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SPRING 2025



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**A New Year,
A New Look for GCA!**

**How to Be an Effective
Networker**

Strategic Tips to Make Networking
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Diversity in Chiropractic

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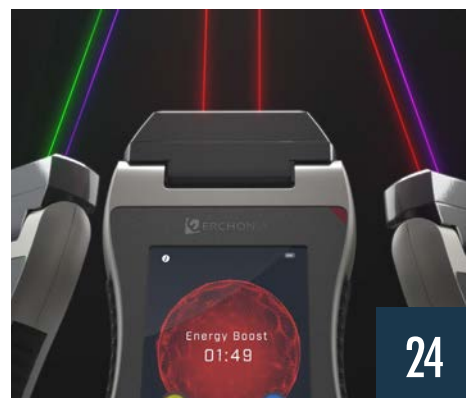
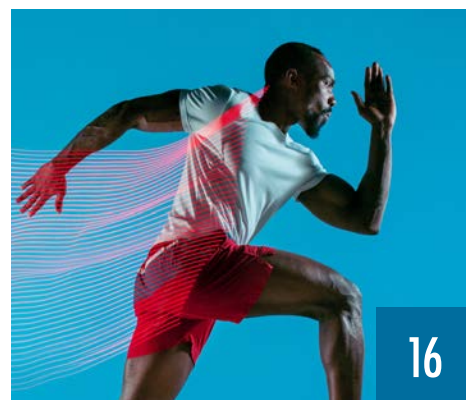
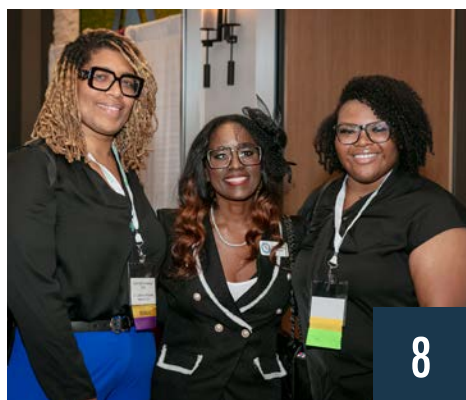
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Dr. David Webb completed his undergraduate training at the prestigious Xavier University of Louisiana in New Orleans, Louisiana. He then completed medical school and a post-graduate residency in Anesthesiology, at the Medical College of Georgia in Augusta, Georgia.

Dr. Webb further specialized his medical training, completing a fellowship in Regional Anesthesia and Acute Pain Medicine at the University of Pittsburgh Medical Center and an Interventional Pain Medicine Fellowship at the University of Iowa.

During his medical training, he served as chair of the Resident Section of the American Society of Regional Anesthesia and Pain Medicine. He has published numerous peer-reviewed articles relating to all aspects of interventional pain medicine and has been involved in investigative clinical research which has opened new doors in the treatment of chronic pain.

Dr. Webb brings to Georgia Pain and Spine Institute a wealth of knowledge acquired through the years of training and in practice. He is double board certified in Anesthesiology and Pain Medicine and is one of a limited number of physicians in the country who is dual fellowship trained in both acute and chronic pain medicine.

Dr. Webb specializes in many interventional and non-interventional techniques.

LETTER FROM THE PRESIDENT

Greetings, fellow GCA members!

It is a sensational time to be a part of our association. With fresh faces, new ideas, and the guidance of our long-standing members and supporters, we are embarking on an exciting year ahead.

I am thrilled to share that our district meetings are returning in 2025. As many of you know, those meetings were suspended during the height of the COVID-19 pandemic and unfortunately fell by the wayside in the last few years.

No longer! My home district, District 10, is fully up and running, and on February 19 we enjoyed a dynamic discussion on current legislation facilitated by attorney and fellow DC, Dr. Harry Brown.

Several other districts are in the process of rebooting, and we hope you will join us as they do. If you would like to participate or even take on a leadership role for your district, please contact the GCA office and they will help get you connected!

Our membership is the lifeblood of our association. If you are reading this, you are likely a current member or perhaps were a member of the association in the past. I encourage you to renew your membership today if you have let it expire!

In addition to the plethora of discounts, networking opportunities, and more that our association has always provided, our team is working hard to bring more value than ever to the offerings we provide our members. You are definitely going to want access to the great new features and opportunities that are on the horizon!

To our tried-and-true members, thank you for your faithful support. Our association is made all the stronger by every DC that joins our ranks. I humbly ask you to advocate for GCA among your peers in your community. Invite a non-member to our conferences, socials, or an upcoming district meeting, and watch the power of our association grow!

Yours in service,



Dr. Philip Day
President
GCA Board of Directors



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EXECUTIVE INSIGHTS

A New Year, A New Look for GCA!

Georgia Chiropractic Association is moving and shaking! As you can see on our cover, we have a new look! Our bold “Aligned Spine” logo confidently brings the association’s name to the forefront of the design, while honoring the longevity and powerful history of our association.

With our fresh look, you will begin to notice other updates including a forthcoming website redesign. We look forward to sharing our new site in the coming weeks and hope that the redesign allows our members, partners, and the public to enjoy a more user-friendly website experience.

In 2025, GCA is also poised to offer an elevated experience for our members. Join us as we roll out more competitive benefits, more robust offerings at our conferences, including new business management courses, and more!

Save the date for GCA’s Summer Conference in Savannah, June 13 – 15! Registration is now open. In addition to our continuing education courses, we are excited to introduce business management courses to help you more confidently and successfully tackle the business side of your practice. We encourage our members to register their office staff to take advantage of this great programming!

Our staff is exploring dynamic new benefits that will bring added value to YOUR practice so you can work more efficiently and reach your practice goals.

Our legislative team has been hard at work on your behalf throughout the 2025 Georgia Legislative Session. Our association is privileged to have two Doctors of Chiropractic serving in both the Georgia General Assembly and as members of GCA’s Board of Directors. Dr. Karen Mathiak (House District 82) and Dr. Anissa Jones (House District 143) are passionate advocates for the chiropractic profession, and we are grateful for their leadership!

As always, GCA’s staff is here to serve you. We look forward to another great year as we take our association to even greater heights together!



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Stephani Tucker
Executive Director
Georgia Chiropractic Association



The Georgia Chiropractic Association's 112th Fall Conference & Tradeshow last October 11-13 was an event of epic proportions!

Over 300 attendees enjoyed an action-packed weekend of continuing education, networking, access to phenomenal tradeshow vendors, all set within the cinematic universe of Game of Thrones.

Join GCA for our 2025 Summer Conference & Tradeshow June 13 – 15 in Savannah! Registration is open now. We look forward to seeing you there!





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LEGISLATIVE UPDATE

By: Aubrey T. Villines, Jr., JD.

“The 2025 session of the Georgia General Assembly has been one of the more active sessions we have experienced in years. Below is a legislative update on some of the legislation we are monitoring, attempting to pass, or defeat.”



It should be remembered that we monitor and give input on numerous pieces of legislation that appear innocuous. Monitoring is essential because what initially may be a harmless piece of legislation can be amended at any point to have a detrimental impact on our patients or our practice.

What can you do?

- Develop a relationship with your state legislators
- When the GCA activates its grassroots network and you are contacted, respond immediately as directed.
- Join and contribute to GCA PAC!

HB 170: GCA insurance disclosure legislation passed out of the House Insurance Committee Tuesday afternoon unanimously. Dr. Mathiak did a great job of explaining the bill to the Insurance committee. HB 170 now goes to the House Rules Committee. Presuming it will be favorably reported by the Rules Committee, it will then go to the full House for a vote.

SB 68: The Governor's tort reform bill, as previously reported, has passed the Senate. The medical expenses section, paragraph 7, was amended more favorably. It now sits in the House Rules Committee.

SB 69: This bill has been named the Georgia Court Access and Consumer Protection Act. This legislation regulates third-party litigation financing practices in the state. The regulations include registration of litigation financiers and restrictions on foreign financiers. This bill has passed in the Senate and is currently in the House Rules Committee.

HB 34: This legislation requires the use of a CE tracker by licensing boards. The GCA amended this legislation to give the licensing board discretion whenever a renewal time may be missed. This bill has passed in the House and is currently in the Senate.

HB 314: This legislation is currently in a subcommittee of Regulated Industries in the House. The legislation as currently amended expands the scope of athletic injury to include “any condition” while participating in activities. Dry needling has been taken out of the legislation. Trainers still operate under the order of a physician.

HB 457: This legislation will give occupational therapists the right to do dry needling once extra educational requirements have been met. It is not likely to pass at the moment. This bill is currently in the House Regulated Industries Committee.

SB 169: This bill provides for certain minimal standards for professionals to use dry needling. There is talk that the overall issue of dry needling will be addressed in a study committee. This bill is currently in the Senate Health and Human Resources Committee.

SB 207: This bill addresses preclearance process in professional licensing for those with criminal records. This bill is currently in the Senate Judiciary.

SB 221: This bill increases the number of hours required to be licensed as a massage therapist.

Note: This article was sent to press March 19, 2025. For the latest updates on everything happening under the Gold Dome, be sure to subscribe to GCA's e-newsletter and follow us on social media!

MEMBER SPOTLIGHT

DCs Under the Gold Dome

The Georgia Chiropractic Association is privileged to boast not one, but two GCA members serving in the Georgia General Assembly. In November 2024, Dr. Karen Mathiak and Dr. Anissa Jones, both members of GCA's Board of Directors, won their respective elections for seats in the Georgia House of Representatives.

Dr. Mathiak (District 82) was reelected to her seat serving constituents in Spaulding and Fayette County. Dr. Mathiak has practiced in Griffin, Georgia for over 30 years and served in the legislature since 2017. She serves as the chairman of the State Planning & Community Affairs Committee and on several other committees, including Appropriations: Human Resources, Health, Higher Education, Insurance, Interstate Cooperation, and Intragovernmental Coordination committees. Her breadth of experience and leadership are invaluable resources for the association and GCA's membership.

Dr. Jones (District 143) is serving her freshman term in the House, representing parts of Macon and Warner Robbins. Dr. Jones has been in practice for 26 years and was the first African American chiropractor in Macon, Georgia. In entering into her new role as an elected official, Dr. Jones stands fast in the belief that we can build a Georgia that is safe, prosperous, and inclusive for all.

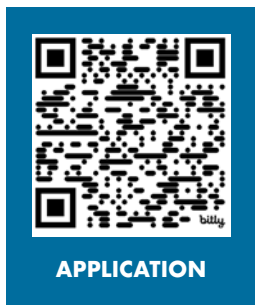
Dr. Jones serves on the Appropriations, Economic Development & Tourism, Interstate Cooperation, and State Planning & Community Affairs committees. "Overall, my first session reflects my commitment to improving voter accessibility, small business tax incentives, and acknowledging the contributions of local organizations. My legislative efforts demonstrate a proactive approach to addressing community needs and enhancing civic engagement."

GCA celebrates Dr. Mathiak and Dr. Jones for their outstanding leadership and ongoing efforts to champion the chiropractic profession here in Georgia. Our association is stronger because of them.

"As I embarked on this journey to create a brighter future for my community, it was crucial that I address the pressing issues that affect the lives of every Georgian."

- Dr. Anissa Jones





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The Power of GCA PAC Members



For the past 40 years, the Georgia Chiropractic Association (GCA) and its Political Action Committee (PAC) have been at the forefront of protecting, defending, and advancing chiropractic care in our state. Without the dedication of our PAC members, the practice environment we enjoy today would not be as strong, secure, or progressive.

Not everyone fully understands the critical role of PAC, but I want to take this moment to express my deepest gratitude to those of you who make the annual commitment to support our efforts. Your contributions are not just donations; they are investments in the future of chiropractic. Every dollar is earmarked exclusively for lobbying—ensuring that our voices are heard at the state level and that policies continue to favor the profession and the patients we serve.

But our work is never done. I urge every chiropractor in Georgia to do their fair share and contribute to PAC, whether monthly or annually. Without our PAC, chiropractic in Georgia would not be as strong as it is today. If you are reading this and are not yet a PAC member, now is the time to get involved. Attend our meetings, support our fundraisers, and encourage your colleagues and friends to join.

We are the only ones funding our lobbying efforts—there is no outside organization ensuring that chiropractic remains protected and thriving in Georgia. Every chiropractor in our state benefits from the work we do, and it takes all of us to maintain that momentum.

I want to acknowledge and thank those silent angels among us who consistently fund our PAC. Your support does not go unnoticed, and your contributions are deeply respected. I also urge everyone to engage in grassroots efforts during the legislative session from January to March. Reach out to your state representatives and senators when we need support for our bills—it makes a tremendous difference. Beyond the session, take the time to build relationships with your legislators. Let them know who you are and why chiropractic matters to their constituents.

Finally, I invite each of you to attend our conferences and support our fundraising efforts. We are proud to recognize our most generous and consistent PAC contributors—thank you for your unwavering dedication to our profession.

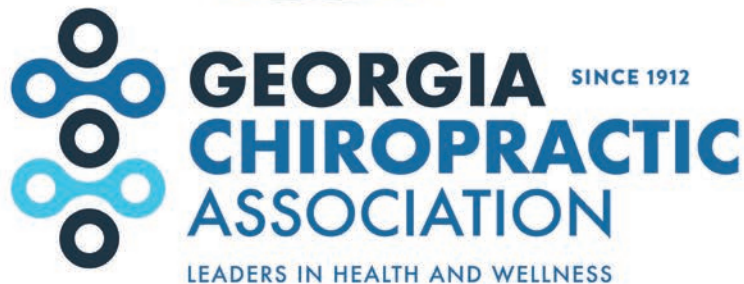
“Together, we make chiropractic in Georgia stronger. Stay engaged, stay committed, and let’s continue to build a better future for our profession.”



Dr. Leana Kart
PAC Chair

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How To Be An Effective Networker

By: Stacey Apple



Being an effective networker is about building genuine relationships, not just collecting contacts. Here are some key strategies:

1. Have a Purpose

Define what you want to achieve—whether it's finding a mentor, exploring job opportunities, or learning about a new industry. This helps you approach networking with intention.

2. Focus on Giving First

Offer help, share knowledge, or connect people without expecting anything in return. When you add value, people are more likely to reciprocate.

3. Prepare Your Elevator Pitch

Craft a brief, engaging summary of who you are, what you do, and what you're looking for. This makes introductions smoother and more memorable.

4. Ask Meaningful Questions

Go beyond small talk. Ask about projects they're passionate about or industry trends they're noticing. This shows genuine interest and sparks deeper conversations.

5. Leverage Social Media

Platforms like LinkedIn, Instagram, and X are powerful for networking. Engage with others by commenting on posts, sharing valuable content, and sending personalized connection requests.

6. Attend Events Strategically

Choose events, conferences, or webinars that align with your goals. Follow up promptly with the people you meet to keep the conversation going.

7. Follow Up Thoughtfully

Send a personalized follow-up message within 24–48 hours of meeting someone. Mention something specific from your conversation to show you were paying attention.

8. Maintain Relationships

Keep in touch by sharing relevant articles, checking in periodically, or celebrating their achievements. Consistency helps turn contacts into long-term connections.

9. Join Professional Groups

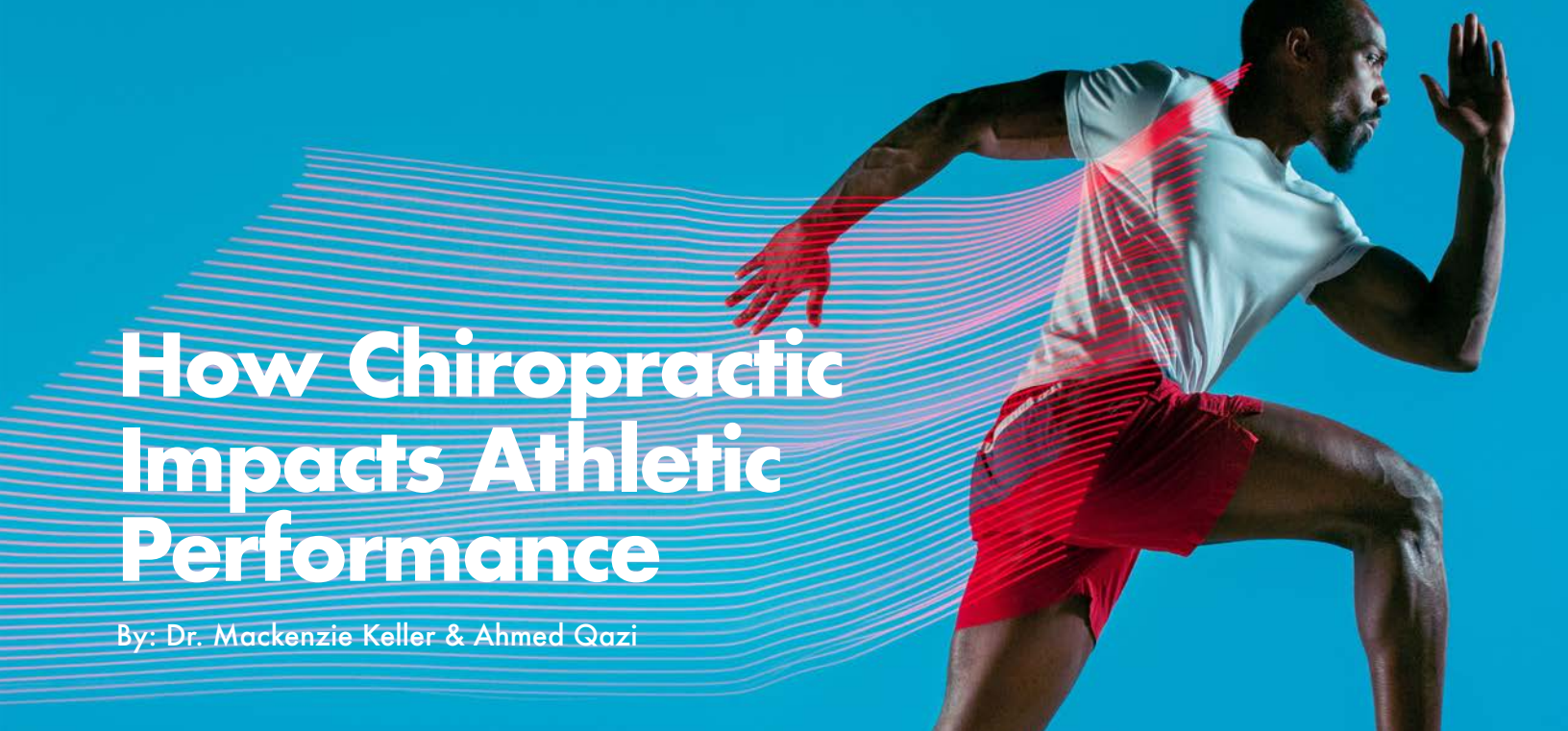
Associations or online communities in your field offer a steady flow of networking opportunities with like-minded people.

10. Be Authentic

People can sense insincerity. Focus on building real connections rather than trying to impress. Authenticity fosters trust and makes networking more enjoyable.

Stacey Apple is a business “matchmaker” who leads monthly networking teams for professionals. Stacey’s superpower is introducing, connecting, and sustaining relationships. Her mission for NIA is to expand membership, create powerful networking events, and promote member visibility and connections. She is the founder of Apple Ventures and works with business owners and entrepreneurs to help grow their businesses and make strategic, and valuable connections. She serves on the board for the Buckhead Business Association where she is the Executive Director. She is also an Ambassador for the Greater Perimeter Chamber. Stacey loves to travel, entertain and is passionate about modern design, art, and her 7-year old Labradoodle “Legend.”





How Chiropractic Impacts Athletic Performance

By: Dr. Mackenzie Keller & Ahmed Qazi

The chiropractic profession as we know it has continued to grow, develop, and expand since its inception in 1895. Over recent decades, not only has the number of chiropractors increased but chiropractors have begun to incorporate other modalities, like manual therapy and nutritional therapy, into their practice (Cooper, 2003). Some have even adopted specializing in groups of people, such as sports or athletic focuses.

Currently, most professional sports teams, including those in the NFL, NBA, MLB, and NHL, have chiropractors on staff to treat and prevent injuries in athletes. In fact, all 32 NFL and 30 MLB teams have their own chiropractor. Chiropractic care has become a vital component of sports medicine by addressing biomechanical imbalances and optimizing neuromuscular function which enhances athletic performance and reduces injury risk. Within sports and performance, chiropractors commonly treat conditions such as lower back pain, muscle strains, joint sprains, tendinopathies, and neural entrapments. (Lin et al., 2023)

Chiropractors perform adjustments, or joint manipulations, to restore and improve joint range of motion. They do so by applying a high velocity, low amplitude thrust to the restricted joint. This thrust takes the target joint past its end range of motion, into the paraphysiological zone of movement (McCallum, 2020). Chiropractic manipulation may increase the range of motion of joints, break down joint adhesions, and reduce pain which gives patients the ability to perform more aggressive exercises, improve functional activity, and allow movement patterns to normalize (Edmond, 2016)

Numerous studies have reported the effectiveness of chiropractic care on sport performance. One study conducted with judo athletes noted that cervical spine manipulation resulted in increased grip strength compared to sham, highlighting the potential of chiropractic care to improve athletic performance (Botelho & Andrade, 2012). Another had subjects with signs of rotator cuff tendinopathy receive thoracic spine manipulation (TSM) and found it may be an effective component of their treatment plan to improve pain and function. (Muth, 2012) Furthermore, 40 soccer players received three different spinal protocols involving lumbar spine and sacroiliac joint manipulations. Their kicks were analyzed, and it was found that their kicking speed and performance increased (Deutschmann, 2015).

Understanding how chiropractic care can have an impact on muscle strength has implications for not only sports athletes but a variety of patient populations. In a group of relatively healthy participants, a single session of spinal manipulation resulted in increased plantar flexor muscle strength and muscle conduction velocity (Niazi, 2020). Another study investigated whether chiropractic care influences strength, balance, and/or endurance among active-duty United States military personnel with low back pain (LBP). The authors found that participants exhibited improved strength and endurance, as well as reduced LBP intensity and disability, compared to a wait-list control. (Vining et al., 2020) Similarly, a single session of spinal manipulation increased muscle strength and corticospinal excitability to ankle plantar flexor muscles in elite Taekwondo athletes. (Christiansen, 2018)

“Chiropractic care has not only been evidenced to improve athletic performance but has also been implicated as a major injury prevention measure.”

Chiropractic care has not only been evidenced to improve athletic performance but has also been implicated as a major injury prevention measure. A study on athletes in the National Football League evidenced the benefits of chiropractic care for injury prevention and overall player health (Stump & Redwood, 2002). Another study investigated patients with ankle sprains receiving adjustments to their talocrural joint and found they had immediate improvement in stability and baropodometry (Lopez-Rodriguez, 2007).

Many sports focused chiropractors also utilize manual therapies like myofascial release technique (MRT) and instrument assisted soft tissue mobilization (IASTM). IASTM or scraping may be used as a performance enhancing tool that has the potential to temporarily increase range of motion and flexibility in college athletes (Gamboa, 2019). Another study investigated the effects of scraping on weightlifters and found it caused a significant increase in weightlifting ability by decreasing weight sensation and improving serum biochemical parameters (Wang, 2104). MRT's have also been found to improve the range of motion performance of athletes (Atothe, 2024).

The evidence regarding the effects of chiropractic interventions on sports and athletic performance has developed profoundly over the last few decades. However, the mechanisms underlying these improvements remain to be elucidated. Several studies have been investigating how adjustments affect individuals on a neurological level. Empirical findings suggest that spinal manipulation has an impact on central cortical processing that improves the accuracy with which the brain becomes aware of limb position and alters the way it controls upper and lower limb muscles. (Haavik, 2012) It has also been shown that spinal manipulation results in additional improved outcomes, such as maximum voluntary force and limb joint position sense, reflecting improved sensorimotor integration and processing (Robinault, 2021).

The growing body of literature regarding chiropractic interventions has strong implications for its effects on sports and athletic performance. Future studies that examine these effects should focus on the mechanisms that drive such improvements. Additional research is also needed regarding neurological and behavioral changes that result due to chiropractic interventions. Due to its efficacy, chiropractic care remains a viable option for professional and recreational athletes who are continually aiming to improve or maintain athletic performance.



An illustration of a diverse group of people of various ages and ethnicities standing on a path that resembles a rainbow. The background is a warm, orange-yellow gradient with stylized clouds. The people are dressed in casual to professional attire, and the overall tone is positive and inclusive.

**"The future of chiropractic is diverse,
and that future starts with us."**

Diversity in the Chiropractic Profession: A Pathway to Greater Impact

By: Dr. Winston Carhee, DC

As the healthcare landscape continues to evolve, the chiropractic profession has a unique opportunity to embrace diversity and inclusion, ensuring that our services reflect the communities we serve. Diversity in chiropractic is not just about representation—it is about access, understanding, and the ability to provide culturally competent care to patients from all backgrounds.

A CHANGING PROFESSION

Chiropractic has traditionally been a profession dominated by certain demographics, but the tide is shifting. More students from diverse racial, ethnic, and socio-economic backgrounds are entering chiropractic schools, recognizing the value of holistic, non-invasive care. Organizations such as the American Black Chiropractic Association (ABCA) and the Georgia Chiropractic Association (GCA) are actively working to support chiropractors from underrepresented backgrounds, providing mentorship, resources, and advocacy.

As a Black chiropractor practicing in Atlanta for over 20 years, I have seen firsthand how diversity strengthens our profession. Patients seek providers who understand their experiences, cultures, and unique health concerns. When we create an inclusive environment, we build trust and ultimately improve patient outcomes.

WHY DIVERSITY MATTERS

1. Expanding Access to Care

Historically, many minority communities have faced barriers to accessing quality healthcare. Chiropractic care is no exception. Economic disparities, lack of awareness, and cultural perceptions of health can all impact whether someone seeks chiropractic treatment. By increasing diversity within our profession, we create more touchpoints for underserved communities to receive care.

For example, in many Black communities, musculoskeletal issues, chronic pain, and stress-related conditions are prevalent

due to occupational hazards, physical stress, and socioeconomic factors. A chiropractor who understands these challenges can tailor care plans accordingly, making treatment more effective and relevant.

2. Enhancing Cultural Competency

Diverse practitioners bring different perspectives to patient care, allowing for greater cultural competency. When a chiropractor understands the traditions, beliefs, and health perceptions of their patients, they can communicate more effectively and provide care that aligns with their patients' values.

This is especially important in chiropractic, where treatment success often depends on patient compliance and lifestyle modifications. If a patient feels understood and respected, they are more likely to follow through with recommendations and see long-term benefits.

3. Strengthening the Profession

A diverse chiropractic workforce fosters innovation, collaboration, and a broader understanding of health issues affecting various populations. It also strengthens our ability to advocate for the profession at the legislative level. When policymakers see a diverse group of chiropractors serving their communities, they are more likely to support policies that expand access to chiropractic care.

For years, I have met with legislators in Washington, D.C., and at the Georgia State Capitol to advocate for expanding and protecting citizens' access to chiropractic care. As the District 3 Representative for the Chiro Congress of State Associations, I work to ensure that state chiropractic organizations are aligned in their efforts to promote and protect the profession. Additionally, I serve on the board of the Clinical Compass, which develops research-based guidelines to advance evidence-based chiropractic care. These roles allow me to advocate for policies that support both chiropractors and the patients we serve.

My Journey in Chiropractic

I graduated from Life University in 2003 with a passion for serving my community through chiropractic care. Over the past two decades, I have built a practice focused on wellness, injury recovery, and patient education. As the founder of Pain 2 Wellness Center and a leader in personal injury chiropractic care, I have worked extensively with patients recovering from motor vehicle accidents, sports injuries, and chronic pain conditions.

Beyond my practice, I have been actively involved in professional organizations, serving as the past president of the American Black

Chiropractic Association and a long-time member of the Georgia Chiropractic Association. I have also worked to bridge the gap between chiropractic care and the legal profession, ensuring that patients receive the best possible care and fair treatment in personal injury cases.

One of my proudest contributions has been mentoring aspiring chiropractors, particularly students from underrepresented backgrounds. I believe that by providing guidance and opportunities, we can continue to diversify the profession and inspire the next generation of chiropractic leaders.

MOVING FORWARD: HOW WE CAN PROMOTE DIVERSITY

1. Mentorship and Education

Encouraging young people from diverse backgrounds to consider chiropractic as a career is essential. Outreach programs in schools, scholarships for minority students, and mentorship initiatives can help break down barriers and create a pipeline for future chiropractors.

2. Advocacy and Representation

We must advocate for policies that promote inclusivity in chiropractic education and professional organizations. This includes increasing scholarship opportunities, creating leadership pathways for minority chiropractors, and ensuring that chiropractic curricula include cultural competency training.

3. Community Engagement

Chiropractors should actively engage with their communities to raise awareness about chiropractic care. Partnering with local organizations, hosting health fairs, and providing educational workshops can help dispel myths and encourage more people to seek chiropractic treatment.

CONCLUSION

Diversity in the chiropractic profession is not just a moral imperative—it is a strategic necessity. By fostering an inclusive and representative field, we expand access to care, improve patient outcomes, and strengthen our profession as a whole. As chiropractors, we have a responsibility to ensure that everyone, regardless of background, has access to the benefits of chiropractic care. Through mentorship, advocacy, and community engagement, we can continue to build a profession that truly serves all people.

Dr. Winston Carhee, DC, is the owner of Pain 2 Wellness Chiropractic Center and West Cascade Wellness Center, DBA Brain and Bodily Injury Center, specializing in spinal health, injury rehabilitation, and concussion therapy. With over 20 years of experience, he is dedicated to evidence-based chiropractic care and advocacy for patient access to treatment. Dr. Carhee currently serves as President-Elect of the Georgia Chiropractic Association, championing the advancement of the profession and legislative initiatives to support chiropractic care.



INTEGRATIVE CARE

The Role of Chiropractic in a Comprehensive Cancer Center

By: Scott Siegel, DC, FIAMA

Staff Chiropractor – Integrative Medicine Department,
City of Hope Cancer Center, Atlanta Georgia

Chiropractic as a profession is over 130 years old. Throughout that time and even in present day, we witness many developments as our profession continues to evolve. One of the most contemporary trends is the further integration of chiropractic care into the traditional medical model. We see this occurring in diverse settings including but not limited to: the Veterans Affairs' medical centers, employee health clinics, academic medical settings like Duke Orthopedics and other nationally-ranked medical systems such as the Cleveland Clinic.

Practicing in a multidisciplinary setting has always been appealing and fulfilling to me. During my career, I have experienced firsthand the excellent outcomes for patients seen in a collaborative model of care. Most recently, I have continued this career trajectory by becoming a staff chiropractor in the Integrative Medicine department of the City of Hope® Cancer Center Atlanta located in Newnan, Georgia. My role is to work closely with our team of oncology specialists, naturopathic doctors, rehabilitation specialists, mental health professionals, surgeons, pain management providers, nutritionists, clinical researchers, and even the pastoral care team.

Patients can directly access my care or be referred to me for treatment of neuromuscular disorders that can result from or be exacerbated by common oncology lines of treatment. These lifesaving medications and procedures, such as external beam radiation therapy, surgery and chemotherapy, can often result in side effects. Conservative care, such as chiropractic, can step in to address these side effects to improve quality of life.

Such complaints can include musculoskeletal pain from medications, such as hormone blockers used in treating

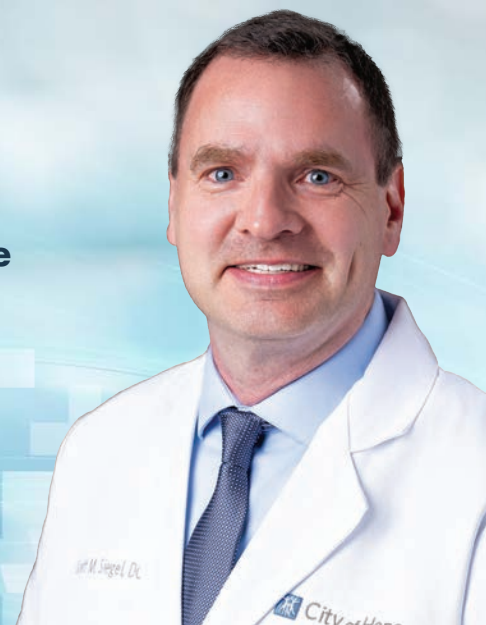
estrogen-positive breast cancer. The aromatase inhibitors class of medications can also cause arthralgia, joint stiffness, bone density loss and carpal tunnel syndrome. Radiation therapy is also known to cause fatigue and muscular fibrosis. Cervicogenic headaches can occur with any of these treatments, or simply from the stress of receiving an oncology diagnosis.

Further, chemotherapy drugs are known to lead to chemotherapy-induced peripheral neuropathy (CIPN) — one of the most prevalent complaints for cancer patients. Neuropathy symptoms include numbness and tingling, along with biomechanical dysfunction. We are well trained and experienced in helping manage these challenges as chiropractors.

Fatigue and resulting immobility are also common occurrences in the oncology setting. Through a thorough assessment, I can determine what spinal or extremity biomechanical faults the patient may be experiencing, and help them regain function, improve quality of life and increase the likelihood of completing their main oncology treatments. My treatment plan, combined with the standard of care they are receiving from their other providers on the medical staff, allow for a highly personalized and comprehensive treatment.

Safety is of paramount importance when working with oncology patients during their journey back to survivorship. Many cancer patients are at risk of developing conditions which are contraindicated for traditional manual chiropractic adjusting. These include but are not limited to osteoporosis, increased risk for clotting, primary or metastatic bone tumor, surgical implants such as hardware and spinal cord stimulators, access ports, feeding tubes and thrombocytopenia. For these reasons,

Scott has been in practice for 23 years with experience with patients in private practice, a neuromuscular neurology clinic and as a Physical Medicine Lead and market chiropractor for a national medical group providing value-based employee healthcare.



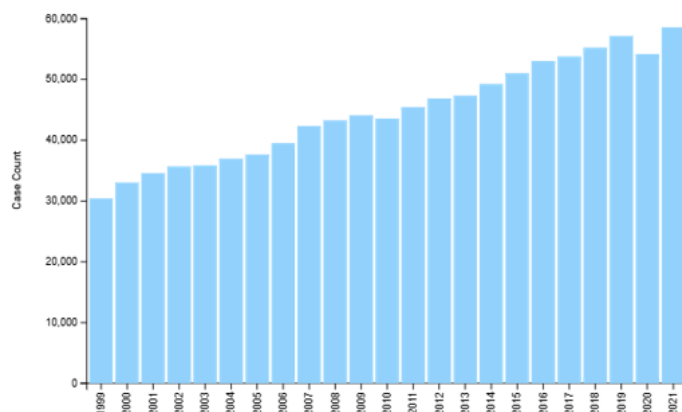
the patients I see are treated with low force methods such as instrument-assisted adjusting and myofascial release tools, taking ample care to sufficiently avoid areas of caution.

Over the years we have also seen changes in how patient care is documented and communicated. Oncology is no exception, and the use of a shared electronic medical records system is another important key in collaboratively treating cancer patients. Having ready access to a patient's latest radiology scans, lab values, test results and progress notes from other providers aids in providing seamless care for this complex patient population.

With an aging population, the incidence of new cancer cases is predicted to continue rising. The American Cancer Society has predicted 66,210 new cases in Georgia alone for 2025 in its annual report. These trends will make integrative care more important in the fight against the burden of cancer and the many health challenges oncology patients face. Evidence-based and collaborative chiropractic care will likely increase in necessity as an important piece in the effectiveness of our modern care delivery system.

Annual Number of New Cancers, 1999-2021

Georgia, All Types of Cancer, Male and Female, All Races and Ethnicities



Source - U.S. Cancer Statistics Working Group. U.S. Cancer Statistics Data Visualizations Tool. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dataviz/>, released in June 2024.

Dysglycemia... A Key to Reversing Chronic Disease



By: Paul A. Goldberg,
BA, BS, MPH, DC,
DACBN, DCBCN



Chronic diseases are the leading cause of death and disability in the U.S. accounting for most of the 4.5 trillion dollars spent on health care annually. Six in 10 Americans have at least one chronic disease and four in ten have two or more.

The most frequent chronic disorders are largely attributed to aging. Younger people, however, are experiencing accelerated aging and developing chronic illnesses earlier than seen previously. The American Cancer Society reported that younger adults (ages 18-49) had an increase in cancer incidence between 1995 and 2020 by 1% to 2% each year. Osteoarthritis associated with aging is increasingly seen in younger people with many experiencing OA impacts comparable to those previously only seen in older adults. Heart attacks in people 18 to 44 have increased more than 66% since 2019. The CDC reports that If the rate of new Diabetes Diagnoses in young people continues to increase, type one diabetes will increase by 65% and Type 2 diabetes will increase by 700% by 2060.

Seven of the more common chronic diseases listed below have a significant shared link. Understanding this commonality can help us address these issues:

- 1) Dementia (Alzheimer's Disease)
- 2) Cardiovascular disease/stroke
- 3) Visual Disturbances e.g. cataracts, macular degeneration, retinopathy and glaucoma
- 4) Diabetes
- 5) Osteoarthritis
- 6) Cancer
- 7) Kidney Disease

There are separate specialists for “treating” all seven diseases. Each disorder has taxpayer funded research institutions devoted to them mostly through the National Institute of Health (NIH). Despite this, these disorders all have incidence rates that increase each year.

The rising mortality and morbidity rates of these conditions warrants us to investigate what they have in common. These disorders have linked molecular pathways. Considering that these conditions are frequent causes of morbidity and mortality it is logical to seek out addressable, etiological factor(s) in their genesis that can lead to their prevention, management and in our clinical experience, often their reversal.

All seven disorders share one or more of these risk factors: (1) Obesity (2) Smoking (3) Alcohol use (4) Nutritional Status (5) Physical inactivity (6) Environmental toxins (e.g. glyphosate, lead, asbestos, radon, mold, PFAS, PCB's, Phthalates, etc.). There is, however, another significant, often overlooked, etiological factor to consider.

DYSGLYCEMIA

An overlooked link in chronic health issues is **disordered glucose metabolism** and the resulting insulin resistance, tissue glycation, impaired tissue repair and immune, endocrine, oncological, nephrotic, musculoskeletal, ocular, cardiovascular and neurological disturbances that can result from it. Glucose overload is also a form of toxicity. *One need not be diabetic to have some degree of dysglycemia.*

Inflammation is held responsible for many diseases, but inflammation does not cause itself. It is often the result of dysglycemia leading to glycation, the non-enzymatic binding of sugars to proteins. This process leads to the formation of advanced glycation end products (AGEs), which trigger inflammatory responses and glycate tissues as seen in the disorders listed.

Cancer The relationship between cancer and sugar was first proposed by Otto Warburg who demonstrated that cancer cells are more dependent on glucose than normal cells and consume more glucose relative to non-transformed tissues.

Cardiovascular Disease and diabetes/dysglycemia are closely inter-related.

Cataracts are precipitated by dysglycemia. Spikes in blood sugar lead to excess glucose in the lens leading to blurred vision and cataracts. This has been seen in humans and canines. Alzheimer's Disease - closely associated with Dysglycemia and now referred to as Diabetes Type III.

Osteoarthritis/Rheumatoid Disorders There is significant evidence that dysglycemia can directly impact cartilage health and bone contributing to OA and Rheumatoid Disorders.

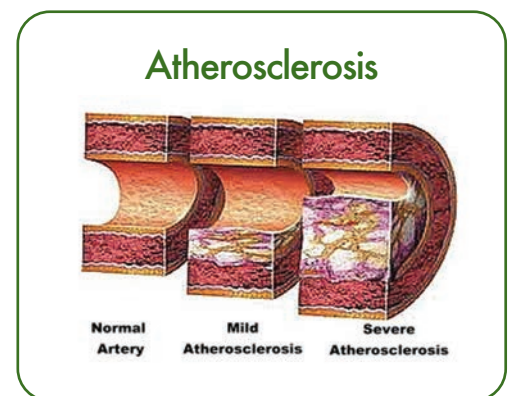
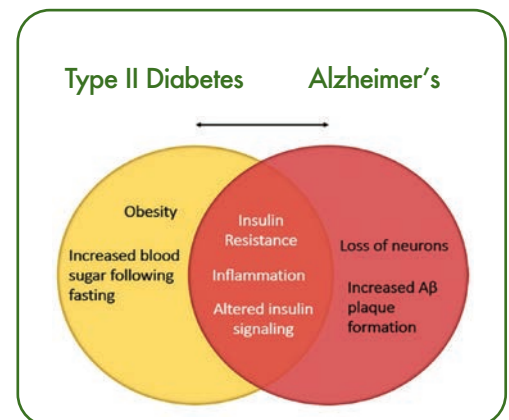
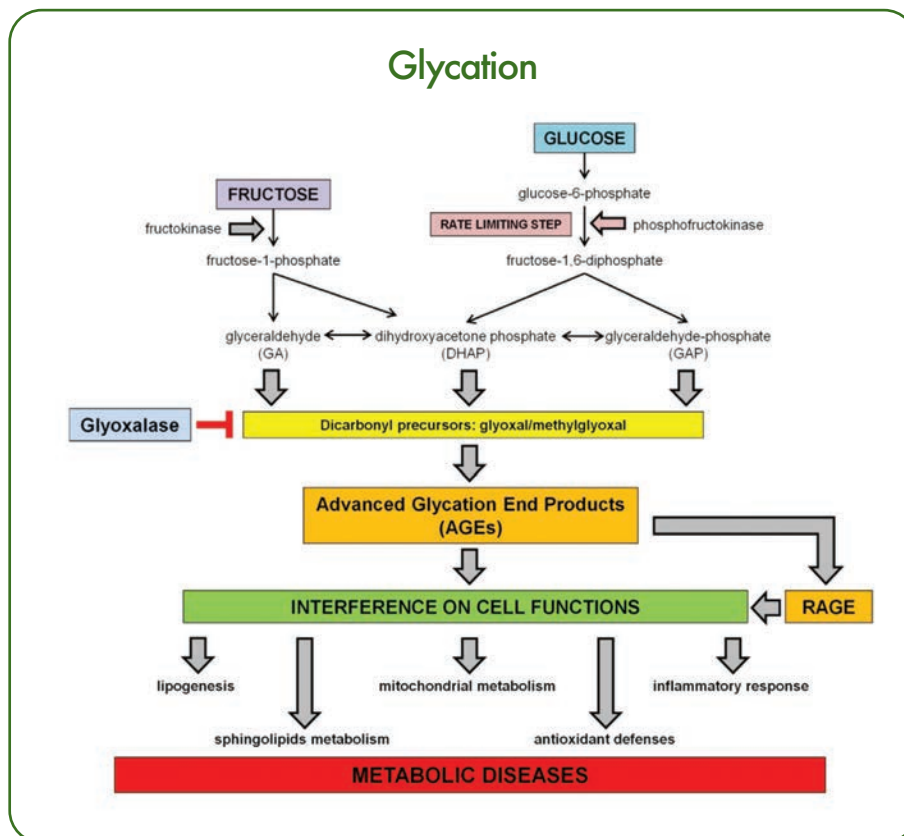
Kidney Disease Dysglycemia can narrow blood vessels of the kidneys causing reduced blood flow and damage.

Diabetes increases the risk of CVD and Stroke as high blood sugar levels damage blood vessels and nerves. Evaluating a patient with any of these conditions to uncover dysglycemic involvement, involves a thorough case history, physical examination, Chiropractic Examination, dietary and lifestyle analysis and detailed laboratory testing based on the individual case. Lab testing looking for dysglycemic involvement might include some or all the following:

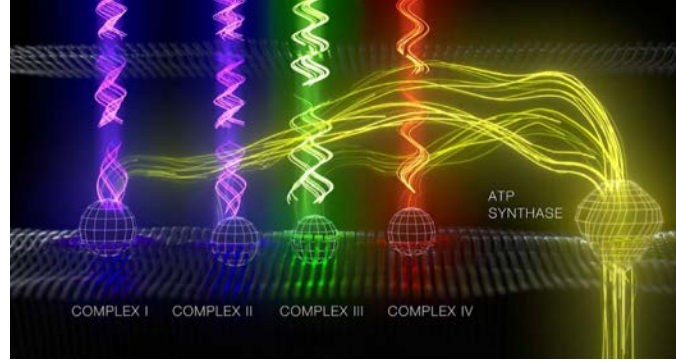
1) HgA1C 2) Fasting Glucose 3) Insulin Resistance 4) 5-6-hour glucose tolerance test. Should these tests prove positive, further lab evaluation e.g. allergy testing, toxicology testing, cortisol evaluation etc. should be considered to adequately formulate an individualized, comprehensive program.

The patient needs to understand our goal is building health not treating their medical diagnosis.

Pursuing the role of dysglycemia in cases presenting with these chronic disorders, has been of great advantage in helping patients improve their health and vitality and unburdening them from what are considered lifelong afflictions.



Glycation damages collagen in blood vessel walls increasing their stiffness leading to inflammation and atherosclerosis. This process is considered to be the major contributor to diabetic pathology.



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ILLUMINATING THE FUTURE

How Erchonia Is Transforming Health and Wellness with Low-Level Laser Therapy

At Erchonia, innovation is at the heart of everything we do. For over 25 years, we have been pioneering the development of Low-Level Laser Therapy (LLLT), a groundbreaking approach to health and wellness. Our mission is simple yet ambitious: to harness the power of light to improve lives. With over 22 FDA market clearances and a dedication to rigorous scientific research, we've established ourselves as the global leader in non-invasive laser technology. But what does this mean for you? Let's break it down.

The Power of Light: What Is Low-Level Laser Therapy?

LLLT is a non-invasive treatment that uses specific wavelengths of light to stimulate cellular processes. Unlike high-powered lasers used in surgeries, our lasers operate at low levels, gently energizing cells without generating heat or damaging tissue. This makes them safe, painless, and effective for a wide range of applications, from reducing inflammation and pain to promoting tissue repair and recovery.

The principle is simple: when your cells have more energy, they perform better. This energy boost can promote healing, enhance recovery, and improve overall well-being—whether you're an athlete recovering from an injury or someone seeking relief from chronic pain.

How Erchonia's Lasers Work

At the core of our technology is the interaction between light and mitochondria, the "power plants" of your cells. Mitochondria convert nutrients into energy, a process essential for

every function in your body. By targeting mitochondria with specific light wavelengths, Erchonia lasers help increase energy production, reduce inflammation, and support cellular repair. For example, our patented violet, green, and red laser wavelengths each play unique roles:

- **Violet (405 nm):** Reduces oxidative stress and combats harmful inflammation.
- **Green (532 nm):** Improves blood flow, supports cellular balance, and enhances overall cellular communication.
- **Red (635 nm):** Stimulates cellular repair and enhances mitochondrial activity.

When these wavelengths work together, they create a comprehensive approach to health—optimizing tissue function, accelerating recovery, and promoting long-term vitality.

Why Focus on Cellular Health?

Our bodies are made up of trillions of cells, and their ability to function properly is the foundation of good health. However, cells can become damaged due to factors like inflammation, oxidative stress, and energy deficits. These challenges can slow recovery, increase discomfort, and impact overall wellness.



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This is where Erchonia lasers shine. Our technology addresses the root causes of these challenges by:

- **Boosting Energy:** Energized cells repair and communicate more effectively.
- **Reducing Inflammation:** By calming the body's immune response, lasers create an environment for healing and protection.
- **Supporting Tissue Repair:** Stimulating cellular activity promotes recovery and strengthens tissue.
- **Improving Circulation:** Enhanced blood flow fuels tissues with oxygen and nutrients, speeding up recovery and improving overall function.
- **Managing Oxidative Stress:** By reducing harmful molecules and boosting antioxidants, our lasers protect cells and support long-term health.

Transforming Lives, One Treatment at a Time

Erchonia's lasers aren't just tools for clinics and research labs; they're life-changing innovations that impact real people every day. From helping an athlete recover faster to offering new hope to individuals seeking relief from chronic conditions, our technology is making a tangible difference.

One of the most exciting aspects of LLLT is its versatility. Whether you're managing discomfort, recovering from an injury, or simply looking to maintain your best health, Erchonia's lasers provide a safe, effective solution.

A Commitment to Science and Safety

What sets Erchonia apart is our commitment to evidence-based innovation. Every device we develop undergoes rigorous clinical testing to ensure safety and efficacy. Our FDA market clearances—the gold standard in medical device approval—are a testament to the reliability of our technology.

We're also passionate about education. Through partnerships with clinical educators and healthcare providers, we're sharing the science of LLLT with practitioners and the public alike, ensuring that everyone has access to accurate, understandable information about this transformative therapy.

The Future of Health Is Here

As we continue to innovate, our vision remains clear: to provide cutting-edge solutions that empower people to live healthier, more vibrant lives. Whether you're seeking pain relief, tissue repair, or enhanced recovery, Erchonia is here to light the way.

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ILLUMINATING THE BRAIN

How Low-Level Laser Therapy Enhances Cognitive Health

By: J. Brandon Brock, PhD, DNP, DC, APRN, NP-C, DACNB, FICC
Clinical Educator, Erchonia Lasers

The brain is the most intricate organ in the human body, containing around 86 billion neurons that control everything we think, feel, and do. However, it is highly vulnerable to problems like inflammation, energy deficits, and oxidative stress, which can contribute to neurological conditions such as Alzheimer's, depression, and brain injuries. Low-Level Laser Therapy (LLLT) is emerging as a safe, non-invasive treatment to address these challenges. Using specific light wavelengths, LLLT boosts brain health by improving cellular energy, reducing inflammation, promoting repair, and enhancing blood flow.

Mitochondria: The Brain's Energy Source

Mitochondria are the “power plants” of our cells, producing the energy neurons need to function. When mitochondria aren't working well, the brain struggles to maintain critical processes like memory and communication between neurons. LLLT targets mitochondria, particularly an enzyme called cytochrome c oxidase, to increase energy (ATP) production. This energy boost supports neuron repair, improves communication between brain cells, and enhances overall cognitive performance. Studies suggest LLLT could help slow conditions like Alzheimer's and Parkinson's while improving mental clarity and memory in healthy individuals.

Reducing Inflammation: Cooling the Fire

Inflammation is the brain's defense mechanism, but chronic inflammation can cause harm. It's linked to diseases like Alzheimer's and depression and can even lead to age-related memory decline.

LLLT helps by balancing the brain's immune response. It reduces harmful inflammatory markers (like cytokines) while boosting anti-inflammatory signals. This creates a healing environment, protecting neurons and promoting recovery. For example, in Alzheimer's disease, where chronic inflammation accelerates brain damage, LLLT could slow progression and preserve cognitive abilities.

Supporting Repair and Growth

The brain has a remarkable ability to repair itself, but this capacity declines with age or after injury. Key to this process is a protein called Brain-Derived Neurotrophic Factor (BDNF), which helps grow new neurons, repair damaged cells, and strengthen connections.

LLLT stimulates the production of BDNF, aiding recovery from injuries like strokes or concussions. It also supports healthy individuals by improving learning, memory, and emotional regulation. This makes LLLT a promising tool for both recovery and enhancing overall brain health.

Improving Blood Flow: Fueling the Brain

The brain consumes about 20% of the body's oxygen, making steady blood flow essential for delivering nutrients and removing waste. Poor blood flow is linked to conditions like vascular dementia and slower recovery from brain injuries.

LLLT enhances cerebral blood flow by triggering vasodilation, a process where blood vessels widen to allow more oxygen and nutrients into the brain. This improved circulation has been

shown to enhance cognitive performance, speed recovery from injuries, and reduce the risk of age-related mental decline.

Managing Oxidative Stress

Oxidative stress occurs when harmful molecules, known as reactive oxygen species (ROS), outnumber the body's antioxidants. This imbalance damages cells, speeds up aging, and contributes to neurodegenerative diseases.

LLLT reduces oxidative stress by lowering ROS levels and boosting natural antioxidants like glutathione. This dual action protects neurons, preserves mitochondrial function, and enhances the brain's ability to withstand stress and aging.

The Role of Light Wavelengths

The effectiveness of LLLT depends on the wavelengths of light used, as each one has unique properties:

- **405 nm (Violet):** Reduces oxidative stress, combats inflammation, and has antimicrobial effects.
- **532 nm (Green):** Balances inflammation, improves blood flow, and supports emotional regulation.
- **635 nm (Red):** Stimulates mitochondria, promotes neuron repair, and supports cognitive health.

When combined, these wavelengths work synergistically to optimize brain health. Together, they boost energy produc-

tion, regulate inflammation, enhance blood flow, and repair damage, creating a comprehensive approach to neurological care.

A Promising Future

Low-Level Laser Therapy offers a transformative, non-invasive solution for enhancing brain health. By addressing mitochondrial dysfunction, chronic inflammation, and oxidative stress, it holds promise for improving cognitive performance, accelerating recovery from brain injuries, and reducing the risk of neurodegeneration.

While more research is needed to refine treatment protocols and confirm long-term benefits, the current evidence is encouraging. As society faces increasing cognitive demands, LLLT provides hope for a brighter, healthier future for the brain.

Dr. Brandon Brock is a clinician in Dallas and is a clinician at Carpathia Collaborative in Dallas, Texas. Dr. Brock holds a Doctorate in Family Nursing Practice from Duke University, a Doctorate in Chiropractic, and a diplomate in neurology. Dr. Brock is a Global Clinical Research Scholar from Harvard Medical School and has a Ph.D. in cardiovascular disease from Texas Woman's University. Dr. Brock received the Most Outstanding Functional Neurology Teacher of the Year from the ACA Council of Neurology four years in a row and two times from IAFNR (International Association of Functional Neurology and Rehabilitation). He also received a humanitarian award from IAFNR.

Dr. Brock is also the honorable recipient of the prestigious Living Legacy Award from Samford University Ida Moffett School of Nursing and has been a spotlight student at Duke University. His unique blend of clinical and teaching experience and background in medicine, chiropractic, neurology, orthopedics, regenerative medicine, nutrition, and research has created an integrated clinical perspective that has helped him treat complex cases. He enjoys spending time with his family, traveling, helping his patients, and learning new things to integrate into patient care and student lectures.









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