

Dec/Jan 2019

# The Audible Release

#### **Season's Greetings**

By Dan Roode, D.C.



Hopefully our PCCS members enjoyed their time at the PCCS Annual Holiday Party. This year the format was much more relaxed and casual, giving everyone a great reason to enjoy our iconic coast at

Clearwater Beach. Food, drink, instantly-framed photos, merriment and great company were all provided to give everyone a wonderful carefree evening. I want to thank Central Imaging Open MRI who was our photography sponsor. Dr. Thomas Boland also helped with the cost of the incredible dinner.

As we exit the holiday season we hit the ground running into 2019! Or stumbling, but I encourage you all to hit it running. Run for your practice. Run for your loved ones. Run for your profession. Run for office. Ok, while we could certainly use a voice on the inside, we'll treat that last one as optional.

By the way of speaking of office...Chiropractic Day at the Capitol is scheduled for Tuesday Jan 22<sup>nd</sup>. As always, chiropractors from all over the state will be meeting with their local representatives. Details will come soon on transportation to the capitol if you can come rally with many of the PCCS board members. If you can not make it, consider making a donation to the Political Action Committee (PAC). If you haven't renewed your 2019 membership yet, you can make a \$50 contribution with your dues.

Yours in health, Dan Roode, DC



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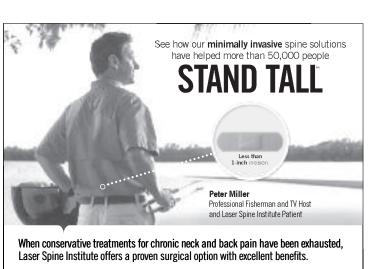
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The Audible Release provides news and information that is both educational and informative to the chiropractors and their associates in the Pinellas County area.

Society news, staff changes, personal announcements, photos and success stories are welcome. Articles about chiropractic procedures and issues concerning the practice of chiropractic should be submitted to the editor. Advertising inquires should be made to the publisher or visit us online at www.pccschiro.org

The deadline for ads and articles is the 7th of every month.

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#### Calendar of Events

#### December

#### 1 PCCS HOLIDAY PARTY

Location: Marina Cantina - Clearwater Beach

For 2018 Members and Sponsors

Invitations and Evites to come soon

with the details.

11 12:30pm Board of Directors Meeting

Location: The Crafted Plate

#### January

**8** 12:30pm Board of Directors Meeting

Location: The Crafted Plate

22 Chiropractic Day at the Capitol

29 6:30pm: General Meeting

Location: The Crafted Plate

(located inside the St Petersburg Marriott)

Speaker: TBA Topic: TBA

#### Febuary

12:30pm Board of Directors Meeting

Location: The Crafted Plate

**26** 6:30pm: General Meeting

Location: The Crafted Plate

(located inside the St Petersburg Marriott)

Speaker: TBA Topic: TBA





# New Website Feature:

Find a PCCS Sponsor

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Plans for social media advertising later this year.

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For corrections, contact:
Mark Lipkin DC

# PCCS Holiday Party 2018



Audible Release, Dec/Jan 2019

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#### THE RADIOLOGIST'S VIEW

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#### The Principle of ALARA

There has been increasing attention given to the proper use of diagnostic radiology through a campaign known as "Choosing Wisely". The American Chiropractic Association (ACA)

participated in this campaign and endorsed a statement concerning the use of x-ray in certain patients with low back pain which resulted in a discussion within our profession regarding the wording of the statement. Many chiropractors became concerned that the statement would stifle their clinical decision making and allow third party payors to deny payment for radiology services. However, regardless of any

declaration about the proper use of radiation, the clinician must always be aware of the potential harm to a patient inherent in using ionizing radiation and therefore take appropriate action to minimize that harm. The privilege to use diagnostic radiation comes with the responsibility to use it in accordance with standards that minimize patient dosage and maximize clinical information. This concept or principle is a regulatory requirement known as ALARA.

As defined in Title 10, Section 20.1003, of the *Code of Federal Regulations* 10 CFR 20.1003), ALARA is an acronym for "as low as (is) reasonably achievable," which means making every reasonable effort to maintain exposures to ionizing radiation as far below the dose limits as practical, consistent with the purpose for which the licensed activity is undertaken, taking into account the state of technology, the economics of improvements in relation to state of technology, the

Cont On Pg 8

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Susanti Chowdhury, MD, PA

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#### THE RADIOLOGIST'S VIEW (Cont From Pg 6)

economics of improvements in relation to benefits to the public health and safety, and other societal and socioeconomic considerations, and in relation to utilization of nuclear energy and licensed materials in the public interest.

ALARA is a conservative philosophy based on the hypothesis known as the non-threshold linear relationship. That is, radiation dose in any amount has a negative effect on biological tissue at a cellular and genetic level. Although there are many who believe that there is such a thing as a safe level of radiation (a threshold relationship), the standard of ALARA remains a prudent concept.

There are three principles or factors that are effective in achieving a dose ALARA in the patient and the person taking the x-rays:

Time – Utilizing the minimal time of exposure directly reduces radiation dose. This includes the use of sensitive film, screens or digital sensors.

Distance – Remember the inverse square law. By doubling the distance between you and the radiation source will reduce your radiation exposure by a factor of four.

Shielding – Lead shielding in the appropriate places. This should include the proper use of collimation.

A clinician also has a duty to adhere to the ALARA principle. This can be accomplished by carefully and properly choosing those patients that require the use of ionizing radiation to arrive at an accurate diagnosis. The benefit of the information obtained from a radiograph must outweigh the potential injury to a patient. This applies, regardless of whether you perform the x-ray study yourself or send the patient out to an imaging facility. Although repeating images should be minimized, they are sometimes necessary to achieve the level of benefit needed to justify the radiation dose.

Think about this; if you evaluate and manage your patients with careful attention to diet, exercise habits, stress levels, environmental insult as well as standard examination, why would you subject them to ionizing radiation if not for the patient's benefit? You can minimize this risk by utilizing and familiarizing yourself with the principle of ALARA.

Terry D. Sandman, DC, MPH, DACBR drtsandman@aol.com

 $\hbox{@ }2018$  by Terry D. Sandman

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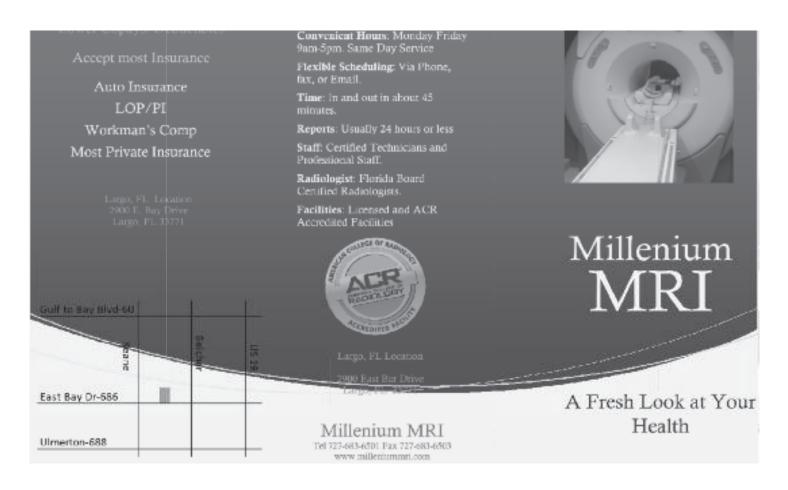
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See page 5 for the 2019 Membership Application if you have not already mailed it in.
Contact Jennifer Comey, Executive Director, with any questions regarding membership at ed@pccschiro.org

We appreciate your support of our society which works hard to serve & represent you.

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Once again we will be chartering a bus. The trip is **FREE** to 2018/2019 paid chiropractic members of the PCCS. The cost to staff and non-members will be \$50.00. The bus will be leaving the parking lot at the Holiday Inn in the Icot Center (13625 Icot Blvd, Clearwater) promptly at 6:00pm on Monday January 21<sup>St</sup>. Accommodations for that night can be made through the FCA (contact Jennifer Comey or your local society executive director for information). The bus will return on Tuesday night approximately 11:30pm.

#### **ITINERARY**

Monday, January 21st:

6:00 pm: Bus leaves from the Holiday Inn to Tallahassee 11:00 pm: Bus arrives at the Holiday Inn/Comfort Inn

Tuesday, January 22<sup>nd</sup>:

Meeting with legislators from our area and others who have significant impact on healthcare. Breakfast & Lunch will be served compliments of the FCA. (See FCA itinerary for details of specific times)

\*\*\*Be sure that you register with the FCA\*\*\*

6:30 pm: Bus leaves Tallahassee 11:30 pm: Bus returns to the Holiday Inn

If you cannot attend, please consider making a donation to the local chiropractic PAC (Political Action Committee) to financially support our efforts.

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\*\*\*Please contact Jennifer Comey, PCCS Executive Director, at (727) 560-6302 or by email at ed@pccschiro.org, if you plan on joining the PCCS group on the chartered bus trip.

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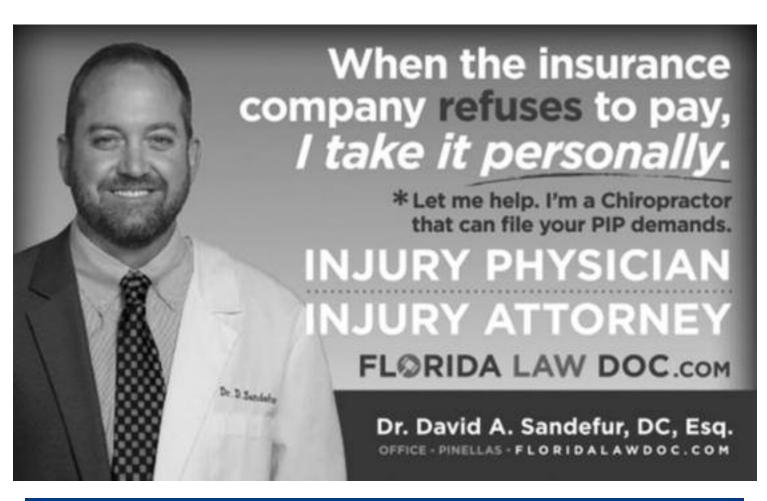
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