

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

We would love to share your good news in the next issue of *Alumnus*. Have you reached any professional milestones, received any awards, or achieved any personal successes? Let us know and we'll share your news with your fellow alumni. Email your news to molbrysh@nuhs.edu or mail to Marie Olbrysh, Office of Communications, NUHS, 200 E. Roosevelt Road, Lombard, IL 60148.

In Memoriam

- | | |
|-------------------------------|-----------------------------|
| Dr. John R. Bestgen - 1957 | Dr. Harold A. Jordan - 1960 |
| Dr. Paul J. Darr - 1952 | Dr. Harold H. Moore - 1952 |
| Dr. John T. Durnin - 1953 | Dr. John H. Morud - 1951 |
| Dr. Harold M. Ertel - 1953 | Dr. William G. Neer - 1955 |
| Dr. Richard L. Fulton - 1953 | Dr. Weldon L. Odom |
| Dr. Earl Hensley - 1952 | Dr. Glenn A. Suter - 1951 |
| Dr. David W. Hoyt - 1950 | Dr. Robert N. Taylor - 1954 |
| Dr. Kenneth C. Jeffrey - 1949 | Dr. Robert L. Toner - 1948 |

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8.5M/4/10

Continuing Education Courses for May - August

May 1-2
Clinical Orthopedics Module:
Hip & Pelvis
Disorders of the Hip & Pelvis
NUHS Campus / Lombard, Ill.

May 8-9
Electrodiagnosis
Needle EMG – Lower Extremity
NUHS Campus / Lombard, Ill.

May 15-16
Functional Rehabilitation
Strength & Conditioning
NUHS Campus / Lombard, Ill.

Limited Radiologic Tech Program – 1
(X-ray Tech)
NUHS Campus / Lombard, Ill.

May 22-23
Advanced Acupuncture 1
Acupuncture's TCM Principles
NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 1
(KT1 & KT2)
NUHS Campus / Lombard, Ill.

May 29-30 - No Classes

June 5-6
Clinical Orthopedics Module:
Hip & Pelvis
Disorders of the SI Joint
NUHS Campus / Lombard, Ill.

Functional Rehabilitation
Soft Tissue & Taping Procedures
NUHS Campus / Lombard, Ill.

Limited Radiologic Tech Program – 2
(X-ray Tech)
NUHS Campus / Lombard, Ill.

June 11-13 - Homecoming

June 19-20
Functional Assessment & Rehabilitation
Session 1 – Extremities
NUHS Campus / Lombard, Ill.

Limited Radiologic Tech Program – 3
(X-ray Tech)
NUHS Campus / Lombard, Ill.

June 26-27
Advanced Acupuncture 2
Meridians and Acupoints
NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 2 (KT3)
NUHS Campus / Lombard, Ill.

Full Spine Analysis & Joint Manipulation
NUHS Campus / Lombard, Ill.

July 3-4 - No Classes

July 10-11
Clinical Orthopedics Module: Lumbar
Spine: The Intervertebral Disc / Stenosis /
Post Element Disease
NUHS Campus / Lombard, Ill.

Electrodiagnosis Interpretation & Report
Writing
NUHS Campus / Lombard, Ill.

Limited Radiologic Techn Program – 4
(X-ray Tech)
NUHS Campus / Lombard, Ill.

July 17-18
Advanced Acupuncture 3
Differentiation of Syndromes 1
NUHS Campus / Lombard, Ill.

Functional Assessment & Rehabilitation:
Session 2 – Spine
NUHS Campus / Lombard, Ill.

July 24-25
Limited Radiologic Tech Program – 5
(X-ray Tech)
NUHS Campus / Lombard, Ill.

July 31 – August 1
Electrodiagnosis Testing Protocols /
Neurological Exam
NUHS Campus / Lombard, Ill.

August 7-8
Advanced Acupuncture 4
Differentiation of Syndromes II
NUHS Campus / Lombard, Ill.

Clinical Orthopedics Module: Lumbar
Spine: Disc, Stenosis – Clinical
Evaluation
NUHS Campus / Lombard, Ill.

August 14-15
Electrodiagnosis: EMG / NCV Practicum,
Repetitive Stim. Studies
NUHS Campus / Lombard, Ill.

Master of Science (MS)

Advanced Clinical Practice

• An Advanced Degree designed for the Chiropractic Profession

36 credits • 2 year program

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Accepting applications through July 2, 2010

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For location and registration
information, contact:

NUHS/Lincoln College of
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200 E. Roosevelt Road
Lombard, IL 60148-4583
630-889-6622
Fax: 630-889-6482
postgrad@nuhs.edu

Note: Dates and times are subject to
change; please refer to the NUHS
website for up-to-date information.



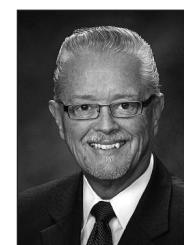
Outreach

VOL. XXVI, NO. 2

March - April 2010

Does 'Common Sense' Still Have Value?

James F. Winterstein, DC
NUHS President



"The term Common Sense consists of what people in common would agree on, that which they "sense" as their common and mutual understanding," says Wikipedia.

"I can never fear that things will go far wrong where common sense has fair play," said Thomas Jefferson.

"The three great essentials to achieve anything worthwhile are: first, hard work; second, stick-to-itiveness; third, common sense," said Thomas Edison.

"Common sense is the knack of seeing things as they are and doing things as they ought to be done," wrote Josh Billings.

Finally, William James wrote, "Common sense and a sense of humor are the same thing moving at different speeds. A sense of humor is just common sense dancing." I truly like those words of James, but we won't find much common sense today and not much sense of humor either in what is happening all around us.

Looking first at what is happening in our society today, one can only conclude that the "thing" we called "common sense" has been completely lost or purposefully hidden from the activities of so many in our country who are in decision-making positions.

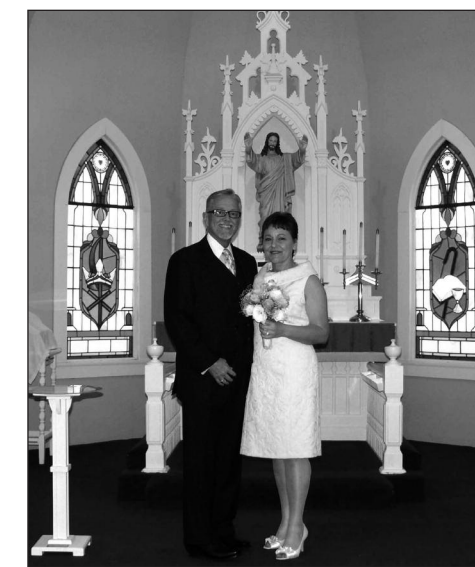
Let me give an example here. When it comes to personal income, personal wealth, how much is enough? Common sense would suggest that while the rich and the poor will always be part of society, those who are rich probably don't need to have so much money that there is

...see Common Sense... on page 2

Views of National



Mark Hartsuyker, DC, chair of Clinical Practice, and four NUHS interns recently made two visits to Standard Process Inc., a Wisconsin-based manufacturer of nutritional whole food supplements, at the invitation of their president, Charlie DuBois. During the first visit, the group performed an ergonomic evaluation of 18 employees in Standard's shipping and handling department and provided feedback in areas related to engineering for good work flow. The interns, under Dr. Hartsuyker's guidance, returned a second time to give a workshop stressing the importance of good lifting methods followed by a performance drill in their department on patterned, kinetic movements in a biomechanically correct manner for their various repetitive job tasks. Dr. Hartsuyker said the workshop was well received and was a winning combination for both parties, "as we performed a valuable service for their employees and our interns gained valuable real life experience in ergonomic consulting that they can use after graduation in their own practices." Pictured (l-r) are 8th Tri Intern Wael Habib, Dr. Hartsuyker, and 10th Tri Interns Leo Gerdov, Jason Gibson and Preeti Shah.



Congratulations are in order for President James Winterstein and Ms. Cynthia Sportelli of Houston, Texas, who were married March 16 at Immanuel Lutheran Church in Copperas Cove, Texas, the president's childhood home. The couple is now residing at the president's home in Lombard.



New "Manual Flexion" Tables have been installed in Room L1 on the Lombard campus to fulfill a curricular need for a laboratory that would offer technique instruction diversity and allow instruction of techniques to laboratory sizes of 24 students or less. Beginning in the Summer 2010 Trimester, the lab will be utilized for the new "Advanced Manual Therapy Techniques" course. In addition to features allowing for "traditional" diversified spinal manipulation, the new tables allow flexion-distraction techniques to be utilized. Additional mechanical drops and power-assisted elevation of the table height from 21 to 36 inches are bonus features.

Common Sense... ...from **page 1**

simply no way they could ever use it in any kind of positive way, either for themselves and their families or for the greater good of society.

When I was growing up, there was one person in the world that we knew about who was believed to be a billionaire, Howard Hughes, and no one was even sure about him. Turns out he was a reclusive and very strange person who certainly did not need “billions” of dollars to accomplish his purposes in life. Common sense told us this was true and we accepted that he was an “outlier” in our society.

Today, there are many people who are billionaires and countless people who are multimillionaires and many of these people directly affect the quality of life for those who are far, far below them. As an example, we can consider some of the health insurance companies whose top executives are receiving annual salaries of many millions of dollars at a time when insurance premiums are “out of sight” for the average person. Where is the “common sense” in the minds of those multimillionaires?

Consider the banks that the average American uses to finance major needs. The decision-makers in those banks engaged in financial shenanigans for which the average person would be prosecuted and possibly jailed, while those same decision-makers gave themselves huge bonuses at the same time the banks were failing! Common sense? Hardly!

Thomas Paine, author of “Common Sense,” a pamphlet he wrote with the

assistance of Benjamin Rush, MD, in 1776, said, “A long habit of not thinking a thing WRONG, gives it a superficial appearance of being RIGHT.” So while the bankers had a “long habit of thinking it was right” (or alright), it still made no sense for those whom it affected — all the rest of us who will pay the bail-out bill.

Common Sense would have argued that inasmuch as the individuals responsible for the mess allowed it to get there, the least they could have done was to take some of the heat themselves. This was brought home clearly to me when we were working on a financial exigency plan for the university — a plan that could be invoked in the event that the economy so severely affected the university that cuts would have to be made. Within that plan and at the very top of the list is a 20% pay cut for the top four administrators. It is only “common sense” that those who are paid the most and who are most responsible are also in the best and most appropriate position to be affected by any cuts.

But, let’s even bring it down to the “common person,” and take a look at our labor unions today. Did they have a good purpose in the days when companies essentially treated employees as slaves? Of course they did, but common sense would dictate that the roles are often reversed today as those who “run the labor unions” have become the very thing they supposedly detest, heads of a big business, while the average person simply pays his or her dues and the unions make demands that are completely devoid of common sense and destructive to the economic engine that helped make America what it once was. So now we have our largest automobile company essentially owned by

the federal government and the union that supposedly represents the people who work there! Common sense? For sure, not, and definitely not a “sense of humor!”

Today, within medicine (and this also happens to a lesser degree in the other healing professions), there is a major loss of common sense. Patients are subjected to far too many diagnostic procedures, some in the search for answers, but way too many in search of the almighty buck and as malpractice protection. Patients are far too willing to sue for any reason just because something negative happened while they were attended by a health care provider. There was a time when malpractice was dependent upon demonstrating that there was negligence on the part of the physician. It was only common sense, but today, it is all about MONEY and designating “fault.” Commonsense is not even close to the picture.

Where does this leave you and me? We are people who are engaged in the business of healing — chiropractic physicians, naturopathic physicians, acupuncturists, massage therapists — and it is our business to help people maintain and regain health. Our common sense should tell us that first we must TEACH people how to be healthy. This is especially important for those who are doctors because it is the basic meaning of the word “doctor” (from the Latin – docere – to teach.)

Secondly, we should be healers who utilize our common sense at normal speed and also at “dance” speed. When we do, we will begin to fulfill our purpose and little by little, we will help one person at a time and make a difference.

National News

Faculty Appointments

Scott Fonda, DC, DABCO, is a new member of the NUHS Department of Clinical Science and is instructing in orthopedics and manual medicine and developing new courses in rehabilitation. Dr. Fonda earned his DC degree from National in 1994, and then completed a three-year residency in orthopedics. He relocated to California where he was an assistant professor at Southern California University of Health Sciences from 2000 to 2004. Dr. Fonda returned to Illinois and the Rehabilitation Institute of Chicago where he worked as a chiropractic physician from August 2004 to October 2009. His private practice emphasizes spine and sports injuries, rehabilitation, golf fitness, and performance training.



Scott Fonda, DC

Faculty News

Dr. Chad Maola, Assistant Dean for Chiropractic Medicine – Florida Campus, and his wife Crystal are the proud parents of a baby daughter, Cora Jean, born February 18, at 8 lbs. 1 oz. and 22 inches.



Faculty Publications

Dr. Marc McRae, associate professor of Physiology and Biochemistry, continues his record of scholarly activity. His paper, “Correlation of Preadmission Organic Chemistry Courses and Academic Performance in Biochemistry at a Midwest Chiropractic Doctoral Program,” was published in the Spring 2010 edition of the *Journal of Chiropractic Education*. The paper was selected as the “best paper in the educational field” at the Association of Chiropractic Colleges Research Agenda Conference (ACC-RAC) last March.

Gregory D. Cramer, DC, PhD, Joe A. Cantu, DC, Judith D. Pocius, MSc, Jerrilyn A. Cambron, DC, MPH, PhD, and Ray A. McKinnis, PhD, co-authored a study published in the March 2010 issue of the *Journal of Manipulative and Physiological Therapeutics*. The study, “Reliability of Zygapophysial Joint Space Measurements Made from Magnetic Resonance Imaging Scans of Acute Low Back Pain Subjects: Comparison of 2 Statistical Methods,” assessed the reliability of measurements using new equipment and two different methods of statistical analysis and found both methods of Z joint measurement to be complementary and reliable and applicable to scans taken before and after spinal manipulation in a larger study of acute low back pain subjects. Dr. Cramer, Dr. Cambron and Ms. Pocius are members of National’s Department of Research;

Dr. Cantu is a 1993 National graduate; and and Dr. McKinnis is a consulting biostatistician.

Two graduates of National’s Master of Science in Advanced Clinical Practice (MSACP) program had case studies published in the *Journal of Chiropractic Medicine* in March.

Theodore L. Johnson Jr., DC, MS, Assistant Dean for Chiropractic Medicine – Lombard Campus, authored the study entitled, “Abdominal and back pain in a 65-year-old patient with metastatic prostate cancer.” The article presents a case report that illustrates the importance of a careful evaluation, including a comprehensive historical review and appropriate physical and laboratory assessment, of a patient with back pain and seemingly unrelated symptoms.

Gregory R. Lillie DC, MS, a chiropractic physician at the Naval Branch Health Clinic NATTC, Department of Orthopedics, Naval Hospital, Pensacola, authored “Resolution of low back and radicular pain in a 40-year-old male United States Navy Petty Officer after collaborative medical and chiropractic care.” The study describes the value of interdisciplinary care, which includes chiropractic services, in a military health care facility of an active duty member of the United States Navy with low back pain, leg pain, and foot numbness.

Recommended Reading by the President

The Journey of Scott Haldeman By Reed Phillips, DC, PhD

Just published by National Chiropractic Mutual Holding Company is a 600-page book of the title above, by well-known alumnus and former president of Southern California University of Health Sciences, Dr. Reed Phillips.

This well written and documented book chronicles the life and accomplishments of a unique man in the chiropractic profession – Dr. Scott Haldeman. Author Reed Phillips has gone into great detail to provide a clear picture of Scott as a boy, his ancestry, his interests, his education, his marriage to his high school sweetheart and their years of dedication to each other, and finally, his commitment to the chiropractic profession in so many ways and for so many years.

This is a special edition, limited run book that should be in the library of every chiropractic physician. We owe much to Dr. Haldeman and this is your opportunity to learn who he is and what he has done for us.

In Defense of Food: An Eater’s Manifesto By Michael Pollan

In naming author Michael Pollan as one of the Top 10 New Thought Leaders of the Decade, Newsweek cites his compelling reporting that has delineated the complex connections between what we grow and what we eat and fostered a national conversation about food.

In Defense of Food, Pollan states that most of what we consume today is not food, but “edible foodlike substances” — no longer

the products of nature but of food science. “Many of them come packaged with health claims that should be our first clue they are anything but healthy,” he says. “In the so-called Western diet, food has been replaced by nutrients, and common sense by confusion.” This is what Pollan calls the American paradox: The more we worry about nutrition, the less healthy we seem to become.”

And so, the author proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food. Not too much. Mostly plants.

Following *In Defense of Food*, Pollan’s newest book, *Food Rules: An Eater’s Manual*, contains simple, sensible and easy-to-use rules for eating wisely.

Plan Ahead for Homecoming — June 11-13

DC/ND Events <i>Earn a possible 20 CME hours!!</i>		Message Therapy Events! <i>Earn a possible 12 CE credits!!</i>
Friday, June 11		Saturday, June 12 <i>6.5 CE credits</i>
8:00am Todd Winegar – Risk Management & Better Results	10:45am Dr. Vincent DeBono – Resolving Ethical Dilemmas Through Reflective Practice	Gaia’s Touch Hot Stone Massage Workshop – Instructor Kay Peterson
12:15pm Alumni Association/Reunion Luncheon	12:15pm President’s State of the University Luncheon	8:00am Class
1:30pm Dr. David Seaman – A Primary Care Dilemma: The Systemic Effects of Musculoskeletal Dysfunction and Nutritional Considerations	2:15pm Mr. Stanley Greenfield – Warning! The Rules of Money Have Changed	12:15pm President’s State of the University Luncheon
5:30 - 6:30pm Exhibitor Reception	4:30pm Dr. Frank Yurasek – Chinese Medicine: Myth or Miracle?	2:15pm - 6:00pm Class
6:00pm PCI/Senior Steward Reception	6:30pm Cocktail Reception	6:30pm Cocktail Reception
7:00pm Alumni Pizza Bash! (New this year!)	7:00-10:00pm Banquet Dinner / Entertainment / Dancing	7:00pm Banquet Dinner / Entertainment / Dancing
Saturday, June 12		Sunday, June 13 <i>5.5 CE credits</i>
8:00am Dr. David M. Barnes – Vitamin D: How You Get It, Use It and Why You Need It	Sunday, June 13	Kinesio Taping – Instructors: Dr. Vincent DeBono and Dr. David Parish
	8:00am Dr. Vincent DeBono & Dr. David Parish – Kinesio Taping	8:00am Class
	12:00pm Boxed Lunch	12:00pm Boxed Lunch
	12:30pm - 2:00pm Drs. DeBono & Parish – Kinesio Taping	12:30pm - 2:00pm Class