



Prosperity Through Unity Exceptional Care for Idahoans

June 2024

The IACP News, Vol. 8, No. 6

A single adjustment provides significant relief

It has been said that chiropractic care does not provide instant healing, rather it instantly helps your body to begin healing itself.

A new [study](#) says otherwise. The work, lead by a team of researchers at University Hospitals (UH) Connor Whole Health, finds that patients seeking outpatient integrative health and medicine (IHM) care experience clinically meaningful reductions in symptoms of pain, anxiety, and stress after just one treatment.

The research, titled *Immediate Effects of Integrative Health and Medicine Modalities Among Outpatients With Moderate-To-Severe Symptoms*, was first published online May 10, 2024 in the journal *Global Advances in Integrative Medicine and Health*.

The work notes that patients seeking integrative health

and medicine (IHM) modalities often present with multiple physical and psychological concerns. Research supports IHM's effectiveness for addressing symptoms over longer time periods. However, few studies have evaluated immediate outpatient effects.

This study describes pre-encounter patient-reported outcome (PRO) clusters and examines the immediate clinical effectiveness of IHM modalities on pain, stress, and anxiety among outpatients with moderate-to-severe symptoms.

Patients often seek outpatient IHM modalities such as acupuncture, chiropractic, and massage to address their pain, anxiety, and stress. Accordingly, UH Connor Whole Health partners with physicians, providers, and institutes to meet the growing demand for the comprehensive treatment of chronic health conditions and overall well-

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Chiropractic care reduces tramadol prescriptions for sciatica

A new [study](#) led by researchers at University Hospitals Connor Whole Health found that adults initially receiving chiropractic spinal manipulation for newly diagnosed radicular low back pain (sciatica) were significantly less likely to be prescribed tramadol over the following year compared to those receiving usual medical care.

That work, called *Chiropractic spinal manipulation and likelihood of tramadol prescription in adults with radicular low back pain: a retrospective cohort study using US data*, stated the following results:

"After propensity matching, there were 1171 patients per cohort (mean age 35 years). Tramadol prescription was significantly lower in the CSM cohort compared with the usual medical care cohort, with an RR (95% CI) of 0.32 (0.18 to 0.57; $p < 0.0001$). A cumulative incidence graph demonstrated that the reduced incidence of tramadol

prescription in the CSM cohort relative to the usual medical care cohort was maintained throughout 1-year follow-up. Utilisation of NSAIDs, physical therapy evaluation and lumbar imaging was similar between cohorts."

Tramadol is a synthetic opioid that has been increasingly prescribed for low back pain in the United States (US) over the past decade. While tramadol has a lower potency compared to other prescription opioids, it still carries risks of persistent use and adverse events.

"While previous studies found a reduced likelihood of opioid prescription among those receiving chiropractic care, our study is the first to focus specifically on tramadol," said Robert Trager, DC, lead author of the study.

The retrospective cohort study, published in *BMJ Open*,
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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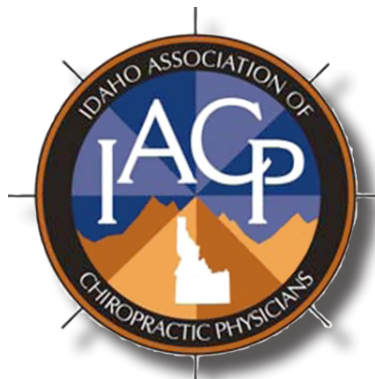
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A single adjustment provides significant relief

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being. In accordance with prior tenets of whole health, providers at UH Connor Whole Health seek to empower and equip individuals to take charge of their health and well-being while emphasizing patients' goals as the foundation for health care delivery. Part of their care model involves collecting patient-reported outcomes, which offer a more wholistic picture of the effects of treatments on measures related to symptom burden and quality of life.

"While previous studies of IHM delivered in the outpatient setting explored their impact on symptoms over the long term, our study is among the first to assess the immediate treatment effects of IHM modalities in an outpatient setting—and especially at this scale," said Sam Rodgers-Melnick, MPH, MT-BC, Integrative Health Research and Data Specialist for University Hospitals Connor Whole Health and lead author of this study.

"The purpose of this study was to (1) describe pre-encounter PRO clusters and (2) examine the immediate clinical effectiveness of IHM modalities on acute measures of pain, stress, and anxiety among patients with moderate-to-severe symptoms receiving IHM. Among 7,335 encounters for acupuncture, massage, chiropractic, IMC, or OMT in which patients reported at least one pre-encounter PRO ≥ 4 on the

NRS, nearly one-third (32.4%) presented with co-occurring pain, stress, and anxiety ≥ 4 . This finding is consistent with the prior BraveNet PBRN study where pain, stress, and anxiety were among the top ten most common medical conditions addressed. From a neurobiological perspective, the co-occurrence of stress and anxiety with chronic pain may be a result of dysfunction within the functional and structural connectivity of the neural circuits that govern sensory, emotional, and cognitive functions. Scioli-Salter and colleagues proposed that high rates of co-occurring chronic pain and conditions such as post-traumatic stress disorder (PTSD) may be explained by shared pathophysiological mechanisms such as (1) stress-stimulated increases in peripheral and central nervous system levels of neuropeptide Y and GABAergic neuroactive steroids and (2) dysregulation of the opioid, endocannabinoid, and immune systems in chronic pain and PTSD."

The retrospective review examined 7,335 unique IHM encounters among 2,530 adults presenting to outpatient acupuncture, chiropractic, massage, integrative medicine consultation, or osteopathic manipulation treatment over the course of 18 months. Visits were analyzed among encounters in which patients reported moderate-to-severe symptoms (i.e., pre-encounter pain, stress, or anxiety greater than or equal to 4/10 on a numeric rating scale delivered on a paper questionnaire).

“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!

The researchers found that for all IHM modalities, patients with moderate-to-severe symptoms reported clinically-meaningful reductions greater than 2 units in their pain (2.50 units), stress (3.22 units), and anxiety (3.50 units) immediately following the encounter.

The study results say: “Across 7335 clinical encounters among 2530 unique patients (mean age: 49.14 years; 81.0% female; 75.9% White; 15.8% Black/African American), the most common pre-encounter PRO clusters were pain, stress, and anxiety ≥ 4 (32.4%); pain ≥ 4 only (31.3%); and stress and anxiety ≥ 4 (15.6%). Clinically meaningful single-encounter mean [95% CI] changes were observed across all modalities in pain (-2.50 [-2.83, -2.17]), stress (-3.22 [-3.62, -2.82]), and anxiety (-3.05 [-3.37, -2.73]).”

The study concluded by stating: “Patients presenting to an outpatient IHM center with moderate-to-severe symptoms most often presented with pain, stress, and anxiety ≥ 4 on the NRS (32.4%) followed by pain ≥ 4 alone (31.2%). The results from this study support the clinically meaningful impact that IHM modalities can have on moderate-to-severe symptoms within a single encounter and add to a growing body of evidence supporting the real-world clinical effectiveness of IHM for pain^{15,16} and HRQoL.¹⁷ Multiple IHM modalities yielded clinically meaningful reductions (i.e., ≥ 2 units) in these symptoms within a single encounter. Future research is needed to (1) assess changes in these

acute measures and more global HRQoL measures over time, (2) compare outcomes between IHM and a matched comparison group, and (3) utilize PRO data to best triage and dose IHM modalities to optimize care. Future researchers should be encouraged to measure immediate and longitudinal effectiveness as a means of optimizing the triage and coordination of IHM modalities to meet patients’ immediate and long-term needs.”

“As medicine seeks new means of managing acute pain or psychosocial symptoms, this study reinforces the value of offering patients evidence-based IHM modalities to address their immediate needs,” said Dr. Françoise Adan, Chief Whole Health and Well-being Officer and Director of UH Connor Whole Health.

Co-author and Research Intern Roshini Srinivasan, MD, RYT-500, shared that that “this work is particularly encouraging to clinicians and patients alike as we understand how to deliver the right IHM intervention, for the right indication, in the right timeframe.”

Rodgers-Melnick SN, Srinivasan R, Rivard RL, Adan F, Dusek JA. Immediate Effects of Integrative Health and Medicine Modalities Among Outpatients With Moderate-To-Severe Symptoms. *Global Advances in Integrative Medicine and Health*. 2024;13. [doi:10.1177/27536130241254070](https://doi.org/10.1177/27536130241254070)

Chiropractic care reduces tramadol prescriptions for sciatica

Continued from front page

used data from over 2,300 patient records across multiple US academic health centers. It included adults aged 18-50 with a new diagnosis of sciatica, which is characterized by radiating pain, numbness, or weakness in the leg due to a compressed nerve root.

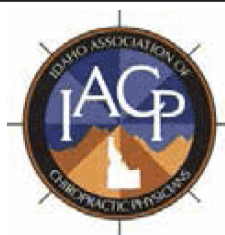
The authors describe extensive efforts to account for differences between the chiropractic and non-chiropractic (usual medical care) cohorts. For example, the cohorts were similar with respect to age, sex, and several other factors. The researchers found that 1.3% of the chiropractic patients received a tramadol prescription over 1-year follow-up, compared to 4.0% of the patients receiving usual medical care.

Dr. Françoise Adan, Chief Whole Health and Well-being

Officer and Director of UH Connor Whole Health, said, “As our nation continues to grapple with the opioid crisis, this study reinforces the value of offering patients evidence-based non-pharmacological alternatives for pain management.”

Co-author and Resident Physician at Duke University Hospital Roshini Srinivasan, MD, shared that “this work is particularly encouraging to clinicians as we continue to seek safe, effective therapies for conditions that can be complicated to manage, such as chronic low back pain and sciatica.”

Journal reference: Trager, R. J., et al. (2024). Chiropractic spinal manipulation and likelihood of tramadol prescription in adults with radicular low back pain: a retrospective cohort study using US data. *BMJ Open*. doi.org/10.1136/bmjopen-2023-078105.



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Foundation for Chiropractic Progress recognized for chiropractic marketing

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization dedicated to informing and educating the general public about the value of chiropractic care delivered by doctors of chiropractic (DCs) and its role in drug-free pain management, has been recognized by industry organizations for its excellence in educating consumers on the benefits of chiropractic through social media and newsletters and demonstrating thought leadership by promoting holistic well-being.

The Gold Hermes Creative Award for Social Media was awarded to F4CP for its efforts to advocate for the chiropractic profession and raise awareness of chiropractic care amongst consumers on Facebook. F4CP's Facebook page featured the organization's first "ChiroThon™" in 2022, with engaging content attracting a global audience of more than 85,000 viewers and raising more than \$175,000 for chiropractic care awareness. In addition, the page's content continuously incorporates visually appealing and insightful graphics, driving hundreds of thousands of impressions with stand-out content reaching prospective patients. This is the second year in a row F4CP has won a Hermes Creative Award, demonstrating the organization's continued commitment to excellence and creativity in marketing.

In addition, the Healthcare Advertising Awards recognized F4CP as a gold winner for its "Monthly Progress Update." These monthly newsletters are distributed to nearly 80,000 DCs and office staff across the globe with information about the latest research in the chiropractic profession, new F4CP resources and campaigns to reach the public. The awards acknowledge healthcare advertising based on creativity, quality, message effectiveness, consumer appeal, graphic design and overall impact.

The Annual American Business Awards' Silver Stevie Award



for Thought Leader of the Year – Government or Non-Profit was awarded to Sherry McAllister, DC, president of F4CP, in recognition of her leadership in advocating for chiropractic care. The prestigious award celebrates Dr. McAllister's leadership in cultivating and fostering a dedicated and top-performing team at the Foundation, focused on optimizing the advantages of chiropractic care on a national level for both internal and external audiences.

"We are deeply honored to accept these prominent awards, reflecting our unwavering dedication to educating the public about chiropractic care. We believe in the power of excellence to drive progress, and these awards reaffirm our vision," says Kent Greenawalt, chairman of F4CP. "I would like to express my gratitude to our 36k members and our community. Together, we will continue to advance our mission to inform and educate the public about the benefits of chiropractic care delivered by DCs and its role in safe and effective care."

The latest award wins mark a successful start of the year for F4CP with four awards won in 2024. In addition to these latest awards, the Foundation won gold in the annual Healthcare Digital Marketing (HDM) Awards and was recognized in the digital video ad category for its :30 second commercial featuring professional soccer athlete, Olivia Athens.



New Research:

Imbalance of two healthy fats affects your early death risk

Eating enough healthy fats is great for brain and heart health, but [new research](#) has possibly provided even more evidence for adding them — particularly omega-3s — to your diet.

“We found that a higher omega-6 to omega-3 ratio is associated with a greater risk of dying,” said Yuchen Zhang, lead author of the April study published in the journal *eLife*, in a news release. Zhang is a doctoral student in the department of epidemiology and biostatistics at the University of Georgia’s College of Public Health.

The study revealed a strong association between the ratio of circulating omega-6/omega-3 PUFAs and the risk of all-cause, cancer, and CVD mortality.

The work, titled *Higher ratio of plasma omega-6/omega-3 fatty acids is associated with greater risk of all-cause, cancer, and cardiovascular mortality: A population-based cohort study in UK Biobank*, found:

“Risk for all three mortality outcomes increased as the ratio of omega-6/omega-3 PUFAs increased (all P_{trend} <0.05). Comparing the highest to the lowest quintiles, individuals had 26% (95% CI, 15–38%) higher total mortality, 14% (95% CI, 0–31%) higher cancer mortality, and 31% (95% CI, 10–55%) higher CVD mortality. Moreover, omega-3 and omega-6 PUFAs in plasma were all inversely associated with all-cause, cancer, and CVD mortality, with omega-3 showing stronger effects.”

Omega-3 fatty acids are naturally found in foods including fish — especially fatty fish such as salmon, tuna and sardines — as well as flaxseed, walnuts, chia seeds and in dietary supplements such as fish oil.

The three main omega-3 fatty acids are alpha-linolenic acid, or ALA; eicosapentaenoic acid, or EPA; and docosahexaenoic acid, known as DHA, according to the National Institutes of Health. The body must obtain all three from foods, and omega-3s contribute to the health of the heart, blood vessels, lungs, immune system and endocrine system.

Foods high in omega-6 fatty acids, on the other hand, include

nuts, seeds, corn and soy — and the oils and preservatives produced from these foods, the authors said. Linoleic acid is the most common omega-6 fatty acid.

“There is some evidence to suggest that the high omega-6 to omega-3 fats ratio typical of Western diets — 20:1 or even higher, compared to an estimated 1:1 during most of human evolution — contributes to many chronic diseases, including cardiovascular disease, cancer and autoimmune disorders,” Zhang said. But the results of past studies have been mixed, she added, and few have investigated the role of an imbalance in mortality. Also, accurately measuring fatty acid intake is difficult, partly due to reliance on participants’ own recollections of their dietary intake.

Zhang and the other researchers looked into the associations between the omega-3/omega-6 ratio in blood plasma — a more objective measure — and death from any cause and specifically from cancer or cardiovascular disease, the top two leading causes of death worldwide.

They used data from 85,425 people who had participated in the UK Biobank study, which has followed the health outcomes of more than half a million people between ages 40 and 69 in the United Kingdom for at least a decade. Participants, whose plasma samples were collected between 2007 and 2010, had answered questionnaires about their diet, including whether they took fish oil supplements.

After nearly 13 years of follow-up, the authors found participants with the highest ratios of omega-6 to omega-3 were 26% more likely to die early from any cause, 14% more likely to die from cancer and 31% more likely to die from heart disease than those with the lowest ratios. Considered individually, both high levels of omega-6 and omega-3 were linked with a lower risk of premature death. But the protective effects of omega-3 were greater, likely explaining “why having a high ratio of omega-6s to omega-3s was linked to harm,” the authors said.

Despite the findings, the study is “only one ‘snapshot’ in time of biomarkers and dietary intake of omega 3s and 6s. This is correlation, not causation,” said Dr. Lauren R. Sastre, director

of the Farm to Clinic Program and assistant professor in the department of nutrition science at East Carolina University, via email. Sastre wasn't involved in the study.

"And even that relationship cannot be strongly supported due to methodological flaws in not considering other dietary components to the overall health/clinical outcomes," Sastre added. "There are many anti-inflammatory food components (nutrients, phytochemicals, etc.) that are associated with reducing all-cause, cancer and (cardiovascular disease) mortality, and to only evaluate omega 3s and 6s — strong confounders may be present that would bias the results."

Managing healthy fat intake

"Getting a variety of fiber-rich foods and other nutrient-dense foods, as well as adequate, good-quality sleep, stress management and physical activity play a large role in how long we will enjoy good health within our lifetime."

If the omega-6/omega-3 balance actually does have more to do with premature death risk than the study has the capacity to prove, it could be due to the possible function of arachidonic acid, an omega-6 fatty acid, said Kristin Kirkpatrick, a registered dietitian nutritionist at the Cleveland Clinic and author of *Regenerative Health: Discover Your Metabolic Type and Renew Your Liver for Life*.

Arachidonic acid is what the body converts from linoleic acid. It's a "building block for molecules that can promote inflammation, blood clotting, and the constriction of blood vessels," according to Harvard Health. But this fatty acid can also be converted into molecules that fight inflammation and blood clots.

Omega-6s aren't inherently bad, but having too many may offset the anti-inflammatory factors associated with omega-3, Kirkpatrick said, so "a more balanced approach ... may be favorable."

"The source of the omega 6s may also be a factor in offsetting the balance as well," she added via email. "Processed seed oils may also contain high amounts of omega 6s for example."

Focusing on this balance and increasing your intake of foods rich in omega-3s can be more important than simply limiting those high in omega-6s, Kirkpatrick said.

"I would also look at the quality of the omega 6 foods in the diet," she added, "aiming for whole foods ... rather than more processed products that may contain large amounts via the addition of seed oils."

Overall, "it's important to note that an unbalanced ratio is only one chapter in our story of better or worse health span," Kirkpatrick said. "Getting a variety of fiber-rich foods (beneficial to the microbiome) and other nutrient-dense foods, as well as adequate, good-quality sleep, stress management and physical activity play a large role in how long we will enjoy good health within our lifetime."



Finding the Right Practice Consultant for Your Chiropractic Office

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

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

Running a successful chiropractic office involves more than just excellent patient care. Efficient management, effective marketing, streamlined operations, and financial acumen are critical components. To achieve these, many chiropractors turn to practice consultants. However, finding the right consultant can be a daunting task. Here's a concise guide to help you make the right choice.

A practice consultant specializes in advising and guiding healthcare practices on various aspects, including:

Business Strategy: Developing business plans, setting goals, and creating game plans to achieve them.

Financial Management: Budgeting, financial planning, revenue cycle management, and cost control.

Marketing and Branding: Developing marketing strategies, enhancing online presence, and patient acquisition.

Operational Efficiency: Streamlining office processes, improving patient flow, and implementing best practices.

Compliance and Risk Management: Ensuring the practice adheres to healthcare regulations and minimizing risks.

Given the broad scope of their role, finding a consultant with the specific expertise to meet your unique needs is crucial. This involves identifying areas that require improvement:

1. What are the significant challenges your practice is facing?
2. Do you need help with financial management or marketing?
3. Do you need assistance with operational efficiency or compliance issues?

4. Are you looking to expand your practice or improve patient satisfaction?

By clearly defining your needs, you can narrow your search to consultants who specialize in those areas.

Once you have identified your needs, research potential consultants using these strategies:

Online Research

Look for consultants with a solid online presence, including a professional website, testimonials, and case studies. Check their social media profiles and blogs to gauge their expertise and approach.

Recommendations and Referrals

Ask for recommendations from colleagues, peers, or other healthcare professionals. Personal referrals are often reliable because they come from trusted sources with firsthand experience.

Industry Conferences and Seminars

Attend industry conferences and seminars to meet consultants in person. These events provide opportunities to hear consultants speak, understand their expertise, and network with other professionals.

Relevant Experience

Look for consultants with experience in chiropractic practices. Specific knowledge about chiropractic offices is more beneficial. Ask about their previous clients and the outcomes achieved.

Track Record of Success

Examine the consultant's track record. Request case studies or examples of how they have helped similar practices overcome challenges and achieve their goals.

Finding the right practice consultant for your chiropractic office is a critical decision that can significantly impact your practice's success. By understanding your needs, researching potential consultants, conducting thorough interviews, and assessing fit and compatibility, you can select a consultant who will provide valuable insights and guidance. A well-chosen consultant can help you navigate challenges, streamline operations, and achieve your business goals, ultimately leading to a thriving chiropractic practice.

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Health Warning:

Plastics: a boon, or an unanticipated health gamble

Scientists believe that microplastics in our bodies may be responsible for everything from cancer to autism to Alzheimer's to birth defects to falling fertility rates.

Governments and NGOs from around the world gathered in Ottawa last month to continue negotiating the terms of the United Nations Global Plastic Treaty. They are doing this because everyone across the planet uses plastic and plastic products - they have been essential parts of our lives. Yet, new research is suggesting that plastics pose serious health risks.

Doctors of chiropractic work diligently to help people attain and maintain better health. Could all that work be undone by overuse of plastic products?

According to [EARTHDAY.ORG](https://www.earthday.org), "We are living in the Plasticene. An era in which plastics have permeated every aspect of our lives like an epidemic. Microplastics are impossible to avoid. Since the 1950's when plastics first started appearing in our lives we have been force fed the idea that they make our lives better—plastics were almost good enough to eat. In a 1997 advert from the American Plastic Council that is exactly how they touted plastic wrappings and containers. They joked plastics were the sixth food group, there to keep contamination out of our foods as well as extending their shelf life. We are only now discovering how pertinent that sentiment is as we find microplastics in our water and in the food chain itself. We are indeed almost certainly all eating plastics."

According to a [landmark three-year study](#) in *nature*, microplastics are linked to serious health problems. People who had tiny plastic particles lodged in a key blood vessel were more likely to experience heart attack, stroke or death. And, because plastic and plastic products are just about everywhere — food packaging, tyres, clothes, water pipes — they are nearly impossible to avoid. The microscopic particles that they shed end up in the environment and are ingested and inhaled by all of us.

This is the emerging health issue that governments and NGOs from around the world are seeking to resolve.

Tiny particles of plastic have been found everywhere — from the deepest place on the planet, the Mariana Trench, to the

top of Mount Everest. And now more and more studies are finding that microplastics, defined as plastic pieces less than 5 millimeters across, are also in our bodies.

"What we are looking at is the biggest oil spill ever," says Maria Westerbos, founder of the Plastic Soup Foundation, an Amsterdam-based nonprofit advocacy organization that works to reduce plastic pollution around the world. Nearly all

"Our reliance on plastics could be the biggest gamble in the story of human health, in history. We are all ingesting and inhaling microplastics. They are everywhere. Are we just hoping they are safe, or is even the remotest possibility they might be toxic so terrifying, that we can't contemplate it?"

**— Kathleen Rogers
President, EARTHDAY.ORG**

plastics are made from fossil fuel sources. And microplastics are "everywhere," she adds, "even in our bodies."

In recent years, microplastics have been documented in all parts of the human lung, in maternal and fetal placental tissues, in human breast milk and in human blood. Microplastics scientist Heather Leslie, formerly of Vrije Universiteit Amsterdam, and colleagues found microplastics in blood samples from 17 of 22 healthy adult volunteers in the Netherlands. The finding, published last year in *Environment International*, confirms what many scientists

have long suspected: These tiny bits can get absorbed into the human bloodstream.

“We went from expecting plastic particles to be absorbable and present in the human bloodstream to knowing that they are,” Leslie says.

[Research](#) published in *Current Opinion in Food Science* (Volume 41, October 2021) notes, “Research studies published so far on microplastics in drinking water prove that both, bottled and tap water, may contain microscopic plastic pieces. Their possible origin ranges from raw water over treatment processes to packaging material and distribution systems.”

Studies in mice suggest microplastics are not benign. Research in these test animals shows that lab exposure to microplastics can disrupt the gut microbiome, lead to inflammation, lower sperm quality and testosterone levels, and negatively affect learning and memory.

The findings aren’t entirely surprising; plastics are all around us. Durable, versatile and cheap to manufacture, they are in our clothes, cosmetics, electronics, tires, packaging and so many more items of daily use. And the types of plastic materials on the market continues to increase. “There were around 3,000 [plastic materials] when I started researching microplastics over a decade ago,” Leslie says. “Now there are over 9,600. That’s a huge number, each with its own chemical makeup and potential toxicity.”

Microplastics are in our drinking water, whether it’s from the tap or bottled. The particles may enter the water at the source, during treatment and distribution, or, in the case of bottled water, from its packaging.

Results from studies attempting to quantify levels of human ingestion vary dramatically, but they suggest people might be consuming on the order of tens of thousands of microplastic particles per person per year. These estimates may change as more data come in, and they will likely vary depending on people’s diets and where they live. Plus, it is not yet clear how these particles are absorbed, distributed, metabolized and excreted by the human body, and if not excreted immediately, how long they might stick around.

Babies might face particularly high exposures. A small study of six infants and 10 adults found that the infants had more microplastic particles in their feces than the adults did. Research suggests microplastics can enter the fetus via the placenta, and babies could also ingest the particles via breast milk.

Microplastic particles are also floating in the air. Research conducted in Paris to document microplastic levels in indoor air found concentrations ranging from three to 15 particles per cubic meter of air. Outdoor concentrations were much lower. Airborne particles may turn out to be more of a concern than those in food. One study reported in 2018 compared the amount of microplastics present within mussels harvested off Scotland’s coasts with the amount of microplastics present in indoor air. Exposure to microplastic fibers from the air during the meal was far higher than the risk of ingesting microplastics from the mussels themselves.

Studies on the health effects of exposure in humans are just getting under way, so it could be years before scientists understand the actual impact in people.

Immunologist Barbro Melgert of the University of Groningen in the Netherlands has studied the effects of nylon microfibers on human tissue grown to resemble lungs. Exposure to nylon fibers reduced both the number and size of airways that formed in these tissues by 67 percent and 50 percent, respectively. “We found that the cause was not the microfibers themselves but rather the chemicals released from them,” Melgert says.

“Microplastics could be considered a form of air pollution,” she says. “We know air pollution particles tend to induce stress in our lungs, and it will probably be the same for microplastics.”

Vrisekoop is studying how the human immune system responds to microplastics. Her unpublished lab experiments suggest immune cells don’t recognize microplastic particles unless they have blood proteins, viruses, bacteria or other contaminants attached. But it is likely that such bits will attach to microplastic particles out in the environment and inside the body.

“If the microplastics are not clean ... the immune cells [engulf] the particle and die faster because of it,” Vrisekoop says. “More immune cells then rush in.” This marks the start of an immune response to the particle, which could potentially trigger a strong inflammatory reaction or possibly aggravate existing inflammatory diseases of the lungs or gastrointestinal tract.

As evidence emerges describing the accumulation of small plastic particles in various organs and tissues of the body, a much deeper understanding of the effects of these particles on human health is urgently needed.



What the results of Wegovy's longest clinical trial yet show about weight loss, side effects and heart protection

Results from a [landmark clinical trial](#) this summer suggested, for the first time, that a medication given for weight loss alone could reduce the risk of heart attack, stroke or heart-related death in people with cardiovascular disease, bolstering physicians' excitement about an already-exploding class of new medicines.

The new research, published in the *New England Journal of Medicine*, is titled: *Semaglutide and Cardiovascular Outcomes in Obesity without Diabetes*. It concluded: "In patients with preexisting cardiovascular disease and overweight or obesity but without diabetes, weekly subcutaneous semaglutide at a dose of 2.4 mg was superior to placebo in reducing the incidence of death from cardiovascular causes, nonfatal myocardial infarction, or nonfatal stroke at a mean follow-up of 39.8 months. (Funded by Novo Nordisk; SELECT ClinicalTrials.gov number, NCT03574597.)"

Novo Nordisk announced the headline results from the SELECT cardiovascular outcomes trial. The double-blinded trial compared subcutaneous once-weekly semaglutide 2.4 mg with placebo as an adjunct to standard of care for prevention of major adverse cardiovascular events (MACEs) over a period of up to five years. The trial enrolled 17,604 adults aged 45 years or older with overweight or obesity and established cardiovascular disease (CVD) with no prior history of diabetes.

The trial achieved its primary objective by demonstrating a statistically significant and superior reduction in MACE of 20% for people treated with semaglutide 2.4 mg compared to placebo¹. The primary endpoint of the study was defined as the composite outcome of the first occurrence of MACE defined as cardiovascular death, non-fatal myocardial infarction or non-fatal stroke. All three components of the primary endpoint contributed to the superior MACE reduction demonstrated by semaglutide 2.4 mg. 1,270 first MACEs were accrued.

In the trial, semaglutide 2.4 mg appeared to have a safe and well-tolerated profile in line with previous semaglutide 2.4 mg trials.

"People living with obesity have an increased risk of

A new study from Novo Nordisk found the anti-obesity drug Wegovy reduced the risk of heart attack, stroke and heart-related death by 20% in people taking the drug compared to people taking a placebo.

cardiovascular disease but to date, there are no approved weight management medications proven to deliver effective weight management while also reducing the risk of heart attack, stroke or cardiovascular death. Therefore, we are very excited about the results from SELECT showing that semaglutide 2.4 mg reduces the risk of cardiovascular events," said Martin Holst Lange, executive vice president for Development at Novo Nordisk. "SELECT is a landmark trial and has demonstrated that semaglutide 2.4 mg has the potential to change how obesity is regarded and treated."

The analyses – of a trial called Select, whose results showed last year that Wegovy significantly reduced heart risk in addition to helping with weight loss – also suggest that the drug may protect the heart in ways beyond weight loss alone, researchers said, raising new questions about how the wildly popular medicines in this drug class should be used – and covered by insurers.

"The implications are profound," said Dr. Harlan Krumholz, a cardiologist and scientist at Yale University and Yale New Haven Hospital who was not involved in the research, noting that a second study this week showed a similar finding for heart failure. "We have not encountered a drug with such a breadth of heart benefits."

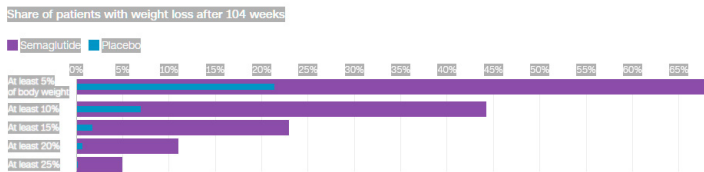
More than 25,000 people in the US are starting Wegovy every week, drugmaker Novo Nordisk said this month. And in a KFF poll released Friday, 6% of respondents said they were currently using a drug in this class, known as GLP-1 receptor agonists. That translates to more than 15 million Americans.

One important question about these blockbuster medicines

is how widely – and how long – they’ve been studied. The Select trial, which was funded by Novo Nordisk, showed last year that Wegovy reduced the risk of a heart attack, stroke or heart-related death by 20% in people with existing cardiovascular risk with obesity or who are overweight. It included more than 17,600 people from 41 countries between 2018 and 2021 and followed them for several years.

Researchers have continued to mine the data, and the new analyses, presented Monday at the European Congress on Obesity and published in the journal Nature Medicine, show results for people taking Wegovy as long as four years. Here are some major takeaways:

The analysis showed an average weight loss of just over 10% for people who used semaglutide, the active ingredient in Wegovy, compared with 1.5% for study participants who got a placebo. The researchers, led by Dr. Donna Ryan of Pennington Biomedical Research Center in Baton Rouge, Louisiana, noted that the trend showed that participants on the medication typically lost weight for about 65 weeks, or a year and three months, before reaching a plateau.



Findings based on results from nearly 18,000 people enrolled in a clinical trial. Patients treated with semaglutide received weekly subcutaneous injections of 2.4 mg and were compared against a control group who received placebo injections. Source: Nature Medicine.

A previous clinical trial showed even greater average weight loss for Wegovy: about 15% on average over 68 weeks, compared with 2.4% for people who got a placebo. The researchers on the new analysis noted that, in addition to some differences in the people who enrolled in each trial, the previous study was designed specifically for weight loss and included more structured lifestyle interventions about diet and exercise compared with the Select trial, which was designed to test whether the drug prevented cardiac events. It was sustained for up to four years

The results showed that the 10% average weight loss for people using Wegovy was sustained for up to 208 weeks, or four years.

Patients stayed on the medicine while they sustained the

weight loss. Other studies have shown that many people regain weight after stopping the drugs, including one published in December from Novo Nordisk competitor Eli Lilly: People using the GLP-1 drug Zepbound, which uses the active ingredient tirzepatide and targets a second hormone called GIP, lost an average of 21% of their body weight over 36 weeks. The participants were then split into two groups, and those who stayed on the medicine lost an additional 5.5% of their body weight, while those who unknowingly switched to a placebo regained 14% of their weight.

However, not everybody regained so much weight. The study also looked at how many people maintained at least 80% of the weight loss after the initial 36 weeks, and while many more who continued on the drug did – almost 90% - almost 17% of people who were switched to a placebo maintained that much weight loss without the drug. Results vary for everyone

In the new analysis, the researchers reported that after two years, about 68% of people taking Wegovy had lost at least 5% of their body weight, while 21% of people on a placebo did. Almost 23% of people on Wegovy lost at least 15% of their body weight, compared with 1.7% on a placebo. And almost 5% of people on the drug lost more than 25% of their body weight, compared with 0.1% on placebo, showing that the top-line findings from studies are just averages; everyone has a different experience with medicines. No safety surprises out to four years

Overall, more people on Wegovy decided to stop participating in the trial because of side effects than people who got a placebo: 17% of those on the drug versus 8% on placebo, a result that was previously reported. And the side effects were ones that are widely known with these medicines: mainly gastrointestinal disorders like nausea, diarrhea, vomiting and constipation, which usually affected people in the first few months of the study as the dose of the medicine increased.

A key question when the full results of the Select trial were initially presented was whether the 20% reduction in heart risk was driven by weight-loss alone or some other protective effect of the drug. The new analysis suggests that there is something else at play. That’s because the reduction in risk of heart attack or other events was seen even in people using Wegovy who didn’t lose weight.

“You probably don’t even need to lose weight to get the cardiovascular benefit” with semaglutide and similar

Continued on next page

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Clinical weight loss trial results

Continued from last page

medicines, said Dr. Daniel Drucker, a pioneer of research into GLP-1 at the University of Toronto who wasn't involved in the new analyses. "That's because that's what GLP-1 does: It's cardio-protective, at least in animals, independent of whether or not you have diabetes, independent of whether you have obesity, and you don't require weight loss – it's not the whole story."

An analysis led by John Deanfield of University College London found that the reduction in major adverse cardiovascular events in the study for those on Wegovy, compared with placebo, was similar among people who lost 5% or more of their body weight and those who lost less than that or even those who gained weight.

"This suggests alternative mechanisms of improved cardiovascular outcome beyond reduction in adiposity," or body fat, the researchers concluded.

A separate study published about heart failure, for which Wegovy has shown a major benefit, suggested the same thing, Krumholz said.

"These two studies show that these anti-obesity medications are also heart-health drugs," he wrote in an email. "The benefits to the heart for people with established cardiovascular disease or a certain type of heart failure occur regardless of the amount of weight loss."

A benefit from reducing inflammation

Drucker suspects that GLP-1 drugs provide these kinds of benefits by reducing inflammation. "We can't ignore the reduction in blood pressure or triglycerides, and the reduction in body weight must help a little bit, and glucose must help a little as well," he said.

But based on his lab's research, he said, "one of my favorite theories is inflammation, because we know that people with cardiovascular disease do have increased inflammation in their blood vessels and in the heart."

Drucker said studies have shown that GLP-1 drugs tamp down harmful inflammation, which his lab is studying. He even noted that he receives communications from people with conditions like Covid-related brain fog, ulcerative colitis and arthritis – driven by inflammation – who think their symptoms have improved while using GLP-1 medicines.

Those links would need to be borne out in clinical studies to be considered definitive.

The results in the SELECT trial, he said, raise the question of whether people who don't have obesity or aren't overweight but who have had a heart attack or stroke could benefit from taking a drug like Wegovy to prevent another event – another thing that would need to be studied.

"People living with obesity have an increased risk of cardiovascular disease but to date, there are no approved weight management medications proven to deliver effective weight management while also reducing the risk of heart attack, stroke or cardiovascular death. Therefore, we are very excited about the results from SELECT showing that semaglutide 2.4 mg reduces the risk of cardiovascular events," said Martin Holst Lange, executive vice president for Development at Novo Nordisk. "SELECT is a landmark trial and has demonstrated that semaglutide 2.4 mg has the potential to change how obesity is regarded and treated."

Novo Nordisk expects to file for regulatory approvals of a label indication expansion for semaglutide 2.4 mg (Wegovy®) in the US and the EU in 2023. The detailed results from SELECT will be presented at a scientific conference later in 2023.



Chiropractic News

ACA welcomes Japanese members

The American Chiropractic Association (ACA) recently welcomed more than 200 members of the Japanese Chiropractic Association (JCA) to its membership roll. JCA initiated the international membership agreement as part of its mission to popularize and increase utilization of chiropractic care in Japan.

Japanese chiropractors will benefit by having the opportunity to learn from their American colleagues and strengthen the JCA position in Japan. JCA leadership explains that the chiropractic profession in Japan is still working to develop its institutions and formalize its regulation, and it regards the chiropractic profession in the United States – which has been regulated for more than 100 years – as a model to emulate.

“We are delighted to provide our Japanese colleagues with a way to learn and grow in their understanding of the chiropractic profession in America,” said ACA Executive Vice President Karen Silberman, CAE.

“This new agreement moves us closer to our goal of spreading chiropractic throughout our country. There is much we can learn from being affiliated with ACA,” noted JCA Executive Manager Nobunori Iwana.

ACA is leading a modern movement of chiropractic care based on higher standards and a focus on patient outcomes. It promotes values such as evidence-based practice, accountability, consistency, and collaboration with other providers. As part of their membership, JCA members will have access to ACA’s wide range of educational resources, including articles, member-exclusive website content and more than 130 webinars available through its online learning platform.

The effect of whole-body vibration (WBV) on balance

Last year a [systematic review](#) was conducted to investigate the effect of whole-body vibration (WBV) on balance or proprioception for patients with nonspecific chronic low back pain (NSCLBP). The work by Nuaima Tariq,

MPT, Zainy Khan, MPT and Zubia Vegar, PhD., is titled, *Effect of Whole-Body Vibration on Balance or Proprioception in Nonspecific Chronic Low Back Pain: A Systematic Review*.

The search strategy yielded 5309 articles, of which seven published randomized clinical trials (313 patients) met the inclusion criteria. Three of the four included studies that investigated balance reported significant improvements after WBV, of which two were of high methodological quality. The remaining three studies investigating proprioception also showed significant improvements after WBV intervention.

The authors concluded that although some studies seem to provide promising results regarding the efficacy of WBV or WBV combined with exercise in improving balance and proprioception in patients with NSCLBP, at present, no definite conclusions can be drawn due to article heterogeneity and lack of clinical trials.

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.

[Click here](#) to register.

The American Chiropractic Association (ACA) is the largest professional chiropractic organization in the United States. ACA attracts the most principled and accomplished chiropractors, who understand that it takes more to be called an ACA chiropractor.



Parker University
Sept. 27-29, 2024
Dallas, TX

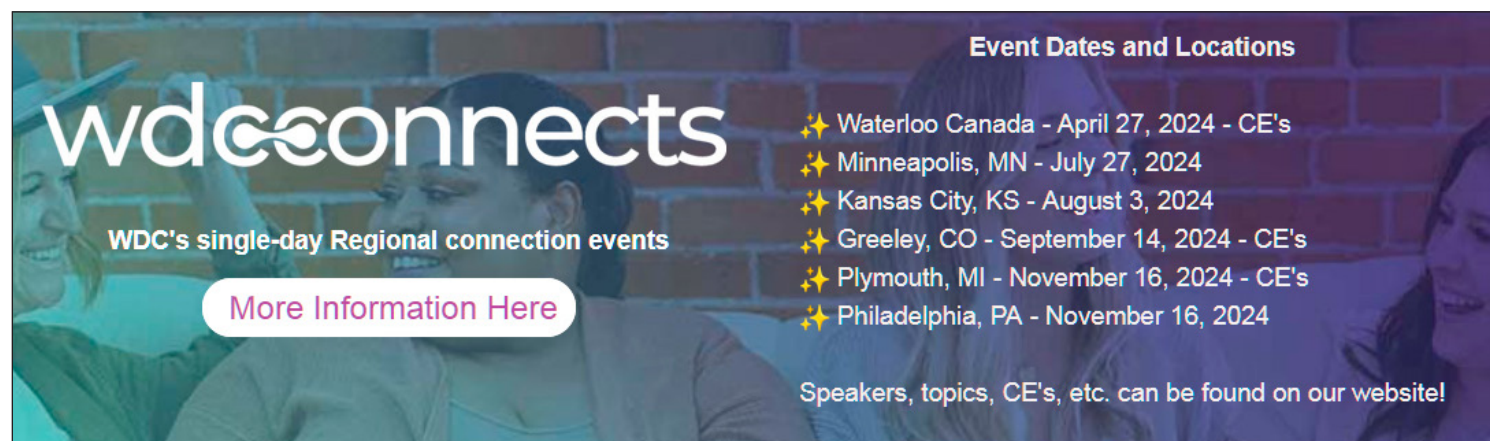
Clinical Compass appoints new Scientific Commission Chair

The Clinical Compass Board of Directors welcomes Dr. Clinton Daniels as the new Chair of its Scientific Commission. Dr. Daniels joined the Clinical Compass board in 2020. He is the Chiropractic Section Chief for VA Puget Sound Health Care System and Assistant Affiliate Professor at University of Washington. In addition, he is Secretary for the Chiropractic Health Care section of the American Public Health Association, Research Coordinator for the VA Chiropractic Field Advisory Committee, and serves on the Washington State Health Technology Clinical Committee. Clint has contributed to more than 40 peer-reviewed scientific publications on topics such as chiropractic integration into veteran and military facilities, postsurgical spine pain, suicide prevention, and chiropractic best practices.

Dr. Cheryl Hawk has served as Chair of the Clinical Compass

Scientific Commission since 2007 and is a professor at Texas Chiropractic College. She will continue to serve Clinical Compass as Director of Special Projects, which will include directing clinical practice guidelines and maintaining the Evidence Center. Cheryl was "Researcher of the Year" by both the American Chiropractic Association (2003) and the Foundation for Chiropractic Education and Research (2005). She has co-authored more than 120 publications and more than a dozen clinical practice guidelines.

Clinical Compass is a non-profit evidence-synthesis think tank with a board that offers a diverse-cross section of the chiropractic profession with members that represent ChiroCongress, the American Chiropractic Association, the American Black Chiropractic Association, and the National Association of Chiropractic Attorneys. In recent years, Clinical Compass has published chiropractic best-practice articles on managing low back pain, neck pain, chronic musculoskeletal disorders, and health prevention and promotion.



wdeconnects

WDC's single-day Regional connection events

[More Information Here](#)

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.

Have news?

We publish news and articles of interest to the chiropractic community without charge.

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Chiropractic College News

Parker President Dr. William E. Morgan extends his leadership position

The Parker University Board of Trustees is proud to announce that its president, Dr. William E. Morgan, has signed a contract extending his current leadership position until 2030. This contract aligns with the approval of Parker University's new Strategic Plan, which was recently approved by the Board of Trustees and will be launched on September 1, 2024.

Dr. Morgan is widely recognized beyond the Parker University campus in the chiropractic world. He has notably served as a Chiropractor to Congress, the Supreme Court, and the White House, as well as Parker University's seventh president.

Dr. Morgan's contributions and his selfless service have been highly regarded at Parker University. His direction was critical in making Parker Seminars' Las Vegas 2024 "Invictus" event the largest chiropractic seminar available to the public and in growing Parker University into one of the largest chiropractic schools in the world.

Dr. Steven W. Brooks, the Parker University Board of Trustees Chairman, shares, "I am honored, on behalf of the Board of Trustees, to make this announcement. Under the leadership of Dr. Morgan and his team, Parker University has reached remarkable heights. We are eager to witness the accomplishments that the leadership team will bring over the next six years. Dr. Morgan has been instrumental in fulfilling Dr. James W. Parker's vision of making our institution a global leader in healthcare education. As a 1999 Parker University graduate, it gives me great pleasure to officially share this news."

D'Youville University receives NEH grant

D'Youville University proudly announces the approval of a \$149,312 Initiatives award from the National Endowment for the Humanities (NEH) for the project titled "Embedding Humanities in Interprofessional Education." This significant grant marks the second major NEH award supporting the university's Health Humanities program, building upon the success of a previous Connections grant.

Expanding upon the interdisciplinary groundwork laid by the faculty, the Initiatives award aims to equip students pursuing

healthcare careers with foundational humanities skills and perspectives. The Health Humanities program at D'Youville University provides students with a holistic understanding of human health across various healthcare professions.

The core focus of the NEH Initiative grant is health justice, with a particular emphasis on developing Humanities Interprofessional Education (HIPE) curricula/co-curricula for graduate health professions programs. Dr. Gina Camodeca, the principal investigator of the grant, highlights that the project will integrate humanistic modes of inquiry to explore health justice concepts, fostering critical thinking skills and dispelling inequitable beliefs about health practices and professions.

Through experiential learning opportunities at D'Youville's Health Professions Hub and the Interprofessional Education (IPE) Simulation Center, undergraduate majors in Health Humanities engage with interdisciplinary approaches to healthcare. By embedding humanities within graduate-level professional education, the project aims to enhance humanities teaching and learning by demonstrating their essential role in the IPE curriculum.

The HIPE project will confront implicit biases and socially conditioned perceptions in healthcare through literature, discussions, and interactive learning, contributing to a more empathetic and responsive healthcare faculty and workforce. Dr. Camodeca emphasizes the importance of integrating humanities into IPE, given the rapid expansion of Health Humanities programs across the United States.

This interdisciplinary endeavor will empower students to address key issues impacting health and well-being from multiple perspectives, including social determinants of health and equity. The new humanities content will encompass ethical reasoning, artistic representations of the human body, and the historical and political dimensions influencing health and individual well-being, with a strong emphasis on diversity and equity issues.

AI Robot Commencement Speaker

D'Youville University has announced that their spring 2024 commencement speaker will be an Artificial Intelligence (AI) robot, capping their year-long campaign generating

awareness and education around AI. The social humanoid robot, named Sophia, was created by Hanson Robotics, an engineering and robotics company founded in Dallas, Texan in 2007. Over 2,000 students, faculty, staff, family, and friends will witness this unique and memorable experience at the LECOM Harborcenter on May 11, 2024.

“A major role of higher education is to be an incubator for innovation, and to prepare students for both the opportunities and challenges of the future,” says President Lorrie Clemo, PhD. “This event will represent an intersection of technology and education. As our students celebrate an important life milestone, we hope to keep them thinking big as they move onto careers that promote wellness and respond to the healthcare crisis our society is facing.”

D’Youville University is no stranger to imbedding technology into their campus experience and has taken several steps to build awareness around virtual reality and AI. In 2022, the University launched the MetaReady program which offers every first-year student a Meta Oculus device for delivering asynchronous developmental and academic programming through. The Health Professions HUB also provides students interprofessional education facilities including an immersive virtual reality “black box” simulation center. Most recently, employees took part in a “March Madness” style all-staff competition where they were tasked with incorporating AI into their daily work. The winning office successfully applied AI to complete a 12-week project in just 10 hours.

New new academic partnership announced

Northeast College of Health Sciences and Mount Saint Mary College in Newburgh, N.Y. have announced a new academic partnership, creating articulation agreements together to save students time and money while securing their admission to Northeast College.

The partnership allows Mount Saint Mary College students who are majoring in specific science programs the option of participating in either the 4+3 or 3+3 articulation tracks while pursuing the Doctor of Chiropractic program at Northeast.

The 3+3 articulation option saves students the cost of one year of tuition by allowing them to earn their undergraduate degree at Mount Saint Mary and -- when the required GPA has been maintained -- be automatically accepted to Northeast. This option is open to students at Mount Saint Mary College majoring in biology, major-general biology, exercise science, interdisciplinary studies biology and exercise science concentrations.

The 4+3 articulation option allows students to earn their bachelor’s degree from Mount Saint Mary and their Northeast College doctor of chiropractic degree a full year more quickly than it would take to earn each of those degrees individually. This option is open to students at Mount Saint Mary College majoring in interdisciplinary biology & exercise sciences, general biology, biochemistry and molecular biology concentration, ecology and evolutionary biology concentration and exercise sciences.

With guided support from both institutions, students avoid spending time and money on unnecessary coursework and begin their path to Northeast by submitting a Letter of Intent, signed by their undergraduate advisor.

Celebrating 120 Years of Excellence in Chiropractic

This year University of Western States (UWS) celebrates the 120th anniversary of its founding, marking over a century of advancing chiropractic medicine and whole-person health education.

“As we commemorate this important milestone in our university’s history, we reflect on our lasting commitment to the advancement of whole health education focused on caring for the whole person rather than merely treating symptoms,” said Joseph Brimhall, DC, president of University of Western States. “Our institution has played a pivotal role in shaping the professions we serve and advancing careers for thousands of healthcare professionals. This legacy of academic excellence continues to evolve as UWS shapes the future of whole-person health care and education.”

Since its founding in 1904, University of Western States has been at the forefront of innovation and leadership in chiropractic care and hosts the longest-established Doctor of Chiropractic degree program in the Western United States. The university has expanded its academic programs to include naturopathic medicine, functional medicine, clinical nutrition, sports medicine, sport and performance psychology, and clinical mental health counseling. This academic expansion exemplifies the university’s commitment to whole-person health care, recognizing how multiple factors converge to impact the health and wellbeing of individuals, and facilitating the partnership between healthcare professionals and their patients.

UWS has earned an international reputation for high-quality academic programs that prepare students to flourish in their professional endeavors.

2024 IACP Annual Convention

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Dr. Nicole Willis**



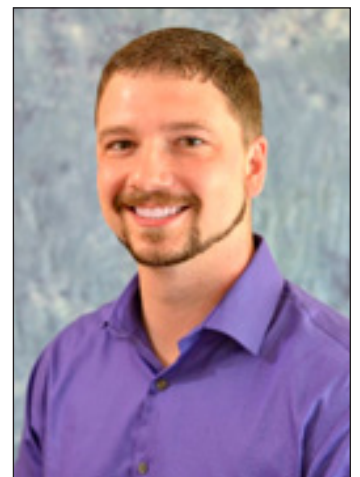
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26 YEAR ESTABLISHED PRACTICE FOR SALE: IDAHO FALLS, ID. Activator Protocol Examination with Treatment with the Impulse Instrument. Located at 1348 E. 17 th ST., The Main Street of Idaho Falls. BUILDING HAS BEEN SOLD. 90-120 DAYS TO SECURE YOUR NEW PRACTICE LOCATION. Assistance with the move/transfer of the practice will be provided. I need someone to care and love my patients as I have. I work a & hour 7 hour day M-W-F. I see 40-55 office visits weekly, with a patient base well over 3500 patients. Contact Dr. Burke at 208-589-5077.

Posted 5/15/2024

Equipment for Sale: Subluxation Station - \$1,500: Purchased in 2017 - Includes Computer and Keyboard - The Subluxation Station is a neurospinal screening and evaluation system that uses surface electromyography (SEMG) technology originally designed to measure changes in the spinal muscles of astronauts. This spinal care technology is now used at Inspired Chiropractic, along with other technologies to assess the spinal muscle of our clients. It is the only such system in the world certified as a 'Space Technology'. **Small Neuropatholator** - \$300: Purchased in 2016. **Neuropatholator Wall Chart and Computer Software from Visual Odyssey** - \$500: Purchased in 2017

- Helps bring instant patient comprehension when a button is pushed
- Helps the patient get the "big idea" between spine and organ correlation
- Helps save you time while not sacrificing the quality of the patient visit
- Designed to help you create a custom per patient slideshow for each visit
- Features a webcam spinal screening tool
- Graphics to use for workplace education, lectures, and ROF's

For more information please contact Dr. Paul Edwards: edwardsdc@aol.com

Posted 4/4/2023

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

Posted 03/11/2024

Office Posters



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

Integrating chiropractic care with a stretching program

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

The drug-free approach to pain reduction

Get up and move!

STRETCHING for better joint health

Easy exercises to keep your neck healthy

Were you pain free this morning when you got out of bed?

Tips for safe stretches

Don't let pain keep you from enjoying life

Walking now touted as "a wonder drug"

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

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

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

Each has the following tagline:



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

Integrating chiropractic care and a healthy stretching program

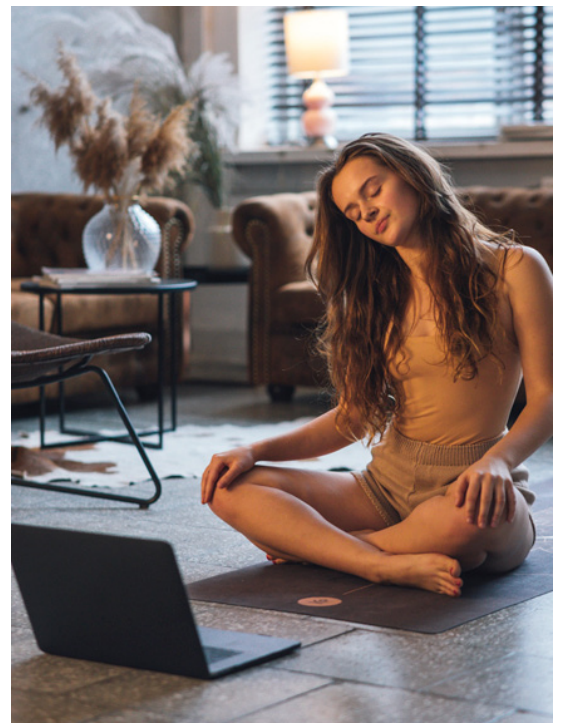
Back pain is a common ailment affecting millions worldwide. It can significantly hinder daily activities, making even simple tasks challenging. Simple, at-home stretches, combined with regular chiropractic adjustments, can provide significant relief.

Your Doctor of Chiropractic can guide you through stretching techniques and can help design a personalized stretching plan. DCs consider your unique musculoskeletal structure, physical goals, and potential limitations to create stretches that align with your unique needs. This individualized approach ensures that you reap the full benefits of stretching, maximizing flexibility, range of motion, and performance potential while minimizing the risk of injury - and, reducing pain!

To maximize the benefits, incorporate the stretches your Doctor of Chiropractic recommends into your daily routine. Early morning or evening sessions can help maintain spinal flexibility. Pair this routine with regular chiropractic adjustments to enhance your spinal health further.

Remember, consistency is key. Back pain doesn't have to be a constant companion in your life. With simple stretches and regular chiropractic care, you can take significant steps toward alleviating pain and improving your spinal health.

A program of regular stretching can be very beneficial. They're even more effective when combined with regular chiropractic care. Chiropractic adjustments help correct spinal alignment issues, improving your overall mobility and reducing pain. Regular visits to a chiropractor can also help identify and address potential issues before they become problematic.



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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.

Format: *The IACP News* is produced in a state-of-the-art digital format. It can be opened and viewed online from both the IACP website at <https://iacp.wildapricot.org/> and also from the publication site: www.IACPnews.com. The publication site has both current and back issues of *The IACP News*. Questions about the digital format, the website, or display advertising should be directed to C&S Publishing at CandSpublishing@gmail.com.

Classified Ads: IACP accepts classified ads. They are published without cost for IACP members, but can also be purchased for \$100 by non-members. For additional information about placing a classified ad, contact Caroline Merritt, IACP Executive Director at (208) 515-6263 or caroline@idahotruenorth.com.

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.**

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

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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