



NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

President's Letter

This year marks the 50th Anniversary of NUCCA. Looking back on the last 33 years of my membership in NUCCA, I am heartened to see the growth of the organization, both in numbers and scientific validation. I joined NUCCA when the conferences were held at the Howard Johnson's Hotel in Monroe, Michigan. Dr Gregory personally taught most of the program, with overhead projectors and tripod-mounted screens. That was high tech for the times. We even started seeing slide shows, with the Kodak carousel trays. Many doctors were using hand tanks to develop films (I did that for a year). Basic Type IV was just introduced as a distinct biomechanical model. I remember looking at slides of Dr Gregory's films, where there was no Vertical Axis Line. The calculations were different, and what was obviously a BT IV, was listed as a BT I. But I'm not nostalgic for those simpler times.

Look at what NUCCA represents today: growing membership, both in practicing doctors and students. NUCCA is taught in 4 Chiropractic Colleges, with interest from several others. Internet presence that is a strong brand in health services delivery. Research being done and published in peer-reviewed publications. A restructured governing body that is better positioned to address the diverse needs of the organization. Conferences that respond to the needs of our membership in terms of bringing new and relevant material for each level. An engaged and enthusiastic membership that brings its energy and enthusiasm to the conferences and in correspondences. Active participation in Certification, with a panel of mentoring doctors reviewing films and images for all the levels. A management team that helps run the organization better than it ever has, with smooth functioning of

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National Upper Cervical
Chiropractic Association

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the conferences, Board meetings, membership services and correspondences. Committees that help address specific niches in the functioning of the group.

We had some doctors doing things of special note. Dr Irene Adamchuk was mentioned in gratitude for her donation of historical items to Life West, which is developing a Chiropractic museum. Dr Miguel Gracey, a Life West alumnus (and my classmate) had a visit from Jim Hawkins, ambassador from Life West, in Tempe, AZ. Even I was recognized as Life West Alumnus of the Year 2015, and was mentioned as a long-term adjunct faculty (+25 years) by the President, Dr Brian Kelly.

And, most fitting for this auspicious Year, the newest NUCCA practice just opened in Pleasant Hill, CA, with Dr Fred Deitzen, a Life West alumnus. What makes this so special is that the new office is on GREGORY LANE!



Michael Zabelin, DC

President, NUCCA Board of Directors,
Board Certified Instructor

Conference Update

Once again, the NUCCA Fall 2015 Conference was a great success! We were so happy to see all of you there! Here are some pictures from the President's Reception during the conference.



Dr. Zabelin, President



Student Proficiency Recognition, pictured from left to right: Nathaniel Oram, Luke Sesker, Dr. Deb Sesker, Dr. Lee Yardley, Julia Radwanski



2015 Gregory Circle Members



Drs. Lapenski, Dickholtz, Cripe and Hasick during the President's Banquet



NUCCA Certified Doctors pictured from left to right: Dr. Jack Stockwell, Dr. Michael Zabelin, Dr. Barbara Read, Dr. David Paiker, Dr. Johanna Hoeller, Dr. Gordon Hasick, Dr. Deb Sesker, Dr. Marshall Dickholtz, Dr. Michelle Nowakowski, Dr. Tym Flory, Dr. Craig Lapenski, Dr. Glenn Cripe and Dr. Vince Fitzpatrick



NUCCA's first graduating Upper Cervical Diplomates (DCCIP), receive acknowledgment for their accomplishment. Pictured from left to right Dr. Johanna Hoeller, Dr. Phillip Schalow, Dr. Trish Gregg, Dr. Matthew McNally and Dr. Jeff Scholten. (not pictured Dr. JP Bohemier).

Spring 2016 Conference Update

The Spring NUCCA 2016 conference is right around the corner in Newport Beach, California. Join us April 14-16 to review the NUCCA standards of care, attend some new informative sessions and help us celebrate "50 Years of NUCCA"!

Plan to attend the Business Meeting & Elections, scheduled 4:00-6:00 p.m. on Thursday, April 14th. NUCCA members are encouraged to be active in the discussion as new board members will be nominated and officers elected.

Be sure to plan to attend the following events at the April conference:

Job Fair: Friday, April 15th, 12:00 – 1:00 p.m.

Member Meeting/Board Elections: Thursday, April 14th, 4:00 – 6:00 p.m.

President's Reception/Banquet: Friday, April 15th, 7:00 – 9:00 p.m.

Research Update: Saturday, April 16th, 9:00 – 10:50 a.m.

[Click here](#) to get more information and to register for the 2016 Spring NUCCA Conference. Also, don't forget to reserve your hotel room at the Fairmont Hotel Newport Beach by calling (949) 476-2001 by **Saturday, March 19th** to receive the special group rate of \$159.

You can also [click here](#) to reserve your room online.

2016 SPRING RESEARCH UPDATE

by Gordon Hasick, NUCCA Board Certified and Dr. Charles Woodfield, Director of Research, UCRF



NUCCA Phase Contrast Migraine Study

"Effect of Atlas Vertebrae Realignment in Subjects

with Migraine: An Observational Pilot Study," has been successfully published in BioMed Research International. It may be downloaded from the publisher's [web site](#) or from the [UC Monograph](#).

It has taken over seven years of continual, persistent effort to achieve this NUCCA milestone! The research team greatly appreciates our financial supporters including those generous NUCCA Doctors contributing to the project through their Gregory Circle Memberships and the Small Steps to Success campaign. We are grateful for your support.

Further work continues on the manuscript; *"Advanced cerebral flow analysis of phase contrast-MRI acquired data following a chiropractic intervention in migraine subjects."* This paper is aimed at a neuro-imaging journal and is co-authored by MR innovations and UCRF. Maintaining this research momentum is important for the further support and preservation of the NUCCA procedure.



IRAPS - International Research and Philosophy Symposium, Sherman College of Chiropractic, Spartanburg, SC, October 10-11, 2015

NUCCA Research was well represented by making our presence known through the submission of abstracts reporting the results of our various ongoing research efforts.

- Dr. Philip Schalow, a recent graduate of the ICA's UC Diplomate program presented, *"Survey of Upper Cervical Practitioners in the Upper Cervical Chiropractic Procedures Diplomate Program"* and *"Arcuate Foramen; A Descriptive Observational Study;"*
- Dr. Woodfield presented, *"Establishing Reliable Analysis Software for Digital Orthogonal Radiographs;"*
- Dr. Woodfield presented for Dr. Jon Chung, *"NUCCA Board Certification: A Model for Creating Best Practice Guidelines for Subluxation-Based Chiropractic with Research Implications"* and for Dr. Tym Flory; *"Resolution of Fascial Neuralgia Following Reduction of Atlas Subluxation Complex: A Case Study."*
- Abstracts for 2016 IRAPS are due 1 April 2016. Go to this link for more details: http://www.sherman.edu/?page_id=1815



Dr. Woodfield & Dr. Schalow at 2015 IRAPS Poster



2016 Parker Experience Scientific Exposition, "Advancing the Clinical Chiropractor," January 14-16, 2016, Las Vegas, NV

Two posters were presented by Dr. Woodfield at the first Scientific Exposition of the Parker Experience; *"Effect of atlas vertebrae realignment in subjects with migraine - an observational pilot study,"* and, *"Advanced cerebral flow analysis of phase contrast-MRI acquired data following a chiropractic intervention in migraine subjects."* Copies of the posters are found on the UC Monograph site.



The conference allowed for valuable networking with other researchers and discussions are continuing via email with Dr. Heidi Haavik, Director of Research at the New Zealand College of Chiropractic. Another brain storming session is planned at ACC-RAC in March where many top chiropractic researchers will gather again.

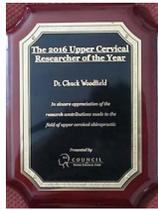
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RESEARCH UPDATE / cont. from page 3

Congratulations to Dr. Woodfield – UC Researcher of the Year! 2016 Upper Cervical eXperience, February 11– 13



Dr. Woodfield was awarded the prestigious 2016 Upper Cervical Researcher of the Year by the ICA Upper Cervical Council. "It has been a privilege to serve NUCCA and UC Chiropractic. I am most appreciative to the Council for giving me this special honor"- Dr. Charles Woodfield.



Thank you to the NUCCA membership for supporting the Research vision.

– UP AND COMING –



2016 ACC-RAC Conference - Orlando, FL, 17-19 March – "Best Practices"

The manuscript titled, "*Upper cervical chiropractic management of overuse syndrome in a violist*," was submitted by Dr. Philip Schalow, (Research Society member) and accepted for a poster presentation. The abstract is published in an indexed Journal of Chiropractic Education and will be made available at the UC Monograph site once published.

Dr. Flory and Dr. Landholm's submission, "Maintenance of the upper cervical spine alignment of a subject with primary nocturnal enuresis (PNE): a case report," was rejected. It usually takes a couple of submissions before someone is accepted.

Accepted for a poster presentation, "*Effect of atlas vertebrae realignment in a subject with migraine: a case report*" discusses the original Case Report that the Calgary Migraine clinical trial was based upon.



2016 ISNVD Annual Scientific Meeting, 29-30 April 2016, NY Academy of Sciences, NYC

The abstract, "*Comprehensive cerebral flows analyses of MRI acquired data following a chiropractic intervention of migraine subjects*," was accepted for a poster presentation.

The ability for us to report this data resulted from the advanced flow analysis of the Calgary migraine study MRI data. This was funded by The Gregory Circle and Small Steps Campaigns. MR Innovations, Inc. analyzed the

blinded and randomized data that proved to be invaluable to our analysis. The ISNVD meeting provides a program for international experts to discuss and compare research. Dr. Woodfield presented previously to this meeting and it is his honor to present again to this prestigious group.



2016 ICIMH - May 17-20, Green Valley Ranch, NV

An abstract titled; "*Advanced cerebral flow analysis of phase contrast-MRI acquired data following a chiropractic intervention in migraine subjects*" was accepted for a 15-minute oral platform presentation by Dr. Charles Woodfield. The competition for platform time is intense making this quite an honor presenting to this international audience.

The International Congress on Integrative Medicine and Health (ICIMH) conference is convened by the Academic Consortium for Integrative Medicine and Health (ACIMH), in association with the Collaborative, the International Society for Complementary Research (ISCMR), the Integrative Health Policy Consortium (IHPC), and the Academy of Integrative Health and Medicine (AIHM). This conference will showcase original scientific investigation across research, policy, education, and clinical care.

UCRF Research Society



The UCRF Research Society is looking for interested and dedicated members! Come grow with us as we negotiate the

challenges while making NUCCA well known to health care professionals and the public through research our organization is engaged. Society members have now presented at prestigious research conferences such as ACC-RAC and IRAPS.



Be on the lookout for new content in time for the 2016 Fall Conference!

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The New Digital World in Health Care

by Dr. Steven MacDonald

It is interesting to look at Chiropractic in relation to medicine at this time. We are living in a digital age in which the trend is for all of us to go digital in everything, our practices, our home life, our banking is pressuring us to move in this direction. The younger generations are easily moving into this new world, while baby boomers are increasingly challenged. It is not an easy move for the older generations.

There is pressure on us as chiropractors to electronically bill, to generate digital record keeping and have digital X-rays in our offices. There are many benefits to this new trend. We can easily save X-rays on our computers, analyze them digitally and send them anywhere we want to. The medical profession has already moved completely in this direction. If a physician cannot operate within this new world, they are pretty much left out of the medical world. Do it or you are not allowed to participate.

I know many older physicians who have decided to retire, because of these new digital challenges. It's not that they are not good doctors anymore, they are not as comfortable operating in this new world as the new young physicians. If a surgeon wants to continue to practice, he has to be able to monitor all the digital assessments that are watching him/her in the operating room and monitor the patient's progress digitally. It's not an analog world anymore for them. The digital world offers the physician so much more ability to assess the patient condition today.

Chiropractic is also moving in this direction. We have digital X-rays, digital files with note taking. We also have digital tools to monitor and assess the patient, but we can still operate in an analog world though with our patients. We can still examine our patients without digital equipment. We can still use X-Ray equipment that is not digital. We can analyze plain X-Ray film to arrive at the patient's Atlas listing. We can still adjust the patient with our hands and get immediate feedback. We can operate a successful practice helping patients non-digitally.

We can retain doctors as they age to continue practicing with their years of experience and wisdom, so we do not lose that expertise. This is opposite the trend in medicine. We are very fortunate with our practices that we can continue to help patients as long as we wish to. Dr. Marshal Dickholtz practiced up into his nineties. This is unheard of in the medical profession today. We can continue to do what we love as long as we want. It is really okay that my practice is more analog than digital. I can practice with that, even though the younger doctors probably believe we are archaic.

STUDENT SPOTLIGHT

by Dr. Ankur Tayal

Today, the "SPOTLIGHT" Section looks at Student NUCCA Life at Palmer College. Luke Sesker, a 8th Trimester student at Palmer and the current NUCCA Club President, as well as the Vice President of the Student ICA chapter, joins us from Davenport, Iowa to share about the student experience.

NN: Luke, thanks for joining us today. To start, why have you chosen to be a NUCCA Doctor?

LS: There's obviously some family history that led me to this work, but I considered other careers for a long time, such as teaching music, or law enforcement. Around the time I was applying for colleges I had made up my mind that I was going into some form of health care, and I saw a huge opportunity with NUCCA, knowing what it had done for my own health and that of my family. Growing up I heard about all sorts of miracle cases from mom (Dr. Deb Sesker), which really opened my mind to the possibilities of what a corrected spine can do for someone's health.

NN: What do you like about NUCCA?

LS: Wow, where do I begin?!?! It's a well structured organization that was founded with the purpose of continuing to advance adjusting protocol as we gain knowledge of the complexities of the Atlas Subluxation.

The organization is focused on research and predictable, measurable, reproducible results, which are crucial qualities that far too many chiropractors throw out as unnecessary.

The certification program is vigorous and requires competency in the work, not just 2 weekends of attendance like many techniques.

It's focused on scientific understanding and high precision corrections that are long lasting, and benefit the whole body.

The adjustment is gentle to the neck. This is a huge benefit from an injury risk standpoint, as well as a marketing boost.

Finally, as I learn more about Chiropractic Philosophy, I also find that NUCCA is one of the most congruent, as well.

NN: Awesome. What challenges have you faced so far in learning NUCCA?

LS: The technique is certainly very different and requires a lot more time to learn than most others, and it all has to be learned outside of what is already a busy school schedule.

The textbook is not an easy read, and the best learning resources are field doctors who are busy with their personal lives and practices. We do the best we can in our technique club hours, but try to avoid "the blind leading the blind" as much as possible.

NN: Is your college supportive / nurturing of NUCCA on campus? How does this impact you? How do you navigate this?

LS: NUCCA is an offered elective and we can practice it in the clinic. The downside is the difficulty in obtaining x-rays for technique purposes, and when you finally do, the equipment is out of calibration, and there is no staff doctor that is able to critique a film, analysis, or adjusting technique on a high level. So that's rough for the students in clinic, but we do the best we can with knowledge we gain from conference and club, and seeking feedback from field doctors.

It's a more interesting experience interacting with students who plan to practice other techniques, which are based on other biomechanical theories. It's common for students to regard all Atlas adjustments as achieving the same "results", so the misconception is that NUCCA "only adjusts one bone." In the eyes of someone practicing a segmental full spine technique, practicing upper cervical makes you 1/24th of a chiropractor. And to some of the "tonal model" folks, bones don't really matter, and any structural technique is too mechanistic. It makes for an interesting dynamic, and some at times heated discussion!

NN: You are a NUCCA "legacy", and we often tease you and your Brother as being the 'Golden Boys'. Jokes aside, it must be nice learning from Board Certified Dr. Deb Sesker, yes?

LS: The learning really started at a young age, and my initial confidence in the technique came from the experience I've had being adjusted by (my Mom) since age 9. From a technical / learning perspective, it's very professional. Mom is a great communicator and very "no BS". I don't really get any special privileges that are unavailable to any student who asks. The difference is – we're around more often, and very comfortable asking lots of questions.

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STUDENT SPOTLIGHT cont. from page 6

by Dr. Ankur Tayal

A break from school usually means analyzing x-rays in the office, or getting feedback on adjusting technique. The downside is that work/school frequently follows you home, and it's often difficult to get away from Chiropractic related topics.

NN: I can understand that. What are your plans upon graduation?

LS: I'm joining "Dr. Mom" and my brother Finley at their practice in West Des Moines, Iowa.

NN: How do you plan to give back to NUCCA and this profession, as you develop in your career?

LS: In my early years, the best thing I can do to contribute is developing skill and a reputation for quality patient care. So my first focus is becoming a successful practitioner, both in technique and business. Once that happens, who knows?

NN: Where do you see this organization going in the future?

LS: That really depends. I see Upper Cervical work as having the potential to be the answer the world is looking for, but as a profession, Chiropractic is a mess. Many issues exist, but I have hope with some things that are happening now. The Council on Upper Cervical Care opening up discussion amongst other techniques, and organizations like NUCCA placing the focus on research, consistency and not compromising high standards. There is also a political movement being driven by the IFCO to ensure chiropractors have the right to practice subluxation based chiropractic, and companies like Mind Virus giving us doctors quality marketing strategies that we need to communicate our service more effectively to both the public, and other health professionals.

If NUCCA is to thrive, we need to increase utilization, focus on quality and advance the demand for what we do. My fear is that if Chiropractic doesn't succeed as a profession, we will go down with them, and the work will either be picked up by another profession, or dismissed. We have all the opportunity in the world if we just get our ego out of the way, and focus on doing it right, both in business and technique.

NN: How can NUCCA better support you in your journey to learn this work?

LS: The more learning resources we have, the better! We get a lot out of doctors visiting campus, so if anyone would like to come and teach, or do a skype session, e-mail lukesesker@gmail.com or palmernucca@gmail.com

NN: There ya have it folks, the students at Palmer are doing their best, but they NEED you!! Remember the challenges you face as you navigate this work, and think of how much harder it was when you were a student. Please take a moment and remember the students, and give what you can – money and/or time – to nurture them. There's nothing like paying it forward!!



Luke Sesker,

8th Trimester Student at Palmer College of Chiropractic and current President of the Palmer NUCCA Club.