

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 2009 issue. Have you 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 (digital or print) photos. 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, 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. Warren P. Brown – 1954
 Dr. Frank H. Crider – 1952
 Dr. James H. Kindt – 1952
 Dr. Robert D. Richards – 1949
 Dr. Masahiro Yoshihashi – 1980

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 Wheeling, IL
 Permit No. 268

Outreach is published by the Office of Communications of the National University of Health Sciences, 200 East Roosevelt Road, Lombard, IL 60148-4583. It is distributed free to faculty, staff, students, alumni, friends, and other associates of National University of Health Sciences.

Publisher

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 Vol. XXV, No. 2 March-April 2009

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Postgraduate Courses for May - June**May 2-3, 2009**

Acupuncture 300-5: Dermatology/ GI
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Wrist & Hand
 Trauma – Imaging
 NUHS Campus / Lombard, Ill.

May 9-10, 2009

Electrodiagnosis: Module 6
 NUHS Campus / Lombard, Ill.

May 16-17, 2009

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

Acupuncture 100-4: Differentiation
 of Syndromes I
 Concourse Hotel / Columbus, Ohio

Clinical Orthopedics: Wrist &
 Hand – Common Conditions/
 Supports & Braces
 Braintree Hospital / Boston, Mass.

May 30-31, 2009

Functional Rehabilitation: Lumbar
 Spine Rehab II
 NUHS Campus / Lombard, Ill.

Pediatrics III: Infant Assessment/
 Treatment Techniques
 NUHS Campus / Lombard, Ill.

Joint Manipulation Series: Full
 Spine Technique
 NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 1
 Oxford Rehab Center /
 Philadelphia, Pa.

The Industrial Low Back & Lower
 Extremity Program
 Austin, Texas

June 6-7, 2009

Acupuncture 300-6: Electrical &
 Magnetic Forces
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Wrist &
 Hand – Common Conditions/
 Supports & Braces
 NUHS Campus / Lombard, Ill.

Kinesio Taping: Session 1
 NUHS Campus / Lombard, Ill.

Electrodiagnosis: Module 7
 NUHS Campus / Lombard, Ill.

June 13-14, 2009

Functional Rehabilitation –
 McKenzie Method International
 Chiropractic Education Programme:
 Part B: Cervical Spine
 NUHS Campus / Lombard, Ill.

Acupuncture 200-1: TCM
 Principles, Meridians, Acupoints
 Concourse Hotel / Columbus, Ohio

Kinesio Taping: Session 2
 Oxford Rehab Center /
 Philadelphia, Pa.

Clinical Orthopedics: Wrist &
 Hand – Rheumatology, PVD,
 Complex Clinical Conditions
 Braintree Hospital / Boston, Mass.

June 18-20, 2009

Thrive in '09
NUHS Homecoming 2009
DoubleTree / Oak Brook, Ill.

June 27-28, 2009

Joint Manipulation Series: Extremity
 Technique
 NUHS Campus / Lombard, Ill.

Pediatrics IV: Pediatric Chinese
 Medicine & Acupuncture
 NUHS Campus / Lombard, Ill.

Clinical Orthopedics: Wrist &
 Hand – Rheumatology, PVD,
 Complex Clinical Conditions
 NUHS Campus / Lombard, Ill.

Electrodiagnosis: Module 8
 NUHS Campus / Lombard, Ill.

For information on location and registration, contact:

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Can You Help Me?**The Doctor/Patient Relationship**

James F. Winterstein, DC
 NUHS President



"They" tell me that the "doctor/patient" relationship is no longer viable today. "They" also tell me I am out of touch because everything has changed from the days when I

practiced. "They" tell me people are not interested in taking responsibility for their own health care needs.

Who are "they?" They are chiropractic doctors with whom I interact on various chat lines or list serves. To believe them, one gets the impression that practice is nothing like it was when I practiced full time, now 24 years ago.

She entered my office with her husband who was, frankly a cachectic wreck. They were in their mid-60s and she spoke for him. An allopath had told him, she said, that he had cancer and it was not curable or even treatable, but she did not believe it and wanted me to prove it.

I took his history and examined him and found all the signs and symptoms of hepatic malignancy, so I sat down with them and talked to them about it and about what I thought. He was far beyond my ability to affect his outcome. They listened and left, and a couple of weeks later, the man died. I had not provided any treatment of any kind.

A month later, we will call her Mary, called my office and asked to see me. She made an appointment and when she came in, she thanked me for what I had done for them. She said she thought I was a kind and caring doctor and she would

Journal of Chiropractic Medicine Indexed by the NLM's PubMed

PubMed, the prestigious search engine of the National Library of Medicine (NLM), has now included the *Journal of Chiropractic Medicine* (JCM) in its journal listings. The NLM, on the campus of the National Institutes of Health in Bethesda, Maryland, is the world's largest medical library collecting materials in all areas of biomedicine and health care.

The indexing of the JCM will include all back issues starting with Volume 1, Number 1, first published by National University of Health Sciences in March 2002. The journal can be accessed through www.journalchiromed.com or www.pubmedcentral.nih.gov.

The JCM originally began life in 1988 as *Chiropractic Technique* until the name change and expansion of the journal to include general patient management. In the premiere issue of the JCM, the publication was designated as a vehicle to fulfill "the longstanding need for an exchange of information relating to the practice of chiropractic primary care all over the world."

The JCM provides practical and applicable information for the practicing doctor of chiropractic. It offers a wide range of topics including sports chiropractic, care of children, chiropractic technique, nutrition, rehabilitation, care of aged patients, public health issues, diagnostic imaging, somatovisceral effects, and many other topics that may be utilized within the scope of chiropractic care.

"We are thrilled that the JCM is now indexed in PubMed," said President James Winterstein. "Indexing in PubMed will allow greater access to this

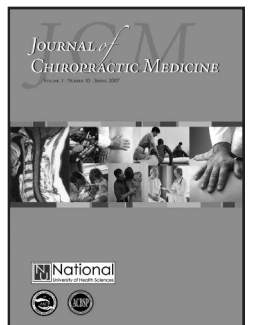
important research so that doctors of chiropractic and other health care providers may use this knowledge to provide the best possible care for their patients."

"My personal thanks and appreciation goes to Dr. Claire Johnson, editor-in-chief of the journal, for her dedication and commitment to the quality and content of the journal that has made indexing possible," added the president.

(At the time Dr. Johnson became editor-in-chief of National's three scientific journals in January 2004, there was some thought about disbanding the publication until she took it under her wing.) "From a dying idea, Dr. Johnson has taken this journal to the level of PubMed indexing," he added.

Dr. Johnson, in turn, credits the president for his initiative in creating the journal and "providing the chiropractic profession with a platform to disseminate important peer-reviewed, scientific information for broad scope, primary care practitioners."

National remains the ONLY institution that provides three professional, peer-reviewed indexed journals for the profession: the Journal of Manipulative and Physiological Therapeutics (JMPT), the official journal of the American Chiropractic Association, the Journal of Chiropractic Humanities (JCH), an electronic only journal, and JCM.



Can You Help?... ...from **page 1**

like to see me for her concerns, mostly degenerative joint disease, which she did over a period of some years whenever she needed my help.

Very soon after this visit from Mary, her daughter, we will call her Pat, called and asked if I could see her 9-year-old boy, John, who, it turned out, had a fever and a cough and had been afflicted with chronic ear infections for two years. I accepted him as a patient and following a proper work-up discovered that he had viral pneumonia of the lingula of the left upper lobe. I treated him using spinal manipulation, lymphatic pump, vitamin therapy, and low volt galvanic current in his ears. I still have slides of his radiographs showing the consolidation and the complete resolution within 10 days. His chronic ear infections cleared up and he never had them again. I followed him for 10 years.

Pat then became a patient because she suffered from dysmenorrhea. She responded well to spinal manipulation, exercise and some nutritional products.

Pat's daughter was next and her complaint was acne — severe. I treated her nutritionally and her acne disappeared within two months — completely.

Pat's older son then became a patient at the age of 15 and he, too, had a cough and fever and, it turned out, right middle lobe pneumonia, for which I treated him. He recovered completely and returned only occasionally because he was a rapid and copious cerumin-producer and needed to have ear lavage done periodically, which I did for him.

A couple of years later, Pat's husband, Jeff, came to me with, of all things, an acute low back syndrome that I treated effectively, and then later with an acute rotator cuff syndrome. Both yielded to broad scope chiropractic care.

Perhaps a year later, Jeff was in to see me for a check-up and he said, "Dr. Winterstein, my mother has been complaining of stomach pain lately. Could she come to see you?" I said, "Of course, she may" and she did. Her epigastric pain was most predominant in the afternoon and in the early morning when it would sometimes wake her up. Eating tended to relieve it and there was very clear and specific tenderness in the epigastrium. I sent her for an upper GI series and she had a classic peptic ulcer of the antrum of the stomach. We discussed

this and she wished for me to treat her (this was prior to the apparent discovery of the involvement of the pylobacter organism, though that would not have changed my therapy). I adjusted her, put her on raw cabbage juice several times each day, added vitamin C (for collagen formation) and vitamin A for repair of the epithelium and used ultrasound over the antrum of the stomach for its physiological effect of increasing circulation.

Within six weeks we returned her for a GI series and the ulcer was completely healed and never recurred.

That is the story of one family and the doctor/patient relationship that was developed with them. Oh, that is not quite the entire story, though. Twenty-five years later, Pat found me in Lombard and called me from Florida and said, "Dr. Winterstein, I have developed trigeminal neuralgia. If I come to Chicago, will you treat me?" That is the real story of this doctor/patient relationship. Needless to say, I referred her to a fine colleague in her area and she was cared for.

So what is my point? I believe we make our own circumstances. We tried to become too much like the allopaths who tended to treat patients like numbers rather than people. When one is treated that way a doctor/patient relationship is not developed.

Recently my daughter went to her gynecologist for an annual checkup (if she lived in my area I would have referred her to Frank Strehl, DC, from Wheaton, Illinois, who specializes in gynecology and other internal disorders). She waited for an hour and then left. Do you think she has or will ever have a doctor/patient relationship with that doctor? Not a chance, even though her insurance will pay for his services. She would rather pay a reasonable fee and see a doctor who cares about her and her time and treats her like a person who needs his/her help.

"Can you help me?" I believe that if chiropractic physicians would once again begin taking the time to educate their patients and would take the time to develop strong doctor/patient relationships once again, their practices would be vigorous and long lasting. I believe that if chiropractic physicians will take care of their patients' cancer (probably need to refer in that instance or co-manage), acne, pneumonia, back pain, ulcer, shoulder pain, or dysmenorrhea, people will once again come to recognize the value

of the chiropractic physician regardless of what happens with third party payment structures, and right now that is anyone's guess.

We need to remind ourselves that the first meaning of the word "doctor," was "teacher or learned person." If our patients do not understand their health issues and do not understand the effects of the "fake food" they eat or the side effects of the drugs they are taking, we have a responsibility to teach them. They will respond.

Remember — treat them as if they were your father, mother, sister, brother, spouse, or child. When you do, your doctor/patient relationship will be established and will gradually become unshakable.

'Thrive in '09' Theme Set for Homecoming

An outstanding slate of presenters will offer up several key ideas on how to survive and "Thrive in '09" at Homecoming 2009, June 18-20, at the DoubleTree Hotel Chicago in Oak Brook. CME classes (15 credits available) will begin Thursday, June 18, at 1:30 p.m. and end at 5 p.m. on Saturday, June 20.

Setting the tone for the event will be Bob Prosen, president/CEO of The Prosen Center for Business Management, whose topic follows the title of his book, "Leading in Difficult Economic Times." The speakers will also include: Frank Sovinsky, DC, "Patient-Centered Case Management"; Frank Strehl, DC, "Thriving in 2009"; Tim Gerhart, DC, "Thriving in a New Era" and "Providing the Care Our Patients Really Want and Are Willing to Pay For"; Tom Meade, MD, "Omega-3 Fatty Acids — Primer for the Complete Practitioner"; and Alex Vazquez, DC, ND, "A Foundational Health Protocol for Health Optimization and Patient Retention" and "Growing a Successful Practice by Successfully Treating Common and Complex Problems."

Massage therapists will meet Friday, June 19, from 8 a.m. to 6 p.m. Dr. David Parish, dean of the NUHS clinics, will conduct four sessions on Kinesio Taping with a total of 6 CE credits available.

Additional events include: PCI/Senior Stewards Reception, Thursday at 6 p.m.; President's State of the University Luncheon, Friday at 12 p.m.; Cocktail Reception, Banquet and Entertainment, Friday at 7 pm; the Alumni Association/ Reunion Luncheon, Saturday at 12 p.m.

Cut here and mail in



June 18 - 20

"Thrive in '09" Homecoming 2009 Registration Form

	Select Options	Global Fee (All 3 days)	Thursday Fee only	Friday Fee only	Saturday Fee only	Total
1. (before May 8)	NUHS Alumni Association Member	\$360	\$90	\$180 MT - \$200	\$180	
	Non Alumni Association Member	\$400	\$100	\$180 MT - \$220	\$200	
2. (after May 8)	NUHS Alumni Association Member	\$400	\$100	\$200 MT - \$220	\$200	
	Non Alumni Association Member	\$440	\$110	\$220 MT - \$240	\$220	
	Select Options	Thurs. Reception	Fri. Lunch	Fri. Banquet	Sat. Lunch	Total
3.	Meals Only – No CME Hours	\$20	\$30	\$75	\$30	

attending Thursday Reception: _____
attending Friday Luncheon: _____ **# attending Friday Banquet:** _____
Friday Banquet Selection: Filet & Chicken Breast Combination _____
 Grilled Salmon _____ Vegetarian En Croute _____
attending Saturday Luncheon: _____

	NUHS 2009 Alumni Association Dues	Amount	Fee Amount
4.	General Member	\$75	\$
	Retired Member -or- (2007 NUHS graduate)	\$30	\$
	Courtesy Member (2008 NUHS graduate)	N/C	N/C

5. Grand Total: \$ _____
Register Online at www.nuhs.edu & click on the Homecoming Link.

DoubleTree Hotel Chicago Oak Brook: Call 1-800-222-tree now to make your hotel reservation.

PLEASE PRINT OR TYPE Please select: Dr. / Mr. / Ms. / Mrs.

Your Name _____ Spouse/Guest Name _____

Primary Address _____
(To be shown on NUHS website for Doctor/Patient Referral)

City _____ State/Province _____ Zip Code _____

Phone _____ E-mail Address _____

(for CME use) License # _____ State _____ License # _____ State _____

PAYMENT OPTIONS

Make checks payable to National University of Health Sciences. American Express, VISA, MasterCard and Discover are also accepted.

Card# _____

Exp. Date _____

Today's Date _____

Signature _____

Please fill out the registration form and send with payment to:
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 Questions? Call us at 630-889-6701 or e-mail: smcdonough@nuhs.edu
DC/ND Available Continuing Education Credits: 15 • Massage Therapy Available Continuing Education Credits: 6
 Please check here to exclude your name from lists occasionally provided to approved vendors and organizations.