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Meta-analysis reveals prevalent disc degeneration

Doctors of chiropractic already know the disturbing information that the latest *Chronic Back Pain Statistics in the US (2024)* report reveals, namely that:

- Back pain is a leading cause of work limitations globally
- 15% to 20% — or 3 to 4 in 20 adults — have back pain (or spine pain) during a single year
- 50% to 80% of adults will experience at least one episode of back pain during their lifetime
- Females are more likely to suffer from low back pain at 31.6% — or more than 3 in 10 — compared to 28% of males
- Low back pain is most prevalent in people aged 75 and older at 37.3% and least prevalent in ages 18 to 44 at 24.4%
- Back pain statistics show that this condition is one of the most expensive conditions to treat in aggregate — accounting for over \$100 billion in care each year
- 69% or every 7 in 10 adults experience recurrent back pain within 12 months after recovery

[Research](#) by Brinjikji W, Diehn FE, Jarvik JG, Carr CM, Kallmes DF, Murad MH, Luetmer PH titled, *MRI Findings of Disc Degeneration are More Prevalent in Adults with Low Back Pain than in Asymptomatic Controls: A Systematic Review and Meta-Analysis* first published in *AJNR Am J Neuroradiol*. 2015 Dec;36(12):2394-9 concluded that:

“This meta-analysis of epidemiologic studies demonstrates that MR imaging evidence of disc bulge, disc degeneration, disc extrusions and protrusions, Modic 1 changes, and spondylolysis had significant associations with low back pain in adult patients 50 years of age or younger. The association between these degenerative findings and pain should not be interpreted as causation. These imaging findings may be considered as candidate biomarkers for low back pain in younger patients (younger than 50 years of age). The role of these findings in determining treatment strategies or prognosis of low back pain has not been established.”

Continued on page 4

Weight loss and diabetes drug linked to risk of blindness

Chiropractic patients who take Ozempic or Wegovy may have a higher risk of developing a rare form of blindness, a new [study](#) suggests. That work by Hathaway JT, Shah MP, Hathaway DB, et al. titled, *Risk of Nonarteritic Anterior Ischemic Optic Neuropathy in Patients Prescribed Semaglutide* was published in *JAMA Ophthalmol* online July 03, 2024.

The study was launched after doctors at Mass Eye and Ear noticed and reported an unusually high number of patients with nonarteritic anterior ischemic optic neuropathy, or NAION, a type of eye stroke that causes sudden, painless vision loss in one eye.

The condition is relatively rare — up to 10 out of 100,000 people in the general population may experience it — but the doctors noted three cases in one week, and each of those patients was taking semaglutide medications.

A subsequent review of medical records showed that people with diabetes were more than four times more likely to be diagnosed with NAION if they were taking semaglutide, and those who were overweight or obese were more than seven times more likely to experience the condition if they were taking the medication. The risk was found to be greatest within the first year of receiving a prescription for semaglutide.

The design of the study, described in the ABSTRACT, said: “In a retrospective matched cohort study using data from a centralized data registry of patients evaluated by neuro-ophthalmologists at 1 academic institution from December 1, 2017, through November 30, 2023, a search for International Statistical Classification of Diseases and Related Health Problems, Tenth Revision code H47.01 (ischemic optic neuropathy) and text search yielded 16 827 patients with

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IACP

The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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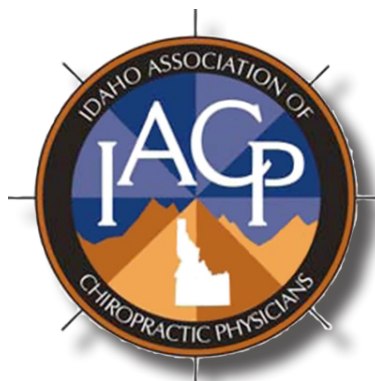
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Meta-analysis reveals prevalent disc degeneration

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Disc degeneration is a serious problem and this meta-analysis underscores the importance of chiropractic care. Early treatment can stave off the many health issues caused by disc degeneration.

This conclusion is supported by many studies, including the work by Hays RD, Sherbourne CD, Spritzer KL, Hilton LG, Ryan GW, Coulter ID, Herman PM. That [research](#), titled, *Experiences With Chiropractic Care for Patients With Low Back or Neck Pain* was published in the *J Patient Exp.* in June of 2020.

They conducted an observational study of 1853 chronic low back pain and neck pain patients (74% female) who completed an online questionnaire at the 3-month follow-up that included Consumer Assessment of Healthcare Providers and Systems (CAHPS) items assessing their experiences with care.

The following results were reported: “We found similar reports of communication for the chiropractic sample and patients in the 2016 CAHPS National Database, but 85% in the database versus 79% in the chiropractic sample gave the most positive response to the time spent with provider item. More patients in the CAHPS database rated their provider at the top of the scale (8 percentage points). More chiropractic patients reported always getting answers to questions the same day (16 percentage points) and always being seen within 15 minutes of their appointment time (29 percentage points).”

They concluded: “The positive experiences of patients with chronic back and neck pain are supportive of their use of chiropractic care.”

The meta-analysis noted: “An initial search yielded 280 unique studies. Fourteen (5.0%) met the inclusion criteria (3097 individuals; 1193, 38.6%, asymptomatic; 1904, 61.4%, symptomatic). Imaging findings with a higher prevalence in symptomatic individuals 50 years of age or younger included disc bulge (OR, 7.54; 95% CI, 1.28–44.56; $P = .03$), spondylolysis (OR, 5.06; 95% CI, 1.65–15.53; $P < .01$), disc extrusion (OR, 4.38; 95% CI, 1.98–9.68; $P < .01$), Modic 1 changes (OR, 4.01; 95% CI, 1.10–14.55; $P = .04$), disc protrusion (OR, 2.65; 95% CI, 1.52–4.62; $P < .01$), and disc degeneration (OR, 2.24; 95% CI, 1.21–4.15, $P = .01$). Imaging findings not associated with low back pain included any Modic change (OR, 1.62; 95% CI, 0.48–5.41, $P = .43$), central canal stenosis (OR, 20.58; 95% CI, 0.05–798.77; $P = .32$), high-intensity zone (OR = 2.10; 95% CI, 0.73–6.02; $P = .17$),

annular fissures (OR = 1.79; 95% CI, 0.97–3.31; $P = .06$), and spondylolisthesis (OR = 1.59; 95% CI, 0.78–3.24; $P = .20$).

It concluded by saying: “Meta-analysis demonstrates that MR imaging evidence of disc bulge, degeneration, extrusion, protrusion, Modic 1 changes, and spondylolysis are more prevalent in adults 50 years of age or younger with back pain compared with asymptomatic individuals.”

Low back pain affects up to two-thirds of adults at some point in their lives. Back pain–related disability has significant economic consequences due to consumption of health care resources and loss of economic productivity. Increased use of MR imaging and CT in the evaluation of patients with back pain consumes a large amount of health care resources. Imaging findings such as disc bulge and disc protrusion/extrusion are often interpreted as causes of back pain, triggering both medical and surgical interventions. Furthermore, prior studies have demonstrated that imaging findings of spinal degeneration associated with back pain are present in a large proportion of both symptomatic and asymptomatic individuals, thus limiting the diagnostic value of these findings.

Numerous studies have examined and compared the prevalence of degenerative spine findings in symptomatic and asymptomatic populations. Given the large number of adults who undergo advanced imaging to help determine the etiology of their back pain, it is important to know whether these findings are indeed more prevalent in symptomatic-versus-asymptomatic patients. Such information will help radiologists, referring clinicians, and patients interpret the importance of degenerative findings noted in radiology reports. The purpose of this meta-analysis of case-control studies was to compare the prevalence of MR imaging features of lumbar spine degeneration in adult individuals 50 years of age or younger with and without self-reported low back pain.



Weight loss and diabetes drug linked to risk of blindness

Continued from front page

no history of NAION. Propensity matching was used to assess whether prescribed semaglutide was associated with NAION in patients with type 2 diabetes (T2D) or overweight/obesity, in each case accounting for covarying factors (sex, age, systemic hypertension, T2D, obstructive sleep apnea, obesity, hyperlipidemia, and coronary artery disease) and contraindications for use of semaglutide. The cumulative incidence of NAION was determined with the Kaplan-Meier method and a Cox proportional hazards regression model adjusted for potential confounding comorbidities. Data were analyzed from December 1, 2017, through November 30, 2023.”

The study RESULTS found: “Among 16 827 patients, 710 had T2D (194 prescribed semaglutide; 516 prescribed non–GLP-1 RA antidiabetic medications; median [IQR] age, 59 [49–68] years; 369 [52%] female) and 979 were overweight or obese (361 prescribed semaglutide; 618 prescribed non–GLP-1 RA weight-loss medications; median [IQR] age, 47 [32–59] years; 708 [72%] female). In the population with T2D, 17 NAION events occurred in patients prescribed semaglutide vs 6 in the non–GLP-1 RA antidiabetes cohort. The cumulative incidence of NAION for the semaglutide and non–GLP-1 RA cohorts over 36 months was 8.9% (95% CI, 4.5%–13.1%) and 1.8% (95% CI, 0%–3.5%), respectively. A Cox proportional hazards regression model showed higher risk of NAION for patients receiving semaglutide (hazard ratio [HR], 4.28; 95% CI, 1.62–11.29); $P < .001$). In the population of patients who were overweight or obese, 20 NAION events occurred in the prescribed semaglutide cohort vs 3 in the non–GLP-1 RA cohort. The cumulative incidence of NAION for the semaglutide vs non–GLP-1 RA cohorts over 36 months was 6.7% (95% CI, 3.6%–9.7%) and 0.8% (95% CI, 0%–1.8%), respectively. A Cox proportional hazards regression model showed a higher risk of NAION for patients prescribed semaglutide (HR, 7.64; 95% CI, 2.21–26.36; $P < .001$).”

Novo Nordisk, the manufacturer of the only semaglutide medications in the US, emphasized that the data in the new study is not sufficient to establish a causal association between the use of semaglutide medications and NAION.

“Patient safety is a top priority for Novo Nordisk, and we take all reports about adverse events from the use of our medicines very seriously,” a company spokesperson wrote in an email to CNN.

Semaglutide prescriptions have soared in the US, which could raise the number of people at risk for a potential side effect. And NAION is the second-leading cause of optic nerve blindness after glaucoma.

But even with an increased risk, the condition remains relatively uncommon.

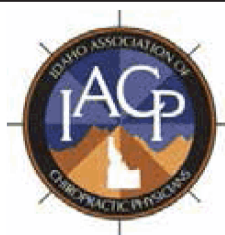
“The use of these drugs has exploded throughout industrialized countries and they have provided very significant benefits in many ways, but future discussions between a patient and their physician should include NAION as a potential risk,” lead researcher Dr. Joseph Rizzo, director of the neuro-ophthalmology at Mass Eye and Ear and a professor at Harvard Medical School, said in a news release. “Our findings should be viewed as being significant but tentative, as future studies are needed to examine these questions in a much larger and more diverse population.”

The study’s findings suggest an association between semaglutide and NAION. As this was an observational study, future study is required to assess causality.

The use of semaglutides, which prompt the body to create more insulin to reduce blood sugar, has been [previously linked](#) to temporary vision changes — new or worsening cases of diabetic retinopathy, or damage to blood vessels at the back of the eye — likely related to the rapid improvement of blood sugars. That work, titled *Semaglutide, reduction in glycated haemoglobin and the risk of diabetic retinopathy*, was first published in November 2017.

That work concluded: “Early worsening of DR is a known phenomenon associated with the rapidity and magnitude of improvement in glycaemic control with insulin; the DRC findings in SUSTAIN 6 are consistent with this. Guidance regarding the early worsening of DR is recommended with insulin. Similar recommendations may be appropriate for semaglutide.”

For now, patients who are taking semaglutide or considering treatment should discuss the risks and benefits with their doctors, especially those who have other known optic nerve problems such as glaucoma or preexisting visual loss. Chiropractors need to be aware of the risks this drug, and in fact all drugs, have so that they can advise there patients.



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Veterans furious when chiropractic care denied

Outraged veterans are speaking up loudly now that the Hampton VA canceled or denied their chiropractic care. The veterans say going to the chiropractor is the only thing that helped their chronic pain.

Each veteran had a different story, but each confirmed that they were injured serving our country.

Dr. Michelle Rose is the President of the Unified Virginia Chiropractic Association. Since October she has been trying to figure out why the Hampton VA has canceled or denied chiropractic care for so many, and working to restore that needed benefit.

One veteran who made his claim denial public pointed out a paragraph where an employee at the Hampton VA apologized for the care getting denied and stated this is a new policy.

However, the U.S. Dept. of Veteran Affairs guidelines clearly state:

“Chiropractic services are part of the standard Medical Benefits Package available to all eligible Veterans. Similar to other specialties, access to VA chiropractic services is by referral from a VA primary care or specialty provider. VA provides these services on-site at one or more VA facilities in each Veterans Integrated Service Network (VISN). VA facilities that do not have on-site chiropractic clinics provide these services via the VA Community Care Program or other community care mechanisms.

“VA doctors of chiropractic (DCs) provide diagnosis and management of non-operative neuromuscular and musculoskeletal conditions. This most commonly includes problems in the low back, neck, and other joints. VA DCs are integrated with primary care, rehabilitation, pain management and other specialty teams.

“VA DCs provide diagnosis and management consistent with both VA and external evidence-based guidelines. Chiropractic treatment options include patient education, active rehabilitation, spinal manipulation and other manual therapies. VA DCs may also provide acupuncture or other novel therapies as non-pharmacologic options for Veteran care.”

Further, both the U.S. House of Representatives and the U.S. Senate have reintroduced legislation to increase

access to Medicare-covered services provided by doctors of chiropractic. The Chiropractic Medicare Coverage Modernization Act (H.R. 1610 / S. 799) would bring Medicare’s coverage of chiropractic into alignment with most other federal programs and private health plans, giving seniors improved coverage of non-drug treatments to alleviate pain and improve function.

The legislation was introduced by Reps. Gregory Steube (R-Fla.), Brian Higgins (D-N.Y.), Mark Alford (R-Mo.) and John Larson (D-Conn.) in the House and Sens. Richard Blumenthal (D-Conn.) and Kevin Cramer (R-N.D.) in the Senate. Both bills were introduced with a number of bipartisan original cosponsors. An identical bill that expired last year in Congress achieved more than 150 cosponsors in the House, split almost evenly between Democrats and Republications, and six cosponsors in the Senate.

“The level of bipartisan support we achieved with the last bill tells us that this is an issue that resonates and has the momentum to go all the way,” noted John Falardeau, ACA senior vice president of public policy and advocacy. “We thank Sens. Blumenthal and Cramer and Reps. Steube, Higgins, Alford and Larson for their leadership in reintroducing this important legislation, which will benefit America’s seniors.”

When the Hampton VA was pushed to explain their actions, they noted in a statement: “The health and well-being of Veterans is the foundation of every decision we make. We recognize that accessible, high-quality chiropractic care is essential for addressing the unique health challenges Veterans face. We remain committed to delivering the best care to the Veterans we serve.”

When asked to explain how they are enhancing and expanding chiropractic care after we received complaints from veterans about care getting denied and canceled at the Hampton VA, they responded:

“As we open additional clinics throughout the Hampton Roads area, our intention is to expand our Chiropractic services by hiring additional Chiropractors to meet our growing demand to the Veterans we serve.”

Veterans whose chiropractic care had been denied or canceled said they’ve been told to live with the pain or try art therapy, or music therapy. Others say they’ve been given strong narcotics that they don’t want to take. ■

Five myths about naturopathic medicine

This article was first published by Fraser Smith, ND, who teaches Naturopathic Medicine at National University. [Click here](#) for the full article.

Naturopathic medicine has its roots in many traditional healing systems, including the ancient Greek physician Hippocrates who expressed the concept of “the healing power of nature” as essential to medicine over 2,400 years ago. For decades, naturopathic medicine has grown substantially as a safe and effective alternative or complement to pharmaceuticals, and yet the field is not as well known as other forms of health care.

Lack of knowledge creates a stigma around naturopathic medicine springing from commonly accepted stereotypes and myths. These pervasive myths about naturopathic medicine repel many potential patients who would otherwise benefit from its healing potential, as well as some medical students who could lead great careers in the field.

1) Naturopathic medicine is not based in science

Some people interpret naturopathic medicine as being unscientific, but a closer look tells a different story. At its root, naturopathic medicine seeks to correct symptoms and dysfunction in the body and mind due to disturbances in the determinants of health. These are true “determinants” that are indispensable, such as clean water, many nutritional factors, movement, exercise, sleep, loving relationships, clean air, good posture, prenatal nutrition status, and many more. The naturopathic doctor works with the patient to correct these underlying disturbances. This is based on a sound appreciation of physiology, biochemistry, and anatomy.

Of course, NDs also use botanical medicines, physical medicine, and clinical nutrition. There is quite a bit of scientific literature to support their use, and it’s growing. The industry boasts multiple peer-reviewed scientific journals, including the *International Journal of Naturopathic Medicine*, *Natural Medicine Journal*, and *Integrative Medicine*. Naturopathic doctors consult these journals along with other medicine databases like Cochrane Database and PubMed as a major source of medical information basing their natural, noninvasive treatment methods on proven results rather than theoretical outcomes.

Naturopathic students are also required to write research reviews and case studies throughout their education,

which commonly cover subjects such as nutrition, botanical medicine, and homeopathy.

Additionally, the foundation of naturopathic medicine, which focuses on preventing and treating the underlying causes of illness through lifestyle changes, has long been supported by research.

According to a 2024 [study](#) published in a journal by the Mayo Clinic, chronic diseases such as cancer, respiratory conditions, type 2 diabetes, heart disease, stroke and the development of Alzheimer disease and other dementias are deeply affected by shifts and changes in lifestyle related to diet, smoking, physical activity, and alcohol use. These illnesses are widespread, making up the majority of the U.S. Center for Disease Control and Prevention’s leading causes of death.

2) Naturopathic and conventional medicine are opposed

A common misconception of naturopathic medicine is that its practitioners are completely opposed to all conventional medicine, and they advise their patients to forego traditional health care. This is inaccurate; most naturopathic doctors accept the necessity of some patients to use pharmaceutical medicine and acknowledge that in many situations naturopathic treatments are best used in conjunction with prescription drugs. In many cases, pharmaceuticals can be effective in treating symptoms while naturopathic medicine works to heal the underlying cause of the illness.

In fact, naturopathic care is often referred to as integrative medicine because it is meant to be integrated into conventional medicine to improve its effectiveness in order to maximize the health of the patient. Many naturopathic doctors can be found working alongside medical doctors at health facilities including the Cancer Treatment Centers of America, the University of Pittsburgh Medical Centers, Oregon Health and Science University Hospital, and Elmhurst Hospital in Illinois.

3) Naturopathic doctors undergo little training

Many people believe that becoming a naturopathic physician requires little to no training, especially compared with traditional medical doctors. But in reality, naturopathic doctors attend four-year, full-time accredited medical schools. Similar to medical doctors, naturopathic medicine

students gain a thorough knowledge of biomedical sciences by taking anatomy, physiology, biochemistry, pathology, and pharmacology courses. They must also obtain a license by passing the Naturopathic Physicians Licensing Exam, as well as apply for licensure in their individual state or province.

beneficial. Some invasive procedures and pharmaceuticals, for instance, can come with serious side effects.

However, naturopathic medicine has been proven over the years proven over the years to be effective in the treatment

Naturopathic medicine seeks to correct symptoms and dysfunction in the body and mind due to disturbances in the determinants of health. These are true “determinants” that are indispensable, such as clean water, many nutritional factors, movement, exercise, sleep, loving relationships, clean air, good posture, prenatal nutrition status, and many more.

The NUHS Doctor of Naturopathic Medicine program, for example, comprehensively trains students in integrative, naturopathic medicine while preparing them to become primary-care doctors. In addition to two years of their education in basic and clinical science didactic coursework, NUHS students spend 100 hours studying pharmaceuticals so they know how to safely use their treatments integratively with conventional medicine.

4) Naturopathic treatments are just dietary supplements

Some people think visiting a natural food store and stocking up on supplements is equivalent to seeing a naturopathic doctor. However, naturopathic care consists of much more than administering supplements. It is based on the Therapeutic Order, a hierarchy of principles used during the naturopathic treatment process.

Naturopathic doctors develop comprehensive treatment plans that usually start with helping patients to maximize the healthiness of their diets, lifestyles, and environments, and end, if necessary, with referrals to other doctors to perform surgeries and prescribe medications.

Naturopathic doctors can also perform minor surgeries such as cyst removals and stitching. They are thoroughly trained to find and implement the best treatment options for their patients, allowing them to develop plans that are much more involved and individualized than simply taking supplements.

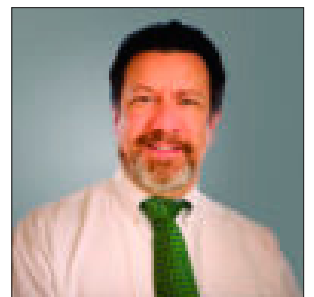
5) Naturopathic medicine is ineffective

Many people who have never visited a naturopathic doctor believe naturopathic medicine’s conservative treatment options are ineffective compared to conventional medicine. More invasive procedures, however, are not necessarily more

and prevention of a variety of different medical problems while providing minimal side effects. These conditions are as diverse as anxiety, autism, asthma, pneumonia, heartburn, irritable bowel syndrome, Celiac disease, allergies, thyroid diseases, skin infections, migraines, arthritis, and many more.

For years, the natural and noninvasive methods of naturopathic medicine have helped improve the health and quality of life of a wide variety of patients. As a result, more health care institutions are welcoming naturopathic medicine doctors into their offices, utilizing their care not only in conjunction with conventional medicine but as a first line of treatment.

About the Author: Fraser Smith, ND, has taught Naturopathic Medicine at National University since he helped launch the program in 2006. Today, he serves as assistant dean of the doctor of naturopathic medicine program at NUHS.. He graduated from Canadian College of



Naturopathic Medicine in Toronto and earned his Master of Arts in training and development from Roosevelt University. He is an author of the books, “Keep Your Brain Young,” “The pH Balance Health & Diet Guide for GERD, IBS and IBD,” and the textbook *Introduction to Principles and Practices of Naturopathic Medicine*. He is also an editorial board member of *Natural Medicine Journal*. Dr. Smith is registered to practice naturopathic medicine in Ontario, and licensed as a naturopathic physician in Vermont. Additionally, he is past president (2008 to 2013) of the Illinois Association of Naturopathic Physicians, and in July 2021, received the prestigious VIS Award from the American Association of Naturopathic Physicians (AANP).

Rising Costs: a growing concern for patients

Rising healthcare costs are an increasingly pressing issue for many Americans, affecting their ability to access and afford necessary medical care. Among those feeling the strain are patients seeking chiropractic care, who are particularly burdened by the financial implications of their health needs.

The Financial Burden of Healthcare Costs

A staggering 49 million adults in the United States, including 7.5 million aged 65 and older, consider the cost of healthcare to be a “major burden” on their households. This widespread financial strain is causing significant stress and anxiety, especially as healthcare expenses continue to rise, underscoring the urgency of the issue. (Lopes, Montero, Presiado, & Hamel, 2024)

Confidence in Financial Preparedness

Nearly half (46%) of U.S. adults have little or no confidence that they will have the financial resources to pay for healthcare as they age. This lack of confidence is not confined to those without Medicare; it affects 33% of eligible individuals for the program. The uncertainty about future healthcare costs is a significant concern, leading many to worry about how they will manage into their later years. (Gallup, 2024)

Access to Quality, Affordable Healthcare

Access to quality, affordable healthcare remains a significant issue for 31% of Americans, including 20% of those over 65. These levels represent high points in West Health-Gallup polling, indicating a growing number of people who feel they cannot obtain the healthcare they need at an affordable price. This lack of access can lead to delayed treatments, worsening health conditions, and increased healthcare costs in the long run. (Gallup, 2024)

Impact of Healthcare Costs on Chiropractic Patients

Chiropractic care is essential to many individuals' healthcare routines, providing relief from pain and improving overall well-being. However, the rising healthcare costs are making it increasingly difficult for patients to afford these services. Chiropractors should be aware of the following challenges:

Patient Retention: As healthcare costs rise, patients may forgo or reduce the frequency of their chiropractic visits, which can impact their overall health and the sustainability of chiropractic practices.

Education on Preventive Care: Educating patients about the long-term benefits of chiropractic care and preventive measures is not just about their health, it's about their financial well-being. This can help them understand the value of investing in their health, potentially reducing future healthcare costs.

Skipped or Postponed Care: One in four adults say they have skipped or postponed getting healthcare in the past year due to the cost. Notably, 61% of uninsured adults reported going without needed care because of the price.

Health Insurance Worries: Even those with health insurance are not immune to the burden of healthcare costs. Nearly half (48%) of insured adults worry about affording their monthly premiums, and many rate their insurance coverage as “fair” or “poor” when it comes to premiums and out-of-pocket costs.

Widespread Financial Anxiety: About three in four adults worry about affording unexpected medical bills (74%) and healthcare services (73%). Moreover, about half of adults could not pay an unexpected \$500 medical bill without incurring debt.

Rising healthcare costs are a significant concern for many Americans, including those seeking chiropractic care. Don't let the cost of care become a barrier to care. Schedule a consult with ChiroHealthUSA today to learn how you can implement a profitable discount strategy in your practice. With ChiroHealthUSA, your patients can access affordable chiropractic care while your practice remains profitable.

Dr. Ray Foxworth, DC, FICC, is the visionary behind ChiroHealthUSA, serving as its esteemed founder and CEO. With over 39 years of dedicated service in chiropractic care, Dr. Foxworth has navigated the complexities of billing, coding, documentation, and compliance firsthand. His rich experience includes roles as the former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center and past chairman of the Chiropractic Summit and Mississippi Department of Health.

Dr. Foxworth is deeply committed to advancing the chiropractic profession, which is evident through his leadership roles. He is an at-large board member of the Chiropractic Future Strategic Plan and holds an executive board position with the Foundation for Chiropractic Progress.

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Louis Sportelli, DC, honored with Heritage Award

On June 15, 2024, Louis Sportelli, DC, president of the NCMIC Foundation Inc., received the Lee-Homewood Chiropractic Heritage Award during the 43rd annual conference of the Association for the History of Chiropractic (AHC) at Palmer College of Chiropractic in Port Orange, Florida.

“It’s Dr. Sportelli’s unwavering dedication and unparalleled passion for the chiropractic profession that sets him apart,” said Wayne Wolfson, DC, President, NCMIC. “Through his leadership and interest in patient care, education and research, he has made our profession stronger and contributed toward the future.”

Over Sportelli’s almost six-decade career, he has been an advocate for chiropractic and has contributed to the advancement of chiropractic care within the health delivery system.

“This recognition is a testament to his efforts and a reflection of the collective dedication and passion of the chiropractic community,” Wolfson said.

Sportelli’s accomplishments include serving as president of the Pennsylvania Chiropractic Society from 1974 to 1975, a member of the Board of Trustees of the Blue Mountain Health Systems Hospital Network from 1988 to 2019,

chairman of the Board of the American Chiropractic Association (ACA) from 1989 to 1990, president of the World Federation of Chiropractic (WFC) from 1998 to 2000, president of NCMIC Group Inc. and National Chiropractic Mutual Holding Company from 1995-2015, and president of the NCMIC Foundation Inc, from 2015 to the present.



The Lee-Homewood Chiropractic Heritage Award is given to living pioneers who have made outstanding contributions to the chiropractic profession. The award includes a certificate and a Lifetime Membership to the AHC. Biographies and the nominations of most of the recipients are found throughout the journal, Chiropractic History.

Nominations for the 2024 Lee-Homewood Award should be sent to the Association for the History of Chiropractic at 4802 Fairhaven Ct. Davenport, IA 52807. The deadline is January 1, 2025.

“Join the Pack”

Become a member of the IACP

The IACP acts as a resource, representative and leading advocate for the chiropractic industry in Idaho. We cannot continue to properly serve the chiropractic profession without the commitment and support of exceptional industry leaders, such as yourself. The IACP Board and its members believe that membership in the Association is and should be mutually beneficial to both the Doctor and the IACP, which makes it a perfect cooperative relationship. As a member, you will have multiple opportunities to obtain learning and marketing opportunities, at a discounted rate, through membership, as well as, have an opportunity to utilize the services of the IACP team and its Board. You will also have an opportunity to get involved in important issues, from the center, along with other industry leaders and spokespeople. At the same time, the Association continues to grow and provide broader services to the industry with your support. Join now and be a part of the “pack” that will lead us into the future!

Ultraprocessed foods may shorten your life

Eating higher levels of [ultraprocessed food](#) may [shorten lifespans](#) by more than 10%, according to a new, unpublished study of over 500,000 people whom researchers followed for nearly three decades.

The risk went up to 15% for men and 14% for women once the data was adjusted, said study lead author Erikka Loftfield, an investigator at the National Cancer Institute in Bethesda, Maryland.

Asked about their consumption of 124 foods, people in the top 90th percentile of ultraprocessed food consumption said overly processed drinks topped their list.

[“Diet soft drinks](#) were the key contributor to ultraprocessed food consumption. The second one was sugary soft drinks,” Loftfield said. “Beverages are a very important component of the diet and the contribution to ultraprocessed food.”

Refined grains such as ultraprocessed breads and baked goods ranked next in popularity, the study found.

“This is one more large, long-duration cohort study confirming the association between UPF (ultraprocessed food) intake and all-cause mortality, particularly from cardiovascular disease and type 2 diabetes,” said Carlos Monteiro, emeritus professor of nutrition and public health at Brazil’s University of São Paulo, in an email.

Monteiro coined the term ultraprocessed food and created the NOVA food classification system, which looks beyond nutrients to how foods are made. Monteiro was not involved in the study, but several members of the NOVA classification system were coauthors.

The NOVA classification system sorts foods from unprocessed or minimally processed — whole foods such as fruits and vegetables — to ultraprocessed foods such as deli meat and sausage. Ultraprocessed foods contain ingredients “never or

rarely used in kitchens, or classes of additives whose function is to make the final product palatable or more appealing,” according to the Food and Agriculture Organization of the United Nations.

The list of additives includes preservatives to resist mold and bacteria; emulsifiers to keep incompatible ingredients from separating; artificial colorings and dyes; anti-foaming, bulking, bleaching, gelling and glazing agents; and added or altered sugar, salt and fats designed to make food appetizing. Health risks linked to processed meats and soft drinks

Diet soft drinks were the key contributor to ultraprocessed food consumption. The second one was sugary soft drinks. Refined grains such as ultraprocessed breads and baked goods ranked next in popularity, the study found.

The preliminary study, presented Sunday at the annual meeting of the American Society for Nutrition in Chicago, analyzed dietary data gathered in 1995 from nearly 541,000 Americans ages 50 to 71 who were participating in the US National Institutes

of Health-AARP Diet and Health Study.

Researchers linked the dietary data to death rates over the next 20 to 30 years. Compared with those in the bottom 10% of ultraprocessed food consumption, people who ate the most overly processed food were more likely to die from heart disease or diabetes, according to the study. Unlike other studies, however, researchers found no rise in cancer-related death.

Some ultraprocessed foods carried more of a risk than others, Loftfield said: “Highly processed meat and soft drinks were a couple of the subgroups of ultraprocessed food most strongly associated with mortality risk.”

Diet drinks are considered ultraprocessed food because they contain artificial sweeteners such as aspartame, acesulfame potassium and stevia, and additional additives not found in whole foods. Diet beverages have been linked to a higher risk of dying early from cardiovascular disease as well as the onset of dementia, type 2 diabetes, obesity, stroke and metabolic syndrome, which can lead to heart disease and diabetes.

The US Dietary Guidelines for Americans already recommends limiting sugar-sweetened beverages, which have been linked to premature death and the development of chronic disease. A [2019 study](#) found women who drank more than two servings a day of sugary beverages — defined as a standard glass, bottle or can — had a 63% increased risk of premature death compared with women who drank them less than once a month. Men who did the same had a 29% increase in risk.

Processed meats such as bacon, hot dogs, sausages, ham, corned beef, jerky and deli meats are also not recommended; studies have linked red and processed meats to bowel and stomach cancers, heart disease, diabetes and early death from any cause.

“The evidence from this new study indicates that processed meat may be one of the most unhealthy foods, but people do not tend to view ham or chicken nuggets as ultraprocessed food,” said Rosie Green, a professor of environment, food and health at the London School of Hygiene & Tropical Medicine. She was not involved in the study.

The study found that people who consumed the most ultraprocessed food were younger and heavier, and had an overall poorer quality of diet than those who ate fewer ultraprocessed foods. However, the increased health risk could not be explained by these differences, because even people with normal weight and better diets were also at some risk for early death from ultraprocessed foods, the study found.

“Studies which utilize food classification systems such as NOVA, which focus on the degree of processing, as opposed to the nutritional composition should be considered with caution,” said Carla Saunders, president of the Calorie Control Council, an industry association, in an email.

Ultraprocessed food manufacturing has exploded since the mid-1990s, however, with estimates that as nearly 60% of the average American’s daily calories come from ultraprocessed foods. That’s not surprising, considering as much as 70% of the food in any grocery store may be ultraprocessed.

“If anything, we are probably underestimating ultraprocessed food consumption in our study because we’re being very conservative,” Loftfield said. “The intake is likely to have only grown over the years.”

In fact, a [study](#) published in the BMJ this year called, *Association of ultra-processed food consumption with all cause and cause specific mortality: population based*

cohort study, documented similar results — a higher risk of premature death and death from cardiovascular disease in over 100,000 health professionals who ate ultraprocessed foods — accessed ultraprocessed food intake every four years and found consumption doubled between the mid-1980s and 2018.

“For example, the daily intake of packaged savory snacks and dairy-based desserts, such as ice cream, has essentially doubled since the ‘90s,” said the lead author of the May study, Dr. Mingyang Song, associate professor of clinical epidemiology and nutrition at Harvard University’s TH Chan School of Public Health.

“In our study, just as in this new one, the positive association was mainly driven by a few subgroups, including processed meat and sugar sweetened or artificially sweetened beverages,” Song said. “However, all categories of ultraprocessed food were associated with increased risk.”

Choosing more minimally processed foods is a one way to limit ultraprocessed foods in one’s diet, Loftfield said.



Beware harmful social media disinformation about sunscreen

Doctors of chiropractic work diligently to help and heal. Sadly, there is a lot of disinformation and outright lies being spread on the Internet about summer protection. As our planet endures what may be the hottest year on record, uneducated social media influencers are spewing disinformation about the sun and sunscreen that are not only false, but dangerous, say experts.

“Stop wearing sunscreen,” says a TikTok influencer with 1.6 million followers and 36 million likes.

“The more time you spend outside, the less likely you are to get sunburned,” proclaims a shirtless TikTokker with nearly 90,000 followers and over 11 million likes.

“The sun does not cause skin cancer,” insists a TikTok pundit with 76,000 followers in a post that has been bookmarked nearly 4,000 times.

“Cooling down the skin can help prevent sunburns,” claims another TikTokker with over 4 million likes. “When I feel my skin starting to get hot in the sun, I’ll go in the ocean or I’ll go in the pool, and I’ll cool down.”

Such assertions fly in the face of decades of [scientific research](#) on the dangers of sun exposure and the [protective role of sunscreen](#). Ultraviolet radiation (UV) is a “proven human carcinogen,” causing squamous cell carcinoma, basal cell carcinoma and melanoma, according to the Skin Cancer Foundation, which works closely with industry.

Long-wave ultraviolet A rays (UVA) and short-wave ultraviolet B rays (UVB) penetrate the ozone layer and can burn, damage and age skin even on cloudy days.

“Extensive research has shown that UV radiation from the sun is a significant cause of skin cancers such as melanoma. It’s really indisputable at this point,” said Dr. Kathleen Suozzi, a dermatologic surgeon at Yale School of Medicine.

“UV radiation has both UVA and UVB, and we know that both of them damage the DNA in skin cells,” she said. “These mutations accumulate over time and then lead to skin cancer — which can quickly spread throughout the body — as well as wrinkles, dark spots and other signs of skin aging.”

What should you do? Wearing a hat, sunglasses and protective clothing — along with sunscreen and staying in the shade during the hours of 10 a.m. to 4 p.m. — will help protect the skin from sun damage, experts say.

Jumping in the water to cool off the skin, however, does not.

“It’s really the exact opposite,” Suozzi said. “You’ll just lose the sense of heat, so you’ll get a higher exposure to UV without knowing it, and because the water is reflective, you’ll get a double hit of exposure to your face.”

Historically, younger generations often fail to adequately protect themselves from the sun, experts say. Surveys show that trend continues today among Gen Z young adults. The US Centers for Disease Control and Prevention found only 8% of men and 26% of women younger than 30 said they always used sunscreen when outside for more than an hour on a sunny day.

“Sunlight isn’t toxic, sunscreen is,” according to an X contributor who says he has a “doctorate in tanning without sunscreen.”

While some products do contain worrisome chemicals, many do not, and today’s broad spectrum sunscreens do a much better job at protecting the skin from UVA and UVB rays, said David Andrews, a senior scientist for the Environmental Working Group, or EWG, a consumer organization which advocates for sunscreen safety.

“Mineral-based sunscreens are not absorbed into the skin and are better for the environment,” Andrews said. “There are many good, safe choices on the market that don’t leave a white cast on the skin.”

“Melanoma is the deadliest cancer known to man,” said Dr. Kelly Olino, clinical director of the Smilow Melanoma Program at the Yale Cancer Center in New Haven, Connecticut.

“Melanoma is the only type of cancer where, if it is two-millimeters in size, we say ‘Goodness, this is serious,’” she said. “If you had a two-millimeter colon cancer, we’d be having a parade saying, ‘Wow, we got this one really, really early.’”

Social media pundits often espouse ideas that distort a grain of truth, such as pointing to data that shows a simultaneous rise in sunscreen use and new melanoma diagnoses.

“Since sunscreen came out, the rise of skin cancer has only gone up and up,” says one TikTok influencer.

It is true that the rate of melanoma cases has been rising, but it’s not due to sunscreen, Suozzi said. Instead, credit dermatologists, who are detecting skin cancers at earlier

stages and saving lives. That’s a good thing.

“Due to better screening we are detecting melanomas at earlier stages, which leads to higher reported incidence rates,” she said. “In addition, the sun exposure that’s causing the increase in melanomas today occurred 40 or 50 years ago, when people were in their 20s and unlikely to use sunscreen. So the driving force is exposure years and years ago, not the increased use of sunscreen today.”

Seven sunscreen chemicals enter bloodstream after one use, FDA says, but don’t abandon sun protection

After a single application, a total of seven chemicals commonly found in sunscreens can be absorbed into the bloodstream at levels that exceed safety thresholds, according to studies by the Center for Drug Evaluation and Research, an arm of the US Food and Drug Administration.

“What is most alarming about these findings is that chemicals are absorbing into the body in significant amounts and the ingredients have not been fully tested for safety,” said David Andrews, a senior scientist for the Environmental Working Group, or EWG, a consumer organization which advocates for sunscreen safety.

“If companies want to keep these ingredients in products, they need to urgently test for potential harm to children and harm from long-term use,” Andrews added.

The fact that an ingredient is absorbed through the skin and into the body doesn’t mean that particular ingredient is unsafe, said Dr. Janet Woodcock, director of the Center for Drug Evaluation and Research, the arm of the FDA which conducted the studies.

“Rather, this finding calls for further industry testing to determine the safety and effect of systemic exposure of sunscreen ingredients, especially with chronic use,” Woodcock said.

Experts and the FDA stress the sun’s link to cancer and aging is real, so don’t abandon sun protection. Suggestions include long-sleeved clothing, hats, sunglasses and staying in the shade. If chemical sunscreens worry you, consider mineral-based sunscreens, which the FDA has determined are generally considered safe and effective.

The American Academy of Dermatology recommends

applying at least 1 ounce of sunscreen to all exposed skin every two hours or after swimming, including “back, neck, face, ears, tops of your feet and legs.”

The FDA findings, [published recently in the journal JAMA](#), confirmed the results of a pilot study the agency published last year. That pilot [study](#) discovered four popular chemical sunscreen filters often used in commercial products – avobenzene, oxybenzone, octocrylene, and ecamsule – were absorbed from the skin into the bloodstream after a single day of use.

The new study reevaluated three of the original four (avobenzene, oxybenzone and octocrylene) and added three additional sunscreen chemicals – homosalate, octisalate, and octinoxate. All of these chemicals are part of a dozen that the FDA wants manufacturers to research before they can be considered GRASE or “generally regarded as safe and effective.”

Participants in the new study were asked to apply sunscreen on 75% of their bodies the first day. On days two through four, they were asked to apply the same amount at four times during the day. After initial absorption, the concentration of the six chemicals in the blood increased each day of application, and remained above FDA safety levels at day seven, well after application had ended. Two of the chemicals – homosalate and oxybenzone – were still above safety thresholds at day 21.

“It seems likely that some of it is getting absorbed into the blood long after the sunscreen applications and in part that is why levels in blood stay high weeks after application,” Andrews said. “This does not mean that sunscreen products are unsafe to use, but that appropriate safety tests need to be performed by manufacturers,” he added.

Chiropractic News

Gas prices at three-year low

GasBuddy projects the national average price for regular gas will hover at \$3.49 a gallon. That's a penny shy of the price a year ago and down sharply from \$4.79 two years ago when oil prices spiked after Russia invaded Ukraine.

Adjusted for inflation, US gas prices are almost exactly where they were in July 2018, according to federal data.

According to GasBuddy, the average price for regular gas is down by 71 cents from a year ago in the state of Washington, 60 cents in Oregon, 44 cents in Utah and 42 cents in Colorado.

The drop in gas prices comes despite what's expected to be strong demand for fuel. A record of nearly 61 million people are expected to be on the roads this Fourth of July, according to AAA. That would be 5% more than a year ago and 10% more than July 2019 before Covid-19.

Although gas prices are down from April, hurricane season could change that. Analysts blamed Hurricane Beryl — the earliest Category 5 storm on record — for helping to boost US oil prices above \$84 a barrel on Tuesday for the first time since late April.

Weight loss drugs may cause stomach paralysis

Injected medications that treat diabetes and obesity increase the risk of a rare but serious side effect: stomach paralysis, according to new data on the real-world use of the drugs.

At least three new studies based on large collections of patient records show that the risk of being diagnosed with stomach paralysis, or gastroparesis, is higher for people who take GLP-1 agonists than for those who don't.

The studies have not been scrutinized by outside experts or published in medical journals, so the data is considered preliminary. Two were presented recently at the medical conference Digestive Disease Week 2024 in Washington.

Injected medications called GLP-1 agonists are in high demand because they have proved to be so effective for

weight loss. In clinical trials, some of the stronger medications like Wegovy and Zepbound have been found to help people lose at least 10% of their starting weight. Studies have also concluded that they have benefits for the heart as well as the waistline. Drugmaker Novo Nordisk said 25,000 people are starting Wegovy every week in the US alone.

The drugs curb hunger by slowing passage of food through the stomach. They also help the body release more insulin and help send signals to the brain that turn down cravings.

In some people, however, these medications can also cause unpleasant-to-severe bouts of vomiting, which may require medical attention. They can also slow the stomach so much that medical tests show a condition called gastroparesis.

Most of the time, doctors say, gastroparesis will improve after stopping the medication. But some people say that their condition did not get better even months after coming off the drug, with life-altering consequences.

Annual Student Leadership Conference

The American Chiropractic Association (ACA) annual Student Leadership Conference is an important weekend of education, networking, and collaboration for the Student American Chiropractic Association (SACA). This year it will be held in Dallas, Texas, Sept. 27-29, 2024.

The Leadership Conference is a gathering of student leaders from multiple SACA chapters who are eager to learn from the chiropractic profession's top minds. Attendees will leave the conference inspired to make a difference within the healthcare system, the chiropractic profession, and their student groups on each respective campus.

Dr. Selina Sigafoose-Jackson ICA Chiropractor of the Year

The International Chiropractors Association (ICA) is proud to name Dr. Selina Sigafoose-Jackson as the recipient of the Chiropractor of the Year Award for 2024. This award is the highest recognition bestowed upon a chiropractor each year and is voted on by the Fellows of the ICA. Dr. Sigafoose-Jackson was honored at the ICA 98th Annual Convention in Dallas, Texas.

Dr. Selina is a pillar of the profession. She has run a high-volume practice in York, Pennsylvania with her husband, Dr. Kevin Jackson, for more than 30 years. She graduated from Life University's College of Chiropractic in 1989. Dr. Selina is the daughter of famed lecturer, Dr. James Sigafoose, who was one of the founders of Life University. Dr. Selina follows in her father's footsteps as a leader in chiropractic, having served in the ICA Representative Assembly (RA) and ICA Board of Directors. And for the last three years, she has served as the President of the ICA. She is the first woman to hold that position. She also serves in the leadership of the League of Chiropractic Women.

In accepting the award, Dr. Selina expressed a feeling of connection with her father through receiving Chiropractor of the Year. "It means I've been around a while," she joked. "It also means I am included amongst some amazing servants to our profession, including my father. This award was the last award he received, two weeks before he passed away."

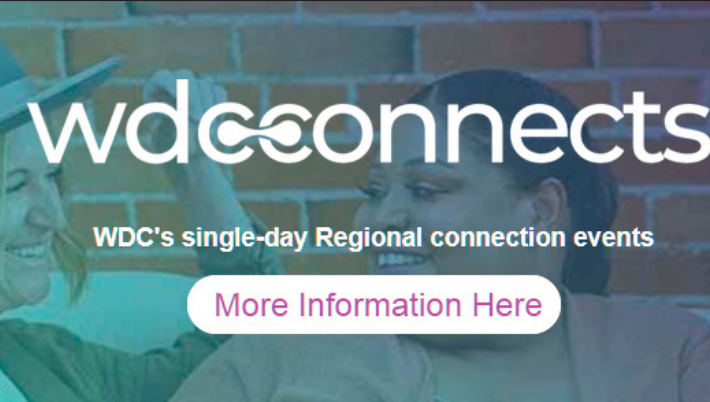
Dr. Selina always prioritizes people and caring for them. "The biggest thing about chiropractic that keeps me motivated is the love of people," said Dr. Selina. "Spreading the truth of health, life, and God's amazing creation of the human body and how chiropractic helps to promote this amazing design."

Dr. Selina has been a member of the ICA for more than 30 years and she recognizes its role in the history and future of chiropractic. "I just love that the ICA loves chiropractic," she said. "That the ICA is the oldest chiropractic organization – it is a privilege and an honor to support and participate in the ICA. There is such a huge connection to our past and history through the ICA and it is the connection to our future as well."



Dr. Selina Sigafoose-Jackson receiving the award from Dr. Joe Betz, the 2023 award winner.

Looking ahead, Dr. Selina is excited for the potential of chiropractic to change the lives of even more people. "I am looking forward to chiropractic being the leading, number one healthcare profession over ALL professions – and I believe it will be," she said. "I look forward to schools filling up and more schools being opened. I look forward to the human race understanding more and more the importance of maintaining nervous system health and how it relates to all organs, structures and functions of the human body."



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Event Dates and Locations

- ✦ Waterloo Canada - April 27, 2024 - CE's
- ✦ Minneapolis, MN - July 27, 2024
- ✦ Kansas City, KS - August 3, 2024
- ✦ Greeley, CO - September 14, 2024 - CE's
- ✦ Plymouth, MI - November 16, 2024 - CE's
- ✦ Philadelphia, PA - November 16, 2024

Speakers, topics, CE's, etc. can be found on our website!

WDC Connects is a series of regional events held all across the United States with the purpose of offering women chiropractors an opportunity to sharpen their skills as a DC, learn more about how to grow their business, connect with other women chiropractors, network with others in the field and more! And best of all, attendance at a WDC Connects event is FREE! It's one more way we at Women Chiropractors work to support you and your practice.

Chiropractic College News

Steve Agocs from CUKU accepted to Fellowship in Pain Sciences

Dr. Steve Agocs, assistant dean of chiropractic education at Cleveland University-Kansas City (CUKC), was accepted to the summer 2024 Fellowship in Pain Sciences, through Evidence in Motion (EIM). The two-year program focuses on interdisciplinary models of pain care, with an emphasis on first-in-class, non-pharmacological options for people suffering with complex and chronic pain. The new cohort will commence on July 8, 2024.



According to the EIM website, participants will “gain exceptional understanding of pain mechanisms and their impact on the pain experience, and enhance their clinical decision making through thorough consideration of biopsychosocial factors.” The hybrid program blends online and hands-on instruction, which allows clinicians to pursue the training without disrupting their professional lives.

Agocs began attending postgraduate seminars on pain neuroscience in 2016. He completed EIM’s Therapeutic Neuroscience Education course, and in 2022, he earned EIM’s Therapeutic Pain Specialist certification in conjunction with Purdue University. This fellowship provides yet another opportunity for professional development, and is the final step offered by EIM in their pain sciences training.

The Fellowship in Pain Science is part of that ongoing learning commitment for Agocs, and he is eager to bring new information back to the chiropractic community at CUKC. He believes that chiropractic will soon experience an expanded role in the healthcare landscape. His participation in the fellowship will serve him well as he prepares students for the future of their profession.

“Chiropractors are poised to have the greatest potential to be a “first stop” for many of these patients, and while complex cases require interdisciplinary approaches to treatment, chiropractors can and should be coordinating and managing that care,” Agocs said. “My personal vision would be a series of required courses and/or electives that Cleveland students

can take that gets them firmly in this mindset and teaches them the tools required to apply this science with patients, how to communicate with other providers, etc., and open up more opportunities for more new graduates than I ever had.”

Life University grads to compete in 2024 Summer Olympics

Life University is thrilled to announce that Orrin Bizer, an esteemed alumnus of the Men’s Rugby program, has been named to Team USA for the Men’s Rugby 7s team in the 2024 Summer Olympics, set to take place in Paris, France, from July 26 through August 11. Bizer joins the rank of Life U alumni recently announced to compete this summer in the Olympic Games, which include D.C. alumnus CJ Allen (Track and Field, 400m Hurdles) and B.S. Biopsychology alumna Alexandria “Spiff” Sedrick (Women’s Rugby 7s).

Orrin Bizer: A 2023 graduate with a B.S. degree in Exercise Science from Life U, Bizer has been a pivotal figure in the success of the Life U Men’s Rugby team. His contributions were instrumental in securing back-to-back 7s national championships, and he demonstrated exceptional leadership as the captain during the latter tournament. In recognition of his outstanding performance and skill, Bizer was awarded the prestigious Prusmack Award in 2023, which honors the best collegiate men’s 7s player in the country. In Paris, Bizer will be one of four forwards on the Team USA squad, bringing his expertise and determination to the international stage.

CJ Allen: An alumnus of Life U’s M.S. Sport Health Science and Doctor of Chiropractic programs, CJ Allen has qualified for the Men’s 400m Hurdles event. Allen secured his spot on Team USA with a stellar second-place finish at the Olympic Trials on June 30. This achievement marks a significant milestone in his career, as it is his first time making the Olympic team after a decade of competing in the Olympic Trials.

Alexandria “Spiff” Sedrick: A standout former student-athlete from Life University’s Women’s Rugby team, Alexandria “Spiff” Sedrick will compete as a center on the Team USA Women’s Rugby 7s squad. Sedrick earned her B.S. Biopsychology degree from Life U in 2020. During her time at Life U, she garnered numerous accolades, including the

prestigious MA Sorensen Award in 2020, which is awarded to the top women's collegiate rugby player in the United States. Additionally, Sedrick was honored with Life U's Athlete of the Year Award in 2018 and Lifetime Achievement Award in 2020.

The annual Life Vision Extravaganza (LVE), to be held Oct. 3-5, 2024 at Life University

Life University is thrilled to announce its highly anticipated, annual Life Vision Extravaganza (LVE), scheduled to take place from October 3 through October 5, 2024, at the prestigious Cobb Galleria Centre. This event, the largest on the Life University calendar, promises three days of transformative continuing education, special events and celebrations, in honor of our alumni and friends, while celebrating Life University's 50th Anniversary.

Renowned keynote speaker and esteemed 1985 Life U alumnus Dr. Joe Dispenza will headline this year's LVE, sharing insights and expertise garnered from his illustrious career in the opening session of LVE along with Life U President Dr. Rob Scott. Among other notable speakers is Dr. Allesandra Colón, known for her role on the hit TLC show "Crack Addicts." Their presentations promise to enlighten and inspire attendees from diverse backgrounds, including alumni, friends, students, faculty and staff.

The Cobb Galleria Centre is conveniently located just minutes from Life U. To kick off the event, the first 1,000 Doctors of Chiropractic to register will receive an exclusive early-bird rate of \$129.00, a savings of \$50! Registration is now open at [LVE.life.edu](https://lve.life.edu).

In addition to enriching educational sessions, LVE will feature a lineup of special events tailored to celebrate Life University's milestone anniversary. Highlights include:

- **Thirsty Thursday:** An evening of perusing vendors, networking and camaraderie from 6:00-8:00 p.m. on
- **50th Anniversary Gala:** A grand celebration of Life U's legacy, taking place from 6:00-10:30 p.m. on Friday, October 4, in the John A. Williams Ballroom.
- **Lasting Purpose Luncheon:** A meaningful gathering honoring Life University's Alumni and Friends receiving our Lasting Legacy Awards, which recognize the best of the best from the past year in the chiropractic profession and at Life U, held from 12:30-2:00 p.m. on Saturday, October 5, in The Gallery.
- **Life U Athletics Festival:** A lively evening of sports, entertainment and Life U spirit, happening from 6:30-9:30 p.m. on Saturday, October 5, at Lupo Family Field on the

campus of Life University.

"We are excited to welcome our esteemed speakers and attendees to the 2024 Life Vision Extravaganza as we celebrate 50 years of Lasting Purpose, and reflect on Life University's excellence in education, innovation and service," said Dr. Gilles LaMarche, Vice President of University Advancement. "This event represents a pivotal moment in our history, and we look forward to embracing the transformative power of education and celebrating our shared values of Lasting Purpose, Vitalism and Integrity."

For more information and to register for the Life Vision Extravaganza, please visit [LVE.life.edu](https://lve.life.edu).

Dr. Karen Erickson: pioneering pediatric chiropractic integration and education

Karen Erickson, DC, FACC has been in practice for more than 30 years. One of her dreams at the beginning of her career was to see chiropractic integrated into a medical care team. She was able to not only watch it come true, but also contribute to the endeavor.



"More than 20 years ago, I was invited to join an integrated practice in New York City, and it was the first chiropractic credentialed teaching hospital in the country: the Center for Health and Healing at Beth Israel Medical Center," she said. "This hospital played a historic role in integrating chiropractic into the mainstream at a teaching hospital. We did mini grand rounds with medical doctors and other health care practitioners, such as internists, pediatricians, acupuncturists and massage therapists. We had the opportunity to educate a whole class of providers about chiropractic and the benefits for patients."

As a family practitioner, Dr. Erickson has worked with many children and quickly saw the benefits of chiropractic for pediatric patients as well. "Not only could we help children with musculoskeletal issues, but we realized some of our treatment could help their entire nervous and organ systems work better," she said. It was rewarding to see the progress in children as she treated newborns with difficult births, babies struggling to latch and nurse, and conditions such as torticollis and flat craniums. She worked closely with obstetricians and pediatricians as well as doulas and lactation specialists on referrals for pediatric patients.

Continued on next page

Chiropractic College News

Continued from last page

Originally from New York City, Dr. Erickson now lives in New Jersey but still practices in the city. She attended Northeast College of Health Sciences where she earned her Doctor of Chiropractic degree in 1988 and went straight into practicing. She is an American College of Chiropractic fellow and a spokeswoman for the American Chiropractic Association.

When Logan University began the Master of Science in Chiropractic Pediatrics (MS-CP) program, Dr. Erickson was asked to teach courses in craniosacral therapy for pediatrics, which she believes is very effective in children. "Craniosacral therapy is extremely gentle, uses low pressure and is very relaxing for babies and children," she said. "It can help with a wide range of issues such as colic, reflux and nursing difficulties. For older children, it can help with postural problems, respiratory issues and recovery from injuries."

Incorporating these types of courses into the curriculum is just one thing that sets Logan's MS-CP apart. This program is offered online, allowing for maximum flexibility for students, but also includes a hands-on portion on campus for technique courses. "Up until this degree, there were no master-level programs in pediatric chiropractic, and this is an important step in this specialization," said Dr. Erickson. "A big part of the community benefits from chiropractic care, and this degree makes specialized chiropractors stand out."

Logan University to provide chiropractic care to St. Louis Community College Student-Athletes

Logan University is proud to announce its partnership with St. Louis Community College (STLCC), allowing Logan's Doctor of Chiropractic (DC) interns to provide chiropractic consulting and care for its student-athletes.

"This partnership will provide Logan interns practical learning opportunities while providing STLCC student-athletes with additional treatment and care," said Logan's Associate Provost of the College of Chiropractic, Kristina Petrocco-Napuli, DC, MS, DHPE ('23), FICC. "Logan is proud to build this relationship with STLCC."

In addition to chiropractic treatment and care, STLCC's athletes will receive injury-related diagnostic and treatment services, nutritional counseling and more. STLCC athletes

will also be able to receive additional care at Logan's Sports and Rehabilitation Clinic, located at Logan's Montgomery Health Center, free of charge.

"STLCC is thrilled to collaborate with Logan University to offer an exceptional student-athlete experience for our STLCC student-athletes," said Sharon Marquardt, Athletic Director at STLCC. "This partnership not only enhances the collegiate journey for our athletes but also provides valuable hands-on learning opportunities for Logan students. We eagerly anticipate fostering a strong working relationship between our two colleges."

Collaboration between higher education institutions allows the overall advancement of education, research, and societal development for both universities. It helps Logan students better develop their skills while helping the STLCC athletes enhance their performance and prevent injuries.

Logan interns will work with over 80 student-athletes on STLCC's campus in various sports, including baseball, softball, soccer and basketball.

"Opportunities with local athletic programs and universities allow our students to grow their skills and promote the mission, vision, and values of Logan University," said Logan Faculty Clinician and Assistant Professor, Quintin Murray, DC ('12), MS. "Our students are afforded opportunities to work the specific patient populations that interest them in unique ways and settings. They're exposed to specific levels of inter-professional collaboration and are encouraged to practice the skills necessary to be a part of a healthcare team."

This partnership is part of an ongoing effort to create meaningful partnerships with local organizations and provide expanded opportunities in integrated care for Logan students.

The WAVE 2024, August 2-3, Hayward CA

This is the chiropractic event to attend. World-class speakers, ultra-generous CE, a fantastic line-up of events and a great selection of exhibitors. Come away inspired and with meaningful ideas and solutions to elevate your practice. Be inspired by thought-provoking industry leaders who will challenge your perspectives, motivate your growth,

and reignite your passion for chiropractic. Learn from their success and apply their wisdom to your own practice. Whether you're a DC looking for ways to expand revenue streams and drive efficiencies in your practice or you're a company that offers the chiropractic community ways to do that, The WAVE Chiropractic Conference is the perfect opportunity to connect.

- Up to 24 CE hours
- 18 world-class speakers
- Multiple engaging events
- A full lineup of chiropractic exhibitors
- Countless opportunities to network & connect

[Click here](#) for more information or to register.

Dr. Stephen Foster receives William D. Harper Award

Texas Chiropractic College (TCC) is proud to announce that Dr. Stephen Foster, president of TCC, has been awarded the William D. Harper Award. The award recognizes individuals who exemplify a deep commitment to the college while embracing the role of science in chiropractic.

"Dr. Foster has been instrumental in instilling a culture of academic excellence and scientific advancement at Texas Chiropractic College," said Dawn Schwab, chairman of the TCC Board of Regents. "His commitment to the institution and his advocacy for the integration of science and chiropractic make him a deserving recipient."

Logan University announces the opening of The Foot Levelers Women's Health Clinic

Logan University proudly opened the new Foot Levelers Women's Health Clinic at the Montgomery Health Center on the University's campus. Logan is the first university worldwide to house a women's health clinic on its premises, showcasing Logan's commitment to excellence in health, education and service.

The clinic offers a comprehensive approach to care, including chiropractic services, diagnostic imaging and nutritional counseling, conveniently accessible for a flat fee of \$20, with acupuncture available for an additional \$20. The new clinic is led by Emily Kliethermes, DC, who brings more than 25 years of experience in women's health as a practicing chiropractor and higher education instructor.

"Women's health is at the forefront of health care and we are beyond excited to be a leader in this area," said Dr. Kliethermes. "It's vital that women feel heard and that their symptoms are taken seriously by healthcare professionals. I am honored to help women in our area live their best lives and help their bodies work at optimal levels by offering chiropractic care, along with nutritional and lifestyle modifications."

Jamie Greenawalt, on behalf of Foot Levelers, Inc., presented a \$50,000 gift to Logan which will be divided into two purposes: \$25,000 to directly support the services of the new clinic in providing comprehensive care tailored to the needs of women and \$25,000 to foster the next generation of female chiropractic professionals through the Women's Endowed Scholarship.

"The Foot Levelers Women's Health Clinic at Logan is not just a facility; it will become a place of hope and healing, offering the best of what chiropractic care can offer women across the community and beyond," said Ms. Greenawalt. "The hope is that this scholarship will ease the burden for female students who aspire to excel in the field of chiropractic, ensuring that financial constraints do not hinder their aspirations."

[Click here](#) for more information about supporting the Foot Levelers Women's Health Clinic through a donation.



IACP Marketplace

The IACP News,

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Association of Chiropractic Physicians,
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Equipment for Sale: HCIM Digital X-Ray Machine - \$19,500, Model: HF-300, Serial No: HCG-1206, Manufactured: Apr 2002, and **Hologic FluroScan C-Arm** - \$15,000, Model: Insight 2, Type: C-Arm Assembly, Manufactured: November 2011. Location: Advanced Neuropathy Center, 2016 S Eagle Rd, Meridian, ID 83642. Contact Info: Jessi - 208.949.5410 (Call or Text).
Posted 6/21/2024

Boise, Idaho: Amazing Opportunity to Become an Associate Chiropractor. Become an associate chiropractor at a fast-paced and well-established Boise chiropractic office. This is a minimum 3-year commitment. Our practice has been seeing patients for 20 years in the Boise area. We are looking to add another full-time doctor to our team ASAP. Benefits include retirement 401K program with corporate matching, group health insurance, dental, vision, paid vacation time, malpractice insurance, reimbursement for up to 18 CE's/year and reimbursement for your membership to the IACP. We have 2 locations and are planning on opening others in the future. If ownership of your own office interests you, you could run your own office location in 2-3 years, with the contractual potential to own the office in the future (no-risk start-up!). Applicants should be high-energy and thrive in a busy clinic setting. Must work well with a team environment. We have minimal marketing requirements for our doctors. Applicants **MUST** be willing to learn and adopt the same adjusting technique methods as the other doctors in the office. We manage our patients as a TEAM...No one has "their own" patients. This allows doctors to take time off easier and makes scheduling for patients more convenient. Interested applicants should reply to shelly@modernchiropracticcenter.com with a Letter of Interest, resume/Curriculum Vitae and any other relevant information.
Posted 5/22/2024

For Sale: BridgeTower Chiropractic. Your Opportunity to Own a Thriving Practice. Location: Nestled in the heart of Meridian on Ten Mile, BridgeTower Chiropractic stands as a beacon of health and wellness for the community. Established Excellence: With a legacy spanning 17 years, BridgeTower Chiropractic has become synonymous with exceptional care and dedication to its patients. Smart Overhead Management: The practice's savvy approach includes subletting one-two rooms, effectively offsetting most of the rent and ensuring a financially sound operation. Prime Accessibility: Situated for convenience, BridgeTower Chiropractic draws patients from various surrounding areas, providing a strategic advantage in the local healthcare landscape. Streamlined Payments: Simplifying the administrative process, the practice collects payments and co pays upfront, eliminating the need for billing and ensuring a smooth patient experience. Robust Patient Base: Boasting 3000 patient files, the practice enjoys a loyal following and a steady flow of 55-60 patients weekly over four days, ensuring a stable revenue stream. Cutting-Edge Care: Embracing innovation, BridgeTower Chiropractic offers non-manual adjusting with the ProAdjuster, ensuring the highest standards of care and patient comfort. Your Next Step: Take the reins of this thriving practice and make it your own. Contact us today to learn more about this exceptional opportunity to step into a successful chiropractic practice with a reputation for excellence. Text or call 208-846-8898.
Posted 03/11/2024

Office Posters



We have created a FREE [printable PDF](#) of the

Strengthen your whole body with one arm exercise!

poster on the following page, and
the following posters are available online:

The drug-free approach to pain reduction

Get up and move!

STRETCHING for better joint health

Easy exercises to keep your neck healthy

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Walking now touted as "a wonder drug"

Four ways to avoid pain and injury when starting an exercise regime

Please feel free to print out and use any or all of the flyers.
Or, make them available as handouts to your patients.

They are available on the website,
www.IACPnews.com in an easy to print format.

Each has the following tagline:



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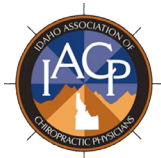
Strengthen your whole body with one arm exercise!

While there is no magic bullet for gaining strength, variety is key. To that end, although classic bicep curls often take center stage for building arm strength, another arm exercise deserves attention in your workouts: the hammer curl. This powerful movement not only builds impressive arm muscles but also enhances overall body strength, function, stability and resiliency.

Hammer curls are a variation of regular bicep curls. Like their traditional counterpart, one of the primary muscles targeted by hammer curls include the biceps brachii, the muscle best known as “the bicep.” However, hammer curls also emphasize two other arm muscles: the brachialis, a muscle beneath the biceps brachii that helps support the elbow joint, and the brachioradialis, a forearm muscle that enhances grip strength. Performing hammer curls correctly involves significant core engagement, which improves balance and overall strength.

Aptly named, hammer curls mimic the action of holding and using a hammer. Unlike regular bicep curls, which use a palms-up grip, hammer curls are performed with a neutral grip with palms facing each other. This simple adjustment shifts the muscle focus for more comprehensive strength development. This variation also decreases wrist and elbow strain, reducing the risk of overuse injuries and making it a safer option for those with joint concerns. Here’s a detailed list of benefits:

- Because the neutral hand position needed to perform hammer curls boosts forearm and grip strength, it also boosts your ability to hold and lift heavier weights to make greater total-body strength gains in other exercises, as well as enhanced performance in other fitness and sport activities.
- Hammer curls build arm and hand muscles needed for daily activities that require lifting, holding, and carrying, such as caring for children and performing household tasks and yard work.
- Enhanced grip strength also helps with opening jars, using tools and completing basic household tasks, making hammer curls particularly beneficial for older adults trying to maintain functional independence.
- The controlled motion and neutral grip of hammer curls help strengthen the muscles and tendons around the elbow and wrist joints, reducing the risk of common injuries associated with weaker muscles and improper lifting techniques.
- With less wrist rotation than traditional curls, hammer curls minimize the risk of injury, especially for those people with previous wrist or elbow issues.



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The Idaho Association of Chiropractic Physicians

The IACP News

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Full page (boxed)	8" wide by 9 3/4" tall	\$450	\$414	\$378	\$330
Half page	8" wide by 4 3/4" tall	\$267	\$264	\$224	\$190
One Third (V)	2 3/8" wide by 9 3/4" tall	\$190	\$174	\$159	\$140
One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
Quarter Page	3 7/8" wide by 4 3/4" tall	\$160	\$146	\$134	\$115
One Sixth	3 5/8" wide by 2 7/8" tall	\$105	\$97	\$88	\$75

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