



Prosperity Through Unity Exceptional Care for Idahoans

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Considering Chiropractic Care for Back Pain and Stiff Neck

If you've experienced back pain or a stiff neck due to arthritis or an injury, you might have thought about visiting a chiropractor. While chiropractors are known for manipulating the spine to alleviate pain and enhance mobility, the benefits can extend beyond just the back and neck. By adjusting misaligned joints with varying degrees of force, chiropractors aim to improve the relationship between the spine and the nervous system, potentially influencing the function of various organs and body systems.

"We are certainly the front-line providers for back pain, but we're also primary-care professionals who look at and evaluate the whole body," says Ron Boesch, a chiropractor and professor at Palmer College of Chiropractic. Chiropractic treatment is gaining recognition in mainstream medicine, with a 2015 Gallup poll showing that 60% of respondents believe chiropractic care effectively treats neck and back pain. But what should you expect from a chiropractic visit, and is it safe for arthritis?

What to Expect From a Chiropractor

If you're seeking a non-medication approach to ease painful joints, chiropractic medicine might be an option, provided you listen to your body's signals. Modern chiropractic practices are generally gentler than the traditional cracking of backs or popping of necks. Chiropractors use over 150 techniques to manually adjust the spine, joints, and muscles with varying force levels.

For instance, an athlete with lower back pain might benefit from a high-velocity spinal adjustment, whereas someone with arthritis would receive tailored care. A chiropractor might gently manipulate soft tissues to alleviate muscle spasms and tenderness or use active exercises and traction to stretch joints and increase range of motion. This approach can feel like a more hands-on version of physical therapy.

Continued on page 4

Chiropractic Care and the Body's Self-Healing Abilities

Chiropractic care has long emphasized the body's remarkable ability to heal itself. This self-healing is optimized when the body, particularly the nervous system, is in a state of balance. Achieving full body homeostasis can enhance mood, immunity, overall health, and more. Since the nervous system plays a crucial role in modulating immunity, any dysfunction within it can potentially trigger or worsen autoimmune diseases. Chiropractic care can be an effective holistic approach to managing these issues.

Understanding Autoimmune Diseases

The immune system's primary function is to defend the body against foreign invaders like bacteria, cancer cells, and viruses to prevent illness and disease. However, sometimes this system becomes overactive and mistakenly attacks the body's own cells and organs, leading to autoimmune diseases. The specific disease that develops depends on the part of the body under attack.

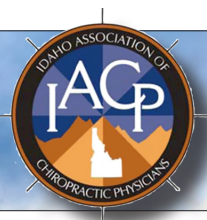
Common autoimmune diseases include rheumatoid arthritis, lupus, multiple sclerosis, irritable bowel syndrome, and psoriasis. Holistic approaches to managing autoimmune diseases often start with stress reduction techniques such as massage, meditation, yoga, exercise, diet modifications, and chiropractic care.

The Role of the Nervous System in Immunity

The nervous system is integral to the body's immune response, signaling when to fight off illness and when to heal. If this communication pathway is compromised, the brain's ability to regulate immunity properly is hindered, potentially leading to an underactive or overactive immune system, which can manifest as autoimmune diseases.

Maintaining good spine alignment is vital for the optimal

Continued on page 5



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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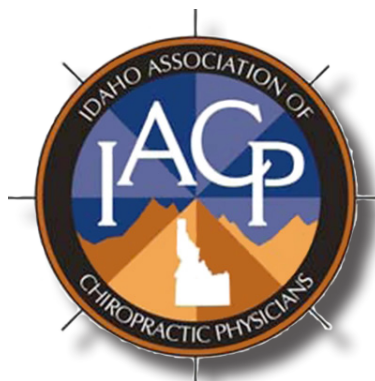
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In This Issue

Meta-analysis reveals prevalent disc degeneration (continued)	Page 4
Weight loss and diabetes drug linked to risk of blindness (continued)	Page 5
IACP Membership Application	Page 6
Chiropractic Care and Autism: Exploring the Benefits	Page 7
The Vital Role of Behavior in Public Health	Pages 8
Soar with us! Display advertising information	Page 9
ChiroHealth USA: Using Timed Therapy Codes Appropriately	Pages 10 - 11
Louis Sportelli, DC, honored with Heritage Award	Page 13
Join the Pack - become a member of IACP	Page 13
Ultraprocessed foods may shorten your life	Pages 14 - 15
Beware harmful social media disinformation about sunscreen	Page 16
Chemicals enter bloodstream after use, FDA says, but don't abandon sun protection	Page 17
Chiropractic News	Pages 18 - 19
Chiropractic College News	Pages 20 - 23
The IACP Marketplace: Featured Businesses & Suppliers	Page 20
Classified ads	Page 21
Office poster notice	Page 22
POSTER: Strengthen your whole body with one arm exercise!	Page 23
IACP News Display Advertising Rates and Sizes	Page 24

This table of contents is linked for your convenience. Just click on the page you want.



Considering Chiropractic Care for Back Pain and Stiff Neck

Continued from front page

Chiropractors focus on the relationship between structure and function, explains Robert Hayden, PhD, a spokesperson for the American Chiropractic Association. Unlike osteopaths, who also use manual manipulations but may incorporate medication or surgery, chiropractors emphasize structural alignment to enhance joint function. “If the structure of a joint is not right, it can’t work as designed. Chiropractic shines in maximizing the function of an arthritic joint,” says Hayden. “Our goal is to restore patients’ function for a better quality of life.”

During your first visit, a chiropractor will take a detailed medical history and perform a physical exam to determine the best treatment approach. They may also take an X-ray of your spine.

Is Chiropractic Care Safe for Arthritis?

For those with back or neck pain due to osteoarthritis, chiropractic care is considered one of the safest therapies, according to Scott Haldeman, MD, a neurologist and Chairman Emeritus of the Research Council for the World Federation of Chiropractic. However, individuals with inflammatory diseases like rheumatoid arthritis, psoriatic arthritis, or ankylosing spondylitis need to be cautious.

Active inflammation, a fused spine, or osteoporosis in the spine or neck are contraindications for chiropractic therapy. “If a patient has joints with active swelling, I wouldn’t recommend chiropractic adjustments,” says Alyce Oliver, MD, PhD, assistant professor of rheumatology at the Medical College of Georgia. Dr. Hayden concurs that inflamed joints should be avoided but notes that chiropractors offer several adjunctive therapies that can help, such as:

Ultrasound: Applied to soft tissues and joints, ultrasound can massage tissues, reducing swelling and pain.

Electrotherapy: Tiny electric pulses stimulate nerves and muscles, treating soft tissue injuries.

Low-level laser or “cold laser”: This non-heat-producing laser can penetrate deep tissue, sometimes reducing inflammation.

Infrared sauna: Controlled heat helps relieve pain and increase circulation.

Even without directly touching an arthritic joint, treating surrounding tissues can significantly reduce overall pain,

says David Feschuk, a chiropractor in Stone Mountain, Georgia. For example, adjusting the pelvis can reduce lower back pain caused by walking awkwardly due to a knee flare-up.

Medical Doctors’ Perspectives

Historically, chiropractic care received mixed reviews from physicians. However, in 2017, the American College of Physicians recommended nonpharmacologic therapies like chiropractic and acupuncture as first-line treatments for low back pain, before resorting to medication.

Increasingly, studies in mainstream medical journals demonstrate the benefits of chiropractic for back and joint pain. For example, a 2017 review in the *Journal of the American Medical Association* found that spinal manipulation reduces lower back pain. A 2013 study in *Osteoarthritis and Cartilage* showed that patient education combined with chiropractic treatments was more effective for hip osteoarthritis than stretching programs alone. Reports from Beth Israel Deaconess Hospital’s chiropractor-led spine program also indicate significant pain relief for most patients within five visits.

While research confirms benefits for musculoskeletal pain, particularly of the back and neck, the effects beyond pain relief are less certain. According to Dr. Haldeman, there is no clear evidence that chiropractic or any treatment offers long-term changes in arthritis X-ray findings.



Chiropractic Care and the Body's Self-Healing Abilities

Continued from front page

functioning of the nervous system. Misalignment of the spine can impact neural tissue health and response, disrupting these critical communication pathways. By correcting spinal misalignments, chiropractic care can enhance the healing process and promote overall body balance. When nerve flow is optimized, the body can communicate its needs effectively without sending harmful signals.

Finding a Chiropractic BioPhysics (CBP) Care Provider

Chiropractic BioPhysics (CBP) practitioners are experts in restoring spinal alignment. This elite, research-oriented

branch of chiropractic care focuses on holistically and sustainably improving spine health. Spine misalignment is often an overlooked source of dysfunction in the body, and addressing it can significantly enhance health potential, aiding in disease management and potentially even reversing it.

There are several elite CBP care providers across the United States. If you have a CBP practitioner in your area, it is highly recommended to contact them. Their clinics offer treatments that can help you achieve your health goals and maximize your quality of life.





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Chiropractic Care and Autism: Exploring the Benefits

Chiropractic care is gaining popularity among individuals diagnosed with autism, with numerous studies indicating that chiropractic adjustments can improve autism symptoms and reduce stress, anxiety, and tension in those with the condition.

Understanding Autism

Autism is a behavioral developmental disorder typically observed in children within the first 18 months of life. Individuals with autism experience various challenges, commonly including difficulties in social interactions, communication impairments, and a lack of imaginative thinking. In New Zealand, approximately 40,000 people, or 1 in every 100, are estimated to have autism. While the exact causes of autism are unknown, genetic factors and environmental stimuli—both prenatal and postnatal—are considered significant contributors. Regardless of the cause, individuals with autism often struggle with sensory-neural integration and motor output.

Case Study: Chiropractic Care for a Child with Autism

A 3½-year-old girl diagnosed with autism at the age of 2 was brought in for chiropractic care. She did not speak or communicate except through screaming and tantrums, avoided social interactions, and engaged in minimal physical activity. She also experienced constipation and sleep disturbances. Although her birth was described as non-traumatic, it involved vacuum extraction and an epidural, followed by immediate separation from her mother and standard vaccinations. She reacted differently to other children, sleeping for 24 hours after her first vaccinations, and experienced a fall from her cot at 5 months old with no apparent damage.

The initial chiropractic exam revealed decreased respiration in the thoraco-lumbar region and a fast left cervical syndrome. Due to the child's apprehension, palpation, range of motion testing, and spinal, thermal, and electromyography (EMG) scans were challenging. Initial EMG and thermography scans of the lumbar spine showed significant asymmetrical motor and autonomic function. Using the Torque Release Technique (TRT) model and Integrator™ instrument, the child received 28 adjustments over a 10-week period.

After five adjustments within two weeks, the previously apprehensive child was able to lay on the table herself and held the chiropractor's hand by the sixth visit. By the tenth visit, she verbalized for the first time during an adjustment

and was reported to be laughing. In the sixth week, her constipation resolved within 24 hours of an adjustment. Follow-up thermal and EMG scans at one and two months showed increased balance and symmetry in motor and autonomic function throughout the spine.

The Role of Chiropractic in Autism

Current research has yet to pinpoint a single cause for autism, and no specific trait is diagnostic. Environmental factors like infections, digestive issues, autoimmune responses, and vaccine side effects have been suggested but remain associations rather than definitive causes. Despite the uncertainty, autopsies of autistic individuals often show consistent findings in the cerebellar regions of the brain, notably Purkinje neuronal loss and a reduction in size, particularly in the posterior cerebellar vermis. This region, critical for sensory integration and motor responses, appears diminished in those with autism.

Chiropractic care, particularly subluxation-based care, can impact these areas. A vertebral subluxation, a mechanical issue in the spine that affects nerve function, can disrupt sensory input to the cerebrum and cerebellum. This sensory dysafferentation alters the central integrative state of neurons responsible for environmental responses, leading to hyperactive or hypoactive behaviors in autistic children. Chiropractic adjustments reset joint and mechanoreceptor activity, improving the central nervous system's response to environmental stimuli.

This case report demonstrates how chiropractic care can improve behavioral patterns and nerve system symmetry in a child with autism. Similar improvements have been documented in other cases, though further research is necessary to clarify the role of chiropractic in managing autism. To explore chiropractic care for autism, fill out our online form to schedule an appointment.



The Vital Role of Behavior in Public Health

Health behaviors significantly influence health and well-being, making them a primary focus of public health policy. Evidence robustly supports that healthy lifestyle behaviors, such as a nutritious diet, regular exercise, and smoking abstinence, markedly reduce morbidity and mortality . A report on the burden of disease in the United States identified diet as the leading risk factor for death and disability . The most common causes of death in the U.S. are both preventable and nutrition-related, with four out of the top seven chronic disease risk factors (diabetes, high cholesterol, high blood pressure, and obesity) being linked to dietary behavior and nutrition .

Current Health Trends and Challenges

Despite the well-documented benefits of a healthy diet and exercise, the health of Americans is declining. As of recent data, 73.6% of adults aged 20 and over are overweight or obese . The prevalence of diabetes has dramatically increased from 108 million people over 40 years ago to 422 million in 2014, with projections estimating 783 million adults will have diabetes by 2045 . Heart disease continues to be the leading cause of death in the U.S., responsible for 1 in every 4 deaths . Engaging in healthy behaviors such as refraining from smoking, maintaining a healthy diet, and exercising regularly can significantly reduce the risk of these diseases and early death . The mortality rate of chronic diseases can also be reduced through prevention, which is closely linked to health behaviors .

The Overlooked Role of Stress

While the importance of diet and exercise is heavily emphasized, stress is often underrepresented in public health recommendations. Stress, a complex and multifactorial phenomenon, is the body's response to mental, emotional, or physical disturbances. It can be both a symptom and a significant risk factor for conditions such as anxiety, migraines, substance abuse, obesity, and heart disease . College students, in particular, experience higher levels of stress, anxiety, and depression compared to the general population . Over 80% of medical students report psychological distress, which can adversely affect their quality of life .

Health Behaviors Among College Students

Traditionally seen as a period of optimal health, recent data suggests otherwise for college students. Less than 10% of college students meet the recommended intake of fruits, vegetables, and fiber , and they average only 2.8 days of aerobic exercise per week . Older students are even less likely to engage in regular exercise . Research on chiropractic

students' health behaviors is limited, but a study found that 72% of Canadian chiropractic students met the 2012 Canadian Physical Activity Guidelines . A survey also indicated positive attitudes towards preventive services and health promotion among chiropractic students, faculty, and practitioners . However, unhealthy behaviors persist among college students, increasing their risk of future health problems .

Defining Wellness

Wellness is often used interchangeably with well-being and quality of life. The World Health Organization (WHO) defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" . This definition includes wellness but does not capture all multidimensional aspects such as intellectual, spiritual, emotional, and occupational wellness . Within chiropractic, wellness is seen as a patient-centered process focusing on health promotion, disease prevention, and overall well-being, with an emphasis on spinal health .

Importance of Wellness Education in Chiropractic

Supporting student wellness is crucial in chiropractic education, a focus increasingly emphasized. The World Federation of Chiropractic (WFC) supports WHO initiatives, including the Global Strategy on Diet, Physical Activity, and Health, and promotes chiropractors' role in health promotion activities . Wellness education can raise awareness about the importance of health and disease prevention, positioning physicians as key proponents of wellness.

Knowledge, Attitudes, and Behavior (KAB) Model

The KAB Model is an effective approach for implementing wellness education. As knowledge is acquired, attitudes change, increasing the likelihood of behavior change . The objective of this study was to examine the relationships between wellness knowledge, attitudes, and behaviors in chiropractic students using the Wellness Knowledge, Attitude, and Behavior Instrument (WKABI) .

Methods

The study received approval from the Institutional Review Board (IRB) of Palmer College of Chiropractic. Students from quarters 1 through 13 at Palmer College of Chiropractic, Florida campus, participated by completing the WKABI. The questionnaire, distributed via email and the college's learning platform, included 72 items on a 5-point Likert scale and multiple-choice formats. The minimum required sample size was 263, with 271 students participating.

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Using Timed Therapy Codes Appropriately

In chiropractic care, accurate and appropriate use of timed therapy codes is essential for ensuring compliance with federal regulations and avoiding legal pitfalls. Recent legal actions against The Grand Health Care System and its affiliates highlight the importance of understanding and correctly applying these codes. Here's a detailed look into how chiropractors can use timed therapy codes appropriately and avoid common mistakes.

Understanding the Legal Context

Strauss Ventures LLC, doing business as The Grand Health Care System and 12 affiliated skilled nursing facilities will pay \$21.3M after recently settling allegations of violating the False Claims Act. The allegations included billing federal health care programs for unreasonable, unnecessary, or unskilled therapy services or services that did not occur as billed. The case emphasizes the need for strict adherence to billing guidelines to protect both patients and taxpayers. (US Department of Justice, 2024)

The Importance of Timed Therapy Codes

Timed therapy codes are used to bill for services based on direct, one-on-one patient care duration. Common codes include those for manual therapy, therapeutic exercises, and other skilled rehabilitation services. Medicare's "eight-minute rule" is a crucial guideline for determining the billable units of service.

The Eight-Minute Rule

For time-based codes, Medicare requires a minimum of eight minutes of direct patient care to bill for one unit of service. The total time spent on therapy is divided by 15 to determine the number of billable units. An additional unit can be billed if eight or more minutes remain after dividing. (Collins, 2016)

For instance:

- 1 unit: 8-22 minutes
- 2 units: 23-37 minutes
- 3 units: 38-52 minutes
- 4 units: 53-67 minutes

Commonly used codes in chiropractic practices include:

- 97110: Therapeutic exercises
- 97112: Neuromuscular re-education
- 97124: Massage therapy
- 97140: Manual therapy techniques

Each code requires accurate documentation of the time spent on each procedure to ensure compliance and proper reimbursement.

Proper Documentation

To maximize revenue and avoid legal issues, chiropractors must:

Clearly Document Techniques and Time: Record the specific techniques, therapeutic goals, and time spent on each procedure. Documentation should reflect direct, face-to-face time with the patient, including pre-service, intra-service, and post-service activities. (Kathleen D. Weissberg, 2018)

Accurately Calculate Total Time: The total time is cumulative when multiple services are provided. For example, if you provide 10 minutes of therapeutic exercise (97110) and 10 minutes of manual therapy (97140), you have 20 minutes. This time only qualifies for one unit, which falls below the 23-minute threshold for two units.

Ensure Consistency with Clinical Condition: Therapy services should be based on the individual patient's clinical needs, not arbitrary quotas, or financial incentives. Overbilling or providing unnecessary services can lead to severe penalties, as seen in the Grand Health Care System case.

Example of Proper Billing

24 minutes of neuromuscular re-education (97112)

23 minutes of therapeutic exercise (97110)

Total time: 47 minutes

This falls within the range for three units (38-52 minutes). The correct coding would be two units of 97112 and one unit of 97110.

Since each service was performed for at least 15 minutes, you can bill either code for two units and the other for one unit.

Timed therapy codes are critical for compliance and ethical practice in chiropractic care. By understanding and applying the eight-minute rule, accurately documenting services, and ensuring that therapy is clinically justified, chiropractors can avoid the pitfalls that led to legal action against The Grand Health Care System. Always prioritize patient needs over financial incentives to uphold the integrity of your practice and protect your patients.

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



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Beware harmful social media disinformation about sunscreen

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

The American Academy of Dermatology recommends

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

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

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

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

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

Chiropractic News

Gas prices at three-year low

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

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

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

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

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

Weight loss drugs may cause stomach paralysis

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

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

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

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

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

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

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

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

Annual Student Leadership Conference

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

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

Dr. Selina Sigafoose-Jackson ICA Chiropractor of the Year

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

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

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

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

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



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

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

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Event Dates and Locations

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

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

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

Chiropractic College News

Palmer College Wins 2024 Circle of Excellence Award

The Council for Advancement and Support of Education (CASE) recently announced the recipients of its 2024 Circle of Excellence Awards. Palmer College of Chiropractic, headquartered in Davenport, Iowa, received the Silver Circle of Excellence Award for its multi-year campaign “Daring and Driven: The Campaign for Palmer College.”

“It’s an incredibly meaningful honor,” says Barbara Melbourne, J.D., Palmer’s vice chancellor for institutional advancement. “The award speaks to the countless hours of committed work carried out by Palmer staff and the boundless generosity of our alumni and friends.”

Daring and Driven: The Campaign for Palmer College – the largest campaign ever undertaken by a chiropractic college – was an unmitigated success, shattering records and energizing the College’s more than 31,000 alumni. The multi-year campaign concluded with \$30.2 million raised and nearly 1,200 new donors reached.

“What a success story for Palmer College, which, before the campaign, had .8% alumni participation, a deficient database, and no fundraising staff,” explained one of the competition judges. “How can we not all be reminded of what can be accomplished through a systematic approach, strategic advanced planning, sheer optimism, and unrelenting effort?”

CASE’s Circle of Excellence Awards are the premier recognition program for educational advancement. These peer-selected and adjudicated awards celebrate colleges, universities and schools worldwide whose talented staff have advanced their institutions with resourcefulness and ingenuity.

This year, volunteer judges from CASE’s membership reviewed more than 4,200 entries from 28 countries and selected 486 exemplary entries for bronze, silver, gold and grand gold recognition across multiple categories. Winners are chosen for overall quality, innovation, use of resources, and the impact on the institution or its communities, such as alumni, parents, students, faculty and staff.

HBCU Alumna Recognized as Chiropractor of the Year

Magen Henry, an undergraduate alumna of historically Black Florida A&M University, has been named the 2024 Chiropractor of the Year by the American Black Chiropractic Association. She was honored for her commitment to the association and her work in advancing health outcomes for Black communities.

Based in Atlanta, Georgia, Dr. Henry’s practice focuses on improving prenatal and pregnancy care through chiropractic methods. She is the founder of ChiroJunky, which contains the “Black Chiropractors Near Me” directory. The directory, the largest of its kind across the globe, aims to connect Black patients with Black chiropractors and promote the chiropractic field among Black communities.

Dr. Henry received her bachelor’s degree in cellular and molecular biology from Florida A&M University and her doctor of chiropractic degree from Life University in Marietta, Georgia.

Steve Agocs from CUKU accepted to Fellowship in Pain Sciences

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



According to the EIM website, participants will “gain exceptional understanding of pain mechanisms and their impact on the pain experience, and enhance their clinical decision making through thorough consideration of bio-

psycho-social factors.” The hybrid program blends online and hands-on instruction, which allows clinicians to pursue the training without disrupting their professional lives.

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

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

“Chiropractors are poised to have the greatest potential to be a “first stop” for many of these patients, and while complex cases require interdisciplinary approaches to treatment, chiropractors can and should be coordinating and managing that care,” Agocs said. “My personal vision would be a series of required courses and/or electives that Cleveland students can take that gets them firmly in this mindset and teaches them the tools required to apply this science with patients, how to communicate with other providers, etc., and open up more opportunities for more new graduates than I ever had.”

Life University grads to compete in 2024 Summer Olympics

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

Orrin Bizer: A 2023 graduate with a B.S. degree in Exercise Science from Life U, Bizer has been a pivotal figure in the success of the Life U Men’s Rugby team. His contributions were instrumental in securing back-to-back 7s national championships, and he demonstrated exceptional leadership as the captain during the latter tournament. In recognition of his outstanding performance and skill, Bizer was awarded

the prestigious Prusmack Award in 2023, which honors the best collegiate men’s 7s player in the country. In Paris, Bizer will be one of four forwards on the Team USA squad, bringing his expertise and determination to the international stage.

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

Alexandria “Spiff” Sedrick: A standout former student-athlete from Life University’s Women’s Rugby team, Alexandria “Spiff” Sedrick will compete as a center on the Team USA Women’s Rugby 7s squad. Sedrick earned her B.S. Biopsychology degree from Life U in 2020. During her time at Life U, she garnered numerous accolades, including the prestigious MA Sorensen Award in 2020, which is awarded to the top women’s collegiate rugby player in the United States. Additionally, Sedrick was honored with Life U’s Athlete of the Year Award in 2018 and Lifetime Achievement Award in 2020.

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

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

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

The Cobb Galleria Centre is conveniently located just minutes from Life U. To kick off the event, the first 1,000 Doctors of Chiropractic to register will receive an exclusive

[Continued on next page](#)

Chiropractic College News

Continued from last page

early-bird rate of \$129.00, a savings of \$50! Registration is now open at LVE.life.edu.

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

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

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

For more information and to register for the Life Vision Extravaganza, please visit LVE.life.edu.

Dr. Karen Erickson: pioneering pediatric chiropractic integration and education

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

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

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

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

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

Incorporating these types of courses into the curriculum is just one thing that sets Logan's MS-CP apart. This program is offered online, allowing for maximum flexibility for students, but also includes a hands-on portion on campus

for technique courses. “Up until this degree, there were no master-level programs in pediatric chiropractic, and this is an important step in this specialization,” said Dr. Erickson. “A big part of the community benefits from chiropractic care, and this degree makes specialized chiropractors stand out.”

Dr. Stephen Foster receives William D. Harper Award

Texas Chiropractic College (TCC) is proud to announce that

Dr. Stephen Foster, president of TCC, has been awarded the William D. Harper Award. The award recognizes individuals who exemplify a deep commitment to the college while embracing the role of science in chiropractic.

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

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

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

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

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

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

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

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



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Please feel free to print out and use any or all of the flyers.
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Strengthen your whole body with one arm exercise!

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

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

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

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



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The Idaho Association of Chiropractic Physicians

The IACP News

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

Rates are for full color ads **per insertion**. Ads published under a multi-run contract can be changed for each issue at no additional cost. Flash animation (.swf files), animations (.gif format) and video clips can be added to any ad. There is no extra charge for video clips or multi-media in ads unless "assembly" of the ad is required. Some file size limitations apply. For details contact CandSpublishing@gmail.com. Email camera-ready ads in high resolution Adobe Acrobat (.pdf) format to: CandSpublishing@gmail.com. Ad creation and graphic design services are available through C&S Publishing at no additional cost.

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