



Prosperity Through Unity Exceptional Care for Idahoans

November 2024

The IACP News, Vol. 8, No. 11

F4CP working to promote chiropractic

As we approach the end of 2024, the Foundation for Chiropractic Progress (F4CP) would like to thank leadership for its commitment to the profession and for being at the forefront of all the great events we have been lucky enough to be a part of! With 2025 on the horizon, the goal is to provide more support and guest speaker opportunities for IACP and the entire chiropractic profession. Here are some of the many benefits of your F4CP membership:

Groundbreaking Podcasts for Your Clinic

Embarking on its eighth season, listenership of the Adjusted Reality Podcast has tripled since the beginning of 2024 and continues to provide relevant, educational information for you to enjoy and to share with your patients in a fun, relatable way.

Season 8 kicks off with 98-year-old motivational speaker and television pioneer, Elaine LaLanne. In this episode, she discusses her enduring partnership with chiropractor and fitness expert, Jack LaLanne and how fitness continues to be a priority in her life today. She

shares her remarkable journey through nearly a century of life, revealing the secrets behind her extraordinary longevity and unwavering health and offers a treasure trove of wisdom on how to live a life full of energy and joy, no matter the age.

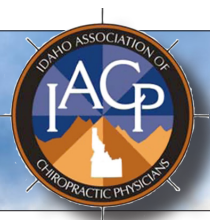
To listen to this podcast, [click here](#).



Continued on page 4



Happy Thanksgiving



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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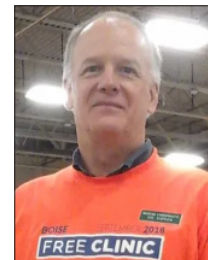
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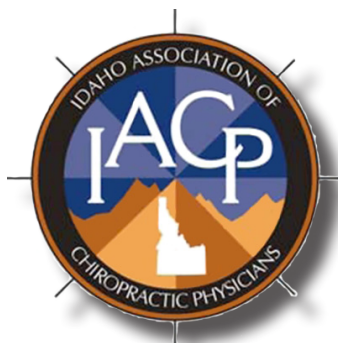
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In This Issue

F4CP working to promote chiropractic (continued)	Page 4
Chiropractic intervention is effective pain relief method	Page 5
Chiropractor appointed to PCORI Research Advisory Panel	Page 6
New dates for 2025 PCORI funding announcement cycles	Page 6
Join the Pack - become a member of IACP	Page 7
2025 IACP Annual Convention April 25-27, 2025	Page 7
ChiroHealth USA: Improper billing could result in significant financial penalties	Pages 8 - 9
Soar with us! Display advertising information	Page 10
Cancer research takes a major step forward	Page 11
New studies published on exercising and blood pressure	Pages 12 - 13
What does the evidence say about which sleeping positions are actually the best?	Pages 14 - 15
Chiropractic News	Pages 16 - 17
Pilates exercises can be beneficial in warding off knee pain	Page 18
Perinatal Care with Webster Certification	Page 19
Chiropractic College News	Pages 20 - 23
The IACP Marketplace: Featured Businesses & Suppliers	Page 24
Classified ads	Page 25
Office poster notice	Page 26
POSTER: Winter Tips for Healthy Living	Page 27
IACP News Display Advertising Rates and Sizes	Page 28

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



F4CP working to promote chiropractic

Continued from front page

How to use podcast episodes to benefit your clinic:

- Copy, paste and share the link (<https://adjustedreality.buzzsprout.com/>) in your patient newsletter
- Right click and save the graphic to upload and link on social media
- Download the episode and play it in your clinic reception area



To view all episodes, [click here](#).

Engaging Commercials for Your Clinic

The Foundation for Chiropractic Progress (F4CP) targeted the development of nine new commercials as part of its “Made Possible by Chiropractic” campaign aimed at reaching 100M+ patients. The first commercial in this series, “The Perfect Swing” highlights the importance of chiropractic care, and how it restores and maintains optimal function for those who play the sport.

The commercial aired 17 times during the Masters Tournament in April on The Golf Channel, reaching over 5M households. Additionally, the :30 second commercial aired again in August 702 times in six major Florida markets.

[Click here](#) to view the commercial

The next commercials in production will feature rodeo and pickleball athletes and will air during the national championships of each sport. As an F4CP Group Member,

you have access to utilize the new commercial to build awareness amongst your patient base. How to use the commercial:

- Play it on your clinic monitor
- Post on social media
- Include in your patient newsletter
- Add to your clinic’s website

Login to your F4CP account to download the commercial and share it in your clinic. Be sure to keep your eyes open for the release of the upcoming rodeo and pickleball commercials!

ChiroThon 2024

F4CP is excited to announce the next ChiroThon™ at CalChiro’s 2024 Fall Conference, which takes place October 11-13, 2024. ChiroThon is an award-winning, live streamed and in-person event held annually to celebrate, elevate and support the greatest profession on Earth and EVERYONE is invited to attend!



Launched in 2022, the first-ever ChiroThon was a four-day streamed event featuring live and virtual sponsored segments with celebrities, influencers and key leaders in the chiropractic profession to reach consumers about the benefits of chiropractic care and encourage donations to future campaigns for the profession.

[Click here](#) to register to attend ChiroThon virtually for free.

Have news?

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

**If you have a press release, news article or event to publicize,
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Chiropractic intervention is effective pain relief method, according to survey of back or neck pain sufferers

New survey finds that majority (82%) of Americans have experienced back or neck pain in their life; most users of chiropractic care find it an effective method to relieve pain

More than four in five Americans (82%) have experienced back or neck pain in their life, according to a new survey. Treatment options to find relief range from prescribed pain relievers to drug-free methods, including chiropractic care. According to a new survey from the Foundation for Chiropractic Progress (F4CP), conducted online by The Harris Poll, most adults who experience back and neck pain are opting for medications even when equally-effective drug-free methods are available.

The annual F4CP poll, launched in October for Global Chiropractic Health Month, found that many patients may not be making the optimal choice for their care. The American College of Physicians (ACP) recommends non-pharmacological treatments, including chiropractic, for low back pain instead of medication. Despite this, two-thirds (67%) of US adults who have ever experienced back or neck pain have taken over-the-counter (56%) and/or prescription (30%) pain relievers to relieve their back and neck pain, according to the survey.

Close to a third (31%) of US adults who have experienced back or neck pain saw a chiropractor, with a large majority (80%) of those saying it was effective in addressing their back and neck pain. Chiropractic care is one of four drug-free therapies recommended for acute low back pain by the ACP, with [supportive studies](#) from Optum Labs indicating chiropractic care was the most efficient first-line care, reducing costs and usage of both opioids and second- and third-line services.

“Care that is inconsistent with guidelines exposes patients to potentially harmful side effects and can result in spine pain becoming chronic. If you are one of the four in five Americans who have experienced back or neck pain in your life, you should consider seeing a chiropractor to find relief,” said Sherry McAllister, DC, president of F4CP. “Chiropractic is a safe and natural pain-relief method that offers greater, longer-lasting pain relief. Spine pain sufferers are encouraged to follow the ACP guidelines by seeking drug-free solutions for their care like chiropractic.”

Nearly two in five (39%) adults experiencing back or neck pain visited a medical doctor or physicians’ assistant for

treatment. Among those who did, many were recommended prescription medication (52%) or OTC medication (35%), while 68% were referred to another medical provider, including a chiropractor (21%), massage therapist (15%) and acupuncturist (7%). More than three in five (42%) were referred for imaging and 16% for surgery, adding additional and potentially unnecessary costs for patients.

Among those who used each of the following methods to relieve their neck and back pain, the percentage who found them to be very/somewhat effective include:

- 89% of those taking prescription pain relievers
- 81% of those taking over-the-counter (OTC) pain relievers
- 81% of those who saw a medical doctor or physicians’ assistant
- 80% of those who saw a chiropractor

This survey was conducted online within the United States by The Harris Poll on behalf of the Foundation for Chiropractic Progress from August 20-22, 2024 among 2,095 adults ages 18 and older, of whom, 1,727 have ever experienced back or neck pain. The sampling precision of Harris online polls is measured by using a Bayesian credible interval. For this study, the sample data is accurate to within +/- 2.5 % age points using a 95% confidence level. For complete survey methodology, including weighting variables and subgroup sample sizes, please contact daniel.davis@finnpartners.com.



Chiropractor appointed to PCORI Research Advisory Panel

American Chiropractic Association (ACA) member Zachary Cupler, DC, MS, of Butler County, Pa., has been appointed to the [Patient-Centered Outcomes Research Institute](#) (PCORI) Advisory Panel on Clinical Effectiveness and Decision Science (CEDS) for a three-year term.

PCORI is an independent, nonprofit research funding organization that supports studies that help patients and those who care for them make better-informed healthcare decisions. It is the leading funder of patient-centered comparative clinical effectiveness research in the United States.

As a member of the CEDS panel, Dr. Cupler will provide the PCORI Board of Governors with advice and assistance in identifying its [National Priorities for Health](#) and in establishing its patient-centered research agenda. PCORI is dedicated to including a diverse range of perspectives and viewpoints in this process.

Dr. Cupler has practiced as a staff chiropractor with the Department of Veterans Affairs (VA) medical system in Butler, Pa. for the past nine years. In addition, he is an active member of the North American Spine Society's Clinical Practice Guideline Committee and serves on the scientific commission of the Clinical Compass, a group focused on knowledge translation in the chiropractic profession.



"It is critical for patients to understand their options when making decisions about health care," noted ACA President Leo Bronston, DC, MAppSc. "Dr. Cupler makes a strong addition to PCORI's Advisory Panel on Clinical Effectiveness and Decision Science with his knowledge of translational science coupled with his clinical experience as a chiropractor in an integrated practice setting."

New dates for 2025 PCORI funding announcement cycles

The Patient-Centered Outcomes Research Institute (PCORI) is extending the timeline between submissions of Letters of Intent (LOI) and submissions of applications for its research funding opportunities. As a result, PCORI Funding Announcement (PFA) cycles will open earlier to allow for this additional writing time. The new dates seek to give applicants additional time to prepare and submit their applications.

The [Cycle 1 2025](#) online application system will open Dec. 3, 2024 — a full month earlier than in the past. View the standard [due dates for the 2025 PCORI Funding Announcement cycles](#).

This change is in response to consistent feedback from PCORI applicants that lengthening the timeline between LOI acceptance, and the submission of the application would enable greater responsiveness to new areas of programmatic emphasis, requirements for research design, planning for results peer review and dissemination, engagement activities, and writing the application. PCORI merit review and award timeframes will not change. PCORI will continue to post PFA preannouncements on its website, giving prospective applicants two to three months advance notice of an upcoming funding announcement. Important Dates for Cycle 1 2025:

- Funding Announcements Open, Dec. 3, 2024
- Letter of Intent (LOIs) Due, Jan. 14, 2025, 5 pm (ET)
- LOI Status Notification, Feb. 11, 2025
- Applications Due (By invitation, based on LOI submission), May 6, 2025, 5 pm (ET)

Email PCORI at pfa@pcori.org if you have any questions.

“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!



2025 IACP Annual Convention

April 25-27, 2025 at the Grove Hotel, Boise, ID

Join your fellow chiropractic colleagues for the 2025 IACP Annual Convention April 25 - April 27, 2025 at The Grove Hotel in Boise. The event will be filled with innovative presentations, networking opportunities, and discussions on our efforts to grow the chiropractic industry into the future.

Our fresh and diverse set of speakers, along with our exhibition of industry partners, will provide you with professional development as well as applicable products and services to benefit your practice.

Our CA track will focus on multiple areas of practice management, billing, coding, documentation, and audit protection.

[Click here](#) for more information.

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Chiropractors, Be Cautious: improper billing could result in significant financial penalties

By Dr. Ray Foxworth, DC, FICC, ChiroHealthUSA

Recently, Healing Place Medical, P.C. and its owner, chiropractor Dr. Gregory Thomas White Jr., had to pay \$170,000 to settle allegations of improper billing. The issue? They were accused of billing Medicare for treatments involving the Sanexas device, which weren't covered. This situation is part of a more extensive, ongoing national investigation into how these devices are being billed—and it serves as a big warning to chiropractors everywhere. (U.S. Attorney's Office, Eastern District of Pennsylvania, 2024)

What Happened?

Healing Place Medical, like many chiropractic clinics, used the Sanexas neoGEN-Series device to treat pain and other issues. Sanexas is an electric stimulation machine often used for patients with chronic or acute pain conditions such as edema. In this case, patients were treated with the device twice a week over 12 weeks, and each session lasted around 30-40 minutes. To enhance the treatment, the clinic also administered vitamin injections.

So, what's the problem? According to the U.S. government, Medicare doesn't cover these treatments when used as Healing Place was administering them. Specifically, rules such as National Coverage Determination (NCD) 160.7.1 don't reimburse electrical nerve stimulation treatments provided in a chiropractic clinic or similar settings. Despite these guidelines, Healing Place billed Medicare for over 27,000 claims related to Sanexas, vitamin injections, and other tests that weren't covered.

Testing: More Is Not Always Better

In addition to the treatments, Healing Place was also billing for extra tests that weren't necessary, such as ENFD (nerve damage testing) and T.M. Flow (a type of screening for underlying conditions). While these tests may sound good on paper, Medicare found them to be overkill. The Sanexas device isn't FDA-approved for nerve regeneration, so testing to see if nerves were healing after treatment was pointless—and billing Medicare for it was a no-go.

The TM Flow tests, used to screen patients before starting Sanexas treatments, also raised concerns. The clinic needed



the right expertise to perform and interpret these tests, and they were using them on patients who didn't even show symptoms of the conditions the tests were meant to screen for. Medicare rules require specific training and symptoms for these tests to be covered.

What Chiropractors Need to Know

This case should be a wake-up call for chiropractors across the country. The government monitors how specific devices, such as the Sanexas, are being billed and cracking down on improper practices. The message is clear: if you're billing Medicare, ensure you follow the rules to the letter.

Improper billing can lead to serious financial consequences, as this case with Healing Place Medical shows. It's not just about the fine—it's about the potential damage to your reputation and the risk of being excluded from Medicare altogether. Chiropractors play a crucial role in patient care, but part of that responsibility includes ensuring that billing practices are ethical and compliant.

Remember, it's always better to be safe than sorry regarding Medicare billing! If you are unsure about the rules for chiropractors and Medicare, [request your free copy of the Medicare Playbook here](#).

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

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



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Cancer research takes a major step forward thanks to Nobel-winning MicroRNA discovery

The cellular components that turn DNA directions into a body's building blocks are akin to pieces of a Swiss watch: tiny, delicate, specialized — and complicated. If any part is missing or broken, the watch stops working.

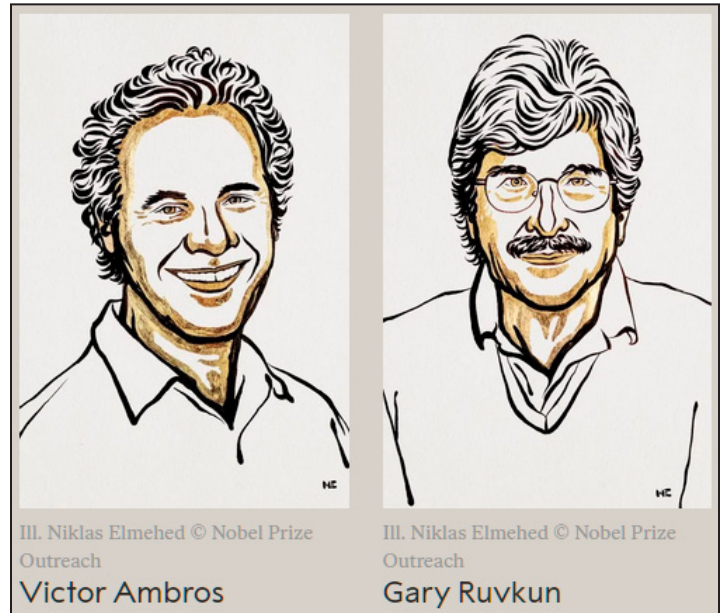
The scientists who received the 2024 Nobel Prize in Physiology or Medicine discovered and characterized a component of that “watch” that no one previously understood — microRNA. Prior to its discovery by the laureates Victor Ambros of the University of Massachusetts Chan Medical School in Worcester and Gary Ruvkun of Massachusetts General Hospital in Boston, scientists had an incomplete understanding of the process that controls how cells make proteins.

It is currently well recognized that microRNA deregulation is a hallmark of human cancer, and an aberrant expression of these tiny regulatory RNA molecules in several cell types is not just a random association, but it also plays a causal role in different steps of the tumorigenic process, from the initiation and development to progression toward the acquisition of a metastatic phenotype.

Different regulatory mechanisms can control microRNA expression at a genetic or epigenetic level as well as involve the biogenesis machinery or the recruitment of specific transcription factors. The tumorigenic process implies a substantial alteration of these mechanisms, thus disrupting the equilibrium within the cell and leading to a global change in microRNA expression, with loss of oncosuppressor microRNAs and overexpression of oncomiRNAs.

They knew that DNA contains the “instructions” in the chemical equivalent of a computer code. They also knew that messenger RNA (mRNA) carries those instructions to the cell's “protein factory” called the ribosome. But they didn't understand when, why, or how that process could be interrupted.

That's where microRNA comes in. The molecule gets its “micro” prefix because the thousand or so different versions in the human body have significantly fewer chemical “letters” than mRNA. But those small letters play a big role. By binding to mRNA, they essentially “gum up the gears” and stop protein production. That seemingly simple act allows them to play an outsize role. This means that microRNA helps control when and how much a particular protein should be made.



The Nobel Prize in Physiology or Medicine 2024 was awarded jointly to Victor Ambros and Gary Ruvkun “for the discovery of microRNA and its role in post-transcriptional gene regulation”

That essential task helps fine-tune protein production. This is key because although each cell contains the same genetic instructions in its DNA, each cell can also create many highly specialized proteins when microRNA turns protein production “on” or “off,” altering both the type and amount made. As a result, our bodies produce a staggeringly complex and diverse amount of proteins based on the same set of instructions but tailored through microRNA's essential “on/off” function.

Scientists are also learning more about the role microRNAs play in diseases. For example, defects in their function may play a role in many types of cancer. That makes sense because cancer is essentially cell production run amok, and microRNAs can play an outsize role in that process. Work has been underway to pinpoint what microRNA molecules are involved in particular cancers, such as the thyroid.

As scientists continue to learn more about the specific role each of the thousand or so microRNA molecules play in controlling protein production, they will come closer to finding ways to understand — and, hopefully, treat — more diseases, including cancers. To repair a watch, one must first understand what each of its minute parts does. The discovery and ongoing research of microRNA provides such knowledge.

New studies published on exercising and blood pressure

When it comes to exercising and lowering blood pressure, studies have typically shown that aerobic or cardio exercises are best. However, recent [research](#) suggests another type of physical activity is worth including as an effective tool to prevent and treat hypertension, or high blood pressure.

That 2023 investigation, titled *Accelerometer-Derived “Weekend Warrior” Physical Activity and Incident Cardiovascular Disease*, found:

“In an analysis of 89,573 individuals providing a week of accelerometer-based physical activity data, a weekend warrior pattern of physical activity was associated with similarly lower risks of incident atrial fibrillation, myocardial infarction, heart failure, and stroke compared with more evenly distributed physical activity. Meaning: Increased activity, even when concentrated within 1 to 2 days each week, may be effective for improving cardiovascular risk profiles.”

In a nutshell, this work found that people who exercised throughout the week, and “weekend warriors” who pack their exercise into the weekend, saw similar reductions in risk of heart attack, heart failure, atrial fibrillation and stroke.

Adults should strive for at least 150 minutes of moderate-intensity physical activity per week, according to the Physical Activity Guidelines for Americans. If you’re able to achieve that guideline-recommended level over one to two days of the week, then the new study suggest that you’re getting a similar benefit to people who are able to spread their workouts more evenly across a week.

Exercises that engage muscles without movement — such as wall squats and planks — may be best for lowering blood pressure, according to a large [study](#) published July 2023 in the *British Journal of Sports Medicine*.

That work, titled *Exercise training and resting blood pressure: a large-scale pairwise and network meta-analysis of randomised controlled trials*, noted the following result:

“270 randomised controlled trials were ultimately included in the final analysis, with a pooled sample size of 15 827 participants. Pairwise analyses demonstrated significant reductions in resting SBP and DBP following aerobic exercise training (−4.49/−2.53 mm Hg, $p<0.001$), dynamic resistance

training (−4.55/−3.04 mm Hg, $p<0.001$), combined training (−6.04/−2.54 mm Hg, $p<0.001$), high-intensity interval training (−4.08/−2.50 mm Hg, $p<0.001$) and isometric exercise training (−8.24/−4.00 mm Hg, $p<0.001$). As shown in the network meta-analysis, the rank order of effectiveness based on the surface under the cumulative ranking curve (SUCRA) values for SBP were isometric exercise training (SUCRA: 98.3%), combined training (75.7%), dynamic resistance training (46.1%), aerobic exercise training (40.5%) and high-intensity interval training (39.4%). Secondary network meta-analyses revealed isometric wall squat and running as the most effective submodes for reducing SBP (90.4%) and DBP (91.3%), respectively.”

The study concluded: “Various exercise training modes improve resting blood pressure, particularly isometric exercise. The results of this analysis should inform future exercise guideline recommendations for the prevention and treatment of arterial hypertension.”

Isometric muscle action happens when muscles contract but do not visibly change length, and the joints involved don’t move, facilitating stability of the body. Isometric exercises can be done with weights or without, just relying on the body’s own weight.

“Overall, isometric exercise training is the most effective mode in reducing both systolic and diastolic blood pressure,” said study coauthor Dr. Jamie O’Driscoll in a [news release](#). He is a reader in cardiovascular physiology at Canterbury Christ Church University’s School of Psychology and Life Sciences in England.

“These findings provide a comprehensive data-driven framework to support the development of new exercise guideline recommendations for the prevention and treatment of arterial hypertension.”

Existing guidelines on exercise for blood pressure management — which emphasize aerobic or cardio exercises such as running or cycling — are effective but also based on old research that excludes more recently adopted exercise protocols such as high-intensity interval training and isometric training, the authors said.

The researchers felt the guidelines were outdated and in

need of review, so they looked into randomized controlled trials that had reported the effects of exercise interventions, lasting two or more weeks, on systolic and/or diastolic blood pressure between 1990 and February 2023.

Systolic blood pressure measures the maximum pressure in the arteries as the heart contracts and relaxes, while diastolic blood pressure denotes what the arterial pressure is when the heart rests between beats.

From a review of 270 trials with 15,827 participants — which is known as a meta-analysis — the authors found that among HIIT, isometric exercise, aerobic exercise, dynamic resistance training and a combination of the latter two, isometric exercise led to the greatest reductions in blood pressure.

“The reductions in blood pressure after aerobic exercise training amounted to 4.49/2.53 mmHg; 4.55/3.04 mmHg after dynamic resistance training; 6.04/2.54 mmHg after combined training; 4.08/2.50 mmHg after HIIT; and 8.24/4 mmHg after isometric exercise training.”

Performing wall squats (isometric exercise) was most effective

for reducing systolic pressure, and running (aerobic exercise) was most beneficial for decreasing diastolic pressure, but isometric exercise overall was best for lowering both pressure elements.

“It’s encouraging to see other forms of exercise explored in this research as we know that those who take on exercise they enjoy tend to carry on for longer, which is key in maintaining lower blood pressure,” said Joanne Whitmore,

senior cardiac nurse at the British Heart Foundation, via email. Whitmore wasn’t involved in the study.

“However, it’s important to note that there are other lifestyle changes as well as exercise that can benefit your blood pressure,” she added. “These include keeping to a healthy weight, eating a balanced diet, cutting down on salt, not drinking too much

alcohol and ensuring that you continue to take any prescribed medication.”

More research is needed to determine exactly why isometric exercises might be better for lowering blood pressure than other types of training, the authors said.

Overall, isometric exercise training is the most effective mode in reducing both systolic and diastolic blood pressure. These findings provide a comprehensive data driven framework to support the development of new exercise guideline recommendations for the prevention and treatment of arterial hypertension.



What does the evidence say about which

Sleep's most crucial function is recovery. Good sleep promotes healing, aids in the recovery of the immune, neurological, skeletal, and muscular systems. Healthy sleep improves one's health by allowing muscles and discs to recover from the day's almost continuous load. Sleep quantity and quality have an impact on an individual's mood, conduct, and quality of life.

Yet, despite how important sleep is, it's surprising how few large-scale studies have been conducted.

To study sleeping patterns, and how they impact a person's health, one needs a way of working out which position people are sleeping in. People can be asked, but we only really remember the way we were lying when we were trying to fall asleep and the position we wake up in. To find out more, researchers have tried a variety of techniques including filming people while they sleep or getting them to use wearable technology that monitors their movements.

In Hong Kong researchers are developing what they call the "Blanket Accommodative Sleep Posture Classification System", which uses infrared depth cameras that can detect a person's sleep position even through a thick blanket.

Researchers in Denmark used small motion-sensor detectors attached to volunteers' thighs, upper backs and upper arms before they went to sleep. They found that during their time in bed, people spent just over half their time on their sides, around 38% on their backs and 7% on their fronts. The older the people were, the more time they spent on their sides.

This bias towards sleeping on our sides is something we develop only as we become adults, because children over the age of three spend on average an equal amount of time sleeping on their sides, back and fronts. This was noted in a 1992 [work](#) published in *Sleep* titled: *Sleep Positions and Position Shifts in Five Age Groups: An Ontogenetic Picture*. The Summary said: "In an attempt to characterize the development of sleep positions and position shifts in the human, 10 subjects (5 males and 5 females) in each of the following five age groups were studied: 3–5, 8–12, 18–24, 35–45 and 65–80 years old. Subjects slept for four consecutive nights (except the 3–5 year olds who slept two nights) in the laboratory where standard polysomnography was recorded. On nights 3 and 4, sleep positions were recorded with a Super 8 Camera taking one frame every 8 seconds and were scored using four dimensions (head, trunk, legs and arms) each consisting of four categories. The results revealed a significant

ontogenetic decrease in the number of position shifts with averages of 4.4, 4.7, 3.6, 2.7 and 2.1 changes per hour, respectively. There was a corresponding progressive increase in the duration of positions and in the number of periods of more than 30 minutes of postural immobility. Whereas in children, prone, supine and lateral positions were assumed to occupy an equal proportion of sleep time, trend analyses revealed a significant progressive ontogenetic disappearance of prone positions and a progressive preference, very marked in the elderly, for right-side positions."

So sleeping on your side is the most common position and we could trust the wisdom of the crowd to choose the position where they sleep best, but what about the data? A very small observational study in which people could sleep however they preferred found that those who slept on their right side slept slightly better than those on their left, followed by those on their backs.

Still, researchers in Western Australia monitored volunteers' bedrooms for 12 hours a night using automatic cameras and found that those who said they regularly woke up with a stiff neck spent more time sleeping in what the researchers refer to as "provocative side sleeping positions".

In a study conducted with older people taking part in a fitness programme in Portugal, people with back pain were instructed to sleep on their sides and those with neck pain to try sleeping on their backs. Four weeks later 90% of the participants said their respective pains had reduced. That [work](#), titled, *Effects of sleeping position on back pain in physically active seniors: A controlled pilot study*, studied twenty female seniors (mean age 62.70 ± 3.827). The individuals were separated in two groups (Experimental and Control Group). The Visual Analogue Scale (VAS) was used to measure the intensity of back pain in the spine before and after four consecutive weeks an Intervention program. Individuals in the Experimental Group were instructed regarding the recommended way to sleep position (Intervention program) according to the pathological problems or the amount of pain reported.

"It may be concluded that the indication of the ideal way to lie down, which corresponds to a recommended sleeping posture with the ideal position to place the pillows, as well as the ideal way to get up (Experimental Group), is an added value for the prevention and decrease of the pain and/or discomfort in the spine in physically active seniors."

sleeping positions are actually the best?

A 2019 [scoping review](#) by Cary D, Briffa K, McKenna L titled: *Identifying relationships between sleep posture and non-specific spinal symptoms in adults: A scoping review*, was published in *BMJ Open*. The Introduction to that work notes:

“Cervical and lumbar symptoms like pain are the leading cause of musculoskeletal disability in most countries and most age groups. Of those who report cervical and lumbar pain, the proportion is higher in females for both cervical (59%) and lumbar (52%) pain. The prevalence of both cervical and lumbar pain has increased markedly over the past 25 years (cervical 21.1% and lumbar 17.3%), and these rates are expected to continue rising. Cervical and lumbar pain contribute to large economic and societal costs and are major sources of work disability, being either the first or second ranked cause of years lived with disability between the ages of 20 and 79 years.”

Research indicates that remissions in symptoms are temporary rather than permanent and cervical and lumbar pain becomes chronic in 25%–60% of cases. Other types of symptoms like stiffness and bothersomeness, still important to patients, are less well investigated. Identification of modifiable risk factors contributing to the onset and chronicity of cervical and lumbar pain and other symptoms is critical to improve the management of cervical and lumbar pain.

A potentially modifiable risk factor that aggravates spinal symptoms is sleep posture. Sleep is considered essential for human mental and physical recovery. Yet, every night some people go to bed, only to wake with spinal symptoms not present the prior evening, while others with existing spinal symptoms, wake with exacerbations of their symptoms. For example, in young air force personnel, 33% experienced their most intense spinal pain during the evening and on

first waking. It has been postulated that poor sleep posture may be a factor in the development of both waking cervical and lumbar symptoms.

Habitual sleep postures may influence the amount of load applied to spinal tissues when sleeping. Compressive load due to gravity and muscle contraction is likely to be far more during the day than during the night. In a 25-year review on the fundamentals of spinal biomechanics, it was noted that spinal movements decreased under a superimposed compression load. The authors postulated this was due to increased anular stiffness and increased zygapophyseal joint (ZPJ) contact. Conversely, when lying down, the sources of spinal compression are minimal, creating a low compression environment, potentially allowing an increased range of spinal movement. The combination of increased range and asymmetrical loading posture may result in altered and/or additional loading of viscoelastic collagenous restraints like the ZPJ capsule and ligaments. Viscoelastic tissues are vulnerable to sustained or repeated low elongation loads, and undergo predictable mechanical and viscoelastic changes. Ligaments in feline spines exposed to 60 min of repeated low load, demonstrate a significant increase in the expression of pro-inflammatory chemicals, compared with control ligaments from the same spine, indicating acute inflammation and tissue degradation in ligaments subjected to the cyclic loading. Additionally, sustained non-symmetrical sleep postures can induce structural spinal changes in humans.

Some sleep postures, such as prone, are clinically believed to increase load on spinal tissues, reducing recovery and provoking waking spinal symptoms. While some sleep research has examined, the role sleep posture may have on spinal symptoms, there has been no synthesis of the literature in regard to sleep posture and spinal symptoms.



Chiropractic News

\$1.7 million given for new chronic low back pain research

Southern California University of Health Sciences (SCU) has announced that its Clinical and Health Research department has received a \$1.7 million R01 grant from the National Institutes of Health (NIH). This prestigious grant will fund groundbreaking research comparing the safety, efficiency, and care costs for Medicare beneficiaries receiving acupuncture for chronic low back pain. The research, in collaboration with Dartmouth College, launched in August and will span three years.

The NIH R01 grant is highly sought after and represents a significant milestone for SCU, underscoring the university's commitment to advancing evidence-based care. The project, titled "Acupuncture for Medicare Beneficiaries with Chronic Low Back Pain: Access, Utilization, and Outcomes," is led by Principal Investigator Dr. James Whedon, DC, MS, a distinguished Professor and Senior Clinical Health Services Researcher at SCU.

Dr. Whedon has authored more than 60 peer-reviewed publications and is recognized for his research comparing non-pharmacological and pharmacological chronic pain care for Medicare recipients. His dedication to integrative health has earned him numerous accolades, including the Jerome F. McAndrews DC Memorial Research Fund Award from the NCMIC Foundation and the Scott Haldeman Award for Outstanding Research from the World Federation of Chiropractic.

"We are thrilled to have the NIH's backing of this potentially transformative research that will inform policies at Medicare and benefit the millions of people suffering from back pain who need safe and more effective treatments for their condition," said Dr. Whedon. "A research project like this is only possible with the hard work, support, and collaboration of many. My heartfelt thanks to Research Director Dr. Steffany Moonaz for her vision, to university leadership for their unfailing support of the Research Program, to our research advisory board, and to all the project investigators for their hard work on the research proposal. Very special thanks also to SCU Research Administrator Crina Gandila for smoothly shepherding the grant application through to a successful conclusion."

Using claims data, field research, survey data, and qualitative research methods, this research will assess the impact of Medicare's recent decision to cover non-pharmacologic treatment for chronic low back pain. Despite evidence-based clinical guidelines prioritizing non-pharmacologic therapies like acupuncture, many patients with chronic low back pain have historically relied solely on analgesic medications, often with limited effectiveness. The results of this research can potentially improve care and outcomes for patients with this challenging condition.

"To our knowledge, this is the first R01 grant in SCU history, and most of our peer institutions have not achieved this designation," said Dr. Steffany Moonaz, Director of Clinical and Health Sciences Research at SCU. "The project reflects with SCU's commitment to evidence-based, integrative health-care and we could not be more excited about the potential impact."

With this substantial NIH grant, SCU is positioned to make a significant contribution to the field of chronic pain management. The university looks forward to sharing the results of the study and continuing its mission to enhance health and well-being through integrative approaches.

Women Chiropractors adds new board members

Women Chiropractors is excited to welcome **Alexis Lignos** and **Dr. Neema Moore** to the Board. They are passionate and committed to the organization's mission to support, empower, and connect women who are chiropractors.

An architect of award-winning media campaigns, **Alexis Lignos** is a certified digital marketing professional with a passion for transforming ideas into impactful results. Alexis graduated from Montclair State University in 2012 with honors, having earned a Bachelor of Arts degree in Communication Studies with a concentration in Public Relations. After graduation, she pursued a career as a publicist specializing in healthcare, where she was responsible for securing



earned media coverage in top-tier publications and navigating crisis communications. Alexis is currently the Marketing Director of the Foundation for Chiropractic Progress (F4CP), a nonprofit organization dedicated to building positive awareness regarding the benefits of chiropractic care. In her free time, Alexis enjoys spending time outdoors and with family.

Dr. Neema Tillery Moore is originally from Bloomfield Hills, Michigan. She is passionate about supporting and empowering woman professionals and entrepreneurs to gain confidence, optimize their health, and walk in their greatness. She has degrees in Biology Secondary Education and a Doctor of Chiropractic from Palmer College of Chiropractic.



Having participated in a chiropractic mission trip to India, where she provided care to over 3,000 patients, reflects her passion for making a positive impact on a global scale. With over a decade of experience, she has owned and currently manages two successful chiropractic practices in VA.

As an accomplished speaker, business owner, and Amazon best-selling author of the book "Confidence NOW," she actively advocates for women's empowerment and provides valuable tools to help them build confidence even after facing life's challenges.

[Women Chiropractors®](#) is a non-profit organization dedicated to providing a worldwide community that supports, empowers and connects women who are chiropractors. We help women chiropractors achieve their purpose and goals personally and professionally. We are an inspiration to one another by sharing knowledge—and sharing of ourselves—with a globally united sisterhood, aimed at helping with technique, business, philosophy, and life. Through a highly connected and interactive Facebook group, WDC Connects events, bi-annual conventions, a re-entry program, CE courses, and much more, Women Chiropractors® is leading the way for women to thrive in the field of chiropractic.

Save the Date: ACA Engage 2025, January 22-25

ACA's annual conference positions members for success by offering cutting-edge education, networking, leadership-development opportunities and chiropractic's Day on Capitol Hill. ACA Engage 2025 features a series of education sessions brought to you by ACA specialty councils to highlight chiropractic specialties.

Registration is open for Engage 2025! Engage 2025 will take place in Washington, D.C. from Jan. 22-25, 2025. ACA's annual conference positions members for success by offering cutting-edge education, networking, leadership-development opportunities, and chiropractic's Day on Capitol Hill. Engage is the premier chiropractic event of the year.

[Register and learn more.](#)

Have news?

News

We publish news and articles of interest to the chiropractic community without charge. If you have a press release, news article or event to publicize, email your info to:

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Pilates exercises can be beneficial in warding off knee pain

Aching knees are surprisingly common. While you may be tempted to hang out on the couch if one or both of your knees hurt, exercise — Pilates in particular — may be a much better option. It all depends on the reason for your pain.

About 25% of adults experience knee pain, according to a 2018 [study](#) published in the journal *American Family Physician*. The report also found the prevalence of knee pain has increased 65% over the past 20 years.

The work, titled *Knee Pain in Adults and Adolescents: The Initial Evaluation*, said:

“Knee pain affects approximately 25% of adults, and its prevalence has increased almost 65% over the past 20 years, accounting for nearly 4 million primary care visits annually. Initial evaluation should emphasize excluding urgent causes while considering the need for referral. Key aspects of the patient history include age; location, onset, duration, and quality of pain; associated mechanical or systemic symptoms; history of swelling; description of precipitating trauma; and pertinent medical or surgical history. Patients requiring urgent referral generally have severe pain, swelling, and instability or inability to bear weight in association with acute trauma or have signs of joint infection such as fever, swelling, erythema, and limited range of motion. A systematic approach to examination of the knee includes inspection, palpation, evaluation of range of motion and strength, neurovascular testing, and special (provocative) tests. Radiographic imaging should be reserved for chronic knee pain (more than six weeks) or acute traumatic pain in patients who meet specific evidence-based criteria. Musculoskeletal ultrasonography allows for detailed evaluation of effusions, cysts (e.g., Baker cyst), and superficial structures. Magnetic resonance imaging is rarely used for patients with emergent cases and should generally be an option only when surgery is considered or when a patient experiences persistent pain despite adequate conservative treatment. When the initial history and physical examination suggest but do not confirm a specific diagnosis, laboratory tests can be used as a confirmatory or diagnostic tool.”

Osteoarthritis is often the cause of knee pain, especially for women and older adults, according to the Arthritis Foundation. But sore knees may also result from an injury, weak or tight muscles, obesity, overuse, or muscle imbalances.

“Establishing a correct diagnosis is super important,” said Dr. Adam Kreitenberg, a rheumatologist and internal medicine physician at Rheumatology Therapeutics Medical Center in Tarzana, California. “You’ll want to know if the pain is from, say, a fracture, meniscus tear, osteoarthritis or rheumatoid arthritis.”

Knee pain from poor biomechanics is the driver behind much of the knee issues seen by Shari Berkowitz, a biomechanist and founder of The Vertical Workshop, a studio in New York’s Westchester County that provides continuing education to Pilates instructors.

“People have a malalignment, and then irritation or strains occur,” Berkowitz said. “Over many years, it can be compounded into a catastrophic injury like a muscle tear, or it can become something that affects the cartilage and turns into osteoarthritis.”

If you experience sudden knee pain, it’s probably best initially to rest your knee, Kreitenberg said. But you don’t want to be immobile for too long. “In the long term, that results in weakness and muscle atrophy,” he said. “Working on strengthening the supporting structures of the knee, particularly the surrounding muscles, can frequently help relieve stress on the injured area, and help with flexibility and pain.”

Pilates exercises can be beneficial in warding off knee pain. The regimen was deemed significantly effective at reducing pain associated with knee osteoarthritis and osteoporosis, back pain, and neck pain in a [systematic review](#) published in the March 2022 edition of the journal *Musculoskeletal Care*. It concluded:

“Pilates is a safe and effective exercise intervention for adults over 50 with a diverse range of musculoskeletal conditions which may otherwise put them at risk of becoming sedentary. Although no overall significant superiority was found over other exercise, participants reported psychosocial benefits particular to the Pilates group exercise, with enjoyment a possible positive factor in adherence. Further research on Pilates exercises for various pathologies could inform teaching and improve engagement with older adults, including those with chronic conditions.”


























Perinatal Care with Webster Certification

Date Change: the “Perinatal Care with Webster Certification” class in Daytona is re-scheduled for November 23-24, 2024

(13 Hours) Take home the educational tools to successfully reach and care for more pregnant mothers and their babies in your practice. This 13-hour course will offer you the skills to provide advanced techniques and evidence-based care to the perinatal patient. The course includes an in-depth approach to a physiological birth and the chiropractic relationship. Note: ICPA membership is required for Webster seminar registration and certification.

Become an ICPA Webster Certified provider so families in your area can find you, learn to provide expert prenatal care, and gain the confidence to support physiological birth. Pricing (includes \$100 certification fee): DC Members - \$580; Student Members - \$460.

[Click here](#) for the full list of upcoming ICPA seminars.

Perinatal Care with Webster Certification		
Pediatric	Perinatal	
 Oct 5-6, 2024	 Stephanie Libs, DC, CACCP	 REGISTER
 Sat: 8:30 AM - 6:30 PM Mountain Sun: 8:00 AM - 12:00 PM Mountain	 Phoenix, Arizona	Venue & CE Details
Perinatal Care with Webster Certification		
Pediatric	Perinatal	
 Oct 26-27, 2024	 Pamela Stone, DC, DACCP	 REGISTER
 Sat: 8:30 AM - 6:30 PM Central Sun: 8:00 AM - 12:00 PM Central	 Overland Park, Kansas	Venue & CE Details
Perinatal Care with Webster Certification		
Pediatric	Perinatal	
 Nov 9-10, 2024	 Stephanie Libs, DC, CACCP	 REGISTER
 Sat: 8:30 AM - 6:30 PM Eastern Sun: 8:00 AM - 12:00 PM Eastern	 Detroit/Novi, Michigan	Venue & CE Details
Perinatal Care with Webster Certification		
Pediatric	Perinatal	
 Nov 23-24, 2024	 Pamela Stone, DC, DACCP	 REGISTER
 Sat: 8:30 AM - 6:30 PM Eastern Sun: 8:00 AM - 12:00 PM Eastern	 Daytona, Florida	Venue & CE Details
Perinatal Care with Webster Certification (Dec 2024 session) (Live Streamed)		
Pediatric	Perinatal	
 Dec 7-8, 2024	 Pamela Stone, DC, DACCP	 REGISTER
 Sat: 9:00 AM - 7:00 PM Eastern Sun: 9:00 AM - 1:00 PM Eastern	 Stephanie Libs, DC, CACCP	Venue & CE Details
	LIVE	

Chiropractic College News

Cleveland University-Kansas City enhances chiropractic continuing education platform

Cleveland University-Kansas City (CUKC) has completed significant updates to its online chiropractic continuing education platform, SmartChoiceCE.com, designed to improve the experience of chiropractors fulfilling their continuing education (CE) requirements.

“With the latest enhancements, we are making it easier than ever for chiropractors to meet CE requirements, track course progress, and access high-quality, evidence-based education from anywhere,” said Dr. Alexander Bach, Vice President of Institutional Growth and Development.

SmartChoiceCE.com provides an all-in-one solution for Doctors of Chiropractic to meet state licensing requirements, complete CE certificates, and stay current with best practices. By offering evidence-based continuing education content, the platform empowers chiropractors to enhance their patient care with the latest research and methodologies.

Bach noted that as chiropractic professionals face increasing demands for license renewal and professional development, the upgrades to SmartChoiceCE.com offer a timely solution. The new tools are designed to provide chiropractors with greater flexibility and improve the efficiency of completing required CE units, help them maintain compliance while staying informed on the latest industry trends, and allow them to efficiently integrate new knowledge that will support the growth and success of their clinics. The SmartChoiceCE.com platform offers the following benefits to practitioners:

- **Enhanced Search Capabilities:** Easily find courses by topic, state, CEUs awarded, or instructor.
- **Interactive State Map:** View chiropractic CE requirements by state with an easy-to-navigate map.
- **New Search Tools:** Quickly evaluate and select courses with an intuitive, redesigned search interface.
- **Course Tracking:** Securely store and manage previously purchased courses for future reference.
- **Instant Certificate Verification:** Complete courses and immediately download CE completion certificates.
- **Mobile-Ready Access:** Access courses across devices, including desktops, tablets, or smartphones.
- **Flexible Purchase Options:** Buy courses now and complete them later at your convenience.

National University expands Florida presence

National University of Health Sciences (NUHS) announced from its suburban Chicago location today that it is expanding its presence in Florida. NUHS has operated its Doctor of Chiropractic program in Florida since 2009. The new facility, located in Oldsmar, Florida will give the university more than 40,000 square feet of space in which to continue its 118+ years of excellence.

“The Board of Trustees of National University of Health Sciences is delighted that we are moving the Florida campus to Oldsmar” said Jane Richards, PhD, DC, Chair of the National University of Health Sciences Board of Trustees. “We see it as a positive move for the University with lots of benefits for our students and room for future growth.”

“The move to a dedicated campus, still in Pinellas County, will give us breathing room to expand our Doctor of Chiropractic (DC) program,” said Joseph P.D. Stiefel, MS, EdD, DC and President of National University of Health Sciences. “Oldsmar is a growing community that’s retained its small-town charm. It is a community we are proud to join.”

The first class at the new location is tentatively scheduled to begin in 2026. Initially, the Doctor of Chiropractic (DC) program will be offered at the new Florida site, with an eye toward future expansion.

Cleveland University honored at KCA convention

Two Cleveland University alumni received honors from the Kansas Chiropractic Association (KCA) during its annual fall conference held Sept. 13-15, in Topeka, Kan., Dr. Angela Samuelson, a 2015 graduate of Cleveland University-Kansas City (CUKC) was named the “Dr. Darrel Fore Young Doctor of the Year.” Dr. Kevin Davidson, a 1992 graduate of Cleveland Chiropractic College-Kansas City, was named “KCA Doctor of the Year.”

The honors are presented to those who have made outstanding contributions to the profession during their career. For the young doctor award, nominations are collected by the KCA president from the board of directors, officers, and KCA members. The president then chooses a

recipient to be approved by the board. A similar path is taken to select the “Doctor of the Year” winner, with nominations accepted from the board and officers, KCA district officers, committee chairs, and members of the Kansas Board of Healing Arts. The KCA membership then chooses the recipient by a ballot vote.

Samuelson has a practice in Overland Park, Kan., and is also a clinician at the CUKC Chiropractic Health Center. She oversees interns in the Health Center and serves in the clinical outreach program, which provides care to underserved and underinsured communities in the area. Samuelson is the KCA’s alternate director for the Kansas City Metro District.

A third-generation chiropractor, Dr. Kevin Davidson was honored as 2024 KCA “Doctor of the Year,” for his many years of dedication to the profession. Practicing in Hays, Kan., he has served as president of the KCA Northwest District for several years, and continues to remain active in the success of the profession. Davidson connects with legislators, and is a positive voice for chiropractic on the state and national level. In addition, he works to solidify the success of the next generation by meeting with new practitioners in his area, and consistently works to elevate the image of chiropractic.

Britt Davis named D’Youville Vice President for Institutional Advancement

D’Youville University President Lorrie Clemo, has announced that Britt Davis will join D’Youville as vice president for institutional advancement effective November 6, 2024.



Davis is charged to create a strategic vision for the next phase of work within D’Youville’s Advancement

Department, which includes designing, planning, and leading a future philanthropic campaign intended to enhance the university’s vision of being a leader in transformative education.

As a member of the President’s Cabinet, Davis is expected to foster partnerships across campus and among alumni, as well as with parents and friends of the university to identify, engage, and cultivate current and future financial partners. Davis will work closely with President Clemo, members of the President’s Cabinet, academic deans, and members of the D’Youville Board of Trustees to make informed decisions in fulfillment of the university’s mission.

Northeast increases access to the most comprehensive chiropractic education

Northeast College of Health Sciences celebrated the official ribbon cutting of its new branch Long Island Campus on Oct. 11, 2024. During the event, local and state leaders welcomed Northeast and recognized the College for bringing chiropractic healthcare education back to the Greater New York City area.



“Today is not just a celebration of progress, but also true homecoming,” said Northeast College President Dr. Michael Mestan during the ribbon-cutting event.

In addition to its main Finger Lakes-region campus in Seneca Falls, N.Y., the College has owned the facility on Long Island since 1972, providing community health services at its Levittown Health Center. The school’s ties to New York began even earlier, with the College’s 1919 founding in a Manhattan brownstone, then known as the Columbia Institute of Chiropractic.

The new Long Island Campus, which welcomed its first cohort of the College’s renowned Doctor of Chiropractic program this September, provides advanced learning spaces for students, including high-tech, hands-on learning tools such as Force Sensing Table Technology™ and interactive 3D digital Anatomage tables. Combined with the best of traditional techniques, the new learning spaces and campus provide students with even better access to the most comprehensive, evidence-informed chiropractic education in higher education.

For new chiropractic student and Long Island resident Victoria Valdes (D.C. ’27), the establishment of the branch campus means she can stay close to her family while fulfilling

Continued on next page

Chiropractic College News

Continued from last page

her dream of opening a chiropractic office on Long Island. "Being born and raised on Long Island means so much more than knowing where the best pizza spots and Italian bakeries are," Valdes said while speaking at the ribbon-cutting event. "Being a part of something bigger than myself goes hand in hand with my student experience at Northeast and it ties into what it means to be a chiropractor. A chiropractic career is so powerful, and our story of success begins here at Northeast," Valdes said.

Parker University honored

Parker University has once again been recognized as a Great College to Work For® in 2024, marking its fifth consecutive year on the list. Additionally, Parker earned a spot on the prestigious Honor Roll for the fourth consecutive year, a testament to the university's commitment to creating an outstanding workplace environment. Parker University is proud to be recognized in eight key categories: Job Satisfaction and Support, Compensation and Benefits, Faculty Experience, Faculty and Staff Well-being, Professional Development, Mission and Pride, Supervisor/Department Chair Effectiveness, and Confidence in Senior Leadership.

Parker University offers competitive salaries and comprehensive benefits, including tuition assistance, a

generous retirement plan, and a strong sense of community. Faculty may also qualify for Federal Loan Forgiveness Programs.

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Congratulations to Palmer Main graduating class 243! Graduation was held on Oct. 25, 2024



University of Western States names Dr. Nathan Long new president

University of Western States (UWS), a national leader in chiropractic education and whole-person integrated health care, announces the appointment of Nathan Long, Ed.D., as president, effective October 1, 2024. Dr. Long, who has served as interim president since June, will continue to guide University of Western States, positioning the institution for continued growth and success.



“We are thrilled to welcome Dr. Nathan Long as the next president of University of Western States,” said Marlene Moore, Ph.D. Chair of the Board of Trustees for University of Western States. “Dr Long is a highly effective and strategic leader who has already made a significant impact on the university. We look forward to UWS’ next era of success under his leadership.”

Dr. Long brings more than 25 years of experience in higher education and a track record of excellence in strategic planning, enrollment growth, and academic program development for institutions such as Saybrook University and The Christ College of Nursing and Health Sciences. His experience at Saybrook University is particularly relevant, as he led the institution in enhancing operational processes, advancement of new academic programs, and amplifying the university’s brand reach to achieve significant enrollment growth.

The University of Western States Board of Trustees’ decision to appoint Dr. Long as president comes after his impactful leadership as interim president, where he has played a key role in advancing the institution’s ability to adapt and problem-solve effectively for the future success of the university.

Education Beyond Borders 2025: Bridging Health, Technology, and Cultural Horizons

Since 2016, the Education Beyond Borders study abroad program has brought learners together to cultivate a deeper understanding of the world. Born at the intersection of global engagement and cross-disciplinary collaboration, Education Beyond Borders was created for the institutions

that make up The Community Solution Education System as part of a shared mission to prepare agents of change to serve a global community.

Available to current students and alumni, the program consists of an online course and culminates in a study abroad experience that gives participants the opportunity to engage with diverse populations around the globe. Joined by others from four colleges and universities across the U.S., participants will examine the topic of inclusion through the lens of several disciplines, including psychology, business, education, law, and humanistic health.

The inaugural Education Beyond Borders program in 2016 took participants to Berlin, Germany, to examine the topic of immigration and the country’s refugee crisis. Subsequently, participants traveled to Johannesburg and Cape town, South Africa in 2018 to examine the topic of identity. In 2019, studies on the concept of balance led to an enriching trip to Tokyo, Japan.

South Korea was chosen as the destination for EBB 2025 due to its unique combination of technological innovation, advanced healthcare systems, and rich cultural heritage. The country is known for its leadership in integrating technology into various aspects of society, offering valuable insights into modern healthcare practices and technological advancements. Additionally, South Korea’s vibrant pop culture, encompassing K-pop, film, fashion, and cuisine, provides a compelling cultural backdrop to enrich the learning experience. This blend of health, technology, and cultural vibrancy aligns perfectly with our theme of “Bridging Health, Technology, and Cultural Horizons,” offering participants a comprehensive and immersive experience.

Registration for Education Beyond Borders 2025 is open to students and alumni from The Chicago School, Saybrook University, Pacific Oaks College, The Colleges of Law, and University of Western States.

[Click here](#) to learn more about Education Beyond Borders and register for the 2025 program.



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- **Operator Control Panel Model:** OCP, Serial Number: OCP-1206 Manufactured: April 2002 Dimensions: 8.5"H x 9.5"W x 4"D
- **Linear X-Ray Collimator**, Minimum Filtration 2.0 mm Al Equivalent (Excluding Tube Inherent Filtration) Maximum Rating 150 kVp, Model Linear: MC-150 REF: 70-63100, SN: FY98133, Manufactured: January 2002, Dimensions: 87"H x 27.5"W (with everything connected), 8"W (base only)
- **Bucky**, Dimensions: 80.5"H x 27.5"W x 8.75"D, Floor Track, Dimensions: 69.5"L
- **Lead Wall**, Dimensions: 40.25"L x 2.5"W x 85.5"H, Server/Monitor & Software Server: Intel Core i5 Monitor: Dell, Software: Naomi
- **Other:** All cables, wires, connections Radiation detector, X-Ray thickness caliper

Contact: Jessi, Office Manager; Cell: 208-949-5410 (Call or Text); Email: regenidaho.jessi@gmail.com

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'.

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

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

Posted 6/21/2024

Office Posters



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

Winter Tips for Healthy Living

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) .***

Winter Tips for Healthy Living

Holidays, stress, post-holidays, even more stress— who has time for taking care of ourselves? You do! Resolve to follow these simple diet, exercise, and lifestyle tips, and you can be good to yourself this winter - and all year long.

1. Enjoy the Benefits of Yogurt: It's creamy smooth, packed with flavor -- and just may be the wonder food you've been craving. Research suggests that that humble carton of yogurt may: help prevent osteoporosis, reduce your risk of high blood pressure and aid gastrointestinal conditions like inflammatory bowel disease and constipation. When buying think low-fat, make sure the yogurt contains active cultures and vitamin D, and keep tabs on sugar content.

2. Help Holiday Heartburn: Getting hit with heartburn over the holidays? Help is at hand! Try these hints and you can stop the burn before it starts: Nibble: Enjoy your favorite foods -- but in moderation. No need to heap on the goodies (or go back for seconds and thirds!). Packing your stomach with food makes heartburn much more likely. Know Your Triggers: Certain foods feed heartburn's flame. Typical triggers include foods full of sugar and fat -- think pumpkin pie slathered with whipped cream. Instead reach for complex carbs like veggies and whole-wheat breads -- or at least share that dessert! Get Up: Stretching out for a nap post-meal is a great way to guarantee you'll get reflux. Instead, keep your head higher than your stomach -- or keep right on walking, away from the dinner table and out the door. Light exercise is a great way to prevent heartburn.

3. Start a Winter Tradition: Family Workouts: Grandparents are in town, a flurry of kids is underfoot, and you're wondering where you'll find time for a quick winter workout. Here's a thought: Why not get everyone involved with these simple workouts? Walking: It's suitable for young or old, with a pace that's sedate or speedy. Try these ideas to get the gang on their feet: do laps at the mall. If you shop, cart your own packages and then unload them in the car after every store. Disguise the walk as something else. Toss a ball as you stroll, fling a Frisbee, or take the dog to the park. Instead of driving, walk over to your favorite local restaurant.

4. Try These 3 Simple Diet & Exercise Tips: Go Slow: You don't need to do a diet slash-and-burn. If you cut just 200 calories a day you'll see slow (and easy) weight loss. Skip a pat of butter here, a cookie there and you're on your way! Start Small: Banning junk food from the cupboards or boosting fiber may be your goal, but think baby steps. Switch from potato chips to low-fat popcorn, for example, or toss a carrot into your brown bag lunch. Just Show Up: Don't feel like working out today? Don those exercise clothes anyway. Still not in the mood? Fine. But chances are good that once you're dressed, you're also motivated and ready to go!



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

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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