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SPRING 2019

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ON THE COVER

From left, GCA President Dr. Clark Stull, GCA board member and Ga. House Rep. Dr. Karen Mathiak, Georgia Attorney General Chris Carr and Life University Chancellor Dr. Guy Riekeman at GCA's Chiropractic Day at the Capitol, Feb. 14, 2019.

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Opportunities for Involvement Abound this Spring



A LETTER FROM
THE PRESIDENT

This year has gotten off to a whirlwind of a start! It's hard to believe we're already in April, and that GCA's Spring Conference is only a couple of months away.

If you haven't been to a GCA event, our conferences are great opportunities to learn more about our association and how you can get involved (as well as earning your full 20 continuing education hours for the year). Our conference committee, chaired by our "Wonder Women" Dr. Leana Kart and Dr. Noel Steinle, has worked diligently over the past few years to include more networking and social events. This year's Spring Conference is no different – the Political Action Committee has a fun fundraiser planned for our Welcome Reception, and we're also bringing back our new traditions of the Thursday evening Sips & Chips (sponsored by ML Healthcare) and the Saturday Ladies Tea (sponsored by NCMIC, honoring Jackie Hellrung and Rhiannon Tzimenatos).

Along with attending our conferences in-person, I also hope you're taking advantage of other FREE GCA resources. We offer a monthly webinar where you can ask your insurance-related questions (and GCA members can access our Insurance Committee 24/7). We also have plans to offer other chiropractic-related webinars, including an April 25th webinar featuring Marge Roberts of Newton Homeopathics sharing information on what homeopathy is and how you can use it for your patients.

I'm also so proud to announce that we have officially launched our new podcast, *The Chiropractic Connection*. This resource is for chiropractors across the state to find out information you need to know for your practice. I'd like to thank GCA board member Dr. Noel Steinle for leading the charge on this new venture, as well as board member Dr. Ben McDowell for hosting and member Dr. Larona Gore for being our announcer. I hope you take some time out to listen to it! You can find it on Spotify and iTunes.

Also, once again I must implore all of you to join the GCA Political Action Committee. Your support is vital as GCA works to promote legislation that supports the chiropractic profession in our state. We've made some promising relationships and connections this year (which you can read about in our Legislative Session wrap-up in this issue), and we look forward to building toward success in the future. But we can't do it without your help.

Again, I can't believe the first quarter of 2019 is over! It's true what they say – time flies when you're having fun. So far, I've had a blast serving as GCA president, and I am looking forward to the rest of the year. See you at Spring Conference!



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President

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Make the Most of Your Membership

I want to thank all of you for being members of GCA! Your membership helps fund our work at the Georgia Capitol, media and PR efforts and our conferences. All of these things benefit chiropractors across the state.

But does your association membership affect your bottom line at your practice? It should!

We offer a wide range of benefits designed to save you time and money. Some members have even told me the amount they saved on something covered the cost of their membership in GCA. Our members-only benefits can help you save money on:

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Plus, we are evaluating several discounted health insurance options that we hope to roll out by the end of 2019.

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Valerie Smith, M.A., CAE
Executive Director



EXECUTIVE INSIGHTS

SPRING 2019

VOLUME 38, NO. 2

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Founded 1912

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NEWS

ASSOCIATION NEWS

Thanks for Coming to Our Annual St. Patrick's Day Sips & Chips

next sips & chips
6-8 p.m., June 6
in Savannah

Thanks to
ML Healthcare
for sponsoring!

We'd like to thank everyone who came to Meehan's Public House at Atlantic Station for our annual St. Patrick's Day Sips & Chips. We'd also like to give a huge shout-out to our Platinum Partner, Regional Medical Group, for sponsoring this event!

Not to be outdone, our South Georgia doctors enjoyed a Sips & Chips in Valdosta, sponsored by Nevro.

Would you like to host a Sips & Chips event for chiropractors and sponsors in your area? Contact the GCA office at 770-723-1100; GCA staff will provide information and resources to help you plan these fun networking and fellowship events all across the state!





New Member Benefit: GCA Launches a Podcast

We're proud to announce the debut of the Georgia Chiropractic Association's newest member benefit, *The Chiropractic Connection* podcast. Produced by board member Dr. Noel Steinle and hosted by board member Dr. Ben McDowell and member Dr. Larona Gore, this new program will cover hot topics for the profession.

"We want to cover the important issues for our members," Steinle explained. "We want this to be an interactive podcast. We'll answer listener questions and bring in experts on different topics."

You can listen to our current episodes by visiting the GCA website at gachiro.org, and if YOU have any questions, let us know by emailing gachiroconnection@gmail.com.

GCA at the Table with Insurance, Other Health Care Providers

We were pleased to be invited to a roundtable meeting in March with Georgia's Insurance Commissioner Jim Beck alongside other health care providers and insurers. Issues discussed included prompt pay compliance and appeals, speed of physician credentialing, excessive medical records requests and other concerns. "We're pleased that GCA was included, and we're looking forward to working more with Jim Beck in the future," said GCA President Dr. Clark Stull. "This is just another example of how GCA is hard at work for its members."

Calendar of Events

JUNE 6

2-5 p.m.

Board of Directors Meeting

The DeSoto, Savannah

JUNE 6

6-8 p.m.

Sips & Chips

The DeSoto, Savannah

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JUNE 7-9

Spring Conference & Trade Show

The DeSoto, Savannah

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You MUST Get 20 CE Hours Annually

The Georgia Chiropractic Association would like to remind our members that the Board of Chiropractic Examiners requires all chiropractors to earn 20 continuing education hours annually, with certification renewal being every other year (the next renewal year is 2020). These 20 hours MUST include one hour of Georgia Law, four hours of a qualifying Risk Management course and 15 hours of Clinical Science classes.

Trauma in a 60-year-old Female with Osteoporosis: Case Management

CASE STUDY

Robert A. Hayden, DC, PhD, FICC

It is common in chiropractic practice to encounter cases that require additional services beyond the chiropractic scope and skill set. Appropriate referral and cooperation with other providers offer advantages to patients who may reap the benefits of multiple disciplines.

History: Kristi is a 60-year-old Caucasian female who has worked for many years for a nonprofit organization. She is well-developed and well-nourished, approximately 5'1" tall and approximately 130 pounds. She has a fair complexion, blonde hair and blue eyes. Most of her work is sedentary. Her history is significant for insomnia, depression, irritable bowel syndrome, adult hypothyroidism and dyslipidemia. There is a history of recurrent lumbar pain related to degenerative joint disease with bulging lumbar discs. She has dyspepsia for which she takes Zantac daily. She is a smoker and social drinker. Her family history is significant for hypertension, allergies, cancer, heart disease, thyroid disease and stroke.

Discussion: Osteoporosis risk factors are ubiquitous in the data above. She is female, sedentary, postmenopausal, short in stature and fair in complexion. She is a smoker. The irritable bowel syndrome suggests poor absorption of nutrients. Her thyroid disease is also a risk factor, as her thyroid hormone levels are likely unstable. Recent studies support the notion that proton inhibitors have a strong association with osteoporosis because hypochlorhydria inhibits calcium absorption. The same accusation can be made with the histamine blockers, such as Zantac, for the

same reasons, although they have not been specifically studied as a factor for osteoporosis.

Trauma: Kristi presented on Feb. 10, 2019 with severe thoracolumbar pain. She was accompanied by a coworker because she was unable to walk without assistance or stand erect due to the pain, described as 10 out of 10 and exacerbated by motion in every direction. Walking was painful and standing erect was not possible. This condition stems from a fall when she slipped down three steps on a stairway. She stated it was unclear how she landed because it happened quickly, but her pain began immediately. She went to an internal medicine clinic where she was X-Rayed in the thoracic and lumbar regions. She was given a prescription for diclofenac (a nonsteroidal anti-inflammatory) and an opiate and referred to a surgeon.

Presentation: From mid thorax to upper gluteal regions, she was still severely bruised from the trauma. By palpation, the epicenter of her pain was lower thoracic/upper lumbar area. She was analgesic and unable to move in any direction to assess range of movement. Reflexes were present, and she was able to move all four extremities on command within the limits of analgesia. Muscle strength was within normal limits and symmetric, but analgesic weakness was noted. There was a significant amount of anxiety related to the eight days of extreme pain with no relief in sight. With pain and anxiety, her heart rate was elevated and skin moist. A review of the X-Rays presented from the internal medicine clinic revealed a complete compression

fracture of T11, a partial compression fracture of the superior end plate of T10 and another partial compression fracture at L1.

The history and physical exam, proximity to the trauma and the evidence on imaging suggested that at least some of these fractures were an acute event. Given the amount of trauma and potential for further injury, no manipulation was done at this time, opting for further imaging.

Disposition and plan: (1) A thoracolumbar MRI was requested. STIR (Short T1 Inversion Recovery) images of the thoracolumbar spine will make fat tissue appear dark and highlight fluid. The appearance of edema in bone marrow will suggest acute fracture so that the new trauma may be highlighted. (2) CBD oil 1750 mg was dispensed and begun with 1.5 mL given sublingually, to be repeated at HS and PRN. For many patients, this offers pain relief without the complication of addiction. (3) A dual channel ZTeck electrotherapy unit was dispensed for home use with specific directions given to her and to her coworker with return demonstration for its application and safe use. Extra electrodes were dispensed. (4) A rolling walker was dispensed to assist in ambulation and prevent further falls. She was instructed to ambulate in as close to erect posture as possible to assist with her balance. (5) Information from the MRI report would be discussed as soon as it became available. (6) We would communicate via cell phone/text messaging to keep me informed of her condition.

MRI findings: The MRI confirmed original digital imaging indications of compression fractures at T10, T11, L1, and L2. STIR images revealed bone marrow edema specifically and only at T10. Asymptomatic disc bulges with osteophytes were present at T4/5, T5/6, T6/7, T7/8, T8/9, T9/10, T 10/11, T 11/12, T 12/L1, L1/2, and L2/3. Although these appear troublesome, there was no radicular pain to correspond with these lesions.

Referral and treatment: Kristi was referred to an interventional radiologist for evaluation. Armed with the STIR imaging from the MRI, he was able to pinpoint the acute fracture and source of her pain. Kyphoplasty was planned for Feb. 27.

After site preparation and local anesthesia, a trocar was inserted into the T10 vertebral body under fluoroscopic guidance. Channels were drilled for balloons which were

inserted and inflated bilaterally. Methyl-methacrylate cement was then inserted into the balloons. Spot images were obtained in AP and lateral projections. She was monitored for two hours post procedure and tolerated the procedure well. She was discharged with Percocet 5 mg/325 mg PO Q6 hours PRN for pain. Her post-procedure instructions were to slowly resume normal activity and return to this clinic to resume care.

Approximately three days after the procedure, Kristi came to this clinic to visit. She was walking without assistance and driving herself. She had weaned herself off the pain medication that she no longer needed. She was well dressed and had rolled her hair (objective evidence that she could move upper extremities). She stated that she had some mild low back pain that she believes was her baseline, but could not perceive with the acute pain of the fracture.

Continue to chiropractic care: We will give her kyphoplasty some time to heal. Within the next couple of weeks, we plan to resume her chiropractic care with flexion distraction in the thoracolumbar spine. We have already begun Vitamin D3 5000 IU PO QD and 600 mg calcium citrate PO BID. We are progressing to weight-bearing exercise (walking). Smoke cessation is a goal which she understands is integral to her health.

What to take from this case: There are many patients who need the skill sets of multiple disciplines to address their issues. In this case, an internal medicine doctor chose to give her narcotics to cover her pain rather than discover the source. Because this was likely to be chronic and severe pain, this patient was headed to an iatrogenic opioid addiction. Before passing judgment, we must remember that internal medicine physicians are not skilled in musculoskeletal diagnosis or treatment. There could not be a better case for interdisciplinary cooperation.

Advanced imaging was crucial to identification of the specific cause of her pain. The skill set of an interventional radiologist was critical in removing that source of pain so that Kristi can return to work. The resumption of chiropractic care will guide Kristi into a quality of life she could not have imagined in early February. Integration advanced imaging, surgical intervention, and chiropractic in a team approach made all the difference.



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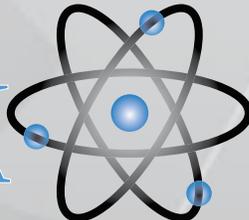
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2019 LEGISLATIVE REVIEW

Annual Chiropractic Day Brings Profession to the Table

GCA's Board of Directors with Gov. Brian Kemp, Feb. 14. From left, Dr. Vince Erario, Past President Dr. Leana Kart, Dr. Ben McDowell, Dr. Rob Alpert, President Dr. Clark Stull, Kemp, Dr. Karen Mathiak, Treasurer Dr. Philip Day, President Elect Dr. Michael Vaughn, Dr. Noel Steinle and Secretary Dr. John Webster.

By Carly Sharec

Around 100 chiropractors, chiropractic students, patients and supporters joined together during the Georgia Chiropractic Association's annual Chiropractic Day at the Capitol, held this year on Feb. 14.

"It was certainly one of our largest events at the Capitol to date," said GCA President Dr. Clark Stull. "Our goal this year was to show our legislators that we mean serious business when it comes to promoting our legislation, and I think we accomplished that."

The day was marked by speeches from prominent lawmakers and government officials, including the state's Attorney General Chris Carr, Sen. Renee Unterman, Secretary of State Brad Raffensperger and Sen. Lester Jackson, who is also the sponsor of Senate Bill 28, GCA's Co-Pay Legislation.

"The GCA is thrilled to report the coverage of our copay bill on CBS Atlanta and CBS Chattanooga, featuring our members Dr. Michael Vaughn and Dr. Josh Paxton," Stull said. "If you haven't had a chance to see it yet, go to our GCA Facebook page and pull up the links! We love featuring what chiropractic can do, especially in light of the opioid crisis facing our country.

"We're so grateful to the reporters for sharing our stories and our patients' stories with residents across the state," Stull added.

GCA's copay legislation, which the association has been pursuing since 2017, will prohibit insurers from "imposing a copayment, coinsurance or office visit deductible amount greater than such charges imposed on a primary care physicians or osteopath."

House Bill 9, the GCA-supported Lien Bill sponsored by GCA board member Rep. Dr. Karen Mathiak faced fierce opposition from both the Georgia Hospital Association and the Georgia Trial Lawyers Association. Mathiak continues to work with both groups on compromise language for the 2020 session.

"We're disappointed neither of our bills crossed over, but we will be meeting with key legislators over the summer and fall to make sure our bills pass next year," Stull said.

"The more doctors who get to know their legislators, attend Chiropractic Day at the Capitol and join the PAC, the more likely we will be to pass legislation. I urge everyone to get involved politically NOW. Don't wait for the next session. Set up a meeting with your legislators and get to know them. Better yet, donate to their campaigns," he concluded.



GCA on the Capitol steps at Chiropractic Day, Feb. 14.

GCA Lobbies U.S. Legislators **for Medicare, Tricare Expansion**

By Valerie L. Smith, M.A., CAE

Expanding access to chiropractic care for veterans and seniors was the key message brought to Washington, D.C., by Georgia Chiropractic Association President Dr. Clark Stull and Executive Director Valerie Smith, who joined Georgia's American Chiropractic Association delegate Dr. Robert Hayden to spread the message Jan. 17.

The group met with 12 Georgia legislators and/or their advisers, including Sens. Johnny Isakson and David Perdue and Reps. Hank Johnson, Sanford Bishop, Rick Allen, Austin Scott, Buddy Carter, Tom Graves, Rob Woodall, Barry Loudermilk, Drew Ferguson and John Lewis.

"I was so glad to have the opportunity to educate the legislative staffers and legislators on how expanding access to chiropractic can help prevent opioid use before it starts. Our seniors and veterans are particularly vulnerable to opioids, as these two populations can experience a lot of musculoskeletal pain," Stull said.

"In particular, we educated the legislators on H.R. 344 and S. 30, two bills that would add chiropractic to Tricare. Currently our active military suddenly lose chiropractic benefits upon entering the Tricare system when they retire. Our military personnel often need chiropractic the most



GCA President Dr. Clark Stull (left) and Executive Director Valerie Smith (fourth from left) with a group of chiropractic students in Washington, D.C.

because of the strain their jobs can put on their bodies," Stull explained.

"Additionally, we explained that Medicare currently only covers spinal adjustments and that could put a burden on seniors who need X-Rays, therapies or extremity work."

A Medicare bill was introduced late last year but was not voted on before the session ended. ACA is seeking a sponsor to reintroduce the legislation that would allow chiropractors to be reimbursed by Medicare for everything they do within the scope of practice in their states

Most of the legislators and staffers were open to the two issues. Rep. Johnson and Rep. Bishop both expressed support for the initiatives, while the others asked for more information, including the Congressional Budget Office score, which calculates how much money adding chiropractic to Tricare or Medicare would cost.



SAVE THE DATE!

THURSDAY, MAY 16, 2019

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2019 SPRING CONFERENCE AND TRADE SHOW JUNE 7-9, 2019



Shake, Rattle & Roll with GCA at the Annual Spring Conference & Trade Show

By Carly Sharec

The Georgia Chiropractic Association is taking it back to the 1950s at this year's Annual Spring Conference & Trade Show, June 7-9 at The DeSoto in Savannah.

"We're going to twist and shout this year," said conference committee co-chair and GCA Past President Dr. Leana Kart. "Our attendees should anticipate the same festive atmosphere that all GCA events provide, alongside our usual high-quality educational programming."

Something exciting happening this year is the Political Action Committee's new fundraising event, the Friday Wine Toss. Attendees are encouraged to bring a bottle of wine (or liquor) to donate to the GCA registration booth Friday morning to donate for this event. Then, at the Friday evening Welcome Reception, attendees can purchase three rings for \$10 – meaning three chances to win up to three bottles of wine in the ring toss!

"This new fundraising event is going to be a lot of fun," said Kart, who is also chair of the GCA PAC. "We need attendees to all chip in and bring a bottle or two of wine to donate, but also don't forget to stick around for the Welcome Reception for your chance to win a few bottles back!

"This is also fantastic for our PAC, as we continue to raise funds and our membership numbers to continue our support for the chiropractic legislative agenda," she continued.

Speakers this year include GCA member and member of

the Board of Chiropractic Examiners Dr. Joseph Krzemien; Dr. Jennifer Illes (sponsored by FootLevelers); Ms. Kathy Mills Chang (sponsored by NCMIC); and Dr. Beth Rizer from RockTape.

"We really try to bring in high-quality speakers that will cover a wide variety of topics, while always giving our attendees something to take right back to their practice," said GCA Education Committee Chair Dr. Chris Connelly. "It's exciting to be able to bring in so many highly-knowledgeable experts in their fields for our continuing education."

One big change attendees should be ready for in 2019 is a change to the schedule. Usually, GCA has offered the Georgia Law and Risk Management classes on Friday mornings. Beginning in 2019, those five hours will be held on Saturday morning instead, with Risk Management taking place 8 a.m.-noon on Saturday, June 8 and Georgia Law immediately following from noon-1 p.m.

"We hope this change will allow more people who need to take those two courses to attend," explained GCA President Dr. Clark Stull. "We hear from a lot of doctors who aren't able to get away from their practice on a Friday morning. At GCA, we believe our Georgia Law class is the most effective one available, thanks to us bringing in speakers directly from the Georgia Board of Examiners."

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Clinical Science: The Kinetic Chain from the Ground Up

8 a.m.-noon and 1-5 p.m.
with Dr. Jennifer Illes, D.C., M.S.
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SATURDAY, JUNE 8

Risk Management: Compliance in Health Care – What You Probably Don't Know that You Don't Know

8 a.m.-noon
with Ms. Kathy Mills Chang,
MCS-P, CCPC, CCCA
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Jurisprudence: Georgia Law

Noon-1 p.m.
with Dr. Joseph Krzemien, D.C.

Clinical Science: Athletic Care

2:30-5:30 p.m.
with Dr. Joseph Krzemien, D.C.

SUNDAY, JUNE 9

Clinical Science: Compression Band Flossing and Myofascial Cupping

8 a.m.-noon
with Dr. Beth Rizer
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6-7 p.m.

SATURDAY, JUNE 8

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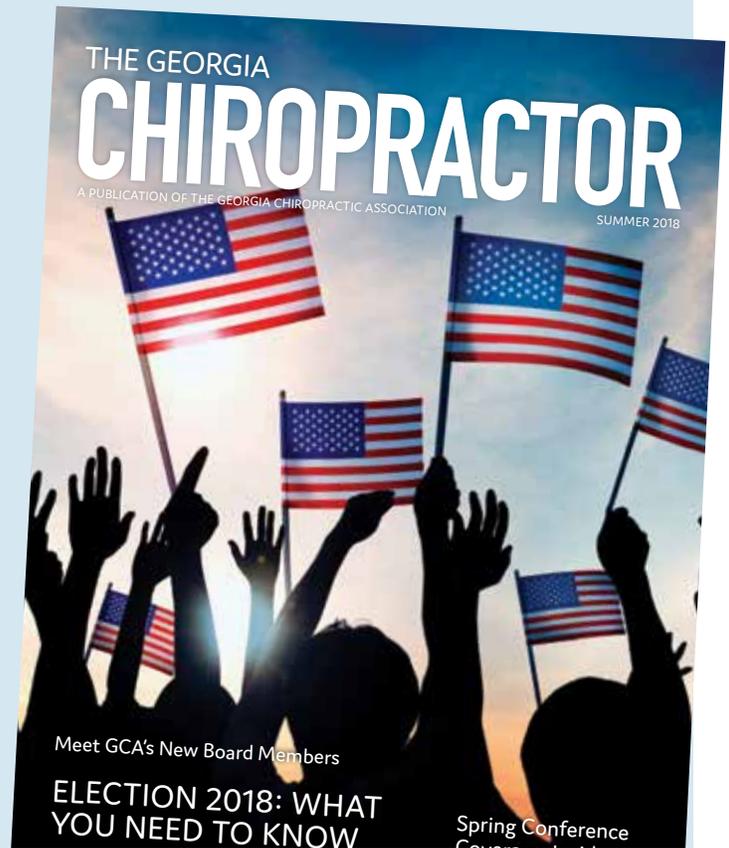
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NATIONAL NEWS

ACA Update: A Review of NCLC in D.C.

By Dr. Robert Hayden



Many thanks to GCA President Dr. Clark Stull and Executive Director Valerie Smith for their assistance in the National Chiropractic Leadership Conference in February. We had a record attendance of 831, approximately 25 percent better than the year previous. There were well over 350 meetings on Capitol Hill as we went to legislators and legislative aides. Registration for continuing education at this ACA meeting doubled since last year.

From a floor mic, I issued a challenge for fellow delegates to join the Governors' Advisory Cabinet. Nine doctors did just that, adding about \$10,000 to our general fund. One-hundred percent of the NexGen meeting attendees donated to the ACA-PAC, which raised more than \$17,000. We welcomed eight new PAC Chairman's club members.

A record number of 432 student members were in attendance (not from Georgia), and they are a terrific group. It is gratifying to see the growing diversity in future chiropractors. Classes are at least 50 percent female now, and we are becoming stronger through racial and gender diversity. The future looks bright.

The Board of Governors will be meeting with the Chiropractic Congress (formerly COCSA) in April to discuss support and collaboration on ACA's Medicare initiative.

You can also urge your representative and senator to cosponsor our TRICARE bills in the House and Senate with a few clicks of your mouse. Contact your House member to cosponsor H.R. 344 and contact your senators to cosponsor S. 30.

Since NCLC 2019, H.R. 344 has gained 12 cosponsors, totaling 14, and S. 30 has picked up three, bringing its total to five. For more information about ACA's governance efforts, visit acatoday.org/advocacy.

The most important thing ahead of us is Medicare reform. Nothing else on the horizon compares with it in importance to your practice. Stay focused on the ACA Medicare reform bill when you talk to legislators. Login to ACAToday.org and find the Georgia blog on My ACA for updates.

ICA Update: GCA Members Making a Splash Nationally

By Dr. Leana Kart

Our own GCA member, Dr. Steve Welsh, has been elected and will be sworn in as the next president for the International Chiropractors Association. This is very exciting news and we're honored to have him as part of the GCA family.

Georgia Chiropractic Association Past President Dr. Leana Kart has been announced as the Georgia representative for the International Chiropractors Association.

In February, an ICA representative was also asked to testify in New Mexico, providing expert review of the proposed HB 448, which presented changes to the Chiropractic Physician Practice Act. ICA's submission to the committee restated the importance of preserving the non-drug identity of the chiropractic profession. The bill has since been tabled.

ICA is also keeping an eye on immunization registry legislation being proposed in Rhode Island, which would create a statewide confidential database to track all immunizations. The bill does not clearly outline what information will be collected and how it will be used, leading to concerns in the ICA.

If you have any ICA-related questions, you can contact Kart at 404-350-0808 or visit the ICA website at chiropractic.org.



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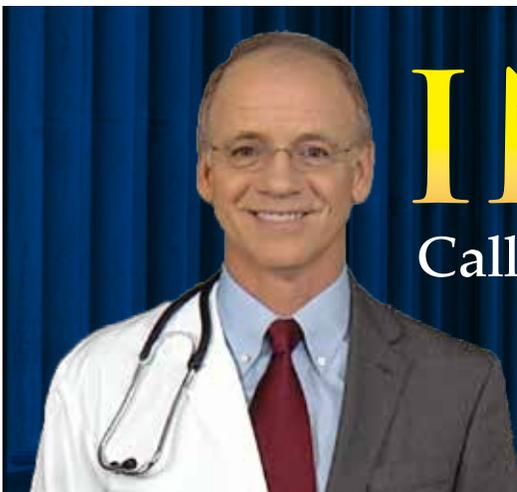
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*Attorney Ted Greve is a Georgia licensed doctor of chiropractic. He practices only law.

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THE FRONT LINE

By Laurie Simpson, C.C.A., C.C.C.P.C.

Education for Chiropractic Assistants is Essential

Recently, I had the pleasure of teaching the newest group of chiropractic assistants to join the hundreds that have gone through and graduated from the Georgia Chiropractic Association's Advanced C.A. Program. It's always exciting to meet new C.A.s. Their desire to learn and the energy they bring is infectious.

It amazes me that while chiropractors are all required to take continuing education every year in the state of Georgia, chiropractic assistants are not. As a matter of fact, if all they get is some basic in office training, that is satisfactory for this state as well as for some doctors. Sadly, too many are relying on outdated or antiquated systems.

Another issue I've seen is very similar to the game of "Telephone." In other words, the information being used was supplied by another doctor's office which they received from someone else's office and so on. As we know from having played "Telephone," this plan usually doesn't work.

One argument is that chiropractic CPT codes are minimal so there really isn't that much to know. But if you don't fully understand those codes to begin with, you've already started off on shaky ground. Additionally, CPT codes are only a part of what any C.A. should know. Some chiropractors still don't have a good grasp on understanding or billing Medicare.

Many doctors participate with several insurance companies. Many C.A.s don't have a clear understanding of what the payer's policy is or what the fee schedule is with the various companies and they don't even know where to look for them or who to ask. Some are just giving it their best guess when they are collecting a deductible or co-insurance amount versus actually finding out what that amount should be. Additionally, it is due to some of those contracts that you aren't getting paid for certain services you are rendering to your patients.

How up-to-date is your office with HIPAA? How many of you know about MIPS? Have you ever reviewed professional boundaries and ethics with your C.A.? Chiropractic assistants shouldn't just be someone you see as the person who answers the phone, does the scheduling, assists with patients and does the billing. Your chiropractic assistant is an extension of the doctor. They should be seen as an investment in your practice.

Why not start with getting your chiropractic assistant the education they deserve? The Georgia Chiropractic Association offers a chiropractic assistant course every year that will equip your C.A. with a firm foundation to build on. Additionally, throughout the year the GCA offers educational opportunities through seminars, conferences and webinars.

Any opportunity is a good opportunity to learn something. I've always been of the mindset that if I sit through any seminar and only learn 15 minutes worth of new information, I've learned something new. As for everything else, it was a great refresher course and a reminder that I'm on the right track.

Invest in your CA. Educate your CA. It will make a huge positive difference in your practice.

“

Why not start with getting your chiropractic assistant the education they deserve?

”

INSIGHTFUL IMAGING

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



A Valuable Line

Radiology is filled with a significant number of lines, angles and measurements. Although the total number is large, radiologists rely on only a small number of them. One of the most valuable of these is the Cervical Gravity Line also called the Gravitational Line.

This line is easy to create. Simply drop a true vertical line down from the tip of the dens. The line should pass through the vertebral body of C7. When the line is anterior

to C7 it is abnormal. When the line is abnormal it indicates there is likely to be abnormal biomechanical stress at the cervicothoracic junction. The increased stress also predisposes to degenerative changes in this region.

Of great importance, the Cervical Gravity Line is independent of the shape of the cervical curve (see fig. 1-3). Since the distance from the line to the anterior body of C7 can be measured, it is also an objective measurement.



(Figure 1). Abnormal gravitational line with a normal curve.



(Figure 2). Abnormal gravitational line with a reversed curve.



(Figure 3). Abnormal gravitational line with a flattened curve.

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.

MEMBER SPOTLIGHT

By Carly Sharec

Renaissance Woman Dr. Modaresi Brings Passion to Chiropractic



Having grown up in Iran, Dr. Tannaz Modaresi always was fascinated by the human body and how it worked.

“As a little girl, I remember walking on my dad’s back to relieve him from joint pain,” she said. “So when I learned what chiropractic is and how it tied to pain relief, it clicked in my mind as to what I was doing back then, and I just

knew that I wanted to be a practitioner.”

She had moved to the United States with her husband, who is an American citizen, and they made their home in various states as he completed his medical degree. When he completed his education, they decided to make their home in Georgia.

Modaresi, who had graduated with a bachelor’s degree in biology in her home country, went on to graduate from Life University in 2010 having been introduced to chiropractic by a friend. She is now the owner of Injury & Wellness Specialists of Georgia in Roswell.

She prides herself in working with a variety of health care professionals in treating patients.

“Although I choose to practice alternative medicine, I respect different opinions and will certainly work hand-in-hand in terms of what’s important to comanaging the patient,” she said.

Outside of chiropractic, Modaresi is a bit of a Renaissance woman with multiple interests. She enjoys exercising, especially when she can get her kids involved with a game like basketball.

“I was the captain of the basketball team in high school, and I still love it!” she said. She also enjoys traveling, dancing, socializing and shopping.

For chiropractic students, Modaresi has the following life advice: “I want them to make their education a top priority,” she said. “Really, it’s about trying to make the most out of your life. And realize that failure is just something that we can learn from. You learn something new out of every experience. Don’t be scared to fail!”



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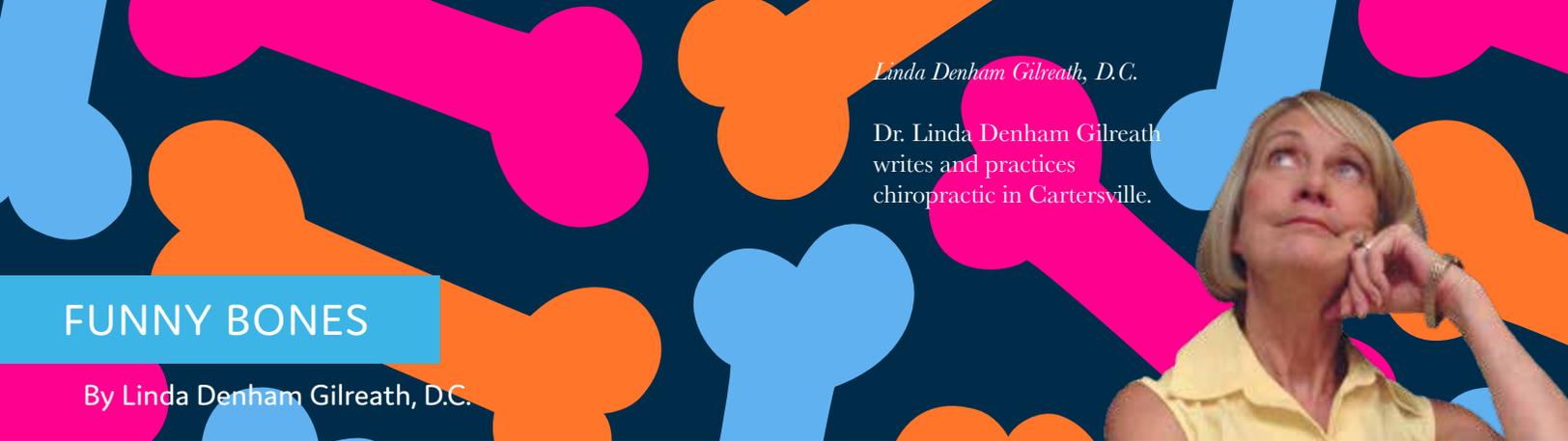
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Dr. Linda Denham Gilreath writes and practices chiropractic in Cartersville.

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By Linda Denham Gilreath, D.C.

The New Deal

At the beginning of a new year, people make deals with themselves to improve in various areas. I made a deal, dare I say resolution, to become more physically fit. It started going downhill rapidly the day I figured out that I was not middle aged. It was a startling revelation. When I did the math I had to admit that no one lives to be 136. The next thing I had to admit was there were things that just were not going to happen in my life. For instance, I was never going to become a professional ice skater. Heck, I was never going to become an ice skater of any kind. My daughter's friends were astonished when I would state "I can do that" during an Olympic ice skating performance. Their admiration was short-lived when, without missing a beat, my daughter flatly stated, "No she can't."

Fast forward, to watching my 7-year-old granddaughter's dance performance that motivated me to get fit. I was beginning to get that gleam in my eye when I looked up the Danzia I-Flex stretch unit. Amazon Prime priced it at \$41.29, a small price to pay for being able to get your leg over your head. There were only three left in stock when my grandson looked over my shoulder and said "Getting it down could prove to be a disaster."

The Internet is full of information to reboot your image, some of it useful. The no. 1 thing you are too old to wear on "The 20 Trends You Are Too Old to Wear" is bedazzled jeans. Not to fear, those spangles will never see my rear end.

No. 3 on that list was excessive cleavage after 50. That ship never sailed.

Moving right along to review no. 4 on the list - sky high stripper heels, knee high gladiator sandals or thigh high boots. I have never been able to keep up with fashion trends in shoes due to my painfully narrow foot. I was emotionally scarred by having to wear brown and white saddle oxfords when the entire world had on the smart black and white models. Once, I succumbed to the allure of the platform shoe only to be humiliated when I splattered on the sidewalk as I attempted to walk. My legs were too skinny for boots until was I was 45. Prior to that, the look I had going on was similar to a stick stuck in a bucket, not particularly attractive. Now that my legs are bigger, I am too old.

Who needs to be reminded that after 30 you are too old for boastful graphic T shirts? For starters, the manufacturers of Foxy Ladies' Shirts need to rethink the manufacturing anything over a size 3. We have all seen the Foxy Ladies shirt come in our office. My first thought, "Who told you that?"

So I am leaving the fashion trends behind me. I am sticking to walking up mountains (big hills really), and doing reasonable exercises. I have some DVDs coming in the mail. I love Amazon Prime.

Editor's Note: A version of this article ran in the Winter 2017 edition of The Georgia Chiropractor.

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