



Prosperity Through Unity Exceptional Care for Idahoans

January 2023

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Welcome 2023! Let's get healthier

It's a new year, and if you might be looking for New Year's resolutions that can extend your life, here are some science-based healthy habits you may wish to consider adopting. Research suggests these habits will reduce stress, improve sleep, raise immunity levels, lower inflammation, increase muscle strength and mobility, boost brain power and mood, battle disease and more — all keys to a long, happy life.

1. Exercise regularly

If there's one thing in life you can do to live a longer, healthier life, it's exercise. The US Centers for Disease Control and Prevention has the [research](#) to prove it. They say: "Regular physical activity is one of the most important things you can

Happy New Year

do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity."

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Research says hydration more important than ever

[Research](#) published in the journal *eBioMedicine* suggests that drinking more water may significantly lower the risk of developing chronic diseases, protect against dying early, and may lower the risk of being biologically older than your chronological age, according to the new National Institutes of Health study.

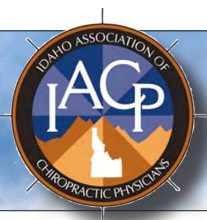
Called, *Middle-age high normal serum sodium as a risk factor for accelerated biological aging, chronic diseases, and premature mortality*, that study found:

"The analysis showed that middle age serum sodium >142 mmol/l is associated with a 39% increased risk to develop chronic diseases (hazard ratio [HR] = 1.39, 95% confidence interval [CI]:1.18–1.63) and >144 mmol/l with 21% elevated risk of premature mortality (HR = 1.21, 95% CI:1.02–1.45). People with serum sodium >142 mmol/l had up to 50% higher odds to be older than their chronological age (OR = 1.50, 95% CI:1.14–1.96). A higher BA was associated with an increased risk of chronic diseases (HR = 1.70, 95%

CI:1.50–1.93) and premature mortality (HR = 1.59, 95% CI 1.39–1.83). People whose middle-age serum sodium exceeds 142 mmol/l have increased risk to be biologically older, develop chronic diseases and die at younger age. Intervention studies are needed to confirm the link between hydration and aging."

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IACP

The mission of the Idaho Association of Chiropractic Physicians (IACP) is to act as the unified voice, leader and stalwart supporter of the individual licensed doctors of chiropractic and supporting associates who provide exceptional health care and wellness to the patients and communities of Idaho. In supporting our Idaho chiropractic physicians, the IACP will work diligently to protect, enhance and build opportunities for the chiropractic industry and increase public access to chiropractic care.

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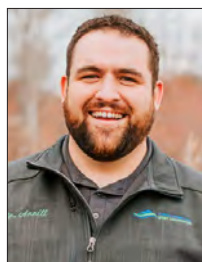


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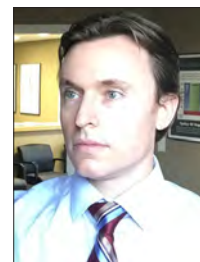
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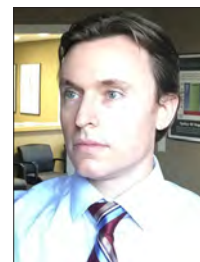
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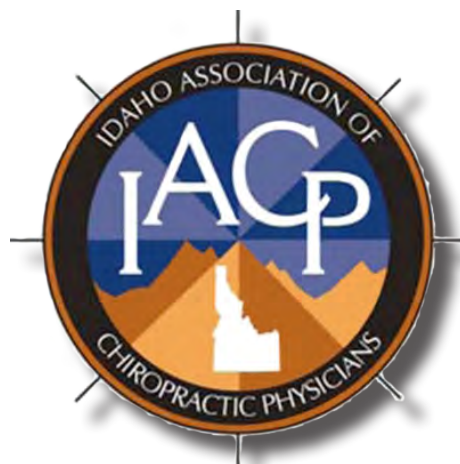
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Welcome 2023! Let's get healthy

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"People who are physically active for about 150 minutes a week have a 33% lower risk of all-cause mortality than those who are physically inactive," our nation's top health organization says.

Let's break that down: If you get up and move for 21.43 minutes each day of the week, you cut your risk of dying from anything by one-third. Just walking at a moderate pace has been shown to improve cognitive function, control weight, reduce the risk for disease and strengthen bones and muscles. There are exercise options for people with disabilities as well.

Some benefits of exercise are immediate: After finishing 30 minutes of physical activity, you'll have less anxiety, lower blood pressure and more sensitivity to insulin, and you'll sleep better that night. Accomplish the recommended 150 to 300 minutes a week for adults of moderate-intensity exercise — such as brisk walking, dancing, bicycling, doubles tennis and water aerobics — and the benefits go up.

Within a few months, you'll see improvement in your blood pressure, heart and lung functions as well as a lowering of risk for depression, anxiety, type 2 diabetes and bladder, breast, colon, kidney, lung and stomach cancers, according to the CDC. Not to mention exercise can offer the benefits of stress reduction, better sleep and a more robust sex life.

If you need some ideas on how to get started, sign up for CNN's Fitness, But Better newsletter series. The seven-part guide will help you ease into a healthy, expert-backed workout routine.

2. Eat a plant-based diet

You could add up to 13 years to your life if you eat few red and processed meats and more fruits and vegetables, legumes, whole grains and nuts, according to research published in 2022.

The largest gains in longevity were found from eating more legumes, which include beans, peas and lentils; whole grains, which are the entire seed of a plant; and nuts such as walnuts, almonds, pecans and pistachios, according to the study. If you need help with recipes and food choices, there are several excellent plant-based diets you can follow. The

DASH diet, or Dietary Approaches to Stop Hypertension, has been shown to reduce high blood pressure, and it gets top reviews. So does the MIND diet, or Mediterranean-DASH Intervention for Neurodegenerative Delay, which focuses on food to slow cognitive decline, and the flexitarian diet, a vegetarian diet flexible enough to allow some meat.

Additionally, there are studies that suggests there may be an ideal window of time to eat during the day. Eating relatively early may be beneficial for weight loss, and keeping meals within a 10-hour period could improve blood sugar and cholesterol levels, according to two small studies published Tuesday in the journal *Cell Metabolism*.

The [first study](#), called, *Late isocaloric eating increases hunger, decreases energy expenditure, and modifies metabolic pathways in adults with overweight and obesity*, found that eating on a later schedule made people hungrier over a 24-hour period than when they consumed the same meals earlier in the day. Late eating also led the study participants to burn calories at a slower rate, and their fat tissue seemed to store more calories on a later eating schedule than an early one. Overall, the study suggests that eating later can increase a person's obesity risk.

The [second study](#), done among a group of firefighters, found that consuming meals within a 10-hour window shrunk "bad cholesterol" particles — suggesting a potential reduction in risk factors for heart disease. That eating window also improved blood pressure and blood sugar levels among firefighters with underlying health conditions such as diabetes, high blood pressure and high cholesterol.

The two studies add to existing evidence that there may be optimal times to start and stop eating, according to Courtney Peterson, an associate professor of nutrition sciences at the University of Alabama at Birmingham who wasn't involved in either study.

Science has also shown meals from the sunny Mediterranean can reduce the risk for diabetes, high cholesterol, stroke, dementia, memory loss, depression and breast cancer. The plan has also been linked to stronger bones, a healthier heart and microbiome, and longer life. Oh, and weight loss, too. The Mediterranean way of eating is plant-based, so you'll eat a lot of fruits, vegetables, grains, nuts and seeds. Use all kinds and colors of veggies to get the broadest range of nutrients, phytochemicals and fiber. Cook, roast or garnish

them with herbs and a bit of extra-virgin olive oil. You'll eat less red meat, sugar and saturated fat and more omega-3-rich fish (twice a week) and olive oil. Think of chicken, beef and pork as a "seasoning" to a dish instead of the main course. (It's better for the planet, too. To learn more on how to lessen your impact on the planet, sign up for CNN's seven-part Life, But Greener newsletter.)

Add whole grains and fruit to every meal, but use nuts and seeds as a garnish or small snack due to their high-calorie and fat content. And here's the real secret to the success of the Mediterranean diet — it's not a diet at all. It's a lifestyle, with the greatest emphasis placed on exercising, mindfully eating with friends and family, and socializing over meals.

3. Plan for success

"We eat what surrounds us," said Dr. Tom Rifai, who teaches a continuing education class on nutrition and metabolic syndrome at Harvard Medical School. He suggests shifting your food environment — including your home, your work and your car — by planning ahead. Pack healthy lunches and snacks, and don't forget travel. "Stop at a grocery store before you get to the hotel so you can stock your room like you would stock your home," he said.

The simplest way to start eating more plants is to replace one meat-based meal a day with a plant- or grain-based choice, experts say. Start with lunch — adding lentils, whole grains

or beans to a meatless salad helps raise those blood sugar levels slowly, which gives your brain the energy it needs to make it through the afternoon slump. It also reduces overeating at night.

4. Get good-quality sleep

You may choose to do more exercise or eat healthier, but your body is going to demand sleep. The quantity and quality of it, however, is under your control. Depending on your age, you are supposed to get between seven and 10 hours of sleep each night. Getting less has been linked in studies to high blood pressure, a weakened immune system, weight gain, a lack of libido, mood swings, paranoia, depression and a higher risk of diabetes, stroke, cardiovascular disease, dementia and some cancers.

Not convinced? Sleeping less than the recommended amount each night on a regular basis may double your risk of dying. In a [longitudinal study](#) of 10,308 British civil servants, researchers found that those who reduced their sleep from seven to five hours or fewer a night were almost twice as likely to die from all causes, especially cardiovascular disease.

And your chances of developing a major disease or medical condition skyrocket if you don't get enough sleep. That's because during sleep, your body is literally repairing and restoring itself on a cellular level.



Research says hydration more important than ever

Continued from front page

Learning what preventive measures can slow down the aging process is “a major challenge of preventive medicine,” the authors said in the study. That’s because an epidemic of “age-dependent chronic diseases” is emerging as the world’s population rapidly ages. And extending a healthy life span can help improve quality of life and decrease health care costs more than just treating diseases can.

The authors thought optimal hydration might slow down the aging process, based on previous similar research in mice. In those studies, lifelong water restriction increased the serum sodium of mice by 5 millimoles per liter and shortened their life span by six months, which equals about 15 years of human life, according to the new study. Serum sodium can be measured in the blood and increases when we drink less fluids.

Using health data collected over 30 years from 11,255 Black and White adults from the Atherosclerosis Risk in Communities study, or ARIC, the research team found adults with serum sodium levels at the higher end of the normal range — which is 135 to 146 milliequivalents per liter (mEq/L) — had worse health outcomes than those at the lower end of the range. Data collection began in 1987 when participants were in their 40s or 50s, and the average age of participants at the final assessment during the study period was 76.

Adults with levels above 142 mEq/L had a 10% to 15% higher chance of being biologically older than their chronological age compared with participants in the 137 to 142 mEq/L range. The participants with higher faster-aging risk also had a 64% higher risk for developing chronic diseases such as heart failure, stroke, atrial fibrillation, peripheral artery disease, chronic lung disease, diabetes and dementia.

And people with levels above 144 mEq/L had a 50% higher risk of being biologically older and a 21% higher risk of dying early. Adults with serum sodium levels between 138 and 140 mEq/L, on the other hand, had the lowest risk of developing chronic disease. The study didn’t have information on how much water participants drank.

“This study adds observational evidence that reinforces the potential long-term benefits of improved hydration on reductions in long-term health outcomes, including mortality,” said Dr. Howard Sesso, an associate professor

of medicine at Harvard Medical School and associate epidemiologist at Brigham and Women’s Hospital in Boston, via email. Sesso was not involved in the study. However, “it would have been nice to combine their definition of hydration, based on serum sodium levels only, with actual fluid intake data from the ARIC cohort,” Sesso added.

Biological age was determined by biomarkers that measure the performance of different organ systems and processes, including cardiovascular, renal (relating to the kidneys), respiratory, metabolic, immune and inflammatory biomarkers.

High serum sodium levels weren’t the only factor associated with disease, early death and faster aging risk — risk was also higher among people with low serum sodium levels. This finding is consistent with previous reports of increased mortality and cardiovascular disease in people with low regular sodium levels, which has been attributed to diseases causing electrolyte issues, the authors said.

The study analyzed participants over a long period of time, but the findings don’t prove a causal relationship between serum sodium levels and these health outcomes, the authors said. Further studies are needed, they added, but the findings can help doctors identify and guide patients at risk.

“People whose serum sodium is 142 mEq/L or higher would benefit from evaluation of their fluid intake,” Dmitrieva said.

Sesso noted that the study did not strongly address accelerated aging, “which is a complicated concept that we are just starting to understand.”

“Two key reasons underlie this,” Sesso said. The study authors “relied on a combination of 15 measures for accelerated aging, but this is one of many definitions out there for which there is no consensus. Second, their data on hydration and accelerated aging were a ‘snapshot’ in time, so we have no way to understand cause and effect.”

Drink enough fluids every day

About half of people worldwide don’t meet recommendations for daily total water intake, according to several studies the authors of the new research cited.

“On the global level, this can have a big impact,” Dmitrieva said in a news release. “Decreased body water content is the

most common factor that increases serum sodium, which is why the results suggest that staying well hydrated may slow down the aging process and prevent or delay chronic disease.”

Our serum sodium levels are influenced by liquid intake from water, other liquids, and fruits and vegetables with high water content.

“The most impressive finding is that this risk (for chronic diseases and aging) is apparent even in individuals who have serum sodium levels that are on the upper end of the ‘normal range,’” said Dr. Richard Johnson, professor at the University of Colorado School of Medicine, via email. He was not involved in the study.

“This challenges the question of what is really normal, and

supports the concept that as a population we are probably not drinking enough water.”

More than 50% of your body is made of water, which is also needed for multiple functions, including digesting food, creating hormones and neurotransmitters, and delivering oxygen throughout your body, according to the Cleveland Clinic.

The National Academy of Medicine (formerly known as the Institute of Medicine) recommends women consume 2.7 liters (91 ounces) of fluids daily, and that men have 3.7 liters (125 ounces) daily. This recommendation includes all fluids and water-rich foods such as fruits, vegetables and soups. Since the average water intake ratio of fluids to foods is around 80:20, that amounts to a daily amount of 9 cups for women and 12 ½ cups for men.



It's a new year! Let's get into better shape and help our backs stay in alignment

There are more than 600 muscles in the human body, and it's impossible to strengthen each and every one. Yet there are plenty whose power can be enhanced, and doing so is key to enjoying a healthy, active life, and reducing stress on the back.

Skeletal muscles are connected to bones by tough cords of tissue called tendons. As the muscle contracts, it pulls on the tendon, which moves the bone. Bones are connected to other bones by ligaments, which are like tendons and help hold your skeleton together. Smooth muscles are called involuntary muscles since you have no control over them. Smooth muscles work in your digestive system to move food along and push waste out of your body. They also help keep your eyes focused without your having to think about it.

Strong muscles help combat diabetes, boost cardiovascular, musculoskeletal and mental health, and reduce mortality, [research](#) has shown. That research, called, *Muscle-strengthening Exercise Epidemiology: a New Frontier in Chronic Disease Prevention*, makes the following key points:

- Whilst clinical and epidemiological evidence links muscle-strengthening exercise to optimal health and well-being, over 80% of adults do not report meeting the muscle-strengthening exercise guidelines (≥ 2 times/week).
- Compared to aerobic physical activity/exercise, muscle-strengthening exercise has been generally overlooked in public health approaches for chronic disease prevention.
- Future research in muscle-strengthening exercise epidemiology should focus on standardising assessment instruments and assessing constructs beyond frequency (type, duration, intensity etc.); developing device-based assessments to improve measurement precision; and the inclusion of muscle-strengthening exercise into existing health surveillance systems.

Look to exercise to extend life, even for the oldest, study adds. That's why adults should perform muscle-strengthening exercises involving all major muscle groups on two or more days each week, according to the US Department of Health and Human Services' [physical activity guidelines](#) for Americans. This is in addition to the recommendation to exercise two hours and 30 minutes per week at a moderate intensity. Unfortunately, more than 80% of adults aren't

meeting the federal government's muscle-strengthening guidelines. In addition, those who are strength-training tend to work the same well-known muscles, such as the biceps, triceps, hamstrings and quads.

While that can be a great start, there are several often-overlooked muscles that, if strengthened, may help avert some common injuries and pains. Here are five of them, with recommended exercises to incorporate into workouts.

Glutes

The gluteal muscles form the buttocks area and assist with everyday activities. "Gluteal muscles help give us good support and stability with walking, stair-climbing and going from sitting to standing," said Amy Koch, physical therapy clinic manager at Methodist Physicians Clinic in Omaha, Nebraska.

Strong glutes can also help reduce back pain, Koch said, since they assist with pelvic, hip and trunk motions. By developing pelvic stability, these muscles also can help prevent knee pain, as an unstable pelvis can result in more force on the knee. Conversely, weak glutes can lead to chronic lower-back pain, which can progress to degenerative disc disease.

Glute bridge: Lay on your back with your feet hip-width apart and your arms at your sides. Press your heels into the ground as you lift your rear into the air. Squeeze your butt cheeks and hold for two seconds, then slowly lower back down.

Rotator cuff

The four muscles surrounding the shoulder joint form the rotator cuff, which helps power arm and shoulder movements. Since the shoulder is the body's most mobile joint, it's easy to injure through misuse or overuse. People susceptible to rotator cuff injuries are those who play a lot of baseball or tennis, or those with jobs requiring repetitive overhead motions, such as construction workers.

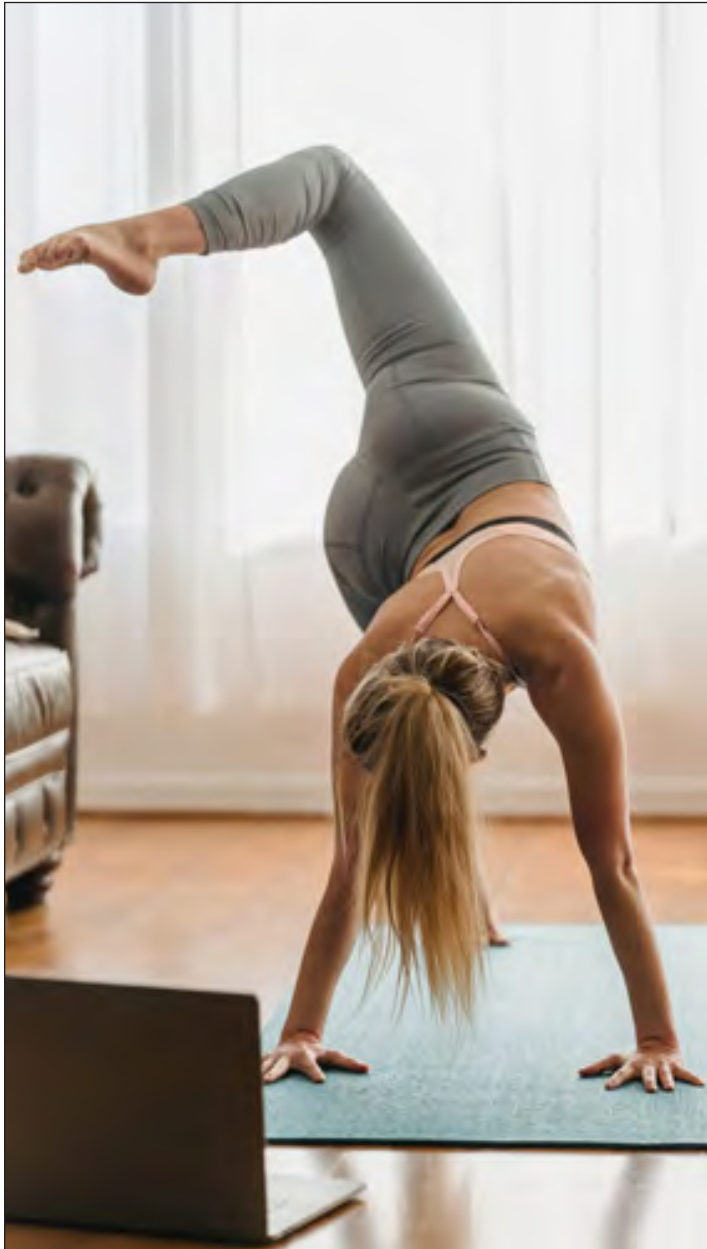
Standing row: Take an elastic band with a 3-foot loop and attach the loop to a doorknob or other stable object. Hold the band with your elbow bent and at your side. Slowly pull your elbow back, keeping your arm close to your side, then return to the start position.

Obliques

Part of your core, the obliques are muscles on your side or waist that attach to the spine. They assist in bending and turning your body from side to side, and are instrumental to good spinal alignment and stability. Ignore your obliques, and you may develop back and hip issues.

“Most people think about working on their six-pack, but the obliques are really important, too, because they’re a complete stabilizer for your body,” said Cat Kom, a certified personal trainer and founder of Studio SWEAT and Studio SWEAT onDemand in San Diego.

Bird dog crunch: Kneel on all fours. Stretch out your right arm and left leg, keeping your abs tight. Return to all fours, then switch sides.



Grip strength

Poor grip strength can reduce the amount of weight you can carry, and how long you can hold it. It can even affect your fine motor skills. “People come in and say they’re having trouble putting on a dress shirt or bra, or they’re dropping things more often, because they don’t have the ability to sustain their grip,” Webster said of his patients. “Luckily, you can get a ton of good grip strengthening work just by picking something heavy up and walking with it.”

Farmer’s carry: Grab a dumbbell in each hand and, with your hands hanging down at your sides, stand tall and walk at least 10 steps in a straight line.

Posterior delts

The posterior deltoids, or delts, are tucked under the back of your shoulders and help maintain an upright posture. They’re also directly opposite the pectoralis muscles in your chest. Many people work their pecs but ignore their posterior delts, Kom said, which can lead to a muscle imbalance, injury and a hunched posture.

“We spend so much time driving, at our computers and doing things in that hunched-over position, which shortens the anterior delts and pecs in the front of the body,” Kom said. “So it’s important to lengthen them, and a great way to do that is to strengthen the posterior delts and trapezoids.”

Seated dumbbell rear fly: Holding a dumbbell in each hand, sit down and lean forward. Remain in the forward position as you raise your arms up to shoulder height, then slowly lower back down.

Now is a great time to start an exercise and fitness regimen. Exercising regularly, every day if possible, is the single most important thing you can do for your health, and help those chiropractic adjustments last longer! In the short term, exercise helps to control appetite, boost mood, and improve sleep. In the long term, it reduces the risk of heart disease, stroke, diabetes, dementia, depression, and many cancers.

Getting and staying in shape is just as important for seniors as it is for younger people. Getting your heart rate up and challenging your muscles benefits virtually every system in your body and improves your physical and mental health in myriad ways. Physical activity helps maintain a healthy blood pressure, keeps harmful plaque from building up in your arteries, reduces inflammation, improves blood sugar levels, strengthens bones, and helps stave off depression.

The most important conversation in your office

By Dr. Ray Foxworth, President of ChiroHealthUSA

Insurance premiums have increased, the number of covered services has diminished, and deductibles have never been higher. Some of our patients are forced to make decisions about their health based on what they can afford, not what they need.

A 2022 Kaiser Family Foundation [survey](#) finds that, more than half of U.S. adults report they've gone into debt because of medical or dental bills. As patient balances increase, the result is long-term financial strain and a growing problem for healthcare providers across the country.

The best way to keep patients happy, improve clinical outcomes, and enhance collections in your practice, is to discuss your fees and payment policy up front clearly and openly. Patients feel frustrated trying to understand and navigate their financial responsibility. Set yourself apart by clearly outlining what is covered, or not covered, by their insurance and explaining deductibles and copays. By conducting a [formal](#) Financial Report of Findings in your office, you can clearly outline your treatment plan and the patient's estimated out-of-pocket expenses. When patients understand their financial responsibility, it eliminates the fear of unexpected costs that are not in their budgets. Financial clarity can help improve clinical compliance if the fear unexpected healthcare bills is removed.

One of the simplest ways to provide affordable payment options is by offering automated payments. This is a great tool to ensure that your patients complete their recommended care, reduces missed visits and eliminates the sting of out-of-pocket payments at the end of each visit. In fact, orthodontists have successfully used this technique for years. I walked into an orthodontist's office with my sons and walked out 30 minutes later with an affordable payment plan for over \$7,000 in orthodontia. The staff clearly explained the need for care, the cost of the care, and gave me an affordable payment option. I never thought twice about the total expense because the monthly payment fit in my budget. And I don't think we ever missed an appointment!

Patients need and want care, or they wouldn't come to your office. Provide a thorough consult, exam, and Report of Findings to establish the need and benefit of care. Then

offer a simple, compliant, Financial Report of Findings. We offer some free tools you can use to show patients how you can help keep their care affordable whether they have insurance or not. To download our simple 1-page financial policy, a simple 1-page financial report of findings, and to learn how to create compliant care plans, go to <http://www.chirohealthusa.com/frof>.



If you provide ways to make care affordable, and offer payment options that your patients can afford, you have a win-win situation. Patients have become "healthcare consumers,"

and with healthcare costs rising faster than inflation, you must find ways to help patients access affordable care without putting your practice and your license at risk.

Dr. Ray Foxworth is a certified Medical Compliance Specialist and President of ChiroHealthUSA. A practicing chiropractor, he remains "in the trenches" facing challenges with billing, coding, documentation and compliance. He has served as president of the Mississippi Chiropractic Association and is a former Staff Chiropractor at the G.V. Sonny Montgomery VA Medical Center. You can contact Dr. Foxworth at 1-888-719-9990, info@chirohealthusa.com or visit the ChiroHealthUSA website at www.chirohealthusa.com.



More patients FOR YOU.

ChiroHealthUSA will only increase more patients will come through your business more. Achieving this using chiropractic is just one more route available.

Today, we network in almost 6000 localities, bringing more in than one million families. That's over five million patients who have stepped across the threshold into the world of ChiroHealthUSA.

2023 will be a year of growth and inclusion, we will not only continue to treat patients that bring us to you and your patients, but also a steady force to help launch others into your world.

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Health Benefits Advisory Roundtable:

Expanding Employee Access to Chiropractic Services Yields Significant ROI Continued outreach to employers, benefits consultants and advisors required to broaden understanding of how chiropractic care lowers healthcare costs, improves employee performance and increases retention

With the right data and tools, employee health benefit brokers and consultants have the ability and willingness to advise clients to expand access to chiropractic services and integrate doctors of chiropractic (DCs) into worksite health centers to lower healthcare costs, improve employee performance and increase worker retention, according to an advisory roundtable convened by The National Association of Worksite Health Centers (NAWHC), in collaboration with the Foundation for Chiropractic Progress (F4CP).

The roundtable was held during open enrollment season on Dec. 1 in Scottsdale, Ariz. to measure benefit consultants' knowledge and understanding of chiropractic care's overall business impact from a cost, revenue and human resources perspective. Advisors determined that many brokers and consultants, as well as their employer clients, still require further education and assistance from the chiropractic profession to understand how enabling employees to visit DCs for neuromusculoskeletal pain and lack of mobility can benefit their health as well as the company's bottom line.

"Chiropractic care continues to make strides in awareness and endorsements among health benefits advisors, but some still lack adequate knowledge of the abundant recent evidence demonstrating how our care is fully aligned with employers' missions, values and financial goals," said Sherry McAllister, DC, president of F4CP. "Disseminating compelling and timely data of the positive ROI of chiropractic care is essential, but so is sharing evidence of how DCs can be easily and effectively integrated into multidisciplinary care teams for maximum benefit, such as within a worksite health clinic."

Survey Results Reveal Knowledge Gaps

Working in conjunction with the F4CP, the NAWHC convened the roundtable based on findings from last year's F4CP roundtable (held in San Francisco, Calif.) that concluded that DCs need to prioritize benefit advisors and consultants through education about the efficacy and cost-savings of chiropractic care. Consultants and brokers hold tremendous influence over employers on health benefit design and worksite clinic services, advisors said, and need to be a priority.

Larry Boress, executive director of the NAWHC, moderated

the consultant roundtable which included some of the nation's largest health benefit advisor firms. He presented the results of an NAWHC survey of the participating consultants, *The Use of Chiropractic Services by Employer Health Centers and Benefit Plans*. The findings, which were directional, though not statistically significant, revealed that a majority (60%) of responding consultants still hesitate to recommend chiropractic services to their clients, including 20% who do not recommend the services. The reasons given for not recommending chiropractic care include concern with integrating a DC into the clinical team and uncertainty about how to evaluate a DC's performance. Other reasons for not recommending chiropractic care included:

- Unsure how to educate business leaders on matters such as evaluating the DC's quality of care, outcomes and financial ROI
- How to explain the differences between physical therapy and chiropractic
- Concerns about overuse by employees that would increase costs
- Perception that chiropractic care would be additional "free" services at no cost to the employee

What is encouraging is that 40% of benefits advisors surveyed do recommend chiropractic services and another 40% are considering it. Similarly, 100% of benefits consultants answered that they believed a DC should be part of the care team and not only an ancillary offering.

Chiropractic Leaders Share Supporting Clinical Evidence

Kicking off the roundtable, Dr. McAllister delivered an informative presentation about a less discussed, but important topic for understanding the value of chiropractic care titled "Training and Education of Today's Doctor of Chiropractic." Consultants were enlightened about the breadth and depth of DCs' extensive clinical training to evaluate, diagnose, treat and manage neuromusculoskeletal disorders, particularly of the spine, using non-pharmacological, nonsurgical approaches to care and rehabilitation.

Dave Elton, DC, Vice President of Musculoskeletal R&D of Optum Labs (a subsidiary of UnitedHealth Group) then shifted the discussion to economic and financial topics with his presentation: Return on Investment, Value Proposition and Opportunity for Growth. Dr. Elton highlighted findings

from a series of studies currently posted to the medRxiv pre-print server while proceeding through peer-review at a variety of clinical journals. His research team found when DCs are the first provider seen by an individual with low back pain or neck pain they are the most likely to deliver guideline-concordant care and were associated with the lowest total episode cost of any type of healthcare provider. One of Dr. Elton's most recent studies shows that no matter when a DC becomes involved in an episode of low back pain, they are the type of healthcare provider most likely to resolve the low back pain.

Among doctors of chiropractic (DCs), physical therapists (PTs) and licensed acupuncturists (LAc), individuals with low back pain initially seeking treatment from a DC are most likely to receive one to three visits, are associated with the lowest total cost and have the lowest rate of exposure to pharmaceuticals or imaging. At all levels of visit frequency, DCs delivering chiropractic manipulative therapy were associated with the lowest median episode cost compared to PTs and LAc.

Selecting a DC or PT for care, however, does not need to be a binary decision. Both clinicians practicing collaboratively on a team in worksite health clinics accelerates employee health recoveries while lowering overall healthcare costs, according to a presentation from Dan Lord, DC, medical director of Crossover Health Medical Group, which operates worksite health clinics across the country for major corporations, including some of the largest technology firms in the world. Dr. Lord's presentation, "Experience of a Chiropractor in Worksite Centers," shared how Crossover's integrated and holistic care services, such as primary care, mental health, physical therapy, chiropractic, health coaching and care navigation yield positive clinical outcomes and financial results such as:

- Decreased utilization of imaging
- Decreased referral to specialists, ER visits
- Decreased utilization of higher-cost PT service when clinic includes DC on the team

Dr. Lord also noted how the chiropractic landscape is changing, including how DCs are increasingly thought of as members or contributors to clinical teams focused on neuromusculoskeletal conditions. The introduction of digital musculoskeletal solutions/apps is also a new element in chiropractic and vary greatly in quality and features, according to Dr. Lord, who notes that the digital tools are best for self-care and self-reporting.

Robb Russell, DC, Assistant VP & Clinical Chief of Staff, SCU Health, presented the latest guidelines from the

American College of Physicians recommending noninvasive approaches such as spinal manipulation and massage. Ironically, primary care physicians wrote the guidelines but often don't follow them while DCs are far more adherent to the recommendations, Dr. Russell noted. He concluded his presentation with a call to action for benefits consultants to transcend their current role as just a vendor and experts on health plan offerings, but rather as trusted advisors who can help deliver employee well-being. Chiropractic care can help them in that goal by educating employers on its advantages:

- Cost-effective: Lower cost care while preventing the need for more expensive services
- Clinically effective: Better symptom management and more improved function than other types of care
- Guideline concordant: Most conservative care pathway and associated with the least amount of health risk and cost
- High net promoter score of 92%: Overall higher satisfaction among patients than other healthcare providers

Educational Opportunities for DCs

According to the NAWHC's survey results, DCs can play an important role in educating health benefits brokers and consultants to encourage them to recommend chiropractic care to their clients. Specifically, the following were some of the most frequent questions, concerns and misconceptions that the surveyed community had about chiropractic:

- What do you look for when hiring a DC?
- How does a medical director manage a DC?
- Chiropractic equipment not conducive to worksite clinics, i.e., a chiropractic table consumes too much space in worksite clinic to deliver other services, such as acupuncture/PT
- Finding a chiropractor whose philosophy and approach are broad enough to meet the needs of a large population
- Chiropractic techniques and approaches vary greatly, which raises concerns about care quality consistency when changing doctors
- Understanding the need of the population and the current spend
- Ensuring patient out-of-pocket spending is always applied to their deductible, even for chiropractic care sought inside the worksite health clinic
- Lack of standardized process for integrating DCs into a clinical team
- Understanding when to recommend a PT vs a DC for pain management
- The clinical and financial ROI of adding a DC to a worksite clinic
- Earning buy-in from other doctors to refer to DCs

Continued on next page

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Health Benefits Advisory Roundtable:

Expanding Employee Access to Chiropractic Services Yields Significant ROI Continued outreach to employers, benefits consultants and advisors required to broaden understanding of how chiropractic care lowers healthcare costs, improves employee performance and increases retention

Continued from last page

Judging from these questions and other NAWHC survey results, considerable knowledge gaps persist among health benefits brokers and consultants about chiropractic care and DCs. The overriding sentiment of the practice leaders who presented at the roundtable is that knowledge sharing and advocacy by DCs and other experts are essential on a local level to expand care access, improve employee outcomes and reduce the employers' benefit premium costs, loss of productivity and turnover.

"Health benefits brokers and consultants have considerable influence over employer decisions concerning the types of care they should include among their health benefits," said the NAWHC's Boress. "These roundtable events are important on a national level for helping consultants understand how and why chiropractic care needs to be part of benefit design, but DCs within the community can play a role in engaging these advisors and sharing timely and accurate information so that company leaders make optimal decisions for their employees and their businesses."

About the National Association of Worksite Health Centers

The National Association of Worksite Health Centers (NAWHC) is the nation's only non-profit organization focused on assisting public and private employers and their vendor partners in developing and getting the greatest return from their onsite, near-site, shared and virtual health centers, onsite pharmacies and wellness centers. NAWHC offers educational programs, networking opportunities, resources, benchmarking and support for those interested and involved with worksite health centers. NAWHC serves as a clearinghouse of information on worksite health centers and the marketplace, providing educational programs, resources, benchmarking surveys, and employer case studies. To learn more, visit www.nawhc.org.



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Chiropractic News

ACA to meet in Washington DC

The American Chiropractic Association (ACA) will hold its annual meeting, ACA Engage, in person Jan. 25-28, 2023, at the Omni Shoreham Hotel in Washington, D.C. It will be the first time the event will be held on location since the beginning of the pandemic.

Engage 2023 will feature a wide range of education programs (with up to 20 CE credits available), as well as opportunities for doctors of chiropractic and students to lobby for pro-chiropractic legislation, learn about new products and services in the chiropractic industry, and network with colleagues and friends from across the nation. The ACA House of Delegates will also convene during the event to hold elections, deliberate important issues and conduct other association business.

97th ICA Annual Convention: Chiropractic Research Findings and Their Clinical Implications to be held in Las Vegas, April 20-22, 2023

The International Chiropractors Association is pleased to announce its 97th Annual meeting will be held in Las Vegas at the Park MGM hotel. All members of the Association are encouraged to attend. Members of the chiropractic profession are also invited to attend our continuing education program, "Chiropractic Research Findings and Their Clinical Implications".

The ICA Board of Directors, led by President, Dr. Selina Sigafoose Jackson as well as the Representative Assembly will meet prior to continuing education program, membership meeting and awards banquet.

The Speakers includes top researchers in the profession:

- Dr. Curtis Fedorchuk
- Dr. Deed Harrison,
- Dr. Scott Rosa, and
- Dr. Stephanie Sullivan

Additional leaders in the chiropractic profession speaking include:

- Dr. Amanda Apfelblat,

- Dr. Karlos Boghosian,
- Dr. Brandi Childress,
- Dr. Dwayne Hoskins, and
- Dr. Eric Plasker

Registration for the Convention, is open as well as the room block for the Park MGM Hotel. To learn more and to register, please visit <https://icaevents.org/convention2023/>

Allison Harvey, DC named ACA Pediatric Chiropractor of the Year

Dr. Allison Harvey was named Pediatric Chiropractor of the Year by the American Chiropractic Association Council on Chiropractic Pediatrics! This award honors the best and brightest who have demonstrated exceptional leadership and achievement in the field of pediatric chiropractic.



"What an honor to be recognized by the largest professional chiropractic organization in the United States," said Dr. Harvey. "I am excited to help trailblaze pediatric chiropractic, not only for our patients and community, but for the students at Logan University. We have a unique opportunity to cultivate the next generation of pediatric chiropractors."

As a senior clinician in the Montgomery Health Center, Dr. Harvey guides students interested in pediatrics through a pediatric clinic rotation and serves as an associate professor for Logan's online Master's in Integrative Pediatrics program that launched in the fall.

"One of my favorite parts of my job is having the opportunity to teach students who are incredibly bright and truly passionate about helping children," said Dr. Harvey said. "I also love coaching parents on things they can do at home to further the care we provide in our clinic. It's an amazing feeling to visibly see the difference chiropractic care can make in a family's life."

Medicare Modernization bill poised for return in congress

The congressional omnibus bill and tax extenders were released on Monday, Dec. 18, and ACA's bill to expand access to chiropractic for Medicare patients was not included. The dynamics of this end of the year package made inclusions to the Medicare program difficult for all constituents. The work of ACA committees and volunteers to attain support and cosponsors for this legislation was nothing short of miraculous, and we will start the 118th Congress with strong bipartisan support in the House and Senate. ACA advocates will need to continue to work with current cosponsors to reintroduce this legislation and will be ready to hit the ground running in January.

Advocates for patient access will be at ACA Engage and chiropractic's Day on the Hill January 25 – 28, 2023.

[Register Here](#)

The Chiropractic Medicare Coverage Modernization Act

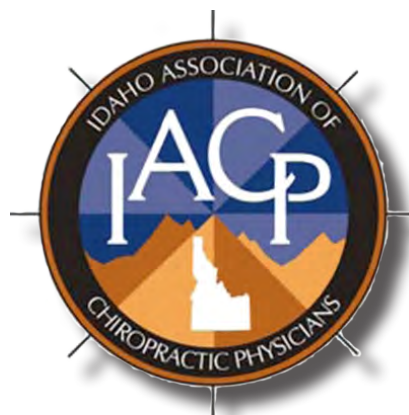
H.R. 2654 — 117th Congress: Chiropractic Medicare Coverage Modernization Act of 2021." www.GovTrack.us. 2021. January 3, 2023 <<https://www.govtrack.us/congress/bills/117/hr2654>>

Legislation championed by ACA to increase Medicare coverage of chiropractic services has been introduced in the U.S. Senate and House of Representatives.

The Chiropractic Medicare Coverage Modernization Act (S. 4042/H.R. 2654) would allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse.

The Chiropractic Medicare Coverage Modernization Act (S. 4042/H.R. 2654):

- To amend title XVIII of the Social Security Act to provide Medicare coverage for all physicians' services furnished by doctors of chiropractic within the scope of their license, and for other purposes.
- Is bipartisan legislation that provides patient access to all Medicare-covered benefits allowable under a chiropractor's state licensure.
- Requires that DCs complete a documentation webinar.
- Appropriately defines a Doctor of Chiropractic (DC) as a "physician" in the Medicare program.





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Chiropractic College News

DC student's dedication reiterates clinician's love for working at Logan

Nearly 4,000 miles from his home in Honolulu, HI on the island of O'ahu, Keeyan Parker, trimester 10 DC student, found a new home at Logan University.

"Logan is like one big family," said Parker. "Between sharing notes or giving real-world advice, everyone is always trying to help each other."

Currently in the pediatric rotation at the Montgomery Health Center, Keeyan enjoys being able to work with kids and see the difference chiropractic care makes in their lives.

"Working with kids is always fun," said Parker. "Especially as a parent, seeing how the little things like posture correction can improve a child's life is awesome."

Dr. Allison Harvey, DC and senior clinician of pediatrics, praises Keeyan's dedication in the pediatric rotation and says he raises the bar for everyone.

"Keeyan is the type of student that reminds me every day why I love to work in a teaching clinic," said Dr. Harvey. "He is truly dedicated and invested in our patients and in the success of the pediatric rotation."

Being a parent and going through the DC program is no easy task, but Keeyan advises other parents to keep pushing and not give up.

"While it might be hard sometimes, it will be so worth it in the end," said Keeyan. "It's doable and your kids will value the hard work they see you doing."

Keeyan will complete the DC program in December and plans to move back to Hawaii with his family.

Logan University announces 2023 Symposium

Logan University is pleased to welcome chiropractors and health science professionals back to [Symposium](#) next spring. Taking place Thursday, April 13 through Sunday, April 16 on Logan's campus and at the St. Louis Union Station Hotel, the 2023 Symposium will provide continuing education oppor-

tunities, chiropractic exhibitors, networking events and an address by Logan President Clay McDonald, DC, MBA, JD. This is the university's eighth year hosting Symposium.

"We are so excited to host another great event this year, with so many new things for participants to enjoy," said Amber Henry, M.Ed., Ed.S., Ed.D., director of continuing education at Logan University. "Aside from the new location – which is close to many fantastic downtown attractions and much more conducive to networking – there will be a new alumni event for Logan grads, new ways to interact with exhibitors and so much more. We hope you'll join us!"

Participants will have the opportunity to earn 24 hours of continuing education, which will feature experts and thought leaders in chiropractic and health sciences. More details and speaker information will be announced soon. Updated information can be found at [Logan.edu/Symposium](#).

Northeast College hosts Fall 2022 Ceremonies

Northeast College of Health Sciences recently held Fall 2022 ceremonies honoring its latest graduates, new chiropractic students beginning their healthcare education journeys and seventh-trimester chiropractic students starting their experiential clinical education.

The College's Fall 2022 Commencement Ceremony was held on Dec. 3 in the campus's Standard Process Health and Fitness Center and honored 60 doctor of chiropractic students and 16 students completing their studies in the Bachelor of Professional Studies program.

Senior clinician at Northeast's Levittown Health Center Dr. Charles Hemsey was the grand marshal, Integrated Chiropractic Therapies associate professor Dr. Hunter Mollin delivered the faculty address and Fall 2022 Northeast graduate and former Student Government Association Executive President Fawod Majidi (D.C. '22) presented the student address.

Keynote speaker Dr. Michele Maiers, president of the American Chiropractic Association, addressed the audience. "Family and friends, it is an absolute privilege to share in your joy today," Maiers said as she recognized those who have supported the Fall 2022 graduates in their educational journey.

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

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Four ways to avoid pain and injury when starting a new exercise regime

Getting in the habit of exercising isn't easy. Not only is finding the time to exercise a major deterrent for people, the fear of aches, pain and injuries is also a reason that people put off starting a new exercise regime. But exercise doesn't necessarily have to lead to pain or injuries. Here are some simple things you can do to avoid these when starting out.

1. Warm up: It's important to warm up before your exercise. Warming up raises the temperature of the working muscles and the whole body. It also prepares your body for the increased stress of exercise. Muscles that have been warmed up are able to exercise for longer, and suffer less soreness and reduced injury risk.

2. Don't overestimate what you can do: A common mistake when starting a new exercise regime is to do too much. This can lead to pain after workouts, and may also increase your likelihood of injury. When you first begin a new workout plan, it's important to start gradually and at your own pace. Since everyone is different, avoid following an exercise programme that uses absolute distances or repetitions. Instead, focus on how you feel during a workout and listen to what your body is telling you.

3. Take time to recover: Taking a day or two off to rest each week is vital for recovery. But you don't just have to sit and do nothing for your recovery days to be effective. Active recovery is equally effective in helping your muscles recover and helping you avoid pain and injury. Active recovery might include lower-effort exercises such as walking or yoga. While you should take at least one day off between strength training workouts, another strategy to boost recovery is to work different muscle groups on different days. This will stop your muscles from using the same movements over and over, which can lead to overuse injuries.

4. Learn proper form: Developing correct form early on is important when starting a new exercise regime to avoid developing bad habits. In the beginning, go slow, try a range of different exercises and don't add too much weight before you've nailed technique. Executing the movements properly will help you avoid injury. If you choose to exercise at a gym or fitness centre, ask a trainer for pointers if you're unsure about your form. If you prefer to work out alone, there are lots of resources available online to guide your training. You might also consider filming yourself so you can see how your form looks.



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The Idaho Association of Chiropractic Physicians

The IACP News

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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.

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

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