



Spring 2018

# NUCCA NEWS

NEWSLETTER OF THE NATIONAL UPPER CERVICAL CHIROPRACTIC ASSOCIATION - NUCCA

## President's Letter

What will NUCCA look like on its 100th birthday? At just over the halfway point to that milestone, we have the opportunity now to set in motion the things that will ensure our organization reaches its potential. We all have a unique capacity to contribute—what area ignites your passion? What do you see in NUCCA that can be developed to make us stronger and more inclusive while maintaining our dedication to excellence? How do we progress and make our communities better places, without losing our identity?

As practitioners of the NUCCA procedures, we strive for perfection. Whether it's the impeccable approach or roll-in, we understand that constant improvement is indispensable, and with that in mind the April conference will be themed, "Mastering the Triceps Pull." Drs. Lee Yardley and David Packer, with the tremendous assistance of many of our fully certified NUCCA practitioners

as instructors and mentors, continue to work diligently to put on a first rate program for our continuing education. In addition, Dr. Heidi Grant will be joining me during the Diplomate presentation to enhance our understanding of neurology.

In addition to those working as your board of directors, many volunteers put in tremendous effort in ensuring the continued success of our organization. Students are our future, and many of us are working in schools to share NUCCA with the next generation of doctors: Drs. Michael Zabelin, Ankur Tayal, Christopher Woolf at Life West; Dr. Kerry Johnson at Northwestern; Dr. David Packer at Life; and many others contributing at Palmer, Palmer Florida, NYCC, Logan and SCUHS. Additionally, as part of her role with the Upper Cervical Council, of which NUCCA is an organizational member, Dr. Mylène Hopf has been working on a program to support upper

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National Upper Cervical  
Chiropractic Association

[www.nucca.org](http://www.nucca.org)

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cervical clubs and thus open another channel to introduce students to our technique. To encourage more student participation, this conference once again has opportunities for students to attend via tuition scholarships and access to complimentary rooms. If you are a student and will be attending the conference, please look to participate in 'Lunch with a Doc' to ask questions and gain insight into an experienced doctor's experiences in the field.

Our Collegiality Committee, led by Dr. Amanthi Mapalagama working with Dr. Chris Whitney and our NUCCA Ambassadors extraordinaire, Drs. Steven MacDonald and Terry McCoskey, will continue to work to enhance our conference interludes and contribute to the sense of belonging within our organization.

NUCCA is a membership organization and was never intended to have a single leader. We manage by committee and by people volunteering to fill a role and

deliver leadership in areas in which they have interest and talent. What that means for us, is that NUCCA's ability to have influence on the health of our communities is entirely a result of our effort—yours and mine—and what we are willing to collectively contribute. If you want to see something happen, please volunteer to take the lead on making your vision a reality. As I have an opportunity to work with other groups within the chiropractic profession, I continue to be amazed at the number of members giving back in a variety of ways; whether they contribute their time, talent, and/or treasure, they make NUCCA what it is and make our organization strong. Thank you!



**Dr. Jeff Scholten**

President, NUCCA Board of Directors

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## SPRING 2018 CONFERENCE Update

The Spring 2018 conference is right around the corner in Irvine, California. Join us April 19 – 21 to review the NUCCA standards of care and attend some new informative sessions.

Plan to attend the Business Meeting & Elections, scheduled 4:00 – 6:00 p.m. on Thursday, April 19th. 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 20th, 12:00 – 1:00 p.m.

**Member Meeting/Board Elections:**

Thursday, April 19th, 4:00 – 5:50 p.m.

**President's Reception/Banquet:**

Friday, April 20th, 7:00 – 9:00 p.m.

**Research Update:** Saturday, April 21st, 9:00 – 10:50 a.m.

[Click here](#) to get more information and to register for the 2018 Spring NUCCA Conference.

**Hotel Information:**

Hotel Irvine, 17900 Jamboree Rd., Irvine, CA 92614

The hotel reservation deadline has passed, but you can still make reservations, based on hotel availability, by calling (844) 207-0508.

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## SAVE THE DATES!

**Fall 2018 Conference:** November 8-10, 2018 in Minneapolis, MN

**Spring 2019 Conference:** May 2-4, 2019 in Irvine, CA

**Fall 2019 Conference:** October 24-26, 2019 in Minneapolis, MN

## FALL 2017 CONFERENCE Recap

As always, The Fall 2017 Conference was a great success! We were so happy to see all of you there! Here are some pictures from the President's Reception, honoring Dr. A.A. Berti.



Our Fearless Leader - Dr. Scholten



2017 Gregory Circle Members



Dr. A.A. Berti memorial



Women in NUCCA

**For the 2nd year, Settleback Brewery was brought back in an effort to raise money for UCRF and over \$3,000 was raised toward research!**



***Are you looking for something NUCCA-related and having trouble finding it?***

Whether it is a zero rule or a protractor, if you see something that would be suitable for our NUCCA store, please have a conversation with Dr. Finley Sesker—he has agreed to assist IntrinXec in managing our online store.

# NUCCA-NEWS: DOC HIGHLIGHT QUESTIONNAIRE

**Interviewer:** Rodrigo Imana

**Being Interviewed:** Dr. Devin Young & Dr. Jeanett Tapia

## I. **Rodrigo: Please let us know what brought each of you into Chiropractic and NUCCA?**



**Devin:** How I got into chiropractic is a long story; the “short” version is that it had actually been my dream to go to Physical Therapy school. However, after spending time working in PT offices, doing rounds in hospitals, applying to PT school, interviews, etc... I had a change of heart. I knew I still wanted to work with and help people, but found myself starting my search over for what I really wanted. I had some friends who were chiros, and I had been adjusted here & there, but I had never been under “care”. I grew up in Oakland, so as I looked into chiropractic, Life West was basically right down the street. One thing led to another, and as I found out more about chiropractic, I knew that’s what I wanted to do. It all lined up seamlessly, and 3 months later I was starting chiropractic school!

I didn’t originally gravitate to NUCCA (I didn’t study it all in school). It wasn’t until several years into practice that I began to study Upper Cervical.

**Jeanett:** Prior to chiropractic school, I was working in pharmaceutical sales and making great money. I was content. The job was easy, but boring. One day I was asking one of my top prescribing gastroenterologists to write more scripts for my product, and he asked me if I would take my own drug BID for the rest of my life. My answer was no. In that one moment, it was clear my professional and personal life were completely incongruent. I remember it like it was yesterday. I packed up my adult life, and enrolled in chiropractic school.

While in chiropractic school I developed severe back pain. I was quite scared considering I had never had this problem before. I wondered how in the world I was going to help patients if I couldn’t even help myself, and even considered dropping out of the program. It was at that time that Dr. Christina Meakim was a guest speaker on campus. The way she described chiropractic was so different and intriguing. I became her patient shortly thereafter. I remember laying on my side during that very first adjustment, and innately knowing something was different in my body. To this day, I call her magic hands. What a gift!

## II. **Rodrigo: How did you guys meet?**

**Devin:** That’s a great question. The truth is, we really don’t know! We know we shared a class or two together, but we don’t know when we actually met...

**Jeanett:** We met in chiropractic school at the beginning of the program. We figured if we could get through that together, we could get through anything together.

## III. **Rodrigo: How did the vision to practice in San Diego, CA come about?**

**Devin:** It’s really all about family. I grew up in the bay area, and Jeanett grew up in San Diego. After we left Texas, we were open to either location, but we found space in SD first, and we kind of hit the ground running. Now we live close to Jeanett’s family, who we get to see and visit with regularly.

**Jeanett:** Although the majority of my family lives in Mexico, my immediate family lives in San Diego. I grew up here, so it’s home.

## IV. **Rodrigo: What are your favorite forms of marketing in San Diego?**

**Devin:** We’ve done all kinds of things. What I enjoy the MOST are talks. I really enjoy speaking to groups of people and helping them take action to a better life.

**Jeanett:** We do a great job with internal marketing. Many of our patients refer their friends and family. Also having a strong online presence has been helpful. In an urban area like San Diego, many patients turn to Google or Yelp for reviews.

**Rodrigo: How is it to practice NUCCA with your loved one?**

**Devin:** It's the BEST! There are NO challenges. I LOVE EVERY MOMENT of it. And I make it easy b/c I am so easy going, I'm sure she feels the same way.

**Jeanett:** Some people are able to work and be together 24/7, we are not them. We work best when we divide and conquer. It was really difficult in the beginning, but we have now gotten in to an easy flow. Lots more balance. Developing an organizational chart and not talking about work at home were key. But honestly, being an able to look at x-rays and MRIs together on tough cases is not only challenging but really fun. We have a shared philosophy that guides us to make a difference, help people, and have fun in the process.

**V. Rodrigo: What inspired both of you to start the upper cervical diplomate program?**

**Devin:** That's a great question. Jeanett definitely got the ball rolling, but I'm also the kind of person that wants to know as much as I can about whatever I get involved with. I wanted to be able to converse with medical professionals easier, and be able to really set ourselves apart as experts in Upper Cervical.

**Jeanett:** One of our top strengths, for both Devin and I, is "learner" if you are familiar with the StrengthFinder assessment. Learning is super fun for us. We work on our strengths instead of our weaknesses. It's a fantastic program.

**VI. Rodrigo: What do you love about the NUCCA organization?**

**Devin:** I still feel like a newbie in NUCCA, and to some extent still learning my way around, but I have been really thankful for the support that I have received.

**Jeanett:** In my opinion, the commitment of this group of doctors is unparalleled in our profession. Definitely one of the most cohesive groups in chiropractic. I am lucky to have great mentors like Dr. Michael Zabelin and Dr. Vince Fitzpatrick; always so generous with their time and knowledge. I can't thank them enough. Always putting the work first. It's always awesome to catch-up with friends at the conferences. As Dr. Jeff Scholten says, during the "interludes," the in-between times. I am grateful to be part of something bigger than myself.

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## NUCCA in O Magazine!

The March issue of *O Magazine* mentions Dr. Keith Denton for his works in healing a patient in an inspiring article titled "Father Knew Best," pages 34 and 35. Per Dr. Denton, "the article doesn't say much about what we do but reminds us of how devastating injuries to the Cranial Cervical Junction can be."

Grab your copy of the March issue of *O Magazine* today to read the full article!