

ON THE AGENDA

NYS CA

March 2023

New York State Chiropractic Association

2023 SPRING CONVENTION



PRESIDENT'S REPORT
Anthony Palumbo, D.C.

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president@nysca.com

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2022 - 2023

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antoinette@nysca.com

WELCOME NEW MEMBERS

The NYSCA would like to welcome new and returning members!
Your participation in professional organizations is essential to the
advancement of our work for our members and our patients. Thank you!

NEW MEMBERS

Dr. Marisa D'Andrea D1
Dr. Joseph Lombino D9
Dr. Michael Penkin D15
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Dr. Mark Snyder D3
Dr. Valiant Dia D6

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Dr. Robert Salanger D12
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Dr. Alexander Spinoccia D6

STUDENT MEMBERS

University of Bridgeport, College of Chiropractic

Christopher Flynn

Northeast College of Health Sciences

Yousif Abdulkarim

Nick Aiola

Hannah Button

Brenden Candella

Jade Carbuccia

Marc Carroll

Kellie Dattilo

Grant Fox

Zachary Hudson

Katia John

Marcelline LaRiccica

Luz Lopez

Michael Morman

Sulayman Niaz

Kyle Patten

Morgan Rogers

Angela Servais

Angel Soto

Jessica Turzan

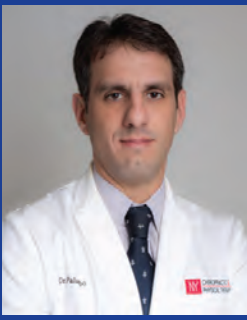
William VanDusen

Andrew Vo

Faith Wang

Matthew Ward

COVER PHOTO Dr. Phil Facquet - D7



PRESIDENT'S REPORT

Anthony Palumbo, D.C.

Hello to all our members! As always, I hope this message finds you and your families well.

This past August one of my kids started his first year in college. If you have been in this position, you know that it is a point in life which is bitter-sweet. Without getting into the depth of significance of this type of life event, I will use it to highlight that often we misinterpret pivotal moments in our lives. These moments should not be viewed as the end of a journey. In this case, it should not be seen as the end of my son's childhood, for him or for our family. Rather this is a milestone, a goal achieved along the path of life.

Why do I point this out? Because we often confuse reaching our goals as completing the journey. The only thing that is real about a journey, whether personal or professional, is the step that you are taking at any given moment. Our goals are not a destination with an end, but instead are milestones on the path which we continue to trek. Our journey is dynamic and ever-changing. It is not a static, linear existence marching toward an end.

As the poet and novelist, Oliver Goldsmith said; "Life is a journey that must be traveled no matter how bad the roads and accommodations".

As we all know, as chiropractors our journey is generally filled with roads that have many potholes and very few five-star hotels for us to rest in. I am happy to say that as we crossed over the border from 2022 to 2023, we reached a small milestone for our profession. I hope that you saw [the announcement regarding our legislative victory](#). Governor Hochul signed our Coalition Conservative Care Bill into law on December 23, 2022.

This law requires a practitioner treating a patient with a neuromusculoskeletal condition causing pain to discuss with the patient the efficacy of non-opioid conservative care treatment options before prescribing an opioid. Chiropractic is specifically listed as to be mentioned in these treatment alternatives. This is an accomplishment on several levels.

First, chiropractic is now officially "on the books" in New York State as a viable alternative to an opioid prescription. Second, it shows that our combined work with our partners in the healthcare coalition can pay off. Third, we secured a legislative achievement in the tough environment of New York politics. And lastly, and most importantly, it is a victory for the public in combating the opioid crisis.

This accomplishment was only possible because of you, our members supporting the determined work of the NYSCA to serve the public and advocate for patient health and wellness in New York State.

We believe that this legislative success can be further built upon. As conversations regarding combatting the opioid epidemic continue, chiropractic and the other conservative care therapies are now part of the conversation within the state legislation and in every professional healthcare office in NYS. But this is not the end because our journey certainly continues.

Our ongoing legislative agenda includes creating a better environment for the business of chiropractic in New York State. The NYSCA continues to focus on scope modernization and healthcare partnership, both of which have active bills in the state legislature. We are currently in the process of reintroducing these two bills into the new legislative session along with completing the development of a new "look back" bill that will hopefully prevent attempts of recouping payments after long periods of time have passed. (See the full NYSCA legislative update in this issue of On the Agenda).

We owe a great deal of gratitude to our legislative committee and our lobbyist Amy Kellogg. Be sure to thank them at our upcoming spring convention which will be held at Mohegan Sun on April 14-16, 2023.

Continued on page 29

NYSCA/Council Social

Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead



Left to Right Doctors Chris Dressel, Ken Munroe, Brenda Covell (District 17 President), Patrick O'Neill, Chris Acquisto and David Lewis.



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We are proud to be a Premier Sponsor of the New York State Chiropractic Association.

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NYSCA 11160



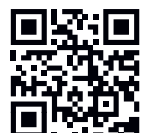
Labcorp partners with NYSCA to simplify access to diagnostic testing.

We believe in harnessing science for human good. And so we work day and night, around the world, to deliver answers for all your health questions—whether you're a provider, drug developer, hospital, medical researcher or patient. That means everything from advancing diagnostic testing, to helping launch new drugs, to offering new perspectives through data, all drawing from a deep well of scientific expertise. So when you need trusted information to make clear, confident health decisions, consider Labcorp your source.

Labcorp is the laboratory of choice for New York State chiropractors, and now Labcorp has partnered with NYSCA to simplify access to world-class diagnostic testing. With nearly 150 convenient patient service center locations and in-network status with all major insurance plans, our team of scientists, sales consultants, IT experts, and logistics professionals are poised to bring value to your practice every day. Whether it's scheduling a specimen pickup, integrating with your EMR, or speaking with one of our scientists, our team is proud to be your trusted partner.



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Clarifications Regarding the Scope Modernization Bill

Dr. Mariangela Penna

We are pleased to announce that our scope modernization bill has been introduced in the current legislative session by our Assembly sponsor Daniel O'Donnell. A senate companion bill is expected shortly.

For a bit of history, the scope modernization bill was negotiated between leadership and legislative committees of both the NYSCA and The Council along with our respective legislative counsel, Amy Kellogg for NYSCA and Perry Ochacher for The Council. In an effort to maintain transparency and to get feedback from the profession, and not just organization members, the bill language was posted to the NYSCA website with the profession having the ability to ask questions, comment and provide feedback. The NYSCA's goal has always been to create bill language that would serve all members of the profession regardless of philosophy or practice style and allow NY to become a state where graduates would want to stay and thrive. Once this process was concluded, the bill was introduced in both the Senate and the Assembly in 2018. Since the bill's original introduction, no changes were made to the bill.

Recently, there have been concerns that the bill is not strong enough in protecting the ability of chiropractors to perform x-rays. Our lobbying team does not believe this to be true. Section 6551(2)(a) of the bill reads:

The practice of chiropractic may include, but not be limited to, physical and functional examination of patients, health assessment, work capability assessment, handicap eligibility assessment, school and other sports assessment, school attendance assessment, spinal health assessment, analysis, or to give consultation, advice, recommendations and counseling regarding anatomy, physiology, neurology, general health matters, wellness and health optimization by any means of communication, **the use of imaging studies using ionizing and non-ionizing imaging methods**, adjustment, mobilization, manipulation, traction, and decompression, and ancillary

procedures consisting of but not limited to, heat, cold, light, air, water, sound, electricity, massage, manual therapies, therapeutic exercise with or without assistive devices and clinical laboratory testing methods approved by the department as being appropriate to the practice of chiropractic.

This is the original language negotiated and vetted by the profession, and it appears that the confusion over this issue has arisen because one particular section is being focused on. With a bill of this nature, you cannot look at each section as its' own part. You must read the bill in its entirety to get a full sense of what is being accomplished and changes. While reading one part of the bill may appear to be removing x-ray reading the full bill makes clear that x-ray (which is being updated to the term diagnostic imaging) is absolutely included and has been moved to a more prominent section that outlines fully what a doctor of chiropractic can do under the updated scope of practice.

As we have attempted to learn more about this concern, and from where it came, it appears the heart of the issue is not really a scope of practice issue but a reimbursement issue. If anyone is having an issue with insurance companies denying their x-rays, please let us know. The NYSCA has an Insurance Committee that works on issues just like this. For the Insurance Committee to proceed, we will need documentation of the denial so that we can follow-up accordingly. To date, we have not received any documentation, but we stand at the ready should we receive any.

The main legislative priority for NYSCA is the scope modernization bill, and we will continue to advocate for its passage in Albany. Passage of this legislation will allow for a better practice environment for our entire profession and all the patients we serve. We hope that our partners and stakeholders in NYS feel the same and continue to support this important legislation. It is our hope this legislation will serve as an impetus to attract new DC's to our great state of New York and to allow for a better practice environment for our entire profession to serve the public in a greater capacity.



A Healthcare Crisis Exists- Will Chiropractic Meet the Challenge?

By Gregory Roth, DC MSACN

IN the last few years as the nation has endured multiple outbreaks of communicable diseases, shortcomings in the US healthcare system have been repeatedly exposed.

Access to care at many levels was restricted due to Covid, causing many Americans to go without. A recent Gallop survey showed that in 2022, 38% of US residents reported putting off necessary care due to access and affordability.¹

According to data compiled through Harvard, Americans have more difficulty in finding primary care providers than ever before² and access to specialists is often difficult or requires referral from an entry level provider.

These factors have created a situation where our patients are often underserved while providing a unique opportunity for the profession to step into this void and better serve our patients while reducing the burden to a broken system, forecast to

worsen in coming years. The current apparatus in effect is for the most part, crisis intervention and not HEALTH care.

Our role can expand to create a more effective process that is more focused on well-being.

Chiropractic education is extensive and includes 4200 hours of various clinical training including laboratory procedures.

Chiropractors have typically relied upon the existing network of providers to assess laboratory analysis, but that network is failing.

History shows that since the 17th century, healthcare professionals have been testing and evaluating blood chemistry for the purposes of appropriate diagnosis and treatment of the patient's they care for.³

In New York State, Doctors of Chiropractic are within their scope of practice in ordering and evaluating various tests for

abnormalities; e.g. urinalysis, blood, stool and microbiology tests. There are almost 200 diagnostic tests that chiropractors in New York have the ability to order.⁴

However, several hurdles exist for the practicing chiropractor to order these tests for their patients. These include high overhead costs to have biohazard waste removal, staff who are skilled at phlebotomy if they are not drawing the blood themselves, and occasionally, simply not being aware that they have the right to do so in New York. This is where LabCorp has stepped up to make our work easier.

NYSCA and LabCorp have been working hand-in-hand to develop a way to order lab tests for your patients including an easy-to-use requisition form, electronic orders, and developing educational materials to help you understand what tests to order, when to order them, and how to interpret the results. Our goal is to enhance the ability of DCs to meet patient's needs and remove existing barriers to using these services.

You may ask "why would I start doing this now?"

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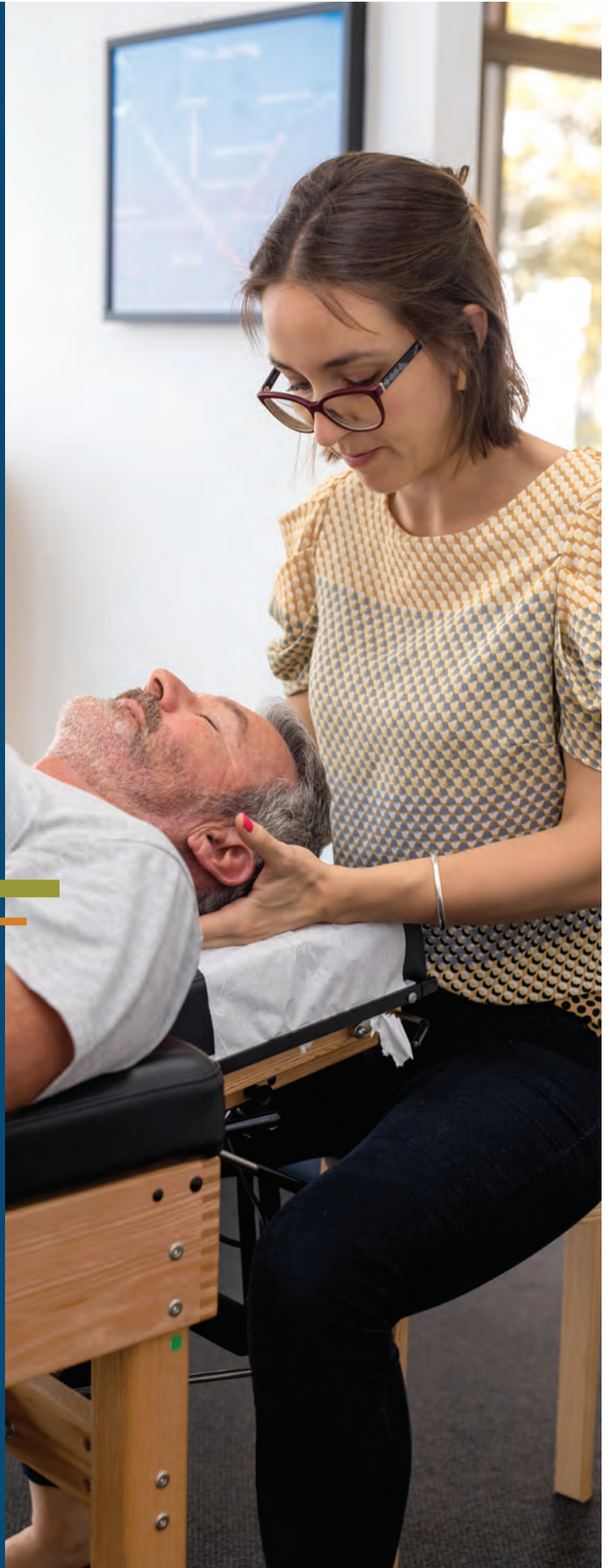
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- ✘ Not quotas.
- ✘ Not our executives.
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Presenting the New York State Chiropractic Association

2023 Spring Convention

April 14-16, 2023 at Mohegan Sun Casino & Resort

Sky Convention Center | 1 Mohegan Sun Blvd, Uncasville, CT

It is our pleasure to announce and formally invite you to participate in the NYSCA 2023 Spring Convention! We look forward to seeing you in person at our next live event to be held in the Sky Convention Center at Mohegan Sun!

Earn up to 16 CE Credits over 3 days and across 2 tracks!

We encourage you to arrive early for the Friday session to check in and visit with our event exhibitors. Classes on Friday will be from 2pm-6pm and will offer up to 4CE, followed by our Welcome Reception. The Saturday session will be from 8am-6pm and will offer up to 8 credits, along with a banquet luncheon and dessert reception with sponsors and exhibitors. The Sunday portion will be from 8am-12pm and will offer up to 4 credits.

[Make Hotel Reservations](#)

[Learn More & Register Online](#)

[Visit the Virtual Expo](#)

Up to 13 Category 1 credits ; Up to 16 out of state credits. Registration MUST be received by 5pm on Friday, 04/07/2023.

Speaker Lineup



Scheduled speakers include: Sherry McAllister DC (F4CP); Kelley Humphries DC (NCMIC[†]); Lori Holt RN-BC (NCMIC[†]); Jennifer Illes DC (Foot Levelers); Anish Bajaj DC (Foot Levelers); Lewin DC (Eclipse EHR Solutions); Daniel Birk MD (NSPC Brain & Spine Surgery); Amit Sharma MD (Amit Sharma MD); Jeff Lev Lewin Esq (Lewin & Baglio LLP); Cory Marone DC (LabCorp); Bethany Buryta DC (NYSCA); Mitch Green DC (NYSCA); David Kartzman DC (NYSCA); Karl Kranz DC Esq (NYSCA)

Event Schedule Overview

Friday, April 14, 2023

1:15pm-2:00pm Registration
2:00pm-6:00pm Classes (4 CE)
6:00pm-7:00pm Welcome Reception

Saturday, April 15, 2023

7:15am-8:00am Registration
8:00am-12:00pm Classes (4 CE)
12:00pm-1:30pm Banquet Luncheon
1:30pm-2:00pm Exhibitor Reception
2:00pm-6:00pm Classes (4 CE)

Sunday, April 16, 2023

7:15am-8:00am Registration
8:00am-12:00pm Classes (4 CE)

Save \$50 when you register by 03/31/23. Special pricing for Association Members

Association Member Standard Registration is \$319

Non-member standard registration is \$419. ATD registration applies as of 04/01/23

† Attend NCMIC's seminar for a total of 8 hours on Saturday to receive a discount for 3 years on the renewal of your NCMIC malpractice insurance premium. 5% discount for full-time DCs; 2.5% discount for part-time DCs premium.

Policy Statement: The NYSCA makes every attempt to offer programs as publicized. We nevertheless reserve the right to alter and/or adjust program details, including but not limited to dates, locations, times, instructors, and presentation sources and sequences. Please visit the NYSCA event webpage to review our Registration and Cancellation policies, along with accommodations details.

License Renewal: Continuing education credit (CE) is provided by Northeast College of Health Sciences. Pending for NY, PA, NC, FL, MO, TX. Pre-Approved: CO, CT, DE, DC, ID, IL, IN, IA, MA, MD, MS, MT, NE, ND, NH, NJ (DC only), OH, OR, RI, SC, UT, VT, VA, WA, WY, Puerto Rico, Canadian Provinces (except AB)

This seminar is valid for CE credits in "pre-approved" states, so long as it falls within the scope of practice as outlined by the corresponding state board. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. Northeast College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.





The New York State Chiropractic Association

2023 Spring Convention

Please register online with a credit card at www.NYSCA.com

OR mail this registration form with check payable to: NYSCA, PO Box 557, Chester NY 10918

Convention Registration

NYSCA Member Council Member ACA Member Other State Assoc. Member Unaffiliated

Doctor Name _____

NY Lic# _____ Other State _____ # _____

Mailing Address _____

City/State/Zip _____

Phone _____ Fax _____

Email _____

Registration Category

	Early by 01/20/23	Standard by 04/01/23	At The Door after 04/01/23
<input type="checkbox"/> Non-Affiliated DC	\$369	\$419	\$469
<input type="checkbox"/> NYSCA/Council/ACA Member	\$269	\$319	\$369
<input type="checkbox"/> 1st or 2nd Year Licentiate Member	\$109	\$159	\$209
<input type="checkbox"/> CA attending with registered DC - Indicate #: _____	\$99	\$139	\$179
<input type="checkbox"/> 50+ yrs. in practice NYSCA member	\$0	\$0	\$0
<input type="checkbox"/> DC student or full-time college faculty	\$0	\$0	\$0

(student/faculty registration does NOT include CE or lunch; meal tickets must be ordered separately)

Saturday Luncheon

1 lunch is included in registration unless otherwise noted

Chicken _____ Salmon _____ Veg _____ Other: GF _____ DF _____ Kosher _____

Not attending luncheon

Additional luncheon tickets # _____ @ \$45.00 each \$ _____

Children under 10 (Chicken Nuggets) # _____ @ \$25.00 each \$ _____

Total: \$ _____

Registrations may be submitted online or by postal mail. Faxed registrations are NOT accepted.

Cancellation Policy: Cancellation and refund requests must be made in writing and sent to controller@nysca.com. Refunds will be issued in the manner in which payment was received and will be subject to a 15% processing fee if received more than one week prior to the scheduled event. All postage fees are non-refundable. Cancellations within one week of the event may be subject to additional administrative fees. Please review our [Convention Policy Statement](#) for details.

Invalid credit cards are subject to a \$10.00 fee and returned checks are subject to a \$20.00 fee.

Pricing

To qualify for member pricing, your membership with the NYSCA, New York Chiropractic Council, or American Chiropractic Association must be active and current. Association membership subject to verification. Contact our administrative office for more details.

Registration Deadline

Early registrations must be received with payment by 01/20/23.

Standard registrations must be received with payment by 03/31/23.

At-the-door pricing (add \$50) will apply for registrations completed after 03/31/23.

Faxed registrations are NOT accepted.

Questions?

Please contact the event coordinator: Elizabeth Kantrowitz 518-312-4236 controller@nysca.com

Upcoming Events

Additional CE events may be coming up at the district level. Please contact the individual districts for more information.

Learn More

www.NYSCA.com

CASE STUDY

Member Doctor Submission



NYSCA Member Spotlight



Dr. Robin Stein - Region 2 Director, District 7 Vice President, Member of New York State Chiropractic Association Insurance Committee, Chiropractor at Chiropractic Care of East Islip.

Dr. Robin Stein's NYSCA involvement began in 2007. She joined NYSCA following the opening of her office in East Islip. Dr. Stein was appointed treasurer of District 7 (Suffolk County) later that year and held that position for 11 years. She then took on the role of Vice President for District 7 and currently remains in that position.

In 2018, Dr. Robin Stein joined the NYSCA Board of Directors, representing Region 2 (Suffolk County, Long Island). Since she was appointed regional director, Dr. Stein has remained an active member of the NYSCA Insurance Committee (NIC). Along with the rest of the Insurance Committee, she informs and educates NYSCA members of significant changes/updates to Insurance Plans, office compliance, Workers' Compensation and No-Fault Programs.

She also organizes regional meetings for different districts throughout the state and lectures on various topics at monthly meetings and conventions on behalf of NYSCA. Dr. Robin Stein received the Award of Excellence at the NYSCA 2022 Spring Convention. Dr. Stein continues to share her knowledge at both the NYSCA district and NYSCA state level.

53 YEAR OLD FEMALE WITH BACK PAIN AND HEADACHE

53-year-old female patient presented to the office with complaints of chronic lower back pain and headaches. She was referred by her medical provider having had extensive medical management over four years including NSAIDs, ESIs, ablation and opioid therapy. Opioid treatment was self withdrawn in 2022. She has been treated for migraine headaches with medication for several years.

Patient's lower back pain had been present for 20 years but she had a recent flareup of acute severe lower back pain two months ago. She described her lower back pain as severe with pain traveling into bilateral posterior thighs and radicular left leg pain to the ankle. She reported intermittent numbness in the toes and posterior leg on the left.

The patient also noted that she has had a recent onset of more severe headaches which she described as sudden onset and extreme, triggered by certain activities including sex, bowel movements and increasing recently to even when she passes

gas. The headaches are occipital to frontal without visual disturbances or other CNS symptoms. Worsening of her HAs is over several weeks. Her HA presentation was classic "Thunderclap" onset.

The patient is 5'5" and weighs 178 pounds giving a BMI of 29.6. She has had no recent falls, accidents, or injuries. She reports that she had a mild case of Covid about two months ago. Additional notable past history includes alcohol abuse and bipolar disorder, the latter currently medically managed. Bladder and bowel function is intact and cranial nerve examination is unremarkable. She has a negative Romberg's.

She was diagnosed with Rheumatoid Arthritis in 2020 based on symptoms of polyarthralgia but negative bloodwork.

She was put on a course of methotrexate without improvement. History shows extensive medications with positive results


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NYSCA Calendar of Events

Visit www.NYSCA.com to view our full calendar. View individual events to download the iCal file to import into your personal calendar. Please note: district meeting dates, times, and locations are subject to change. Please check with your district president to confirm meeting schedules and locations.


Mar'23				April'23			
Wed	3/8	1pm	NYSCA CE Webinar	Tues	4/11	8pm	D3 Queens Meeting
Wed	3/8	7pm	D17 Buffalo Meeting	Tues	4/11	8pm	D6 Nassau Meeting
Wed	3/8	7:45pm	D2/5 Brooklyn/Staten Island Meeting	Wed	4/12	7pm	D17 Buffalo Meeting
Thurs	3/9	9am-4pm	Financial Wellness Checkups	Wed	4/12	7:45pm	D2/5 Brooklyn/Staten Island Meeting
Thurs	3/9	7pm	D15 Rochester Meeting	Thurs	4/13	7pm	D15 Rochester Meeting
Tues	3/14	8pm	D3 Queens Meeting	Fri	4/14	2pm	NYSCA 2023 Spring Convention
Tues	3/14	8pm	D6 Nassau Meeting	Sat	4/15	8am	NYSCA 2023 Spring Convention
Wed	3/15	7pm	D12 Syracuse Meeting	Sun	4/16	8am	NYSCA 2023 Spring Convention
Wed	3/15	8:30pm	D7 Suffolk Meeting	Mon	4/17	7pm	D16 Southern Tier Meeting
Thurs	3/16	7pm	Financial Wellness Webinar	Tues	4/18	7:30pm	D9 Hudson Valley Meeting
Tues	3/21	7:30pm	D9 Hudson Valley Meeting	Wed	4/19	7pm	D12 Syracuse Meeting
Mon	3/27	7pm	D16 Southern Tier Meeting	Wed	4/19	8:30pm	D7 Suffolk Meeting
Tues	3/28	1:30pm	Financial Wellness Lunch & Learn	Tues	4/25	1:30pm	Financial Wellness Lunch & Learn
May'23				June'23			
Wed	5/3	1pm	NYSCA CE Webinar	Thurs	6/8	7pm	D15 Rochester Meeting
Tues	5/9	8pm	D3 Queens Meeting	Tues	6/13	8pm	D3 Queens Meeting
Tues	5/9	8pm	D6 Nassau Meeting	Tues	6/13	8pm	D6 Nassau Meeting
Wed	5/10	7pm	D17 Buffalo Meeting	Wed	6/14	1pm	NYSCA CE Webinar
Wed	5/10	7:45pm	D2/5 Brooklyn/Staten Island Meeting	Wed	6/14	7pm	D17 Buffalo Meeting
Thurs	5/11	9am-4pm	Financial Wellness Checkups	Wed	6/14	7:45pm	D2/5 Brooklyn/Staten Island Meeting
Thurs	5/11	7pm	D15 Rochester Meeting	Thurs	6/15	7pm	Financial Wellness Webinar
Mon	5/15	7pm	D16 Southern Tier Meeting	Mon	6/19	7pm	D16 Southern Tier Meeting
Tues	5/16	7:30pm	D9 Hudson Valley Meeting	Tues	6/20	7:30pm	D9 Hudson Valley Meeting
Wed	5/17	7pm	D12 Syracuse Meeting	Wed	6/21	7pm	D12 Syracuse Meeting
Wed	5/17	8:30pm	D7 Suffolk Meeting	Wed	6/21	8:30pm	D7 Suffolk Meeting
Thurs	5/18	7pm	Financial Wellness Webinar	Tues	6/27	1:30pm	Financial Wellness Lunch & Learn
Tues	5/23	1:30pm	Financial Wellness Lunch & Learn				



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Treating Patients who are Deaf or Hearing Impaired

By NYSCA Staff Writer



A NYSCA member asks:

What are a healthcare provider's obligations regarding providing interpreters for potential patients who are deaf or hearing impaired?

The federal Americans with Disabilities Act (ADA) prohibits discrimination against any individual "on the basis of disability in the full and equal enjoyment of the goods, services, facilities, privileges, advantages, or accommodations of any place of public accommodation by any person who owns, leases (or leases to), or operates a place of public accommodation." Under the ADA, a health care provider's office is defined as a "public accommodation."

More specifically, the ADA prohibits "a failure" on the part of a public accommodation "to take such steps as may be necessary to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently than other individuals because of the absence of auxiliary aids and services" As such, your practice is expected to provide whatever auxiliary aids and services are necessary to establish "effective communication" with patients who have communication disabilities.

How do I determine what kind of auxiliary aids may be necessary?

Communication aids come in many forms, including but not limited to a qualified note taker or interpreter, real-time captioning, and/or written materials. Under the ADA, Title III entities are encouraged to consult with the person with a disability to discuss what aid(s) are appropriate. While the ultimate decision rests with the practitioner, the method chosen must allow for effective communication.

The practitioner should give thought to "the nature, length, complexity, and context of the communication and the person's normal method(s) of communication."³ If in-depth explanation or discussion is required, a sign language interpreter would likely be needed. Therefore, the practitioner might reasonably anticipate that an interpreter will be necessary for intake and history, examination, and report of findings appointments.

Are written notes and printed scripts and documents sufficient means of communication?

Not necessarily. Studies indicate that the average reading level for deaf persons is significantly lower than that of hearing

persons. Therefore, a qualified interpreter may be necessary to assist in taking accurate health histories or explaining diagnosis and treatment options.

However, communication needs vary by person. Therefore, if the patient and practitioner agree that effective communication can be achieved through exchanging notes, that might be acceptable. However, the practitioner should not assume unilaterally that exchanging notes is sufficient.

A practitioner should be sure to document and log in the patient record who was communicated with; how the communication occurred and when the communication took place (date, time, etc.). Practitioners may also wish to confer with their professional liability carrier for additional recommendations.

Can the patient bring a friend or family member to act as their interpreter?

The patient could choose to bring an "accompanying adult," such as a parent, spouse, or other adult companion as an interpreter. However, the healthcare practitioner cannot require that the patient do so. Additionally, the practitioner may not

Continued on page 31

NYSCA Volunteer Leadership Opportunities

The NYSCA offers its members opportunities to serve in a volunteer capacity on a variety of committees for the benefit of the profession in New York State.

NYSCA Committee chairpersons and members are appointed by the NYSCA President with input and the approval of the NYSCA Board of Directors. Chairpersons of the permanent committees submit reports of their activities to the NYSCA Board of Directors at every regular meeting of the NYSCA Board.

DESCRIPTION OF COMMITTEES

The NYSCA Nominating Committee seeks individuals who possess leadership competencies in communications, business acumen, leadership, chiropractic expertise and/or relationship management.

Applying for a position on a NYSCA Committee

The NYSCA is accepting applications for the following committees:

Standing Committees and Sub-committees

- Clinical Practice Committee
 - Athletics & Sports Injury
 - Electro diagnosis
 - Hospital
- Membership Recruitment, Retention & Benefits
 - Awards
 - New Practitioners
 - Student Membership
- Education
- Health Benefit & Insurance Relations
 - Medicare
 - No-Fault
 - Workers' Compensation
- Legislative Relations
- Rules, Revisions, & Policy
- Public Information
 - Newsletter
- Ethics, Professional Conduct & Peer Review

Ad Hoc Committees

- I.D.E.A (Inclusion, Diversity, Equity, and Accessibility)
- Chronic Spine Pain

You must sign in to apply. Begin your application below.

[NYSCA COMMITTEE APPLICATION](#)

NYSCA Election Information

NYSCA Governance

Governance elections for the Officers and Regional Directors is beginning to ramp up. Members interested in campaigning for a position on the NYSCA Board of Directors as either an officer of the Association or as regional director should start planning now.

As most of us have said from time to time under a variety of different circumstances, "if only I were in charge." Well, if you have not before, here is your opportunity to put those sentiments into an affirmative action plan to contribute to the future of our profession in New York state.

Plan to make your mark on chiropractic by getting involved now; the profession needs your voice, if not your leadership.

As a not-for-profit professional trade organization in New York, the NYSCA constitution and bylaws dictates the qualifications needed to campaign for either an officer's position or a seat on the Board as a regional director.

2023 NYSCA Elections—Open Positions

Because this is an odd-numbered year (2023) all five officer positions – president, vice president, secretary, treasurer, and communications secretary -- are open for election.

And because it's an odd-numbered year, there are six regional directors' positions open on the Board – three (3) each representing region 1 comprised of the five boroughs of New York City or NYSCA Districts 1, 2, 3, 4 and 5; and three (3) each representing Region 3 comprised of NYSCA Districts 8, 9, 10, 11 and 14 or Westchester, Dutchess, Putnam, Rockland, Orange, Ulster, Sullivan, Greene, Columbia, Rensselaer, Albany, Schenectady, Schoharie, Montgomery, Fulton, Saratoga, Hamilton, Warren, Washington, Essex, Clinton, Franklin, St. Lawrence, Herkimer, Oneida, Madison, Otsego, Chenango, Delaware and Broome Counties.

Certain incumbent officers can re-run for the position each now holds, or incumbent officers can run for a different position as an executive officer of the Association. Instead of campaigning for an officer's position, current incumbent officers can also campaign for a regional director's position instead provided that they hail from either NYSCA region 1 or NYSCA region 3 for the purposes of this year's election.

Nomination and Application Process

NYSCA members meeting the qualifications for office may self-nominate themselves for a position on the NYSCA Board or they may be nominated by other NYSCA members for a position on the Board. All candidates aspiring to a Board position need to formally accept their nomination by filling in an **"Intent to Run" form**, linked on the NYSCA Elections page under "Application Process."

In addition, candidates will also need to fill out a **"Disclosure form"** – part of the "Intent-to-Run" packet, in order to provide the Association membership with notice involving any potential conflicts of interest the candidate may have and which the Association should be made aware of in its deliberations that may involve any private or personal interests of the candidate or his/her practice enterprise the nominee may hold in his/her private or professional life. Disclosure of a conflict does not disqualify a candidate from holding office necessarily but may require that a conflicted officer or director abstain from voting on one or more relevant issue or activities involving the Association whenever and wherever the stated conflict may arise.

Continued on page 29



NORTHEAST COLLEGE OPENS DIGITAL ANATOMY LAB, ANNOUNCES EVEN MORE EDUCATIONAL TECHNOLOGY, COMMUNITY-INSPIRED NAME



Adding yet another learning environment to its expansive campus, Northeast College of Health Sciences opened a new digital anatomy lab featuring the most technologically advanced tools for teaching human anatomy.

Guests at the Digital Anatomy Lab's Grand Opening on Jan. 19, 2023, were able to get hands-on demonstrations of the College's newest Anatomage virtual dissection tables, explore the lab space, and learn the space's official name: the Computerized Anatomy Resource Lab (aka The CARL).

Attendees included faculty, staff and students, as well as special guests Dr. Michelle Reed, Superintendent of Seneca Falls School District, Seneca Falls Town Manager Dr. Pete Soscia and Anatomage representative Mark Hirsh.

Modern Approach Enhances Traditional Learning

In addition to the Anatomage Table, already in the library at the College, The CARL digital anatomy lab features four new installed Anatomage-8 tables, the most technologically advanced 3D anatomy visualization and virtual dissection tool available. In addition, the space houses an additional portable Anatomage unit known as Table Clinical.

The stationary tables highlight 3D visuals of real human cadavers, which can be mirrored on jumbo display screens on the lab wall, further

enhancing the learning experience. Plus, the portable unit can be wheeled right into classrooms across campus to support lectures and coursework.



The Anatomage human anatomy system has been popular with Northeast students since the College introduced its first Anatomage Table in the Summer of 2022. The tables allow students to explore anatomical structures from multiple views, as well as review and dive deeply into real-life case studies via the touchscreen technology

Northeast College President Dr. Michael Mestan said, "We are so pleased to be adding even more incredible hands-on experiences to the student toolbox. This lab will be an outstanding resource for students as they engage in the all-important anatomical studies as part of their health sciences education."



ANATOMY CENTER MANAGER CARL JAGOS AND NORTHEAST COLLEGE PRESIDENT DR. MICHAEL MESTAN

[READ MORE](#)

Northeast College Hosts Fall 2022 Ceremonies, Advances More Than 200 Students

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

Seventy-six Degrees Conferred

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

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

Fifty-eight Students Receive White Coats



Seventy-nine Students Commit to Excellence



[READ MORE](#)

Safety Tips for Health Care Workers

Being a doctor can mean that you're in intimate situations with your patients during treatment. While the majority of your patients will be respectful, here are some tips to consider to help improve safety around the office.

As a doctor, your mission is to help your patients. It may be hard to believe that while doing that, you could encounter potentially dangerous situations. Something could happen in the parking lot, a treatment room with a patient or the reception area full of staff, patients and family members.

It's good to be prepared for any situation, especially since you may be in a small practice setting with few people around to help. The following tips are good for all doctors to keep in mind.

Before or Outside of Treatment

- Good lighting. Make sure all areas of your practice and parking lot have good lighting. Avoid landscaping that can obstruct your view.
- Install cameras. Consider installing cameras in and outside of your practice in all spaces except patient treatment areas. This includes the parking lot, entrance, reception and waiting area. Place a note on the front door stating cameras are in place.
- Get to know your local police department. They can help you develop a plan for many emergency situations such as domestic incidents, people under the influence of alcohol or drugs, and much more.
- Avoid being alone. When you determine your practice hours, make sure at least one staff member is there with you at all times. Do not see patients after hours when you are alone. Schedule deliveries and repair work when another staff member will be present.
- Keep it professional. Do not date your patients or staff. It can only lead to problems.

- Use your locks. Lock the doors after hours, whether you are alone or with staff.
- Post signs. Use your reception area to explain that rude and aggressive behavior to staff and other patients will not be tolerated.
- Update your processes. Make sure your patient dismissal process is up to date in case you have to use it.
- Be picky. Remember that you don't have to accept everyone as a patient. If you feel uneasy about someone, you can't provide the best care.
- Don't "friend" patients. Adhere to your practice's social media policies. It's not a good idea to be friends with patients – or even staff – on social media. Keep your boundaries between work and personal life clear.
- Don't consult via text. Texting may be okay for appointment reminders, but don't consult patients via text messaging. It can be too easy for professional boundaries to be crossed.
- Listen to your staff. They see what is happening in the waiting room. They talk to the patients on the phone. If they have concerns about a particular patient or situation, don't ignore them. Additionally, make sure they know the names and appearance of anyone you've had problems with in the past.
- Follow your gut instincts. Have a plan for circumstances when a particular patient or situation makes you feel uneasy.
- Pre-plan your responses. Think about your planned responses in uncomfortable situations. For example, if someone in the waiting area is yelling, being disrespectful to others, or appears to be under the influence. It's always better to be proactive than reactive when possible.
- Don't fire staff alone. Problems with staff can happen. If you need to fire an employee or take disciplinary action, make sure other employees are in the practice when you have to deliver this news. You may feel more comfortable having another staff member in the room

with you for your safety.

- Take a self-defense class. Invite your staff to join you.

During Treatment

- Don't treat patients under the influence. If someone is obviously under the influence, explain that you are unable to treat them at that time and they'll need to reschedule.
- Don't hug your patients. It can easily be misconstrued.
- Don't use your first name. Don't allow your patients to call you by your first name. This will diminish the Doctor/Patient relationship. It's best to keep things on a professional level.
- Don't do mobile treatments alone. If you have a mobile practice, take a staff member with you if possible. Do not treat patients at their homes.
- Leave the room if necessary. If a patient touches you inappropriately or makes a comment or gesture that makes you uncomfortable, leave the room immediately. Come back with a staff member and explain to the patient that they need to leave. Should you need to dismiss the patient, follow your state rules and regulations.
- Get a thorough medical history. This should include medication use and family history of mental illness. This information could help explain certain behavior.

After Treatment

- Take complaints seriously. If a patient complains about treatment, billing or another issue, take it seriously. The earlier you handle the complaint, the less likely it will turn into something serious.
- Stick together. Try and walk out with other staff at the end of the day. Park as close to the building as possible.
- Take any threats seriously. Always notify the authorities.



NYSCA District Information

The NYSCA is a statewide professional Chiropractic association, comprised entirely of your peers and colleagues. We have joined together in the promotion, advancement, and defense of Chiropractic. In conjunction with our full time lobbyist, the NYSCA monitors all legislation that affects our profession while working to protect and expand practice rights. Our association is governed by a democratically elected Board of Directors and House of Delegates. Further, New York State is arranged into 4 Regions and 17 districts, each having its own elected officials and hosting monthly meetings and events. Each active district has representation in the House of Delegates to ensure that your voice is heard.

District 1

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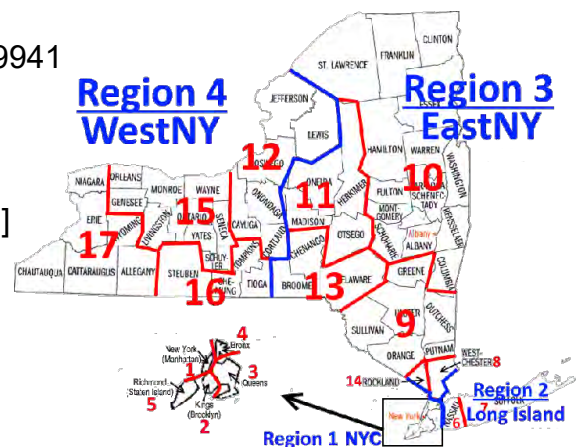
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2023 SPRING CONVENTION

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How to build a strong and healthy immune system for patients in 7 steps

By Robert Silverman, DC

The immune system has a difficult job.

Its primary focus is to protect and keep you healthy from foreign invaders. It's always walking a tightrope between being hypervigilant and not being vigilant enough. By supporting it — with proper nutrition, healthy lifestyle choices and nutritional supplements — you allow your immune system to rejuvenate and maintain its delicate balance. But how to build a strong and healthy immune system, and why does it matter?

A weakened immune system can leave patients vulnerable to infectious diseases, autoimmunity and chronic illnesses. And they don't have a backup immune system if they choose to neglect the one they have.

Thankfully, there are many safe, effective avenues when patients ask how to build a strong and healthy immune system.

Here's what I recommend.

1. Eat better for a stronger immune system

Stronger immunity starts with a better diet and good gut health. Begin by saying no to gluten, processed foods, sugar, dairy and artificial sweeteners. Likewise, avoid deep-fried foods and foods cooked in pro-inflammatory vegetable oils.

Avoiding these foods is the basis of an anti-inflammatory diet. Removing them from the diet reduces cellular stressors, inhibits inflammatory signals from the immune system and promotes healthy gut microbiota. A diet high in sugar, for ex-

ample, can damage your immune system; more specifically, sugar can damage the immune cells in the gut.

The healthiest diets focus on nutrient-rich whole foods, lots of plants and limited processed foods. The Mediterranean and plant-forward diets are anti-inflammatory in addition to their other benefits. Research has found that eating a Mediterranean-style diet leads to a healthier gut microbiome with more beneficial bacteria, along with lower inflammation and better blood sugar control. A healthy gut microbiome is also associated with a lower risk of illness, including COVID-19.

Detect and avoid food sensitivities

Detecting and avoiding food sensitivities can be a game changer for patients when it comes to immune health. Food sensitivity is an immune-based reaction to food that elevates inflammation. Undetected food sensitivities can lead to chronic inflammation, possible autoimmunity and a compromised immune system. Treating and avoiding food sensitivities can make a dramatic improvement in immune system function.

Environmental toxins such as lead, acrylamide, BPA and many others can enter the body and interact with the immune system, causing detrimental immune activation or suppression. A semi-annual quality detoxification program will help rid the body of toxins. At the same time, patients should work to reduce exposure to environmental toxins.

Focus on hydration

Staying well-hydrated aids in maintaining a properly functioning immune system. A good rule of thumb is to drink three-quarters of your body weight in ounces, spread throughout the day. Drinking water improves overall immunity and helps the body eliminate some pathogens naturally. Avoid fruit juices, alcoholic beverages, soda and other sweetened beverages. Stick to plenty of filtered water, organic coffee, black tea, green tea and mild herbal teas.

Manage blood sugar

When asking how to build a strong and healthy immune system, controlling patients' blood sugar is essential for peak immunity. The glycemic index diet is one of the best dietary approaches for controlling blood sugar. It focuses on foods that have a low impact on your blood sugar.

For example, the glycemic index is a way to rank carbohydrates by their effect on blood glucose levels. Low GI (1 to 55) foods are mostly whole, unprocessed carbohydrates such as fruits, vegetables and whole grains. High GI (above 70) foods, which can send your blood sugar soaring, are mostly sugary foods and processed carbohydrates such as white bread and pasta. A low GI diet helps keep your blood sugar at a healthy level and enables you to maintain good metabolic health, including good insulin sensitivity.

[READ MORE](#)

A HEALTHCARE CRISIS EXISTS- WILL CHIROPRACTIC MEET THE CHALLENGE? CONTINUED FROM PAGE 7

The answer is simple: so you can better serve your patients and tend to their healthcare needs.

Chiropractors are often the first or only portal of entry for patients experiencing a variety of ailments above and beyond back pain. Accessibility of the DC to a patient as well as the more personal relationship trended in a Chiropractic office lead to a more trusting and comprehensive relationship that can be enhanced by a more complete menu of healthcare options such as lab work, especially if you suspect an organic, immune or biochemical issue.

This information allows for better treatment or to triage them to the appropriate provider if conditions identified are outside the scope of practice of the ordering DC.

Our expertise then helps the system as a whole to decrease the load that specialists have and gives them more time to focus on treatment, as you have done much of the leg work for an appropriate diagnosis.

When results of a test ordered by a chiropractor show a need for a referral to another provider, it will strengthen relationships with those providers by doing the initial workup on the patient. This provides them with the information and values needed to have a better understanding of the patients' status and expedite treatment. If you provide nutritional counseling services, you can monitor a patient's lipoprotein levels, liver enzymes or a specific nutrient of concern for quantifiable changes throughout their nutritional therapy.

We are positioned in a direct access role by the nature of our professional degree and education and by practicing more fully within our clinical training we are part of the solution.

During our April convention at Mohegan Sun, we will be presented with additional education on how to implement and integrate clinical laboratory work in your practice.

Whatever your practice style, incorporating lab testing with the help of LabCorp will elevate your practice, allow you to stand out amongst your peers, and most importantly, be of better service to your patients.

It is time to use the full extent of our education in the service of our patients and participate more completely in the care of our patients.

References;

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CASE STUDY

CONTINUED FROM PAGE 11

with gabapentin and hydrocodone. She reports no improvement with cyclobenzaprine. Current medications include Cyclobenzaprine, Cymbalta, Estradiol, Gabapentin, Guanfacine, Lactulose, Linzess, Methylprednisone, Miralax, Naproxen, Omeprazole, Plaquenil, Tylenol, Vid D and Calcium

MRI of the lumbar spine 11 months ago shows a grade I anterolisthesis of L4 on L5 with L5-S1 foraminal stenosis, left greater than right. Additional plain film radiographs were reviewed which did not demonstrate additional instability on flexion and extension lateral lumbar views. No cervical spine imaging was available for review.

Cervical and lumbar ranges of motion are all restricted by neck and back pain but the patient did not have any headaches during evaluation. Romberg's is negative. She has relief of LBP on lumbar extension. Kemp's was positive on the left for LS pain, DTRs were absent achilles left, +2 right. Patellar +1 left, +2 right. Upper extremity DTRs +2 bilaterally, all upper extremity manual muscle testing 5/5 bilaterally. Heel and toe walk were normal. SLR positive left at 500 . Negative WLR. Braggard's positive left. Slump test positive for LB and leg pain.

She was advised that there would be no neck manipulation until imaging was obtained and the HAs were further evaluated. The patient was cautioned on the warning signs of stroke and advised to go to the hospital if her HA worsened. HA recurred later that night and she went to the ED where CT angiogram was performed in the hospital showing no acute intracranial disease, intact Circle of Willis, vertebrbasilar artery, and bilateral internal carotids, all without stenosis.

Abnormality of the left common carotid is noted with possible Carotid Web, kinking in the artery and a "flap" in the left common carotid.

Lumbar puncture was also performed which showed increased protein and a few erythrocytes in the CSF. Increased creatine kinase was noted in the CSF.

A 2nd lumbar puncture showed a higher count of erythrocytes which may be due to bleeding from the original LP.

Additional bloodwork was unremarkable.

The patient was released from the ED and referral to a vascular surgeon was suggested.

Discussion: The patient presented with chief complaint of lower back pain which she rated a 10 out of 10 at its most severe and was in clear distress due to her lower back complaints. Her headache complaint was secondary and was only developed during consultation following questioning regarding additional complaints.

Carotid Web is a manifestation of abnormal luminal projections in the carotid artery and is associated with occlusive strokes and arterial dissection. Treatment is usually by endarterectomy and possible stents.

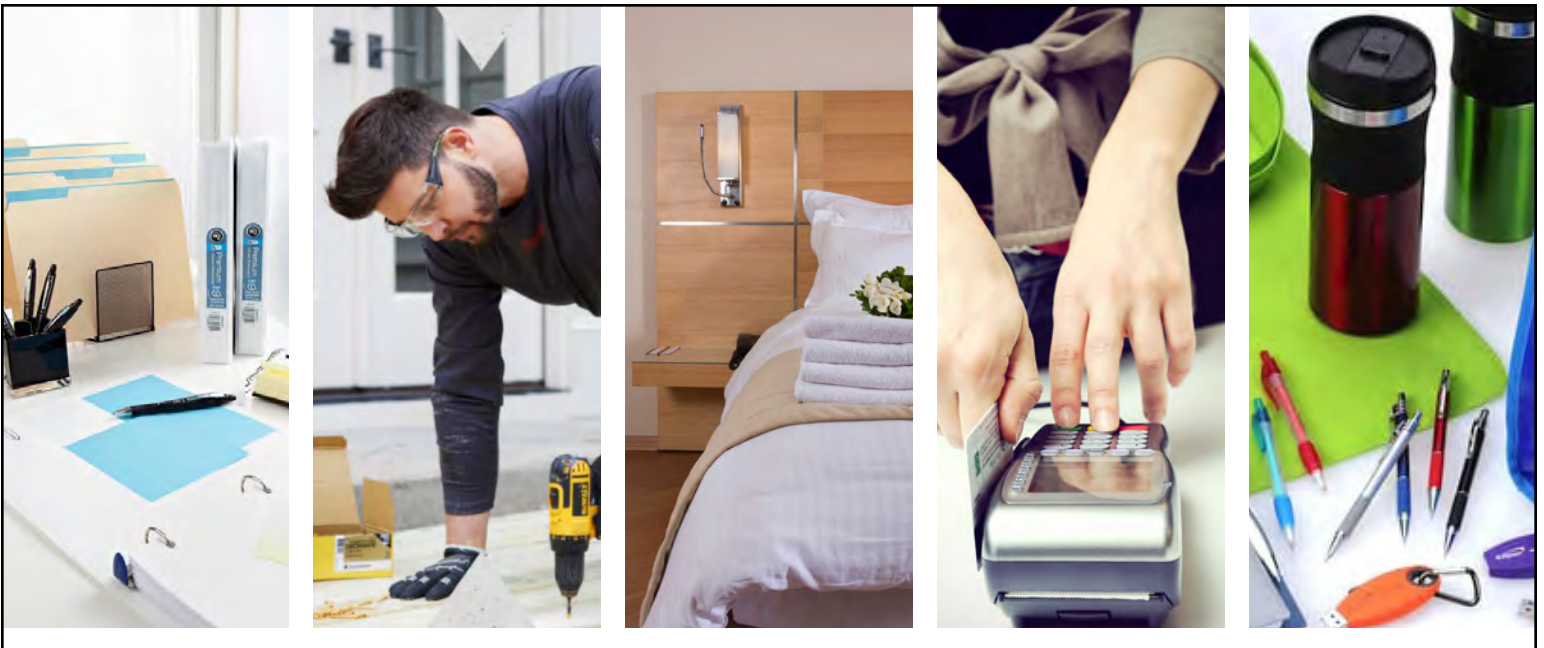
This case presentation was complicated and demonstrates the importance of a detailed history and proper use of diagnostic procedures. Had the treating chiropractor failed to caution the patient regarding her HAs, or proceeded to perform manipulative therapy, progression of her condition could have occurred and the treating DC could have been accused of causing her problem.

Cervical spinal manipulation has been demonstrated to be a safe and effective treatment for neck pain and cervicogenic HA but practitioners should remain on guard for unusual presentations such as this patient and take appropriate steps to ensure proper treatment.

At this time, I do not believe that all the findings from the lumbar puncture have been accounted for and have recommended additional diagnostics to be sure that there is no space occupying lesion inhibiting the flow of CSF which would explain elevated protein in the CSF.

The patient is scheduled for additional testing.





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In addition to CE available at our [statewide conventions](#), the NYSCA now offers continuing education credit via webinar through [Northeast College of Health Sciences Post-Grad](#). NYSCA Webinars are held monthly, usually on a Wednesday at 1pm EST.

Communicating with Your Patients Ethically in the Online Environment

[Register Online](#)

Presented by: [Bethany Buryta DC](#) & [Alison Fleming DC](#)

Wednesday, March 8, 2023 | 1pm-2pm (1CE)

This 1-hour course will cover online resources that increase patient access to health information and clinicians electronic communication that is ethical and appropriate.

Chronic Spine Pain and Rehabilitation (course 2)

[Register Online](#)

Presented by: [David Kartzman DC](#)

Wednesday, May 3, 2023 | 1pm-2pm (1CE)

As health care continues to be an economic burden, care delivery will be assessed by one word: value. For spine, these costs and expectations are not going to be an exception. The costs for treating chronic disease, and spine pain in particular are staggering. Chiropractic can be a valuable tool for providing cost-effective value based effective care, but it is an underused resource. Each spine specialty will likely be subjected to offering care which will be reimbursed based upon the value it offers.

This is the second class for a completion certificate. Course 1 was presented at the NYSCA 2022 Fall Convention at the Kartrite. The attendee will understand the concepts and risks of chronicity and the importance of trying to reduce the risk for chronicity.

Chronic Spine Pain and Rehabilitation (course 3)

[Online Registration Coming Soon](#)

Presented by: [David Kartzman DC](#)

Wednesday, June 14, 2023 | 1pm-2pm (1CE)

This is the third class for a completion certificate. Applications in this course will include a refined history, prognosis, and documentation to include the role of comorbidities relevant to each particular patient. These patients would include work and motor vehicle related cases.

Tuition Discount

Association Members are eligible to receive a discount on tuition for NYSCA-sponsored webinars via coupon code at registration check-out. Please be sure to check your email for the discount code, which is included for all NYSCA members. You must have your discount code BEFORE registering. Please note, once you register, the discount code cannot be applied retroactively. Contact the NYSCA Administrative Office at 518-785-6346 for more information.

Registration Deadline

Attendees MUST be registered and paid via credit card or check by 3:00 pm, one week before the course is to take place, to avoid additional fees. All unpaid/ late registrations and at door registrations are subject to the following non-refundable fees: add \$5 (1-hr webinars). [Northeast College Continuing Education Policy](#)

License Renewal

Continuing education credit (CE) is provided by [Northeast College of Health Sciences](#). These seminars are valid for CE credits in "pre-approved" states, so long as they fall within the scope of practice as outlined by the corresponding state board. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board(s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. Northeast College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.

Upcoming Financial Wellness Seminars courtesy of Prudential Insurance

The NYSCA is pleased to offer our members a series of complimentary financial wellness educational seminars through Prudential PathwaysSM via WebEx. Prudential PathwaysSM offers practical, down-to-earth information that may help you and your family today, tomorrow, and beyond. It is designed to give individuals an understanding of the fundamentals of financial wellness through educational seminars.



For Students and New Practitioners – Thurs 7pm ET

For Established Practitioners – Tues 1:30pm ET

- 03/16/23 What You Should Know About Life Insurance
- 03/28/23 Retirement Planning Toolkit

Financial Wellness Checkup Days

Prudential has also scheduled periodic Financial Wellness checkup days: 3/9/23, & 5/11/23. These are full days of 30-minute 1-on-1 appointments for any topic, for individuals who won't be able to make the live sessions. If you have any questions, please contact Pathways@Prudential.com or (844) 592-8993. [Learn more and register online.](#)

NYSCA Member Privileges

Membership with the NYSCA also makes you eligible for members-only savings from a variety of businesses through the NYSCA Member Privileges Program. Have you taken advantage of the privileges NYSCA membership offers? Here are some of the opportunities open to you:



Complementary group membership with the Foundation for Chiropractic Progress

Activate your F4CP Account



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These NYSCA Sponsors are **trusted business partners** who have supported your organization for many years. Their valuable contributions help the NYSCA achieve its goals in advocating for you and your patients. NYSCA Sponsors also have a **proven track record** in assisting NY chiropractors with reaching their individual practice goals and in staying on the cutting edge of the health and wellness revolution in their communities.

For all they do, we owe it to them to first take a look at their products and services before going elsewhere and to support those who are supporting us. Remember — when doing business with NYSCA Sponsors, you are supporting your professional organization!



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Have you registered for Office Depot discounts yet?

NYSCA members have access to exclusive FREE savings on office essentials, cleaning/breakroom products, copy & print services, technology items, and more! Not signed up yet? It's easy: [Click Here](#)

Member Benefits

Take full advantage of your NYSCA Member Benefits

Membership with the NYSCA makes you a part of the largest community of practicing Doctors of Chiropractic in New York State. This affords you an unparalleled opportunity for camaraderie with colleagues in your local area, to share with them in the trials and triumphs of day to day practice.

There are many ways for you to increase your benefit of being a NYSCA member:

- Join your local NYSCA [Facebook Group](#)
- Attend local NYSCA [events](#)
- Attend semi-annual NYSCA [conventions](#)
- Enroll in Monthly CE [Webinars](#)
- Access [members-only content](#) online
- Participate in the [members-only forums](#)
- Benefit from the [Member Privileges Program](#), including group membership with [F4CP](#)
- Update your [listing](#) in our website's find-a-chiropractor search
- Apply to be paired with or to become a [practice mentor](#)
- Submit complementary (FREE) [classified ads](#) (resource for career opportunities!)
- Participate in the annual NYSCA [elections](#)
- Receive [assistance](#) from NYSCA's full-time administrative staff with routine questions - or for more detailed assistance, contact NYSCA committee chairpersons, who are practicing doctors of chiropractic with expertise in the area of their committee

View all current NYSCA Member Benefits and Privileges

Be sure to keep your NYSCA membership and dues current so that you can continue to enjoy these Member Benefits and Privileges. As always, please feel free to continue to support your local vendors. If you are not yet a member, **join today** and start taking advantage of these special programs!

JOIN TODAY!



A Guide to Creating an Inexpensive Healthy Lifestyle

By Suzanne Tanner

Having a healthy lifestyle doesn't have to be expensive. You can implement changes that create a diet and exercise plan that will actually help you save instead of spend. Consider this simple guide from the [New York State Chiropractic Association](#) to help pad your wallet and get your wellness plans on track.

Change Your Grocery Buying Habits

How you eat affects your overall wellness, including your bank account. Eating clean can be expensive, but there are ways to cut back. For example, eat less meat and buy your fruits and vegetables in season. Tufts University notes that research shows [red meat is linked to heart disease](#) and some cancers. You can get your protein from safer sources, such as beans, peas, and nuts.

If you [crave your morning caffeine](#) from the local coffee shop, try saving by making your coffee drinks at home instead. It may add a couple more minutes to your morning routine, but it will add up to big savings every week and month.

Grow Your Favorite Vegetables

If you want to know where your vegetables come from and cut back on your grocery bill, The Creative Vegetable Gardener suggests [planting your own garden](#). It can be as elaborate as a large backyard space or as simple as a window plant. Either way, you have access to healthy food at a fraction of the cost.

Take Advantage of Free/Low-Cost Health Programs

Do you work for a company that offers free health programs for employees? Talk to your human resources representative about what benefits you can get from the company. [Download free or low-cost health apps](#) on your phone to guide your workouts. There is an abundance of health apps that help you get started for free. You only need to pay for premium programs that likely won't interest you in the beginning.

DIY Your Cleaning Products

Cleaning products are often expensive and full of chemicals. Cut back on the synthetic products and DIY your own [cleaning products with things you have](#) around the home. Baking soda, lemon, olive oil, castile soap, and white vinegar all have excellent cleaning properties. You can incorporate a few drops of essential oils to add a clean smell to any product.

Try Something New With Your Workout

Working out can be dull and monotonous. If you struggle with staying motivated, try something new. Learning martial arts, for example, is a great way to get in exercise and better self-discipline. You can work out from home to cut gym costs or start implementing outdoor activities, such as hiking or rowing, to get in exercise. Instead of setting a strict workout plan, simply set aside time each day to do something physical that you enjoy.

Protect Your Spine

Remaining ambulatory throughout your life is key to maintaining your health, but nothing can make that harder than back problems. Take care to [value your spinal health](#) so that you can stay mobile and active as you age.

Consider Your Career

Feeling stuck or unfulfilled by your job can be damaging to your mental health. If that's a concern for you, take advantage of a free [resume builder](#). Updating your resume and exploring your options is the first step in finding a new role that leaves you feeling good about yourself and what you do.

Turn Your Lifestyle Into a Business

Once you start to see the positive effects of your lifestyle changes, you can turn it into a money-making venture. If you got into yoga, [open a yoga studio](#). If you are passionate about outdoor sports, open a sports store.

How Getting Healthy Affects Your Wallet

Implementing these changes will have a dramatic effect on your finances. With your new diet, you eat out less and save money cooking at home. If you start biking instead of driving, you save on gas and car maintenance while getting exercise. Then, your overall health improvements [will save on health insurance costs](#). Healthy people are cheaper to insure.

With this guide, you have a great place to start your physical and financial wellness. Know your limits so you can sustain your progress for longer. If you slowly implement these new ideas, including turning your passion into a business, you will see steady progress in all areas of your life.

Corporate Sponsors

NYSCA Sponsors are trusted business partners whose valuable contributions help NYSCA achieve its goals in advocating for you and your patients. For all they do, we owe it to them to first take a look at their products and services before going elsewhere and to support those who are supporting us. Remember — when doing business with NYSCA Sponsors, you are supporting your professional organization!

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- ★ **Hudson Valley Neurodiagnostic**
Contact: (845) 592-4722
hvcradm@yahoo.com

SUPPORTING ORGANIZATIONS

- ★ **American Chiropractic Association**
Contact: (703) 276-8800
www.acatoday.org
- ★ **Northeast College of Health Sciences**
Contact: (800) 234-6922
www.northeastcollege.edu
- ★ **Foundation for Chiropractic Progress**
Contact: (866) 901-F4CP
www.f4cp.org

Earn FREE Membership

... each time you refer a new member to the NYSCA!

Current NYSCA members who recruit a new regular member (not student, affiliate, or retired) to join the NYSCA for a full year will in turn receive a 'thank you' from the NYSCA in the form of **two additional months** added to the end of their current membership term. Or, if the new member signs up for just a half year, the recruiting doctor receives one additional month of NYSCA membership. We have even sweetened the pot: there are **no limits** to how many times you can benefit from this incentive.

To receive your incentive month(s), the new member must make a semi-annual or annual payment and list you on their application form as their referring NYSCA member. (You may want to give a partially filled out application form to colleagues you are recruiting.)

If you are interested in promoting this offer to your friends and colleagues who may have been considering joining NYSCA and are just waiting for someone to encourage them, and would like a list of non-members in your district, please contact your local district president or controller@nysca.com.

Membership Has Privileges

...and one of them is the self-respect a doctor feels, knowing that they are a part of something bigger than themselves, supporting their livelihood with collective energy and pooled resources.

* New members are defined as DCs who have not been NYSCA members within the preceding 12 month period. The recruiting member's information must be included on the new member application. Only one member can receive the credit for recruiting a new member. Recruiting incentive is not valid on students, retired/disabled, or associate applications. Eligibility subject to verification; Subsequent year's dues payable at usual rate. New member discount offer is not valid for retired or associate members and may not be combined with other membership discounts.

What is the NYSCA?

The New York State Chiropractic Association is a statewide professional Chiropractic Association, comprised entirely of your peers and colleagues. We have joined together in the promotion, advancement, and defense of Chiropractic. In conjunction with our full time lobbyist, the NYSCA monitors all legislation that affects our profession while working to protect and expand practice rights.

Why Should All New York DCs Be NYSCA Members?

"NYSCA membership provides Chiropractors in New York State an unparalleled opportunity to advance their profession, by adding their voice of the unified defense of practice rights, scope of practice and a rightful place among mainstream Health Care."—Jack Beige, DC, Esq., NYSCA Past President

If YOU don't support your profession, who will?

For questions regarding this program, please contact the NYSCA Administrative Office at (518) 785-6346 or a member of the NYSCA Membership Committee.

Growth is never by mere chance; it is the result of forces working together

—James Cash Penney



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NEW YORK CHIROPRACTIC POLITICAL ACTION COMMITTEE

The New York Chiropractic Political Action Committee (NYCPAC) is designed to help elect state legislators who are supportive of Chiropractic issues and positions. Please take a minute to get involved and see what the NYCPAC is focused on accomplishing--Visit NYCPAC.net.

Organized medicine, managed care organizations, and other anti-Chiropractic forces continue to spend hundreds of thousands of dollars each year to elect candidates that do not understand or value the Chiropractic Profession and the research and truths about the efficacy of Chiropractic care.

In order to help fight and educate these outside forces, we need you to please become part of our grassroots advocacy team. All New York Chiropractors, united together, CAN position our Profession to continue to be a viable livelihood and promote the wellbeing of our patients. Please, become part of the solution! We have designed a process to make it easy to donate to the NYCPAC. Don't overlook ANY contribution to the PAC, but please support at the highest level you can. NYCPAC can accept "one time" donations from you or can conveniently set up an **automatic monthly contribution** from your credit or debit card.

We need your support to ensure that we can truly be effective. Stand behind your Profession and **CONTRIBUTE TODAY!**

- Enclosed is my donation for*** (check one)
- \$100 \$250 \$500 \$1000 \$5000 other \$_____.

Please send your personal check payable to:
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Please check each line to affirm that each of the following is true and accurate:

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 I have not been and will not be reimbursed for making this contribution by another person or entity.

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Scan the QR Code below to make a one-time credit card contribution, or visit NYCPAC.net and click "Make a Contribution"

Please note: Voluntary contributions by individuals are subject to a contribution limit of \$150,000 during a calendar year to all sources and \$84,400 to a political action committee. The annual donation limit for a corporation is \$5,000 in a calendar year to all sources. Each affiliated or subsidiary corporation, if a separate legal entity, has its own contribution limit. For more information on contribution limits in New York, please visit the New York State Board of Elections website at <http://www.elections.ny.gov>.

Contributions to the NYCPAC are not tax deductible for state or federal tax purposes. The Federal Election Commission (FEC) prohibits contributions from individuals who are not citizens or permanent residents of the US. Contributions by one person in the name of another person are prohibited. PAC contributions are also not reimbursable by an employer or any other entity.





ChiroCode Reference Manuals

Exclusive Savings: NYSCA Members receive 20% off MSRP!



Complete & Easy HIPAA Compliance

Find-A-Code's Complete & Easy HIPAA Compliance - 4th Edition (updated 2017) is a simple and practical guide containing all you need to implement and maintain a compliance program for HIPAA, HITECH, and the Omnibus 2013 Final Rule components. This book is a must for every covered entity, business associate, or compliance officer.

2023 ChiroCode DeskBook

The ChiroCode DeskBook is your comprehensive go-to chiropractic reimbursement manual for the support you need to get paid properly and keep it. This comprehensive resource includes chapters on Insurance Reimbursement and Claims, Medicare, Compliance, Documentation, Diagnosis Codes (ICD-10-CM), Procedure Codes (CPT®), and Supply Codes (HCPCS).



ICD-10 NOTE: Not all ICD-10-CM codes are included in this publication. The ICD-10-CM Coding for Chiropractic contains more about diagnostic coding and includes a more comprehensive list of applicable codes for the chiropractic office and the instructional notations and guidelines to use them properly.

2023 ICD-10-CM Coding for Chiropractic

The ICD-10-CM Coding for Chiropractic is your comprehensive resource to understanding and using the ICD-10-CM codes you see on a day-to-day basis. In addition to a chiropractic specific Alphabetic Index and Tabular List, this book also includes:



- A selection of Provider Documentation Guides – an exclusive clinical documentation improvement tool for ensuring highest specificity code reporting
- Large, easy to read font and custom-shortened code descriptions
- Chiropractic specific overview – learn the structure of ICD-10-CM with specific examples
- Abridged official guidelines – just the information chiropractors need to know
- Code updates for 2023 – effective October 1, 2022



Chiropractic Diagnosis & Documentation Cards for 2023

These cards will help you to quickly and easily view the top diagnosis codes and diagnostic tests, sample documentation, coding considerations, CPT crosswalks, and code-linked anatomic images.

These cards are full color, printed on PolyPrint durable material with helpful anatomic images.



2023 Chiropractic ICD-10-CM Cheat Sheet

This clean and simple Cheat Sheet is designed for chiropractors to use in conjunction with the ICD-10-CM Coding for Chiropractic book.

It lists about 75 of the most common conditions chiropractors treat, but many of the codes are hyphenated because there are so many options.

Please note: Products for next year will become available on or about 09/30 of the current year. Orders for such products prior to 9/30 will be considered pre-orders. These items will be charged immediately, and the pre-ordered items will be shipped once they become available.

Brought to you by: **New York State Chiropractic Association**

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#	Description	Member	Non-Member
	HIPAA Compliance 4th Edition	\$149.00*	\$169.00*
	2023 ChiroCode DeskBook	\$139.00*	\$159.00*
	2023 ICD-10 Coding for Chiropractic	\$ 109.00*	\$139.00*
	Diagnosis & Documentation Cards	\$ 99.00*	\$ 109.00*
	2023 Chiro ICD-10-CM Cheat Sheet	\$ 29.00*	\$ 39.00*

**Includes shipping.*

Non-Refundable Items - All sales for the Chiropractic ICD-10-CM Cheat Sheet and the Chiropractic Diagnosis & Documentation Cards are final. No refunds or returns are available on these products

Announcing a New NYSCA Membership Benefit:

A Financial Wellness Seminar Series courtesy of Prudential Insurance



We hear every day that many Americans are not financially prepared for their future. People find the financial planning process overwhelming and they don't know where to begin. Many are asking their employers for help.

We are pleased to offer you a financial wellness educational seminar through Prudential PathwaysSM. Prudential PathwaysSM offers practical, down-to-earth information that may help you and your family today, tomorrow, and beyond. It is designed to give you an understanding of the fundamentals of financial wellness through educational seminars.

For Students & Recent Grads

The following webinars will be of special interest to current students and recent graduates/new practitioners. These presentations will be held on Thursdays at 7pm ET.

- 03/16/23 - What You Should Know About Life Insurance
- 05/18/23 - Is Your Financial House in Order?
- 06/15/23 - How Insurance Can Help Protect Your Financial Wellness

For Established Practitioners

The following webinars will be of special interest to established or retiring practitioners. These presentations will be held on Tuesdays at 1:30pm ET as a Lunch & Learn series.

- 03/28/23 - Retirement Planning Toolkit
- 04/25/23 - Taking Care of Your Loved Ones As They Age
- 05/23/23 - It's Your Estate, Are You in Control?
- 06/27/23 - Steps to Buying and Selling a Home

Financial Wellness Checkup Days

Prudential has also scheduled periodic Financial Wellness checkup days: 3/9/23, 5/11/23. These are full days of 30-minute 1:1 appointments for any topic, for individuals who won't be able to make the live sessions.

If you have a question or concern, please contact Pathways@Prudential.com or (844) 592-8993.

[Learn more and register online!](#)

(Accessible to NYSCA Members only)

Please note the webinars are being offered via WebEx

Prudential Workplace Solutions Group Services, LLC ("PWSGS") provides access to a number of Financial Wellness products, services, seminars and tools offered by PWSGS, its affiliates or third parties. PWSGS is a subsidiary of Prudential Financial, Inc. PWSGS is not a licensed insurance company, does not provide insurance products or services and does not provide financial, investment or other advice. Individuals should consult appropriate professionals when making financial, investment and tax decisions.

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The Prudential Insurance Company of America, Newark NJ
New York State Chiropractic Association is an independent

If you have attended one of our conventions at this location, you know that it is an excellent venue to get away for the weekend while earning necessary continuing education credits. We have a great lineup of speakers scheduled to present a wide variety of topics from risk management to chiropractic treatment.

I want to highlight our ongoing efforts with LabCorp to educate the profession on the use of relevant and underutilized laboratory testing in the evaluation and management of musculoskeletal pain. Please try to attend this very informative, two-hour presentation on Sunday morning, April 16.

Our journey towards unity continues with The Council. We hope to present updated consolidation agreement and by-laws documents to our Board during the Spring Convention. A great amount of teamwork on the Unity Committee went in to reviewing and updating the couple of hundred pages contained in these documents. All our members should know that the dedicated people on both sides of this committee have put together a significant effort to get us to this point. We continue to work through differences, reaching compromises for the betterment of the profession.

The students at our NY-based chiropractic colleges continue to operate functioning districts. They are heavily invested in their future and now bring ideas to us while representing themselves at our Board and House of Delegate meetings. We are very proud of the fact that the initial group of individuals that we fostered into leadership roles are now fostering the students behind them. We continue to help maintain this leadership pipeline with the mindset that leaders develop leaders.

Lastly, I cannot stress enough the importance of sustained and increased membership. Please ask your colleagues who are not members to join us. We also ask our current members to please consider volunteering for a committee or stepping into a leadership role. Help us steer the ship in the direction that you see as our future.

With your continued support, the profession will remain strong and the NYSCA can keep fighting for our professional progress as chiropractors and doctors and for advancing our ability to render effective care to our patients.

We can do our best work in realizing our goals by focusing on the significance of even the smallest accomplishments. With this mindset, even the modest steps and victories along our journey will take on greater meaning. As the proverb states: "a journey of a thousand miles begins with a single step."

I want to say thank you for the opportunity to serve the members of the NYSCA. I wish you and your families great health and wellness. I look forward to seeing you all at Mohegan Sun in April.

Yours in Chiropractic,

Anthony M. Palumbo, D.C.
NYSCA President

Finally, all candidates must fill out a **curriculum vitae (CV)** – again, part of the "Intent-to-Run" packet -- highlighting their education and training, licenses held, and personal and professional achievements and awards received. The Association uses the information obtained from the CV form to construct a biographical sketch on each candidate that is supplied to NYSCA members when ballots in a contested election are sent to the NYSCA membership.

All three items – the Intent to Run, Disclosure and CV forms -- necessary to declare an intent to campaign for a NYSCA leadership position are found in the "Intent-to-Run" packet noted above.

For this year's election, interested nominees must submit the components of a completed Intent-to-Run form to the Association by **April 1, 2023**. Ballots in contested elections are scheduled to be emailed (or mailed if email is unavailable) by May 1, 2023. Successful candidates assume elected office on June 1, 2023, the beginning of the next NYSCA fiscal year.

Candidates for Officer's Positions

To be eligible to campaign for an officer's position, candidates must meet the following qualifications:

- The nominee must be an active regular, associate, in-state affiliate, or life member in good standing for a minimum of five (5) consecutive years;
- The nominee must understand and attest to the fact that he/she owes a duty of loyalty and a duty of care to the NYSCA and its membership and is not legally conflicted in carrying out his/her duties and responsibilities to the NYSCA and its membership;
- The nominee must have attended at least seventy percent (70%) of his/her district meetings in the year immediately preceding his/her nomination;
- As part of said seventy percent (70%) attendance requirement, the nominee may include, to the satisfaction of the district membership, written proof or other evidence from his/her district indicating that his/her absence from district meetings was due to the conduct of other business of the NYSCA district or the Association in general. This requirement shall not apply to any member currently serving the NYSCA in an executive officer's capacity.
- Nominee for an officer's position shall be eligible to serve and shall have served as a Director on the Board of Directors for not less than one full term. In addition, the nominee shall have attended no less than 2/3rds of the Board meetings convened during each year during her/his tenure as a Regional Director.

Candidates for the Position of Regional Director

To be eligible to campaign for the position of regional director, candidates must meet the following qualifications:

- Each nominee must be from a district that falls in the area represented by either Region 1 or Region 3 as outlined elsewhere above;
- Each nominee must have been an officer of the district or a delegate in the House of Delegates representing a district within either Region 1 or Region 3 noted elsewhere above; and
- The nominee must have been an active member of the Association for the three (3) years immediately preceding his/her nomination -- and he/she must have attended at least seventy percent (70%) of his/her district meetings in the year immediately preceding his/her nomination. As part of said seventy percent (70%) attendance requirement, the nominee may include, to the satisfaction of his/her District, written proof or other evidence from his/her district indicating that the absence from district meetings was due to the conduct of other business of the district or of the Association.

If members have any comments or questions regarding this process, please contact NYSCA at info@nysca.com.

Classified Ads

Associate Wanted

South Shore, Long Island NY - Suffolk Chiropractic Rehabilitation & Physical Therapy. Established 30-year state of the art multi doctor DC/PT practice. Seeking FT/PT licensed NY DC. Highly competitive salary, profit sharing & pension plan & numerous benefits available. Beautiful 5000 sq.ft modern, newly renovated & professionally equipped facility. Large volume of NF/WC cases well as referrals from local orthopedists & other health care providers. Become part of an extremely well run, successful, systems-based practice. Call 516 241-3522 or email resume to drstein@scr-pt.com

Associate Wanted

Lake George/ Queensbury NY area - seeking a highly motivated & dedicated DC with a strong work ethic looking for long term & growth opportunity. Stable 30-year & rapidly growing practice. High referral & patient retention rates. Team & family orientated. Diversified & activator adjusting techniques, soft tissue therapy, ther.modalities, ther.ex, & patient education. DCs on staff have 30 & 16 years of experience. \$52k/year base, plus incentive bonus system, 401k, malpractice coverage, health care cost sharing, & vacation. No evening hours. M-F, some Saturdays. Please send interest & resumes to michael@olearychiropractic.com or contact by cell at 518-744-4363.

Associate Wanted

Hornell, NY – Chiropractic Health-source Of Hornell Rehabilitation P.C. Established 40-year practice. Option to rent or purchase the bldg and/or the office files. There are two Bath, a kitchen, waiting room, reception area, three tx rooms (with adjusting tables), an x-ray room (digital x-ray installed), traction table, a file room & a large parking lot. Previous DC practiced applied kinesiology, focused on nutrition & was certified in nutrition response testing. Gross annual revenue at \$250K over the past 5yrs & in 2022 generated \$350K. Option for working with current office manager, who is a wealth of knowledge regarding insurance claims & is a familiar face for patient continuity. DC men-

toring available. A Chirotouch license is available for transfer. Contact ursula.m.smith@gmail.com or justinevaliquette@hotmail.com

Associate Wanted

Performance chiropractic in Williamsburg VA seeks an ethical, competent, well-rounded DC to join our team. Guaranteed base + bonus, retirement plan, & direct path to partnership & ownership. About you: you're coachable, humble, willing to follow & learn, while you're also capable of growing into a leadership & ownership role. Your hands-on skills are solid, both in assessment & treatment (hands-on adjusting). You genuinely enjoy being a DC. Here's a video about our practice. Contact pchiro@performancechiropractic.com or call Dr. Shaye at 757-876-0899.

Office Coverage Needed

Midtown, NYC - seeking maternity leave coverage - starting April to mid/late July. Very positive work environment T-W-Th, 30 hrs/wk. Please respond if you are available for some/all of the timeframe for more details. Mawelber4@gmail.com

Office Coverage Needed

Northern Westchester area. seeking an experienced, responsible, reliable DC 1-3 weeks at a time. Contact by phone at 914-245-1400 or e-mail docbiff@gmail.com

Office Space for Rent

Manhattan NY - 2 rooms for rent in a clean, spacious, midtown DC office. Great for DC, acupuncture, nutritionist, etc. Office established 32yrs mostly pediatric/maternity wellness based. Both rooms are about 10x11. Lots of storage in the office & the common areas. Asking \$1300 per room or \$2500 per month for both. Contact drgregg@57thchiro.com

Office Space for Rent

Upper West Side, NYC - Office space on the ground floor of historic brownstone. This beautifully styled space has one large room & a small waiting room that can be closed off with the sliding door. 2 minutes' walk from the 1,2,3 subway & 7 min walk to B/C subway & a parking garage next door. The windows are sound-

proofed & the space is recently renovated with hard wood floors & refinished bathroom. Looking for the right person to rent T-Th-Sat-Sun. Monthly rent options:

2-6 Sat/Sun \$975; 2-7 Sat/Sun \$1200; 2-6 Tues or Thurs + Sat or Sun \$1200; 2-7 Tues or Thurs + Sat or Sun \$1400; 2-6 Tues or Thurs + Sat + Sun \$1500
2-7 Tues or Thurs + Sat + Sun \$1900
2-6 Tues + Thurs + Sat or Sun \$1680
2-7 Tues + Thurs + Sat or Sun \$2100
available all year round incl holidays. Contact dr@robertmorrison.nyc

Office Space for Rent

Upper West Side NYC. Central location. 25 Central Park West one block from Columbus Circle. Beautiful office. Excellent neighborhood, security, & safety. 5 rooms, 2 bath + waiting room, & a secretarial area. Can accommodate 5 doctors for multiple specialty practices. Favorable long-term lease terms. Contact, Dr. Jairo Rodriguez at chmanutri@yahoo.com or 212 489 7494

Office Space for Rent

Lower Manhattan, NY - quiet suite with up to 4 tx rooms & a waiting room in the heart of Greenwich Village. The suite is well-located, less than a block from the Sheridan Square subway station & 2 blocks from the W 4th St station. The duration of the lease is flexible, anywhere from 2-5 years. \$5300/month. Available May 1st. Contact judithgreenwald@gmail.com

Office Space for Rent

Bayside, NY - Acupuncture office for rent T-W-Sun. 4 tx rooms, fully furnished, newly painted, ground floor, 2 parking spaces in front of our business. Large reception area facing the street with lots of daylight. Music in all rooms. Great for DC. \$2200.00 per month, utilities included. Must carry liability insurance. Long term lease possible & negotiable. Contact: acupuncture212@gmail.com

Practice for Sale

Manhattan live/work residence for sale which includes practice. The retiring doctor is including most of the

(Continued on page 2)

rely on a minor child to facilitate communication.

Keep in mind that the interpreter should be able to “interpret effectively, accurately, and impartially, both receptively (i.e., understanding what the person with the disability is saying) and expressively (i.e., having the skill needed to convey information back to that person) using any necessary specialized vocabulary.”

How do I find a qualified interpreter for the patient?

The Registry of Interpreters for the Deaf provides a search engine for assistance in locating a qualified sign-language interpreter. At present, there are 23 interpreters listed on their site in New York State. Additionally, practitioners may choose to reach out to their local chamber of commerce, county or town offices, local colleagues, or other professionals to see what services they have engaged. Chances are someone you know has stood in your shoes.

What about HIPAA?

Healthcare providers are permitted to “use and disclose protected health information (PHI) for treatment, payment and health care operations without an individual’s authorization.” If the patient identifies their companion as their interpreter, PHI can be disclosed in the patient presence as part of healthcare operations. On the other hand, if the provider enters into an ongoing contractual relationship with an interpreter who is not a regular member of the provider’s workforce, the provider should be sure to execute an appropriate Business Associate Contract, as required under HIPAA.

Is a provider permitted to impose a fee on the patient requiring an interpreter or other communication assistance?

No. Title 28 CFR 36.301(c) stipulates that “A public accommodation may not impose a surcharge on a particular individual with a disability or any group of individuals with disabilities to cover the costs of measures, such as the provision of auxiliary aids ... that are required to provide that individual or group with the nondiscriminatory treatment required by the Act or this part.”

Regarding absorbing the expense of the interpreter as a “cost of doing business,” the federal Disabled Access Credit provides a non-refundable credit for eligible small businesses that incur expenditures for providing access to persons with disabilities: <https://www.irs.gov/pub/irs-pdf/f8826.pdf>

Can I decline to treat a patient because I am unable to accommodate their communication needs?

No. CFR 36.301(a) stipulates that “A public accommodation shall not impose or apply eligibility criteria that screen out or tend to screen out an individual with a disability or any class of individuals with disabilities from fully and equally enjoying any ... services ... being offered.” Further, CFR 36.302 (b.2) states “A physician who specializes in treating only a particular condition cannot refuse to treat an individual with a disability for that condition.”

Be aware, CFR 36.501 gives a disabled person the ability to bring a private right of action for an alleged violation of the ADA.

Additional References

- When It Comes to the ADA, Ignorance Is Not Bliss. NCMIC. (2017, February 16). <https://www.ncmic.com/insurance/malpractice/risk-management/when-it-comes-to-the-ada/>
- Language Barriers Create New Issues for DCs. NCMIC. (2018, December 1). <https://www.ncmic.com/insurance/malpractice/risk-management/language-barriers-create-new-issues-for-dcs/>
- Addressing Discrimination in Healthcare Practices: Interpreter Requests. NCMIC. (2020, August 4). <https://www.ncmic.com/insurance/malpractice/risk-management/addressing-discrimination-in-healthcare-practices-interpreter-requests/>
- ADA Quick Tips - Sign Language Interpreters. ADA National Network. (2017). <https://adata.org/factsheet/sign-language-interpreters>

² 42 USC § 12182(a)

³ 42 USC §12181. Definitions
As used in this subchapter:

(7) Public accommodation
The following private entities are considered public accommodations for purposes of this subchapter, if the operations of such entities affect commerce—

(F) a laundromat, dry-cleaner, bank, barber shop, beauty shop, travel service, shoe repair service, funeral parlor, gas station, office of an accountant or lawyer, pharmacy, insurance office, professional office of a health care provider, hospital, or other service establishment;
See also: Businesses That Are Open to the Public. ADA.gov. Retrieved February 17, 2023, from <https://www.ada.gov/topics/title-iii/>

⁴ 42 USC § 12182(b)(2)(iii)

⁵ ADA requirements - effective communication. ADA.gov. Retrieved February 17, 2023, from <https://www.ada.gov/resources/effective-communication/>

⁶ 28 CFR 36.303 (c.1.ii)

⁷ Communicating Effectively with People with Disabilities. ADA.gov. Retrieved February 17, 2023, from <https://www.ada.gov/topics/effective-communication/>

⁸ McKee MM, Paasche-Orlow MK, Winters PC, Fiscella K, Zazove P, Sen A, Pearson T. Assessing Health Literacy in Deaf American Sign Language Users. J Health Commun. 2015;20 Suppl 2(0 2):92-100. doi: 10.1080/10810730.2015.1066468. PMID: 26513036; PMCID: PMC4714330.

⁹ 28 CFR 36.303 (c.2)

¹⁰ 28 CFR 36.303 (c.4)

¹¹ 45 CFR 164.506(c)

¹² Must a covered health care provider obtain an individual’s authorization to use or disclose protected health information to an interpreter?. HHS.gov. Retrieved February 17, 2023, from <https://www.hhs.gov/hipaa/for-professionals/faq/760/must-a-covered-provider-obtain-individual-authorization-to-disclose-to-an-interpreter/index.html>

¹ Americans with Disabilities Act of 1990, 101 Publ L 336, 104 Stat. 327, July 26, 1990.

(Continued from page 1)

office furnishings & equipment. Located on the upper east side, this ground floor, front facing space with a 24-hour doorman, is located on a busy crosstown bus route. The 750 sq ft. Air-conditioned space is architecturally designed & includes a fully equipped kitchen & executive shower. For the past 25 years, the owner has operated a successful practice based solely on location, website & referrals. This space affords the opportunity to build equity for other investments while residing in the space or utilize the space for occasional overnight stays. Serious inquiries only. Please text (917) 907-1961

Practice for Sale

Queens Blvd, Rego Park, NY. Multi-specialty 42-year chiropractic practice for sale. For more information, please call 516-606-1067

Practice for Sale

Riverdale (Bronx, NY). Our office boasts a stable patient base of 41 years, trained staff, modern equipment & best of all generates 400k plus in revenues. This is truly a unique opportunity for ownership with growth potential. For all details & practice profiles contact: Kip G. Sarby - Outlook Practice Sales, Inc. 800-806-1650.

Practice for Sale

Nassau County - small boutique chiropractic cash practice for sale! Great community excellent location low rent in a very affluent area. perfect for a new practitioner, or looking to open up a second office. Been in practice two years relocating to new jersey for more information. Please call. 516 388 8960

Practice for Sale

Rochester, NY - owner is willing to entertain sale of building, or long-term lease. Excellent location that is easily accessible from anywhere in Monroe County. Practice has an excellent reputation in the community & a robust referral network in the medical community. Evidence-based & patient-centered care. Dr. Leslie Lange is willing to stay on for easy transition for up to three years. The building is 5,080 square feet, 34 parking spaces (4 handicap spaces), 3 handicap accessible bathrooms, one bathroom is not

handicap accessible, currently 12 chiropractic treatment rooms, 3 massage/acupuncture rooms, 700 square feet available for physical therapy & rehab, & 3 other rooms of various sizes that are currently used for administration/office space & could be converted to new use. All 12 chiropractic treatment rooms have flexion tables. All tables but one have tilt head pieces; all tables but one have elevation; at least 6 tables have drop pieces; & there is one Chattanooga decompression table. Full equipment inventory available upon request. Currently using ChiroTouch. Fully trained staff willing to stay on. Contact dr. Lange at drles@grchealth.com for photos, more information, or for creative ways to plan your future practice.

Equipment for Sale

Located in northern Westchester. X-ray equipment for sale Easymatic universal vertical system with tube stand, 17x17 speed bucky, line grid, line cabinet all in excellent working order. Best asking price. Contact 914-245-1400

Equipment for Sale

Located near Warwick, NY 10990. Hudson valley. I have a hill table in pristine condition. Electronic up & down. Cushions are in great shape. It was the backup table for my dad & I don't use it. Very low "miles" call or text my number for photos. Asking 2000 but price is negotiable. Will help load. Contact wdkrembs@gmail.com

Miscellaneous

Northeast College of Health Sciences – seeking full-time faculty clinician with teaching responsibilities in one or a combination of the departments of foundational sciences, clinical sciences, principles of healthcare practice, integrated chiropractic therapies, or health centers. Teaching responsibilities in the health centers includes management of patient care. [Learn more](#)

Submit your classified ad today!

Additional out-of-state associate positions and practices for sale listed online at NYSCA.com

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The New York Chiropractic Political Action Committee (NYCPAC) is the political action committee of the New York State Chiropractic Association (NYSCA) and is intended to help support candidates who are pro-chiropractic. It is important to note that if you choose not to give to NYCPAC, this will in no way effect your membership in NYSCA.

Please Do Not Forget...

Organized medicine, managed care organizations and other anti-chiropractic forces continue to spend hundreds of thousands of dollars each year to elect candidates that do not value the chiropractic profession.

It is more important than ever that we support legislators and candidates who support chiropractic. **NYCPAC provides us with a great opportunity to support pro-chiropractic candidates.**

There are always legislative issues confronting the profession whether it be passing scope modernization or recognizing conservative care providers as an alternative to an opioid prescription or an issue with Workers' Compensation. NYCPAC helps us to support legislators that are supportive of the chiropractic profession in New York.

We ask that you support the NYCPAC by visiting [this link](#) and making your donation today.

It is important that we do all we can to help support the profession and the thousands of chiropractic patients we serve.

Please make a donation today

CHIROPRACTIC SPINAL MANIPULATION ASSOCIATED WITH REDUCTION IN LOW BACK SURGERY

by University Hospitals Cleveland Medical Center

A recent study from University Hospitals (UH) Connor Whole Health has found that adults who initially visit a chiropractor to receive spinal manipulation for low back pain caused by disc herniation or radiculopathy (i.e., sciatica) are less likely to undergo discectomy (i.e., disc surgery) over the subsequent two years. This study was recently published in the journal *BMJ Open*.

Chiropractic is a health care profession that focuses on treatment of musculoskeletal conditions such as low back and neck pain. The most common therapy that chiropractors use is spinal manipulation, which includes a range of hands-on treatments directed to the joints of the spine. While chiropractic spinal manipulation has been found to be effective for treating low back pain, there has been limited research that explores whether this treatment is associated with a reduction in spine surgery.

In this retrospective cohort study, the authors selected adult patients, age 18 to 49, from a 101 million patient United States health records network (TriNetX, Cambridge, MA, U.S.), including data from 2012 to 2022. Patients with serious pathology or urgent indications for surgery

were excluded from the study. Ultimately, the authors identified 5,785 patients who initially received chiropractic spinal manipulative therapy, and the same number of patients who received other forms of medical care for their low back pain. The authors used a statistical technique called propensity score matching to control for variables that could influence the likelihood that patients would undergo discectomy. In this process, they matched patients in both cohorts according to several such as age, sex, obesity, smoking, previous injections, and medications.

The authors found that patients who initially received chiropractic spinal manipulation for their low back pain were significantly less likely to undergo lumbar discectomy through two years' follow-up.

At one year follow-up, 1.5% of the patients in the chiropractic cohort had undergone discectomy, compared to 2.2% of patients in the cohort receiving other care

At two years' follow-up, 1.9% of the patients in the chiropractic cohort had undergone discectomy, compared to 2.4% of patients in the cohort receiving other care

This study builds on previous work that

explored the relationship between chiropractic and surgery. Specifically, the authors examined a more specific population of low back pain, and a more specific outcome of discectomy. It represents the first study to examine whether chiropractic care is associated with a reduction in likelihood of discectomy. While the finding that chiropractic spinal manipulation is associated with a reduced likelihood of discectomy is promising, the study design was observational and included real-world data. Accordingly, there are certain limitations to the study findings. The authors recommended that their study be replicated using a randomized, controlled trial design.

The lead author, Robert J. Trager, is a chiropractic physician at Connor Whole Health, University Hospitals, where he frequently sees patients for low back pain. Through collaboration and mentorship from the research director of Connor Whole Health, Jeffery A. Dusek, the two have been investigating a series of outcomes related to chiropractic care, such as imaging use, medication use, and now surgery. The team aims to continue their research on the topic of health service utilization as well as expand into other study designs.

F4CP's Releases New Tip Sheets & Podcast

The Foundation for Chiropractic Progress (F4CP) has released several new tip sheets covering a variety of topics that you can utilize in your practice.

Recent resources include; "Reading Labels for Better Health," "Reducing the Risk of Painkillers with Chiropractic Care" and "Understanding Whiplash and Neck Injuries." These tip sheets are informative, easy to read and can be shared with your office staff and patients.



As an Association Member, you are also a Group Member with F4CP which means you can access these resources and more at f4cp.org.

A Podcast for Your Patients

F4CP has a patient-friendly podcast, Adjusted Reality, which features celebrities, thought leaders and experts. The most recent episode of Adjusted Reality features Dr. Chris Zaino, a world-renowned speaker, author, entrepreneur and HERO.

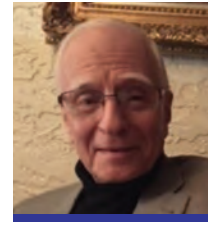
After winning Mr. America in 1998, and being a leader in the fitness industry, he found himself defying a deadly disease in his late 20s. Dr. Zaino leveraged his experience to establish one of the world's largest health and wellness clinics, seeing thousands of patients per week.



[Click here to listen to Dr. Zaino's episode!](#)

You can also listen to all of the episodes of Adjusted Reality on Buzzsprout, Spotify, Apple Podcasts and any other streaming platform.

OBITUARIES



Dr. John Pellegrino 10/20/35-01/10/23

The NYSCA District 7 John Pellegrino Continuing Education Scholarship represents the commitment of Dr. John Pellegrino to the New York State Chiropractic Association and his dedication to raising chiropractic awareness and education throughout New York State.

John graduated chiropractic school from The Chiropractic Institute of NY in 1956. His license number is #946. He is the youngest chiropractor ever to be licensed in Florida. He started practice in New York State in 1956. The New York State Chiropractic Association didn't form until 1970. John is one of the original members and was a lifetime member.

He attended almost every NYSCA convention. He attended every District 7 monthly meeting and even during the pandemic, John mastered Zoom. He has remained on the District 7 NYSCA Board all of these years.

John set up the first Chiropractic Health Plan in New York State for Vytra Health Insurance Company. He also set up the Initial Chiropractic Health Plan for Oxford Insurance Company. Over the years, John went to local hospitals to educate medical professionals on the value of chiropractic care.

The amount of growth that Dr. Pellegrino has seen within the Chiropractic profession over his professional career has been astounding. It is Chiropractors like Dr. Pellegrino that have paved the way for generations to come.



Keith Andrew Wells January 26, 2023

Dr. Keith Wells, 67, passed away January 26, 2023 in Syracuse, NY after succumbing to complications from dementia, which he suffered from over the last few years. He was predeceased by his parents, Les and Dawn Wells and his sister, Lesley Czyn. He is survived by his nieces, Leanne Rasha, Danielle Reynolds and Rebecca Czyn, a great-nephew and great-niece, his uncle, Gene Wells and his children, and his former wife and her family who remained close over the years.



New York State Chiropractic Association

PO Box 557, Chester NY 10918 | 518-785-6346 | 518-785-6352 FAX

info@nysca.com | www.nysca.com



APPLICATION FOR MEMBERSHIP

Contact Information

Last Name:	First Name:	MI:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Business Address:		County:	
City:	State:	Zip:	
Office Phone:	Office Fax:	Email:	
Referred to NYSCA by:		All fields required unless otherwise specified.	

Education Information

Degree(s):	
Chiropractic College:	Year Graduated:
NY Chiropractic License Number:	Date of Issuance: (MM/DD/YYYY):

Personal Information

Date of Birth:	Home Phone (opt):	Mobile Phone (opt):
Home Address:		County:
City:	State:	Zip:

Membership Categories

Dues

Regular Membership	Full Year or AutoRenew*
<input type="checkbox"/> 1 st Year Licentiate – up to 2 years from date of licensure	\$120 or \$10/month
<input type="checkbox"/> 2 nd Year Licentiate – up to 3 years from date of licensure	\$240 or \$20/month
<input type="checkbox"/> 3 rd Year Licentiate – up to 4 years from date of licensure	\$360 or \$30/month
<input type="checkbox"/> 4 th Year Licentiate – up to 5 years from date of licensure	\$480 or \$40/month
<input type="checkbox"/> 5 th Year Licentiate – Greater than 5 years from date of licensure	\$600 or \$50/month

★ New Member Special ★
 One-time offer applicable to Regular Membership only when year is PAID IN FULL. Eligibility subject to verification. Subsequent year's dues payable at usual rate. Cannot be combined with other discounts **25% off**

Part-time, practicing 20 hours or fewer per week
 Discount applicable to Regular Membership only. A certification of working hours, signed by a NYSCA district officer, must be submitted to the administrative office; Cannot be combined with other discounts **50% off**

Associate Membership – Include name of sponsoring NYSCA Member: _____

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<input type="checkbox"/> 4 th Year Licentiate – up to 5 years from date of licensure	\$240 or \$20/month
<input type="checkbox"/> 5 th Year Licentiate – Greater than 5 years from date of licensure	\$300 or \$25/month

Affiliate Membership[†] – must be licensed to practice chiropractic in New York

- a full-time staff member in residence at a chiropractic or other accredited university, college, school, or institution; or
 - a full-time employee of any recognized governmental agency; or
 - a member of the Armed Forces of the United States on active duty; or
 - not in active chiropractic practice AND is employed full-time as supplier/vendor of chiropractic products and services, or other practice equipment, in service to members of the chiropractic professional field; or
 - practicing exclusively in a state or jurisdiction other than New York State
- \$60**

[†]out-of-state affiliate members may neither vote in NYSCA elections nor hold office

*Membership Dues – AutoRenew (Monthly debit from credit card)

Cardholder understands and agrees that by opting into automatic billing his/her card will be charged on a monthly basis and will automatically renew on membership anniversary date. Renewal will be at current membership type associated with account. Monthly membership is not eligible for cancellation for the first 12 months.

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Card #:

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Check Enclosed; Please make checks payable to:
New York State Chiropractic Association
PO Box 557, Chester NY 10918

Check here if you do **NOT** want 7% of your dues monies earmarked for NYCPAC. Refusal to contribute will not affect your membership rights.

I fully understand and agree that upon acceptance of my application, I shall abide by the certificate of incorporation of the NYSCA, its Bylaws, Canon of Ethics, all rules and regulations adopted by the Board of Directors and House of Delegates, and the laws of the State of New York, the Board of Regents, and the State Education Department. I further understand that the NYSCA regularly communicates with its members by electronic means and therefore permit NYSCA to send me communications and advertisements (regarding upcoming events, etc.) via fax/email.

Signature:

For Office Use Only	Date Received:
	District Assigned: