



Prosperity Through Unity Exceptional Care for Idahoans

November, 2017

The IACP News, Vol. 1, No. 10

ACA Opposes President's Health Plan

The American Chiropractic Association (ACA) opposes action recently taken by the White House, which directs various federal agencies to develop regulations that could strip state laws that protect patients' access to chiropractic and other vital health services.

"Today's executive order punts a very significant issue over to several departments that could adversely change the health insurance market and leave patients with little choice but to buy plans light on benefits and high in cost," said ACA President David Herd, DC. "State patient protections, such as inclusion of important benefits, could be in serious jeopardy given this latest action by the president."

While the direct policy implications of the executive order may not be clear for several months, it's envisioned that the departments of Health and Human Services, Labor, and Treasury will go through the typical rule-making and comment period. This includes publishing draft regulations and allowing stakeholders, such as the American Chiropractic Association, an opportunity to provide comment.

"The American Chiropractic Association will be crystal clear in our opposition to any scheme that may eliminate state patient protections or impede access to quality plans," said Dr. Herd. "Interstate sales, the core of association health plans championed by the president, will start a 'race

to the bottom' by allowing insurers to choose their regulator. This is not sound policy for the consumer or the provider."

Using a non-drug approach, chiropractors focus on disorders of the musculoskeletal system, most often treating complaints such as back pain, neck pain, pain in the joints of the arms or legs and headaches. Widely known for their expertise in spinal manipulation, chiropractors are also trained to recommend therapeutic and rehabilitative exercises, and to provide dietary and lifestyle counseling.

According to a Gallup survey, about 35 million Americans visit a chiropractor each year.

29-year Study Says Drinking Can Be Beneficial



A study partially funded by the National Institutes of Health found that moderate alcohol consumption was associated with reduced mortality and a greater chance of staying cognitively healthy in later life. Researchers from the University of California San Diego School of Medicine in La Jolla believe that the study, published in the August issue of the *Journal of Alzheimer's Disease*, is the first to take into account the frequency of alcohol intake in an older population and its relationship with brain function.

Working with data collected from 1,344 adults in a middle-class California community, researchers studied the population over a period of 29 years. The participants had their cognitive health assessed at baseline, and again every four years through 2013.

Continued on page 9



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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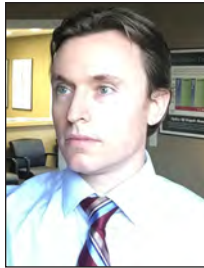


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13601 W McMillan Rd., Ste. 102-331, Boise, ID 83713

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The upgraded and expanded, Idaho Association of Chiropractic Physicians monthly newsletter, the *IACP News*, reaches 600-700 chiropractors and students of chiropractic across Idaho. Market your business and services inexpensively with a full-color display advertisement right here.

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President's Corner

Board Adopts Chiropractor's Rights Resolution

By Dr. Scott Crawford, IACP President

In 2008, the IACP endorsed and supported the guidelines of the Practicing Chiropractors' Committee for Radiology Protocols (PCCRP) to maintain our rights as chiropractors to use radiographs in our practices. Recently, the American Chiropractic Association released their "Choosing Wisely Recommendations" which stand in direct opposition to this position. These recommendations are overly-restrictive and prescribed limited use in situations such as acute low back pain.

In response to this current threat to IACP's position, this month, the IACP Board of Directors adopted an official resolution titled, "Resolution Supporting the Chiropractor's

Right to Clinical Decision-Making Regarding Radiology." This resolution will help all chiropractors in the state of Idaho defend our scope of practice rights. IACP is committed to protecting your rights and privileges as chiropractors and we will continue to do all we can to ensure that Idaho remains a great place to practice chiropractic.



President - Dr. Scott Crawford

The Board Resolution is shown on the following page.

"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!



Idaho Association of Chiropractic Physicians Resolution Supporting the Chiropractor's Right to Clinical Decision-Making Regarding Radiology

Whereas, the Idaho Association of Chiropractic Physicians (IACP) is a professional organization whose mission 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."; and,

Whereas, the IACP works to protect the right of individual chiropractic physicians to choose the clinical procedures within the chiropractic standard of care and practice, that he or she believes best address the patient's complaint and/or diagnosis; and, Whereas, the phrase "...may include the use of diagnostic X-rays" is included in the definition of "Chiropractic Practice" in Idaho Statute Title 54 Chapter 7 Section 54-704(1); and,

Whereas, utilization of diagnostic radiology is a scientifically proven component of the chiropractor's clinical practice, as the role of diagnostic radiology is clinically useful in evaluating multiple aspects of human spinal anatomy, biomechanics, postural faults, misalignments, vertebral subluxation complex, and other pathologies; and,

Whereas, one of the primary tasks of the IACP is to educate and inform Idaho's chiropractic community, other organizations, and the public on the latest requirements and trends in chiropractic treatment protocols; and,

Whereas, the IACP recognizes the need for scientific evidence to support chiropractic care provided by chiropractors across the state and the nation, and that the utilization of rational, evidence-based clinical guidelines and "best practice" documents are critical ways to implement research findings into clinical practice; and,

Whereas, the IACP also recognizes that clinical practice guidelines have the potential to streamline health care delivery, improve patient outcomes, and increase safety by using best available scientific evidence and broad consensus to develop appropriate care parameters; and,

Whereas, the IACP further recognizes that clinical practice guidelines do not, cannot, and should not represent a "set-in-stone" prescription of care, as they do not take into account such critical factors as the judgment of the chiropractor and the individual circumstances and values of the patient; and,

Whereas, the IACP is aware of recent publications from the American Board of Internal Medicine (ABIM) Foundation, as part of the ABIM Foundation's Choosing Wisely® campaign, regarding the appropriateness of radiological spinal imaging for patients with low-back pain during the six weeks after onset in the absence of red flags; and,

Whereas, the IACP recognizes that entities such as insurance companies and insurance claims reviewers are using this publication to deny the use of radiographic studies to patients and deny reimbursement for such studies to chiropractors; and,

Whereas, in 2008, the IACP Board of Directors, while stipulating that no guideline can replace the clinical decisions made by a chiropractor in the course of treating an individual patient, voted unanimously to support the evidence-based science for appropriate radiologic evaluations of patients seeking chiropractic care developed by the Practicing Chiropractor's Committee on Radiology Protocols (PCCRP); and,

Whereas, the IACP Board of Directors has not been made aware of any subsequent evidence-based radiological guidelines or protocols that would supersede or render obsolete the PCCRP's Guidelines, including the Choosing Wisely® document from the ABIM Foundation;

Now, therefore, be it resolved by the IACP Board of Directors, that we re-affirm our Resolution to promote and support the PCCRP's Guidelines.

Now, therefore, be it further resolved by the IACP Board of Directors, that all Idaho doctors of chiropractic who utilize radiologic evaluations in their practice, familiarize themselves with the PCCRP X-ray Guidelines, which can be accessed online at www.pccrp.org.

IACP Marketplace: Features

The IACP News,

this monthly newsletter of the Idaho Association of Chiropractic Physicians, reaches 600-800 chiropractors across Idaho every month.

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Thomas Jensen, Minnesota

“We’re going to do what we need to do to defend our doctors. That is not the case with a lot of insurance companies who try to keep claim costs down.... The claims handlers at NCMIC are some of the most experienced people in this profession—people with decades of experience in handling claims just like yours. I don’t see how you can surpass NCMIC.”

Jennifer Boyd Herlihy, Massachusetts and Rhode Island

“[At NCMIC] we work together to make sure we have every possible expert, every medical record ... We are going to take care of our doctors through trial, if necessary. I really do believe in their tagline that they take care of their own, because that’s what I’ve been seeing.”



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Moderate Drinking May Benefit Cognitive Health

Continued from front page

Researchers found that among men and women 85 and older, individuals who consumed “moderate to heavy” amounts of alcohol five to seven days a week were twice as likely to be cognitively healthy than non-drinkers. The amounts were defined as:

- Moderate drinking: consuming up to one alcoholic beverage a day for adult women of any age and men aged 65 and older; and up to two drinks a day for adult men under age 65.
- Heavy drinking: consuming up to three alcoholic beverages per day for women of any adult age and men 65 and older; and four drinks a day for adult men under 65.
- Consuming any more than these amounts was categorized as excessive drinking.

The research abstract by authors Erin Richard, Donnaa Kritz-Silverstein, Gail Laughlin, Teresa Fung, Elizabetha Barrett-Connor and Linda McEvoy reads, “To better understand the association of alcohol intake with cognitively healthy longevity (CHL), we explored the association between amount and frequency of alcohol intake and CHL among 1,344 older community-dwelling adults. Alcohol intake was assessed by questionnaire in 1984–1987. Cognitive function was assessed in approximate four-year intervals between 1988 and 2009. Multinomial logistic regression, adjusting for multiple lifestyle and health factors, was used to examine the association between alcohol consumption and CHL (living to age 85 without cognitive impairment), survival to age 85 with cognitive impairment (MMSE score >1.5 standard deviations below expectation for age, sex, and education), or death before age 85. Most participants (88%) reported some current alcohol intake; 49% reported a moderate amount of alcohol intake, and 48% reported drinking near-daily. Relative to nondrinkers, moderate and heavy drinkers (up to 3 drinks/day for women and for men 65 years and older, up to 4 drinks/day for men under 65 years) had significantly higher adjusted odds of survival to age 85 without cognitive impairment (p 's < 0.05). Near-daily drinkers had 2-3 fold higher adjusted odds of CHL versus living to at least age 85 with cognitive impairment (odds ratio (OR) = 2.06; 95% confidence interval (CI): 1.21, 3.49) or death before 85 (OR = 3.24; 95% CI: 1.92, 5.46). Although excessive drinking has negative health consequences, these results suggest

that regular, moderate drinking may play a role in cognitively healthy longevity.”

“It is important to point out that there were very few individuals in our study who drank to excess, so our study does not show how excessive or binge-type drinking may affect longevity and cognitive health in aging,” senior author Linda McEvoy said in a statement on the medical school’s website. The researchers note that people who have health problems that are made worse by alcohol, or those who are dealing with alcoholism, should refrain from daily drinking.

The study, titled, Alcohol Intake and Cognitively Healthy Longevity in Community-Dwelling Adults: The Rancho Bernardo Study, can be [found here](#).

Drinking alcohol in moderation could also reduce your risk for Type 2 diabetes, according to a Danish study. Researchers reviewed data on 28,704 men and 41,847 women without diabetes for an average of five years and, after controlling for other factors, found that the subjects had a lower risk for the condition than abstainers, the *New York Times* reports. Experts say those who enjoy a regular tippie in moderation can stop themselves being struck down with the Type 2 form of the condition and avoid the need for painful daily injections. They believe wine provides the greatest protection because of the way polyphenols regulate blood sugar. The chemical is especially abundant in red wine.

But the scientists have warned heavy drinking will not help combat the debilitating condition and increases the threat of a host of life-threatening diseases like cancer.

The Danish experts behind the latest study found consuming alcohol three to four days a week resulted in the lowest risk compared to those drinking once a week, reducing the danger by 27 per cent in men and 32 per cent in women. Data from the Danish Health Examination Survey from 2007–2008 saw 70,551 people aged 18 and over provide details on lifestyle and health including frequency of consumption. A standard drink was classified as one unit (12g) of alcohol.

Professor Janne Tolstrup, of the University of Southern Denmark, said: “Our findings suggest alcohol drinking frequency is associated with risk and that consumption over three to four days a week is associated with the lowest risk of diabetes, even after taking average weekly alcohol consumption into account.”

Research Studies Lumbar Muscle Fatigue Issues

New research, published last month in the *Journal of Physical Therapy Science*, suggests that, “newly developed floor chair placed on an office chair reduces lumbar muscle fatigue by cyclically changing its lumbar supporting shape.”

[The research](#) by Drs. Tadimitsu Matsuda, Takayuki Koyama, Yasushi Kurihara, Miki Tagami, Yasuaki Kusumoto, and Osamu Nitta, “investigated lumbar muscle fatigue before and after maintaining a seated position for one hour, lumbar and pelvic inclination angle change, in subjects with and without active lumbar support. Fourteen healthy subjects randomized into two groups sat on a floor chair, placed on an office chair, that cyclically changed its lumbar supporting shape to provide active lumbar support (ALS) or no ALS for one hour. Before and after, we measured the frequency of muscle waveforms of the trunk extensor muscles when the subjects lifted an object weighing 10% of their body weight, using both hands while seated. In addition, ROMt (Range of motion test) of trunk rotation, degree of fatigue and muscle stiffness were analyzed.”

The introduction to the study reads:

“Recent studies have shown an association between prolonged and low back pain. Occupational LBP has become a major problem in industrial health. The major causes of LBP include handling heavy objects, standing up for long periods of time, and performing tasks while seated, with further investigation of the latter finding that fatigue in the lumbar muscles caused by maintaining a seated position for a long period of time can lead to LBP. One representative bad sitting posture is a head forward position, involving bending of the waist. In this position, the head is located more anteriorly than in control subjects, leading to acute LBP. An increased bending posture increases the shearing force on the lumbar vertebrae and the compressive force on the vertebral duct, reducing tissue tolerance. It has been estimated that 50–80% of the population experiences LBP, which negatively affects daily life and task performance. Chronic low back pain (CLBP), defined as LBP sustained for >12 weeks, has been associated with various motor control problems, including damage to postural adjustment and delay in muscular response.

“Lumbar support devices, which support the lordosis of the

back side of the lumbar region, have been commercialized and used frequently. Pelvic anteversion has been reported significantly higher in the presence than in the absence of lumbar support. General lumbar support can maintain lordotic lordosis and anteversion of the pelvis, resulting in a posture in the sitting position close to the ideal physiological lordosis. However, even with general lumbar support, maintaining the same posture for a long period of time may reduce tissue tolerance of the lumbar loading structure, accompanied by sustained stress and increased tissue viscosity. Although the application of sustained stress to viscoelastic tissue leads to a creep phenomenon that causes tissue deformation, a creep phenomenon, even in the lumbar region, has also been observed after sustaining a bending posture for 20 minutes. Tissue tolerance may decrease while viscous friction increases after maintaining the same posture for a long time, and may also occur after maintaining an intermediate waist posture. Furthermore, deformation caused by the creep phenomenon has been associated with microscopic damage to the tissue. Moving one’s waist while in a sitting position may prevent the deleterious effects on posture of maintaining the same position for a long period of time.

“We have therefore constructed a prototype active lumbar support (ALS) chair with an automatic shape-changing function that automatically moves the waist during sustained sitting in a poor desk work environment and everyday life. Using ALS may reduce fatigue of back muscles and lumbar soft tissue. This study investigated the effects of ALS on lumbar muscle fatigue by measuring the latter before and after maintaining a seated position for a long period of time with and without transitive pelvic angle changes.”



Front and side views of the developed chair with active lumbar support. Right figure: Experiment environment

The study subjects comprised 14 healthy individuals, seven men and seven women, of mean age 21 years, with no current back pain. The researchers developed a seat with an ALS shape-changing function designed to suppress lumbar

“We have therefore constructed a prototype active lumbar support (ALS) chair with an automatic shape-changing function that automatically moves the waist during sustained sitting in a poor desk work environment and everyday life.

pain fatigue by transitively changing the pelvic angle when a person performs seated tasks for long periods of time. The ALS regularly pushed the lower back anteriorly to prevent prolonged sitting in the same posture. The subjects were required to maintain a desk work seated position for one hour. Subjects in the control group sat on the device without ALS activated; whereas ALS group subjects sat on the device with ALS activated.

Study results were described as follows: “MPF and MDF decreased before and after sitting for one hour while performing desk work tasks without ALS compared to with ALS. MDF (left side) while lifting a weight decreased significantly before and after being seated for one hour without ALS, but no change with ALS. Mean muscle stiffness increased, ROMt decreased in desk work task significantly without ALS compared to with ALS.”

This work follows a [2016 study](#) titled *Effects of a dynamic*

chair on pelvic mobility, fatigue, and work efficiency during work performed while sitting: a comparison of dynamic sitting and static sitting.

The abstract for that study reads: “Working while sitting for long periods can cause lumbar pain, fatigue, and reduced work efficiency. How a dynamic chair with a seat that moves three-dimensionally affects pelvic mobility before and after work, work efficiency, and post-work fatigue were examined. Subjects were 17 healthy adults (10 males, 7 females, mean age 21.8 ± 2.7 years). Subjects performed a 30-min Kraepelin test under two conditions: sitting in a standard office chair and sitting in a dynamic sitting balance chair. Root mean square (RMS) values of pelvic movement measured by a triaxial accelerometer during 30 minutes of work, finger-floor distance before and after work, lumbar fatigue, and pelvic movement RMS values during finger-floor distance measurement were used as outcome measures. Pelvic movement RMS values collected every 5 minutes during 30 minutes of work were significantly higher while sitting in the dynamic balance chair. Changes in pelvic movement RMS values during finger-floor distance measurement after work and amount of work performed during 30 minutes were significantly higher and lumbar fatigue was significantly lower for the dynamic balance chair. Dynamic sitting maintained or increased pelvic flexibility. The dynamic balance chair may effectively help workers work continuously in seated postures with little fatigue.”



Upcoming Events Calendar

Upcoming IACP Educational Opportunities

November 18-19 Nitto Taping / Smart Tools Dual Training Class — **UPDATED**
Dr. Ed LeCara – Boise, Idaho
16.0 Chiropractic CE Hours
[More information](#)

December 2, 2017 MIPS and MACRA Event
Dr. Scott Munsterman - Best Practices Academy



Do you have a success story? A news items? Event recap and pictures?

We're looking for articles and information covering all of Idaho and neighboring states.

The new, enhanced *IACP News* welcomes your news stories, events flyers and press releases.

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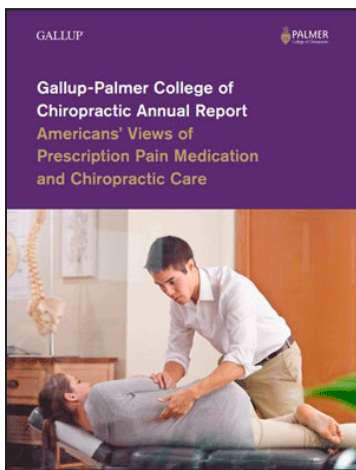
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Chiropractic News

Gallup-Palmer College annual survey reveals most Americans want alternatives to medication for relieving pain

The [2017 Gallup-Palmer College of Chiropractic Annual Report: Americans' Views of Prescription Pain Medication and Chiropractic Care](#) brings the voice of the American public into the debate about the U.S. opioid epidemic and pain relief.

Key findings from the full report, released October 3, 2017, reveal that 78 percent of U.S. adults prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor, and 81 percent think chiropractic can help with back and neck pain.



Highlights include:

A majority of Americans prefer to try other ways to address their pain before taking pain medication.

- 22 percent of U.S. adults prefer to take pain medication prescribed by a doctor to treat their physical pain
- 78 percent prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor.
- 27 percent of U.S. adults have seen a health-care professional for significant neck or back pain in the last 12 months. Of those adults, more than half (54 percent) have had an ongoing problem with neck or back pain for five years or more. A majority of Americans think chiropractic care can help with back, neck and joint pain as well as headaches.
- 57 percent think chiropractic can help with headaches
- 67 percent believe it can help with large joint pain (shoulders, knees, etc.)
- 81 percent think it can help with back and neck pain

A majority of U.S. adults have positive views of chiropractors.

- 63 percent agree most chiropractors have their patient's best interest in mind
- 52 percent agree most chiropractors are trustworthy. Chi-

ropractic patients and non-users favor collaboration on care.

- 68 percent said they would be more likely to go to a chiropractor if they knew their chiropractor would work closely with their other doctors to collaborate on care

Additional information about the report is available on the Palmer College of Chiropractic [website](#).

ACA hires quality expert Dr. Angela Kennedy to expand professional development

The American Chiropractic Association welcomes quality care expert Angela Kennedy, DC, MBA, to its staff, where she will serve in the association's new position of senior vice president of education and health policy. As part of her role, Dr. Kennedy will lead ACA's newly formed education and health policy department and will craft a plan to expand ACA's professional development offerings and educational programming with a strong focus on health policy.

"The new department, under the direction of Dr. Kennedy, is part of ACA's larger strategy to enhance member benefits and address new challenges and opportunities in health care," said ACA Executive Vice President Karen Silberman, CAE. "Dr. Kennedy's wealth of experience in program development and health policy will provide ACA members with the knowledge they need to succeed in modern chiropractic."

Dr. Kennedy comes to ACA from the American Society for Radiation Oncology, where she served as the director of quality improvement and was responsible for initiating, developing, managing, and evaluating the society's quality programs and initiatives. She has also managed health information and policy projects for multiple federal programs within the Department of Health and Human Services for Booz Allen Hamilton, developed and managed courses for the American College of Radiology Education Center.

Chiropractic gains ground during Texas legislative session

Texas Gov. Greg Abbott signed into law Senate Bill 304, continuing the Texas Board of Chiropractic Examiners (TBCE) and upholding the right of licensed doctors of chiropractic

Continued on next page

Chiropractic News

Continued from last page

in Texas to diagnose patients. It caps a historic legislative session for the chiropractic profession in Texas.

The Texas Board of Chiropractic Examiners is a state agency that regulates the chiropractic profession in Texas. Along with other state health care agencies, TBCE was under review by the Texas Sunset Advisory Commission last year. With the governor's signature, the state's chiropractic board will continue through Sept. 1, 2029, in addition to several other modifications to increase patient safety. Also included in the bill was specific language to be incorporated into the Texas Chiropractic Act that clarifies the right of Texas chiropractors to diagnose. This nullifies a 2016 decision by the Travis County District Court in the Texas Medical Association vs. Texas Board of Chiropractic Examiners law suit in which diagnosis was deemed to exceed the scope of practice. With the signing of Senate Bill 304, the matter of diagnosis is settled.

"If the district court's ruling had been allowed to stand, Texas would have been the only state in which chiropractors are not allowed to diagnose," said Tyce Hergert, DC, of Grapevine, Texas, president of the Texas Chiropractic Association (TCA) and a chiropractor who practices in Southlake, Texas. "Without this right, it would endanger patient safety and potentially affect insurance reimbursement. We thank the governor for recognizing the importance of this issue and creating greater access to chiropractic care for the citizens of Texas."

TCA is awaiting the governor's signature on two other key bills: Senate Bill 679, which would allow chiropractors to legally enter into business partnerships with medical physicians, osteopathic physicians and podiatrists; and House Bill 3024, which would permit chiropractors to remove student-athletes from play from interscholastic competition if there is any suspicion of a concussion.

The two bills are significant and will improve the overall quality of health care in Texas, according to Dr. Hergert.

"Research has shown that the cooperation between medical physicians and chiropractors greatly benefits the patient," Dr. Hergert said. "Chiropractors receive specific education

and training that allows them to identify the signs and symptoms of a concussion. Having a chiropractor on the sideline or the field of play offers another layer of protection for those involved in sports activities."

Study says chiropractic care can help with breathing problems

A 2016 study suggests that regular chiropractic visits can help lungs function optimally. Last year, the *Journal of Physical Therapy Science* published a study involving 30 subjects between the ages of 20 and 38 who were not currently being treated for any type of respiratory issue, nor were they experiencing any pain in their thoracic region. One-half were randomly assigned to an experimental group, which is the group that received actual spinal manipulation therapy. The remainders were assigned to the control, receiving sham treatments instead.

At the onset of the study, each subject's respiratory function was tested and recorded. Approximately ten minutes later, depending on which group they were in, they either received high-velocity, low-amplitude manipulation directed to the thoracic area of the spine or sham chiropractic. Follow-up respiratory testing occurred immediately following the actual or sham treatment session.

After studying the lung-function data collected, researchers noted that the experimental group, which is the group that received actual chiropractic, had "significantly increased" their forced vital capacity and forced expiratory volume in one second. The group that received the sham treatments experienced no difference in their respiratory function at all.

These findings suggests that chiropractic care likely plays a more important role in healthy lung function than most people realize. This information may be helpful to patients who are already experiencing chronic respiratory issues and looking for relief, but it may also work to reduce the likelihood of lung-related diseases in the first place. As the COPD Foundation states, generally speaking, "once lung function is gone, it is gone for good." That's why they recommend engaging in activities which can maximize lung capacity. These include: getting some type of regular exercise, performing physically demanding exercises during the times when it's easier to breathe, and staying indoors when extreme temperatures are expected or pollution is high.

Chiropractic College News Update

Palmer responds to White House action

In the wake of President Trump's direction to have the Department of Health and Human Services declare the opioid crisis a public health emergency, current data on American opinions of prescription pain medication and pain relief is key. That's just what the recently released [Gallup pain management research brief](#) provides.

"Americans prefer drug-free pain management. While 22% of U.S. adults prefer to take pain medication prescribed by a doctor to treat their physical pain, 78% prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor. This finding is based on data collected from February through March 2017 as part of the Gallup-Palmer College of Chiropractic Annual Study of Americans."

The biggest take-away from this new research is that 78 percent of U.S. adults prefer to try other ways to address their physical pain before they take pain medication prescribed by a doctor. Americans are looking for drug-free alternatives to manage their pain, including chiropractic care. This ground-breaking research brief is based on data collected from February through March 2017 as part of the Gallup-Palmer College of Chiropractic Annual Study of Americans.

For additional research resources on this topic, visit: www.palmer.edu/gallup-report.

Texas Chiropractic College retains Dr. Stephen Foster

The Texas Chiropractic College Board of Regents has announced that it has agreed with Dr. Stephen Foster to extend the term of his employment through 2020. Prior to his extension, Dr. Stephen Foster was officially installed as the fifteenth president of Texas Chiropractic College on November 5, 2016.

Chairman of the Board, Dr. Monte Blue said, "The board unanimously approved the extension of Dr. Foster's contract at our fall board meeting...we are very pleased with the direction TCC is going and credit this progress to Dr. Foster's leadership."

Dr. Stephen Foster graduated from TCC in 1990 and had a successful practice in Spring, Texas prior to returning to his alma mater in 1994.

As an attending clinician, he accepted the responsibility of passing on his knowledge and developing the clinical skills needed for future doctors of chiropractic. Between 1995 and 2012 Dr. Foster accepted more and more responsibilities in administrative positions. These roles included Student Clinic Director, Clinic Chief of Staff, Director of Clinics, and Director of Clinical Experiences. He was the founding Director of Assessment and Development, establishing TCC's innovative Assessment Center as the standard in chiropractic education.

Traumatic Brain Injury research presentation by CUKC team at ACA Sports Council Symposium

Could the addition of nutritional supplements to concussion protocols contribute to the recovery from traumatic brain injuries? Cleveland University-Kansas City (CUKC) doctor of chiropractic (D.C.) student Rachel Gilmore and Dr. Mark Pfefer, CUKC professor and director of research and scholarship decided to dig deeper into ideas for improved traumatic brain injury (TBI) treatment. The results caught the attention of the American Chiropractic Association (ACA).

The review of studies was one of 20 poster presentations accepted at the ACA Sports Symposium, Oct. 13-14 in Denver.

"The aim of this study was to review evidence on nutritional supplements as treatment options," Pfefer said. "The review provided a summary of evidence to guide practitioners in the management of concussion and traumatic brain injury."

About 75% of TBIs that occur each year are concussions or other forms of mild traumatic brain injury. From 2001 to 2009, emergency room visits for TBI-related sports and recreation-caused injuries increased 62 percent, according to the Center for Disease Control. In 2010 alone, there were 2.5 million emergency room visits, hospitalizations, or deaths involving TBI.

It's known that a multitude of neurological dysfunctions
Continued on next page

Chiropractic College News Update

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are associated with concussions and TBI, yet even with TBI gaining national attention, Pfefer acknowledges that current treatment options remain limited.

The CUKC review came to several conclusions:

- Nutritional supplements, such as omega-3 fatty acids, curcumin, resveratrol, melatonin, creatine and vitamins C, D, and E, are emerging as promising therapeutic options.
- Clinical evidence for nutritional supplementation in TBI treatment is lacking, so clinical trials and human studies should be increased.
- Deeper research into the nature of biomechanical pathways and the effects of nutritional supplements is needed, with a better evaluation of effective dosage amounts.

Cleveland University-Kansas City has long been involved in research. One of the goals of the research department is to promote student involvement in research and scholarship activities. Over the past 10 years, Pfefer said the University has been “very productive” in submissions accepted by the Association of Chiropractic Colleges-Research Agenda Conference.

Life Chiropractic College West stands behind DACA

The Deferred Action for Childhood Arrivals (DACA) program was established, in part, to support the 700,00-800,000 young people currently enrolled in American schools of higher education. These young people grew up, attended school and became friends with their US-citizen peers; yet, they also lived much of their lives in a state of uncertainty about their future. By allowing these students to remain part of the fabric which makes up the United States of America, the DACA program hoped to relieve fears related to being undocumented residents of the United States.

However, since its inception during the Obama administration, the fate of these hundreds of thousands of students enrolled in DACA has hung in the balance of hope and concern due to the sustainability of the program resting

within presidential, not congressional authority. The answer to the questions about the DACA students’ futures came on September 5th when the White House announced the end of the DACA program.

With the announcement on September 5th, uncertainty has risen to a much higher level. As an institution of higher education, Life West recognizes the potential struggles and consequences resulting from the Administration’s decision. We have sympathy for those enrolled in the program and wish to support every DACA enrollee as one of our own. As an institution that stands behind human rights, along with seeing the unlimited potential within our students, Life West feels very strongly that these young adults should be protected and allowed to continue their efforts as productive members of our society.

We believe it is important to note that the decision to end the DACA program was made despite research which that shows DACA has:

- Reduced the number of unauthorized immigrant households living in poverty.
- Increased the wages and labor force participation in DACA eligible immigrants.
- Increased the mental health outcomes for DACA eligible immigrants and their families.
- Shown benefits to the US economy.
- No impact on the employment for native born workers.

Importantly, a recent poll of 3000 DACA enrollees also revealed that 72% of the participants were currently pursuing higher education. As a college that promotes inclusion and diversity, Life West stands behind the idea that education is for everyone. We believe that being a productive member of society and contributing to the network that makes our country great is one of the highest values we can place on an individual.

With the current uncertainty and the potential end to DACA this March, 2017, Life West is committed to creating a safe haven for those registered in DACA and all unregistered students by the enacting the following:

- Providing up-to-date resources that will communicate accurate information to keep the effected students and

the Life West community abreast of upcoming U.S. policies directly relating to this issue.

- Encouraging our administration, faculty and staff to keep Life West a safe place for our students who are and may be in the future affected by the new policy.
- Understanding the possible stress for these students that comes with not knowing what may happen to them, Life West will offer confidential counseling and open lines for communication with Administration to anyone impacted by the new policy.
- Learning more, as an institution dedicated to serving these students, about DACA and the policies that have the potential to affect all undocumented students.

As a place of higher educational learning, guided by a philosophy of Giving, Doing, Loving and Serving out of our own abundance, Life West is committed to supporting and honoring the physical, mental, social and spiritual wellbeing of all our students, including those that are enrolled in the DACA program.

Dr. Ronald Oberstein
President, Life Chiropractic College West

Dr. Michael A. Mestan becomes 6th President of New York Chiropractic College

Dr. Thomas De Vita, Chair of the NYCC Board of Trustees, administered the presidential oath of office to Dr. Michael A. Mestan before dozens of educational and civic leaders, along with hundreds of students, faculty, staff, family, and friends of the institution. The Presidential Investiture Ceremony to



inaugurate the College's sixth president was live-streamed for those not able to be present in the College's 350 seat Delavan Theater.

Following addresses expressing confidence and support by the two previous NYCC presidents, Dr. Kenneth W. Padgett (1990-2000) and Dr. Frank J. Nicchi (2000-2017), Dr. Mestan passionately pledged to fill the very large shoes of his predecessors and lead the college to continued success.

During his speech, Mestan said: "As NYCC approaches its 100th anniversary in 2019, we embrace our legacy even as we look toward the future. I am indebted to those who served before me. I look at the lineage of Presidents, faculty, staff, students, and alumni who love and have loved NYCC. And I pledge that this love shall continue. I will work enthusiastically to build on the excellence of what we are doing now, to set a course to achieve goals to which we are committed, and to demonstrate by evidence and action the extraordinary value the New York Chiropractic College offers to its stakeholders and the public."

At the conclusion of his remarks, Mestan said: "It is humbling to be a part of something bigger than myself, and it is my greatest privilege to serve as NYCC's sixth president."

The Investiture was attended by delegates from 14 colleges and universities, some from as far away as California, Oregon, Missouri, Texas, and North Carolina. Representatives of various affiliated national organizations including the National Board of Chiropractic Examiners, the Federation of Chiropractic Licensing Boards, the Council on Chiropractic Education, the Association of Chiropractic Colleges, and the American Chiropractic Association also attended.

Dr. Mestan studied higher education leadership at the University of Rochester's Warner Graduate School of Education, where he earned Master of Science and Doctor of Education degrees in educational administration (with a specialty in higher education). He and his wife, Jill, are the parents of three children.

Following its meeting in October 2016, the NYCC Board of Trustees announced the selection of Dr. Mestan as the College's next president, effective upon the retirement of Dr. Nicchi, who served the college for 37 years, with the last 17 as its fifth president.



Classified Ads

Do you have something to sell, share or advertise with your fellow practitioners? List in the IACP Classified Ads.

Ads will be published online and in this magazine for two consecutive months.

[Click here](#) to submitting your classified ad.

For sale: Universal X-Ray suite with Hope Processor, Bin, ID printer, cassettes. \$3,500.

Email: info@swayzechiropractic.com

Position Available: Chiropractic office in Boise on Eagle Rd seeking a licensed Acupuncturist. Patient base will mostly be established. Please contact if interested by email to: info@fletcherchiropracticcenter.com or call and ask for Tina 208-939-3000.

For sale: a Zenith Hylo adjustment table. \$500. Contact Kristen Kinzer, Natural Spine Solutions, 208-966-4425, or email to: kristen@nsschiro.com

Position Available. Duties include but are not limited to:

- Perform and document a routine chiro/medical history & physical exam
- Assist in writing and delivering Plans of Care
- Performing adjustments of the spine and extremities and deliver manual therapy techniques
- Re-examinations to determine progress of care
- Supervise therapeutic exercises.
- Dictate, scribe and/or enter treatment notes into EMR/EHR
- Assist in patient education regarding their treatment plans, nutrition, supplements, exercise, detox protocols and recommendations.

For clinic information: <http://maximizedlivingsummit.com/> or www.facebook.com/summitfamilychiropractic

- Generous Pay - 50K-75K Salary first year
- Paid Vacation time & Holidays
- Paid CEU's
- Paid Malpractice

REQUIREMENTS: Current/Valid D.C. License. Will consider new graduates. Outgoing personality. Great work ethic. Positive attitude and compassion to help people. COACHABLE & ADAPTABLE & DEPENDABLE.

Location perks: see <http://www.coeurdalene.org> Extremely health-minded triathlon and outdoor sports community. Great place to raise a family.

Practice for sale: 20+ year old, Fruitland, Idaho practice for sale. The practice is located on one of the busiest highways between North and South Idaho, Highway 95. It is a high visibility location with easy access. We have a small-town atmosphere yet attracts patients from Ontario, Payette, New Plymouth and travelers. Very reasonable cost. Call 208-739-6885

Practice for sale: Diversified practice in Idaho, on the Oregon border for sale. It is situated less than 1 mile from the Payette and Snake Rivers and right on Highway 95, the corridor between North and South Idaho. The practice was originally bought 20 years ago from another D.C. and a new office was built 10 years ago. Total receipts for the past year are \$124,000, and the price of the practice is \$74,000. I plan on retiring around November this year. I will stay for a short while to help the new doctor get comfortable with the patients. My cell phone is: 208-739-6885

Chattanooga Intellect Ultrasound unit for sale. Excellent condition—minimal use. \$600. Dual frequency ultrasound (1 and 3.3 MHz) features 5 cm² Sound Head Applicator which offers 10%, 20%, 50% and Continuous Duty Cycle selections and head-warming. Includes tub of ultrasound gel. Dean Rutherford, Hailey Chiropractic Clinic, 208-788-3211, drdean88@gmail.com .

X-ray Suite. Universal high frequency with Mini-med 90 processor. Full spine bucky with Medium speed screens in all sizes. Film bin, film and even the lead from the walls! First \$6000 takes it (OBO).

Older Zenith HYLO electric lift. Classic. Needs new grease and drop mechanism fine tuning but a great table. \$2000 (OBO)

(10) Hon brand Upholstered Waiting room arm chairs \$300 each new for \$60 each \$500 for all ten.

eriktdc@yahoo.com for pictures, information

Idaho Chiropractor preparing to sell practice equipment.

Local Idaho chiropractor preparing to sell a great deal of practice equipment. Please see the list below.

- Zenith High-Low Table w/ Pelvic Drop - \$2500 In near perfect condition.
- Graston Soft Tissue Instruments - \$1500 Full set included, well taken care of, 2 cases included. Comes with Emollient
- Office Desk with removable glass top - \$75 measurements are 60" long, 29.5" wide and 30" tall
- Doctor stool with rollers and adjustable height - \$30
- Rolls of Face Paper - \$1 each 13 rolls total
- HP Printer, Copier, Fax, Scanner - \$40 It's the Officejet Pro 8600. Works great, just needs more ink.
- 2 Line RCA Intercom Office Telephone - \$15
- VeriFone Model # OMNI 5700 Card Reader - \$20
- Gray Waiting Room Chairs - \$5 per chair, 12 chairs total

If you have questions please call or text me at 208-221-3990. Please contact the Doctor for pictures of the specific equipment: scottnjamiesmith@gmail.com.

Position Available: Our office is faced with the awesome circumstance of serving more patients and seeking a passionate, hard-working, Chiropractor to share mentorship with. Perfect for new graduate, experienced DC unhappy with current practice OR seasoned DC feeling bored. Our thriving cash practice is located in the most beautiful city in the best state in the U.S., so why not build the practice of your dreams in a place you really want to live? Base salary of \$7,200 with bonus incentives, option for long term position, satellite or buy-out. Send resume to Dr. Lance and Dr. Jennifer at: salmonriverchiropractic@gmail.com

Chiropractic Position Available In Idaho. A chiropractor needed to fill spot of departing chiropractor. The clinic is in Nampa, ID which is a good community and in a family friendly clinic. Desired attributes and abilities: proficient in Activator technique (preferred but not required), energetic,

honest, friendly, moral, easy going, hard working, enjoys helping others. Starting pay, \$20/patient. Part-time and/or full-time work available. Starting date, May 1st 2017 or as soon as possible after May 1st. Contact: 208 466 2536 or idahojoedc@gmail.com

Looking for an Independent Contractor in Boise. Spacious clinic, great team, great equipment, great system. Great location. Please contact Dr. Troy Norris: drroy@balancechiro.net

Ideal Practice for new doctor or for another office and source of Income. Asking \$118,000. Owner took over a little over a year ago and has built the practice up to collecting \$150,000 for 2016. Averaging 26 new patients a month in 2016. Low overhead with a great office and great staff. In the right hands the practice should collect two times that much in 2017. New equipment and buildout 26 months ago. Equipment alone is worth \$90,000. Price includes all office and therapy equipment, digital x-ray and digital processor. Dr. is semi-retired and needs to devote more time to other endeavors. Practice is located in Eastern Idaho. For more information please call 435-232-6494. Or send email to: chiropracticesales@gmail.com

No Cost to Start Your OWN Practice: DC must be motivated to start their own practice in medically integrated office, have high integrity, good adapting and communication skills. This is a great opportunity for a new Dr. wanting to minimize the financial risk of the high cost of build out, equipment and other aspects of opening a new practice. We provide all needed chiropractic equipment, including, but not limited to an x-ray machine for your use. You would also have access to over 5000 patient files and ongoing referral to you from our other services. Please check out our website:

www.healthyhabitswellness.net

If you are interested, please fax your resume to (208) 884-2067.

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The Idaho Association of Chiropractic Physicians

The IACP News

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The Idaho Association of Chiropractic Physician's *IACP News* is a full-color digital newsletter, published monthly and distributed to member doctors of chiropractic across Idaho as well as out-of-state members and student members.

Advertising deadline

Artwork is needed by the 15th of any month for publication in the following month's newsletter. The *IACP News* is published the last week of every month.

Ad Sizes and Rates

IACP reserves the right to determine position and placement of all advertising. Special positioning may be purchased for an additional 20% if space is available. Inside Cover and Back Cover are charged additional 20% for special positioning. **15% off these rates for IACP Members.**

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Ad Type	Ad Size	1 run	3 runs	6 runs	12 runs
Full page (bleed)	8 5/8" wide by 11 1/4" tall	\$450	\$414	\$378	\$330
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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