President’s Letter

NUCCA continues the festivities surrounding our 50th anniversary. Our Spring Conference had a special program for the opening, with Dr. Glenn Cripe as MC. The banquet presentation was led by Dr. Terry McCoskey, who flew in for this event, despite legislative commitments in his home state of Ohio. Dr. Robert Neff, our (unofficial) archivist, put together a timeline retrospective video collage of NUCCA’s moments from its long history. Looking at some of us in 40+ year old photographs was fun and sobering at the same time. Seeing pictures of our deceased members was a sad moment, but then looking around the banquet hall, seeing so many new faces confirmed that NUCCA’s future is assured. As the current “old guard” doctors approach their august years, there is an advancing wave of young doctors working through Certification and Credentialing, taking on teaching, public speaking, research, social media and positions in governance of NUCCA.

NUCCA student life is also an area of great excitement. We are on campus in multiple Chiropractic colleges, there is active participation in the NUCCA student proficiency program, NUCCA clubs are enjoying strong participation, with dedicated YouTube channels that present video from both the podcasts and classroom instruction.

Dr. Timothy Flory is starting a NUCCA Academy, to help doctors advance in Certification by tapping into the social media and interactive webinars. Dr. Marshall Dickholtz, Jr., continues to advance the Masters program, with an emphasis on keeping doctors on track in progressing through the levels of Certification.

I have authorized a special committee for membership. This has grown out of my “each one reach one” initiative. This is an effort to have every member of NUCCA contact a former NUCCA member and invite them to become a full member again.

continued on pg. 2
President’s Letter / cont. from page 1

This is an exciting time for NUCCA. As President of the Board, I am honored and humbled. NUCCA serves you, the membership. Together we will continue to build a stronger future.

Michael Zabelin, DC
President, NUCCA Board of Directors, Board Certified Instructor

THE WHITE HOUSE
WASHINGTON

April 25, 2016

I send my regards as you celebrate your organization’s 50th anniversary.

Throughout the American story, each generation has continued the unending work of building a better future and making our Nation more just and more equal. By joining in a spirit of common purpose and contributing to shared progress, you are helping drive America forward. As you reflect on your achievements, I hope you take pride in the difference you have made in the lives of others.

Congratulations on all you have accomplished. I wish you the very best in the years ahead as you continue working to forge an ever brighter tomorrow.
March 23, 2016

Lee G Yardley, D.C.
Vice President, NUCCA Board of Directors

Dear Dr. Lee Yardley

On behalf of the Palmer College Community, it gives me great pleasure to offer our enthusiastic congratulations to the National Upper Cervical Association (NUCCA) on their 50th anniversary.

We applaud the dedicated service of your many member practitioners, support staff, and friends who contributed to create an outstanding organization dedicated to research, learning, and particularly patient care.

Thank you for maximizing the health and wellness of literally millions of patients over the past 50 years, and for realizing the dream first envisioned by your founding members and Palmer Alumni, Drs. Grostic and Gregory.

We look forward to the positive impact of NUCCA over the next 50 years and beyond!

Sincerely,

Dennis Marchiori, D.C., Ph.D.
Chancellor
2016 FALL CONFERENCE  Conference Update

The Fall NUCCA conference is right around the corner in Minneapolis, MN. Join us October 13-15 to review the NUCCA standards of care, and attend some new informative sessions. Help us to continue celebrating “50 Years of NUCCA”! Click here to view the course scheduled for the Fall conference.

Be sure and plan to attend the following events at the October conference:

**Job Fair:**
Friday afternoon, 12:00 – 1:00 p.m.

**President’s Reception/Banquet:**
Friday evening, 7:00 – 9:00 p.m.
Click here to get more information and register for the 2016 Fall NUCCA Conference.

Also, don’t forget to reserve your hotel room at the Hilton Minneapolis/St. Paul Airport Hotel by calling (952) 854-2100 or by clicking here to make your reservation online.

The deadline for reservations is Tuesday, September 20th and the group rate is $147.

---

2016 SPRING CONFERENCE  Conference Photos

---

From Left to Right: Dr. Craig Lapenski, Dr. Gordon Hasick, Dr. Michael Zabelin, Dr. Steven MacDonald, Dr. Marshall Dickholtz, Jr., Dr. Patricia Gregg, Dr. Jeffrey Scholten, Dr. Tym Flory, Dr. Johanna Hoeller, and Dr. Lee Yardley

Dr. Deb Sesker and her sons, Dr. Finley Sesker and Luke Sesker

Dr. Michael Zabelin, Dr. Gordon Hasick & Dr. Marshall Dickholtz, Jr.

Dr. Johanna Hoeller, Dr. Patricia Gregg, Dr. Steven MacDonald

Dr. Stephen Nakano, Dr. Michael Zabelin, Lisa Dickholtz, Dr. Marshall Dickholtz, Jr., Dr. Glenn Crisp, Dr. Gordon Hasick & Dr. Keith Denton

Even Dr. Ralph Gregory made an appearance!
A NUCCA Publication on Practice Based Research!

Congratulations to Dr. Jeffrey Scholten and Dr. Mikaël Reney for the publication of “Evaluating the feasibility of using online software to collect patient information in a chiropractic practice-based research network,” in the March 2016 volume of the Journal of the Canadian Chiropractic Association. The paper culminates almost a decade of preparation and procedural fine-tuning of an online patient data collection platform.

The study explored the possibility that patients embellish their answers more to online questionnaires compared with asking in person. Patient responses were evaluated for accuracy and consistency comparing online to in person interview responses. Download the paper here.


Upper Cervical made a proud showing at the Association of Chiropractic Colleges - Research Agenda Conference (ACC-RAC), the premier research conference for the chiropractic profession.

NUCCA’s very own, Dr. Philip Schalow, a recent graduate of the ICA’s Upper Cervical Diplomate program, represented the organization in demonstrating his newfound skills. Creating a NUCCA presence at RAC informs the profession NUCCA is in the research business for the long haul.

Opportunities to break down barriers by telling others about NUCCA are abundant. Dr. Woodfield presented findings from the original migraine case report used to create the Calgary Migraine MRI Study.

In addition to NUCCA’s presence, Dr. Todd Hubbard, Palmer College faculty and Blair Society Research Director, made a good representation of Upper Cervical (UC) chiropractic care as documented by Palmer College clinic students. Conversations surrounded an approach for gaining UC cultural acceptance through changing government policy. Evidence to change policy requires extensive quality research data with longitudinal study. Practice Based Research (PBR) is an ideal means to collect this needed data.

Publishing each UC procedure’s position papers with descriptions of each group’s procedural standards in the Journal of Chiropractic Humanities provides one outlet to document this aspect of NUCCA care. Dr. Claire Johnson, journal editor, said she would consider all submissions.

Dr. Bill Meeker, President of Palmer West, applauded our current efforts keeping NUCCA Research on the map and is looking forward to future NUCCA research presentations.

Dr. Chuck Henderson, now retired from Palmer Research, was at RAC representing LCCW research. An early research mentor, Dr. Henderson provided insight into how to successfully complete a research project, then, publish the results. Dr. Henderson was very frank stating UCRF should concentrate on demonstrating efficacy of their adjusting procedures. He stated, “First thing you want to know is, ‘Does it work? If it doesn’t work, why bother with any other investigation?’”

continued on page 6
The ISNVD 6th annual scientific meeting provided abundant opportunities once again to introduce NUCCA to the international neurovascular research community (http://isnvd.com/). Dr. Woodfield presented, “Comprehensive cerebral flows analyses of MRI acquired data following a chiropractic intervention of migraine subjects,” as a conference poster. The poster created interactions with various researchers discussing the Calgary Migraine NUCCA MRI Study and possible future projects. The MR Innovations researchers involved with the Calgary Migraine Data analysis, brainstormed future imaging investigations, particularly with Susceptibility Weighted Imaging.

David Utriainen, renowned MRI physicist from MR Innovations, Inc., Detroit, MI, (http://www.mrinnovations.com/) discussed teasing out remaining information from the Calgary Migraine NUCCA MRI study data. Two research teams in Italy are working with computerized computational models for CFS and venous outflow. They have been calibrated with “normal” MRI data hence; we can tease out any trends, comparing baseline data to the data after a NUCCA correction.

The ability to measure a “poor man’s perfusion” with the Calgary Migraine MRI study data is most exciting. Siena is open source software for determining brain volume from MRI data (http://fsl.fmrib.ox.ac.uk/fsl/fslwiki/SIENA). Volume coupled with measured cerebral blood flow, allows determination of perfusion. David feels confident there are some perfusion findings to report. If there are significant changes in perfusion following the atlas correction, then further fMRI or ASL (arterial spin labeling) studies can confirm these positive findings.

Dr. Jonathan Kipnis, the keynote, recently reported evidence of lymphatics in the brain of a mouse (https://goo.gl/MPmjSF). He was quite clear that this discovery was not in humans. He also reminded the audience that the lymphatic system is not what the popular press indicates, hence the clinical significance of these finding are relatively unknown.

The ISNVD meeting provides a program for international experts to discuss and compare research findings. Dr. Woodfield presented previously to this meeting and appreciated the honor to present once again to this prestigious group. Attendance at these conferences creates relationships and opportunities for researching the NUCCA procedure with those interested scientists on the cutting edge of new thought and technology. NUCCA has made connections with world-renowned neurovascular researchers. Collaborative research efforts in continued understanding of the underlying physiology of the Atlas Subluxation Complex and demonstrating NUCCA effectiveness are now possible with these resources.

Many thanks to the dedication and efforts of the Gregory Circle Members and participants of the Small Steps for Success; without your assistance, none of this would have been possible.
study and commented that NUCCA knew how to follow the NIH directives and she looked forward to seeing future UCRF studies.

Our current research track fulfills the NIH’s request for investigation into the physiologic mechanism(s) underlying Complementary and Alternative Medicine (CAM) interventions. Continued successful exploration into the ASC physiologic mechanism could yield NIH funding further down the road.
The True Measurement of Atlas Laterality and Rotation
by Dr. Steven MacDonald

In this newsletter I want to write about the adjustment of the ASC and how little force it requires. In speaking with Dr. Michael Zabelin, President of NUCCA, recently. He pointed out if you look at the circle the occipital condyles they form that the C-1 vertebra moves laterally around and you take the diameter of the circle and multiply it by $\pi(3.14)$, you arrive at the circumference of the circle. Divide that by 360° and you arrive at the distance in inches the C-1 vertebra travels when it moves laterally 1°. The occipital condyles measure between 3-5” on the average. Therefore the Atlas only travels between 2 - 4/100’s of an inch per degree of laterality on the 3” scale. That’s not much movement. The atlas vertebra does not require much force to travel between 2-4/100’s of an inch of laterality. If the doctor arrives at a C-1 laterality of 8° on an occipital condyles circle measurement of 3”, the atlas has only traveled 2/10th’s of an inch. On a 5” circle measurement with a C-1 laterality of 8°, the atlas has moved 3/10th’s of an inch. Atlas rotation is similar. If you measure the atlas rotation on the 3” scale, it has only moved 2/100th’s of an inch per 1°.

I started thinking more about this with several lady patients that I have, who have been involved in multiple whiplash injuries and have extensive instability and degenerative joint disease in their cervical spines due to their injuries. They are very hypersensitive to any amount of force with the triceps pull in the adjustment. They were so sensitive that I was forced to only get on the vector for the adjustment and use no triceps pull and no force. Basically only contacting the Atlas transverse process, with no depth or pull in the adjustment. Post X-ray revealed a complete correction of the ASC and the patients improved dramatically when I didn’t use any force. I was baffled that a patient could receive such a positive outcome with such a light touch of my pisiform.

The atlas only moves laterally between 2/100th’s -3/10th’s of an inch around the occipital condyles circle circumference per degree of laterality. This is not much movement. I believe that doctors need to be very careful of the force they use in the adjustment of the ASC. Sometimes in class lectures and looking at the X-rays of the ASC, we can run the risk of magnifying the difficulty of correcting the atlas and the lower angle of cervical spine movement with lower angle. Dr. Ralph Gregory in his class teachings that I attended always told us of how simple it was to move the Atlas vertebra. The atlas vertebra is not very large and does not displace very far in order to cause musculoskeletal and neurological problems. The old adage that it does not take a sludge hammer to move a pebble has never been more meaningful when the doctor looks at the analysis of the true measurement of Atlas laterality and rotation.

Speaking from experience that I was once a new doctor that didn’t understand my own strength. I was often dismayed at my post X-rays finding that the post ASC was worse than the pre ASC I had measured. My advice, after years of practicing, to new doctors is to be very light in their adjustment as they are learning how to control their adjustment forces. This force can too easily become uncontrolled in the learning process. I have also come to learn that it is much easier for me to control a light triceps adjustment force than a more forceful one, with much better results of the post X-Ray ASC. Your correction of the ASC will be greater with a lighter force.

continued on page 9
In this month's edition of the Spotlight, we head back to the West Coast to interview a Life West student Intern named Zale Bonnett. Zale is a 9th quarter student, immediate past president of the NUCCA Club and the current president of the Life West chapter of the Delta Sigma Chi Professional Chiropractic Fraternity. He is a great student leader, and someone to watch out for in this profession!

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

ZB: I have chosen to be a NUCCA doctor because I enjoy how in-depth and difficult the technique is, both in theory and application. Furthermore, two of my very close friends and mentors, Ankur Tayal and Matthew Kittleson, practice NUCCA in Victoria, BC.

NN: What do you really like about NUCCA?

ZB: There are multiple reasons as to why I enjoy NUCCA, first and foremost is the organization. There is no other chiropractic organization that is as organized, science based, and effective as NUCCA. Having the Upper Cervical Research Foundation (UCRF) also run through the NUCCA organization truly shows that it is of utmost importance to NUCCA that chiropractic continues to advance, scientifically, while keeping to its philosophical roots.

The depth and difficulty, that I mentioned earlier, are also a major reason as to why I enjoy NUCCA. These factors provide a gentle, reproducible, and profound adjustment that allows the patient to perceive, adapt, and coordinate to their environment in order to heal and live a fuller, happier life.

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

ZB: The challenges I have faced learning NUCCA up to this point are learning the technique and its intricacies while balancing my regular school course work. Other challenges include going to the conferences and dealing with absences at school. Due to only being able to miss 10% of the course load, being tardy in any of the classes missed due to the conference forces me to repeat the class.

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

ZB: Life Chiropractic College West is generally supportive of NUCCA. We have a club on campus, an elective that can be taken, and we are also allowed to practice NUCCA in outpatient clinic. This provides a very stable and accessible way to learn the technique and be involved in the organization. We have Drs. Michael Zabelin, Lila Baker-Reedy, and Allen Harrison in our area who have all provided support and/or information which has helped multiple students achieve Student Proficiency in Levels 1 and 2, with training on Level 3 currently underway. Other doctors who have donated their time and money to aid in our NUCCA education include Drs. Benjamin Kuhn, Ankur Tayal, and Matthew Kittleson.

NN: What are your plans upon graduation?

ZB: At this point in my schooling, my plans for post graduation include working as an associate for the UC Life guys in Victoria, with the goal of growing their practice into multiple locations across Canada, furthering the reach of chiropractic and NUCCA to my home and native land.

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

ZB: In giving back to the NUCCA Organization, I am very interested in pursuing NUCCA Board Certification in order to be able to teach and promulgate the technique to other students and practitioners. In addition to becoming Board Certified, when I am financially capable, donating to both NUCCA and UCRF is one of my top priorities in order to continue the growth and research that have greatly contributed to how well the organization has done over the years. It would be an honour and a pleasure to be able to give back to a community that has already helped and given me so much.

NN: Thanks for joining us Zale and we wish you all the best!

Here’s some unsolicited advice from Nucca News: Next time you see a student at a conference, go out of your way to introduce yourself, thank them for being there and see what you can do to help them out. We are family, and our biggest hope lies ahead!!!!