



Prosperity Through Unity *Exceptional Care for Idahoans*

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The Future of Medicine: Chiropractic Doctors Leading the Way

Bridging the Gap Between Holistic Health and Mainstream Medicine

In an era marked by groundbreaking advancements in the medical field, the future of healthcare appears promising and more inclusive than ever before. Among the emerging trends in medicine, chiropractic care and the role of chiropractic doctors stand out as a beacon of hope, bridging the gap between holistic health practices and mainstream medicine.

The Evolving Role of Chiropractic Doctors

Chiropractic medicine, which primarily focuses on the diagnosis and treatment of musculoskeletal disorders, has a long-standing history. However, in recent years, it has evolved into a comprehensive approach to healthcare that extends far beyond spinal adjustments. Chiropractic doctors, or chiropractors, are increasingly recognized for their valuable contributions to patient well-being.

Holistic Health and Preventative Care

One of the key aspects of chiropractic care is its emphasis on holistic health and preventative care. Chiropractors take a patient-centered approach, considering the interconnectedness of various bodily systems. They work to identify and address the root causes of health issues, rather than merely treating symptoms. This proactive approach aligns with the growing interest in preventive medicine, which aims to reduce the incidence of chronic illnesses.

Non-Invasive and Drug-Free Treatment

Chiropractic care also offers a non-invasive and drug-free alternative to conventional medical treatments. Many patients are seeking ways to manage pain and improve their health

without relying on pharmaceuticals or undergoing invasive procedures. Chiropractic doctors provide these patients with viable options, including spinal adjustments, physical therapy, and lifestyle counseling.

Integration into Mainstream Medicine

The future of medicine appears to be heading toward a more integrative model, where various healthcare disciplines collaborate to provide comprehensive care to patients. Chiropractic doctors are increasingly finding themselves as integral members of healthcare teams. They work alongside medical doctors, physical therapists, and other professionals to ensure patients receive the most effective and well-rounded care possible.

Research and Evidence-Based Practices

To further strengthen their position in the healthcare landscape, chiropractic doctors are actively engaged in research to expand the scientific evidence supporting their field. This commitment to evidence-based practices is essential for gaining recognition and acceptance within mainstream medicine.

Telehealth and Technological Advancements

As the world becomes more interconnected, telehealth is gaining ground across all medical disciplines, including chiropractic care. Patients can now access chiropractic consultations and follow-up care remotely, making healthcare more accessible and convenient. Chiropractic doctors are leveraging technology to improve patient outcomes and facilitate long-distance monitoring.

Continued on page 4



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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The Future of Medicine: Chiropractic Doctors Leading the Way

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Education and Training

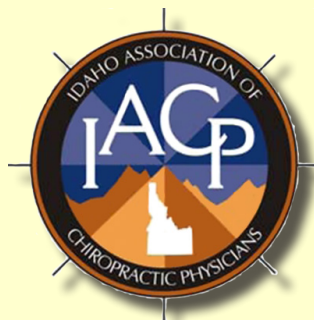
The future of medicine also hinges on the quality of education and training provided to healthcare professionals. Chiropractic doctors undergo rigorous training programs, which include anatomy, physiology, and clinical practice. Continuing education and collaboration with other healthcare providers ensure that chiropractors stay up-to-date with the latest developments in medicine.

In a rapidly evolving healthcare landscape, chiropractic doctors are playing a pivotal role in shaping the future of medicine. Their holistic approach, emphasis on preventive care, non-invasive treatments, and integration into mainstream medicine make them valuable contributors to the overall well-being of patients. As the lines between different medical disciplines continue to blur, chiropractic care is set to become an even more essential component of comprehensive healthcare, ultimately benefiting patients and improving the quality of medical care worldwide.

“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!



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Breaking Language Barriers and Growing Chiropractic in Hispanic Communities

Many groups in America struggle to access chiropractic healthcare, among them those of Hispanic and Latino origin. This struggle just got a little easier thanks to the dedication and spirit of Martin Henderson, the Foxworth Family Scholarship recipient for 2023. "Receiving this scholarship is an incredible honor," Martin said, "and this is only the beginning."

Martin witnessed firsthand the growth of chiropractic care in South American countries. He also sees plenty of opportunities to expand this care into Latino communities. Since moving to the United States in 2019, this native Spanish speaker has been dedicated to leveraging his personal experiences, linguistic skills, and professional knowledge to make this happen.

"Breaking down language barriers for the Hispanic community is important to build trust, educate and give access," he observed. One of a large family residing in Argentina, Martin has also recently become a father; a wonderful occasion that further ignited his passion for perinatal and pediatric chiropractic care.

"This is the foundation on which I'd like to build my full family practice," Martin states, "and hopefully this passion will help me connect with the Latin community I come from." He plans to do so by utilizing a variety of tactics like running Spanish marketing campaigns and establishing programs for minority groups that can't afford care.

Martin also appreciates life from both sides of the chiropractic fence, as both budding practitioner and past patient. A former Food Science & Environmental Engineer and founder of two recycling companies, Martin was also a founding member of Cámara de Empresas Gestoras de Residuos del Uruguay (CEGRU) and a subject matter advisor on recycling to the United Nations.

As such, he was no stranger to the strain of high-stress entrepreneurial environments. "I witnessed the painful effects of mistreating my own body when I ignored care," he recalls. "At one point, I felt so much pain that I couldn't get out of bed for weeks. Only after ignoring my doctor's calls for me to have surgery and seeing a chiropractor instead, did I walk again."



This fueled Martin's deep interest in the human body, nutrition, and biomechanics which he used to move away from pain and achieve high standards of athletic performance and personal nutrition. His quest led him to voluntary work in physical therapy, sessions in alternative medicine, and consideration of medical school before selecting chiropractic as his mission.

"I believe strongly in natural, holistic care," Martin states. He views what he terms "the joy of chiropractic" as a tool to help others adjust their lifestyle and stay healthy. "It took me over 20 years to finally find chiropractic, and I feel I'm working towards my true life's calling."

He also wants to spread his love of chiropractic beyond his local community by building a following on YouTube. "I intend to create content in English and Spanish to help inform everyone on the benefits of chiropractic. I want to break down barriers of misconceptions, address fears, and help explain the different types of care."

Martin hopes a wider social reach will allow him to lead his peers on service trips to developing countries. "My goal is to bridge the gap between U.S. and international chiropractor networks, generating a rich transaction of ideas that increases healing and compounds our care impact."

Looking ahead, Martin has no shortage of other plans. He aims to start a preceptorship while continuing a diverse program of seminars and service trips, all toward expanding and honing his skills as he completes chiropractic school. It's then that he plans to open his own practice, where he intends to provide specialized care that contributes to the wellbeing of those in disadvantaged groups and beyond.

"It is my hope that my work will cause ripple effects that will

Continued on next page

Breaking Language Barriers and Growing Chiropractic in Hispanic Communities

Continued from last page

improve the community,” Martin says. We’re certain that his inspiring goals and natural leadership will help him realize his dream of helping improve the daily lives of individuals of all socioeconomic backgrounds.

Congratulations Martin on a scholarship well-deserved. Your compassion and skills ensure the future of chiropractic is now much brighter for those in underserved communities

and farther afield. We wish you the best of luck on your journey, and on your mission to deliver quality, accessible care!

Kristi Hudson is a Certified Professional Compliance Officer and hosts one of America’s largest chiropractor webinar series. She is also the Vice President of Business Relations for ChiroHealthUSA, and the Administrator of the Foxworth Family Scholarship. You can contact Kristi at 888-719-9990, at kristi@chirohealthusa.com or via the ChiroHealthUSA website at www.chirohealthusa.com.



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F4CP affirms findings of new neck pain study

By Chiropractic Economics

<https://www.chiroeco.com/f4cp-affirms-findings-of-new-neck-pain-study/>

The Foundation for Chiropractic Progress (F4CP), a not-for-profit organization educating the public about the benefits of chiropractic care, highlights a new study published in *Spine* showing a plurality of patients with new-onset neck pain first visited a DC.

The study, “Longitudinal Care Patterns and Utilization Among Patients with New-Onset Neck Pain by Initial Provider Specialty” is the first to examine which provider patients visit first specifically to manage new neck pain and how that influences the other care services accessed. Results show that DCs, who are commonly associated with back pain, are most often a patient’s first choice for neck pain, based on an analysis of health plan claims from 770,326 patients over three years.

Spine is an international peer-reviewed, bi-weekly periodical that publishes original articles focused on the treatment of spinal disorders.

“It is rewarding to see that so many Americans are first choosing drug-free, natural chiropractic care to manage their neck pain and avoid the potential health and safety risks of pharmaceutical drugs, injections and surgery,” said Sherry McAllister, DC, president, F4CP. “We celebrate comprehensive, peer-reviewed studies like this that contribute to the growing body of evidence demonstrating how chiropractic care helps patients manage musculoskeletal pain more easily and safely, but also at a lower cost to themselves and health insurers.”

Recent guidelines recommend nonpharmacologic interventions, such as spinal manipulation (commonly known as a chiropractic adjustment), heat, massage or acupuncture, as first-line treatment options for low back and neck pain. Specialty physician consultations and opioid prescriptions in the absence of red flags (e.g., fever, fracture, malignant neoplasms) are not recommended.

In adherence to those guidelines, DCs were chosen first by 45.2% of patients with neck pain, followed by allopathic or osteopathic primary care doctors (33.4%). Other physician

specialties, including orthopedists, neurologists and emergency physicians were also sought first to manage neck pain although less often, according to the study.

When patients first visited a DC, 2% or less received costly imaging, specifically computed tomography (CT) and magnetic resonance imagery (MRI) scans compared to the more than 30% of patients who initially visited an emergency physician, orthopedist or neurologist. Similarly, 6.8% of patients received a therapeutic injection and 3.4% had major surgery after they visited an orthopedist first as compared to 0.4% and 0.1% of patients who first visited a chiropractor.

“Low back pain has been thoroughly researched, and this paper is the first in a series exploring neck pain to help healthcare providers, payers and patients understand the potential benefits of following guideline-concordant care to manage the condition,” said David Elton, DC, former Optum VP of Musculoskeletal R&D and co-author of the study. “As with the lower back, we are again finding that following guideline-concordant care for neck pain, which can include chiropractic care, tends to result in better patient outcomes and lower overall service utilization.”

Elton is co-authoring similar additional cohort studies to be published soon exploring the different types of providers chosen for neck pain and any associations with adverse events and pharmacological exposure.



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Integrating Dietary Supplements into Chiropractic Care for Holistic Wellness

Transforming Patient Care and Practice Revenue Streams

Chiropractors are at the forefront of a healthcare trend that's transforming patient care and bolstering practice revenue streams - the integration of dietary supplements into treatment plans. Recent surveys have shown that over 80% of chiropractors now recommend dietary supplements to their patients, recognizing their potential to enhance overall health and well-being. This innovative approach is rooted in the belief that addressing chronic musculoskeletal issues can have a positive impact on reducing the risk of chronic health conditions such as cardiovascular diseases, metabolic disorders, and osteoporosis. Chiropractors are now incorporating targeted supplements into their treatment plans, not only mitigating common risk factors associated with chronic ailments but also offering a diverse array of health products through their own 'supplement superstore.'

The Benefits of Incorporating Supplements

The inclusion of dietary supplements in chiropractic practices represents a holistic approach to patient care, yielding a multitude of benefits:

- **Tailored Nutrient Recommendations:** Chiropractors assist patients in selecting appropriate, high-quality nutrients at optimal doses tailored to their individual health requirements.
- **Enhanced Adherence:** Patients are more likely to adhere to treatment plans when they understand the benefits of recommended supplements.
- **Risk Mitigation:** Careful consideration of potential contraindications or interactions between prescribed drugs and supplements minimizes risks.
- **Synergistic Approach:** Chiropractic treatments are amplified through the combined approach of chiropractic techniques and supplements.

Dr. Robert G. Silverman, a staunch advocate for the synergistic benefits of combining nutritional supplements

with chiropractic care, attests to the transformative effects this addition has on treating musculoskeletal injuries. Beyond enriching patient care, incorporating supplements can also create an additional revenue stream for practices, particularly when sourced from their own supplement superstore.

Supplement Protocols Addressing Common Health Challenges

Chiropractors regularly encounter patients dealing with everyday health concerns that not only affect immediate well-being but also increase the risk of more severe issues down the line. Driven by a commitment to preventive care, chiropractors are turning to targeted supplement protocols to tackle these health challenges proactively.

1. General Wellness:

Less than 3% of Americans lead healthy lifestyles, according to a Mayo Clinic Proceedings report. Core nutrients can bridge nutritional gaps for those adhering to a typical Western diet, promoting overall health and resilience.

- **Multivitamins:** Comprehensive multivitamins reduce cardiovascular disease risk, enhance cognition, improve mood, and protect against age-related macular degeneration.
- **Magnesium:** Essential for numerous enzymatic reactions, magnesium supports cardiovascular health, bone and muscle strength, and bone mineral density.
- **Omega-3 Fatty Acids:** Omega-3s benefit cardiovascular health, cognition, and aging-related factors.
- **Vitamin D3:** Critical for immune support and mood regulation, vitamin D3 can also aid in managing conditions such as arthritis.

2. Gut Health:

A balanced gut microbiome plays a vital role in overall health, impacting nutrient absorption, immune function, and communication with other body systems. Dietary supplements can contribute to nurturing a balanced and vibrant gut.

- Fiber: Prebiotic fibers support beneficial gut bacteria, fostering a healthy microbial environment.
- Glutamine: This amino acid supports the intestinal barrier's integrity, reducing inflammation and promoting a healthy microbiome.
- Probiotics: Live microorganisms that promote a balanced gut microbiome, relieving gastrointestinal symptoms and impacting weight management.

3. Antioxidant Support for Healthy Aging:

Oxidative stress contributes to age-related conditions and frailty. Incorporating antioxidants into patient treatment plans can aid in managing oxidative stress and supporting healthy aging.

- Coenzyme Q10: A powerful lipid antioxidant, CoQ10 is crucial for cardiovascular and neurodegenerative health.

- Glutathione: The “master antioxidant,” glutathione supports cellular health and immunity.
- Polyphenols: Abundant in fruits and vegetables, polyphenols contribute to preventing oxidative damage and promoting overall health.

Navigating the Transition to Supplement Prescriptions

For chiropractors or holistic healthcare providers new to supplement prescriptions, the transition has been simplified by the advent of online dispensaries. These platforms offer streamlined solutions, eliminating the need for inventory management, integrating with electronic health record (EHR) systems, providing passive revenue streams, and enhancing patient care.

In conclusion, the integration of dietary supplements into chiropractic care represents an innovative approach to enhancing patient well-being. By addressing everyday health challenges and promoting proactive health maintenance, chiropractors provide more comprehensive care, harnessing the synergistic potential of chiropractic techniques and targeted supplement protocols. This approach benefits patients' overall health and contributes to the diversification of practice revenue streams, creating a win-win scenario for patients and chiropractic practitioners alike.



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Research into human immune system development gets multimillion funding

The first few months and years of life are crucial to the development of the human immune system. This is an important phase as the immune system can define which diseases individuals might develop later in life. INITIALISE, a joint research project of ten universities, will study which environmental factors and mechanisms modify the human immune system in early life and whether targeted interventions could have a positive impact. The project obtained nearly seven million in funding from Horizon Europe. The research project is led from the University of Turku and it is coordinated by Professor Matej Orešič, who is also a group leader in the InFLAMES Research Flagship.

The development of the human immune system starts already in the womb and continues after birth once the child is exposed to numerous bacteria, viruses, and other environmental factors. Exposure is important to the development of the immune system, but this stage of development is not without its risks.

“The first few months and years are a very delicate and vulnerable time. We already know that the development of the human immune system in early life is connected to the risks of several diseases later on, particularly allergies, asthma, and autoimmune diseases, such as type 1 diabetes. Yet, the mechanisms of immune imprinting in early life are still poorly understood,” says Professor Matej Orešič.

In a collaboration between ten universities, the INITIALISE project (Inflammation in human early life: targeting impacts on life-course health) will investigate which factors have an impact on the development of the human immune system and what is its significance for people’s health throughout the course of their lives.

A key question is if the immune system be modified so that the risks for different diseases would decrease.

“Our shared view is that effective early-life interventions targeting the immune system will have a positive impact on life-course health,” says Orešič.

Superbug-killing antibiotic discovered using AI

Scientists have used artificial intelligence (AI) to develop a new antibiotic that can kill a deadly species of superbug. The AI was used to help narrow down thousands of potential chemicals to just a handful that could be tested in the laboratory. The result was a potent, experimental antibiotic called abaucin, which will need further tests before being used.

Curiously, this experimental antibiotic had no effect on other species of bacteria, and works only on *A. baumannii*. Many antibiotics kill bacteria indiscriminately. The researchers believe the precision of abaucin will make it harder for drug-resistance to emerge, and could lead to fewer side-effects.

Researchers in Canada and the US say AI has the power to massively accelerate the discovery of new drugs. It is the latest example of how the tools of artificial intelligence can be a revolutionary force in science and medicine.

There has been a severe lack of new antibiotic drugs developed over the last several decades to fight and kill bacteria, and, worse, bacteria are becoming harder to eliminate, as they evolve resistance over time to the antibiotics in use.

More than a million people a year are estimated to die from infections that resist treatment with antibiotics.

The researchers focused on one of the most problematic species of bacteria - *Acinetobacter baumannii*, which can infect wounds and cause pneumonia. *Acinetobacter baumannii* is one of the three superbugs the World Health Organization has identified as a “critical” threat. It is often able to shrug off multiple antibiotics and is a problem in hospitals and care homes, where it can survive on surfaces and medical equipment.

Pharmaceutical development heads into space

The future of medicine may take flight in space. California startup Varda Space Industries launched its first test mission on June 12, successfully sending a 200-pound

(90-kilogram) capsule designed to carry drug research into Earth's orbit. The company believes that the future of drug development and production lie in satellites that will spend days or months in Earth's orbit quietly carrying out pharmaceutical development. Its research, company officials hope, could lead to better, more effective drugs — and hefty profits.

The experiment, conducted in microgravity by simple onboard machines, aims to test whether it would be possible to manufacture pharmaceuticals in space remotely. Research has already established that protein crystals grown in a weightless environment can result in more perfect structures compared with those grown on Earth. These space-formed crystals could potentially then be used to create better-performing drugs that the human body can more easily absorb.

If successful, Varda hopes to scale its business rapidly, sending regular flights of satellites into orbit stuffed with experiments on behalf of pharmaceutical companies. Eventually, the firm hopes that research will yield a golden ticket drug, one that proves to be better when manufactured in space and can return royalties to Varda for years to come.

The core of this idea — manufacturing pharmaceuticals in microgravity — builds on experiments carried out on the International Space Station, which is operated by astronauts but hosts experiments from a range of private companies and research institutions. Big pharma firms, including Merck and Bristol Myers Squibb, have sent experiments there, working with the ISS National Laboratory. And some of this work may lead to changes in the drugs that people on Earth take today.

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Chiropractic College News

CUKC to hold ACE event Oct. 19-22

ACE 2023 promises a diverse array of speakers and engaging topics in the realms of chiropractic and health sciences. Attendees will have the opportunity to earn up to 16 Continuing Education Units (CEUs) over the course of the weekend. The event will also feature a bustling vendor exhibition, providing valuable insights into a wide range of products and services.

The ACE experience kicks off on Thursday, October 19, at 5 p.m. with an invigorating two-hour CEU session. The subsequent days, Friday and Saturday, will be filled with educational sessions running from 8 a.m. to 5:30 p.m., offering attendees an enriching learning experience. Furthermore, there will be an array of activities to enjoy throughout the weekend. Notably, Friday will spotlight a sports performance panel during lunch, featuring professionals who collaborate with prestigious sports organizations such as the Kansas City Chiefs, the Kansas City Royals, and Kansas State University athletics.

The program has been meticulously curated to cater to a wide audience. Topics covered during the weekend will encompass Extremity Adjusting, Pain Management, Pediatrics, and Coding/Documentation. On the third day, attendees can look forward to enlightening presentations on Radiology, Spine Management, Cox-Flexion technique, TMJ, and Oral Systemic Health, among others.

Alonna Bowie, CUKC's Director of Campus and Alumni Relations, expresses her excitement for ACE 2023 and its potential benefits for attendees. She highlights ACE as an exceptional opportunity not only to earn CEUs but also to foster valuable connections with colleagues and friends. Social events will be integrated into this annual gathering, including a Friday night happy hour where attendees can mingle and network.

"After a spectacular centennial celebration in 2022, we are building on that momentum for ACE 2023," Bowie remarked. "We have assembled an outstanding lineup of speakers for this year's event and eagerly anticipate welcoming back all our esteemed alumni and friends for an enriching weekend."

ACE's annual fall gathering holds a special place in the hearts of many alumni, offering a chance to reconnect with

friends, enjoy social interactions, and, of course, fulfill CEU requirements. With all these exciting prospects, ACE 2023 is poised to be a winning experience for those seeking to rekindle old friendships while expanding their knowledge.

Sherman College of Chiropractic announces IRAPS 2024 call for abstracts

The Sherman College of Chiropractic invites submissions of abstracts for its esteemed 19th International Research and Philosophy Symposium (IRAPS). This distinguished chiropractic conference focuses on vertebral subluxation research and the philosophy of chiropractic, providing a platform for peer-reviewed presentations.

To be considered for inclusion in the IRAPS 2024 program, we kindly request that abstracts be submitted by September 30, 2023. IRAPS will take place alongside our flagship event, Lyceum, scheduled for May 2-4, 2024, at the Sherman College campus in Spartanburg, South Carolina.

Abstract submissions are welcome on a range of topics for both platform and poster presentations. Suggested themes include:

Case studies emphasizing the location, analysis, and correction of vertebral subluxation (LACVS).

Explorations of the philosophy of chiropractic as an integral component of LACVS-type care.

Scholarly pursuits with the potential to advance chiropractic education, practice, and the profession.

Continuing education credits will be available for attendees. Participants may opt for the comprehensive Lyceum program, which includes access to IRAPS, or select a one-day IRAPS-only package. Additionally, IRAPS speakers will enjoy a 25 percent discount on their registration fees. A detailed program agenda will be disclosed following the selection of speakers. Conference registration will open in September 2023.

We request that abstracts be presented in the form of concise papers, containing approximately 300 words, and include appropriate references.

Palmer College receives historic \$4M donation from Florida couple

Donation helps college shatter goal of current fundraising campaign

Palmer College of Chiropractic, the first chiropractic college in the world, and the one with the most graduates practicing today, has received a historic \$4 million donation, it reported on Aug. 21. The contribution comes from a Florida couple who wishes to remain anonymous. This is the largest gift from an individual or couple the college has received in its 126-year history.

The gift shatters the college's goal of raising \$25 million through "Daring and Driven: The Campaign for Palmer College," the largest fundraising campaign ever undertaken by a chiropractic college. With this gift, \$29.8 million has been donated by alumni and friends of the college.

This donation comes on the heels of a \$3.3 million gift from 1951 Palmer graduate William Kiernan, D.C.—the largest donation from an alumnus in the college's history. With two weeks to go before the close of the campaign on Sept. 1, Palmer College has stretched the campaign goal to \$30 million.

The gift to Palmer College comes during a period of record-breaking enrollment growth on Palmer's campuses in Davenport, Iowa, and Port Orange, Florida. Over the past five years, major investments in new academic and recreational spaces, and technology, have enhanced the student experience in ways never seen at other chiropractic colleges.

In Davenport, the new David D. Palmer Learning Commons provides study and social spaces for students, while the William J. & Mary A. Kiernan Hall—Anatomy & Technique Center offers state-of-the-art wet and dry labs and classroom spaces to perfect hands-on technique. The new Paul and Donna VanDuyne Hall also recently opened, boasting 115 apartments with additional spaces for study, meditation, recreation and more.

In Florida, a new 47,000-sq.ft. academic building includes classrooms and technique rooms, a larger anatomy learning environment, and virtual- and augmented-reality learning tools. The new labs are designed specifically for students to apply what they're learning about movement science and rehabilitation in an ideal, technologically advanced setting.

Palmer's commitment to its students isn't just about new

student learning spaces. The college is now offering more scholarships than ever before, with a goal of one day being able to offer a scholarship to every single student.

Northeast College Announces Spring 2023 Commencement Speaker Dr. Ryan Barker

Northeast College of Health Sciences will welcome Dr. Ryan Barker (D.C. '10, M.S. '10, M.S. '13) back to campus to address new graduates at Spring 2023 Commencement on July 29, 2023. After all, Barker knows the hard work and dedication that goes into each healthcare degree, since he earned three from his alma mater.

After graduating from Northeast with his Doctor of Chiropractic and master's degree in applied clinical nutrition in 2010, Barker worked as an associate doctor in a large multidisciplinary clinic in Rochester. During this time, he earned his third degree from Northeast College: a master's degree in Human Anatomy and Physiology Instruction.

Since then, Barker started a successful practice, Oswego Family Chiropractic, and now teaches anatomy and physiology along with nutrition courses five days a week at SUNY Oswego.

Palmer College Receives \$1 million Donation to Support Growth of Renowned Sports and Rehabilitation Residency Program

HydroWorx inventor and Palmer alumnus Paul Hetrick, D.C., is making big things possible for Palmer's Sports and Rehabilitation Residency program.

A \$1 million gift from 1977 Palmer College of Chiropractic graduate Paul Hetrick, D.C., will empower the College to grow its Sports and Rehabilitation Residency program. The program is the longest-standing program of its kind in the nation, offering Doctors of Chiropractic the opportunity to build their clinical skills and earn specialized credentials while teaching parts of the Palmer curriculum.

Dr. Hetrick is the founder of HydroWorx, which offers aquatic treadmills used in physical therapy, sports medicine and conditioning. The equipment is used by more than 30,000 athletes and patients each day, including by professional and collegiate sports teams and at major health care centers across the country.

As part of the Sports and Rehabilitation Residency program, residents work toward earning board-certified status as a Diplomate of the American Chiropractic Rehabilitation Board, a credential that sets them apart as leaders in the

Chiropractic College News

discipline. By the time they finish the program, residents are uniquely equipped to share their own deep knowledge with others.

Dr. Stephen Foster Receives William D. Harper Award at Homecoming Convention

Texas Chiropractic College (TCC) is proud to announce that Dr. Stephen Foster, president of TCC, has been awarded the William D. Harper Award at this year's homecoming convention. The award recognizes individuals who exemplify a deep commitment to the college while embracing the role of science in chiropractic.

The William D. Harper Award carries with it a legacy that traces back to its namesake and founder, Dr. William D. Harper, Jr. Trained as both an engineer and a chiropractor, Harper made a significant impact as an instructor, writer, and ultimately as the president of TCC from 1965-1976.

A native Texan, Harper's vision and passion for chiropractic were showcased through his teachings and his textbook, *Anything Can Cause Anything*, which synthesized his knowledge and expertise in the field.

The recipient of the Harper Award is nominated by board members and subsequently elected by the board through a rigorous voting process.

New Northeast Program, Same Academic Excellence

The College's part-time Massage Therapy program will be offered at Northeast's Seneca Falls campus on weekends, providing the required 1,000 hours of study for students to be eligible to take the New York State Massage Licensing Examination and become a fully licensed massage therapist (LMT).

Students in the massage therapy program will have the opportunity to study a wide variety of techniques and modalities including Eastern and Western massage therapy, Swedish massage, Shiatsu, prenatal massage, sports massage, hydrotherapy, reflexology, and massage for people living with cancer.

Under the leadership of Program Director Nicole Miller, M.S., LMT, BCTMB®, Northeast's Massage Therapy program will deliver a distinct educational experience rooted in the health sciences and consisting of five trimesters of study. Miller, who is nationally recognized for her work in massage, said Northeast College of Health Sciences is "perfectly positioned" to help students fulfill their passion for helping others and build a rewarding and successful career path.

Northeast's Seneca Falls campus is 100% dedicated to healthcare and known for setting the bar for healthcare education by providing the best traditional techniques with new, revolutionary technology. Massage students will benefit from having access to all of these resources, including the state-of-the-art Anatomy Center and the Computerized Anatomy Resource Lab (CARL) featuring Anatomage virtual anatomy tables.

LIFE Leadership weekend, July 21-23

The LIFE Leadership Weekends are a wonderful opportunity to visit LIFE and learn more about the Chiropractic program. Leadership Weekends offer an in depth look at the chiropractic profession and the kind of chiropractic education that is offered at Life University. Students attend from all over the U.S. and outside of the U.S. to participate in this event (held 4 times a year).

Throughout the weekend, you will get to hear from prominent guest speakers, Life University President, talk and network with experienced Doctors of Chiropractic, meet faculty and staff, Student ambassadors, tour the university, participate in fun outdoor learning activities, and much more!

[Click here](#) for more information.

Logan's Alumni & Friends House add staff

There's a new administrative duo at Logan's Alumni & Friends House. Cynthia Sutton, Logan's director of alumni relations and Amber Henry, EdD, Logan's director of continuing education came to the university in fall 2022 from Missouri Baptist University. Both bring decades of experience in higher education and a collaborative partnership they will use to engage and inform Logan alumni.

Cynthia Sutton is currently tasked with leading Logan's first standalone office dedicated to connecting and engaging alumni. In only a few months, she has already accomplished her first goal by launching an alumni webpage, which gives graduates an easy way to reach out and stay informed.

Looking to the future, Cynthia hopes to increase alumni engagement across the board, whether it is encouraging them to attend Logan's Symposium, serve as a preceptor doctor for students or enroll in continuing education programs. She also strives to build Logan's alumni network by developing regional hubs and facilitating events across the country.

Amber Henry has been busy reimagining the university's Continuing Education Department, formerly known as the Postgraduate Department. Her goal is to expand the Continuing Education Department at Logan by incorporating learning opportunities for a variety of health care professionals, including athletic trainers, physical therapists, occupational therapists, registered dietitians and more. Amber also hopes to use her experience with online learning to develop more flexible continuing education options and ensure the courses deliver quality educational content and promote networking and alumni engagement.

Texas Chiropractic College awards honorary degree to Regent

Ken Cauthorn's legacy at TCC extends far beyond his 14 years of service as a Board of Regents member. He has been a constant presence in the chiropractic community, dedicating his time and resources to advancing the field and helping to shape the future of TCC.

In recognition of his contributions, Cauthorn received an honorary degree during this year's graduation ceremony. The honor surprised Cauthorn, who was unaware that he was being considered for the award.

"I was truly caught off guard when they announced my name," Cauthorn said. "It was a privilege to be awarded an honorary degree by Texas Chiropractic College. This is the ultimate recognition for 14 years of service as a member of the Board of Regents. I love this profession, I love this institution, and am proud to call myself an honorary alumnus of TCC."

Northeast College students perform well on Chiropractic Board Exams

It is well known that Northeast College of Health Sciences

has one of the most rigorous academic programs in chiropractic education, with many students noting that one of the reasons they choose Northeast is to ensure strong preparation for the national chiropractic board exams. The latest board exam scores, released by the National Board of Chiropractic Examiners (NBCE) on March 21, 2023, show Northeast College students continue to receive high scores on the exams, required for chiropractic licensure in all U.S. states, plus Washington, D.C., Puerto Rico and the Virgin Islands. Northeast College students received an 89% first-time pass rate on the NBCE Part II exam, compared to the national average first-time pass rate of 75% among chiropractic programs. Similarly, in January 2023, Northeast College students exceeded the national average first-time pass rate by 11% on NBCE part I.

Jaipaul Parmar, DC – Commitment to the UWS Motto: "For the Good of the Patient"

Jaipaul Parmar, DC, 2010 graduate of University of Western States (UWS) is the 2022 UWS Alumnus of the Year. This distinction honors the accomplishments of outstanding UWS graduates as they advance the science and art of integrated health care. Dr. Parmar's professional work has demonstrated exemplary leadership and commitment to the UWS motto, "for the good of the patient" in addition to embodying the core values of UWS – student focus, best practices, curiosity, inclusiveness, professionalism and whole-person health.

Since graduating from UWS in 2010, Dr. Jaipaul Parmar's contribution to the BC chiropractic community and the university has been significant," said UWS President and CEO Dr. Joseph Brimhall. "Dr. Parmar's clear passion for the profession goes beyond boards and public service but is also evident on an individual level as a mentor to UWS student interns. As a preceptor for several years, Dr. Parmar has been eager to share his expertise with our student interns and has shown a keen investment in the next generation of chiropractors."



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Some of the benefits of chiropractic care

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Some of the benefits of chiropractic care

1. Reduces neck pain: Neck pain is a common problem, especially if you sit for many hours a day, frequently bend your neck to use your phone, or have poor posture. A chiropractor may help ease your neck pain by realigning your spine and easing tension in your neck muscles. A 2019 study found that cervical spine manipulation may help decrease neck pain in the short-term by modifying levels of neuropeptides in your blood. Neuropeptides are proteins made in your nervous system that function as neurotransmitters or hormones.

2. Reduces reliance on opioid pain relievers: People with chronic pain are often given prescriptions for opioid pain relievers to help manage their discomfort. However, undergoing chiropractic treatment may lower your need to take these pain relievers. A large 2020 study compared the number of prescriptions for opioid pain relievers filled for adults who visited just their doctor or who visited both a chiropractor and their doctor to treat spinal pain. The study found that adults who visited a chiropractor were less likely to get an opioid prescription filled for their pain compared to those who only saw their doctor.

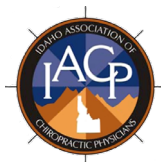
3. Eases back pain: Chiropractic treatment is a good alternative to invasive alternatives like surgery or injections for treating short-term or chronic back pain. The American College of Physicians recommends that doctors encourage people with chronic low back pain to first seek non-medication treatments before taking medication to treat their pain. A 2017 review of studies found that spinal manipulation was associated with moderate improvements in short-term back pain and function.

4. Possible reduction of osteoarthritis symptoms: Osteoarthritis pain is caused by the degeneration of the cartilage in a joint that causes the ends of your bones to rub together. Some types of chiropractic adjustments may help align your joints and reduce how much your bones rub together. A 2020 animal study found some evidence that chiropractic manipulation may help slow down the progression of arthritis by improving the status of cartilage, bone, and the joint capsule.

5. Eases headache symptoms: Spinal manipulation may be effective at treating tension headaches and headaches that originate in your neck. A 2016 study found that 6 to 8 sessions of cervical and upper thoracic spine manipulation were more effective than movement and exercise for relieving pain in people with chronic headaches. This was still the case at a 3-month follow-up.

6. More affordable treatment for chronic back pain: Chiropractic treatment is almost always less expensive than conventional treatment for chronic low back pain. In a 2016 study, researchers looked at the potential financial benefits of chiropractic treatment for Medicare recipients with chronic back pain. The researchers found that people who received chiropractic treatment had a lower overall treatment cost. The study also determined that their treatment duration was shorter than that of those who had conventional medical treatment.

7. High satisfaction: Studies have generally reported relatively high levels of satisfaction with chiropractic treatment. For example, in a 2015 study, researchers found that a group of 544 people in chiropractic care reported a high level of satisfaction. Also, 92 percent of the people in this study had improvements in their pain, and 80 percent reported improvements in their ability to move around.



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The IACP News

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One Third (H)	8" wide by 3 1/8" tall	\$190	\$174	\$159	\$140
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