



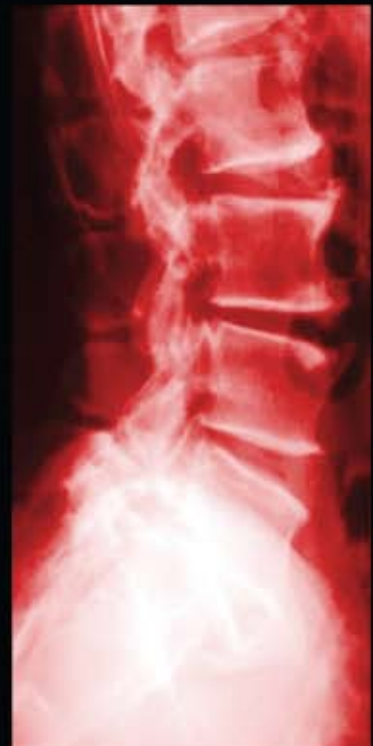
# Transitions

A publication of New York Chiropractic College

November/December 2008



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# **Transitions**

November/December 2008

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Errata: The photo (with presidents of ABCA & ACA) on page 10 under April 2008 – Virginia Chiropractic Association Presentation was actually from the August, 2008 Pennsylvania Chiropractic Association Convention. Also, on page 10... "President Nicchi participated in a panel discussion concerning the future of chiropractic." This is again, incorrect— panel discussion concerning the future of chiropractic took place again at Pennsylvania Chiropractic Association Convention in August 2008.

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 Note also that rapid advances in the medical field may cause this information to become outdated, incomplete, or subject to debate.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

# President's Message

The diagnosis and treatment of arthritis serve as *Transitions'* current theme. Since diagnostic imaging plays a significant role in the diagnosis and follow-up of arthritis, it is appropriate that I recognize the progress made within our new Master of Science in Diagnostic Imaging program and publicly welcome Dr. Jean-Nicolas Poirier who heads the program that, this past summer, graduated its first Resident.

The College educates students in the fields of chiropractic, acupuncture & Oriental medicine, and clinical nutrition - all of which provide effective natural therapeutic options in alleviating the many symptoms associated with arthritis. Patients may benefit greatly from an increase in joint mobility following chiropractic care, a lessening of inflammation through nutritional intervention, and a decrease in pain following the application of

acupuncture, as well as experiencing an improvement in quality of life. Additionally, our natural healthcare approach focuses on health promotion, wellness and the prevention of degenerative disease.

Each healthcare profession relies heavily on quality instruction in order to provide its own unique blend of therapeutic benefits. To this end, and long committed to academic excellence, NYCC contributes significantly.



*Dr. Frank J. Nicchi*  
President

## Odiorne New IQA Executive Director

David Odiorne, MS, DC, joined New York Chiropractic College in November as executive director of the Institutional Quality and Assessment Division. Odiorne is no stranger to the College: His daughter, Jennifer Johnson, DC, is a 2001 alumna who now practices in Maine. "I started forming impressions of NYCC when my daughter was here," Odiorne said recently. "I was very impressed with the quality of the academic program and the campus. When I saw an opportunity to come here I jumped at it because of what I knew from her experience. I have known a number of people associated with NYCC over the years, and they always spoke highly of the College."

Odiorne's hometown of Coopers Mills, Maine, just outside of Augusta, had a population of 400. The town was so small that grades 1-4 were held in a two-room school with a wood-burning stove and a "two-holer" out back. If you wanted water, you had to carry it in from a well. High school was 15 miles away, in Hallowell. After earning a bachelor's degree in education at the University of Maine at Farmington, he taught 5<sup>th</sup> grade in Auburn, Maine, for seven years and earned a master's degree in educational administration from the University of Southern Maine. He then attended Palmer College of Chiropractic, completing his Doctor of Chiropractic degree in 1981. Then it was back to Maine, where,

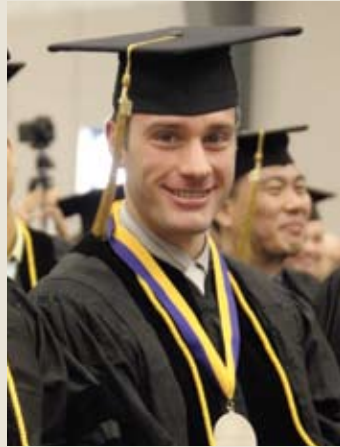


*Dr. David Odiorne*

at the time, there were only 85 chiropractors. For the next 14 years, he maintained a private practice and became involved in the Maine Chiropractic Association, holding every office and serving on every committee. In 1995, he accepted the position of dean of clinics at National University of Health Sciences and eventually became that school's vice president for academic affairs. After eight years, he was named provost and executive vice president at the National College of Naturopathic Medicine, in Portland, Ore. Most recently, he was chief of staff to the president at Bastyr University, in Kenmore, Wash.

Odiorne and his wife of 39 years, Gloria, currently live in Throop, just outside of Auburn, with their 10-year-old husky/schnauzer mix, Duncan, who began life in a shelter in Chicago. Outside of work, Dr. Odiorne enjoys photography and looks forward to getting back into fishing. (Somewhere in the moving truck is a new fly-tying kit, which he plans to put to good use.) He and Mrs. Odiorne love to travel; in fact, for two consecutive summers during their teaching careers they drove across country, taking different routes. They've also been to Europe and have taken cruises to the Caribbean, Mexico, and Bermuda. Now that they live closer to Maine, they'll be able to see their daughter and their 5-year-old twin grandson and granddaughter more often.

# December 2008 DC Commencement



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Salutatorian*



*Craig C. Camidge,  
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*Assistant Professor  
Vincent F. Loia, DC  
Faculty Greeting*



*Carol A. Malizia, DC  
Commencement Address*



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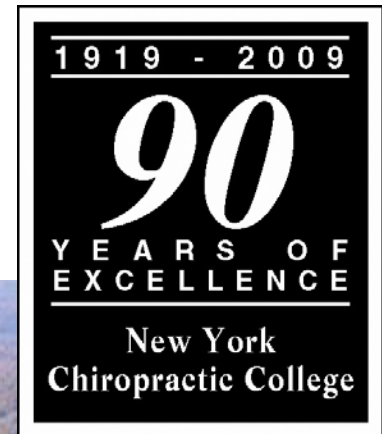
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## Celebrating 90 Years of Excellence...



### **Presidential Leadership**

Great leadership engenders great results. New York Chiropractic College has proven this time and again. About to enter its 90<sup>th</sup> year as the premier academic institution for conservative healthcare, the College continues to thrive through nine decades of superb leadership.

### **The Early Years with Dr. Dean**

The man who started it all for NYCC was Frank Dean, DC, a visionary leader who risked jail and financial ruin in his effort to bring relief to people racked with pain. Greeted by steep obstacles, Dean challenged governmental restrictions, even

facing jail, to advance the cause of chiropractic and was named first president of New York Chiropractic College (then known as the Columbia Institute of Chiropractic) at its founding in 1919. Dr. Dean continued to serve as College President for the next 40 years. While under his stewardship, Columbia Institute of Chiropractic and Atlantic States Chiropractic Institute merged in the 1950s.

### **NYCC Recognized During Dr. Napolitano Era**

In 1959, following Dean's death, Dr. Ernest Napolitano assumed the helm. Dr. Napolitano's career included work with the United Nations Speakers' Research and Communications

Coordination committees. He was awarded 13 honorary degrees and more than 50 educational, professional and civic recognitions. Napolitano also held fellowships in more than 10 learned societies and served innumerable international, national and state academies, societies and associations. Under the management of Dr. Napolitano, the College was granted an Absolute Charter by the New York State Board of Regents and was granted professional accreditation for its Doctor of Chiropractic degree program by the Council on Chiropractic Education.

By the mid-70s, NYCC was bursting at the seams in its small Manhattan brownstone quarters. Dr. Napolitano led the College to Old Brookville, Long Island, in 1975, opening clinics in Greenvale and Levittown. In 1985 (the year Dr. Napolitano died) NYCC was awarded regional accreditation by the Middle States Association of Colleges and Schools.

**The Transition Years with Dr. Padgett**

Following brief terms by Dr. Neil Stern (acting president 1985-1987) and Dr. Keith Asplin (president 1987-1989), arose a president skilled at navigating political circles and whose successful career in chiropractic and clear vision involved another move. In 1989, Kenneth Padgett, DC, was appointed president of the College. His motto of “Tradition in Transition” was appropriate as NYCC underwent its greatest period of change in the school’s long history. In 1991, NYCC opened its doors on a 286-acre campus in Seneca Falls New York. The former site of Eisenhower College was charmingly nestled in New York’s Finger Lakes region and offered a chiropractic health center in neighboring Syracuse. The move to Seneca Falls was not without challenges for the new president who headed a project that included the refurbishing of old buildings on the

Seneca Falls campus and instituting a full research department. During Dr. Padgett’s term, NYCC opened the Ernest G. Napolitano Postgraduate Center, and a chiropractic clinic in Depew. In addition, Padgett oversaw NYCC’s construction of a new 9,300 square-foot academic building and, in 1998, another 38,000 square-foot academic building.

**Ushering in the New Millennium with Dr. Nicchi**

In 2000, NYCC ‘78 alumnus and longtime faculty member, Frank J. Nicchi, DC, MS became the College’s next president. In 2002, and under his leadership, NYCC was awarded an Absolute Charter from New York State Board of Regents that enabled the College to offer additional academic degrees – positioning NYCC as a highly diversified institution that offers various master degrees and a bachelor’s degree in science. In 2003, Nicchi ushered in a master’s program in Acupuncture; Acupuncture and Oriental Medicine; as well as a Bachelor of Science degree in Professional Studies. Also in 2003 the College opened its Seneca Falls Health Center, a 19,400 square-foot multidisciplinary integrated healthcare facility to serve the regional community. Another health center on campus was designated as the Campus Health Center – serving as an internship site to meet the healthcare needs of the campus community and low-income residents in the Seneca Falls area. In 2005, under the leadership of Dr. Nicchi, NYCC began offering students a Master’s of Science degree in Diagnostic Imaging, and in 2006 the College introduced its Master of Science program in Applied Clinical Nutrition. The Master of Science degree in Clinical Anatomy program began in 2007. Currently, Dr. Nicchi is working to further diversify the College’s offerings and carve a unique niche in conservative healthcare characterized by overall excellence and academic rigor.

**New York Chiropractic College Presidents**

**1919-1958**



*Frank E. Dean, DC*

**1958-1985**



*Ernest G. Napolitano, DC*

**1987-1989**



*Keith Asplin, PhD*

**1989-2000**



*Kenneth W. Padgett, DC*

**2000-Present**



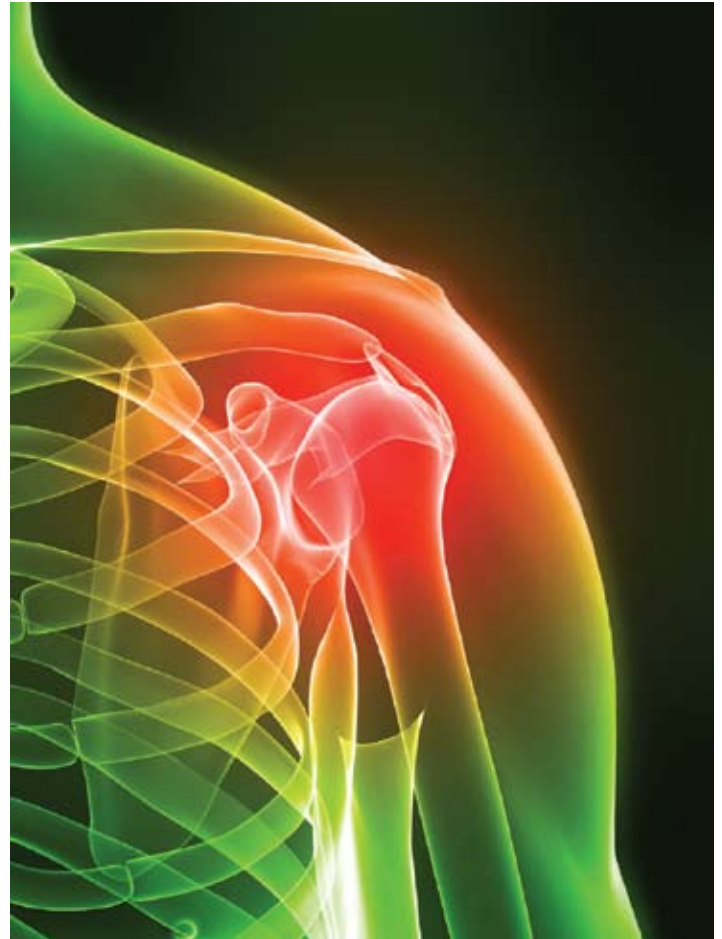
*Frank J. Nicchi, DC, MS*

# “Boning Up” on Arthritis

*By Marissa Sangiacomo*

*Marissa, a sophomore journalism major at St. Bonaventure University interned with NYCC's Institutional Advancement Department this past summer.*

The word “arthritis” conjures images of swollen, disfigured and painful joints. As more people find themselves suffering the early symptoms of this debilitating disease, many are turning to supplements such as glucosamine and chondroitin to lubricate joints and slow its progress and to chiropractic and acupuncture treatments to help alleviate the pain. But do these things really help?



## **What is Arthritis?**

Simply stated - arthritis is an inflammation of one or more joints. It is the most common chronic illness in America and affects more than 350 million people around the world. According to medicine.net, there are more than 100 forms of this disease, including osteoarthritis and rheumatoid arthritis. Whereas osteoarthritis is caused by mechanical wear and tear on joints, rheumatoid arthritis is an autoimmune disease in which the body's own immune system becomes active against itself, leading in this case to cartilage damage.

More particularly, osteoarthritis is caused by the break down of joint cartilage, either from normal wear and tear or from injury. Abnormal metabolism can lead to gout and pseudogout. Rheumatoid arthritis may develop due to infections, heredity, or

from an overactive immune system which attacks the connective tissue in the joints.

Symptoms typically include pain and limited function of joints. Inflammation of the joints often leads to joint stiffness, swelling, redness, and warmth. Because they are rheumatic diseases, fever, gland swelling, weight loss, and fatigue may be associated with them.

## **Diagnoses**

Rheumatologists diagnose patients by examining joints and examining the body for inflammation or diseases. They may take samples of a patient's blood, urine, or joint fluid and may also take x-rays. By catching this disease early irreversible damage may be preventable. Communication between doctors and

patients helps in monitoring symptoms and adjusting treatment if necessary.

### **Staggering Costs and Treatment Options**

Including doctor visits, medications, physical therapy, lost wages, nursing home care, hospitalization, family discord and even early death, arthritis bears an annual cost of more than \$50 billion dollars and is among the costliest healthcare issues nationwide. In addition, Americans spend nearly \$2 billion trying to address their symptoms on their own using various unproven remedies.

In certain cases, doctors may prescribe medication, but some over-the-counter medications such as aspirin, ibuprofen, and naproxen have also been shown to help control pain and inflammation. Injections of cortisone into the joint can temporarily relieve pain, and hyaluronic acid preparations are often injected into the knee to lubricate the joint. This is called viscosupplementation.

Exercise and physical therapy assist in decreasing stiffness and strengthening weakened muscles. Performing daily activities in a less stressful way can be helpful, and canes, crutches, walkers, or splints often assist arthritis patients in getting around.

Patients may turn to surgery for the removal of damaged joint lining, realignment of the joints, fusing the ends of the bones in the joint together to prevent joint motion, or replacing the entire joint.

### **Arthritis and Nutrition**

Researchers have discovered some connections between nutrition and certain forms of arthritis that may help patients know which foods to avoid and which to add to their diet. Beta-cryptoxanthin, a carotenoid, lowers the risk of developing inflammatory forms of arthritis and can be found in yellow and orange fruits and vegetables. Zeaxanthin is another carotenoid with antioxidant power that can be found in yellow and orange fruits and vegetables, as well as green leafy vegetables. Other carotenoids like lutein and lycopene do not have the same effect.

The highest levels of Beta-cryptoxanthin are found in yellow peppers, pumpkins, winter squash, persimmons, tangerines and papayas. The yellow varieties of apples, figs, pears, watermelon, beets, potatoes, summer squash and tomatoes are also rich in this nutrient, as are apricots, cantaloupe, cape gooseberries, grapefruit, golden kiwifruit, lemon, mangoes, nectarines, oranges, peaches, pineapples, butternut squash, carrots, rutabagas, sweet corn and sweet potatoes.

Research on the effects of vitamin C on arthritis has produced mixed results. Long-term use of vitamin C may worsen the severity of osteoarthritis of the knee. For people

with rheumatoid arthritis, however, the effect was the opposite. Vitamin C helps with collagen synthesis, the main protein in joint tissue and bone, and can also control inflammation and fight infections, which may trigger rheumatoid arthritis.

Although there is little scientific evidence that confirms a modified diet can decrease arthritis symptoms, all health care providers agree that people with arthritis can benefit from maintaining a healthy diet. Weight control is also important to relieve pressure on the joints. Those affected by rheumatoid arthritis are also at risk for malnutrition because of the production of cytokines, which increase metabolic rate and protein breakdown.

Some arthritis medications, such as methotrexate, can cause folic acid deficiency and reduce the desire to eat. Other deficiencies include vitamin B12, vitamin E, calcium, magnesium, zinc and selenium. These nutrients can be found in all kinds of foods, such as nuts, which may help replete the deficiencies. Health care providers also recommend that everyone take a multivitamin everyday to counteract any deficiencies.

### **Alternative Remedies**

There are many alternative therapies for people seeking relief from rheumatoid arthritis. A search of the literature reveals that fatty acids such as omega-3s and gamma linolenic have been shown to reduce the production of inflammatory chemicals. Boswellia, an herb found in India, also blocks chemical reactions involved in inflammation. A plant native to southern Africa, known as Devil's Claw, has been shown to be as effective as Vioxx in reducing pain.

Avocado and soybean unsaponifiables can decrease inflammation, reduce pain and stimulate cartilage repair for osteoarthritis. Glucosamine also helps build cartilage, and chondroitin sulfate blocks cartilage-destroying enzymes. Because of its gentle movements, yoga can build strength and flexibility, while massage therapy can relieve muscle tension and reduce stiffness.

Acupuncture and chiropractic treatments have also been shown to help both osteoarthritis and rheumatoid arthritis. For example, acupuncture releases natural pain relievers in the body such as endorphins and serotonin. A study with 294 people showed that after eight weeks of acupuncture, participants had a significant improvement of joint function and pain relief. A study appearing in the *Annals of Internal Medicine* revealed that most people who visit a rheumatologist for osteoarthritis, rheumatoid arthritis and fibromyalgia also sought "complementary and alternative medicine" therapies. Of these, chiropractic was the one most sought and most helpful –improving mobility, lessening pain, and increasing the range of motion in joints.

# Arthritis

## The Nutrition Connection



Is there anything that I can add to my diet that will help alleviate my arthritis pain? Do specific foods make my symptoms worse? These are questions researchers are diligently trying to answer. According to the American College of Rheumatology, arthritis patients spend nearly \$1 billion annually on unproven remedies. Could diet ease the discomfort of stiff joints?

### Diet

Foods do alter the function of the immune system. Diets alter inflammation and can improve symptoms in some patients. Well-balanced diets promote health and help maintain a healthy weight, which relieves stress on joints. Diet also aids by decreasing unwelcome side effects associated with common anti-inflammatory medications, such as diarrhea, indigestion and ulcers.

A number of substances, including copper, zinc, vitamin B, fish oils, and plant-seed oils, have been reported to help relieve arthritis symptoms, though conclusive evidence is sparse. Certain foods have been shown to exacerbate symptoms of rheumatoid arthritis. Avoiding these foods offers short-term benefits.

### Supplementation

Nutritional supplements popular with arthritis sufferers, due to their apparent success in helping alleviate pain and inflammation, include chondroitin and glucosamine - natural building blocks of cartilage. They help lubricate the cushions of cartilage between the joints of hips, knees, hands, and the back. When the cartilage breaks down faster than the body can heal it, osteoarthritis results, with symptoms that include stiffness, joint pain, tenderness and swelling. People suffering from cartilage degeneration may find some relief from such supplements.

Bromelain, a proteolytic enzyme from pineapple, possesses anti-inflammatory and pain-relieving properties similar to aspirin or nonsteroidal anti-inflammatory drugs (NSAIDs).

Unlike NSAIDs, bromelain has no side effects. Ascorbic acid is a powerful antioxidant that can reduce the effect of cumulative damage to cartilage by free radicals. Manganese, required for the manufacture of enzymes necessary for the growth and support of cartilage tissue, is another antioxidant and a crucial component in the fight against free radicals. A bioflavonoid called quercetin can also help reduce inflammation by reducing the body's biosynthesis of inflammatory compounds, thereby decreasing pain, redness and the destruction of joint cartilage. Depression, inflammation, pain and decreased mobility may be helped by herbal supplementation such as St. John's wort, cat's claw, devil's claw, ginger, flax, turmeric, thunder god vine and Indian frankincense.

It has been noted that some arthritis patients appear to have low levels of certain vitamins and minerals. Patients of rheumatoid arthritis may show deficiencies of vitamins C, D, E, calcium and folic acid. Adding antioxidants such as vitamin E may decrease damage to joint linings, thus reducing pain, but more studies are needed to determine the effectiveness of antioxidants. Adding calcium and vitamin D is often recommended to decrease the risk of osteoporosis.

### Exercise Caution

Be careful: Supplements can interact with prescribed medications. Be sure to consult your physician when supplementing.

Some natural therapies don't work as quickly as pharmacotherapies and are not as effective when the body is deficient and/or being constantly insulted by inflammatory triggers in its environment.

### Lifestyle and Allergies

Lifestyle changes in conjunction with supplementation provide longer-lasting therapeutic intervention for chronic inflammation. Addressing dietary triggers and avoiding caffeine, alcohol, processed food, gluten-containing foods, and high arachadonic acid (AA) containing foods may reduce the effects of any food allergies. Since it is estimated that at least 75% of humans are intolerant to gluten – the protein component of wheat, barley, rye, and sometimes oats, unless specified gluten-free – removing it can make a dramatic change in osteoarthritis. Foods such as corn-fed beef, shellfish, and peanuts may increase pain. Choosing more free-range, grass-fed meats (which naturally contain omega-3s), fish, nuts, seeds, and other vegetable proteins not only decreases inflammatory cytokines, but helps the body produce its own anti-inflammatory compounds.

### Omega-3

Omega-3s have more evidence-based research than any other natural therapy for improving inflammatory conditions. Aim for 2-5 grams per day combined EPA & DHA in a fish oil supplement for therapeutic dosing. Because omega-3s are incorporated into every nuclear, mitochondrial, and cell membrane in the body, they are crucial to intra- and extra-cellular communication and ultimately, gene expression.

### Vitamin D

Deficiency in vitamin D contributes to a large majority of inflammatory conditions. Our understanding of vitamin D has increased dramatically in recent years; it is actually more of a pro-hormone than a vitamin and is said to act as a "break" for an overactive immune system, thus reducing inflammation. Conditions related to its deficiency increase exponentially during winter months, and especially in latitudes furthest from the equator. People with darker-pigmented skin, sun-block users, and those who spend long hours indoors are most deficient. Vitamin D is not found in many foods at adequate doses and is usually added as synthetic D2, so it is preferable to supplement as D3 at therapeutic doses – between 1000 and 4000 IUs – to raise blood levels.

### Probiotic Bacteria

Certain (human) strains of probiotic bacteria have also been found clinically to reduce inflammatory markers as well as symptoms. *Lactobacillus plantarum* 299V is perhaps the most researched strain in humans for mediating a wide range of inflammatory conditions.

Aside from diet and lifestyle, omega-3s, Vitamin D3, and probiotics, there are many herbs that have outstanding anti-inflammatory properties such as ginger, turmeric, boswellia, hops, rosemary, oleanolic acid, and cat's claw, to name a few.

### Inflammation

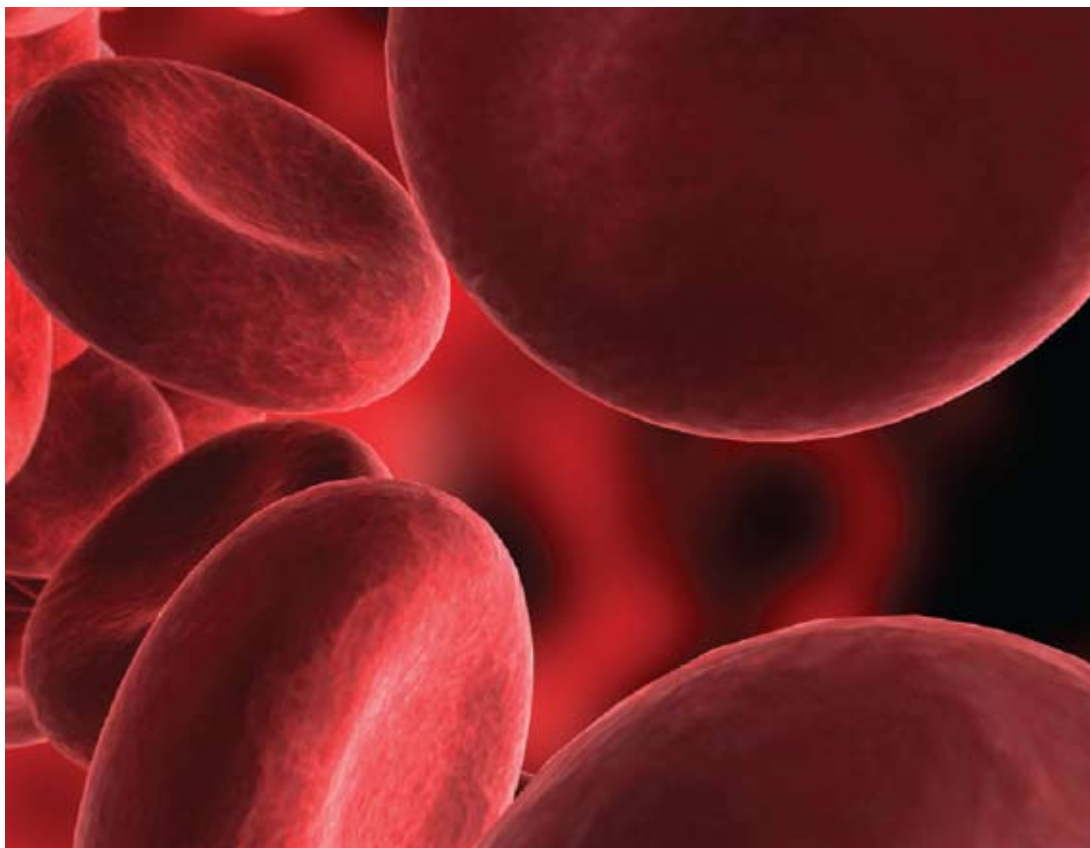
The importance of controlling inflammation goes beyond symptom relief, as more and more research demonstrates that *all* inflammatory conditions have common etiologies arising from the concept of gene expression.

*Georgia Austin, MSACN, Certified First Line Therapy Lifestyle Educator, Sr. Functional Medicine Consultant, Metagenics, contributed to this article.*



# Chronic Pain: Acupuncture Can Help

By Aizhong Li, LAc, PhD



Over the past 30 years acupuncture has grown in popularity in the United States and has proven effective for the relief of chronic pain. Traditional Chinese Medicine (TCM) views the human body as an organic whole - one in which all parts are connected by a network called Jingluo (or meridians) with more than 300 acupuncture points on them. Qi (pronounced “chee”) and blood flow through those meridians. If one organ becomes sick the corresponding point or area of the meridian will be affected and serves as a guide for diagnosis and therapy. A chronic pain patient who exhibits symptoms such as depression, stress, insomnia and fatigue may be viewed by the TCM practitioner as a pattern subject to treatment wherein all symptoms and signs are treated simultaneously.

Acupuncturists use fine hair-like needles to affect the flow of “Qi” or “energy” throughout the body. When Qi is flowing freely, one is said to be healthy. When the flow is blocked, pain or disease results. TCM practitioners feel that chronic pain may arise from a number of things, among them are Qi stagnation in any part of the body, blood stasis, dampness retention, heat stagnation, or underlying deficiency syndrome. When treating chronic pain, the practitioner assesses which meridians are involved and devises a treatment plan. The patient’s constitution

is also considered in light of four TCM diagnostic methods to determine patterns or syndromes.

Treatment addresses both the chief complaint and the condition’s overall pattern. While treating the chief complaint relieves the patient’s suffering in a timely manner, including treatment of the pattern promotes healing and helps to prevent recurrence.

## Research

A marked increase in acupuncture research reveals that acupuncture points have lower electrical resistance and greater conductivity than surrounding tissue. Acupuncture also increases the body’s own production of natural painkillers such as beta-endorphins. Recent studies suggest a correlation between classical acupuncture points and cerebral activity that is not linked by known neural pathways as MRI images show enervation of the brain cortex by needling classical acupuncture points certain points.

In addition to treating chronic pain, acupuncture treats many other conditions. Please visit <http://aom.nycc.edu> or call 315-568-3177 for more information.

*Transitions’ articles contain sourced material. The author is happy to provide attribution upon contacting him/her at [ali@nycc.edu](mailto:ali@nycc.edu).*

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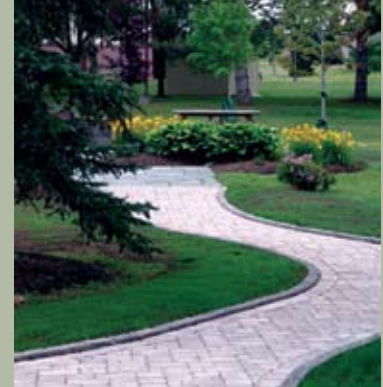
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*Natali Cher, MD, DO*

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# Faculty Spotlight

## Jean-Nicolas Poirier, DC, DACBR

Dr. Jean-Nicolas Poirier has a philosophy about life that has made him a leader in the chiropractic world. In order to succeed, a person always has to work harder than the job responsibilities call for. He takes this philosophy from the office to the classroom and to the athletic field.

“Someone once told me something simple but forever accurate,” Poirier said recently. “In order to succeed, you always have to work more and harder than your job responsibilities call for. For example, if you earn \$10 per hour, you should work for 20. This advice has served me well.”



it. Whenever I have a minute, I enjoy fishing, camping, running, biking and swimming. In fact, a small part of me remains competitive and I still enjoy racing in local triathlons.”

### Focusing on Chiropractic and Arthritis

Poirier is well aware that chiropractic treatments offer benefits to patients with arthritis and said degenerative arthritis (osteoarthritis) is a focus for him. “We know this condition increases with age and abnormal biomechanical stress,” he said. “Essentially, it leads to wear and tear of the joint cartilage.

Chiropractic treatments provide an

### Background

Besides being NYCC’s director of the Master of Science in Diagnostic Imaging (MSDI) program, a position he began in January, he’s an assistant professor in the Chiropractic Clinical Sciences Department at NYCC, and has taught the fifth-trimester Bone and Joint Imaging class. A native of Montreal, Poirier earned his DC degree at the Université du Québec A Trois-Rivières – School of Chiropractic in 2001. He then completed a three-year, full-time diagnostic imaging residency at Parker College of Chiropractic, and became a Diplomate of the American Chiropractic Board of Radiology. He thereafter joined Parker’s faculty and, for two years, directed that school’s diagnostic imaging residency program. Poirier is a member of the American Chiropractic Association, American Chiropractic College of Radiology, Council on Diagnostic Imaging, and New York State Chiropractic Association.

Poirier also is an athlete who takes part in sports that require working harder than the average athlete. A former swimmer, he has been involved in triathlons – both as a trainer and participant – and has completed a half-Iron Man competition. When he is not training for these competitions, Poirier may be found at home with his wife and two children. “My wife, Coleen, and I are from Montreal,” he said. “We were both competitive swimmers and we met on the pool deck. We got married and moved to Texas so I could pursue my studies in radiology. We have two great children: Chloé, 2, and Luke, 4. Both of them were born in Dallas.”

The family recently moved to Pittsford, a suburb of Rochester. “It is a peaceful and quiet community that offers many amenities and beautiful parks and trails,” he said. “We love

increase in the joint health by improving its movement and proprioception. In return, it decreases the nociception associated with joint dysfunction. When you combine this efficient treatment with postural and biomechanical training, repetitive exercises, nutritional counseling and other forms of wellness treatments, you can really improve the joint function.”

The situation may be slightly different with inflammatory arthritides, according to Poirier. “These conditions (such as rheumatoid arthritis) rarely benefit from the biomechanical approach of chiropractic adjustments, especially during acute inflammatory periods,” he said. “Nonetheless, many patients seek consultation with chiropractic doctors because of their natural therapeutic approach and recommendations in terms of anti-inflammatory diets and supplementation. Many of them see a great benefit in these lifestyle changes.”

Diagnostic imaging also plays a role in treatment for arthritis sufferers. Radiological exams are usually a key component of the diagnosis-making process, according to Poirier. Some of the imaging modalities available today are very sensitive and can detect early pathological changes in the joint structure. They can also be used to guide treatment plans, to evaluate the progression of the treatment in certain conditions, and to more accurately formulate a prognosis.

As a chiropractic radiologist, Poirier witnesses the manifestations of arthritis on a daily basis. “Doctors routinely call us looking for answers on imaging questions they may have,” he said. “Often, we discuss treatment options and the need for additional imaging or other diagnostic procedures. Through-

*(Continued on page 36)*



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



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# Alumni Spotlight

## Gary Hecht, DC (NYCC 1995)

After earning a Bachelor of Science in Psychology from State University of New York at Albany, it was geography and general philosophy that originally brought Gary Hecht to New York Chiropractic College (NYCC). Allowing many different techniques and philosophies to co-exist (not the “my-way-or-the-highway mentality”) was a key factor in his choosing NYCC. Hecht graduated from NYCC in 1995. While a student, he enjoyed giving tours of the 286-acre campus and pointing out the nine-hole executive “stress reliever” golf course.

Currently, Hecht is the sole chiropractor in his private practice in Spingfield, N.J., which focuses on wellness - using the body’s natural healing ability rather than medications. He credits NYCC for having given him the tools needed to pass the boards and for the quality of his techniques. He primarily uses diversified, flexion distraction, activator, and sacro-occipital technique (SOT) – a method of normalizing the relationship between the foundation (or sacrum) and the top of the spine.

### Words of Advice

Hecht is passionate about the care of children, and he encourages his young patients to find something they love to do and a way to get paid to do it. If they succeed in this he says they’ll never “work” a day in their lives. “I love being in my office,” he says. “I love the business, and ultimately I love changing lives for the better as only chiropractic can.”

Among those he credits with having the largest influence in his life and career are his parents, who gave him excellent guidance; Larry Markson, DC, whose seminars on current techniques, success principles, and leadership Hecht has attended



*Alumnus Gary Hecht, DC, with children from the mission school in the Dominican Republic.*

over the years; and Joseph Hudak, DC, a fellow NYCC graduate whom Hecht calls his “mentor in practice.” Hecht attributes his personal success to setting goals and listening to everyone he could about their mistakes, and learning from them.

### Mission Work

In April of 2008, Hecht joined Hudak and a number of other chiropractors on a mission trip to the Dominican Republic. The trip was organized by the ChiroMission Foundation, a not-for-profit organization that promotes

chiropractic and helps people around the world, especially in third-world countries. The church they worked in was crowded with people awaiting the healing hands that had come from America. Working morning and afternoon shifts, the group treated approximately 25,000 people in the five days they were there. Hecht adjusted people of all ages, from newborns to grandparents, and recalls seeing “miracles in these people.”

“Any chiropractor who feels worn down by the insurance companies and the day-to-day rigors of running a practice should consider going on one of these missions to see chiropractic in its purist form: giving for the sake of giving without looking for anything in return,” suggests Hecht. “The rewards are sometimes intangible,” he says, “but I knew I had done well when my son, Jeremy, told me ‘I’m proud of you, Daddy.’”

Hecht and his college sweetheart, Robin, have been together for 21 years and married for 13. They have two children: Jeremy, 9, who wants to be a chiropractor; and Danielle, 3. In his spare time, Hecht restores full-sized, coin-operated pinball machines, of which he owns around 30.

*“Any chiropractor who feels worn down by the insurance companies and the day-to-day rigors of running a practice should consider going on one of these missions to see chiropractic in its purist form: giving for the sake of giving without looking for anything in return.”*

**Gary Hecht, DC**

# News Briefs

## NYCC Alum Finds Part-time Work Writing Books Dr. Douglas J. Taber (NYCC 1998)

A graduate of New York Chiropractic College who also works part-time as an author is set to release another book this year.

Douglas J. Taber, D.C. (NYCC '98) made his literary debut two years ago with his book, *The Back Pain Solution: Unlocking the Spinal Code*. His next venture into the annals of writing will focus on a three-tiered approach to managing chronic back pain, including chiropractic care, dietary changes, therapeutic yoga-based exercise, and mindfulness meditation.

"I am very excited about my next book, *The Spinal Answer*, which will be released in the spring of 2009," Taber said from his Binghamton, N.Y., office. "In addition, I am putting the finishing touches on a lumbar exercise stabilization protocol for patients undergoing spinal decompression therapy. This will be a spiral-bound handbook that will be available for doctors to purchase online and pass along to their patients."

As director of conservative care at Comprehensive Spine Care and Orthopedic Surgery, and one of only six chiropractors in New York to be nationally certified as an Independent Chiropractic Examiner by the American Board of Independent Examiners, Taber specializes in the evaluation, diagnosis, and nonsurgical treatment of spine-related syndromes.

### Getting Past the Stereotypes

"I think we have to get past typical stereotypes of being doctors with only one mode of treatment," he said. "Fortunately, what we do best – spinal manipulation – has a great track record of safety and efficacy. That's why other providers want to learn and perform manipulation."

In addition, the Cato, N.Y., native pointed out that for those patients who don't respond to adjustments, doctors also need to offer other "arrows in the quiver." "Whether it be something done along with or instead of CMT (chiropractic manipulative treatment), I think we need to offer a variety of options to our patients," he said. "Chiropractic is not a modality – it's an art, philosophy, and science."

### Integrated Healthcare

According to Taber, the idea of "integrated" care gets a lot of talk and there have been inroads about the subject, but more will be done. Creating a relationship with other providers is not an overnight process, he said. "I think the adage 'first understand, then seek to be understood' holds true in the area of interdisciplinary care," he said.

Dr. Taber also pointed out that, as part of a spine-care team, chiropractors need to know clinical prediction rules for what is done and what others may have

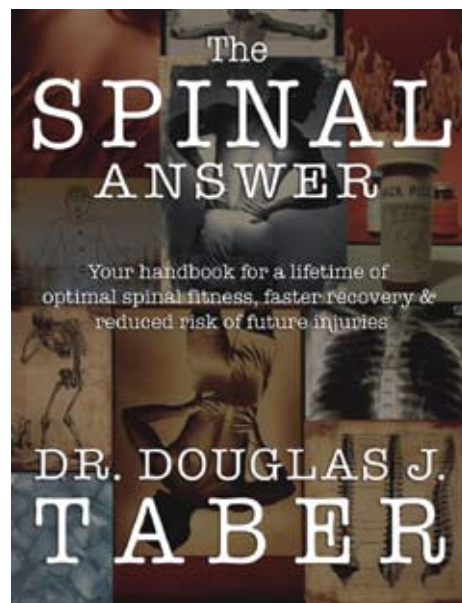


Dr. Douglas J. Taber

to offer. "For example, I recently saw a patient with severe spinal stenosis," he said. "After a long discussion with her and her husband, we decided that optimal therapy would include epidural injections. After which, she will return to me when we may have better luck with chiropractic techniques or rehab exercises. In spine care, timing is everything."

In addition to writing books, Taber is taking acupuncture courses from the International Academy of Medical Acupuncture and co-founded the New York Spine Society. On May 7, Taber will speak at NYCC about the role of chiropractic in a multidisciplinary center. "I'm looking forward to it; my goal is to identify DCs important role in spine care and to reinforce the notion that we are the go-to providers for neuromusculoskeletal care in the 21<sup>st</sup> century," he said.

To learn more about Dr. Taber, you can visit his Web site at [www.comprehensivespinecare.com](http://www.comprehensivespinecare.com) or [www.doctaber.com](http://www.doctaber.com).



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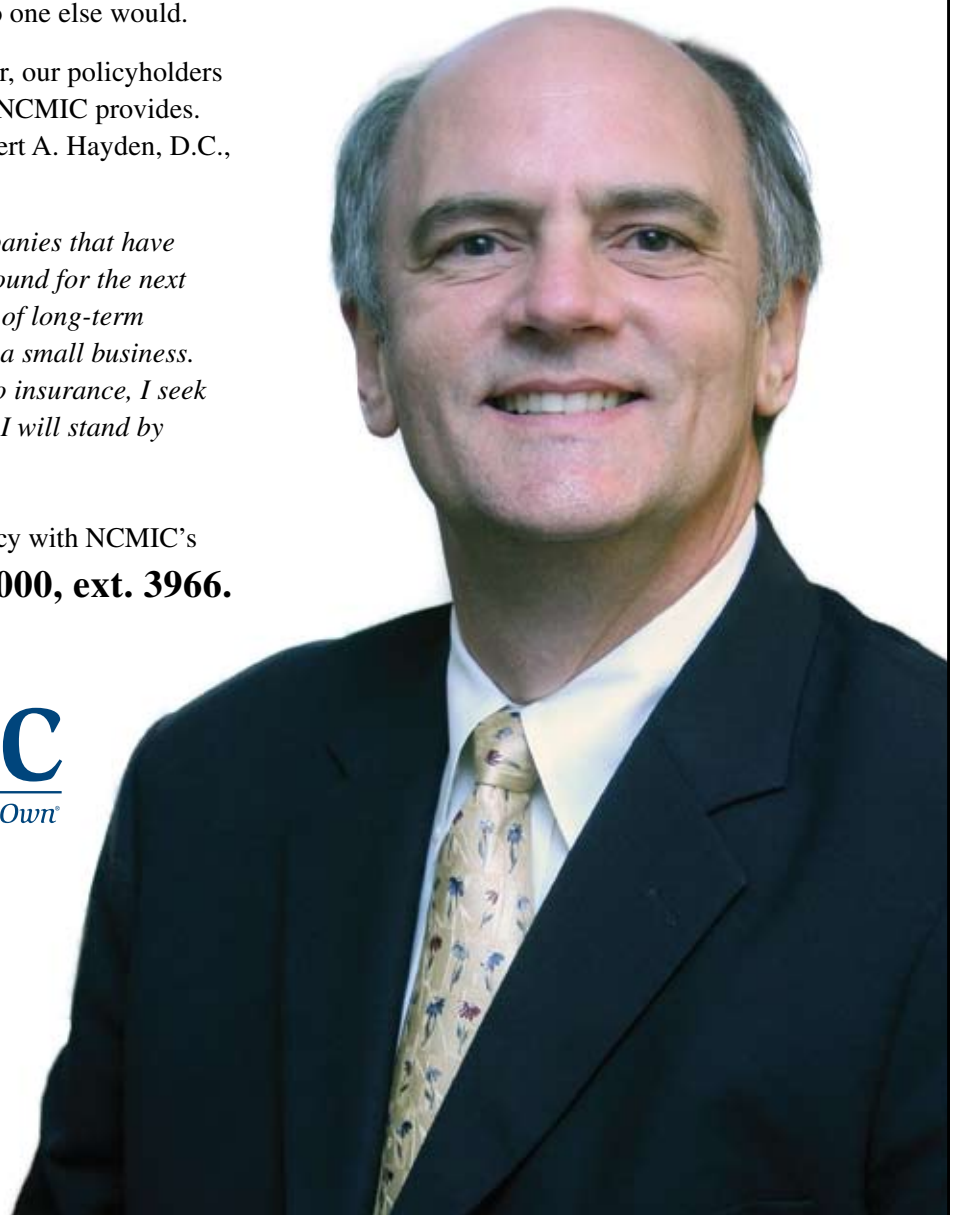
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# News Briefs

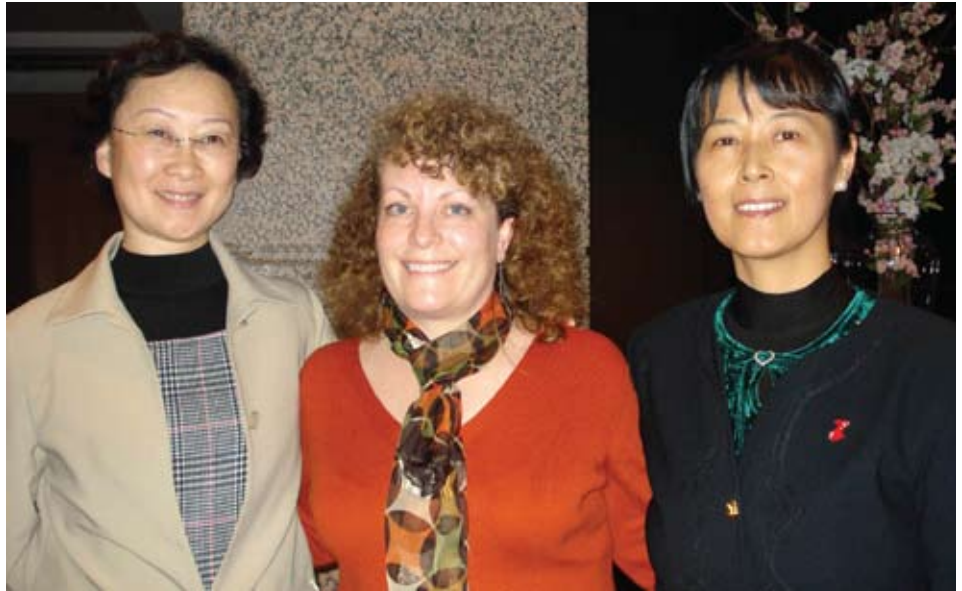
## Three Speak at Worldwide TCM Summit

NYCC Acupuncture and Oriental Medicine Dean Shaune Ralph, LAc, MAc, Assistant Professor Qunce “Queenie” Zhang, LAc, MS, and Associate Professor Aizhong Li, LAc, PhD, were invited to speak at the prestigious 2008 New York Traditional Chinese Medicine Summit (TCM), held November 1-2 at the Sheraton LaGuardia East Hotel. Organized by the World Federation of Chinese Medicine Societies, hosted by the American Traditional Medicine Society, and co-hosted by the United Alliance of New York State Licensed Acupuncturists, the event consisted of symposiums on clinical practice, TCM education, regulations and research, herbal medicine, acupuncture practice, TCM modernization, manual manipulation techniques, global complementary and alternative medicine (CAM) education and research, and integrative medicine.

### The Perfect Platform

According to the Special Journal distributed at the Summit, the event – the first of its kind – was designed to serve as a “platform for clinicians, scholars, politicians, and even patients to discuss and exchange ideas and opinions for the healthy development of TCM on the world stage” as well as a “valuable resource of continuing education for TCM practitioners who are eagerly seeking state-of-the-art knowledge in TCM research and practice.” Dean Ralph commented, “This multilingual summit represents a turning point in the development of a new, cooperative approach to TCM education that spans continents and cultures alike.”

More than 500 people attended the worldwide summit, with more than half



(L to R) Assistant Professor Qunce Zhang, LAc, MS; AOM Dean Shaune Ralph, LAc, MAc; and Associate Professor Aizhong Li, LAc, PhD, at the 2008 New York International TCM Summit.

traveling from China and Japan for the occasion. Others came from Canada and various parts of the United States, some from as far away as California. Also in attendance was former AOM Dean Marilee Murphy, LAc. Speakers presented in either English or Chinese, while Chinese- and English-speaking interpreters translated. All PowerPoint presentations were required to be in English, and many speakers chose to present bilingually. Highlights of this unique event included a presentation of “Ways to Train the Talents for Traditional Chinese Medicine,” by the executive director of academic affairs of Beijing University of Chinese medicine, who is also a professor there; and demonstrations on needling technique by experts from China – in particular, one by the vice president of the Guang Zhou University of Traditional Chinese Medicine.

Dean Ralph’s presentation at the Summit was titled “TCM in Chiropractic Schools,” with Zhang providing the Chinese translation. Zhang’s presentation was titled “Decision-Making Approach within Traditional Chinese Medical Diagnosis.” The abstract of this presentation was published in the Special Journal, along with that of another paper by Zhang, “Treating Side Effects of Radiation Therapy with Acupuncture & Chinese Herbal Medicine.” Li gave two presentations, with both abstracts published in the Special Journal: “Acupuncture Treatment of Pain in the Multiple Sclerosis Patient” and “Introduction to Sun’s Abdominal Acupuncture Theory and Its Clinical Application.”

Congratulations to everyone from NYCC who participated in this historic event, helping to set the standard for future TCM conferences.

**“This multilingual summit represents a turning point in the development of a new, cooperative approach to TCM education that spans continents and cultures alike.”**  
—NYCC AOM Dean Shaune Ralph, LAc, MAc

# Alumni Spotlight

## Sherry Lints, DC (NYCC 1998)

*Doddy Benedict, 8<sup>th</sup> Trimester (DC)*

Dr. Sherry Lints is a 1998 graduate of New York Chiropractic College, where she was a member of Phi Chi Omega Chiropractic Honor Society and named to the Dean's List for several trimesters consecutively. After earning her associate degree from Mohawk Valley Community College, Lints attended Utica College of Syracuse University in Utica, N.Y., where she received her Bachelor of Science degree in Biology with a minor in Psychology in 1995. She currently runs her own practice, Better Health Chiropractic, in Utica, N.Y. In addition to her love of math and science, Lints has a passion for drama and music, and was very active in both during her high school years.

### Choosing NYCC

It was the new 280-acre campus in the heart of the Finger Lakes region that first attracted Lints to New York Chiropractic College. She also enjoyed the fact that it was close enough for her to attend the various church and community activities she was involved with in her hometown. Some of her most memorable moments as a student at NYCC included singing on campus for the Christian Chiropractic Association, and the many faculty "roasts" that took place at the end of each trimester. Lints also recalls the sad memory of losing a beloved classmate, Melissa Sarkis. A faculty member at the time, Dr. Ronnie Sciotti, provided comfort and inspiration to Lints and her classmates. She reminded them that as chiropractors they are a brave and courageous bunch who chose to go against the tide as both people and professionals, and as a result they would rise up and overcome this challenge. "And we did," Lints recalls.

### Overcoming Challenges

As challenging as chiropractic college can be on its own, Lints had even greater challenges to overcome on her road to becoming a doctor of chiropractic. When she first entered the doors of NYCC, the school was not prepared to handle a student with a bilateral hearing impairment. This, she admits, was perhaps her most trying obstacle to overcome during her academic career. Over the course of several meetings and discussions, Lints became a stimulus for change. NYCC has since implemented several tools to accommodate students with special needs, including note takers, tutors and audio equipment.



### The Music of Chiropractic

Lints' love of music, particularly gospel, permeates into every aspect of her life, including her office. She knew early on that she wanted to be involved with musicians and began attending concerts wherever and whenever possible. At each event, Lints handed out business cards and offered any services she could, from promoting to adjusting. She recalls hearing a legend in the Gospel industry say that you should always be ready, willing and able; an idea which she has held true to ever since. Lints is licensed in both New York and Pennsylvania and, because most artists reside in Tennessee, she also became licensed to practice in Tennessee in 2007. Over the years, Lints has worked with or met various recording artists and Hollywood celebrities, including Governor

Arnold Schwarzenegger (pictured above).

Lints admits that she is married to her career of 10 years, and when she is not in the office or backstage, she is on stage somewhere singing or working on a new movie project. She just released her debut CD, "Thank You," and makes an appearance in the upcoming movie *Clancy*. Lints hopes to try her hand at screenwriting for a motion picture in the near future as well! More information can be found on her website at [www.betterhealthchiro.topchiro.com](http://www.betterhealthchiro.topchiro.com).

### Alumni Advice

The best advice Lints ever received was from Mark Feldman, DC, who instructed his students to treat patients as you would want your grandmother to be treated. She believes this is the best message that she can pass on to students approaching graduation. "Do unto others as you would have others do unto you." Focus on *quality* care rather than *quantity* care, and don't worry about getting paid. If you practice with integrity and put your patients first, says Lints, the money will come.

### Giving Thanks

The strongest influence in her life has been her faith in God, facilitated by mentors, church leaders and family members. Lints would like to give a special thanks to all of her teachers and instructors. It is because of them that she can echo the words of Maggie Finn, DC: "I am a chiropractor. I adjust; that's what I do."

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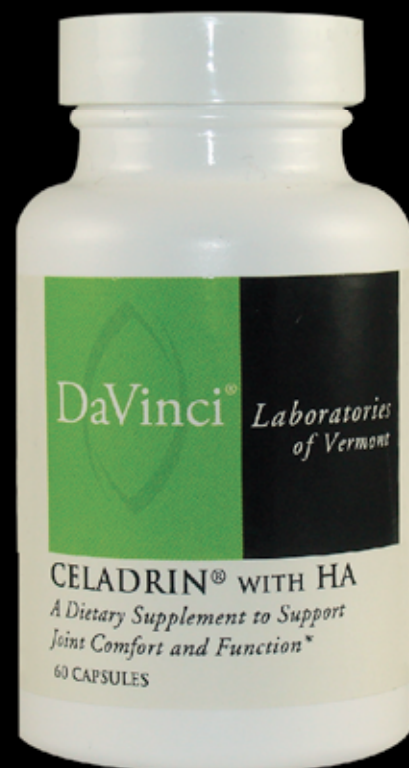
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# What's News?

## Alumni Update ~ Alumni Update ~ Alumni Update

### Class of 1986

*James Demetrious, DC, FACO*, has been asked to serve on the Executive Committee of the Academy of Chiropractic Orthopedists and as Editor of the ACO's eJournal. Dr. Demetrious will be presenting two lectures at the American College of Chiropractic Orthopedists' annual convention in San Antonio, Texas on May 8-10 entitled, "Risk Management: Evidence Based Assessment of Associated Efficacy and Safety Considerations Related to Spinal Surgical Referrals of Patients Exhibiting DJD with and without Radiculopathy," and, "The ABCs of Writing Case Reports." His office address is 5202 Carolina Beach Road, 4, Wilmington, NC 28409 and his phone number is 910-790-8020. He can be reached by e-mail at [jdmetrdc@aol.com](mailto:jdmetrdc@aol.com).

### Class of 1999

*John A. Fuentes, DC*, of Clifford, Pa., joined 93 other chiropractors and students for five days this past October as part of Chiromission, bringing chiropractic to the Dominican Republic. They adjusted everyone who wanted to be adjusted totalling over 57,000 adjustments. After some people were adjusted, they would go home and bring more family and friends to be adjusted. Dr. Fuentes said that this had been the most rewarding experience since his graduation. Anyone interested in learning more about Chiromission should go to its Web site at [Chiromission.com](http://Chiromission.com).

### Class of 2001

*Marisa R. Silver, DC*, and her husband Jeffrey Eisenberg, announce the birth of their son, Austen Shane Eisenberg, on December 15, 2008. He weighed 7 lb. 10 oz. and was 21 1/2 inches long. Dr. Silver's e-mail address is [Silverspine12@aol.com](mailto:Silverspine12@aol.com).

*Andy Gallinaro, DC*, and *Peg (Campbell) Gallinaro, DC*, announce the birth of their daughter, Ava Ruth, on December 23, 2008. They own and operate Health

Source Chiropractic Clinic in Londonderry, NH. Their e-mail address is [compchirocare@yahoo.com](mailto:compchirocare@yahoo.com) and their phone number is 603-624-6100.

### Class of 2002

*Matthew Lepito, DC*, and his wife, Susan, announce the birth of their daughter, Kaitlyn Alexis Lepito, on November 13, 2008. She weighed 7 lbs. 15 oz. Dr. Lepito owns and operates Performance Spine and Rehabilitation Center with his wife, Susan, at 10 Fila Way, Suite 208, Hunt Valley, MD 21152. Their e-mail address is [drlepito@performspine.com](mailto:drlepito@performspine.com) and their Web site address is [www.performancespine.com](http://www.performancespine.com). Their phone number is 410-472-9625.

### Classes of 2004 and 2005



*Marc Persson, DC ('04)* and *Emily Swonguer, DC ('05)* (seated) were married September 20, 2008. Several of their classmates attended the wedding (standing): *Yarissa (Rodriguez) Williams, DC ('05)*; *Shawn Williams, DC ('04)*; *Jeyoung Yun, DC ('05)*; *Joseph Gambino, DC ('04)* and *Michelle Gambino*; and *Amy Rinker, DC ('05)*.

# What's News?

## Alumni Update ~ Alumni Update ~ Alumni Update

### Class of 2003

**Aaron Oberst, DC**, and his wife Amanda, announce the arrival of their daughter, Lily Virginia Oberst, on November 9, 2008. She weighed 8 lbs. 12 oz. and was 21 inches long. She joins her big brother, Samuel, who is now 19 months old. Dr. Oberst can be reached by e-mail at [aaronoberst@yahoo.com](mailto:aaronoberst@yahoo.com) and you may visit his Web site at [www.drdrillinstructor.com](http://www.drdrillinstructor.com).

### Class of 2005

**Thomas J. Vicentini, DC**, and his wife Silvia, are proud to announce the birth of their son, Rafael Alessandro Vicentini, on November 24, 2008. He weighed 7 lbs. and was 19.3 inches long. Dr. Vicentini passed the Swiss national board exams magna

cum laude at the beginning of November. He will continue to work at his office in Brig, Switzerland. His e-mail address is [vitsch@gmax.ch](mailto:vitsch@gmax.ch).

**Maria Zalone, DC ('05)**, and **Kevin Sommer, DC ('06)**, began dating while attending NYCC, when Dr. Kevin Sommer was the highest bidder at a date auction for the Lance Armstrong-Live Strong Cancer Foundation. His prize was a date with Dr. Maria Zalone and they've been together ever since. They were married on May 17, 2008 in Auburn, N.Y., and they just celebrated the one-year anniversary of their practice, Perinton Hills Chiropractic, P.C., which is located at 360 Perinton Hills Office Park, Fairport, NY 14450. Their e-mail address is [wellnessdoc@frontiernet.net](mailto:wellnessdoc@frontiernet.net) and their phone number is 585-223-2610.

## 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; or e-mail: [pvantyle@nycc.edu](mailto:pvantyle@nycc.edu).

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Name while at NYCC \_\_\_\_\_

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*Transitions* is a publication of New York Chiropractic College. Direct all submissions to Peter Van Tyle, Executive Director of Institutional Advancement, NYCC, P.O. Box 800, Seneca Falls, NY 13148-0800 (315-568-3146).

## NYCC School of Acupuncture and Oriental Medicine Students Exceed NCCAOM National Average on Board Exams

Recent National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM) test results indicate that the examination scores of students enrolled in the School of Acupuncture and Oriental Medicine at NYCC are exceeding the national average.

Pass rates have been impressive since the inception of the program at NYCC, and recent results show an increasing percentage of students meeting or exceeding the national averages on the portions of the test dealing with Acupuncture with Point Location, Biomedicine, Foundations of Oriental Medicine and Asian Bodywork Therapy. A significant increase was also noted this year in the Chinese Herbology portion of the exam, raising the college's pass rate by nearly 34% over 2007 scores. NYCC realized a 100% pass rate on 4 out of 5 of these exams in 2008, and the pass rate percentage for that exam was 93.75.

Shaune D. Ralph, LAc, Dean of NYCC's School of Acupuncture and Oriental Medicine, expressed pride at the news. "We are very pleased with our students' test results, especially with their exceptional performance on the Chinese Herbology segment of this exam. This achievement demonstrates our faculty's deep commitment to academic excellence, and certainly speaks well for our students," she said.

## Faculty Spotlight

*(Continued from page 22)*

out the years, I have observed the benefits of utilizing diagnostic imaging procedures to enhance chiropractic diagnosis and treatments. When utilized appropriately, imaging modalities are a real help to solve common clinical problems."

Poirier also explained that NYCC has a team of experts ready to help anyone with radiology questions or diagnostic reports. "We participated, in partnership with NYCC, in a recently created professional radiology group for the local and distant chiropractic community called Diagnostic Imaging Services and Consultation (D.I.S.C.)," he said.

DISC offers a variety of services to complement a practice and imaging needs. "The world of radiology is rapidly evolving - becoming one of the most utilized diagnostic services for patients," he added. "We also offer a Masters Degree in Diagnostic Imaging for doctors who are interested in becoming chiropractic radiologists."

### The Future

As the doctor looks to the future and imagines his world with greater technology to help with his profession, he sees signs of growth in helping people better cope with health issues.

After a year of employment at NYCC, Poirier reflects on why he chose NYCC over other institutions: "The reputation of the college as a strong academic institution and a leader in chiropractic clinical education, the recent establishment of the MSDI program, the beautiful Finger Lakes area, and the proximity to family members in Montreal, Canada," he said.

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# NCLAF Activity Making an Impact Every Day

*By Mario Spoto, DC*

Today, copies of one of the most comprehensive studies on neck pain have been sent to more than 16,000 practicing neurologists in the United States. The study, published in the Feb. 15, 2008 issue of the journal *Spine*, demonstrates not only the effectiveness of chiropractic for the relief of neck pain but also the safety of chiropractic neck manipulation compared with other treatments. In a letter accompanying the study, ACA President Glenn Manceaux notes that it is “important that chiropractors and neurologists be on the same page regarding the most current research” since they often see the same patients. This important education effort was supported in part by funds from the National Chiropractic Legal Action Fund (NCLAF).

Today, doctors of chiropractic in New Jersey may again manipulate extraspinal areas. The decision, which reversed a lower court ruling, was made by the New Jersey Supreme Court on June 18 in the case of *Bedford vs. Riello*, and can be credited to the hard work of the Association of New Jersey Chiropractors with financial support in part from NCLAF.

Today, millions of dollars are being reimbursed to federal workers for services provided by their doctors of chiropractic because of NCLAF-funded legal action. This is significant because the Federal Employee Health Benefits Plan (FEHBP) is viewed by many to be the basis for future national healthcare reform. In fact, many health care reform proposals being floated for consideration use the FEHBP as the basis for coverage and inclusion in any new program to cover the millions of uninsured Americans. While it is much too early for ACA to endorse a specific federal health care overhaul scheme, it is important to remember that it was NCLAF-supported legal action that won inclusion of chiropractic in the current federal employee health plan.

Today, ACA is taking the problems of chiropractic managed care organizations directly to state and federal regulators. It is supporting efforts to collect needed patient information and to meet with regulators and attorneys general in more than 20 states to end what ACA views as abuse of doctors and patients by managed care organizations—all of this made possible through NCLAF funding.

Today, ACA (through NCLAF) is supporting individual litigation by doctors against managed care companies that seek to reverse adverse policies. Such litigation has resulted in coverage of spinal

decompression techniques previously defined as “experimental and investigational.”

Today, the American Medical Association has retracted its recent policy contained in its *Guides to the Evaluation of Permanent Impairment*, which previously held that chiropractors should be restricted to impairment evaluations of the “spine only.” ACA’s intervention in the matter, which resulted in AMA changing the policy, was supported by NCLAF funds.

Today, there are class-action settlements with Cigna and Humana, which not only resulted in the payment of millions of dollars to doctors of chiropractic but also established permanent court-enforced systems for addressing chiropractic billing and payment concerns. As part of the settlements, ACA was also given representation on the advisory panels of Cigna and Humana. These class-action settlements would not have been possible without NCLAF support.

Today, after 30 years, the presumption under Medicare that MDs and DOs were qualified to provide manual manipulation of the spine to correct a subluxation is ended (and subject to a demonstration project that they are not). In addition, HHS has determined that under the Medicare statute physical therapists are not qualified to provide this physician service. These changes, resulting from ACA legal action, would not have been possible without NCLAF funding.

Today, NCLAF funding also extends to a variety of other legal efforts- NCLAF is one of the largest contributors in fighting events unfolding in Brazil, where brazen action by the PT’s are attempting to make the practice of chiropractic a sub-specialty of physiotherapy. This is a clear and present danger to the continued growth of the profession internationally with domino-like consequences.

Tomorrow, there will be other challenges that can only be met through resolute and aggressive legal action. The existence of NCLAF, along with ACA’s track record of refusing to falter in the face of a challenge, is both a powerful disincentive to our opponents and an essential protection for the profession.

If you believe in the future of the profession and the need for the resources to protect it, we ask that you contribute today to NCLAF. To contribute online, go to [www.acatoday.org](http://www.acatoday.org) (click Advocacy, then Legal Action Fund), or send a check to NCLAF, P.O. Box 75359, Baltimore, MD 21275.

*Dr. Spoto is chairman of the NCLAF. Special thanks to Tom Daly, Esq., NCLAF attorney, for his contributions to this column.*



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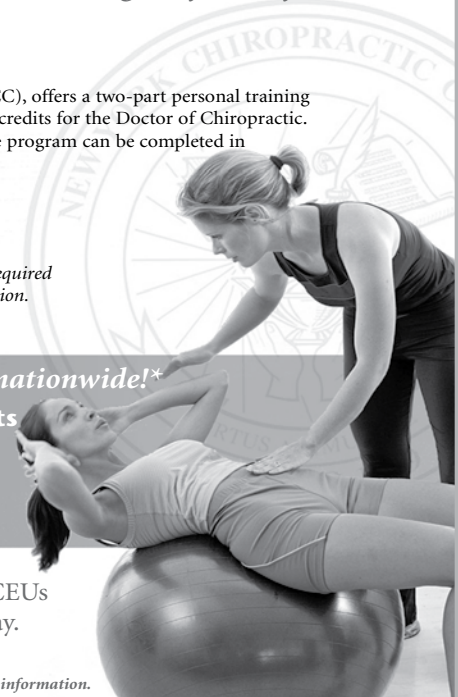
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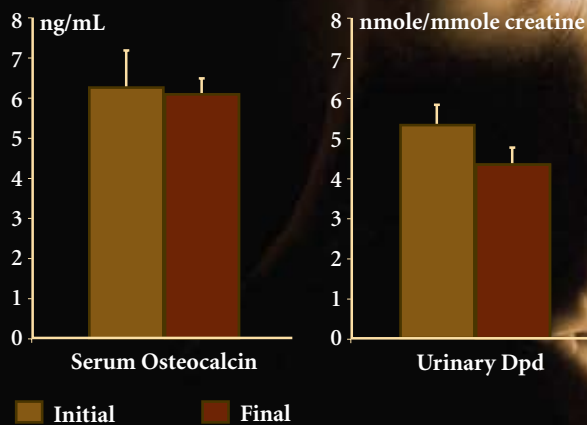
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