per day. Please make sure to note the amount of vitamin A in the supplement to ensure that it does not exceed 100 percent of the RDA for retinol.

Micronutrients: Vitamins and Minerals

The most important warning to pregnant women is to AVOID excess vitamin A. The toxic form of vitamin A is retinol, or vitamin A palmitate. This must NOT exceed the RDA when you ADD all the sources of added vitamins to your food – not

only your vitamin supplements, but also from milk (cow or soy), where added, to breakfast cereals and “health bars.” Retinol can cause serious birth defects. Beta carotene, or pro-vitamin A found naturally in yellow/orange vegetables such as carrots, is NOT TOXIC at all levels. Check your prenatal vitamins to make sure that the vitamin A content is all from beta-carotene. A good-quality prenatal vitamin is a must. Adequate levels of folic acid (at least 400 micrograms) allows for the proper development of the brain and spinal cord. Other B vitamins are essential for the energy of the mom and the development of mitochondria, the energy producing

organelles in every cell of the baby’s body. An interesting side note: All the baby’s mitochondria are only from the mommy, so children “inherit” their mom’s energy levels.

Calcium

Calcium and/or magnesium may not be at a high enough level in a multivitamin prenatal formula or may not be in the most absorbable form. Calcium levels need to be 800 to 1,000 milligrams (best if some of that comes from food, such as dark greens or dairy products, if the mom is not allergic to the dairy or lactose-intolerant, which both reduce the bio-availability of calcium). In addition, the calcium needs

to be calcium citrate – not calcium carbonate, which is very hard to absorb. Calcium carbonate is not “bad” for you; it does help prevent colon cancer, but the baby needs absorbed calcium to build strong bones and teeth. Magnesium levels need to be 400 to 600 milligrams per day and ideally should be taken at another time, away from the calcium supplement, so that they do not compete for absorption. Chocolate craving and mood swings are signs that magnesium levels are not adequate.

While some cravings are fun and easy to indulge, remember that the cells of the baby that is growing are

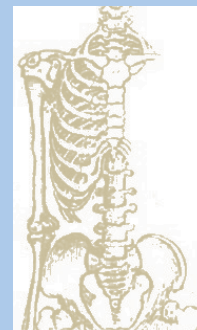
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Treating Children with Acupuncture

A Healing Experience for Parent and Child

There are immunizations to prevent childhood diseases such as chicken pox, mumps, measles, and tetanus. But what about common illnesses such as constipation, cough, ear infections, attention-deficit disorder (ADD), or attention-deficit and hyperactivity disorder (ADHD)? What does one do for other childhood conditions such as fever, asthma, urinary tract infections, or bedwetting? A medical doctor may suggest an over-the-counter preparation, prescribe antibiotics or strong medication, provide a referral, or tell you that there is nothing he or she can do. A licensed acupuncturist may have a different approach and ways of treating conditions that provide relief.

While still not widespread, the use of pediatric acupuncture for children with chronic and acute conditions is growing. Marnae Ergil, LAc, is an associate professor and the academic coordinator in NYCC's School of Acupuncture and Oriental Medicine (AOM). She also treats patients at the Seneca Falls Health Center. Ergil explains, "Chinese medicine 5 Phase Theory 'treats the mother to treat the child.' It is important that a child's primary caregiver understand what acupuncture is like before the child experiences it. If I can treat the primary caregiver, it makes a big difference in advancing the treatment of the child."

Methods of Acupuncture

Acupuncture stimulates the *qi*, or reservoir of healing energy. Children may be scared of needles; consequently, Ergil makes therapy a playful experience. "The trick is inserting the needles quickly and being aware of the child's movements all the time,"



she says. Pediatric acupuncture needles are quite small and generally only four to six will be inserted per treatment. Depending upon the age of the child, the needles may not even be retained.

Additional AOM methods may be used with children, such as *Tuina*, a form of Chinese bodywork that treats acute and chronic disorders. However, treatment is often quite prolonged, and in can be even more painful than needles. *Shoni-shin* (Japanese for pediatric needle) is a noninvasive, yet effective, technique developed in Japan that uses small metal tools to bring a child's *qi* to the surface, help it spread along the channels, and stimulate specific acupuncture points. Cupping technique uses a vacuum or suction on a part of the body to draw out pathogens. Moxibustion, or moxa, is the application of a warmed herb – *ai ye*, or *Artemisia vulgaris* (mugwort) – held near acupuncture points or other parts of the body to gently warm the areas to release pathogens. Any of

these techniques might be used in conjunction with or instead of needles during a treatment.

Thinking and Treating Outside of the Box

Children are often better recipients of treatment than adults because they have no preconceived ideas about acupuncture. When treating a child, Ergil meets at the child's level, even sitting on the floor with her little patients. Then they role-play. Ergil first demonstrates acupuncture on herself and then pretends with the child. The child, emboldened through the experience, then "treats" his or her favorite stuffed animal or doll. Sometimes the child will even get to "treat" Ergil herself. Once the child is comfortable, Ergil administers treatment.

Diet is Key to Good Health

To determine the best course of treatment for a child, the child's lifestyle and diet will be evaluated. The body makes *qi* by using air and food. But because of their high level of activity, children lack extra *qi*. Every system in the body achieves optimal function with good nutrition. If good food is not going in, good *qi* cannot be made.

Read labels closely, as the first four ingredients are very telling. Too much processed or high-glycemic food, excessive dairy, and foods loaded with high-fructose corn syrup are unhealthy for a child's digestive system. Children under 6 years of age have stomachs that are inherently immature, so complaints of upset stomach, diarrhea, and indigestion are common. Changing the diet is not always easy, especially for the

(Continued on page 27)

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Academic Spotlight

The Pediatric Room at NYCC's Campus Health Center —

A Family Affair

Who has fun when they go to the doctor? Generally, no one. But here in the Pediatric Room at New York Chiropractic College, children can't wait to get adjusted on the horse-y table. "They look forward to getting adjusted," said Wendy Maneri, DC, chief of staff of the Seneca Falls Health Center Systems at NYCC.

One visit to the pediatric room at NYCC's Campus Health Center, and you'd think you were at a day-care center. It's cozy, comfortable, and inviting to children and families. There's a bookcase filled with children's books, and the electrical outlets are covered with safety plugs to protect investigative little fingers. Looking around the room, it's hard not to want to play with the abundant toys. Then there's the adjusting table, reminiscent of a rocking horse complete with head, mane, and tail.



The Genesis of a Kid-friendly Idea

The Pediatric Room was the creation of Meghan VanLoon, PT, DC, an adjunct assistant professor in the chiropractic clinical sciences department at NYCC who, four years ago, suggested the College provide pregnant moms and young children with a relaxing and "kid-friendly" chiropractic environment.

The Family Plan

The room is primarily for the treatment of children, but is also available for patients of any age. NYCC clinicians accompanied by interns treat days-old, newborn babies, toddlers and up in the Pediatric Room. Parents can be

treated as well, while their children amuse and entertain themselves. Expectant moms are adjusted on a special drop-down table to accommodate for the growing belly. The Center's patient roster includes the Medicaid patient population as well as NYCC students and family, faculty, and staff.

From basic maintenance care to common ailments such as runny nose, cough, or ear infection, to more serious conditions like asthma, patients are adjusted and may be "co-treated" with medical doctors. It's no secret that a healthy spine promotes health. Maneri adds that co-treating is important with many patients. "Consequently, we also refer our patients to the medical community and work in concert with medical doctors when appropriate," she said.

Lifelong Benefit

The benefits of introducing children to chiropractic and wellness will undoubtedly affect them throughout

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q \$100 or more - Walkway of Honor Gift *
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q \$50 or more - Dr. Henby Lapel Pin Gift *
 Purchase a lapel pin that bears Dr. Lloyd Henby's likeness for \$50! Honor him by helping the school offer a scholarship in his name! In 2006, NYCC lost a dear friend. Dr. Lloyd E. Henby demonstrated his unswerving commitment to chiropractic when, in the early 1960s, he was willing to face jail for practicing medicine without a license in New York. A full-time faculty member at the College, Dr. Henby taught technique classes and supervised open laboratory for chiropractic students. He holds a special place in our hearts and will be forever remembered as a good friend, a passionate teacher, and excellent adjuster. A snappy dresser with a warm smile, and a twinkle in his eye, he loved a good joke.

q \$25 or more - Health Chat *
 NYCC has designed a waiting room coloring book/ information & activity guide called *Health Chat* to be made available to practicing chiropractors who want to give something back to the College. The publication is an attractively designed waiting room periodical that contains illustrated health tips for mature patients and a coloring book/puzzle section for the youngsters. Receive your copy today for your gift of \$25!

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Support Moms-to-Be with Spinal Pelvic Stabilizers

by Brian Jensen, DC

Pregnancy is no easy task, especially when you consider the weight and strain it puts on a woman's body. Women often turn to chiropractic for relief from the aches and pains associated with pregnancy.

Changes in balance and posture

During pregnancy, a woman's center of gravity shifts forward, to the front of her pelvis. As the baby grows in size, the woman's weight is projected even farther forward, placing additional stress on her spine. These natural changes may result in postural imbalances and cause women to experience trips and falls. In addition, hormones are released that relax ligaments in order to allow for the birth process. Unfortunately, the ligaments in the feet also relax. The added weight of pregnancy, together with the elongated foot ligaments, may cause arches to collapse and feet to become longer and wider. The collapse results in further imbalance and associated foot, leg, and back pain both during and following pregnancy.

How the chiropractor can help

These kinds of foot conditions are treatable with Foot Levelers' custom-made Spinal Pelvic Stabilizers – providing all three arches of the foot with needed support. The combination of Stabilizers with regular spinal adjustments during pregnancy may also help decrease the intensity of morning sickness, reduce lower-back pain, and even help shorten labor.

Weight gain during pregnancy is generally 25 to 35 pounds. As a woman's weight increases, and posture changes, her feet should be rescanned or recast for new Stabilizers.

Postpartum care

After giving birth, the new mother's body will again change. Since it may not return to its pre-pregnancy state, a follow-up scan or cast may be required once her weight has stabilized.

Bringing a new baby home often means less sleep and more demands. Parents are exhausted at day's end. Stabilizers help by absorbing damaging, heel-strike shock and



providing a propulsive boost that helps reduce fatigue with each step.

Local hospitals and birthing centers may be interested in having chiropractors provide lectures and free scans to pregnant women. Starting from the ground up, Stabilizers can

The Balancing Act: Managing a Chiropractic Practice While Pregnant

(Continued from page 12)

chiropractic care during your pregnancies?

Maneri: Yes, I also was a chiropractic patient throughout both pregnancies. Adjustments helped to relieve low-back pain and pressure accompanying pregnancy. I also exercised and ate healthy meals. Doing so enabled me to work right up until my due date with both girls. I also believe chiropractic treatments

helped reduce the length of delivery time. From my first contraction until birth, my first daughter, Paige, was delivered in six hours, and my second daughter, Peyton, was delivered in three hours.

Transitions: How about returning to work? What is life like at the office now that you're a mom?

Maneri: I went back to work when

my daughters were each 6 weeks old. I have great family support at home. I began seeing patients immediately after I returned to work and was also able to get my master's degree in management at the same time.

Transitions: The life of a new mother can be overwhelming at times, especially added to the demands of a career. What advice



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Alumni Spotlight

Susan L. Sheldon, LAc

A member of the inaugural class of New York Chiropractic College's (NYCC) School of Acupuncture and Oriental Medicine (AOM), Susan L. Sheldon graduated

Before NYCC

Sheldon earned an associate's degree in anthropology and archeology from Jamestown Community College ('73), where she served as a teaching assistant for the departments of anthropology, sociology and psychology and taught archeological field method. In 1976, after working three years at a large construction company and engineering firm in Minneapolis, Minn., she attended the Buffalo State College Coordinated Undergraduate Program for Clinical Dietetics. Sheldon began her 20-year career as a registered dietician with Saga Corporation at Geneva General Hospital, in Geneva, N.Y.; and in 1984 she became employed with the Finger Lakes Health System, where she remained until 1999, ultimately becoming corporate chief dietitian.

Her work with chemically dependent patients in the medical detoxification unit sparked an interest to attend Finger Lakes Community College (FLCC) for an associate's degree in applied sciences in chemical dependency in December 2000 and intern at the New York State Department of Corrections Willard Drug Treatment in Ovid, N.Y. Employed by Finger Lakes Addictions Counseling and Referral Agency (FLACRA) in Clifton Springs, N.Y., she worked as a corrections counselor in the Ontario County jail in Canandaigua, N.Y.

Why Acupuncture?

While a student at FLCC, Sheldon met Dr. Michael Smith from the Lincoln Rehabilitation Center in the Bronx, whose dedication to the chemically dependent inspired her to become an acupuncture detoxification therapist, administering "five-needle protocol" in order to assist addicts in transcending their life challenges. She enrolled in NYCC's new AOM graduate program. "The program far exceeded my expectations, she says." She enjoyed the blend of Western and Eastern medicine, and learning



Susan L. Sheldon, LAc

how environment, genetics, history, and emotions impact the quality of patients' lives.

AOM in practice

NYCC's AOM Class of 2006 is a diverse group representing a wide variety of healthcare professions – including chiropractic, nursing, massage, dietetics, and physical therapy – and whose professional lives now range from private practice to working with another licensed acupuncturist. Sheldon keeps in touch with a number of her former classmates, sharing stories and advice from their work experiences.

Sheldon's new practice, ConnecShen Acupuncture, PLLC, is getting under way within the office of Christopher Fronczak, DC (NYCC 1999) in Victor, N.Y. The office is a multidisciplinary setting that includes massage therapy and Qi Gong as well.

Words of Wisdom

When asked what advice she would pass along to current students in the School of AOM, Sheldon recalls the words of her husband, Chris, an associate librarian at NYCC and constant source of support: "This is a marathon, not a sprint. Keep your eyes on your goals, pace yourself, and you will succeed." She recommends that students face their challenges with vitality, curiosity, and humility, and build a practice that shares knowledge. Keep learning and don't forget to ask for help.

Looking to the Future

Sheldon urges continued research into the benefits of AOM and its inclusion with other healthcare modalities. She has observed the College's growth to include not only chiropractic, but also acupuncture and Oriental medicine, applied clinical nutrition, clinical anatomy and diagnostic imaging, and feels there are wonderful research opportunities here.

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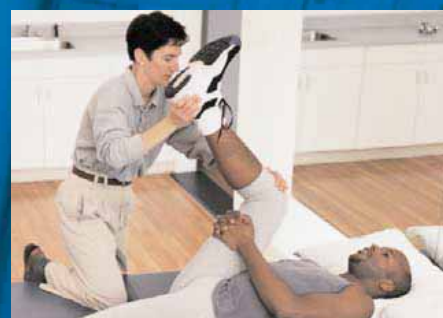
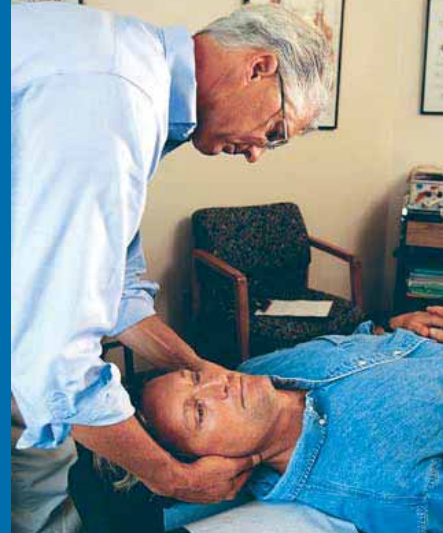
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News Briefs

AOM Student Appreciation Guest Speaker, Kathy Taromina, MS, LAc Acupuncture Can Benefit Children With Cancer

By Jodie Scott, Student Writer

The Student Appreciation Event is part of NYCC's continuing Ernest G. Napolitano Lecture Series – established in an effort to bring to life NYCC's commitment to diversity, tolerance, inclusiveness, and excellence in education and research. By presenting students with various, diverse viewpoints, we ensure that their ultimate choices will be well-informed, thoroughly considered and self-determined.

Kathy Taromina, MS, LAc, the featured guest speaker for the NYCC School of Acupuncture and Oriental Medicine's Student Appreciation Event on November 2, discussed the important role acupuncture may play with children who have cancer. As director of Oriental medicine and assistant professor at Touro College, Taromina serves as one of two acupuncturists for the Integrative Therapies Program for Children With Cancer at Columbia Presbyterian Hospital. The acupuncture program, initiated in March 2005, is offered to patients along with traditional cancer treatments to help facilitate healing.

Before the primary oncologist approves an acupuncture treatment plan, it is first determined whether the therapy is likely to result in a positive outcome. Thereafter, the



NYCC President Frank J. Nicchi, DC, MS, Dean of the School of Acupuncture & Oriental Medicine Marilee Murphy, BS, LAc, RN, and Kathy Taromina, MS, LAc

patient's parent or guardian is approached for his or her consent. The oncologists approve the plans frequently, and to date, according to Taromina, "There has been 100 percent acceptance on behalf of the parents." While a child may initially have a "weird" reaction at the outset of treatment, most come around and even look forward to it. The youngsters come to trust their acupuncturist and have even been known to encourage other children to try the therapy.

Performing acupuncture on young children presents certain challenges that attend exposing young tots to needles and keeping them still. Nonetheless, Taromina has found that most pediatric cancer patients benefit from treatments for such symptoms as pain, thrombocytopenia (increased risk of bleeding), fatigue, weakness, nausea, cachexia, and vomiting, and for enhancement of overall well-being. Caution is exercised. Certain conditions require extreme vigilance, as with severe thrombocytopenia; limbs with lymphedema, tumor or metastasis; or in bone-marrow transplant patients with neutropenia, due to an increased risk of infection.

Taromina explained that there is a synergistic effect of acupuncture therapy when combined with traditional

Treating Children with Acupuncture

(Continued from page 18)

parents. Ergil recommends trying it for 10 days. The results are typically so dramatic that parents are quickly convinced. Some medications can damage digestive organs, and while it is important to take medications when they are prescribed, some, especially over-the-counter (OTC) medications, can be avoided or reduced by incorporating AOM techniques.

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News Briefs

BPS Class of November 2007



Graduates of NYCC's November 2007 Bachelor of Professional Studies program pose with NYCC President Frank J. Nicchi DC, MS, and BPS Director Kristina Petrocco-Napuli, DC, MS.

Thirty-seven candidates for NYCC's Bachelor of Professional Studies (BPS) degree, the largest BPS class so far, graduated November 5, 2007. The graduates were recognized at a luncheon hosted November 27 by NYCC President Frank J. Nicchi, DC, MS, and BPS Director Kristina Petrocco-Napuli, DC, MS. Students currently enrolled in NYCC's DC program or School of AOM are eligible to enroll in the BPS program, which provides them with a cost-effective way to complete their bachelor's degree requirements with a major in life sciences. The

China 2007



The China contingent at Yellow Mountain. Kneeling (l-r): Hyunsook Cordes and Stephanie Chow. Standing, first row (l-r) Darlene Easton's brother and a friend; Jamie Lubelczyk; Michelle Caci-Rogers; Douglas McDaniel, LAc; Kelly Cleason; Timothy Foley; Gary Lucas; and Robert Grobelny, DC. Back row (l-r): Jennifer Bollinger, DC; Darlene Easton, LAc; Jennifer Parr; Gali Horesh; Marie Freitas; and Julie Murante, LAc.

This past August, for the third year in a row, Darlene Easton, LAc, assistant professor in the NYCC School of Acupuncture and Oriental Medicine, led a group of second-year AOM students on a life-changing experience: three weeks in China, with two weeks of clinical observa-

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News Briefs

NYCC Joins Others to Honor WWII Hero Paul Baker, DC: Lloyd Donates Table for Veterans

NYCC President Frank J. Nicchi, DC, MS, and Executive Vice President of Academic Affairs Michael Mestan, DC, joined the Canandaigua Veterans Affairs Medical Center (VAMC) in celebrating a new, \$5,000 chiropractic table donated by Lloyd Table Company. The table was donated in honor of 82 year-old Paul Baker, DC, of Irondequoit, a World War II veteran who was wounded in 1945 off the island of Iwo Jima. Baker, a chiropractor for over 40 years, owes his health and livelihood to the profession. "It's certainly an honor, to say the least," he said, adding that it means a lot to him because the table will ensure that local veterans "will really be able to receive quality chiropractic treatment."

Lloyd Steffensmeier, DC, owner of Iowa-based Lloyd Table Co., presented the brand-new flexion-distraction table. "The table will be a welcome addition," said Paul Dougherty, DC, associate professor at NYCC and an adjunct assistant professor of orthopedics at the University of Rochester Medical School, who serves patients at both



(L to R) Paul Dougherty, DC, Lloyd Steffensmeier, DC,

the Canandaigua and Rochester VA hospitals. The Canandaigua VAMC began offering chiropractic services in October 2006, but has been using flat medical examination tables, which are uncomfortable for patients and inadequate for NYCC students who intern there. "Chiropractic services have become extremely popular with patients in the last year," Dougherty said, "and now they'll get the quality of care they deserve." The donation came about after Baker and other members of District 15 of the New York State Chiropractic Association toured the hospital's chiropractic center and saw the tables that were being used. Baker was amazed at what he saw, noting that the tables looked as if they dated back to the Stone Age. He and fellow chiropractor David Redding, DC, an active member in state and national chiropractic organizations, discussed the possibilities of District 15 helping with the cost of new equipment and contacted Lloyd Table Co., renowned for its quality, to see if they could help as well. When

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



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"I earned a Master 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.



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What's News?

Alumni Update ~ Alumni Update ~ Alumni Update

Class of 1994

Anthony F. Pusateri, DC, and his wife Joy are living a dream. Anthony is a coach for The Masters Circle, they bought a new home and had a beautiful baby girl, Isabella Lucia, on May 15, 2007. She weighed 9 lbs. 14 oz. and was adjusted within minutes of birth. Baby and family are doing amazingly well. His address is 100 Jericho Quadrangle, Suite 140, Jericho, NY 11753. His phone number is 516-822-5500 and his e-mail address is anthony@themasterscircle.com.

Class of 1998

Darrell Johnson, DC, and his wife, Lorie, are proud to announce the birth of their baby boy, Ethan Emory, on October 4, 2007. He weighed 8 lbs. 10 oz. and was 21 inches long. He joins sister Emmaline Alexa (2), who is a proud big sister. They continue to enjoy life in Tennessee and look forward to seeing as many classmates as possible for their 10-year class reunion at Unity Day 2008. Dr. Johnson's office address is 110 Skyline Drive, Maynardville, TN 37807. His e-mail address is unionctychiro@yahoo.com and his phone number is 865-992-7000.

Class of 1999

Archana Patel-Mehta, DC, had a new addition to their family, a baby boy, Ronak, born December 4, 2006. They also have a daughter Maya, who is 3 years old. Dr. Patel-Mehta started her own practice on September 7, 2007. Her Office address is 5837 Memorial Highway, Tampa, FL 33615. Her e-mail address is chironat@gmail.com and her phone number is 813-885-5786.

Class of 2002

Scott Cavagnuolo, DC, and his wife, Barbara, are proud to announce the birth of their first child, John Dominick, born October 25, 2007. He weighed 6 lbs. 12 oz. and was 20 inches long. Remarkably, he was born on the same date as his

great-grandfather 100 years later. Dr. Cavagnuolo's office address is 914 Oyster Bay Road, East Norwich, NY 11732. His e-mail address is drscottyhealing@yahoo.com and his phone number is 516-922-8181.

Gregory Bauer, DC, and his wife, Ellen, have purchased a new office building and moved their practice 1/4 mile in Arlington Center, MA to 42 Pleasant Street (Route 60), Arlington, MA 02476. They are also expecting their 3rd child in February. Their phone number is 781-648-4000 and their e-mail address is geobauer@comcast.net.

Class of 2004

John Coco, DC, and Heather (Wilt) Coco, DC, were married August 18, 2007. They purchased a practice in October 2007, Coco Chiropractic Associates, LLC, 4540 William Penn Highway, Murrysville, PA 15668, where John practices. The phone number is 724-327-1333 and the e-mail address is hmwilt@hotmail.com. Heather also practices in the Pittsburg area.

Class of 2005

Jill (Crispell) Craig, DC, and Matthew Craig, DC, were married October 20, 2007 in Oneonta, NY and honeymooned in Aruba. They are in the process of opening their own office, Cooperstown Family Chiropractic, 4910 State Highway 28, Cooperstown, NY 13326. Their e-mail addresses are drjillcraig@gmail.com and dr.mattcraig@gmail.com. Their phone number is 607-437-1763.

Richard Chomyszak, DC, and Kristi Lee Vanderlip-Chomyszak, DC, announce the birth of their first child, Stephen John Chomyszak, II, born October 24, 2007. He weighed 8 lbs. 6 oz. and was 20 inches long. Their office address is 62 Front Street, Binghamton, NY 13905 and their e-mail address is chomyszakdc@aol.com.



Transitions

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

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My News _____

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Dear Sirs:

My name is Brenda Stanforth, and I'm 47 years old. Due to an early age of arthritis I have already had both knees replaced. Not too very long after that I was told that I have Spondylolisthesis, which is a disease of the spine in which a vertebra slips over the lower one. Needless to say this is a very painful condition.

My family doctor could do nothing for me except give me a pill for inflammation, which I'm sure has helped somewhat. I took it upon myself to check with a Chiropractor to see if maybe there was something that he may be able to do for me. He is still checking with the insurance company to see if they are willing to help. In the meantime, he gave me four little packets of Biofreeze to use.

That evening I had a chance to use it. WOW, was I ever impressed, as soon as the stuff hit my back, just a few seconds later the pain was gone. If you've ever had a muscle cramp, a back spasm is the same, only the pain is like ten times worse. My back didn't hurt for at least four hours, and I haven't gone that long without pain for a long time. In the past I have used Ben Gay, Icy Hot, Aspirin Cream and that other stuff that Joe Namath says is so great, and you know what, they're all still sitting in the cabinet unused, and probably out-dated.

It's only too bad that other people can not get this product over the counter, so that they can get some relief from pain as I did, especially older people.

Thank you so very much for taking the time to talk and to help me with getting this product. If you have any samples of the packets, it would be great to have some to carry in my purse.

Again, I thank you very much!!!!

Brenda S.

Brenda Stanforth

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