

Share your news in the next issue of *Alumnus!*

Alumnus is all about YOU and we'd like to share your news in our first 2007 issue, which is currently in process. Have you completed any postgraduate programs, been elected to any offices or committees, reached any professional milestones, or achieved any personal successes? Let us know and we'll share it with your fellow alumni. We'll even accept good quality photos (digital or print) and will use them on a space-available basis.

Email your news to molbrysh@nuhs.edu, or mail it to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148. You can also go to the *Alumnus* page on our website, <http://www.nuhs.edu/show.asp?durki=129&site=2&return=17>, where there's an email link for submitting news. WE LOOK FORWARD TO HEARING FROM YOU!

In Memoriam

Dr. James Ansley - NA '41
Dr. Kenneth Edwards - NA '92
Dr. August Mormino - NA '53
Dr. Allan Randall - NA '52
Dr. Antonino Spataro - NA '99

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Postgraduate Courses for May - July**May 5-6**

Acupuncture 200-1:
Clinical Conditions, TCM Principles
NUHS Campus / Lombard, Ill.

Acupuncture 300-5: Pulse Diagnosis
NUHS Campus / Lombard, Ill.

Clinical Orthopedics:
Knee - Trauma and Imaging
NUHS Campus / Lombard, Ill.

Electrodiagnosis EDX-4:
EMG & NCV - Lower Extremity I
NUHS Campus / Lombard, Ill.

X-ray Tech: Session 1 of 6
NUHS Campus / Lombard, Ill.

May 12-13 - Mother's Day Weekend

May 19-20

Rehabilitation 100-4: TMJ & Cervical Spine
NUHS Campus / Lombard, Ill.

Clinical Orthopedics:
Lumbar Spine - Disc, Stenosis
Braintree (Mass.) Rehab. Hospital

Traditional Chinese Medicine 3
NUHS Campus / Lombard, Ill.

X-ray Tech: Session 2 of 6
NUHS Campus / Lombard, Ill.

May 26-27 - Memorial Day Weekend

June 2-3

Acupuncture 200-1
(Condition Based): Fibromyalgia
NUHS Campus / Lombard, Ill.

Kinesio Taping® Certification: Session I
NUHS Campus / Lombard, Ill.

X-ray Tech: Session 3 of 6
NUHS Campus / Lombard, Ill.

June 9-10

Acupuncture 300-6: Pulse Diagnosis
NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Knee -
Functional Mechanics & Rehabilitation
NUHS Campus / Lombard, Ill.

Electrodiagnosis EDX-5:
EMG & NCV Lower Extremity II
NUHS Campus / Lombard, Ill.

Sports Physician 200-1:
Taping and Wrapping Procedures
NUHS Campus / Lombard, Ill.

June 16-17 - Father's Day Weekend

X-ray Tech: Session 4 of 6
NUHS Campus / Lombard, Ill.

June 23-24

Clinical Orthopedics:
Lumbar Spine - Clinical Evaluation
Braintree (Mass.) Rehab. Hospital

June 30 - July 1

Kinesio Taping® Certification: Session II
Prerequisite: Session I
NUHS Campus / Lombard, Ill.

Sports Physician 200-2:
Diagnostic Imaging of Sports Injuries
NUHS Campus / Lombard, Ill.

July 7-8

Acupuncture 200-3
(Condition Based): Women's Issues
NUHS Campus / Lombard, Ill.

X-ray Tech: Session 5 of 6
NUHS Campus / Lombard, Ill.

July 14-15

Acupuncture 300-7: Electrical,
Magnetic & Electromagnetic Forces
NUHS Campus / Lombard, Ill.

Clinical Orthopedics:
Knee - Complex Clinical Conditions
NUHS Campus / Lombard, Ill.

Current Advances in Extremity Technique
NUHS Campus / Lombard, Ill.

Electrodiagnosis EDX-6:
EMG Waveforms - Normal & Abnormal
NUHS Campus / Lombard, Ill.

July 21-22

Rehabilitation 100-5: Clinical Integration
NUHS Campus / Lombard, Ill.

July 28-29

Sports Physician 200-3:
Soft Tissue Assessment & Tx for Athletes
NUHS Campus / Lombard, Ill.

X-ray Tech: Session 6 of 6
NUHS Campus / Lombard, Ill.

Note: Dates and times are subject to change; programs are cancelled periodically or rescheduled. Please refer to the NUHS website www.nuhs.edu under 'continuing education' for the most accurate information.

For location and registration information, contact:

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Keeping Our Balance

James F. Winterstein, DC
NUHS President



Every morning for many years, when I get dressed, I do my own version of Tai Chi — I put my socks on standing up. Interesting how something that simple can sometimes come across as a daunting task and one simply feels like sitting down on the bed to accomplish this task. It is made more difficult in the winter because I usually wear boot socks, which are “over the calf.” Why do I do this? It is a daily reminder to my neurological system to work on total balance and it is a daily reminder to my brain as well. Balance in life and in our chosen professions is vital to good health.

As I have aged, I have heard my colleagues say things like “the legs are the first to go,” or “as I got older, I was not as steady on my feet.” I have been listening to those comments from older patients for years in my Florida-based geriatric practice and more recently among my own colleagues as we have moved into our mid-60s. Hearing this, I decided long ago that these messages were probably not just talk but that they reflected what was actually happening to people, so I personally took steps to try to retard the onset of these “imbalances,” by working to strengthen what apparently can be expected to be weakening physical systems.

So what is the point?

I think the same concern and concepts can be applied to the health care professions and especially, for purposes of this article, to the chiropractic profession. We need to keep our balance. It seems to me that as a profession, we have been

...see **Keeping Our Balance...** on page 2

Homecoming 2007 Features Panel on Integrative Problem Solving

Homecoming 2007 (June 22-24) is marked by an outstanding list of exceptional speakers, all of whom will help you practice better. I think National grads, as a group, agree with the concept that our first commitment is to our patients and that if we do the right thing for them, we will enjoy the success of our labors, or as was often stated by Dr. Joseph Janse, and repeated by me, if we “take care of our patients, they will take care of us.”

Some will argue that this is all fine, but what is really needed is more information on how to manage the “business of practice,” and I don’t argue that doctors should not be good business people, but first and foremost they must be good doctors, or their entire mission in life is lost.

In concert with this thinking, we, as mentioned, have a wonderful group of people providing continuing education this year —

- Anna Allen, RN, MSN, CLNC
- Shawn Allen, DC, FACO
- Greg Cramer, DC, PhD
- Robert Lardner, PT
- Yun-tao Ma, PhD, LicAc
- Al Meo, LMT, CN
- David Parish, DC, CSCS, DACBSP
- David Seaman, MS, DC
- Alex Vasquez, DC, ND
- Ivo Waerlop, DC, DABCN

Beyond these outstanding presenters, it gets even better.

On Sunday morning, June 24, as the last component of continuing education, we will have a panel that we have titled “Integrative Approach to Clinical Problem Solving.” This panel will be moderated by our Vice President for Academic Services, Dr. Vince DeBono, and will consist of the speakers who provided the continuing education for the weekend. This year, Dr. DeBono will pick several excellent patient cases from our clinics and the panel will discuss how to diagnose and manage the patient from different perspectives including manipulative procedures, naturopathic procedures, biomedical acupuncture type procedures, nutrition, etc. Questions and comments will be allowed from the audience.

If this panel works well and is popular, we will ask you for your most difficult cases next year, as we continue to address those issues that mean the most in the management of our patients.

Don't miss this exciting opportunity during National's homecoming, which will begin promptly at 8:30 a.m. on Friday, June 22, at the DoubleTree Hotel in Oak Brook, Illinois. Hope to see you there!

Jim Winterstein

Homecoming 2007

New Days

Friday, June 22 - Sunday, June 24

New Place

DoubleTree Hotel Chicago Oak Brook
(Across from the Oakbrook Center
Shopping and Dining Complex)



Keeping Our Balance... ...from page 1

off-balance for most of our history and we need to address that.

Back in 1907, in La Crosse, Wisconsin, a chiropractor by the name of Shegataro Morikubo was indicted on a count of practicing medicine without a license and during his trial, his lawyer, who was employed by B.J. Palmer, took the position that there was no relationship between what Morikubo did as a chiropractor and what allopaths did as medical doctors, so therefore, he could not be convicted of practicing “medicine” (allopathy) without a license. He won the case and set the stage for chiropractic imbalance for the next century. Chiropractic had to be different, separate and distinct. That put us way out on the fringe of health care because we automatically became “the enemy.”

I grant that allopathy made every move possible to continue the imbalance knowing full well that if it persisted, we would be marginalized. We played into their hands with a hypothesis of health and disease that has failed to hold up to the bright light of objective scrutiny — that which we know as scientific investigation.

Some in the profession, in attempting to regain balance, turned away from the old dogma and began to look to science as a way to validate what appeared, on a daily basis, to be an effective form of care for a variety of people and their health complaints. Others persisted in the old dogma and still do to this very day. This internal schism did not improve our sense of balance as a profession, but only made things worse.

Adding to the imbalance, is the entire third party reimbursement system that is designed, it seems, primarily as a big business — and I mean big profits for the companies that are functioning as third party payers — or perhaps better named “non-payers.”

The profession’s current attention to “best practices” is unfortunately largely a reaction to this third party issue as those companies continue to try to cut costs by making the case that what chiropractic physicians do is not necessary, out-of-scope, over-utilization, and unscientific. In an attempt to bring this back into some kind of balance, some

in the profession took a good long hard look at the situation and determined that the only way to win the battle would be to develop evidence for best practices. Again the “out of balance” group has responded by taking the position that those engaged in best practices are simply “insurance company employees” who are going to rip off the already poorly reimbursed chiropractic physicians.

What is even worse, in my estimation, is that there is a major re-emphasis in our profession on unethical practice management and practice building techniques and procedures where the patient becomes the leverage for increased income. Look at any of the ads for the “big” chiropractic convocations and you will see the faces of those who will teach you how to keep the patient coming back over and over for a lifetime of “care” because, as they tell you, it is necessary to keep the patient free of interference to the free flow of “innate.” If you are skeptical, you have a poverty complex or you clearly do not understand the real benefits of chiropractic!

What a tragedy for our profession. Just when, on the one hand, we are beginning to develop some strong research to support the benefits of chiropractic medicine in its broad based application, we, out of fear of failure, or out of plain old greed, turn to the hucksters for help!

It is time to get our balance back, but how to do that, is the question. Even our leaders today, it seems, are recommending practices and procedures that are lacking in intellectual honesty and professional integrity. How do we get it back?

I listen to my graduates, young and old, and I participate in several online lists so that I can get the sense of what is happening in practice every day. I can tell you unequivocally that there is a group of new young practitioners who are engaging in ethical and successful practice and they are enjoying their practices.

Most of the complaining comes from the practitioners who were “flying high” in the halcyon days of the ‘80s and ‘90s and are now unhappy and discouraged because they have had to come back down to reality. Making a million dollars a year is not as easy today as it was then, nor should it be. But what can be done to regain our balance?

Actually it is as simple as it always was, but it requires us to return to some basic principles — the very ones our new grads are using today with success:

1. Take care of your patients; they will take care of you.
2. Treat your patients as if they were your father, mother, brother, sister, spouse, or children.
3. Strive to get your patients well as quickly as possible.
4. Charge a reasonable fee for service, whether the patient has insurance or not.
5. Keep your practice as broad as possible so that you do not confine your opportunities to one small segment of the population.
6. Read and study constantly — it is what doctoring is all about. As a doctor you must be a teacher, and people today need to be taught all about proper lifestyle, proper exercise and proper nutrition. They are way over the edge and desperately need your help in regaining health.
7. Understand that chiropractic medicine is not synonymous with spinal adjusting. It is a practice that, as our founder, Dr. John Fitz Alan said, “is as broad as nature itself.”
8. Recognize that while the entire third party reimbursement system is a daily struggle for us, it too, is transient. Employers are moving away from coverage and Health Savings Accounts (HSAs) are growing in popularity, which means the patient will be able to spend this tax-free money as he/she wishes. This equates to a return to the cash-based practice of past years. Let’s be ready for it.
9. Keep your overhead as low as possible and don’t spend what you don’t have.
10. Work hard; be available. Doctoring is not about the easy life. It is about service to others when and how they need it. Don’t worry; it will come back to you, too.

I know some of you are ready to blow a gasket because this old man Winterstein is living in the past and trying to put his socks on standing up. That may be true, but the principles outlined above still work and will help to bring balance back to your practice and to our profession. Try them — you might be surprised.

News Briefs from National

Yihyun Kwon, DC, MSc, MSOM, LAc, has been appointed chair of the Department of Acupuncture and Oriental Medicine. After earning his chiropractic degree from National in 2002, Dr. Kwon served a three-year residency in family practice, after which he became an associate professor in acupuncture and oriental medicine.



Dr. Yihyun Kwon

Dr. Kwon believes that the integration of eastern and western medicines provides the maximum benefit to patients. To this end, he is working towards a PhD in the combination of eastern and western medicine at Heilongjing University of Chinese Medicine in China.

Two new directors were appointed to key positions at NUHS in recent months. **Charles Carothers, PhD**, was named director of financial aid, and **Peter Greetis** was appointed director of Management Information Systems.

Fraser Smith, ND, chair of the Department of Naturopathic Medicine, recently launched a new web blog, *Naturopathic Chronicles*, on the NUHS website. The weekly entries, he explains, will deal with “all things naturopathic.”

Dr. Smith, graduated from the Canadian College of Naturopathic Medicine (CCNM), and was dean of CCNM’s naturopathic program from 2001 to 2003. He came to National University in 2005 to establish the doctor of naturopathic medicine program, which welcomed its first students in Fall 2006.



Dr. Fraser Smith

Dr. Smith serves as secretary of The Illinois Association of Naturopathic Physicians, and has been working actively with the organization to lobby the Illinois state legislature to approve professional licensure for the profession. The group faces opposition from the Illinois State Medical Society.

In a recent *Daily Herald* newspaper article, Dr. Smith spoke of the growing interest among Illinois students in naturopathy. The lack of state license requirements

allows anyone to call themselves a naturopath, he said, and can lead to those without appropriate training or education misleading patients.

For more insights into naturopathy as a health care profession and the program at National, visit Dr. Smith’s blog at <http://www.nuhs.edu/show.asp?durki=663>.

National University of Health Sciences is proud to announce the matriculation of the largest doctor of chiropractic Spring Trimester class in recent years. The January 2007 class seated 42 new DC students, an 83% increase over the previous January trimester start! Credit goes to **Victoria Sweeney**, director of admissions, **Carlos Fernandez**, assistant director of admissions, the hardworking admissions counselors, staff and Student Ambassadors, and the many Alumni Ambassadors who represent the university for the department throughout the year.

The February/March issue of *Massage & Bodywork* magazine featured research conducted by NUHS researchers as the basis for an article entitled “The Ups and Downs of Blood Pressure: Effects of Varying Types of Massage Therapy.”



The article cited a study, “Changes in Blood Pressure After Various Forms of Therapeutic Massage: A Preliminary Study,” by **Jerrilyn Cambron, DC, MPH, PhD**, **Jennifer Dexheimer, LMT**, and **Patricia Coe, DC, CMT**, published in January 2006 in the *Journal of Alternative and Complementary Medicine*.

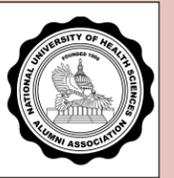
Dr. Cambron, associate professor in the NUHS Department of Research, was quoted throughout the article as she explained the study.

The article noted the importance of this type of research in dealing with the prevalence of high blood pressure in the population and the possibility of a nonpharmacologic approach as an alternative.

Dr. Cambron was also recently awarded funding by FCER for her research project, “Chiropractic Dosage for Lumbar Stenosis.” The two-year grant in the amount of \$267,670 is made possible by funding from the National Chiropractic Mutual Insurance Company (NCMIC).

Kristina Conner, ND, instructor in the department of naturopathic medicine, was published in the February issue of *Naturopathic Doctor News and Review* (NDNR), which is available in print or on line. The issue focused on naturopathic principles as applied to women’s health. Dr. Conner’s article was “Docere — Reclaiming the Power of Blood: Applying naturopathic principles to counseling about menstruation.”

Are you interested in locating fellow National classmates and colleagues? Now you can, quickly and easily on line. As technology progresses and printing costs increase, it has become much more economical to offer an **Alumni Directory** through our website. In addition, you can also update your own address information with just the click of a mouse.



If you are interested in this service, all you need is a user name and password. Please email Tracy McHugh at tmchugh@nuhs.edu or contact her directly at 630-889-6604 to receive your log-in name and password.



(l to r) **Dr. Randy Swenson**, dean of the College of Allied Health Sciences, **Joyce Whitehead**, director of the LRC, and **Kristina Conner**, instructor in naturopathy, were among a dozen faculty members who participated in the first of a series of faculty development events designed to promote collegiality, share individual expertise and disseminate information. **Dr. Ezra Cohen**, Faculty Development Committee chair, facilitated the meeting.

The initial session consisted of the viewing of an online seminar on “The Use of Published Assessment Tools.” The faculty events, which will include in-services, workshops and journal clubs, are supported by National’s NIH / NCCAM R25 grant, “Curriculum Development in Evidence Based Practice” and are one part of the grant’s three-part educational plan.