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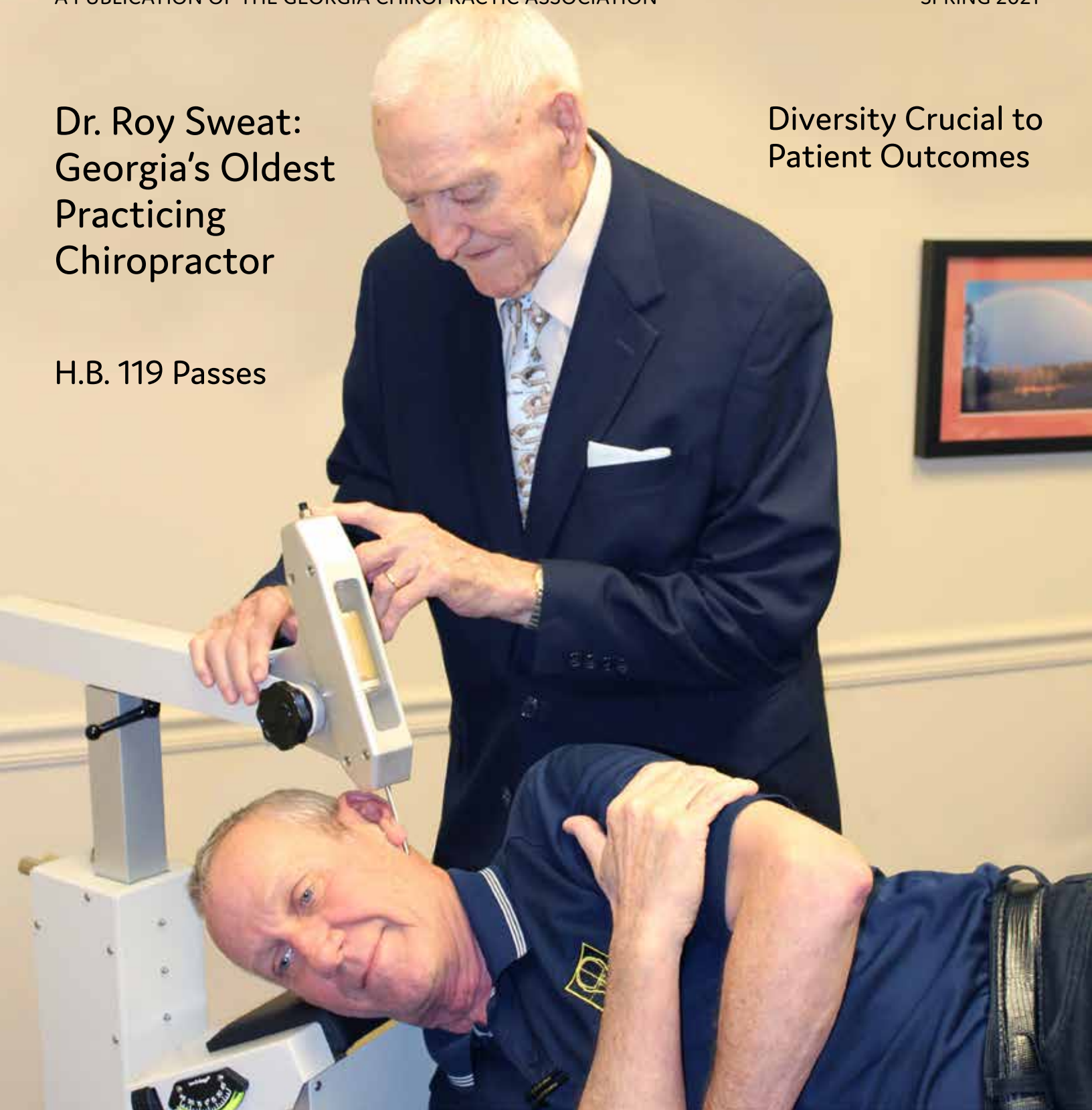
A PUBLICATION OF THE GEORGIA CHIROPRACTIC ASSOCIATION

SPRING 2021

Dr. Roy Sweat:
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Practicing
Chiropractor

Diversity Crucial to
Patient Outcomes

H.B. 119 Passes





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with the Atlas Orthogonal
instrument he invented.



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A Short Introduction to **GCA's Legislative Approach**



A LETTER FROM
THE PRESIDENT

GCA was successful in our efforts to pass H.B. 119 this year, which allows doctors of chiropractic to more easily form a corporation with medical doctors. We used a three-pronged method to achieve this goal, and I wanted to briefly explain each to you:

1. Lobbying at the Capitol daily. Our lobbyist, Aubrey Villines, is at the Capitol every day during the legislative session and joined occasionally by our Director of Membership and Operations Diane Hamby and Executive Director Valerie Smith. This team meets with legislators to educate them on bills and monitors legislation that could be harmful to chiropractic at the Capitol. Lobbying activity is paid for by your membership dues.
2. Grassroots. Our grassroots members are asked to contact their legislators at key times. For example, H.B. 119 was first sent to the House Regulated Industries Committee for review, so those individuals who signed up to be our grassroots members with representatives on that committee were contacted by GCA staff and asked to call/email their representatives and ask for their support of H.B. 119. Legislators want to hear from their constituents, so this activity is very important. Additionally, we are incredibly fortunate that GCA Board Member Dr. Karen Mathiak is also a state representative. She has been a major force in helping to educate her fellow legislators on our issues.
3. GCA-Political Action Committee. In the year 2020, the GCA-PAC gave \$39,000 in campaign contributions to House and Senate leaders and legislators who are supportive of chiropractic. These donations do not come from GCA membership dues, but instead through contributions directly to the Political Action Committee. The money the PAC gave was raised by only 111 doctors. If you're not already a member/contributor of the GCA-PAC, I urge you to become one. The reality is that our influence grows when we are able to support more legislators financially.

All three of these prongs support each other and all three must remain strong to continue seeing success in the state legislature, especially as we continue to work on adding doctors of chiropractic to Georgia's lien law. Think of your membership and PAC dues as an insurance policy to protect your right to practice in this state.

Please join the GCA-PAC and ask non-members to join GCA. The more doctors we represent, and the more legislators we can support, the louder our voice will be under the Gold Dome.

Yours in Health,



Vince Erario, D.C.
President

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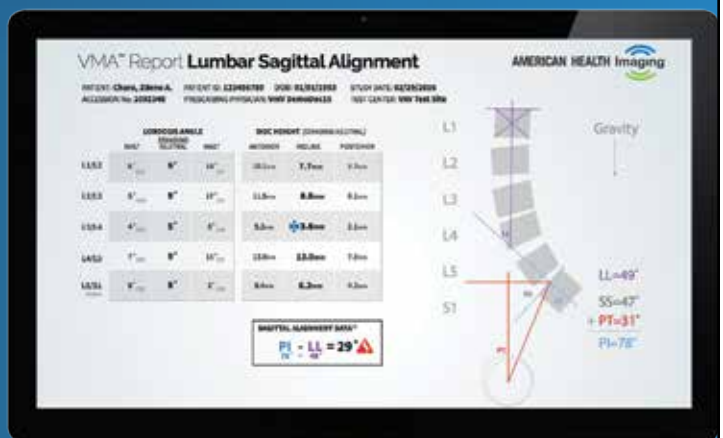
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Coming Soon: New Ways to Get Involved



EXECUTIVE INSIGHTS

An old adage in the association world is that the more you put into the association, the more you get out of it.

I've found this to be true in my own experience, as a former board officer for my neighborhood's swim and tennis club and as a board member of the Georgia Society of Association Executives.

The more I volunteered, the more people I met and the more my network expanded. I now know who to call when I have a particular question about Zoom, or what company in Savannah can provide entertainment for our Spring Conference.

GCA's membership committee has been looking into new volunteer opportunities for members so you have the opportunity to grow YOUR network of colleagues across the state. We're not quite finished with the list, but some of the options are:

- Welcoming new members with a quick phone call
- Serving as a host/hostess at one of our social events
- Helping with decorations at Spring or Fall Conferences
- Volunteering to call your legislators as part of our grassroots efforts
- Asking members to send in insurance complaints about high copays

I hope you'll consider becoming a GCA volunteer with one of these opportunities. I think you'll find you get more out of it than you put into it.



Valerie Smith, M.A., CAE
Executive Director

SPRING 2021

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Founded 1912

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NEWS

ASSOCIATION NEWS

Carhee Joins Clinical Compass Board



GCA member Dr. Winston Carhee has joined the Board of Directors of Clinical Compass, a research organization that produces, curates and distributes evidence and research to increase the awareness of the efficacy of chiropractic care.

Clinical Compass collaborates with every major chiropractic organization, chiropractors and other healthcare providers to provide improved patient outcomes and ensure payers, business leaders, legislators and the public have reliable information on which to base informed healthcare decisions.

“I’m excited to be the American Black Chiropractic Association’s representative to the Clinical Compass, which focuses on ‘Research, Education, and Empowerment for the Chiropractic Community,’” Carhee said. “I want to be sure all chiropractors know about the important work we’re doing and how it helps improve third party perception of the quality of chiropractic care. Our online evidence center and resources provide valuable tools for practicing chiropractors, check it out. You can visit our website at clinicalcompass.org to learn more, and I hope you’ll consider making a donation to help support our research.”

Dates to Remember

MAY 14 – 16, 2021

GCA Spring Conference & Trade Show
The DeSoto Hotel, Savannah

OCTOBER 8 – 10, 2021

GCA’s 109th Annual Fall Conference
& Trade Show
The Hotel at Avalon, Alpharetta

Villines Recognized by Peers



GCA General Counsel Aubrey T. Villines, Jr., was recognized as the Best Lawyers® 2021 Government Relations Practice “Lawyer of the Year” in Atlanta. He was nominated and voted on by fellow attorneys.

“I’m honored and humbled by the recognition,” Villines said.

In addition to serving as the GCA lobbyist for 42 years, Villines also lobbies for the Georgia Optometric Association, Licensed Professional Counselors Association, Georgia Injured Workers’ Advocates and Coalition of Advanced Practice Registered Nurses.

In Memoriam



RoseMarie Griffeth Jones

The Georgia Chiropractic Association regrets to announce long time bookkeeper RoseMarie Griffeth Jones

passed away March 7. Griffeth Jones worked for GCA for over 20 years, retiring in 2015.

“We were so sorry to hear of Rose’s passing,” said Executive Director Valerie Smith, CAE. “She was such an important member of the GCA family for many years.”

Griffeth Jones is survived by her husband, JR Jones, son, Greg Griffeth and granddaughter Shelby Griffeth.

Denis Duncan, D.C.

Denis G. Duncan, Sr. D.C., age 64, of Griffin, GA, passed away Saturday, March 20, 2021.

He was born in Portsmouth, Virginia on October 10, 1956. He was veteran of the United States Navy having served on the USS Harold E. Holt as ETR2. He started his career in chiropractic in 1986 in Forest Park, later having his own office in Griffin and most recently in McDonough. He loved caring for all his patients. He was a member of the Georgia Chiropractic Association, and attended the Pinecrest Baptist Church in McDonough. He also enjoyed traveling, spending time with family and sharing his love of Jesus with others.

Survivors include his wife, Kim Duncan; son and daughter-in-law, Denis and Kara Duncan, Jr.; granddaughter, Olivia (Livy) Duncan; his mother, Latricia Strickland; brother and sister-in-law, Jim and Terri Duncan; father in-law and mother-in-law, Charles and Toni Cox; brother-in-law and sister-in-law, Michael and Fran Cox; several nieces, nephews and cousins.



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Flexion-Distraktion Decompression Treatment of Lumbar Disc Herniation with Radiculopathy and Complications of Morbid Obesity and Opioid Addiction



CASE STUDY

By K.F. Lombardy D.C.

OBJECTIVE:

The purpose of this paper is to document the efficacy of Cox Flexion-Distraktion Decompression protocol on a patient with radiculopathy (1) who has significant comorbidities and how they affect the duration of time to achieve acceptable results.

CLINICAL HISTORY:

A 56-year-old white male presented for treatment on 10/18/19 with symptoms of lower spine pain with radiation of pain into both legs extending to the knees. The pain has persisted for approximately one year and was of unknown origin. The condition was reported as gradually worsening, with VAS pain level 8/10 and Oswestry Low Back Disability Index at 58 percent. Bowel and bladder function were reported as normal. The patient acknowledged past history of tinnitus, diabetes and thyroid disorder.

Past treatment consisted of chiropractic manipulations, spinal injections, pain medications and physical therapy. He is currently taking four, 5.3MG tablets of oxycodone per day.

EXAMINATION:

The patient was attentive and cooperative and showed visible signs of pain. He had pain on standing and walking. The patient was 72" in height and weight 350 lbs., BP 165/88 with pulse rate 84.

Dejerine's sign was positive.

Lumbar Range of Motion: Flexion 20 degrees/ Extension 25 degrees/ Rt Lateral Flexion 35 degrees/ Left Lateral

Flexion 25 degrees / Rt Lt rotation 5 degrees... All range of motion elicited pain.

Deep Tendon Reflexes: Achilles Rt. +2, Lt. +2 Patella Rt. +2 Lt. +2

Lower Extremity Muscle Test:

Gastrocnemius Rt. 5/5 Lt. 5/5

Quadriceps Rt. 5/5 Lt. 5/5

Ant. Tibialis Rt. 5/5 Lt. 5/5

Extensor Hallicus Longus Rt. 5/5 Lt. 5/5

Gluteus Medius Rt. 5/5 Lt. 5/5

ORTHOPEDIC TESTS:

The following tests elicited a positive response of moderate to severe pain: Bechterew's bilateral, Kemp's bilateral without radiation to legs, straight leg raise right at lumbosacral at 30 degrees, Braggard's on right, bilateral leg raise bilateral lumbosacral pain, Popliteal press test bilateral.

PALPATION AND PERCUSSION:

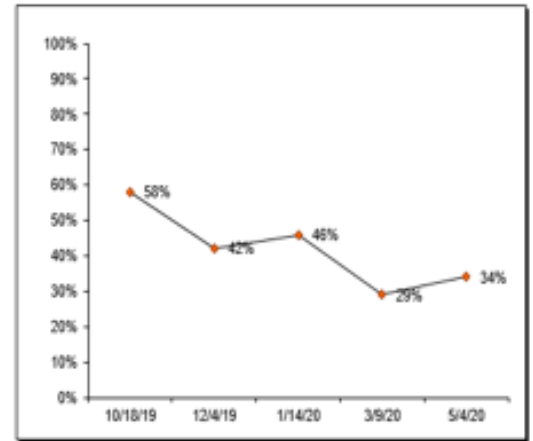
Moderate to severe spasm of quadratus lumborum bilaterally with palpatory pain over spinous at L4.

IMAGING:

X-ray showed extreme loss of lumbar lordosis with anterior weight bearing. All disc spaces were well maintained and there was no evidence of fracture or gross osteopathology.



Assessment Date	Results
10/18/2019	58%
12/4/2019	42%
1/14/2020	46%
3/9/2020	29%
5/4/2020	34%



Initial	10/18/2019	58%	Current Change	-17 %
Last	3/9/2020	29%	Overall Change	41 %
Current	5/4/2020	34%		

MRI:

Large 6mm central disc extrusion with significant compression of the thecal sac. There was occlusion of the osteoligamentous canal bilaterally with thickening of the ligamentum flavum.

TREATMENT:

Cox Flexion-Distraction decompression protocol utilizing the “Cox 8” instrument.

Low Volt Galvanism applied to L4 disc space

Instrument adjustment to Sacroiliac joints to reduce neuroarticular dysfunction

Home exercises prescribed to improve flexibility and strength to lumbar spine.

Nutritional support consisting of 1500 mg Chondroitin sulfate and 1200 mg of Glucosamine sulfate in “Discat Plus” to be taken daily.

TREATMENT DURATION:

Patient was under continuous treatment with decreasing frequency from Oct. 23, 2019 to Aug. 5 2020.

During his treatment period the patient had several orthopedic consultations where options of more spinal injections and possibly back surgery. He chose not to pursue these options but rather continue with conservative care.

RE-EXAMINATION/OUTCOME:

Changes over initial outcome measures were as follows:
Low back pain/leg pain VAS 1/10 with infrequent 5/10.

Oswestry Low Back Index- 34%

Orthopedic Tests: All negative except Bechterew’s , well leg raise and bilateral supine leg raise which remained mildly positive.

All deep tendon reflexes: +2 / all lower extremity muscle tests 5/5

Range of Motion: Lumbar flexion 80 degrees w/o pain/ extension 30 degrees mild pain/ right lateral flexion 40 degrees without pain/ left lateral flexion 30 degrees without pain.

Current reduction in oxycodone one, 5.3 mg tablet daily.

CONCLUSION/DISCUSSION:

This case demonstrates that patients with severe disc involvement with radiculopathy can respond acceptably to the proper conservative treatment. Flexion-Distraction Decompression following the Cox protocol is an effective treatment for these patients. This case also shows that a patient who has multiple co-morbidities with an opioid addiction will respond to conservative measures, but not necessarily in what is considered a normal time frame. The decision to continue conservative treatment vs. invasive back surgery should be more of a mutual agreement between the patient and treating doctor. All other medical opinions should play a role also in this decision as well as patient satisfaction with care and desire to continue it should be high priority in the decision-making process.



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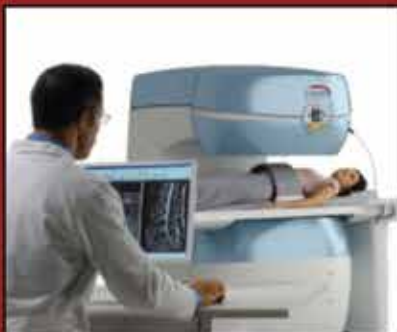
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GCA Overcomes Capitol Limitations, Advances Bills

By Valerie L. Smith, CAE

Despite another year with COVID-19 restrictions in place at the Georgia Capitol, the Georgia Chiropractic Association's legislative team was successful in passing H.B. 119, the bill that allows doctors of chiropractic and medical doctors to more easily form a corporation.

"This was a very strange year," explained GCA General Counsel and Lobbyist Aubrey Villines. "There were no legislative pages this year, so once legislators went into session, there was no way to get messages to them. The public couldn't even go near the two chambers."

Despite difficulties in communicating with legislators, H.B. 119, which was sponsored Rep. Lee Hawkins, Rep. Ginny Ehrhart, Rep. Bonnie Rich and Rep. Philip Singleton in the House and Sen. Larry Walker III in the Senate, passed with very little opposition.

"H.B. 119 passed the House unanimously, and encountered a few questions in the Senate, but our grassroots members were able to help educate their senators, and the bill ultimately passed," explained GCA Governmental Relations Chair Dr. Randy Mayfield. "We are also so thankful for the support of chiropractor and state Rep. Karen Mathiak, who is always a huge help in educating her fellow legislators on chiropractic issues."

H.B. 641, which would add doctors of chiropractic to Georgia's lien law got off to a slow start, due to some of the COVID-19 restrictions.

"A bill has to be written by the legislative counsel," explained Villines. "That process usually only takes

a day or two, but this year, it took a week because of pandemic precautions. Once it was ready, we had to make a few changes to it, and that took another week."

GCA expected the bill to face stiff opposition from the hospitals, medical doctors and trial attorneys, but was able to overcome some of the objections.

"We were very happy that the Medical Association of Georgia was neutral about the bill and didn't actively fight it," Villines said. "And we were able to include some compromise language that the hospital liens would be superior to our liens in the settlement, which satisfied the hospitals."

Unfortunately, H.B. 641 was introduced close to crossover day, which is the deadline for a bill to pass out of the chamber in which it was introduced so it can "cross over" to the other chamber. Because of this, the bill can no longer be voted on this session, but the bill is still alive and will be carried over into 2022.

"This gives us time to educate our legislators on the bill while they're not in session," Mayfield said.

One other bill of interest this session was H.B. 627, which would have revised some definitions in the athletic trainers' scope of practice.

"We had some concerns that the changes to the definition for athletic injury could have some unintended consequences, and I testified about that at the committee meeting," Villines said.

As a result, the House Health and Human Services committee tabled the bill, and it did not cross over this year.

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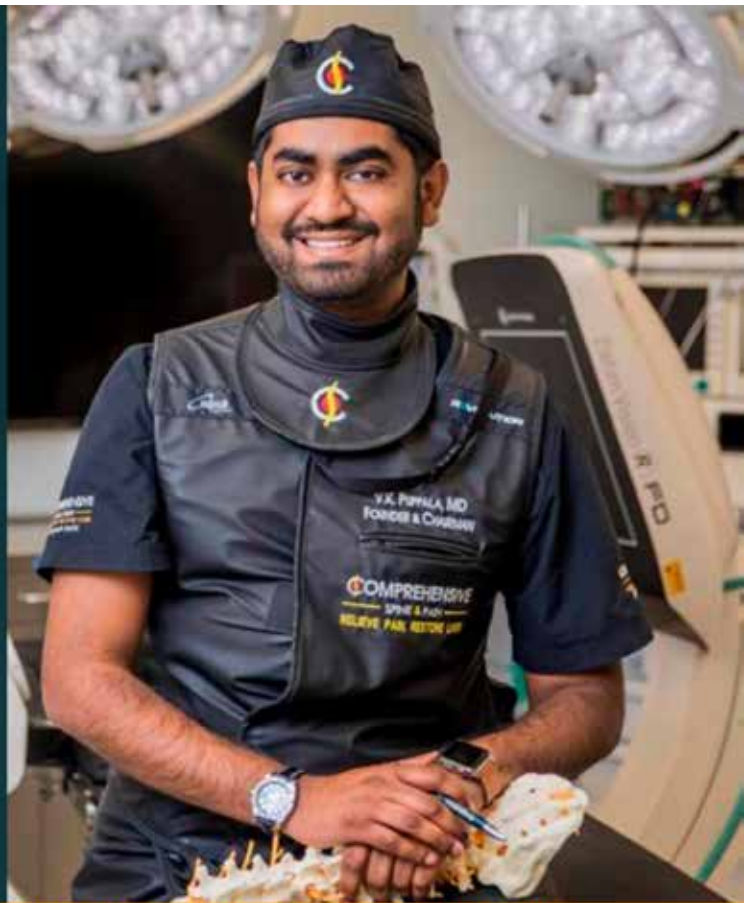


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Inventor, Former GCA President Still Practicing after 71 Years

By Valerie L. Smith, CAE

Dr. Roy Sweat is nearly 94 years old, works six days a week, still teaches the Atlas Orthogonal technique he created and has no plans to retire any time soon.

But then, he doesn't think of his job as work.

"Work is only work when wish you were somewhere else," he said. "And you can't get too tired hitting a button," he said, referencing the Atlas Orthogonal instrument he developed in 1965.

Sweat, who has been in practice 71 years, and is the longest practicing chiropractor in Georgia, attributes his longevity to a few things, like chiropractic care and good nutrition. "I chose good parents with good genes," he said.

Sweat said his success in chiropractic was due to hard work.

"I studied hard and learned a lot. I enjoy studying, reading, and writing," he said.

In between treating patients, inventing techniques and raising three children with his wife of 53 years, Roylan, Sweat found time to serve the Georgia Chiropractic Association as President-Elect in 1967, as President in 1968 and Past President in 1969. Under his administration, the association first introduced

legislation that doctors of chiropractic should be paid by insurance plans.

"It took us about 10 years, but we finally got it passed," he reminisced.

Sweat has trained about 500 doctors of chiropractic all over the world in his technique over the years, including his son, Dr. Matthew Sweat.

"He keeps my Atlas adjusted, and he also teaches our AO seminars," Sweat said.

Sweat's daughter-in-law, Tecla Sweat, also works in the clinic, as its chief financial officer. "She's a great asset," he said.

Sweat has trained about 500 doctors of chiropractic all over the world in his technique over the years, including his son, Dr. Matthew Sweat.

Sweat has treated thousands of patients over the years, and the Sweat Institute has published the book, *Breakthrough Healing: 500 Miracles*, which chronicles patients who have been helped with AO by Sweat and other AO practitioners.



One patient's story really stands out for Sweat, though.

"I had a patient who was a hockey player suffering from severe bilateral trigeminal neuralgia. He said it felt like he had pins sticking into his face, and his pain was so bad, he was considering suicide," Sweat said.

The patient had been to more than 80 doctors, including at the Mayo Clinic, but nothing helped.

After two weeks of using the AO method, his pain was reduced by 75 percent. "He says I saved his life," Sweat said.

Sweat serves as an adjunct professor at Life University, where he teaches every Thursday, and has authored many journal articles on his technique.

"We need to take an evidence-based, scientific approach to demonstrating our effectiveness," he said.

His research articles have done just that, appearing in *Atlanta Medicine: Journal of the Medical Association of Atlanta* and *Journal of Chiropractic Medicine*, as well as *The Journal of Craniomandibular & Sleep Practice*.

Sweat has a positive view of the future of the profession.

"Chiropractic is in the best position we've ever been in. Patients now look up their prescriptions' side effects on the internet and don't want to take them," he said. "I had a patient who was prescribed a drug for insomnia, and when she looked it up, one of the side effects of the drug was insomnia!"

His advice for young doctors is simple. "It costs about \$160,000 to open an office. Find a doctor who practices the same techniques you want to practice and be an independent contractor first," he said.

"Usually, you can rent one room for about \$1000.00/month."

Dr. Ben McDowell, an AO practitioner and member of the GCA Board of Directors, followed Sweat's advice.

"I worked with another AO doctor for a few years before moving back to Georgia," he said. McDowell now owns his own successful practice in Roswell.

"I was inspired by Dr. Sweat to become an Atlas Orthogonal practitioner when I was in school at Life University, and his love of chiropractic and work ethic continue to inspire me," McDowell said.

GCA'S SPRING CONFERENCE AND TRADE SHOW

MAY 14-16, 2021



Get in it to win it!

By Valerie L. Smith, CAE

Join in the fun and games at the Georgia Chiropractic Association's Spring Conference and Trade Show May 14-16 at the DeSoto in Savannah.

The conference will feature a variety of speakers including:

- Chiropractic Homeostasis with Anish Bajaj, D.C., sponsored by Foot Levelers
- From Documentation to Patient Relations; Protect Your Practice from Risk with Aubrey Villines, J.D. (joint session with D.C.s and C.A.s)
- Georgia Law with Rep. Karen Mathiak, D.C. (joint session with D.C.s and C.A.s)
- Applied Clinical Toxicology with Paul Golberg, D.C.
- Clinical Toxicology and COVID-19 with Paul Goldberg, D.C.
- Role of the Chiropractic Assistant with Audrey Wheatley, C.C.C.A.

- Employee Morale and Team Building with Audrey Wheatley, C.C.C.A.

Plus, attendees will have plenty of opportunities to socialize.

“We’ve added an option for attendees to purchase a boxed lunch on Friday so they have time to network with each other and the vendors,” explained GCA Conference Committee Co-Chair Leana Kart, D.C. “We’re going to do our wine toss during this time and give away some prizes as well.”

Going along with the theme, “In It to Win It,” the committee has some fun activities planned for Friday night’s vendor reception, including a trivia game and whiskey pull, sponsored by NexGen Injury Centers. Other social events include a Sips and Chips Thursday evening at the hotel bar, the president’s luncheon on Saturday (ticketed) and the popular Ladies’ Tea, also Saturday.

Register by April 21 at gachiro.org for early bird rates. Special hotel rates start at \$195 + tax – call 800-239-5118 and mention you’re with the Georgia Chiropractic Association to receive the discounted rate.

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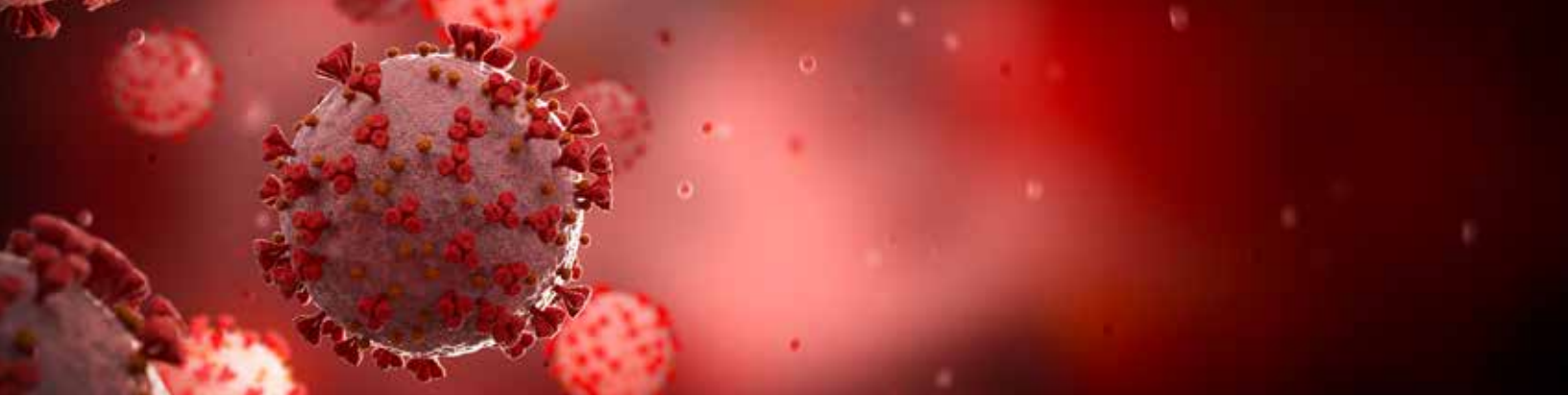
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Pandemic Inspires Research Project

By Valerie L. Smith, CAE

When COVID-19 hit, Dr. Sal Minicozzi immediately began wondering if chiropractic care affected whether patients contracted the virus or not, and if it affected the severity of the disease.

“In my office, we provide information to patients so they can make better health decisions,” Mwinicozzi explained. “Chiropractic philosophy makes great sense to me; however, our philosophy and perspective on health may be a new concept for many patients. So early in my career, I sought tools I could use, like research, to promote the wider use and understanding of chiropractic.”

With this in mind, early in the pandemic he saw a need to collect information on chiropractic patients and how they were responding to COVID-19.

“Big picture, we want to understand whether or not patients under chiropractic care have lower infection rates than the general public and do they experience a different level of symptom severity. This is going to be a long process, with multiple steps and research studies, but that is what I want to understand,” he said.

In August, Life University’s Dr. Sid E. Williams Center for Chiropractic Research got involved with the project to assist with the initial survey phase.

“Working with Dr. Brent Russell, Dr. Minicozzi has collaborated with us on several other projects, so it was natural for us to collaborate with him again. We appreciate Dr. Minicozzi’s commitment to the patients and profession of chiropractic and have been happy to help with this preliminary survey study. The first step in a project of this scope is to begin by assessing how chiropractic patients have experienced COVID-19, if at all,” explained Dr. Stephanie Sullivan, who is the director of the center.

Minicozzi, Sullivan and Dr. Maggie Sliwka started designing an initial survey phase of the project, seeking Life’s Institutional Review Board’s approval, which initially approved surveys in 25 offices.

“Phase one started December 1 and consisted of just my office. In January we expanded to about 23 offices around the country. Phase 3 will soon expand to 325 offices. This next phase is on hold for now – we’re reviewing the initial data to see if the efficiency of the survey can be streamlined a bit,” Minicozzi explained.

“Currently, the average survey time is about 11.5 minutes. We’re hoping the streamlined one will take under 9 minutes,” he said.

The study is looking for clinics to participate. Visit our website, ccr.life.edu and select the “projects” link, to learn more and to volunteer.

The study is looking for clinics to participate.

“Clinics that are interested should visit our website, ccr.life.edu and select the “projects” link, to learn more and to volunteer,” Sullivan said.

“We may eventually try to get 500-600 practices involved,” Minicozzi said. “Most of the data I collected in my office was in the first 60 days. If clinics can commit to a 30-90 day effort, we’ll have bigger numbers than we ever imagined.

“It is hoped that this preliminary study will help establish a foundation for the bigger picture questions related to infection rates and symptom severity. Ultimately, the goal is to gain a better understanding to benefit current and future chiropractic patients and to be ready with research data if our planet experiences this again. Finally, greater understanding will benefit individual doctors of chiropractic – who wouldn’t want to serve more patients?” he concluded.

According to the most recent Life University Factsheet, the student body of the chiropractic program consists of 22% Hispanic, 17% black or African American students, 4% Asian or Asian-American and 1% Native American or Native Alaskan students.



D.C. Diversity Crucial to Patient Outcomes

By Valerie L. Smith, CAE

Doctors of chiropractic are the least diverse of the health care professions, with nearly 87 percent being white, according to “Sex, Race and Ethnic Diversity of U.S. Health Occupations,” a paper published by the U.S. Department of Health and Human Services in 2017.

But does that fact affect patient care? The answer could be yes, according to a recent presentation to the Alliance to Advance Comprehensive Integrative Pain Management (AACIPM) by David Elton, D.C., of UnitedHealth Group¹.

UHG has done extensive research on opioid use and found that zip codes with the least access to non-prescribing providers, which include chiropractors, physical therapists and licensed acupuncturists, may be associated with a higher likelihood of being prescribed an opioid.

“Eighteen percent of zip codes in the U.S. had no non-prescribing providers. These zip codes had the highest rate of opioid use for back pain, the lowest adjusted gross income and a high percentage of non-white population,” Elton explained in the AACIPM presentation.

Life University has committed to improving diversity in the profession by focusing on recruiting African American, Hispanic and Asian students, according to Associate Professor Charmaine Herman, M.A., D.C., who serves as the chiropractic liaison to the school’s Office of Diversity, Equity and Inclusion.

“For our profession to reach the masses, we must have diversity among our doctors. The majority of our profession are white males in a country with a population of 13.4 percent African Americans, 18.5 percent Hispanic and 5.9 percent Asian,” Herman said. “Patients have better outcomes when they have a healthcare provider who looks like them.

“I had two bachelors’ degrees and a master’s degree, and I didn’t know what chiropractic was until I was in my 30s,” she said. “I never knew about the benefits of chiropractic because there were no chiropractors in my community.”

Currently, chiropractic is lagging in representation. Only 1.9 percent of D.C.s are African American, 5.4 percent are Asian and 3.7 percent are Hispanic, according to “Sex, Race

and Ethnic Diversity of U.S. Health Occupations.”

But Life University is ahead of the curve, according to Herman. “We have a recruiter who focuses on recruiting students from HBCUs, and we’ve been recruiting students from Puerto Rico. We also have alumni in Hong Kong who send students to Life.”

In fact, Life University’s College of Chiropractic has the largest percentage of minority students of all chiropractic colleges, at 44 percent, compared to other schools that top out at 20 percent or less, according to Integrated Postsecondary Education Data System.

“I’ve found the majority of our African American students have never even been adjusted when they first get here. They were never exposed to chiropractic growing up. A lot of them say they want to take chiropractic home to their communities, where people are dying from opioids and chronic diseases like hypertension and don’t even know that chiropractic can help,” she said.

In the AACIPM presentation, Elton pointed to two adjoining, low income, majority African American zip codes in south Atlanta. One zip code had a high percentage of usage of opioids, while the other’s was strikingly low.

“In the first zip code, 65 percent of patients with back pain went to a primary care physician first, which was associated with 42 percent of patients being prescribed opioids. In the other zip code, 91 percent of patients with back pain went to a single African American female chiropractor first, which was associated with just six percent of patients being prescribed opioids,” he revealed.

Herman hopes the growing number of minority chiropractic students will result in underserved minority communities having more access to chiropractic care, like the zip code in south Atlanta.

“We need to do a better job reaching communities who have a lower socioeconomic status. We need to do screenings for communities with underrepresented minorities and learn to serve them better,” she said.

¹ <https://painmanagementalliance.org/engage/equity-in-access-to-comprehensive-integrative-pain-management-for-people-with-chronic-pain/equity-in-access-symposium-materials/#slides>

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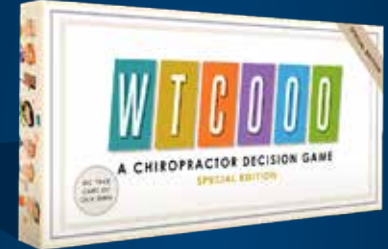
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***Attorney Ted Greve** is a Georgia licensed doctor of chiropractic. He practices only law.

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INSIGHTFUL IMAGING

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



Clay Shoveler's and Lamina Fractures

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.

Doctors of chiropractic frequently see patients who present for care following cervical trauma. A common complaint following cervical trauma is lower cervical and upper thoracic pain. When pain is present in these areas following hyperflexion injuries or direct trauma to the posterior elements, posterior arch fractures are a consideration. A common injury to the posterior arch is an avulsion fracture of the spinous process of C6, C7, T1, and/or T2 which is commonly known as a Clay Shoveler's fracture.

Radiographically, the Clay Shoveler's fracture can occur anywhere along the length of the spinous process. The fracture zone is vertically oriented and recent fractures invariably have jagged edges. The ensuing spasm of the surrounding musculature results in inferior displacement

of the fracture fragment (the distal portion of the spinous). On the AP film, the inferiorly displaced fragment usually projects through the vertebral body or the vertebra below making it appear to have two spinous processes which is referred to as the "double spinous process sign" which is a very helpful radiographic finding.

As with all fractures, it is crucial that the remainder of the film be looked at to ensure that no other fractures are present, and this is particularly true in the cervical spine. In the case presented the patient has a C7 Clay Shoveler's fracture but there is also a nondisplaced fracture of the lamina which can only be seen on the AP film.



(Figure 1). On the lateral film, note the fracture through the middle of the spinous process of C7 with inferior displacement of the fracture fragment. On the AP film you can see the double spinous process sign at C7. Also on the AP film, you can see the nondisplaced fracture through the lamina of C7.

MEMBER SPOTLIGHT

By Valerie L. Smith, CAE

Island Upbringing Influenced Smith's Practice Style

GCA board member Dr. Nailah Smith grew up in paradise.

"I grew up on St. Thomas in the U.S. Virgin Islands. I had a great childhood – I was at the beach all the time," she said.

She worked her way through University of the Virgin Islands as a model and nail technician.

"My aunt was a chiropodist and taught me how to do reflexology, which is the art of contacting peripheral nerves to cause a nerve response in other organs. I performed that on my pedicure clients," Smith said.

Smith was inspired to become a chiropractor for a number of reasons.

"In the islands, we had people called rubbers and setters, who were similar to massage therapists and chiropractors," she said. "When I was about seven, I was in the hospital for a severe asthma attack, but they didn't help me. I couldn't breathe, and my chest was so tight I thought I would die. My parents took me to a rubber and setter. He put me on the kitchen table, put his hands on my chest, and there was a big crack. I started coughing, and my lungs cleared up."

Her sister's scoliosis diagnosis while Smith was in high school also made her interested in back care.

"My mom called me to look at my sister's back when she came out of the shower, and she looked like the hunchback of Notre Dame. She had severe s-shaped scoliosis and ended up having surgery to put a rod in her back. That's when I started looking into other treatments," she said.

Smith was visiting her cousin at Clark Atlanta University when her cousin told her about a friend who was going to chiropractic school.

"I went to see the school and got an interview. It was a great fit," she said. "You don't call chiropractic. Chiropractic calls you."

After graduation, Smith decided to stay in Georgia and start a practice in Lithonia.

"It felt like home to me," she said.



Dr. Nailah Smith, left, with Sen. Tonya Anderson during Chiropractic Day at the Capitol in 2019.

Now in practice for 15 years, Smith's Full Body Rejuvenation Center is a mix of wellness and personal injury patients.

"I was inspired by the rubbers and setters from home and incorporated chiropractic, massage therapy and stretching/modalities into my practice, the whole nine yards," she said.

Smith is also a board member of the GCA-Political Action Committee.

"My mother taught me about giving back, and my father is very well-versed in politics. GCA's PAC is near and dear to my heart. If you're not involved, then nothing will change. I encourage everyone to join PAC and put your money where your mouth is," she said.

Smith, who served on the Greater Lithonia Chamber of Commerce board of directors for 10 years, became more involved in GCA when her late friend, Dr. Byron Gadsden, asked her to join.

"I didn't see representation of AfroCaribbean women in GCA. AfroCaribbean women are strong – we have to have our voice heard. If you want to get your voice heard, you have to get involved," she explained.

With 15 years of practice experience, Smith's advice to new chiropractors is simple.

"Practice how you want to practice, how you feel comfortable. Just be you. That's what will make patients gravitate to you. The more comfortable you are with yourself, the bigger and better your practice will be," she concluded.

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ASSOCIATE DOCTOR WANTED: GREAT PAY, GREAT HOURS, GREAT ENVIRONMENT! Join Dr. Rob and his team in a fun, happy, ethical, purpose driven, nutritional and functional medicine based practice. Work only 3.5 days per week. Make \$65,000 to \$85,000 per year, paid vacation, malpractice and CEC covered. Friday, Saturday and Sunday Off. No selling, just loving and helping patients in an environment where you are treated great and well respected. Looking to hire ASAP. Practice 25 minutes south of the airport in Newnan, GA. Send resume to dr.robdebase@gmail.com Website: www.alternacareinc.com

MULTI-DISCIPLINE MEDICAL CENTER SERVING THOMASVILLE, BAINBRIDGE & CAIRO SEEKS ASSOCIATE FULL TIME CHIROPRACTOR \$55K to 75k depending on experience & qualifications. Full Spine & Cox Technique preferred. Benefits: CE, Malpractice, Health Ins. Contact Dr. Waldrop via phone 229-516-2864 or email mrwaldrop@hotmail.com

AMERICA'S BEST VACATION RELIEF AND ASSOCIATE PLACEMENT SERVICE is Michael McGurn D.C. and Associates. Providing quality, caring, experienced, dependable doctors since 1989. Daily, monthly, reasonable rates. Many references. If you are a doctor who needs relief or an associate in your clinic, or you want to be an associate or coverage doctor call 1-800-501-6111 or visit www.mmachiropractors.com. Checks and credit cards accepted.

QUALIFIED, EXPERIENCED RELIEF DOCTOR: Available to fit your practice needs. Will travel. Carry own malpractice insurance. Excellent references. Dr. C. E. Bohr: 770-442-0973

ARROWHEAD CLINICS: ASSOCIATE DOCTORS NEEDED: IMMEDIATE AVAILABILITY. Be the only doctor in a busy personal injury clinic. Diversified Technique preferred. GA license and P.T. certification a must. Recent Grads O.K. (will train). Full and part time positions

available. Salary + bonus. Atlanta Metro Area. Email resume/CV to Johnny@Arrowheadclinics.com.

ASSOCIATE NEEDED IN BRUNSWICK (IMMEDIATE), SAVANNAH OR BEAUFORT, SC (JANUARY) - Multi-disciplinary practice working with Personal Injury and cash patients. Any experience level accepted as we offer training. Salary negotiable. Looking for motivated doctor with leadership qualities. Please call Dr. Jared Brown 912-677-1851 or email resume to drjared@brightlifechiropractic.com

ATLANTA SALARIED POSITION - DR JOE ESPOSITO. 4 offices around Atlanta. Busy, multi-doctor practices. 40 hrs/week. Salary + +. Email "Chiro position" drjoe@drjoe.com. Or, if you have an existing practice and would like to have your practice join our team.

CHIRO-TEMP4YOU. DEPENDABLE, CARING CHIROPRACTOR to help you for a day, weekend or a month. Reasonable rates. Proficient in most techniques. PT certified. Own malpractice insurance. Thirty-Two years experience. References. Call or email Dr. Patrick J. Oster at patrick.osterdc@gmail.com or 770-919-8933 or 678-448-7197 for more information.

CHIROPRACTIC ASSISTANT NEEDED!!! Busy Chiropractic office in Suwanee Looking for CA. Experience is preferred. Please contact Dr. Dietz 404-936-3163 or email rick@drdietz.com

ASSOCIATE DOCTOR NEEDED IN BRUNSWICK, GA Busy chiropractic clinic is searching for an experienced associate doctor to assist with exams and great adjustments. Opportunity to live in the beautiful Golden Isles and work in a state-of-the-art facility with experienced doctors and staff. Must be able to give a great full-spine and Thompson drop adjustment. Competitive salary. Email cover letter and resume to Dr. Jenni at jbczar@familyhealthchiropractic.info

READ COVERAGE REVIEWS BEFORE HIRING! Please go to my website, www.

drdannykahn.com. Professional Chiropractic Coverage. Keep your office open, while maintaining continuity for your patients and your income while you're away! NCMIC Call, text, email or go to the website for reviews, available dates and fees. 678-386-1555. drdannykahn@gmail.com. 28 years experience www.DrDannykahn.com

ASSOCIATE DC NEEDED - Looking for an energetic, full time DC to join our successful integrative family wellness center. The right candidate will have an outgoing, positive attitude, good hands and must practice with integrity, work hard, enjoy learning and being part of a multi-specialty team. Please send your resume to Dr. Cavallo at h8doc@charter.net

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CARING, QUALIFIED, EXPERIENCED (20 YEARS+) DOCTOR to Cover Your Practice Day(s), Month, Ets. Reasonable rated. Own malpractice insurance, P.T. certified, proficient in most techniques, experience in high volume practices. Contact Dr. Vernice Robinson by phone 404-771-3225, 404-505-7500 or email v5112@comcast.net

ASSOCIATE NEEDED. Welcome to Middle Georgia, one of the fastest growing areas in the state. Looking for energetic associate doctor. We supply you with the patients. You focus on treating patients and making 80-100K annually. Come join our awesome team and multi doctor clinic. We'll also teach you how to ethically run a successful chiropractic practice. Call Dr. Brian Gillis 478-955-6784

UPSCALE PERSONAL INJURY OFFICE IN SOUTH METRO ATLANTA SEEKS RELIABLE DOCTOR. We have EHR software, decompression tables, automatic flexion distraction, drop tables, and therapeutic

laser therapy units along with traditional physiotherapy modalities. Salary plus BONUS (based on performance). Please send resumes to accidentcenters@gmail.com or call 404-349-3601

ALTERNATIVE HEALTH CARE CENTER - interested in someone to join our team. We are dedicated to helping patients achieve optimal health through, natural means. The right person will be motivated, great communication skills. We would love your help email to Helpyou-to-healthy@gmail.com.

ASSOCIATE POSITION: Long standing practice in Conyers, Ga. has an associate position available with an opportunity to own. Are you looking for more than just a job? We are looking for someone to become part of the family. We will train you in the operation of all aspects of the Modern Chiropractic Clinic. Send your resume to cfccmain33@gmail.com

AICA ORTHOSPINE: ASSOCIATE DOCTORS NEEDED: IMMEDIATE AVAILABILITY. Be part of a busy PI group. DCs, MDs, PTs. Orthos all working together. Multiple Metro ATL locations. Xray/MRI/CT on site. GA license and P.T. Cert. required. Recent Grads or seasoned Docs O.K. (will train) Awaiting licensure, OK.. Salary + bonus + benefits available.. Email resume/CV to drtodd@aicaorthospine.com

NEW GRAD SPECIAL" - We finance and train you to be successful in 90 days starting; your own practice. Benefits - Learn about Demographics, Hiring & Training, Billing & Coding. Looking for the right person. Must be licensed Doctor of Chiropractic in the state of Georgia. For more information contact drcarhee@gmail.com to apply.

17-YEAR PRACTICE SEEKING FULL-TIME CHIROPRACTIC ASSOCIATE - IMMEDIATELY! - Georgia licensed and interested in promoting Chiropractic, helping injuries, and building a Subluxation practice? Seasoned colleagues and graduates welcome. Spanish plus! Salary, incentives, vacation, holidays, and malpractice. Send CV to drgarcia@i2wc.com

good work ethics and customer service. Will train. Must be modality licensed. Competitive salary and bonus with paid vacation. Spanish or Vietnamese speaker is a plus. Please send CV to drbnguyen@gmail.com.

ASSOCIATE CHIROPRACTOR - COLLEGE PARK/DECATUR, GA \$70,000 plus salary/ bonus . Responsible for all duties and running own office. Monday - Friday.. Mainly PI office . Diversified Technique, GA license, P.T. certification. Email resume and cover letter ReliefRehabAtlantaJobs@gmail.com for immediate consideration

CHIROPRACTIC POSITION AVAILABLE - Busy 26 year old practice in the beautiful north Georgia mountains. Need motivated chiropractor willing to learn our procedures and techniques. Will help you build your own practice. Multiple techniques used: email laurieg1927@gmail.com

CHIROPRACTOR NEEDED for two days per week in Cobb County office. Must be reliable, dependable, have experience, be Activator trained and be good with car accident patients, and a lot of patients per day. Also: Office space for share/rent - two locations: E. Cobb and W. Cobb - plenty of space, empty on certain days, all interested and ready to share space/ save on overhead. Please email your resume to: consultantsforchiro@gmail.com

NOW HIRING INDEPENDENT CONTRACTOR - Atlanta west midtown busy office. Need candidate to add to strong 3 DC team. Needed Monday, Wednesday, Thursday 8am-1pm & 3pm-7pm. drsalomone@backtobasicsatl.com or 404-513-6701

LOOKING TO HIRE ASAP a very motivated and enthusiastic Associate Chiropractor who shares our approach to health and healing to join our team. Well-established family-oriented clinic located in Monroe, GA. Salary negotiable. Recent Grads okay. Knowledge of Full Spine and Thompson Drop techniques helpful. Fax resume to (770) 207-0753 or email to: sanderson@adamsclichiro.com

ASSOCIATE DOCTOR WANTED Multi-discipline office. New grads ok. Must be energetic, confident in not only your adjusting but communication skills as well. Gonstead, Diversified, Full Spine, Thompson Drop, Cox, Ancillary procedures and Low Tech Rehabilitation helpful. Salary + % of collections. Looking for a caring doctor who is motivated to grow. Email DocPruni@NinjaKour.ninja and submit your CV.

PRACTICES FOR SALE

PRACTICES FOR SALE: AL, AZ, CA, CO, FL, GA, LA, MS, NJ, NH, NYC, OH, PA, SC, TX, VA - I have new doctors that want to buy your practice \$595 for Practice Valuations. Call Drs. Matthew Davis & Tom Morgan 770-748-6084 DrMatt@PremierPracticeConsultants.com www. VolumePractice.com

PRACTICE FOR SALE - \$255,000.00 Emphasis on wellness care. Doctor selling due to health reasons. Long term stable practice in the same location since 1992. Located in one of the best chiropractic towns in Georgia to practice and raise a family. No HMO or PPO participation. Techniques are Diversified, Drop Table, and Activator. Average annual income \$319,315.00. Possible partial owner financing available. For full details email volumedc@aol.com

OFFICE FOR SALE - PRACTICE AT CURRENT LOCATION SINCE 1962. N. W. Ga practice for sell. 45 year old established multidiscipline practice and all equipment. Will finance. Will Finance text 706-238-2955

PRACTICE FOR SALE - AUGUSTA, GA. Doctor retiring after 40 years of practice. Net profit in 2019 was \$76,000. Low overhead, fully equipped and staffed. Turnkey operation. Doctor will stay for smooth transition. \$70,000. Please contact: Premier Practice Consultants at 770-748-6084 or email stephenlake@mail.com for additional information. Owner Financing Available.

PRACTICE FOR SALE Established 39 years, North Marietta Location.

Dr. retiring, positive environment, excellent reputation. Great opportunity. For more information contact bicountychiro@gmail.com or text 770-312-6100

ESTABLISHED PRACTICE FOR SALE - Diversified Technique with some instrument adjusting. Decompression and Deep Tissue Laser used as well. Located in the North Georgia area in Ringgold GA between Dalton, GA and Chattanooga, TN. \$135,000. Contact information - Dr. E. David Smith; Office 706-965-5777, Cell 423-316-5777 or send email at eds057@catt.com

PRACTICE FOR SALE: Two generations (70 years), small town, Christian practice for sale in northeast GA, doctor retiring. Technique is manual diversified, instrument and drop. Call 706-491-3166, drbobbyedmonds@gmail.com.

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LOOKING FOR A CHIROPRACTOR TO RENT TWO ROOMS (approx 300 SF) in an established central Buckhead wellness clinic. Ideal candidate would be using supplements in their practice as the Clinic carries a complete inventory

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SEEKING CHIROPRACTOR TO RENT SHARED OFFICE SPOT IN HEART OF SANDY SPRINGS Directly across city center and Performing Arts center. XRay machine, waiting room, reception shared. Includes power, water, internet. One room available March 1, 2020. Text 770-826-3883 Dr Rich, 220 Sandy Springs Circle, Sandy Springs Ga 30328

A WELL-ESTABLISHED HOLISTIC WELLNESS PRACTICE HAS SPACE FOR RENT/SHARE IN OUR BUCKHEAD OR CHAMBLEE LOCATION. Looking for a chiropractor, complimentary healthcare practitioner, or LMT to share space with. Please send inquiries to admin@wakemanchiropractic.com or call 404-281-7458.

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DOCTORS' CHOICE MEDICAL BILLING provides comprehensive chiropractic billing and coding services with a goal of collecting the highest revenue possible, in a timely manner. Managed by an AAPC certified coder and Registered Health Information Administrator (RHIA) with 20+ years of experience, our services include: timely and accurately coded electronic claims submission; posting of insurance payments; and AR follow-up. Please contact Rhonda Setnar-Klubeck, RHIA, CPC at 770-641-1749.

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Non-Surgical Orthopaedics, P.C. was established in 1993, and is one of the premier non-surgical orthopaedic practices in the southeast, and an industry leader for the non-invasive treatment of back and neck pain. Specializing in spine care and pain management, we treat all orthopaedic conditions and specialize in low back pain. We are focused on treatment, injury prevention and rehabilitation, and specialize in the non-surgical treatment of orthopaedic and sports injuries including:

- Back pain
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- Pain Management
- Regenerative Medicine & Stem Cell Injections



We have multiple locations in Marietta and Carrollton, and perform the following pain injection procedures at our on-site surgery center, The Center for Spine Procedures, P.C.:

- Epidural steroid injections (cervical, thoracic, lumbar, caudal)
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We also have on-site MRI available.