

THE GEORGIA

# CHIROPRACTOR

A PUBLICATION OF THE GEORGIA CHIROPRACTIC ASSOCIATION

WINTER 2020

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Looking Ahead to  
Legislative Session





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# 2020 WINTER



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## ON THE COVER

From left, GCA's 2019 recipient of the William H. Vaughn Humanitarian of the Year Award Dr. Karen Mathiak; Chiropractor of the Year Dr. Chris Connelly; and recipient of the William M. Harris Lifetime Achievement Award Dr. Leana Kart. Mathiak, Connelly and Kart received their awards at the 2019 President's Luncheon & Awards Ceremony, Oct. 19, 2019.

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# Start Your Year – and Decade – Right with GCA



A LETTER FROM  
THE PRESIDENT

Welcome to a new year with the Georgia Chiropractic Association!

It's my honor and privilege to take over the reins of the largest chiropractic association in Georgia, serving nearly 800 members (and growing). I'd like to recognize and thank my colleague, GCA Past President Dr. Clark Stull, for his service to GCA and overseeing its most recent growth.

It's a new year not just for the association, but an entire new decade for everyone. There's much to look forward to as we continue to grow, both as an association and as individuals. So, what are YOUR professional goals?

Not a member with us yet? Now's the time to join! Where will you be this time next year? Where will you be in your career over the next five or 10 years? Let GCA help you with your goals. If you're looking to save money, we offer plenty of discounts that more than make up the cost of a GCA membership (including our new health insurance program, which you can read more about on p. 18).

Not only do you save money with a GCA membership, but you also have access to our Insurance Committee along with our complete guide to getting paid in litigated cases. You can learn more about our member benefits on p. 18, as well.

We're also the only chiropractic association in Georgia to have a lobbyist at the state capitol every single day of the legislative session. This year, we continue to be committed to passing copay legislation, which will make it easier and more affordable for our patients to access chiropractic care. You can learn more about our agenda for 2020 on p. 14.

There are three ways to help GCA with our legislative agenda. First, make sure you are a GCA member. Second, make sure you're on our grassroots committee. (To be on our grassroots committee, update your member profile with your home address and a phone number where we can best reach you.) Third, become a member of GCA's Political Action Committee.

I also have to take the time to invite you to GCA's Chiropractic Day at the Capitol, beginning at 8 a.m. on Feb. 13. Join us that morning for a light breakfast in room 230 of the State Capitol as we go over our legislative goals and meet with our state leaders. This is a free event, but please RSVP on [gachiro.org](http://gachiro.org) or by calling 770-723-1100.

Get a jumpstart on 2020 with GCA. I look forward to seeing all of you at our upcoming events this year!

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# Living Our Mission

“GCA promotes, represents, educates and protects the entire chiropractic community in Georgia and advocates for unrestricted access to chiropractic care.”

The Georgia Chiropractic Association’s mission statement defines the purpose of why we exist. As a trade organization, we are here to support our members in practice and support their patients’ right to choose chiropractic care. Period.

Let’s clarify the statement further:

**GCA Promotes** the profession by providing a “find a chiropractor” function on our website, offering marketing materials to members, maintaining patient-focused social media and partnering with Life University on an anti-opioid grant that will provide extensive marketing and public relations efforts to educate potential patients in the state of Georgia.

**GCA Represents** the profession with regulators, insurers and government agencies. Member Dr. Chris Connelly serves on Attorney General Chris Carr’s Opioid Taskforce, I served on a provider relations group with the Insurance Commissioner’s office and we have an insurance hotline of experts who liaise with insurers to get your questions answered. Our attorney and lobbyist, Mr. Aubrey Villines, most recently provided assistance in a court case in 2019 that resulted in a judge upholding a chiropractor’s right to refer for MRI. Read more about this on our website, [gachiro.org](http://gachiro.org).

**GCA Educates** the profession with three, 20-hour CE conferences per year, live webinars, semi-monthly e-newsletter, a semi-monthly podcast and this magazine.

**GCA Protects** the profession with the only full-time chiropractic lobbyist in the state. Director of Membership Diane Hamby and I also both advocate for your rights at the Capitol. We are pursuing fair copay legislation and lien legislation to help you get paid and to remove barriers to access for your patients, and plan to introduce legislation that would allow D.C.s and M.D.s to practice together more easily. We also make sure our members are up-to-date on the latest rules and regulations so they remain in compliance with state and federal laws.

GCA supports ALL chiropractors who are practicing legally and ethically in Georgia. Whether you only adjust the atlas or offer DOT physicals or have the latest cold laser in your office, we want you to succeed. If your practice is mainly personal injury or wellness, all cash or all insurance, you just started or are about to retire, GCA is here for you.

If you are a member, thank you for supporting your profession. If you’re not, please join today. The more members we have, the more we can accomplish.



**Valerie Smith, M.A., CAE**  
Executive Director



## EXECUTIVE INSIGHTS

### WINTER 2020

VOLUME 39, NO. 1

Official Publication of  
the Georgia Chiropractic  
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Founded 1912

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# NEWS

## ASSOCIATION NEWS

### Thanks for Attending GCA's 5th Annual Holiday Party

We'd like to thank everyone who attended our 5th Annual Holiday Party, held Dec. 5 at The Highland Inn & Ballroom Lounge (and catered by Good Food Truck). Also, thanks to everyone who brought toys to donate to Be the Village, a nonprofit that helps to support children in the foster care system.

Special recognition goes to our Platinum Partner Regional Medical Group, who sponsored this great event.

Mark your calendars now for our upcoming Sips & Chips event, 7-9 p.m., March 19 at The Blind Pig Parlour Bar in Buckhead. It'll be a couple of days after St. Patrick's Day, but we'll be wearing a bit 'o green in celebration!



### Executive Director Assumes Role with GSAE



GCA Executive Director Ms. Valerie Smith, M.A., CAE has been named to the board of directors for the Georgia Society of Association Executives. After being sworn in Dec. 11, 2019, she will serve a two-year term. The GSAE mission is to advance the profession of association management and to enhance the professionalism of association executives. Congratulations to Ms. Smith!

# 2020 is a License Renewal Year



Georgia-based chiropractors are reminded that they must renew their licenses through the Board of Chiropractic Examiners by Dec. 31, 2020.

Chiropractors should receive 20 hours of continuing education annually; those 20 hours must include one hour of Georgia Law, four hours of a qualifying Risk Management course and 15 hours of Clinical Science.

Each individual chiropractor is responsible for keeping track of their hours. If audited, the chiropractor must provide proof of their CE credits. GCA does NOT provide hours to the licensing boards.

GCA encourages all chiropractors to plan ahead and get your CE credits for 2020 completed as soon as possible. Mark your calendars for our Spring and Fall Conferences, June 5-7 at The DeSoto in Savannah and Oct. 16-18 at The Hotel at Avalon in Alpharetta.

## Calendar of Events

### FEBRUARY 13

Chiropractic Day at the Capitol  
beginning 8 a.m.  
Georgia State Capitol (room 203),  
Atlanta

### MARCH 7

Board of Directors Meeting  
beginning 10 a.m.  
Video conference

### MARCH 19

Sips & Chips –  
St. Patrick's Day Party  
7-9 p.m.  
The Blind Pig Parlour Bar, Atlanta

### JUNE 5-6

Spring Conference  
The DeSoto, Savannah

### OCTOBER 16-18

108th Fall Conference  
& Trade Show  
The Hotel at Avalon, Alpharetta

## Be a Member... Get a Member... Win a Big CA\$H Prize!

Haven't you always had dreams of magically winning millions?

Well... GCA can help you get a little bit closer, by putting you in the running to win \$1,000.

How? Between now and Oct. 18, 2020, any GCA member who refers a NEW member will get their name dropped in a bucket for a chance to win \$1,000. Refer 15 new members? You get 15 chances! (And once you sign up as a member, you're then eligible to

refer new members as well.) Just make sure you tell any recruits to let GCA staff know that you're the one who referred them for a GCA membership!

The winner will be announced at our 108th Annual Fall Conference & Trade Show, Oct. 18 at The Hotel at Avalon in Alpharetta. (You do not need to be present to win.)



# Working Together for Best Patient Outcome

Editor's  
note

Thanks to GCA member Dr. Chris Connelly and GCA Gold Partner Polaris Spine & Neurosurgery Center for bringing us this issue's Case Study.

## CASE STUDY

By Chris Connelly, D.C.

Ms. Gleason is a 58-year-old female who was involved in severe motor vehicle collision on March 17, 2017. This was a rear impact collision that pushed her into the car front of her causing her air bags to deploy. She lost consciousness for a few minutes and woke up in the ambulance. When she woke up, she had a bad headache and reported feeling confused and foggy.

By the time the ambulance got to Dekalb Medical Center (now Emory) the spinal pain started kicking in as well as tingling in her right arm and right leg. X-rays and CT scans were negative for any life-threatening pathology. The radiology studies did show age-related degenerative changes with some bone spurring. She went to the chiropractor for four weeks; as a result, the lower back pain and tingling reduced significantly with care. The cervical pain and tingling in the arm were getting worse. She was also starting to develop some weakness.

The chiropractor referred her for an MRI which showed multiple disc herniations and bulges. Due to the worsening symptoms, Ms. Gleason was then referred to an interventional pain doctor or physiatrist who prescribed a five-day Medrol dose pack. This did not reduce the symptoms, so the physiatrist proceeded with an epidural. The epidural reduced the arm tingling and pain by approximately 60 percent so they did a second epidural which resolved most of the arm symptoms.

Since there was still neck pain, a surgical consultation was recommended. The spine surgeon recommended fusion, but Ms. Gleason did not feel that the pain was severe enough and declined surgery. Ms. Gleason continued to have axial pain but no extremity symptoms.

We were now eight months post-collision, and this is when she entered my office for an impairment rating.

At this point all the symptoms had resolved except the axial cervical pain and some post-concussion symptoms. On physical examination she had no signs of nerve root involvement or compression. She did have pain on facet loading and cervical facet stress test was positive.

The impairment rating was to determine the impairment based on the disc herniation and the brain injury. But on examination the remaining pain was coming from the facet joint at not the disc. I explained that it was not uncommon to have disc injury and facet injury at the same time. The disc injury with radicular symptoms resolved with the injections, but the facet injury remained undocumented. I explained that this was most likely the source of her continued axial pain. Since she was not at MMI or Maximal Medical Improvement I could not give a rating at this time.

I referred her to Dr. Shane Mangrum at Polaris Spine & Neurosurgery Center for his opinion. After reviewing the MRI and clinical examination findings, Dr. Mangrum agreed that the MRI showed a disc herniation and that she did not need surgery. He felt that the pain was mediated by the facet joints and recommended diagnostic facet injections. The injections relieved Ms. Gleason's pain - not 100 percent, but better than she had felt since the collision. If the pain came back, then radiofrequency neurotomy or burning the nerve to the facet joint might be an option. He also recommended that strengthening the spine was one of the best ways to compensate for ligament damage.

Capsular ligament tears are one of the most common causes of continued pain following a motor vehicle collision but are often overlooked. It's also common that providers rely too heavily on diagnostic tests such as MRI which may be showing incidental findings and not the true pain

It's always our first goal to get patients better without drugs, injections or surgery.

generator. The wrong diagnosis can also result in unnecessary procedures or surgery.

As the clinician, one of the most important question to ask is, what is the tissue damage or anatomical pain generator? It's also essential to have a good support team of health care providers that you can trust to provide the best recommendations for our patients.

Ms. Gleason reentered my office for her impairment rating a few months after the facet injections and was very happy with her results. She still had pain and stiffness, but it was much improved. She had been seeing her chiropractor again, working on her posture, going through lifestyle changes and strengthening her spine. I was able to complete the impairment rating for disc herniation with resolved radiculopathy, cervical facet syndrome and continued post-concussive headaches.

Ms. Gleason and I talked about her relief that she did not go through with the spine surgery that had been initially recommended. I discussed with her the two reasons why I knew that she did not need surgery. First, her clinical findings and symptoms did not support it. Secondly, I was familiar with the doctor who recommended the surgery and did not think very highly of him.

It's always our first goal to get patients better without drugs, injections or surgery. There are occasions when medical consultation or treatment is necessary, if not mandatory. Having a team of medical specialists that you can trust to provide the best possible care is essential to being part of the healthcare delivery system.

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# GCA Prepares for **Busy Legislative Session**

By Carly Sharec

GCA continues to chase copay legislation (S.B. 28) into 2020.

“This is something we’ve been working on for a couple of years now,” explained Aubrey Villines, J.D., GCA’s attorney and lobbyist. “We’ve laid a good foundation and have educated our lawmakers as to what we’re trying to do here. I’m looking forward to 2020. I think we’ll get it passed.”

The law would state that chiropractic and physical therapy copays would not exceed what gets paid to a primary care physician. Currently, insurance companies can set a higher copay for chiropractic and physical therapy, which can prohibit patient care.

“Health care costs continue to increase, and patients are increasingly having to make some tough choices when it comes their quality of life,” Villines explained. “Helping to keep copay costs low for their patients should be a priority for every chiropractor.”

At the time of publication, GCA was planning to meet with Senate Health & Human Services Chair Sen. Ben Watson as well as other key legislators on Jan. 8. Also included in the meeting were representatives from the Physical Therapy Association of Georgia and the Georgia Occupational Therapy Association.

“This is really about best patient outcome,” Villines said. “We think our legislators understand that.”

S.B. 28 is sponsored by Sen. Lester Jackson (D-Savannah), Sen. Chuck Hufstetler (R-Rome),

Sen. John Albers (R-Alpharetta), Sen. Sheikh Rahman (D-Roswell) and Sen. Ed Harbison (D-Columbus).

GCA is also continuing to focus on passing a lien law (H.B. 9) which would allow chiropractors to be able to place a lien on a cause of action.

H.B. 9 is sponsored by Rep. Karen Mathiak (R-Griffin), a member of GCA’s Board of Directors.

“This bill will help chiropractors be able to get paid more efficiently,” Mathiak explained. “Hospitals and other health care businesses have this in place, and all we’re doing is making sure that our profession is included.”

Villines has also drafted a bill to help chiropractors create professional corporations with physicians more easily.

“I think it sends a good message to our sponsors and profession,” Villines said. “It’s a gesture of goodwill, and should be a no-brainer to get passed.”

Governmental Relations Chair Dr. Randy Mayfield says that the efforts of all GCA members will be needed to promote the above legislation.

“We need the doctors in each district to personally meet and educate their legislators about chiropractic,” he said. “We never know which personal relationship will be crucial to our cause, so we need to form as many doctor and legislator relationships as we can.”



# Join GCA at Chiropractic Day at the Capitol

Help the Georgia Chiropractic Association reach its goal of hosting 200+ chiropractors at our annual Chiropractic Day at the Capitol, beginning 8 a.m., Feb. 13 in room 203 of the Georgia State Capitol.

“It’s always vital to show that the chiropractic profession has a strong, united front,” explained GCA President Dr. Michael Vaughn. “The two best ways to impact our legislators involve money and votes. So if you’re wondering why it’s important to donate to our Political Action Committee, and why we always ask for your attendance at Chiropractic Day, that’s exactly why.”

GCA-PAC Chairwoman Dr. Leana Kart agreed.

“It’s always important, but 2020 is such a vital election year,” she said. “GCA has been hard at work over the past couple of years to pass our copay legislation, which would greatly benefit our patients.

“How great will it be to show up to the Georgia State Capitol with hundreds of chiropractors?” she asked. “We’d be showing our legislators that not only do chiropractors care and vote, but so do our thousands of patients across this state.”

Chiropractic Day activities for 2020 are planned to begin at 8 a.m. on Feb. 13 in room 203 of the State Capitol building. A light breakfast will be provided. Attendees will be connected with their legislators, as well as hear updates from Georgia House Rep. Dr. Karen Mathiak and GCA lobbyist Aubrey Villines, J.D.

“If you’re nervous about what the lobbying process is like, GCA does a great job of making sure you get the information you need,” Vaughn said. “Typically, we even include the name of your legislators on your name badge. You’ll be given a list of talking points, and a primer on how to reach out to your legislator while we’re there at the Capitol.

“It’s a great experience, especially if you’ve never done it before,” he added. “Your profession needs you!”

All chiropractors are invited to attend GCA’s Chiropractic Day at the Capitol, but it is requested that you RSVP by Feb. 11.



Governmental Relations Chair Dr. Randy Mayfield says that the efforts of all GCA members will be needed to promote the above legislation.



# 107<sup>TH</sup> ANNUAL FALL CONFERENCE AND TRADESHOW

## A Wild Time at GCA's Fall Conference

By Carly Sharec

A wild time was had by all at the Georgia Chiropractic Association's 107th Annual Fall Conference & Trade Show, held Oct. 18-20 at Crowne Plaza Atlanta Perimeter at Ravinia.

"Every year, it gets more surreal to think we're taking part in an institution that's been around for more than 100 years," said GCA President Dr. Michael Vaughn. "And I can vouch that at least since I've been around, they get better and better."

Vaughn commented on the quality of the speakers at this year's event, notably Dr. Dan Murphy (sponsored by NutriWest Blue Ridge) and Dr. Mitch Mally (sponsored by Mally Enterprises). "They really are powerhouse speakers, and it speaks to the level of professionalism GCA brings to chiropractic when we get two speakers of their caliber," Vaughn said.

Also speaking at the event were Dr. Alicia Yochum, Dr. Kris Petrocco-Napuli, Dr. Andre Camelli, Dr. Paul Goldberg, Dr. John Davila, Aubrey Villines, J.D., Dr. Jack Brink and Ms. Laurie Simpson, C.C.A., C.C.C.P.C.

The "Denim & Diamonds" theme carried through the weekend, taking a sort of "Wild West" feel.

"We wanted everyone to feel comfortable in their denim, but to also be able to get dressed up and fancy with their diamonds," explained GCA Conference Committee Co-Chair Dr. Leana Kart. "It was a lot of fun

getting to decorate for this event, and we especially had a great time at our Friday evening Welcome Reception."

A big winner of the event was GCA's Political Action Committee, which hosted two fundraisers during the Welcome Reception, including a Wine Toss and GCA's Wild West Jail, in which Past President Dr. Clark Stull was placed to raise "bail."

"We raised more than \$1,600," said Kart, who is also PAC chair. "It's always important for us to raise funds, especially as we get close not just to the 2020 Georgia legislative session, but an election year. It was great to see so many people having fun and donating to a great cause!"

GCA's Annual Fall Conference is also the time when the association hosts its annual meeting and the swearing in of its new officers. Dr. Lesli Walker and Dr. Philip Day have joined the board of directors for two-year terms, while Dr. Leana Kart was sworn in as secretary and Dr. Noel Steinle was sworn in as treasurer.

Dr. Vincent Erario was sworn in as president-elect, and Dr. Michael Vaughn assumed his role as GCA president from now past president, Dr. Clark Stull.

Additionally, GCA recognizes the top chiropractors of the year with its annual President's Luncheon & Awards Ceremony at the Fall Conference.

## Fall Conference Partners & Sponsors:



This year, top honors went to:

- Dr. Philip Day – *Dr. Deane Mink Membership Award*
- Dr. Noel Steinle – *Dr. Hazel Cotney Volunteer of the Year*
- Dr. Karen Mathiak – *William H. Vaughn Humanitarian of the Year*
- Dr. Chris Connelly – *Chiropractor of the Year*
- Dr. Leana Kart – *William M. Harris Lifetime Achievement Award*

“This is an honor and a privilege,” Connelly said about winning the prestigious Chiropractor of the Year award. “I’d like to thank all of my fellow peers who voted for me to win this award.”

Mark your calendars now; GCA’s 2020 Spring Conference is June 5-7 at The DeSoto in Savannah, and the 108th Annual Fall Conference & Trade Show is Oct. 16-18 at The Hotel at Avalon in Alpharetta.





# Members Now Have Access to Health Insurance

By Carly Sharec

The Georgia Chiropractic Association Board of Directors is pleased to announce the rollout of its new health insurance program through Lifestyle Health Benefits.

“This has been a goal of our association for years,” said President Dr. Michael Vaughn. “We’ve been checking with multiple providers but none have been able to provide the cost savings that we’ve found with Lifestyle Health Benefits.

“This is great news for our members,” Vaughn added. “Our own GCA staff uses the insurance, and it saves the office \$600 annually – enough to pay for a GCA membership, might I add!”

GCA members can now enjoy:

- Flexible, level-funded medical plans
- Integrated wellness with deductible credits and cash rewards
- Premium savings of 5-15 percent from traditional plans
- Value-added benefits to save out-of-pocket
- Pre-negotiated economies of scale pricing
- Consumer-driven features for proactive cost management

“Every GCA member should find out more information,” said GCA Executive Director Ms. Valerie Smith. “We’re seeing our members finding cost savings through this plan.

“We’re excited to be able to add this to the top of the benefits we can offer chiropractors in our state,” Smith added.

For more information about this health insurance plan, call 1-833-424-4764. Cost saving benefits are available to GCA members only. To become a GCA member, or to renew your membership, call the GCA office at 770-723-1100.

## GCA is MORE Than a Membership

When you’re a GCA member, you’re part of a team of successful chiropractors. Benefits include:

- Access to our Insurance Committee (as well as our monthly LIVE Q&A webinars)
- Discounts on both our Spring and Fall conferences
- A lobbyist at the Capitol every day of the legislative session
- Steep discounts of 25 percent or more on office supplies, including ink and toner
- A comprehensive “Getting Paid” guide for litigated cases
- Chiropractic assistant training, including our Advanced C.A. Program
- A semi-monthly e-newsletter with exclusive information
- Regular social events
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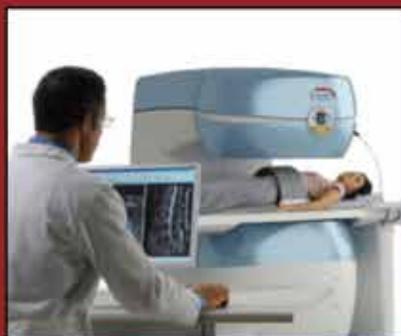
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## NATIONAL NEWS

Thanks to our ACA and ICA representatives for providing these reports

### Chiropractic Medicare Coverage Modernization Act of 2019 (H.R. 3654)



Medicare: Patient Access to Chiropractic Legislation championed by the American Chiropractic Association to increase Medicare coverage of chiropractic services has been introduced in the U.S. House of Representatives.

The Chiropractic Medicare Coverage Modernization Act of 2019 (H.R. 3654) would allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse.

Key points of H.R. 3654:

- Appropriately defines a Doctor of Chiropractic as a “physician” in the Medicare program.
- Provides patient access to all Medicare-covered benefits allowable under a chiropractor’s state licensure.
- For almost 50 years, Medicare beneficiaries have only been covered for one chiropractic service: manual manipulation of the spine. Providing access to chiropractic services in Medicare removes barriers to care, levels the playing field for physicians and supports beneficiaries.
- Research shows annual charges for opioid prescriptions were 78 percent lower for patients who received chiropractic care.

It is vital that your federal representative hears from patients about the importance of increased access to chiropractic care. Urge your representative to cosponsor H.R. 3654 and thank them for their support of Medicare patients. H.R. 3654 is bipartisan legislation, addressing a nationwide issue. Access to chiropractic care will benefit more than 55 million Americans.

### ICA President Rejects Proposition that Subluxation-Based Chiropractic is Not Evidenced Based

Dr. Stephen Welsh, president of the International Chiropractors Association, addressed a meeting of ChiroCongress in November 2019, calling for greater unity within the profession to defend subluxation-based chiropractic as evidenced-based.



According to an ICA press release, 2019 was a year in which several journals published “opinion pieces” with a “common theme centered around the false premise that subluxation-based chiropractic is not ‘evidence-based.’”

In his remarks to the Congress of Chiropractic State Associations, Welsh announced the five new policy statements recently approved by the ICA Board of Directors addressing the values of Respect, Equitability, Empowerment, Collaboration and Transparency, and called for greater unity in rejecting attempts to “contain chiropractic” by limiting its practice to neck and back pain only.

Welsh reminded the ChiroCongress audience that the practice of chiropractic asserts that the primary purpose of chiropractic care is to remove interference from the nervous system in order to improve function and restore health.

The ICA is a strong supporter of evidence-based research, patient-centered education and practice, and also recognizes that there is a need to increase research funding with a focus on the positive effects of the chiropractic adjustment on improving both function and performance.

ICA cautions that the use of the phrase “chiropractic medicine” creates confusion in the health care marketplace, misleads the general public and diminishes the value of the unique services provided by D.C.s around the world.





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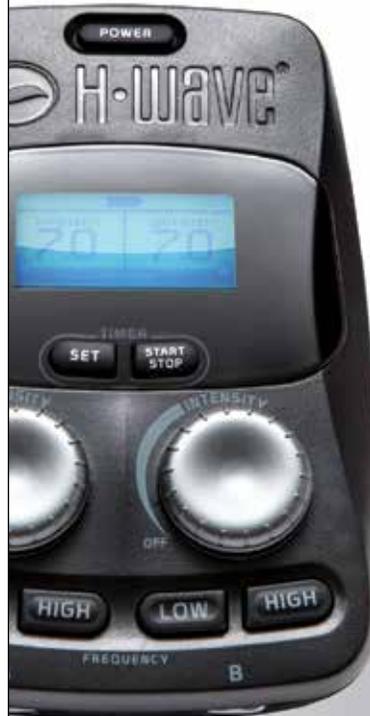


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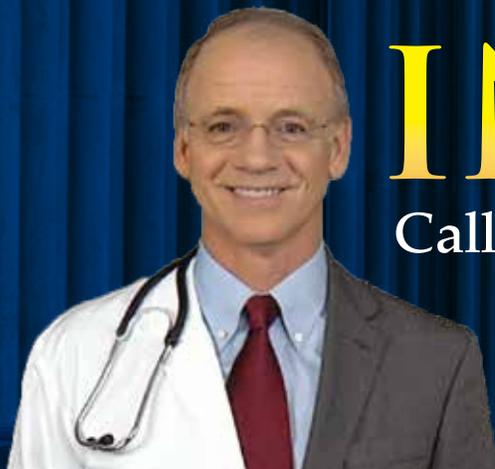
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\*Attorney Ted Greve is a Georgia licensed doctor of chiropractic. He practices only law.

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## THE FRONT LINE

By Laurie Simpson, C.C.A., C.C.C.P.C.

# Keeping It Simple

Riddle: What is a word made up of four letters, yet is also made up of three. Sometimes is written with nine letters, and then with four. Rarely consists of six, and never is written with five.

Think you know the answer? Or are you still trying to figure it out? Who decided to simply Google the riddle for the answer?

Answer: The riddle wasn't a question. It was a statement (note the punctuation). The word 'what' has four letters in it, 'yet' has three, 'sometimes' has 9, 'then' has 4, 'rarely' has 6 and 'never' has 5.

This brings me to my next question and it's not a riddle: Why do we take some of the simplest things and try to turn them into something complicated?

There are situations we either witness or are involved in on a regular basis in which we see simple things becoming complicated. I'm sure we have all been behind that person in line at a deli who takes forever to decide what type of sandwich they would like, and then an additional 10 minutes to decide what toppings even though they only have eight items to choose from. By the time it's your turn to order, you realize you will only have 10 minutes to eat before you have to rush back to work. I know in our offices we have all had those times when a patient calls to schedule for an appointment and it turns into a lengthy conversation, ending with the patient stating they will have to call back.

Then there are those simple tasks that we need to do on a regular basis that we tend to overcomplicate. It's like an internal argument you are having and as a result, nothing gets done because you can't decide where to start.

So again, I ask, why do we make things difficult? One reason that was posed to me is because we have too many choices (like in the case of the deli counter). As a result, we have to take the time to weigh out every possible outcome before we actually make that decision. Or when it comes to tasks at hand we question, how long will this take me? Will it be difficult for me to get back to where I was if I get interrupted? How vital is it that I do this right now? And by the time we finish asking ourselves all of those questions, we could have already finished what needed to be done.

Via a Google search, I came across an article that stated the reason we make simple things difficult is because our brain "likes being busy." This article had some very useful information. For instance, it spoke a lot about how we are addicted to technology. As a result, we are becoming hyper-stimulated. No wonder simple tasks become difficult with so many distractions right in front of us!

So, now that you're starting to see how you can complicate things or how things can seem complicated the question is: How can we simplify things?

As I was wading through several opinions and articles, the common thread that was consistently shared was this: Life is easy, we humans make it complicated.

Sometimes, you may find that the best way to simplify things is to turn things off. Put your phone in a drawer, don't open your emails right now, don't get lost on the Internet, take a break from social media - do you see that space you just freed up?

Yep, things got simple pretty quickly.

*Editor's note: A version of this column appeared in a 2015 issue of The Georgia Chiropractor.*

## INSIGHTFUL IMAGING

By J.C. Carter, D.C., D.A.C.B.R.



# Osteochondritis Dessicans

Osteochondritis dessicans, also known as osteochondral defect or OCD, is most frequently seen in patients 11 to 20 years old. It is usually caused by a trauma allowing two adjacent articular surfaces to collide. The most common location in the body is the knee especially the lateral surface of the medial femoral condyle. Clinically the patient presentation often mimics a torn meniscus. OCD knee patients typically complain of joint pain, clicking and joint locking.

OCD represents a small localized ischemic event to the articular cortex and adjacent articular cartilage. Initially the ischemic region is attached to the remainder of the bone. If X-rayed at this time the lesion will appear as a small

semicircular lucency at the edge of the involved area of the articular cortex. If the lesion is not treated and the patient continues to move the joint, eventually the ischemic bone and cartilage can break off and float freely in the joint space (joint mouse). If X-rayed at this stage the ischemic area will appear as a semicircular radiolucent defect on the involved joint surface similar to a Schmorl's node on an end plate. The free floating fragment will be a small fragment of bone seen somewhere within the joint space.

The next step in imaging of OCD after X-ray is an MRI. Referral to an orthopedic surgeon is the standard of care.



(Figure 1). A semicircular radiolucent defect is seen on the medial femoral condyle. On the AP film the free fragment is seen between the tibial spines and on the lateral film it is seen adjacent to the anterior surface of the proximal tibial articular surface.

Dr. Carter is a GCA member. He maintains a busy film reading practice at 4480-H S Cobb Dr. #325, Smyrna, GA 30080 and is a full time faculty member at Life University. If you have **questions regarding his film reading service** please call 678-424-8588 or email at [jccarterdc@gmail.com](mailto:jccarterdc@gmail.com).

## MEMBER SPOTLIGHT

By Carly Sharec

# Gadsden Carries on Husband's Legacy

When GCA member Dr. Byron Gadsden tragically passed away in early 2018, there was no question in his wife's mind that she would carry on with business.

"One of the reasons that I kept the office open was to let our daughters choose if they wanted to be entrepreneurs, or go into the holistic health care field," Gadsden explained. "And it had always been our intention, that when our girls went to school full-time, that I would come into the office."

Even prior to meeting her husband, Gadsden was more than sold on the benefits of chiropractic care, having experienced the relief it brought to her during her first pregnancy.

"In 2001, I was in an automobile accident – at the time, I didn't receive chiropractic care," she explained. "But I had a hairline fracture in my back. It didn't present an issue until I got pregnant the next year, in 2002. So beginning in my fourth month of pregnancy, I had to go get chiropractic care."

After that experience, her eldest daughter began receiving chiropractic care when she was four, after suffering from allergies.

"Now, all of my children believe in chiropractic," Gadsden said. "They get it on a regular basis. They'll come into the office first before going to see a medical doctor!"

As far as continuing the practice, Gadsden says the biggest challenge has been connecting with people and letting them know the practice is still open following her husband's passing.

"We are still open, we've got great doctors, I've remodeled," she said. "It's been exciting in one aspect, but it's also very daunting to try to learn the chiropractic business on-the-go."

The practice itself is celebrating its 20th anniversary on Feb. 14.

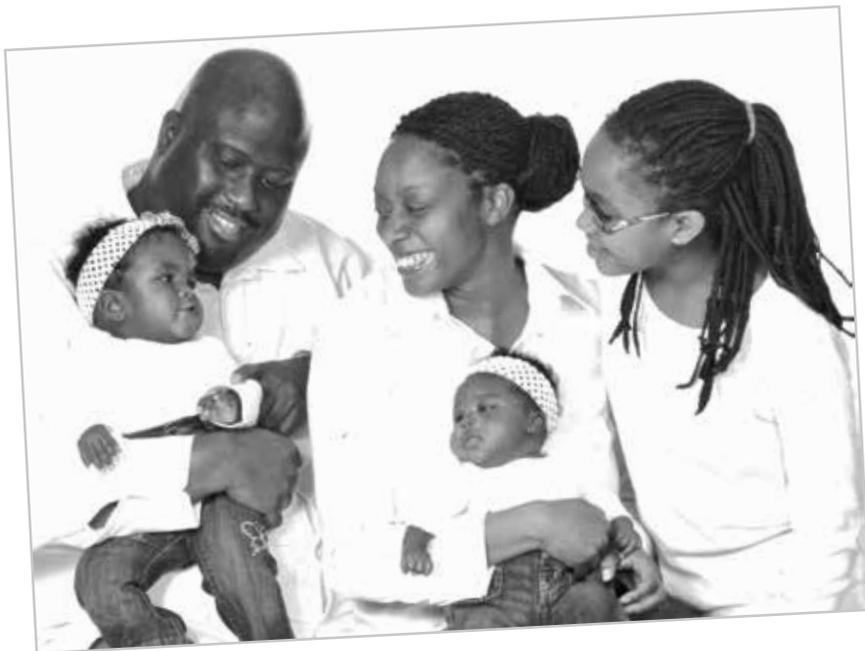
"We want to continue building relationships," Gadsden said. "I do need someone for the front office, and if there's another doctor who wants to be an independent contractor in an established business, they can email me! We have the space and we'd love them to come take a look." Gadsden can be contacted at [info@gadsdenchiropractic.com](mailto:info@gadsdenchiropractic.com).

Gadsden's passion is in helping patients make wellness a part of their lives; to help them be proactive and take responsibility for their own health.

"One of the biggest things with Byron, he was always concerned with people's quality of life," she said. "And I think it's so important that we always try to improve someone's quality of life. Chiropractic is not a field you get into without caring about people. And I know Byron had a heart for people, and I do also."

"It is my honor to carry on his mission."

Byron and Eugenia Gadsden with their daughters, shortly after the birth of their third child.



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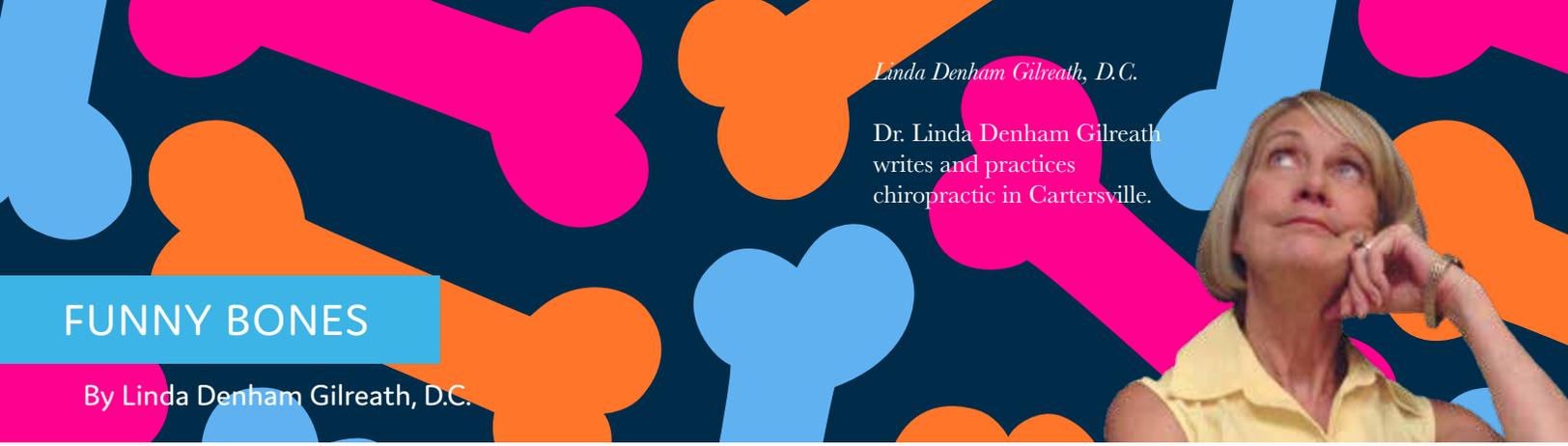
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## FUNNY BONES

By Linda Denham Gilreath, D.C.

# Technology is the best frenemy

My Grandma Womble lived days shy of her 100th birthday. Born in 1900, she experienced inventions that ranged from the use of airplanes to man landing on the moon. We often speculated just how much the world changed during her lifespan.

Fast forward to my life, the transmission of sound has gone from the 4-foot-tall radio with tubes to the CD. The trusty old Underwood typewriter has been replaced by progressively more powerful and faster computers. Through all this change I have discovered, technology is not my friend, or NMF.

Take the telephone. No one lost their telephone when I was growing up. Perhaps it was missing from the hall telephone shelf - but that was because my brother had stretched the cord so he could have privacy in the hall closet. Years went by with only minor modifications. I believe the trouble began when they started monkeying with the rotary dial. The push button technologists probably were plotting all along to cause chaos when they came up with the cordless phone. Did they not realize we needed a cord? It was a long and winding cord that led us back to our phone.

We can hardly call our cell phones simple phones - they are communication devices. I can call, text, send emails, get step-by-step driving directions or hear Phillip Phillips any time I want.

What I can't do is find my phone.

Early on, I learned the perils of turning my sound off. That is when I got a second cell phone; they just do

not stand up to rain when you leave them on the picnic table.

Once I mastered that lesson, I became proficient in calling my phone to locate it. Home is often my most frequent caller.

I have made more friends since I upgraded my phone technology. Jay from the phone store is my new best friend forever. He put me in a red phone case so I could locate my phone without a landline. This worked well until my last phone destruction incident. My new larger phone didn't have a colorful case on the shelf yet. I knew that I was stressed when I started carrying my phone in a beer koozie. Technology is NMF.

Cataracts came on about the time electronic notes became the status quo. No, I could not use a tablet. I finally purchased a 17-inch screen laptop while my peers were using iPads. I loved that thing. I could see and type on it. I found myself inserting lots of free text because I am so verbose. I told my patients that I would be using the drive-in movie screen by the time I retired.

I felt vindicated when I visited a much younger doctor who was carrying around the very same laptop. I commented that I used the same computer. He said that he had used a tablet but his mother-in-law traded him the ginormous laptop for it.

Technology is NHF, either.

*Editor's Note: This edition of Funny Bones initially ran in the Fall 2015 issue of The Georgia Chiropractor.*





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