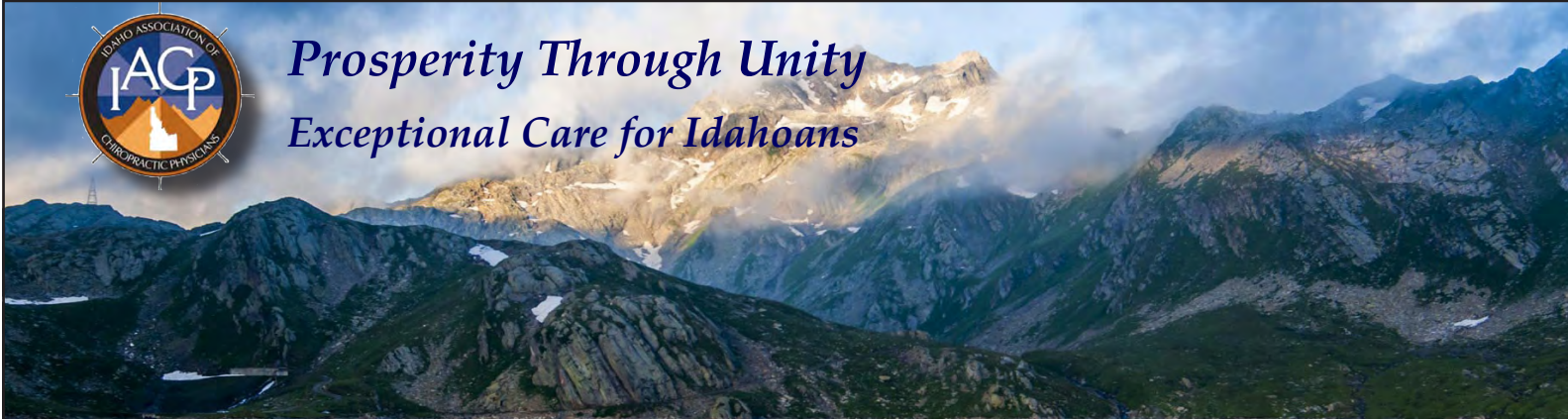




Prosperity Through Unity Exceptional Care for Idahoans



January, 2018

The IACP News, Vol. 2, No. 01

Annual Legislative Luncheon January 25



Join your fellow IACP members at the Idaho Association of Chiropractic Physicians' Annual Legislative Luncheon, January 25, 2018, from 11:30 am to 1:00 pm. Meet on the second floor of the Capital City Event Center, 622 W. Idaho Street in Boise.

Join the Idaho Association of Chiropractic Physicians and members of the Idaho Legislature for a lunchtime discussion about chiropractic and the IACP's 2018 legislative goals. Help us educate Idaho legislators on the importance of chiropractic and the role chiropractic plays in Idaho's health-care system.

Our featured guest speaker is Derek

Clark. Derek is a motivational speaker, inspirational author, and successful businessman who overcame extreme adversity and hardship in his childhood.



Now, he travels the county to share his remarkable story of resilience and redemption. As a lifetime patient, Derek has been an advocate of chiropractic care for many years. Derek has spoken to chiropractic groups about overcoming adversity and inspiring them to build confidence and motiva-

Continued on page 5

American Council on Exercise Study Suggests Washing Dishes Can Improve Your Health

With a culture of desk jobs, car commutes and television binges, it comes as no surprise that the average American spends at least 12 hours per day sitting—contributing to chronic, physical inactivity-related conditions such as back pain, heart disease and diabetes. Research has shown that interrupting long periods of sitting with small periods of movement can improve health, but without guidance on how much of which activities will make a difference, many remain unmotivated to move.

To find out just how much movement is needed to counteract the effects of sitting for long periods of time, the American Council on Exercise (ACE) commissioned a scientific study

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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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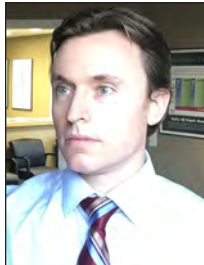


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President's Corner

It's a New Year - Make a Fresh Start



**By Dr. Scott Crawford,
IACP President**

Happy New Year!

With the start of a new year, we have the opportunity to make fresh changes in our businesses. Make sure to add IACP membership to your checklist and get involved with IACP by joining a committee

President - Dr. Scott Crawford

or attending an event.

In our office, January is the time during which we game plan for the months ahead. Set a goal to deploy one internal and external marketing strategy each month, call your inactive patients, and be consistent with your healthcare classes, among other things.

This year is sure to bring new changes to insurance as well. Stay on top of adjustments to allowable amounts. Some companies will place you in lower tiers without contacting you. Make sure you follow up on denials as well. Many

insurance companies are denying modalities without a licensed PT. We continue to fight for better relationships with these companies and press forward with Secure Care. However, you shouldn't let insurance cloud your purpose or suck the life from your practice. Make this year will be better than last!

IACP Members: Increase your involvement by joining a committee. Help yourself and your association. [Click here](#) for more information or email Caroline Merritt at iacpcontact@gmail.com



“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!



IACP Annual Legislative Luncheon

Continued from front page

tion to spread the chiropractic message and grow the impact of chiropractic care. Derek has been featured on CNN, the Ricki Lake Show, and the Steve Harvey Show. Read Derek's full bio here.

Please attend this event to ensure that IACP demonstrates the strength of our association and our profession to our Idaho legislators. Let's make sure that our legislators have an opportunity to hear about the issues that are affecting

**Thursday, January 25th, 2018
11:30 a.m. to 1:00 p.m.**

**Capital City Event Center
622 W. Idaho St., 2nd Floor, Boise**

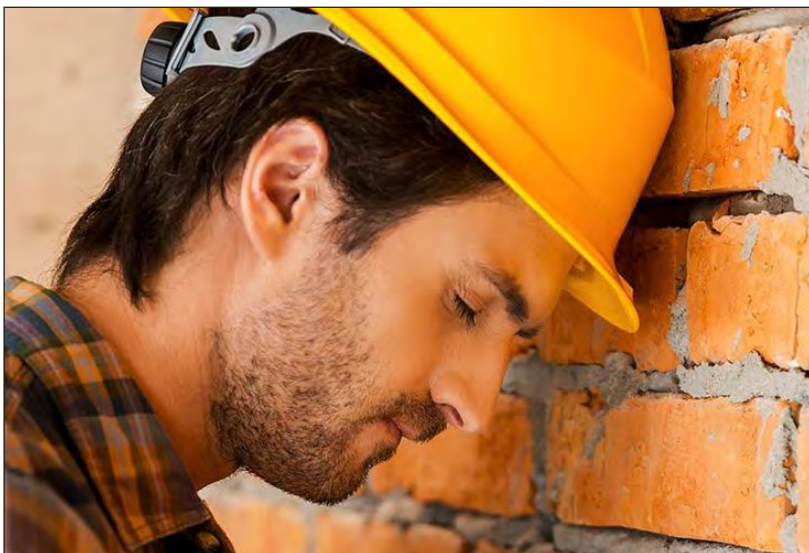
chiropractors in our State and what we need from them to elevate chiropractic in Idaho. Space is limited, so please RSVP to iacpcontact@gmail.com

If you have patients who work in construction....

As front-line medical providers, chiropractors need to be aware that people working in the construction trades are more susceptible to opioid abuse than anyone else except food service workers, according to a report published in *Forbes*. Estimates put illicit drug use among construction workers at 15.1%. The industry's statistical tendency toward abuse can partially be attributed to its male-dominated primary workforce. Men are twice as likely to use drugs in an illicit manner than are women. Construction workers also tend to face greater physical wear, often leading them to be prescribed opioid pain medication that would allow them continue to work on the job site.

While the U.S. faces a national opioid epidemic, the construction industry and its workers are among those who are being hit hardest by its ramifications. Claim data from CNA found that the construction industry's total prescription opioid spend held at 20% from 2009 to 2013. That figure is 5-10% higher than any other industry represented in the study.

As construction companies continue to face challenges from opioid abuse among their workforce, doctors should learn to recognize the signs of a problem. Can you spot the signs of opioid abuse? If your answer is no, you're not alone. The National Safety Council (NSC) has released survey results examining opioid misuse in the United States. Only 20 percent of those polled said they are "very confident" they can spot the signs of an overdose, and 28 percent said they are aware of treatment options.



"The most fatally abused drug today may be sitting in your medicine cabinet," said Deborah A.P. Hersman, NSC president and CEO. "Fortunately, we know what we need to do to eliminate more than 20,000 preventable deaths each year, and education plays a critical role. We hope the [Stop Everyday Killers campaign](#) helps personalize this tragedy in order to save lives."

Information from the Mayo Clinic on [prescription drug abuse](#) is readily available. Chiropractors are urged to educate themselves about opioid use and abuse, to better help their patients and the community.

American Council on Exercise Study Suggests Washing Dishes Can Improve Your Health

Continued from front page

to identify the optimal FIT (frequency, intensity and length of time) of movement for middle-aged and older adults. To provide the tools for all people to get moving, a research team from Western State Colorado University studied a series of common activities—such as folding laundry, washing dishes and walking—available to all people regardless of age, location or socioeconomic status.

“Participating in regular exercise has a plethora of health benefits—from maintaining weight to improving mood—but it can’t counteract being at a desk all day,” says Cedric X. Bryant, PhD, chief science officer for American Council on Exercise. “Sitting down for extended periods of time day in and day out can elevate a number of health risk factors. All that sitting needs to be interrupted regularly, regardless of whether there is an exercise program in place.”

The researchers recruited 13 middle-aged or older adults who participated in a weekly exercise regimen but were sedentary for six or more hours per day. In addition, each participant had one or more of the following health conditions: high blood pressure, high cholesterol or high blood sugar. Researchers compared the health effects of four different activity protocols:

- Five minutes of low-to-moderate activity every hour that could include standing while reading, folding laundry and/or washing dishes



- Five minutes of a low-to-moderate activity every two hours
- Five minutes of a slightly more intense activity every two hours that could include walking at a normal pace, slow dancing and/or taking out the trash
- Ten minutes of a slightly more intense activity every two hours

After one week, five minutes of low-to-moderate activity per hour resulted in significant health benefits across all study participants, including:

- A 21.2 percent increase in HDL (“good”) cholesterol
- A 24.6 percent decrease in triglycerides
- A 6.1 percent reduction in blood sugar

With 10 minutes of the slightly more intense activity every two hours, participants achieved similar results:

- An 18.4 percent increase in HDL (“good”) cholesterol
- A 23.0 percent decrease in triglycerides
- A 7.8 percent reduction in blood sugar

Despite a healthy exercise habit, when participants stopped integrating regular standing movements into their day, all the health benefits they experienced during the study were reversed.

“What we’re seeing is that we need to focus on both structured exercise programs and every day movement,” notes Dr. Bryant. “By adding regular movement throughout the day, people were seeing health benefits beyond those they were already getting from their exercise routine.”

In light of the study findings, researchers urge medical professionals, personal trainers and health coaches to discover how often their clients interrupt long periods of sitting, as well as how often they exercise, as both have fundamental impacts on health.

Chiropractors should consider urging their patients to develop sustainable healthy habits, such as incorporating more movement into their daily routines. This may be as simple as spreading activities people already do, such as doing the dishes and standing up to fold laundry while bingeing their favorite show, throughout the day instead of performing them all at once. This study suggests washing dishes can improve your health!

Upcoming Events Calendar

January 25, 2018

IACP Legislative Luncheon

11:45 a.m. - 1:00 p.m.

Location TBD

February 23, 2018

Management of Chronic Cervical Pain

12:00 p.m. - 6:00 p.m.

Non-IACP Sponsored Event

Bingham Memorial Hospital - Blackfoot, ID

There is no cost for the seminar, but seating is limited to 50 participants.

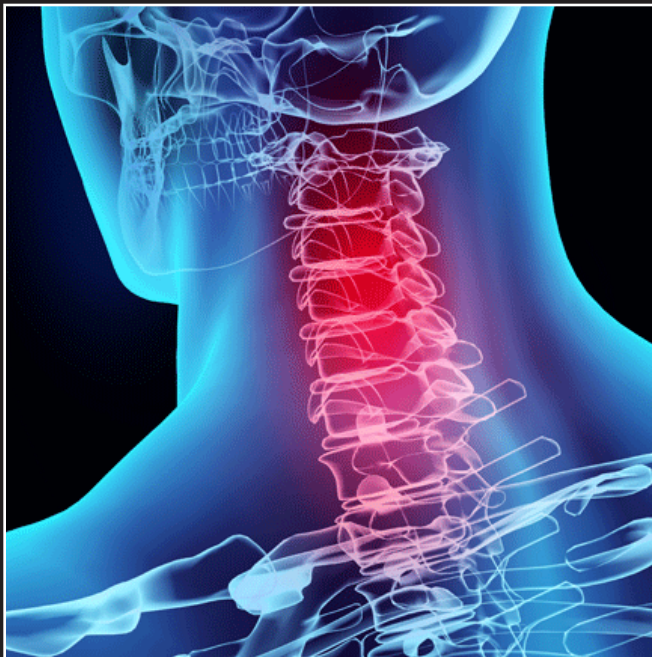
6 CEU's (applied for). Following the seminar, dinner will be served.

Please contact Laney Nelson, DC, DACBSP at drlaneynelson@gmail.com

April 27-29, 2018

IACP Annual Convention

The Grove Hotel - Boise, ID



Join Protecspine

FEB 23, 2018 | 12pm-6pm

Bingham Memorial Hospital, Blackfoot, ID for training on
"The Integrated Management of Chronic Spinal Pain
and Dysfunction" – a medical and chiropractic approach.

Dinner will be served after the seminar.

RSVP to Dr. Laney Nelson at:

drlaneynelson@gmail.com

Learning objectives of the seminar:

- Why is it necessary for Chiropractors to understand the management of cervical disc replacement surgery
- Chiropractic Manipulation strategies for patient preparation of cervical disc replacement surgery
- Why robotic surgery is method of choice in cervical disc replacement
- Chiropractic Management of post surgical low back pain & posterior fusion pain
- Chiropractic Management of post surgical frozen shoulder and it's association to neck pain
- Chiropractic Manipulation management of advanced degenerative joint and disc disease
- BFRT Advanced rehab procedures for pre and post surgical (elderly) strength loss
- Advanced Stem Cell procedures for the management of upper regional neck shoulder pain

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New Feature



It occurred to us that some of you may wish to print out and post up on your patient bulletin boards the healthy living information we have been publishing.

So we have created printable PDFs of the ***Tips for Keeping Your New Year's Resolutions*** story on the following page, and the following stories available online:

New Study Suggests Fries May Be Deadly
Watermelons Are Not Just For Kids
Research Suggests Diet Soda Link To Stroke & Dementia
Benefits of Eating Apples

Please feel free to print out and post up any or all of the flyers. Each has the following tagline:



***This healthy living information is provided by
your Doctor of Chiropractic and the
Idaho Association of Chiropractic Physicians (IACP) .***

Tips for Keeping Those New Year's Resolutions

The new year is here, and perhaps you are already struggling with your New Year's resolutions. If so, you are not alone. About half of all Americans make resolutions, but research suggests only eight percent keep them. Mindy Boccio, MPH, has ideas on how you can better make resolutions — and keep them. As a senior consultant with Kaiser Permanente Northern California's Regional Health Education, Boccio trains physicians, nurses, and wellness coaches on how to help their patients make healthy changes in their lives. She offered suggestions based on research around behavior change.

Q. What advice do you have for people making resolutions?

A. I see 'resolutions' as simply the decision to make a change in your life. Three suggestions come to mind. First: Get clear on your 'why.' Ask yourself how this change will benefit your life and support your values. For example, the deeper reason for deciding to quit smoking may be that you want to be a healthy role model for your children. Understanding that can boost your motivation initially and help keep you on track when you hit the inevitable rough patch.

Second: Try to be specific about the behavior change you propose to make. We know from research that the more specific you are about the change, the better. If your resolution is to exercise more regularly, getting specific might be saying, 'I know I can fit in 15 minutes of walking three times a week.' It's helpful to start with something achievable so you don't feel overwhelmed. You can increase your goal later.

Third: Ask for help. Getting support from family and friends has been shown to help us make lasting change. It's also good to partner with someone who's making the same behavior change. That creates accountability, and the camaraderie helps too.

Q. Thoughts on logging your progress?

A. Research supports that tracking your progress helps you to achieve your goals. Even if things aren't going perfectly, tracking your progress can be viewed as helpful feedback to make course corrections instead of abandoning ship. Plus, when you're logging your progress daily, it keeps your goal front of mind. It doesn't matter how you track your progress. Some people keep it simple and mark the days they exercise on a calendar. Others like technology to track exactly how many steps they take each day. If you like using apps, some good health-related ones include KP's Every Body Walk app, My Fitness Pal, and Lose It!

Q. Any advice for when the going gets tough?

A. When you're faced with a dilemma around keeping a resolution, slowing down can help. Take pause and recognize that you may have more choices in the moment than you think. If your resolution is to cut back on sweets because you'd like to lose weight, and then someone offers you a piece of cake, your immediate thought may be 'I want that delicious cake!' You could eat the cake and have the immediate gratification. You could also step away for a few minutes to see if the craving for the cake dissipates. Or you could decide to have a small piece and do more walking that day to burn the additional calories. If you pause, consider your choices and call to mind your 'why' (the deeper reasons for making a change), you can then make a more deliberate decision. You'll feel positive about that, and you're more likely to repeat that mindful approach.



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Chiropractic News

Study says veterans benefit from chiropractic care

A [new study](#) finds that female veterans—one of the fastest growing populations receiving treatment through the Veterans Administration (VA) health care system—experience improvement in low back pain with a course of chiropractic care. Published in the *Journal of Manipulative and Physiological Therapeutics*, the study's authors note that musculoskeletal conditions such as back pain are the most common ailments among female veterans. They also report that female veterans on average access VA medical care more frequently than male veterans, have a higher outpatient cost per patient and have a higher rate of service-connected disability.

The purpose of this study was to determine if female US veterans had clinically significant improvement in low back pain after chiropractic management. The average patient was 44.8 years old, overweight (body mass index 29.1 kg/m²), and white (86%). The mean number of chiropractic treatments was 7.9. Statistical significance was found for the Back Bournemouth Questionnaire outcomes. The mean raw score improvement was 12.4 points ($P < .001$), representing a 27.3% change from baseline with 47% of courses of care meeting or exceeding the minimum clinically important difference.

“Although further research is warranted,” the study reports, “chiropractic care may be of value in contributing to the pain management needs of this unique patient population.”

Chiropractic services are one of the conservative (non-drug) treatment options for pain offered in the VA. They are available at half of the major VA medical facilities in the United States.

Efforts to expand chiropractic services to veterans recently gained new momentum in Congress. Rep. Julia Brownley (D-CA), ranking member of the Veterans Subcommittee on Health, and Rep. Lucille Roybal-Allard (D-CA), have joined forces to broaden the range of services and care options available to veterans by supporting the Chiropractic Care Available to All Veterans Act (H.R. 103). The bill—supported by several major veterans groups—would require chiropractic services to be offered at all U.S. Department

of Veterans Affairs medical centers and codify chiropractic care as a standard benefit for veterans using VA health care. There is a bipartisan companion bill in the Senate (S. 609).

“Chiropractic’s non-drug, non-addictive and noninvasive approach to pain management can help alleviate disabling pain and improve function,” says ACA President David Herd, DC. “That’s why chiropractors are an important part of the health care team in the VA.”

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.

Chiropractic improves sensorimotor function and multisensory integration

Falls are a significant cause of death, injury, and loss of quality of life in older adults. Falls account for more than 80% of injury-related hospital admissions in people older than 65 years, and they are the leading cause of injury-related death in older adults. Approximately 30%-40% of community-dwelling older adults suffer from at least one fall each year. This incidence rate rises dramatically with increasing age or when a variety of risk factors are present.

A [study](#) called, *Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated With Falls Risk in Older People: A Randomized Controlled Trial*, assessed whether 12 weeks of chiropractic care was effective in improving sensorimotor function associated with fall risk, compared with no intervention, in community-dwelling older adults living in Auckland, New Zealand.

The role that chiropractors and other manual therapists may play in preventing falls in their patients is currently unclear. To date, few controlled trials have investigated how chiropractors and other manual therapists may influence falls risk. There is however a growing body of basic science evidence that suggests that chiropractic care may influence sensory and motor systems that potentially have an impact

Continued on next page

Chiropractic News

Continued from last page

on some of the neuromuscular risk factors associated with falling. The extent of this potential impact, if any, is currently unknown. This study aimed to investigate this potential relationship by assessing whether usual chiropractic care had an impact on measures of sensorimotor function associated with falls risk in older adults.

Over 12 weeks, the chiropractic group improved compared with the control group in choice stepping reaction time (119 milliseconds; 95% confidence interval [CI], 26-212 milliseconds; $P = .01$) and sound-induced flash illusion (13.5%; 95% CI, 2.9%-24.0%; $P = .01$). Ankle joint position sense improved across the 4- and 12-week assessments (0.20°; 95% CI, 0.01°-0.39°; $P = .049$). Improvements were also seen between weeks 4 and 12 in the SF-36 physical component of quality of life (2.4; 95% CI, 0.04-4.8; $P = .04$) compared with control.

The study concluded that: “Sensorimotor function and multisensory integration associated with fall risk and the physical component of quality of life improved in older adults receiving chiropractic care compared with control.”

Study suggests chiropractic 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 remainder 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.

The findings suggest 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.

Make your flu shot more effective

New research by a team of health experts at the University of Nottingham has found evidence that being in a positive mood on the day of your flu shot can increase its protective effect. Flu vaccination is estimated to only be effective in 17-53% of older adults compared to 70-90% of younger people. This new Nottingham-based study is the first to examine several psychological and behavioral factors that have been shown to affect how well vaccinations work.

The results showed that of all of the factors measured, only positive mood over the 6-week observational period predicted how well the shot worked – with good mood associated with higher levels of antibody. In fact, when the researchers looked at influences on the day of vaccination itself, they found an even greater effect on how well it worked, accounting for between 8 and 14% of the variability in antibody levels. [More information](#) can be found in *Science News*.

Chiropractic College News Update

Life West College takes chiropractic care to India

At the end of November, 25 Life West doctors, students and chiropractic assistants traveled to New Delhi, India to serve at the 70th annual Nirankari Sant Samagam mission. The Life West team was led by Life West President, Dr. Ron Oberstein, Vice President of Institutional Advancement, Dr. Mark Zeigler, and Life West Board Chairman, Dr. Jimmy Nanda.

Life West partnered with the India Association of Chiropractic Doctors, Sant Nirankari Mission, and doctors from all over the globe to selflessly serve thousands of patients from all over India. The philosophy of the Sant Nirankari Mission parallels that of chiropractic, which creates an exceptional environment for the healing potential of innate intelligence to be experienced.

The team was exceptional in their efforts to improve the lives of thousands. In four days, over 10,000 patients were able to access full service chiropractic care. The mission draws over 1.7 million people and most reside in underserved communities around India.

There are many incredible stories to tell from this mission trip. Life West student, Zane Groves shared this very memorable experience:

"I had a patient, a 24 year old man, who had been vaccine damaged at the age of one. He presented with motor

deficits on the entire left side of his body and some loss of speech. He had been told by the medical community that there was nothing that could be done to help. We assessed and adjusted him and asked if he could come back the next day. When he returned, he had such a smile on his face! He had regained about 80% of movement in his arm. The physical response was amazing, but the look of hope in his and his mother's eyes just cracked my heart open."

"Transformative" is the word Groves uses to describe his experience in India.

Dr. Ron Oberstein expressed his gratitude to the Mission for providing the opportunity to serve humanity with Her Holiness, Satguru Mata Ji, and the mission congregation. He was delighted to share the intent to build a clinic in India for doctors and students to serve the people in the surrounding communities.

To find out more about our India Mission Trips and how to get involved, visit lifewest.edu/the-india-mission.

CUKC offers online classes for general education prerequisites

Cleveland University-Kansas City's latest move to expand health care career options gives current and prospective students a convenient way to complete their general education requirements: online. Nine of the University's "gen ed" classes are available in an online format for the

Continued on next page



Chiropractic College News Update

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term beginning in January 2018. The nine general education courses offered online beginning Jan. 1, 2018:

- BIOL 250: Anatomy & Physiology I
- BIOL 251: Anatomy & Physiology II
- COMM 201: Communication & Diversity
- HSIC 102: Health Science Terminology
- MATH 110: Intermediate Algebra
- PSYC 110: General Psychology
- SOCI 110: General Sociology
- SOCI 110: Race & Ethnicity
- SPCH 101: Speech

According to Sarah Shelnutt, coordinator of undergraduate and online education, the courses also are a good fit for those who want to pick up college credits while still in high school, planning a career change, or want to get a head start in college coursework while in a current job. Of particular significance is the online Anatomy and Physiology class, which students traditionally need for pre-chiropractic.

Sherman College offers Academy of Chiropractic Philosophers designation

Eleven chiropractors recently earned the Academy of Chiropractic Philosophers (ACP) designation, completing the coursework in Sherman College's ACP program in San Diego, CA. Each received a certificate and medallion of completion.

The ACP is a one-year course designed to enhance the understanding, depth, and breadth of chiropractic philosophy. Sessions challenge the thinking process and the application of philosophy in the chiropractic profession. Successful completion of the 100-hour program leads to membership in the prestigious Academy of Chiropractic Philosophers, and the ICA Council on Philosophical Chiropractic Standards accepts the successful completion of the ACP for 100 hours toward its Diplomate in Philosophical Chiropractic Standards.

If you would like more information regarding the ACP program or are interested in hosting a group of 20 or more chiropractors in your area, please contact Ashley Valladares in the Office of Academic Affairs at 800-849-8771, ext. 225,



ACP graduates (standing from left): Jack Bourla, program instructor Rick Brescia; Ankur Tayal, Skylar Gemmer, Jeremy Steel, Matt Santos, René Lafrenière, Normand Riendeau, program instructor Bill Decken; (seated, from left): Didier Dupas, Nikie Dupas, Jeanett Tapia and Ric Aranza.

email avalladares@sherman.edu or check out the webpage at www.sherman.edu/acp

Texas Chiropractic College to implement new force sensing table technology

Texas Chiropractic College has announced the implementation of new technology to aid students in perfecting their adjusting skills. This project has been led by the Vice President for Academic Affairs; John Mrozek, DC, MEd, EdD, FCCS (C), FICC, who offered some insight on what this means for the future education of students:

“The teaching of adjusting skills, also referred to as manual therapy, is paramount in chiropractic education. Until recently this important skill has been taught using demonstration and observation of the manual skill of the student by the faculty. New technology has been developed to allow the collection of instantaneous data on the loads transmitted by the student to a human analogue mannequin (HAMTM). This data can be immediately quantified and compared to expert force-time profiles allowing the student to model adjusting force loads demonstrated by experts.”

This training would begin early in the curriculum and prior to actual patient contact. This new teaching tool in question is known as Force Sensing Table Technology (FSTT).

“FSTT provides instant information on the loads applied during the adjustment. Most importantly it provides quantifiable feedback on pre-load force, force amplitude, rate-of-rise in force, loads and direction of the adjusting impulse. This adds a new dimension to the teaching and learning of spine and extremity adjustment skills,” Mrozek said.

Students will be able to gain an instant evaluation of their adjusting techniques thanks to this breakthrough addition. The Force Sensing Table will allow them to improve their execution by eliminating the guess-work and relying on facts and statistics instead.

Mrozek added, “Most importantly, FSTT would be an invaluable dimension to the teaching and learning of the adjusting forces that will be applied to treating patients. It provides a new and important feedback tool for teaching the art of adjusting.”

Mrozek said he “anticipates faculty familiarization over late spring and summer of 2018 and course implementation either summer of 2018 or by fall of 2018.”

New SACA task force to help foster student interest in research

National University of Health Sciences (NUHS) chiropractic student Gregory Roytman will co-chair a newly created Student American Chiropractic Association (SACA) task force aimed at engaging more students with research.

“Research is a crucial part of operating an evidence-based practice,” Roytman said. “We want to encourage students to start reviewing and understanding research as early as possible.”

In addition to reviewing research, Roytman encourages students to conduct research, as well. Various grant-funded research projects take place on campus.



Gregory Cramer, NUHS Dean of Research, and NUHS DC student Gregory Roytman.

The SACA Research Task Force includes chiropractic medicine students from various colleges. As part of their first initiative, the group will create a Facebook page that regularly posts research resources. Beyond single studies, the task force will take a more comprehensive focus by posting articles

that bring together multiple papers. Regularly reviewing research papers has several advantages, according to Roytman. “Students will be able to better determine good studies from the bad more objectively,” he said. “We can also better interpret certain findings and determine how to use them in practice.”

Another goal of the group is to make chiropractic research more accessible so students can learn from a broader range of research topics even as they go on to private practice. While clinicians typically review new research every day, they are often limited to one or two academic journals due to cost.

For more information on how to get involved with research visit the [NUHS website](#).

Palmer celebrates 143rd graduation

Palmer College of Chiropractic’s West campus in San Jose, Calif., celebrated its 143rd graduation at the Fall Quarter ’17 commencement ceremony on December 7 in the Santa Clara Convention Center theater. More than a third of the Fall ’17 class graduated with academic honors.

Alexandra Robertson (Okotoks, Alberta, Canada) and Vanessa Ng (Calgary, Alberta, Canada) graduated as class valedictorian and salutatorian, respectively, with Summa Cum Laude (3.9 – 4.0) academic honors.



West Campus President Bill Meeker, D.C., M.P.H., F.P.A.C., presents Presidential Scholar awards to (left to right) Leana Liu, Vanessa Ng and Alexandra Robertson. Presidential Scholar awards are presented to members of the graduating class who achieved Dean’s List honors (3.50 GPA or above) in each of their 13 quarters of study at Palmer’s West campus.

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.

Seeking job as IC or Associate (prefer): I am a dedicated and patient outcome driven Chiropractic Physician who is looking to give back and serve the community. As a practicing Chiropractor, I focus on the neuromusculoskeletal system specifically the spinal subluxation and the consequences of these types of disorders on the overall health of my patients. I am pursuing either, an Independent Contractor or Associate position, to employ all my knowledge, skills and abilities in Boise or the surrounding areas.

As a member of society, I have elected to become an inspirational advocate for healthier living, conduct myself as a professional, be a competent teacher and a collaborative team player. Seeking

- A busy compassionate patient-centered clinic
- A professional environment
- A TEAM approach with side-by-side involvement
- Friendly, proficient and competent support staff
- Successful clinic systems
- Growth opportunities for the entire clinic
- A long-term relationship with the ability to become either a partner or purchase

For resume or follow up questions please email youridahochiropractor@gmail.com

For sale: CLA's 3 tech Insight Subluxation Station w/ lab top for sale. Barely used, 2017 model includes; pulse wave profiler (heart rate variability), SEMG, wireless rolling thermal. Asking 10,500.00. Contact Debra 208-777-4000.



Position Available: Full time Chiropractic associate position in a busy multi-doctor office in Nampa Idaho, just outside of Boise. We are looking for a highly motivated, honest and

positive Chiropractor with the following:

- Great adjusting skills
- Great communication skills
- A strong work ethic
- Movement minded with experience or a desire to learn soft tissue work, rehabilitative exercise, and kinesiology taping
- A team player
- Willing to learn
- Wanting to build a career.
- Sales and marketing experience is a plus
- Licensed in Idaho, though not a requirement to start

Contact us with your resume at:

drmconnell@balancedmovementchiropractic.com

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.

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.
- 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.

For lease: Oak Tree Counseling & Wellness currently has office space available for lease in our over 6,000 sq ft wellness center. For info call Denae Barowsky, M.A., LPC at 208-269-7031.

For sale: x-ray machine RME Raytheon for sale. 300/125 \$4,500. 509-758-7258.

Practice for sale: 20+ year old, Fruitland, Idaho practice for sale. 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: scottjamiesmith@gmail.com.

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The Idaho Association of Chiropractic Physicians

The IACP News

Display Advertising Policy, Rates and Information

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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