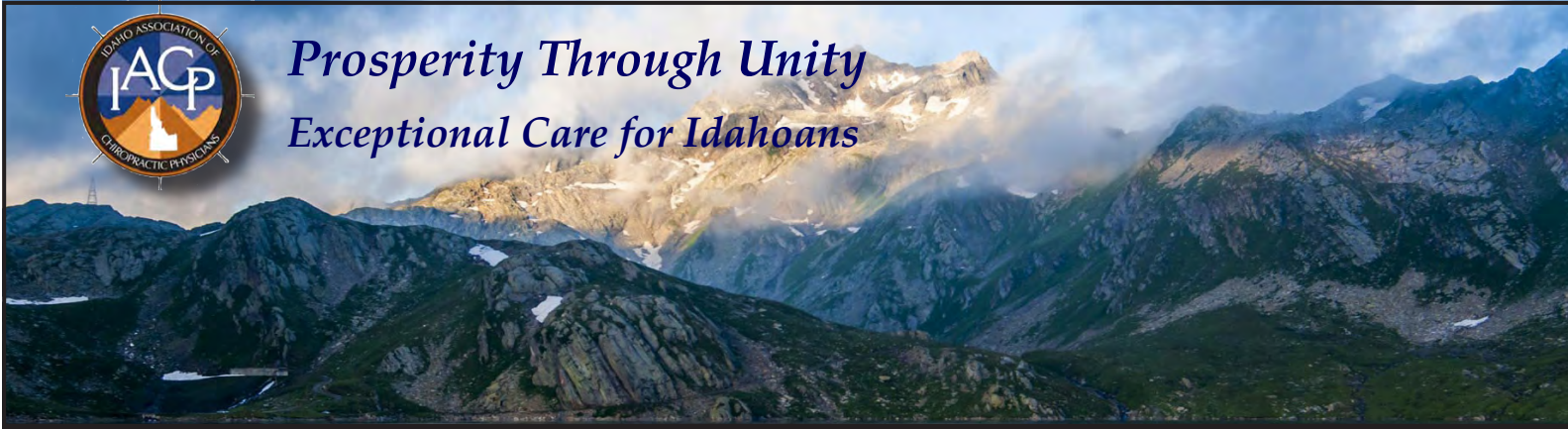




Prosperity Through Unity Exceptional Care for Idahoans



April, 2019

The IACP News, Vol. 3, No. 4

IACP Convention April 26 - 28

If you haven't already circled April 26 - 28 on your calendar, you might want to do that right now, because the 2019 IACP Annual Convention is going to be bigger and better than ever!

The event will be held at the beautiful Grove Hotel in Boise, where you will discover a new level of excellence. The Grove is the only AAA Four Diamond full-service hotel in Boise. It upholds its reputation as the city's premier hotel by offering luxury without sacrificing comfort. With breathtaking views of the rolling, green Boise foothills and a central location that lends itself to bustling downtown activity, don't expect to leave the City of Trees feeling unfulfilled.

This year, the keynote speaker is Dr. Robert G. Silverman, DC, DACBN, DCBCN, MS, CCN, CNS, CSCS, CIISN, CKTP, CES, HKC, FAKTR. He is a chiropractic doctor, clinical nutritionist, international speaker and author of *Inside-Out Health: A Revolu-*



tionary Approach to Your Body, an Amazon No. 1 bestseller in 2016. The ACA Sports Council named Dr. Silverman "Sports Chiropractor of the Year" in 2015. His extensive list of educational accomplishments includes six different degrees in clinical nutrition. Dr. Silverman also maintains a busy private practice as founder of Westchester Integrative Health Center, which specializes in the treatment of joint pain using functional nutrition along with cutting-edge, science-based, nonsurgical approaches.

Dr. Silverman is on the advisory board for the Functional Medicine University, the advisory board for Metagenics and is a seasoned health and wellness expert on both the

Continued on page 5

Alcohol and coffee can help you live longer

Whenever you read a story about someone living to a ridiculously old age, what's the one thing to which they always attribute their longevity? That's right: alcohol. Whether it's whiskey or wine, people who live to 90 and beyond almost always say drinking is what helped get them there.

Now, a new study from the University Of California Irvine has revealed that consuming a moderate amount of alcohol and coffee on a daily basis is linked to living a longer life! Yes, you read that right. No jokes, no typos, this is definitely good news for all of

us who are addicted to our morning cup of joe.

A massive undertaking called the 90+ Study set out to identify the factors associated with longevity, and understand the prevalence of cognitive disorders like dementia in the ultra-elderly. Using the The Leisure World Cohort Study and focusing on 1,700 people aged 90 and over in the 14,000+ participant sample, they learned a lot — including the fact that moderate alcohol intake is indeed associated with long life.

Continued on page 6





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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In This Issue

President's Corner: U.S. Chiropractic market size expected to reach \$17.93 billion by 2025	Page 4
IACP Annual Convention April 26 - 28 (continued)	Page 5
Study find coffee and alcohol can help you live longer (continued)	Page 6
F4CP celebrates National doctors Day	Page 7
10,000 steps could save \$500 billion	Pages 8 - 9
Don't take an aspirin a day: doctors reverse recommendation	Pages 10 - 11
The IACP Marketplace: Featured Businesses & Suppliers	Page 12
IACP membership application	Page 13
Chiropractic News	Pages 14 - 16
OSHA compliance doesn't happen by accident	Page 17
Chiropractic College News	Pages 18 - 22
Office poster notice	Page 22
This Month's Poster: Don't let pain keep you from enjoying life	Page 23
<i>IACP News</i> Display Advertising Rates and Sizes	Page 24

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



President's Corner

U.S. Chiropractic market size expected to reach \$17.93 billion by 2025

By Dr. Scott Crawford, IACP President

The latest statistics on Chiropractic are in. The U.S. Chiropractic market size is expected to reach \$17.93 billion by 2025, growing by 4.32% during the forecast period. By 2020, it's projected that there will be 80,000 Chiropractors in the country and 2,500 new practitioners each year. Chiropractors treat approximately 35 million patients each year. This is primarily driven by the increasing number of patients seeking complementary treatment. There are also several entities collecting data, and the average income of U.S.-based Chiropractors is \$64,269.75. Idaho has a median wage Chiropractic income of \$63,000.00. There are currently 10,000 Chiropractic students in 18 nationally-accredited, doctoral graduate education programs for Chiropractic.



Our profession is growing, and is certainly in a position to be a leader in patient-centered medical care. Hopefully, these stats provide you with confidence in the future of our profession and motivate you going forward. Let's set goals to increase our individual stats and grow our practices. One easy way to do so would be accomplished by attending the annual IACP Convention this month!

See you in Boise!

"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!



IACP 2019 Annual Convention

Continued from front page

speaking circuits and within the media, as well as a frequent health expert contributor on national blogs such as Consumer Health Digest. He has appeared on FOX News Channel, FOX, NBC, CBS, CW affiliates as well as The Wall Street Journal and NewsMax, to name a few.

He was invited as a guest speaker on Talks at Google to dis-

cuss his current book. As a frequent published author in peer-reviewed journals and other mainstream publications, including *Thrive Global*, *Integrative Practitioner*, *Mind-BodyGreen*, *Health Radar*, *Muscle and Fitness*, *The Original Internist* and *Holistic Primary Care journals*, Dr. Silverman is a leader in his field and practice.

Registration for the Annual Convention is now open, and easily done online. [Click here to register.](#)



Register now!

Registration is now open!

Register now and secure your spot.

Study finds alcohol and coffee can help you live longer

Continued from front page

And not just associated, but **strongly associated**. Like, more-so-than-exercise associated. Having approximately two glasses of beer or wine every day reduced the chance of premature death by 18%, versus a less impressive (but still significant) 11% reduction for moderate daily exercise. The scientists aren't sure why the correlation exists, but they're convinced that it's legitimate.

Obviously, the key word here is "moderate." It is not suggested that anyone go out and drink 8 beers and 4 shots of espresso daily, because well, that would pretty bad.

Major findings

Researchers from The 90+ Study have published many scientific papers in premier journals. Some of the major findings are:

- People who drank moderate amounts of alcohol or coffee lived longer than those who abstained.
- People who were overweight in their 70s lived longer than normal or underweight people did.
- Over 40% of people aged 90 and older suffer from dementia while almost 80% are disabled. Both are more common in women than men.

- About half of people with dementia over age 90 do not have sufficient neuropathology in their brain to explain their cognitive loss.
- People aged 90 and older with an APOE2 gene are less likely to have clinical Alzheimer's dementia, but are much more likely to have Alzheimer's neuropathology in their brains.
- The study found that people who drink moderate amounts of coffee or alcohol lived longer than those who abstained. The study also found that people who were overweight in their 70's lived longer than normal than underweight people did.

Dr. Claudia Kawas, a key researcher for the study, stated: "I have no explanation for it, but I do firmly believe that modest drinking improves longevity." Kawas found that people who drank two glasses of beer or wine every day decreased their chances of premature death by 18% and those who drank two cups of coffee a day decrease their chances by 10%. But, don't go running off to happy hour just yet! One should still have some sort of physical activity, meaning yes, you still need to exercise! The research also stated that regular exercise and keeping busy with a hobby is also a key to living longer. As long as you go to Yoga, hike, or just walk the dog down the block, you're all good!

[Click here](#) for additional information on the 90+ Study.



Foundation for Chiropractic Progress Celebrates National Doctors Day

Federally recognized day honoring doctors dates back to 1933

The Foundation for Chiropractic Progress, a not-for-profit organization dedicated to educating the public about the value of chiropractic care, celebrates the more than 70,000 doctors of chiropractic (DCs), along with the nearly one million allopathic (MD) and osteopathic (DO) doctors in the United States on National Doctors Day, which was federally recognized on March 30, 1990.

Chiropractic is a 123-year-old evidence-based practice recognized and licensed as a healthcare profession in all 50 states, along with the District of Columbia, Puerto Rico and U.S. Virgin Islands. Like other doctors, DCs undergo extensive education and training, including seven years of higher education.

The DC curriculum includes a minimum of 4,200 hours of classroom, laboratory and clinical internship. In fact, the typical DC program is equivalent in classroom hours to allopathic and osteopathic medical schools.

“This national day of recognition that I share with my doctor colleagues in chiropractic, as well as osteopathic and allopathic disciplines, prompts me to reflect on my motivation to become a doctor of chiropractic,” said Sherry McAllister, DC, executive vice president, F4CP. “My reasons extend beyond simply wanting to help patients manage their ailments. It is about healing the whole person and optimizing performance so that they begin living a healthier, more fulfilled life. I think that’s why a lot of us choose to become doctors and it’s something we need to remember on this important day.”

The history of chiropractic dates even farther back than National Doctors Day. While various forms of spinal or joint manipulation had been around for hundreds of years, there had never been an attempt to create a philosophical or scientific rationale for their effects until 1895 when D.D. Palmer used his extensive study of anatomy and physiology to document and codify chiropractic. Palmer later established the Palmer School of Cure (now the Palmer College of Chiropractic) in Davenport, Iowa, where it remains today. The first state licenses for DCs were issued in 1913, and by 1931, a total of 39 states had provided similar legal recognition.

How doctors of chiropractic offer a different approach: Chiropractic training is focused on non-pharmacologic management of neuro-musculoskeletal pain, primarily of the back, neck and head. DC training, however, is also holistic and

emphasizes improving general health, wellness, nutrition/diet and athletic performance. Today, as the U.S. continues to face an opioid epidemic, pursuing drug-free care to manage pain while focusing on holistic health and quality of life is more important than ever.

Dr. McAllister states, “Doctors of chiropractic can perform first-line assessment and care for neck, back and neuro-musculoskeletal dysfunction and pain to avoid opiate prescribing from the first onset of pain.” She continues, “In addition, doctors of chiropractic can also provide education on self-care approaches to manage pain throughout periods of active care to mitigate the introduction of pharmacological agents. Through an effective approach to acute, subacute and chronic pain management, doctors of chiropractic can help patients achieve a wellness-focused, pain-free plan.”

More allopathic and osteopathic doctors are recognizing DCs as invaluable partners in collaborative, multidisciplinary care teams, in large part due to their non-pharmacological, conservative care approach to pain management. In fact, one recent study of nine medical facilities with on-site chiropractic care, including five hospitals and four clinics, found that “delivery of chiropractic services was perceived to have high value among patients, medical providers and administration.” Researchers wrote that “Patient clinical outcomes, patient satisfaction, provider productivity and cost offset were identified as markers of clinical success.”

In addition to providers, payers are also beginning to recognize the benefits of conservative care such as chiropractic, acupuncture and physical therapy. In a presentation on “The Role of Nonpharmacological Approaches to Pain Management” given by Optum at the National Academies of Science, Engineering and Medicine (NASEM) in Dec. 2018 in Washington, D.C., Optum shared that conservative care can save \$230 million dollars in annual medical expenditures and can reduce opioid prescribing by 26 percent. In Optum’s experience, conservative care costs an average of \$619 per episode compared to \$1,728 for a specialist. Optum’s goal in the next two years is to increase the use of conservative care pathways from 31 percent to more than 50 percent.

A not-for-profit organization, the Foundation for Chiropractic Progress (F4CP) informs and educates the general public about the value of chiropractic care and its role in drug-free pain management. Visit www.f4cp.org or call 866-901-F4CP (3427).



10,000 steps could save \$500 billion

“If you look at it, if everyone did just 10,000 steps a day in America we would probably decrease the healthcare budget by \$500 billion a year and that shows how few people actually do it, and how big a reduction in chronic disease we’d have if more did.”

Even if you don’t have a fitness tracker like a Fitbit, you’ve probably heard that you should strive to take 10,000 steps a day. But where did the 10,000 step recommendation come from? And what happens to your body when you take 10,000 steps? Ten thousand steps was first popularized by Japanese pedometers in the 1960s under the name “man-po-kei,” which means “10,000 steps meter,” according to UC Davis Integrative Medicine.

Today, taking 10,000 steps a day is a popular goal because some research has shown coupled with other healthy behaviors it can lead to a decrease in chronic illness like diabetes, metabolic syndromes and heart disease, according to Michael Roizen, a physician and chief wellness officer at Cleveland Clinic.

“If you look at it, if everyone did just 10,000 steps a day in America we would probably decrease the healthcare budget by \$500 billion a year and that shows how few people actually do it, and how big a reduction in chronic disease we’d have if more did,” according to Roizen, who is also author of *Age Proof: Living longer without running out of money or breaking a hip*.

While the Centers for Disease and Control doesn’t specifically recommend 10,000 steps a day, it does suggest people get at least 150 minutes of moderate activity each week (30 minutes a day) coupled with two or more days of muscle-strengthening activity.

Taking a 30-minute walk a day is kind of like that proverbial apple: There’s a good chance it’ll keep the doctor away. From helping you lose weight and de-stress to lowering your blood pressure and reducing your risk of many chronic diseases—going for regular walks is one of the best and easiest things you can do for your health, says Melina B. Jampolis, MD, author of *The Doctor on Demand Diet*. “Walking is the number one exercise I recommend to most of my patients because it is very easy to do, requires nothing but a pair of tennis shoes, and has tremendous mental and physical benefits,” she says. Here’s what you can expect when you start walking for just 30 minutes every day, most days of the week.

Guidelines urge Americans to get some physical activity and reduce sedentary time, which will ultimately benefit their health, according to Neil Johannsen, assistant Professor in

the School of Kinesiology at Louisiana State University. He said some research shows that adults aiming for the 150 minutes a week typically walk around 7,500 steps a day.

“So, taking that standpoint, 10,000 steps represents that highest level in most adults,” Johannsen said. “It’s that do more than what is recommended and you will see further benefits to your health.” While 10,000 steps may seem like a lofty goal, it’s easier than you think. Johannsen recommends the following:

- Whether it’s at work or going to the grocery store, park your vehicle at the end of the parking lot to get more steps.
- Get up and move for 5-10 minutes every hour at work. Johannsen said people should make time to move during work so they aren’t sedentary for long periods of time. “Get up and move to break up the sedentary time, and that may be just as important as 30 minutes of moderate physical activity each day.”

The benefits over 10,000 steps may be substantial. A recent study found that postal workers in Glasgow, Scotland, who walked 15,000 steps a day, had fewer risk factors for heart disease than colleagues who sat throughout the day. While the study published in the *The International Journal of Obesity*, doesn’t identify 10,000 steps, 15,000 is pretty close. At the end of the day, whether you’re walking 8,000 or 13,000 steps a day, it’s key to get moving.

Research presented at the European Society of Cardiology (ESC) Congress several years ago followed 69 people between the ages of 30 and 60. Those who engaged in daily moderate exercise, such as a brisk walk or jog, high-intensity interval training (HIIT), and strength training experienced anti-aging benefits that could add an additional three to seven years to your life. The researchers recommended a 20-minute daily walk to reap these benefits.

Part of what makes walking so beneficial is that when you’re walking you can’t be sitting. Sitting for more than eight hours a day is associated with a 90 percent increased risk of type 2 diabetes, along with increased risks of heart disease, cancer, and all-cause mortality.

Walk to improve your mood

You know how sometimes it takes a glass of wine or a square (or three) of dark chocolate to blunt the edge of a rough day? Well, going for a walk is a zero-calorie strategy with the same benefits. Research shows that regular walking actually modifies your nervous system so much that you’ll experi-

ence a decrease in anger and hostility. One of the first benefits individuals new to exercise begin noticing, regardless of what kind of workout they’re doing, is improved mental and emotional health. Walking falls within the category of activities with repetitive motions that help the brain process thoughts and memories more easily. Not only that, but it also increases the production of neurons as well as an important neurotransmitter, gamma-aminobutyric acid (GABA), that helps the body and brain cope with anxiety. Walking also boosts mental health by helping you feel more energized and happier, particularly if you walk outside in a familiar location. And the best part is the mental health benefits of just thirty minutes of walking can last up to twelve hours or more, so it’s a great way to start your day the right way.

Build up your steps gradually

For those who are nowhere near 10,000 steps a day, the goal should be to gradually increase the amount of steps you take each day, Johannsen said.

“If you are sedentary the whole goal of the physical activity guideline is to reduce sedentary time,” Johannsen said. “If you are sitting there behind a desk it’s best for you to start low in the 4,000 - 3,000 range, which is actually higher than what most sedentary people get for physical activity.”

In order to avoid injury people who have been fairly sedentary should make sure they take it slow, according to Roizen.

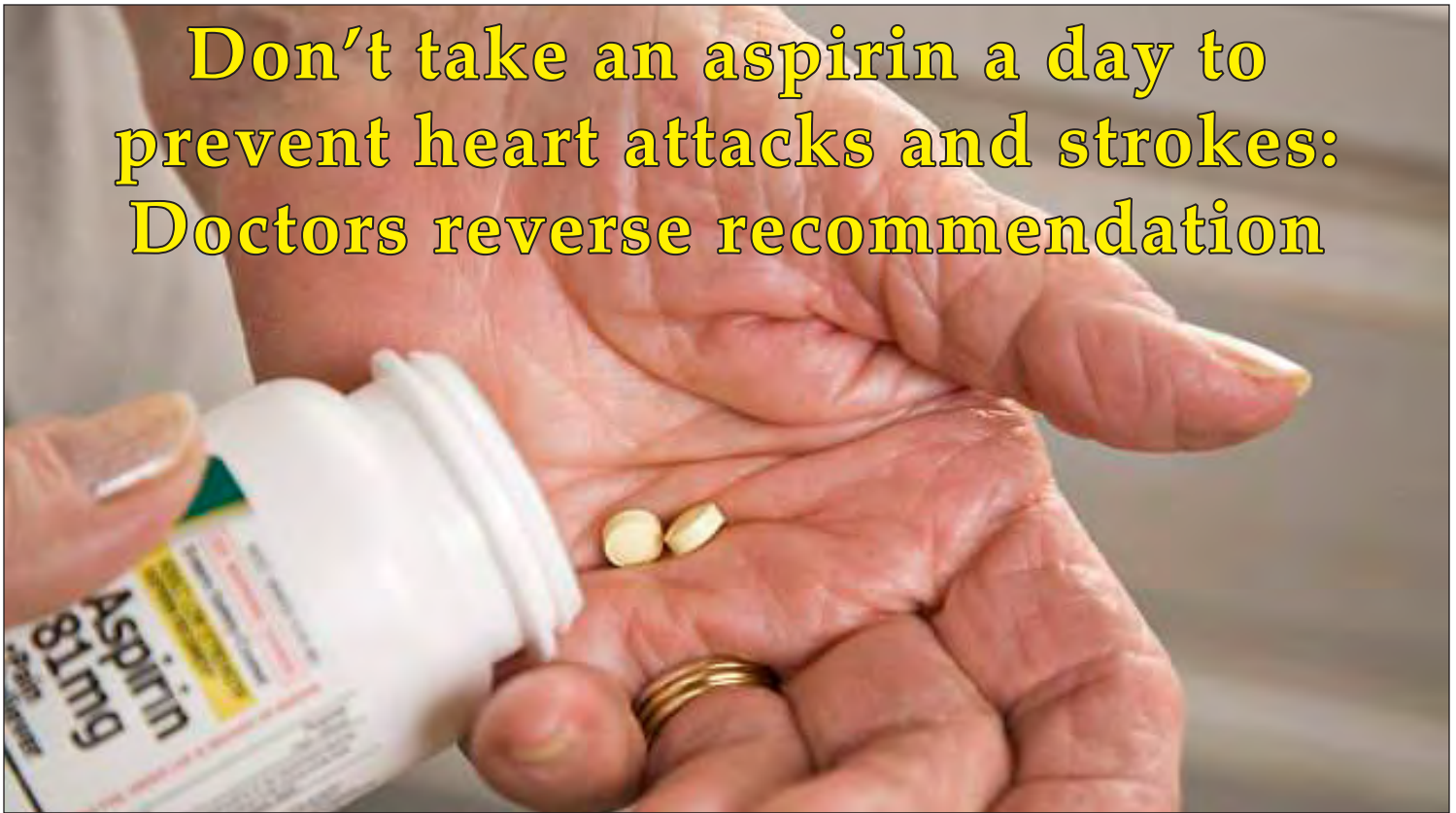
“The goal is just to do four steps more today than you did yesterday,” Roizen said. “This is a hazard with guys more than women where they say ‘I felt so good I did 4,000 steps more than I did yesterday, or than I did in the last 10 years,’ and they injure themselves or develop pain because they went so far, so fast.”

Every step counts

What if you’re so tight on time that you can’t spare a half hour every day? Then get creative and break up your activity into shorter sessions. For example:

- In the morning, park or get off the bus/train about 10 minutes away from your job and walk briskly to work.
- At lunch, walk for 10 minutes around where you work, indoors or outdoors.
- At the end of the day, walk briskly for 10 minutes back to your car or station.

Don't take an aspirin a day to prevent heart attacks and strokes: Doctors reverse recommendation



If you are a healthy older person and take a low-dose aspirin every day, it may be more harmful than you think. A large clinical trial involving participants in Australia and the USA found a daily low-dose aspirin had no effect on prolonging life in healthy, elderly people. It also showed a higher rate of suffering from a major hemorrhage.

Over a four-year span starting in 2010, the trial enrolled more than 19,000 people in Australia and the USA who were 70 and older, or 65 for African-American and Hispanic participants because their risks of dementia or cardiovascular disease are higher. The participants did not have cardiovascular disease, dementia or a physical disability.

Roughly half of participants were given 100 mg of low-dose aspirin, while the rest were given a placebo.

The results showed the aspirin had no effect on whether people would suffer from dementia or a disability. The trial found 90.3 percent of the people who took aspirin remained alive with no persistent physical disability or dementia, compared with 90.5 percent of people on the placebo. Rates of people who suffered from disability and dementia were nearly the same. Researchers found people taking the aspirin showed a significantly higher risk of bleeding, such as hemorrhages.

Responding to that research the American College of Cardiology and the American Heart Association now says that

a daily 75 to 100 milligrams of aspirin should no longer be given as a way to prevent atherosclerotic cardiovascular disease in people older than 70 or any adult at an increased risk of bleeding. Recent research suggests continued aspirin use can cause severe bleeding and hemorrhaging.

“Clinicians should be very selective in prescribing aspirin for people without known cardiovascular disease,” Roger Blumenthal, co-chair of the new ACC/AHA guidelines, said in a statement. “It’s much more important to optimize lifestyle habits and control blood pressure and cholesterol as opposed to recommending aspirin.”

Older adults currently taking a daily low-dose aspirin should contact their healthcare provider before stopping or altering their regimen, Blumenthal said. Select people with high risk of cardiovascular disease and a “very low risk of bleeding” might still be advised by their doctor to take aspirin, Blumenthal said. Aside from prevention, aspirin might still be recommended to people who’ve already had a heart attack, stroke, open-heart surgery or stents.

The ACC and AHA say these are the best ways to avoid heart attacks and strokes:

Eat these foods

A diet full of vegetables, fruits, legumes, nuts, whole grains and fish is best for overall cardiovascular health, according

to the ACC. Limit eating salt, saturated fats, fried foods, processed meats and drinking sweetened beverages.

Regularly exercise

Adults should aim for at least 150 minutes of moderate-intensity exercise each week. This could include brisk walking, swimming, dancing or cycling.

Keep a healthy weight

For people who are obese or overweight, losing just five to 10 percent of body weight can decrease their risk of heart disease, stroke and other health issues, according to the ACC.

Don't smoke

Avoid tobacco by not smoking, vaping or breathing in smoke. One in every three deaths from heart disease are linked to smoking or secondhand smoke.

[Click here](#) to read the *2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease*. Included in the PDF are the **Top 10 Take-Home Messages for the Primary Prevention of Cardiovascular Disease**, which are:

1. The most important way to prevent atherosclerotic vascular disease, heart failure, and atrial fibrillation is to promote a healthy lifestyle throughout life.
2. A team-based care approach is an effective strategy for the prevention of cardiovascular disease. Clinicians should evaluate the social determinants of health that affect individuals to inform treatment decisions.
3. Adults who are 40 to 75 years of age and are being evaluated for cardiovascular disease prevention should undergo 10-year atherosclerotic cardiovascular disease (ASCVD) risk estimation and have a clinician–patient risk discussion before starting on pharmacological therapy, such as antihypertensive therapy, a statin, or aspirin. In addition, assessing for other risk-enhancing factors can help guide decisions about preventive interventions in select individuals, as can coronary artery calcium scanning.
4. Adults should engage in at least 150 minutes per week of accumulated moderate-intensity physical activity or 75 minutes per week of vigorous-intensity physical activity.
5. All adults should consume a healthy diet that emphasizes the intake of vegetables, fruits, nuts, whole grains, lean veg-

etable or animal protein, and fish and minimizes the intake of transfats, red meat and processed meats, refined carbohydrates, and sugar-sweetened beverages. For adults with overweight/obesity, counseling and caloric restriction are recommended for achieving and maintaining weight loss.

6. For adults with type 2 diabetes mellitus, lifestyle changes, such as improving dietary habits and achieving exercise recommendations, are crucial. If medication is indicated, metformin is first-line therapy, followed by consideration of a sodium-glucose cotransporter 2 inhibitor or a glucagon-like peptide-1 receptor agonist.

7. All adults should be assessed at every healthcare visit for tobacco use, and those who use tobacco should be assisted and strongly advised to quit.

8. Aspirin should be used infrequently in the routine primary prevention of ASCVD because of lack of net benefit.

9. Statin therapy is first-line treatment for primary prevention of ASCVD in patients with elevated low-density lipoprotein cholesterol levels (≥ 190 mg/dL), those with diabetes mellitus, who are 40 to 75 years of age, and those determined to be at sufficient ASCVD risk after a clinician–patient risk discussion.

10. Nonpharmacological interventions are recommended for all adults with elevated blood pressure or hypertension. For those requiring pharmacological therapy, the target blood pressure should generally be $<130/80$ mm Hg



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Chiropractic News

Head transplant doctors Xiaoping Ren and Sergio Canavero claim spinal cord progress

Surgeons from China and Italy claimed that two studies published this month add evidence to their ability to treat “irreversible” spinal-cord injuries and a related controversial aspiration to perform the world’s first human head transplant.

Xiaoping Ren and Sergio Canavero said the new work they published in a scientific journal showed that monkeys and dogs were able to walk again after their spinal cords were “fully transected” during surgery and then put back together again. The neurosurgeons described the results as medically “unprecedented.”

The highly experimental procedures took place at Harbin Medical University in China. Both studies were supported by video evidence and published in *Surgical Neurology International*, a peer-reviewed medical journal based in the United States.

[Click here](#) to read the full *USA Today* article.

New study about health benefits of eggs released

Eggs are a staple of American breakfasts, but they’re a highly controversial food. Are they healthy or not? Do they raise cholesterol? Should you eat only the egg whites, or opt for yolks?

A new study tries to answer those questions, but it also adds to the long-standing debate around eggs. The research, published in *JAMA*, says that the dietary cholesterol in eggs is associated with a heightened risk of cardiovascular disease and early death — even though the federal dietary guidelines, and plenty of nutrition experts, consider eggs part of a healthy diet. The most recent edition of the dietary guidelines even dropped its recommended cap on daily dietary cholesterol, citing a lack of evidence for a specific limit. (Previously, it was set at 300 milligrams per day, or a little less than the cholesterol content in two eggs.)

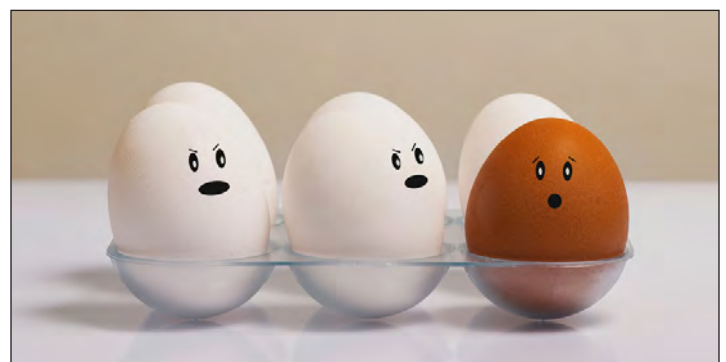
“Whether dietary cholesterol is associated with cardiovascular disease or death has been debated for decades. Positive, negative and [neutral] associations have been reported,” wrote study co-author Victor Wenzhong, a post-

doctoral fellow in the department of preventive medicine at Northwestern University’s Feinberg School of Medicine, in an email to TIME. “The existing literature is still controversial and inconclusive for nutrition experts and researchers to conclude the safety of eggs.”

Conclusions about eggs based on available scientific evidence vary widely — in part because nutrition research is notoriously hard to conduct accurately. Despite the entrenched belief that eggs raise cholesterol, some studies have suggested that dietary cholesterol intake doesn’t necessarily translate to higher blood cholesterol. One study from last year found that people who ate an egg per day had lower rates of heart disease and bleeding stroke than people who did not eat them, and research from 2016 found that eggs didn’t have a strong effect on risk of coronary artery disease. Some researchers have suggested that links between egg consumption and health problems can largely be explained by the lifestyles of heavy egg eaters, since they may also be more likely to eat foods that are unhealthy for the heart and less likely to exercise regularly.

Zhong’s study, however, adjusted for many of these factors, and still found that eggs may be risky for health. Zhong and his colleagues looked at data gathered from six different observational studies, which involved nearly 30,000 U.S. adults with an average age of 51. People provided information about their dietary habits, as well as other health, lifestyle and demographic information. Researchers then tracked their health for up to 31 years, during which time more than 6,100 people died and 5,400 experienced cardiovascular issues.

Both overall dietary cholesterol consumption (from sources including eggs, meat and dairy) and egg consumption spe-



cifically were linked to a higher risk of heart problems and premature death, the study found. For each extra half-egg eaten per day — totaling just three to four more eggs per week — a person’s cardiovascular disease risk went up by 6%, and his or her risk of early death increased by 8%, the researchers found.

In reality, that’s not a huge jump; if 1,000 people ate an extra half-egg per day, the researchers estimate that 11 more people than normal would develop heart disease, and 19 more people than normal would die in the next 30 years. But since eating three to four eggs per week is typical for many Americans, according to the paper’s dietary data, it’s a risk worth considering. People who eat eggs every day should pay extra attention, since “greater consumption means higher risk,” Zhong says.

“Limiting foods rich in dietary cholesterol, such as eggs, may be important to consider when choosing a healthy eating pattern,” Zhong says. “Egg whites, which are a rich source of high-quality protein without dietary cholesterol, can be used to replace whole eggs.”

But yolks are the primary source of many nutrients found in eggs, including amino acids, iron and choline, so there is a downside to dropping them. Yolks are also one of the only natural sources of vitamin D, which many Americans lack.

The research on eggs is contradictory — for now — so people (and their doctors) must personally decide how many eggs is too many, Zhong says. Those who are already at risk of cardiovascular issues may want to be more cautious than those who aren’t, especially if they have a family or medical history of heart disease. Your doctor can help define the right range for you.

Congressman Reschenthaler urges Navy to appoint chiropractors to Medical Corps

This month, newly elected Congressman Guy Reschenthaler from Pennsylvania’s 14th Congressional District sent a letter to Vice Admiral Faison, Chief of the Navy’s Bureau of Medicine and Surgery seeking information about the implementation of Section 5139 of Public Law 102-484, a 25 year old law designed to integrate chiropractors as commissioned officers in the Navy Medical Service Corps.

A veteran himself, Reschenthaler has benefited from chiropractic care and knows the opportunity chiropractic care can offer as a first line of care for pain management. Reschenthaler joined the U.S. Navy Judge Advocate General Corps and volunteered for duty in Iraq where he prosecuted nearly 100 terrorists, including some of Iraq’s most dangerous ter-

rorists. He served as a Navy lawyer in Norfolk, Va. and then in Texas and Oklahoma, where he was the first uniformed military officer ever to share in the prestigious Michael Taylor Shelby Award, given annually by the Southern District of Texas Chapter of the Federal Bar Association for outstanding ethics and professionalism.

Beth Clay, ICA Director of Government Relations commented on receiving the letter, “ICA played a major role in the passage of the chiropractic provisions of PL 102-484 25 years ago. My years doing oversight in Congress taught me that it is vital for legislators to engage in oversight on topics such as this that often get overlooked in the bustle of Washington. ICA thanks Congressman Reschenthaler for taking up this matter as a first step in insuring all the options to help members of the military with health needs that Congress has already empowered the military with are implemented.”

[Click here](#) to can read eschenthaler’s letter.

ICA submits statement of opposition to the Florida Senate on controversial Prescription Authority for DCs Bill S. 1078

The International Chiropractors Association (ICA) has been asked by members in Florida to comment on the pending legislative proposal, Florida SB 1078, that has the potential of fundamentally changing the nature of chiropractic practice as well as confusing the public. In response to this request, ICA has prepared and submitted to Members of the Florida Senate an extensive and well-documented position statement opposing this bill. “The proposed changes, if implemented, may place the public at risk at the hands of a new category of chiropractic provider who will be providing services for which they have not been adequately trained or tested,” said ICA President Dr. George Curry.

For nearly a century the ICA has advocated clear lines of distinction between the health care professions and stood for a drugless, non-surgical national definition of chiropractic. As well, ICA has been outspoken about all professions being obliged to qualify to perform any service at the highest standard of education and testing. It is on this basis, for example, that ICA has challenged the physical therapy profession’s desire to expand their scope in numerous states to include adjusting the spine, with a less than adequate level of education. Now in Florida, a situation is emerging in which pharmaceuticals are being proposed to be added to the scope of chiropractic practice, on the basis of a less than clear or adequate qualification pathway.

Continued on next page

Chiropractic News

Continued from last page

The authority to prescribe and administer medications has traditionally been understood under the law as the practice of medicine. ICA holds that any member of the public, when interacting with any health care professional, has the right to expect that that professional has been trained and qualified at the highest level. We do not believe that this legislative change provides that protection and are urging its defeat.

At a time when national headlines are filled with stories about medical errors and the popular culture is searching for better, safer and more natural care pathways, the incorporation of drugs into popular understanding of chiropractic is counterproductive and will only serve to undermine the profession-wide efforts underway to break through to the public with a clear understanding of chiropractic as a separate and distinct approach to health and healing, free

from the complications and errors of the current medical and drug-based system of health care.

ICA urges all organizations and institutions within the chiropractic profession to take a stand on this issue, supporting the maintenance of chiropractic as a drug-free profession, clearly distinct from the practice of medicine and urge the defeat of SB 1078.

“Now is the time for the vital center of the chiropractic profession to be proactive, outspoken and act to preserve the profession’s strongest asset; its status as a separate and distinct approach to health and healing, without the application of drugs or surgery,” said Dr. Curry. “It is, without question, the right thing to do!”

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OSHA compliance doesn't happen by accident

By Dr. Ray Foxworth, ChiroHealth USA

OSHA (Occupational Safety and Health Administration) was established to protect the health of American workers and works in conjunction with the Department of Labor. The guidelines and standards established by OSHA apply to all businesses, even your chiropractic office.

Recently, during a compliance seminar, the audience was quite surprised to learn that OSHA standards applied to their practices. To review the complete text of regulations, check out Title 29 of the Code of Federal Regulations (29 CFR). We will touch on a few of the requirements here.

1. Bloodborne Pathogens Standard (29 CFR 1910.1030). Although all chiropractic offices don't routinely draw bloodwork or perform urinalysis, it is possible at any time for a patient to start bleeding from something as simple as a nosebleed or experience issues with bladder control. To prepare for those cases, training to control exposure is required for you and your team.

2. Hazard Communication (29 CFR 1910.1200). This is typically referred to as the "employee right-to-know" standard. It requires that employers communicate potential workplace hazards to their employees. You must provide a written hazard communication manual, a list of hazardous chemicals (such as disinfectants, cleaning supplies, soap, etc.) used or stored in the office, and a copy of the Material Safety Data Sheet (MSDS) for each chemical (obtained from the manufacturer) used or stored in the office by OSHA. MSDS sheets are easily obtained online with a quick Google search.

3. Ionizing Radiation (29 CFR 1910.1096). If your practice has an x-ray machine, then this standard applies to you. You are required to have a survey of the types of radiation used in the facility, including x-rays. You must have restricted areas to limit employee exposure. Employees working in restricted areas must be properly trained, certified, and wear personal radiation monitors such as film badges or pocket dosimeters, and any rooms having this equipment may need to be labeled and equipped with caution signs.

4. OSHA Poster and General Safety. Every workplace must display the OSHA poster (OSHA Publication 3165), or the state plan equivalent. The poster must be placed where all employees will see it. You can download a copy or order one free copy from OSHA's web site at www.osha.gov or by calling (800) 321-OSHA.

5. Emergency Action Plan (29 CFR 1910.38(b)). The purpose of the EAP is to provide written documentation that outlines employee and employer actions during a workplace emergency. If fire extinguishers are required or provided in your workplace, and if anyone will be evacuating during a fire or other emergency, then OSHA's [29 CFR 1910.157] requires you to have an EAP. It should include step-by-step procedures along with escape routes.

OSHA is one of the only regulatory agencies that goes out of its way to make regulatory requirements easily accessible. You can find sample programs, training, and other resources, to help you become OSHA-compliant. Make a list, bookmark the OSHA web page, and take time each week to work on making sure your practice meets these standards.

While most all of us went to chiropractic college just to help people, we must understand that we are in one of the most regulated environments in the country. That's not a good thing, or a bad thing, but it IS a thing. It is frustrating to feel like we are in practice to comply with regulations but we're not. We are in practice to help people. But to do so, we must help ourselves by knowing what is expected of today's healthcare providers.

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. You can contact Dr. Foxworth at 1-888-719-9990, info@chirohealthusa.com or visit the ChiroHealthUSA website www.chirohealthusa.com.

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Chiropractic College News

CUKC President named Icon of Education

Cleveland University-Kansas City (CUKC) has announced that Dr. Carl S. Cleveland III, president, has been named a 2019 “Icon of Education” by Ingram’s magazine. According to the publication, the honorees were chosen because each has “demonstrated a lifelong commitment to improving the lives of their students and, by extension, the health of the region, for decades to come.” Cleveland was among only 10 educators in the region named to the prestigious list.

A fourth-generation chiropractor and the grandson of the institution’s founders, Cleveland graduated from CUKC in 1975. He was named president of the University in 1982 and has served concurrently as a member of the faculty and the administration since that time.



Life West Job Fair

Looking for an Associate? Need a job? Then save the date for the Life West Job Fair April 11 from 11:30 am - 1:00pm. Last job fair we had nearly a hundred offices looking to hire and dozens and dozens of excellent soon to be Life West graduates meeting them. So save the date, and better yet save your spot early by RSVPing to ppeet@lifewest.edu

A promotional poster for the Life West Job Fair. The background is dark blue with light blue and green accents. Text includes: "NEED AN ASSOCIATE? Select the right DC to join your practice from a deep pool of senior chiropractic students." "LIFE WEST JOB FAIR" in large white letters. "RSVP BY APRIL 9" with contact info "ppeet@lifewest.edu • 510.780.4500 x2240". "CALLING ALL DCs and LIFE WEST SENIORS" "THURSDAY" "APRIL 11" "11:30 AM - 1:00 PM" "LIFE WEST GYMNASIUM 25001 INDUSTRIAL BLVD. HAYWARD, CA".

NEED AN ASSOCIATE?
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a deep pool of senior chiropractic students.

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HAYWARD, CA

Service trips help Life West share power, vision of chiropractic

At Life Chiropractic College West, “creating a brighter future for humanity” is a vision that goes far beyond the campus perimeter. Delivering a world-class education based on the history, philosophy and principles of chiropractic is just part of the school’s curriculum. In addition to creating highly trained professionals as care providers, the college also instills a core set of values in the student body, based on a campus-wide “Lasting Purpose” that fosters generosity and community accountability: Give, do, love, serve from a place of abundance. Life West seeks to inspire students to become active in their communities—and in the world—promoting a chiropractic philosophy that not only advances the profession but utilizes the knowledge and skills gained to improve health globally.

More than 200 Life West students have participated in the program—approximately 30 student members at any given time—and the program manages more than 700 patient files.

Life West’s goals to broaden chiropractic are a key part of the service trips that are increasing in frequency, allowing both faculty and students to serve and care for people around the world. Students get the added benefit of learning on the job. Each of these service trips began as individual efforts, but all were developed to serve one overall purpose: providing students and faculty with the opportunity to help people in need who might not or have never had access to the benefits of chiropractic. Some of the service trips take place on Life West’s home turf, in San Francisco’s Mission District or in the East Bay’s downtown Hayward, and others have taken students to the other side of the world, to India and Tonga.

Once a month, the team conducts a free chiropractic clinic for the San Francisco Day Labor Program and Women’s Collective, which has been uniting, empowering and organizing immigrant workers for dignified work and fair wages in San Francisco since 1991. From the initial launch to today, chiropractic services at the site have been met with phenomenal enthusiasm. Teams typically treat from 15 to 25 patients during each 4 1/2-hour event—three-quarters of the patients seen are returning for follow-up care while new patients continue to sign up regularly.

Life West 35th Annual Golf Classic May 9

Join the Life West Community of Alumni and Friends at one of the East Bay's most exciting and challenging golf venues Boundary Oaks Golf Course, 3800 Valley Vista Road, Walnut Creek, CA. Tournament Dinner and Awards to follow. Proceeds to benefit the Alumni Association's Life West Student Scholarship Program:

- Jackie "Mamma Jackie" Biron Scholarship for student leadership
- Jim Hawkins Scholarship for academic excellence in the basic sciences
- Nancy McKillican Scholarship advancing chiropractic philosophy

For sponsorship opportunities email thyland@lifewest.edu or call (510) 780-4500, ext. 2060. [Register yourself and your foursomes online](#)



Logan research published

Brain Stimulation, a premier journal for original research in the field of neuromodulation, has published research co-authored by Norman W. Kettner, DC, DACBR, DCBCN, FICC, chair of Logan's Department of Radiology.



The study looked at the vagus nerve, which originates in the brain stem and is responsible for a variety of systems operations in the body, including the cardiovascular, immune and metabolic. Specifically, Dr. Kettner's research wanted to determine if targeting vagal nuclei in response to stimulation was enhanced when the stimulation was delivered during exhalation.

To find out, researchers used a multimodal ultrahigh-field (7T) fMRI to examine vagal nuclei in the brain stem while applying a respiratory-gated auricular vagal afferent nerve stimulation (RAVENS) technique. The transcutaneous electrical stimulation was applied in the ear at the cymba conchae. The results demonstrated that targeting was indeed enhanced during exhalation. This work will translate to non-

pharmacological approaches for modulating brain activity in chronic pain and other neurological conditions.

Dr. Kettner's co-researchers included Roberta Sclocco, PhD, and Vitaly Napadow, PhD, who are affiliated with Logan University, Department of Radiology through the Athinoula A. Martinos Center for Biomedical Imaging at Massachusetts General Hospital.

Dr. Kettner said he was honored to have research accepted by *Brain Stimulation*. "The journal focuses on research that promises to noninvasively modulate the nervous system and function of the brain," he said. "Our research achieved that, and offers a brand new field of study."

U.S. Army Reserve welcomes new Ambassador

The 88th Readiness Division welcomes Dr. Julie L. Johnson as its newest U.S. Army Reserve Ambassador to Iowa. In this nominated position, Johnson will serve the Soldiers and their families of Iowa.



Johnson currently serves as a Faculty Clinician at Palmer College of Chiropractic Clinics in Davenport, Iowa. In 2004, Johnson created a Military Care Program for active duty Soldiers, veterans with a 20 percent disability rating or greater and their direct family members. Formalized in 2008, this program is now offered at Palmer College campus locations in California, Florida and Iowa, and provides in-kind comprehensive physical examination, chiropractic health care, x-rays and chiropractic rehabilitation services.

Currently the Military Care Program has provided over \$3.3 million of in-kind care. Johnson's article, *Body Matters, Take Care to Avert Musculoskeletal Injuries*, was published in the August 2016 edition of *Army Magazine*.

Johnson developed the first multi-practitioner integrative health facility in the Quad-City region and is recognized as a public relations and wellness expert with a special interest in military health issues. Johnson has spoken nationally and internationally to audiences of all sizes and backgrounds. She has frequently worked with the media in both live and taped formats, spoken on the radio, been interviewed for publications and contributes regularly to local written publications. Johnson has also been accepted for workshop, platform and poster presentation numerous times at the Association for Chiropractic Colleges Research and Agenda Conference.

Continued on next page

Chiropractic College News

Continued from last page

Call for Abstracts

Sherman College of Chiropractic is now accepting abstracts for its 16th annual International Research and Philosophy Symposium (IRAPS), a peer-reviewed chiropractic conference that addresses vertebral subluxation research and the philosophy of chiropractic. Abstracts must be submitted by May 1, 2019.

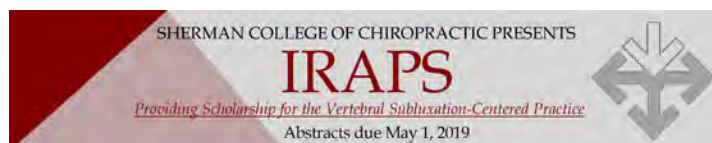
IRAPS 2019 will be held October 12-13, on the Sherman College campus in Spartanburg, SC. Continuing education credit will be available; details will be released after speakers have been selected.

Topic examples for this year's abstracts, both for platform and poster presentations, may include:

- Case studies that focus on the location, analysis and correction of vertebral subluxation (LACVS)
- Philosophy of chiropractic as a component of LACVS type care
- Scholarly pursuits that will advance chiropractic education, practice and the profession

The goal of IRAPS 2019 is to bring leaders in philosophy and research together, along with practitioners and educators who are centered on vertebral subluxation practice, to build a stronger academic community worldwide regarding the subluxation model of chiropractic. Our intent is to foster a view that the chiropractic profession is centered on vertebral subluxation, based on vitalism, dedicated to research and developing a discipline of philosophy.

Abstracts are to take the form of short papers having approximately 300 words. References are expected. Each submission undergoes a peer-reviewed process. Find out more about IRAPS and the [detailed Call for Submissions](#), including abstract guidelines <https://www.sherman.edu/iraps>. You may also contact Angel Radick at aradick@sherman.edu or 800-849-8771, ext. 221.



SCU receives grant to study non-medication approaches to pain treatment

Over the past few decades, growing opioid misuse across the United States has led to increases in overdoses, addictions, and even deaths. According to a 2015 study, between 21% and 29% of patients who are prescribed opioids misuse them. Because opioid addiction typically stems from the need for pain treatment, could using non-pharmacological methods to treat pain, such as acupuncture, Ayurveda, or chiropractic care, lead to a reduction in opioid usage?

Southern California University of Health Sciences (SCU) recently received an impactful grant from the Anton B. Burg Foundation to answer this very question through research.

Opioids: A Brief History: In the early 1980s, when a study discovered that pain was being undertreated in certain groups, including women, minorities, and those of lower socioeconomic status, the medical community was urged to pay closer attention to pain treatment. Following close on the study's heels was the beginning of the HIV epidemic, which drew even more attention to pain treatment.

Over time, pain levels became known as another vital sign, such as pulse rate or body temperature. In 1996, the American Pain Society officially declared pain to be the "fifth vital sign." During this time, a new opioid claiming to be the best pain medicine available was released. Pharmaceutical companies reassured the medical community that patients wouldn't become addicted to this new type of prescription drug. As a result, more opioid prescriptions were written to improve quality of care. In 2017, opioid prescriptions were written for nearly 58% of Americans.

Filling the Evidence Gap: Today, when solutions to the opioid epidemic are discussed, they're typically "drug solutions for a drug problem," as Dr. James Whedon, DC, MS, director of health services research for SCU, describes. Those solutions can take the form of other drug types, different prescribing practices, or regulations regarding pharmacy practices.

There's currently a lack of evidence supporting the effectiveness of non-pharmacological therapies as a potential solution to the opioid epidemic (although there is evidence to support the effectiveness of these therapies as a whole).

“Many integrative healthcare therapies and approaches need to hurdle a higher bar when it comes to scientific evidence,” explains Dr. Whedon.

The Anton B. Burg Foundation grant will help SCU fill this evidence gap by evaluating the impact of chiropractic care on the use of opioids among U.S. Medicare beneficiaries, who typically have limited access to chiropractic services.

In collaboration with the Dartmouth Institute for Health Policy and Clinical Practice, which has a highly secure database of Medicare administrative claims for research purposes, SCU will access data through a secure web connection. The data features information about beneficiaries’ encounters with the healthcare system and therapeutic interventions, including medication, procedures, and care services.

Expected to inform improvements in the quality and value of care for patients with low back pain, the goal of SCU’s

research is to accelerate the adoption of effective, non-pharmacological options to address spine pain for Medicare beneficiaries. Once the data is analyzed and the results are compiled, they will be published. The goal is to finish the analysis within the next nine months and submit it to a peer-review journal by the end of 2019.

The analysis will build upon recently published research by Dr. Whedon and his team, which reports that chiropractic care is correlated to reduced use of opioids among New Hampshire residents suffering from low back pain.

Healthcare has to be based not only on value, says Dr. Whedon, but also on humanistic values, respect for the patient, and valuing each patient as a unique individual while caring for him or her with attention and compassion. “Those humanistic values are woven into integrative medicine, which is why SCU is producing evidence for its effectiveness, safety, and value through this grant.”

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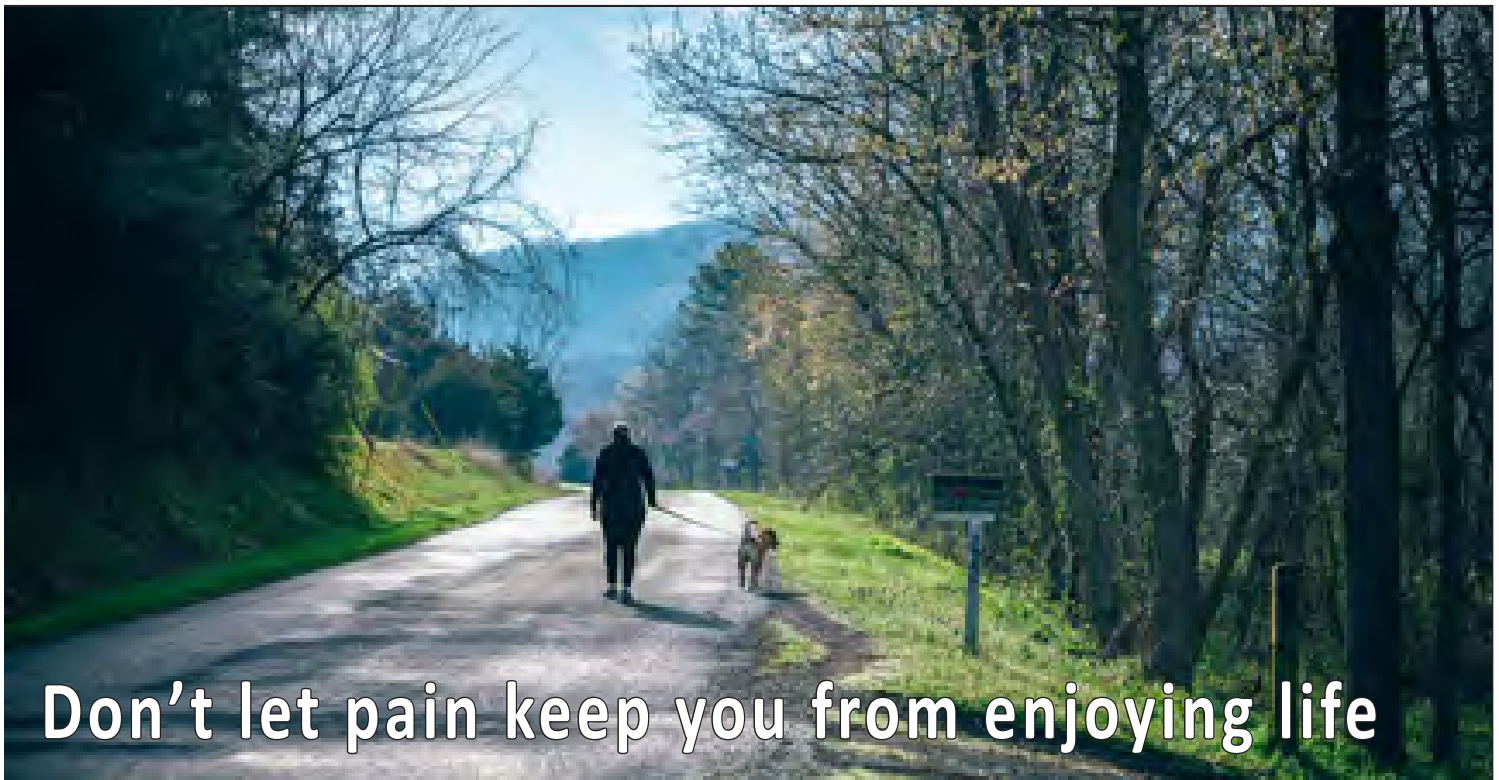
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Each has the following tagline:



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There's no need to let stiff, aching joints keep you from doing what you love. You can help control the pain, increase your flexibility and range of motion, and get amazing relief with the right exercises. Physical activity is important to you so it's time to learn how chiropractic care can help get you moving again.

Pain relief: Whether your pain is acute and was caused by an unexpected injury, or chronic and it's been your constant companion for months, chiropractic care can help! A chiropractor can help identify and treat the actual source of your pain and correct any joint restrictions of the spine. The biggest benefit of the pain relief is that it is completely drug-free, so it won't have the many undesirable and unwanted side effects that typically come with prescribed pain medications.

Increased balance and coordination: Chiropractic adjustments help with age-related issues that can affect a patient's balance and coordination, such as osteoporosis and arthritis. A chiropractor can improve this deficiency by properly aligning the spine, muscles, and joints in a patient's body.

Improved range of motion: Unfortunately, many people may feel pain or discomfort when bending over or reaching for items, but chiropractic care has consistently been shown to increase a patient's range of motion in the spine, arms, and legs. With an improved range of motion, patients can get back to taking care of their basic needs, enjoying their hobbies and family more, and living the life they want without pain.

Injury treatment: Injuries are an unfortunate and often inescapable aspect of life, and recovering from them quickly and completely is critical to your quality of life. Chiropractic care helps patients through this recovery process in a safe and effective way, completely avoiding the use of medications and invasive treatments. When the spine is properly aligned, the injured tendons and muscles are able to heal correctly.



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The Idaho Association of Chiropractic Physicians

The IACP News

Display Advertising Policy, Rates and Information

The Idaho Association of Chiropractic Physician's *IACP News* is a full-color digital newsletter, published monthly and distributed to member doctors of chiropractic across Idaho as well as out-of-state members and student members.

Advertising deadline

Artwork is needed by the 15th of any month for publication in the following month's newsletter. The *IACP News* is published the last week of every month.

Ad Sizes and Rates

IACP reserves the right to determine position and placement of all advertising. Special positioning may be purchased for an additional 20% if space is available. Inside Cover and Back Cover are charged additional 20% for special positioning. **15% off these rates for IACP Members.**

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