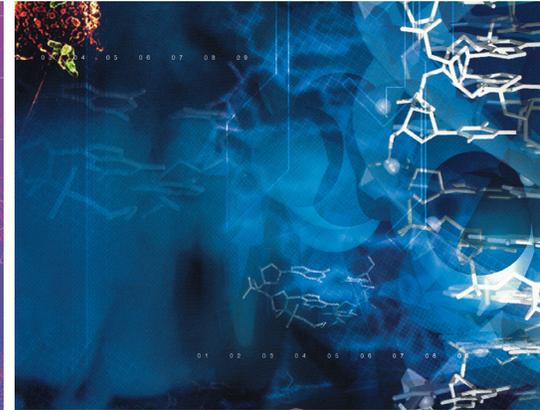
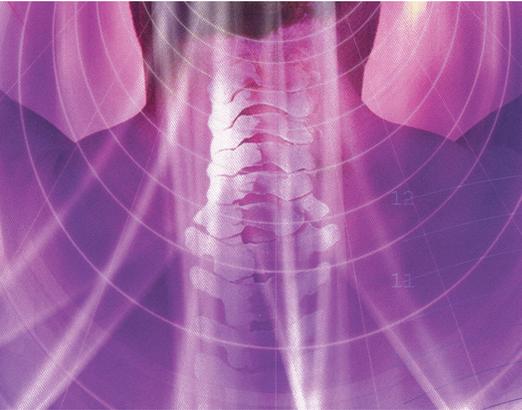


NUCCA NEWS

Spring 2013

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA



President's letter

Membership & Gregory Circle

Our profession offers a plethora of organizations to belong to and have membership in. Each has their own agenda and to the extent that agenda resonates with how you practice and what you believe in, is the extent that you would support them. No organization will be perfectly aligned with what you know to be true, but our group represents the doctor who makes NUCCA protocol the mainstay of his/her practice. Just think if you suddenly lost your ability to take post x-rays? There is movement to enforce this change. One of the strongest voices and your most consistent ally to not let this happen is the

NUCCA organization. We are aware and watching these developments and the UCRF has tooled its focus to publish research to support the need for post x-rays. Your and my membership supports this effort and for those in the Gregory Circle, you are not just supporting this, you are the ones making it happen. Thank you. I will be signing up for Gold level Gregory Circle membership this year. Please get your membership renewal in, and consider joining me and much of the board as Gregory Circle members - it is just that important.

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National Upper Cervical
Chiropractic Association

www.nucca.org

President's Letter / cont. from page 1

Small Steps

Small steps is now history, and what a piece of history it is! The competition between the Canadians and Americans was exciting and we Americans came out on top. Far more important was the level of participation on both sides of the border - it was impressive to say the least! While we (Americans) won bragging rights, least we not forget, the Canadians have effectively kicked our butts the last three years. Their level of participation, relative to members in the organization, was far greater than us Americans and nothing less than phenomenal. We could not have more worthy allies in this battle to bring such vital care to a needing humanity.

Anatometer & Benesh

Over the past couple of years, your board of directors has been fielding complaints from members about the quality of the product and service being delivered by our long-time partner, Benesh Corporation. Our historical relationship makes publishing this statement difficult; however after an in-depth investigation and multiple

attempts to find an agreeable solution NUCCA has been forced to withdraw our support from Benesh. The NUCCA board of directors regretfully no longer can endorse the Benesh Corporation and their production of the Anatometer. Purchases from Benesh should be done with the knowledge of the many unsatisfied NUCCA members that have purchased product from them in recent years.

Thank you for supporting our organization, get your membership in, join the Gregory Circle and lets make 2013 a powerhouse for the NUCCA community.



Lee G Yardley, D.C.

*President, NUCCA Board of Directors
Board Certified Instructor
Co-Chair, Educational Committee
Director, Upper Cervical Research
Foundation (UCRF)*

A Note from Dr. Brooks

I will be presenting to students at Palmer Florida on February 15, 2013 and to the Upper Cervical Club there. My topic is "Realizing the Dream of Chiropractic."

On the weekend following the presentation, I will be teaching a weekend class for the management of the upper cervical practice entitled "Taking Care of People." The TCOP class is in its 17th year and is a must for students and new doctors who choose to practice upper cervical chiropractic. Contact drbrooks@brooksspinalcare.com for seminar information.

Registration forms may be downloaded at www.brooksspinalcare.com/tcop.html



Upcoming Events

FEBRUARY 15, 2013

Dr. Brooks at Palmer Florida

Location: Port Orange, FL

FEBRUARY 15-16, 2013

Taking Care of People

Location: Daytona Beach, FL

APRIL 18-20, 2013

NUCCA 2013 Spring Conference

Location: Minneapolis, MN

OCTOBER 10-12, 2013

NUCCA 2013 Fall Conference

Location: Newport Beach, CA

Conference Update

Spring Conference in Minneapolis, MN

You won't want to miss our 2013 conference this spring; it will be held in Minneapolis, MN for the first time ever! The theme of the conference will be **"Celebrating The Instructors"**.

The location of the conference will be the **Hilton, Minneapolis/St. Paul Airport, Mall of America:**
3800 American Blvd East
Bloomington, MN 55425

The Hilton Minneapolis/St. Paul Airport Mall of America hotel is in a prime location, near the Mall of America. With easy freeway accessibility, this hotel is just three miles from the Minneapolis/St. Paul International Airport (MSP) and one mile from Mall of America.

Relax in spacious hotel rooms with panoramic views of the Minnesota Valley National Wildlife Refuge — one of the largest urban wildlife habitats in the United States. Dine in Executive Chef Eric Baker's award-winning restaurant, Blue Water Grill, featuring fresh, seasonal menu selections. Unwind in the glass-enclosed atrium recreation area with indoor pool and two whirlpools, and re-energize in the 24-hour fitness center.



Registration for the conference will be available on the website soon, as the session schedule is in its final review. Dr. Packer has once again created a truly valuable program, sure to teach even the old dogs new tricks! You will also notice several classes being taught by our newest Board Certified doctor, Tymothy Flory, at this conference! Dr. Steven MacDonald will continue to provide one-on-one consultations each morning; contact him to reserve your spot!

Patient Spotlight

Got Concussion?

One Athlete's Story of Healing With NUCCA Care

It's an all too common tragedy: a young athlete's career cut short because of repeated head injuries.

It's a tragedy that 19 year old Conner DeChant has avoided for now, with help of precise upper cervical chiropractic care.

"I play football for Benedictine University," Conner told the NUCCA News. "The last month of this season I took several big hits, and I started getting headaches which did not get any better. I took the concussion test, and was surprised when I got the results: I had a pretty severe concussion."

Conner's concussion symptoms went beyond just headaches.

"My school work was suffering. It was difficult to say certain words. My head felt foggy. I would get confused at times. And I had sensitivity to light."

This wasn't Conner's first experience with these symptoms. "I received three concussions during my senior year of high school, so we were worried about not playing football anymore."

Conner's mother is a C.H.E.K. certified exercise coach, and learned from a colleague that NUCCA upper cervical care could help with concussions. "We were looking to see if I could get some relief," said Conner, and "it ended up being just what I needed."

Conner and his mother consulted with Dr. Marshall Dickholtz, Jr. in nearby Northbrook, Illinois. "I was surprised at how much he knew," said Conner of Dr. Dickholtz. "And how little the adjustment seemed."

The results of NUCCA care on Conner's concussion symptoms were unmistakable. "Within two days all my concussion symptoms were completely gone. I was able to think a lot more clearly."

Conner also learned that other aspects of his health could improve with his new upper cervical alignment. "I've had chronic back problems, and that is going away. My form for weight lifting is now better because I'm more flexible. I'm just better all around."

What does Conner have to say about his experience with NUCCA as an athlete?

"I'm getting stronger now because everything is falling into alignment. NUCCA chiropractors really fix the problem. I've seen a chiropractor my whole life and I've never gotten the results I've seen with Dr. Dickholtz and NUCCA care. This is going to keep me in the sport. Now, I can keep pursuing my love of football."



Research Update

There are many things that make NUCCA stand out as unique. Since the very beginning of the organization, there has always been a curious and inquiring orientation to the NUCCA upper cervical work. Dr. Ralph R. Gregory was known for his curiosity and steadfast research focus. He would only teach or present information that had been thoroughly studied and tested. To that end, in 1971 he founded the National Upper Cervical Chiropractic Research Association (NUCCRA). This research tradition carries on today with the Upper Cervical Research Foundation, or UCRF.

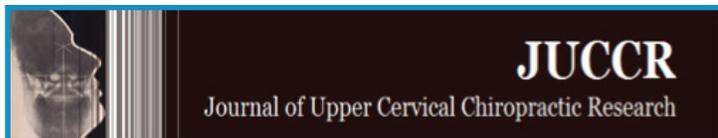
The research activities of UCRF today are varied and diverse. Over the past few years we have completed and published a number of important studies. These scientific studies continually validate and explain why the NUCCA upper cervical procedure is so effective.

It is only because of the tremendous support that we have received from our members through the Gregory Circle Memberships, along with the private and corporate investments from outside of our organization, that we are able to complete these essential projects. To all of you that have supported our research initiatives; Thank you!

Here is a summary of significant achievements since the last Research update:

August 2012

Publication of NUCCA Research



"Improvement in Quality of Life, Sleep & Attention in a Patient with Attention Deficit Disorder Undergoing Upper Cervical Chiropractic Care to Reduce Vertebral Subluxation: A Case Report" by Dr. Marshall Dickholtz, Sr. and Dr. Evan White was published in the Journal of Upper Cervical Chiropractic Research. Copies of the paper are available from Dr. Dickholtz, Sr.'s Website or upon email request.

September 2012

National CCSVI Society (NCS) Conference; "Exploring Frontiers in Neurovascular Health"



Dr. Gordon Hasick and Dr. Charles Woodfield were invited to speak at the "Exploring Frontiers in Neurovascular Health" Conference in Okotoks, AB. They presented how the NUCCA correction helps in

the resolution of chronic cerebrospinal venous insufficiency (CCSVI). CCSVI is a term developed by Italian researcher Paolo Zamboni in 2008 to describe compromised blood flow from the veins draining the central nervous system. He hypothesized CCSVI plays a role in the cause or evolution of multiple sclerosis (MS). Current research reveals CCSVI is present in other conditions such as migraine headaches, Parkinson's disease and Alzheimer's disease. Both presentations were well received by an international audience now introduced to NUCCA and the benefits of receiving NUCCA care.



Dr. Hasick and Dr. Woodfield confer at the conference.

October 2012

IRAPS - International Research and Philosophy Symposium, Sherman College, October 21, 22 2012



Dr. Dickholtz, Sr. spoke to a standing room only crowd of students and faculty on Friday morning, October 20, the day before the IRAPS conference began. His slide presentation described the NUCCA procedure and some of his research. A 10 minute version of his

Miracle-like Responses DVD was shown.

Dr. Dickholtz, Sr. offered \$1,000 to any group of students willing to start a NUCCA club on campus. Any student wishing to come to the 2013 Spring Conference will have one-half of their registration fees, \$125.00, paid for by Dr. Dickholtz, Sr.

At IRAPS, the TMJ presentation was well received along with the 10 minute version of the Miracle-like Responses DVD. Copies of the full DVD and the NUCCA Biomechanics DVD were freely given to all interested attendees.

continued on page 6

Research Update / cont. from page 5

December 2012

Publication of NUCCA Research

The manuscript "Quality of Life Improvement in Patients with Chronic Fatigue Syndrome Following Upper Cervical Chiropractic Care" by Dr. Dickholtz, Sr. and Dr. Woodfield has been published in the Journal of Upper Cervical Chiropractic Research. If anyone desires a copy of the paper, please email Dr. Woodfield.

January 2013

Calgary Phase Contrast Migraine Study

The subject treatment phase of this multidisciplinary study is now complete. This collaborative project involves NUCCA, Neurology and Innovative Phase Contrast Neuro-Imaging to study the positive impact of NUCCA corrective care on blood flow and Intracranial Pressure (ICP) optimization. Data entry and analysis are now in process and when completed, the preparation of the manuscript for publication in the indexed literature will be done. Eleven chronic migraine subjects were studied and successfully completed the trial. On the exit interviews performed by the study neurologist, Dr. Werner Becker from the University of Calgary, all subjects reported significant improvement in their migraine symptoms. Keep watching for updates.

January 12th, 2013

Integrate Chicago 2013 -

Pritzker School of Medicine, University of Chicago



www.integratechicago.com

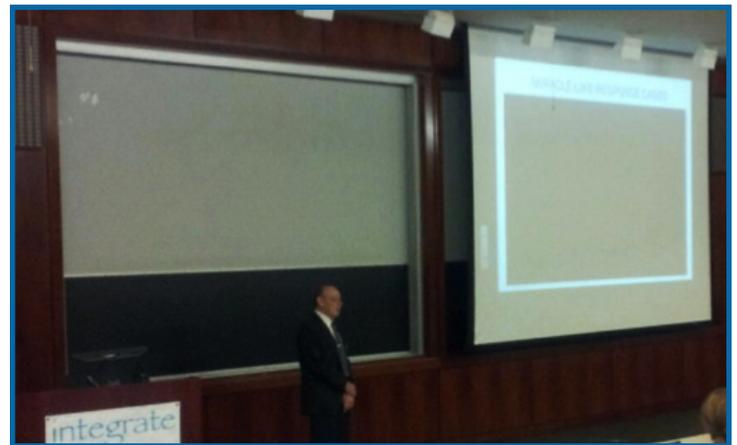
Integrate Chicago is an annual conference led by students from several Chicago-area medical and health science schools with the purpose of increasing awareness and understanding of integrative medicine.

The conference, now in its ninth year, is a comprehensive one-day event that explores the many modalities of integrative, complementary and alternative medicine (ICAM) through panel discussions, presentations and workshops.

Dr. Dickholtz, Sr. delivered an hour presentation introducing the NUCCA procedure and discussing research

to this Conference. He spoke to a room full of 80 medical students and other alternative care providers. He then joined a lunchtime panel discussion on entrepreneurial challenges in delivering alternative care. Dr. Dickholtz, Sr. was the only chiropractic representative chosen for this venue.

At the table Dr. Dickholtz, Sr. sponsored, Dr. Charles Woodfield gave out NUCCA information packets and copies of recent publications. Dr. Woodfield was able to discuss NUCCA research with several interested 3rd year medical students. There was much curiosity in the Calgary project; PC MR special imaging, CFS flow and intracranial compliance.



Dr. Dickholtz, Sr. begins his presentation at Integrate Chicago 2013

Ongoing UCRF Projects:

X-Ray Inter-examiner Reliability Study

Study examiners have been very busy in the analysis process with one-third of the several hundred films being processed now complete. Data is being collected and entered into the study database by Dr. John Hart at Sherman College of Chiropractic. A Sherman work study student double enters the data checking Dr. Hart's initial data entry. At this rate of success, data analysis could begin by the middle of 2013.

Finite Element Modeling Project

The bioengineering breakthrough is in its fifth year at the University of Toledo. It provides a further understanding of the needed accuracy when we introduce a controlled force to restore optimal spinal balance. Vijay K. Goel, Ph.D., an internationally recognized expert, heads our

[continued on page 7](#)

Research Update / cont. from page 6

team. The team of engineers, scientists, medical doctors, and chiropractors is studying injury to the head and neck from misalignment with a computer model. The model simulates cervical spine injuries and the ability to correct them. Our project now includes the entire spine to study the effects of the NUCCA correction on vertebrae other than the neck.

Radiographic Animation Study (RAS) Analysis Project

UCRF recently fulfilled a project funding request by Dr. David Vasquez. The proposed research aims to test the inter-examiner reliability in evaluating the precision of repeated patient positioning according to the NUCCA pre-post-adjustment x-ray procedure. This study is part of a larger investigation to validate the NUCCA pre-post patient positioning procedure.

The Report of Findings, by Dr. Steven MacDonald ZIELINSKI R.J., JOURNAL OF ACA, 2000

MTBI/MILD traumatic brain injury is a misnomer, since any insult to the brain can have significant and devastating effects on cognitive functioning.

In a mild brain injury there may be no blow to the head. Instead it may be violently shaken, as in a rear-end collision. The brain may ricochet off the wall of the skull and produce bruises or swelling.

Additionally, a shearing or tearing may occur (especially in the temporal or frontal areas) because of the bony structure in this area. Tearing can be microscopic and not appear on an MRI or CAT.

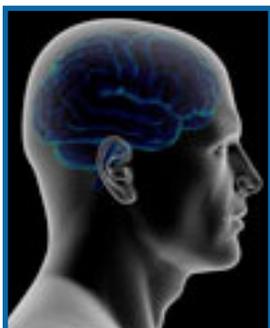
When a patient comes to us, we must be aware that in any accident the brain may also be compromised – this is

extremely important to recognize. We may see cognitive defects, short term memory, problem solving deficits, difficulty in understanding abstract concepts, reading and math problems, mispronouncing words, personality changes, depression, increased aggression, etc.

If these symptoms do not improve in 3 months, they might become permanent and the patient needs to be referred to a neuropsychologist or neurologist.



Student Scholarship



Are you a student interested in attending the spring conference free of charge??

We are once again having a student essay contest, with the winner receiving complimentary conference registration! If you would like to participate, your essay should focus on the theme

of the conference, which is “Celebrating the Instructors”.

Email your essay to Dr. Stanley Dombroski at DrStan@MyAmazingSpine.com or mail to:

Balanced Health Chiropractic Center
300 S. State Street, Suite 4
Zeeland, MI 49464

The deadline to submit your essay is **Monday, April 1, 2013** – don’t miss this exciting opportunity!

Small Steps Update



**2012 NUCCA
Fundraising Campaign**

We would like to extend a sincere thank you to all of the doctors that participated in our Small Steps fundraiser for UCRF. As Dr. Yardley stated in his President's Letter, it was quite a competition, with the Americans coming out on top! Between the two groups, we raised over \$25,000! These donations will help us to continue the important research that improves lives!

Thank you to the following 2012 Small Steps participants:

Americans

Dr. Lee Yardley
Dr. Keith Denton
Dr. Trisha Gregg
Dr. Robert Brooks
Dr. Philip Schalow
Dr. Jason Minogue
Dr. Craig Lapenski
Dr. Johanna Hoeller
Dr. Justin Brown
Dr. Don Erwin
Dr. Barbara Read
Dr. Kathy Doyle
Dr. Marshall Dickholtz Jr.
Dr. Robert Goodman
Dr. Tymothy Flory
Dr. Glenn and Brian Cripe
Dr. Giancarlo Licata
Dr. Deb Sesker
Dr. Steve MacDonald
Dr. Marshall Dickholtz Sr.
Dr. Julia Ciano
Dr. Clint Grover

Between These **Two Groups**,
We Raised Over **\$25,000!**

Canadians

Dr. Benjamin Kuhn
Dr. Jeff Scholten
Dr. Jeff Hedrich
Dr. Gordon Hasick
Dr. Jim Moore
Symmetry Spinal Care
Dr. Mylene Hopf
Dr. Jean-Paul Bohemier
Dr. Shawn Thomas
Dr. Michael Foran
Dr. Phil Kanwischer
Dr. Russill Mills
Dr. Brett Moore
Dr. Bradley Kennedy
Dr. Aurora Ongaro
Dr. Mikael Reney
Dr. Elaine Doyle

Fall Conference Photos from October 25-27, 2012



Gregory Circle Recognition



UCRF recognizes Dr. Lapenski



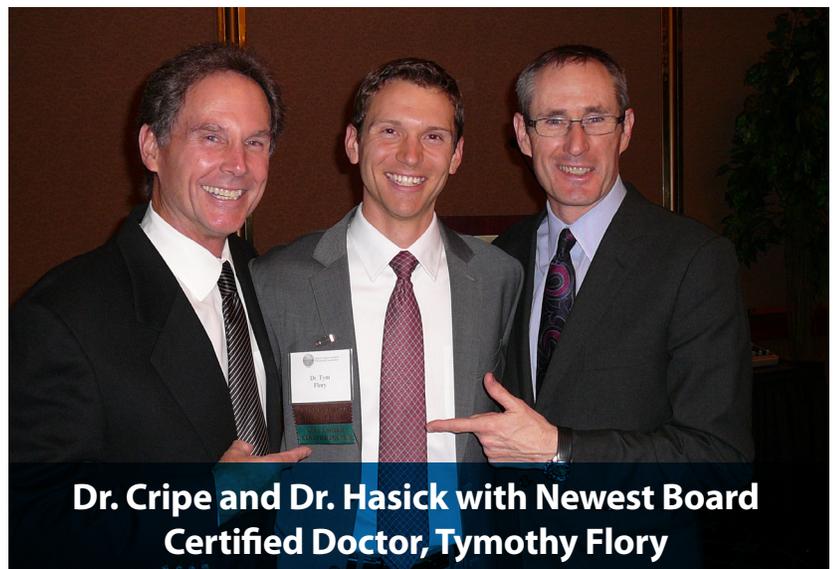
Student award winners Hannah and Finley



President's Reception at 2012 Fall Conference



Dr. and Mrs. Davis



Dr. Cripe and Dr. Hasick with Newest Board Certified Doctor, Tymothy Flory