

The Audible Release

Keeping “Us” healthy



By Jen Gantzer, DC, MS, FACN, DACBN, LAc

New for 2021, we are incorporating short educational videos in lieu of cancelled educational dinner monthly meetings to add value to your membership.

Dr. Comey begins the 2021 educational videos with a short video on “What is Chiropractic Neurology” and in March I present “What is Chiropractic Nutrition” posted under the website Events tab.

As conservative care doctors, we emphasize proudly and successfully how to treat patients without medications or surgeries to the best of our abilities until our treatment efforts have been exhausted with our best efforts, at which time we appropriately refer out for co-management. With this said, how many times do we forget to “take care of ourselves”, with the caveat being, *doctors are the worst patients.*

To further highlight our newly incorporated 2021 educational video series, over the next few months of “Audible Release” newsletters I’m going to present a short series of “tips” on ways to “help you help yourself”, especially in this epic time period of rampant viral exposures further challenging our body’s immune

system and all the internal intimately inter-connected pathways and systems that are also required to keep or return a body to optimal functioning, homeostasis, and better handle unwelcomed microbial or toxic exposures. Each newsletter discussion will be supplemented with a short educational video posted under our Events tab.

- Part-1 – Protecting Against COVID -
Supporting Immune System + Natural Anti-Virals
- Part-2 – Intelligent Eating – What, Why, and How
- Part-3 – Combat Pain + Degeneration -
Antioxidants + Anti-Inflammatories
- Part-4 – Decrease your Toxic Burden
Supporting Liver Detox + Elimination
- Part-5 – Hydrate + Alkalize -
The importance of H₂O, pH, and Electrolytes
- Part-6 – Gut-Brain Axis –
Supporting Digestion, Microbiome, and Bowels
- Part-7 – Intermittent Fasting + Ketosis –
Its role in Reversing Disease
- Part-8 – Managing Stress - Why and How

Furthermore, we are inviting our Sponsors over the course of the year to also present a short video on a topic of their choice supporting PCCS chiropractors and topics vital to the success of the chiropractic profession.

I am excited to begin this new feature for our members, and hope you enjoy!

VISIT US ONLINE AT WWW.PCCSCHIRO.ORG

be sure to checkout our *member special*
monthly 1 FREE online credit
Details on pg 2 and online under Calendar

Be sure to view the Evite invitation from Dr. Gantzer
PCCS - "2 FREE online CE courses" – required's too

HOST: PCCS

PCCS - "2 FREE ONLINE CE COURSES"
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Monthly “limited time” 1 FREE online CE credit

As an added member benefit during these months of cancelled general monthly meetings, members in good standing will be reimbursed for ONE online CE course of general or required topics, up to a value of \$15 per calendar month; including FCA’s Chirolearn.org or any other online CE course.

Payment will be mailed once meetings resume and will include the total of all monthly classes completed and submitted to the PCCS. (effective Jan. 1, 2021 through the month prior to resuming in person general meetings).

2 submissions allowed for February; up to \$30 reimbursement

**2021 online available required courses include:
ETH/RM/MED/FL/DOC**

<https://pccschiro.org/1-free-online-ce-hour/>

Instructions to claim your monthly FREE online CE hour*

1. Register and complete your preferred online CE course
(NOTE: FCA’s online CE platform Chirolearn.org requires 24-hour set-up of account for first time users)
 - FCA members \$15
 - Non-FCA members \$25 (reimbursement for non-FCA members is limited to \$15)
2. Save your “Certificate of Completion” as a pdf
3. Email your “Certificate of Completion” to drtomhughes@hotmail.com and drjgantzer@gmail.com and note in the subject line “Free CE credit – certificate of completion”
4. A \$15 reimbursement refund per CE will be mailed once meetings resume and will include the total of all monthly classes completed and submitted to the PCCS. Limit 1 per month eff. 01-01-21 through the month prior to resuming in-person meetings.

Limit 1 per month; EXCEPTION: 2 FOR FEBRUARY TO INCLUDE JANUARY EXTENSION

A Spotlight on our NUHS Student Ambassadors

NUHS Student Ambassadors of the BOD

Joshua Richardson is a 10th Trimester intern at the

National University of Health Sciences (NUHS)- Pinellas Park, currently pursuing a Doctorate in Chiropractic. In addition to being a PCCS student ambassador, he is also a student



ambassador for the NCMIC Starting into Practice Program.

After earning a bachelor's degree in chemistry at the University of South Florida, he decided to pursue holistic medicine to have an impact on the community around him. He has many interests including education, radiology, and photography. Joshua is a Florida native, originally from Miami, who looks to build a practice focused on the health, wellness, and education of the community.

Joshua finds it integral to work with other healthcare professionals. One example of this, he began to work as a tutor for SPC's New Initiative Program preparing future nursing students for their careers. He possesses many skills with proficiency in using many modalities, Anatomage table (virtual cadaver), and a peer tutor for NUHS. He also is an active member of the American Chiropractic Association ACA and Florida Chiropractic Association striving to progress the chiropractic profession.

NUHS Student Ambassadors of the BOD

Deric Lovett is a student in his 9th Trimester at National University of

Health Sciences - Pinellas Park (NUHS) where he is earning his degree as a Doctor of Chiropractic (DC) and an alumnus of the University of South Florida - Tampa (USF) where he earned his bachelor's degree in Biomedical Sciences.



Deric is now board - certified to perform acupuncture and interns as a chiropractor at the NUHS Whole Health Clinic and NUHS Veterans Clinic.

Deric is an active member of the American Chiropractic Association (ACA), Florida Chiropractic Association (FCA), and a NUHS Student Ambassador Board Member in the Pinellas County Chiropractic Society (PCCS). He is a peer tutor at NUHS for Human Biochemistry, Chest and Abdominal Anatomy, Nutritional Biochemistry II, Botanical Medicine I, and Botanical Medicine II.

Deric prioritizes being involved in his community, as well as the advancement of chiropractic with a multitude of local volunteer work and a number of attendances in legislative events with the ACA and FCA. After graduation, Deric aspires to grow as a pillar in Pinellas County community as a chiropractor, philanthropist, and humanitarian. His current goals are to utilize his opportunities to advance his clinical knowledge and refine his skills as a chiropractic physician.

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The Audible Release

is published 10 times per year
and unlimited downloads available online.

Dr. Jason Miller: Editor

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.

P.O. Box 7515
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www.pccschiro.org

"LIKE" the *Pinellas County Chiropractic Society* on Facebook

Website enhancements are continuing to be successfully implemented.

If you have not already, be sure to check your "designated member page" which contains your unique URL web address for the listing.

Contact us if any edits or updates are necessary and be sure to use your unique PCCS member URL to enhance your marketing and web exposure.

More updates still to come.

Calendar of Events

February

9 12:30pm Board of Directors Meeting
Location: Zoom

March

9 12:30pm Board of Directors Meeting
Location: Zoom

April

14 12:30pm Board of Directors Meeting
Location: Zoom



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SILVER

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PCCS PAID MEMBERS 2021

"Thank you to the chiropractors below that are supporting the PCCS and PAC in 2021"
See page 15 for the 2021 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.
Names listed in **BOLD** have donated to the PAC
In their membership dues
(Political Action Committee)

PAC donations are additionally recognized on the member directory with a "PAC Star"

Woody Brown, D.C.
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BOARD CERTIFIED RADIOLOGISTS

THE RADIOLOGIST'S VIEW

NEW YEAR'S RESOLUTIONS

At the beginning of each New Year most of us go through the process of establishing resolutions. With anticipatory excitement, we create a wish list that include things we want to do but are not obligated to complete. The common list includes losing weight, exercise more and spend more time with family. In general, the goal is to improve one's life, both personal and professional. As a clinician, you likely have resolutions for your office, many of which are oriented toward increasing income. In regards to New Year's resolutions in your professional life, one should consider ways in which to improve the use of diagnostic imaging services in your office. Here are some suggestions:

1. UPGRADE YOUR EQUIPMENT - There are many practitioners who have had the same equipment and have utilized radiology in the same manner for the past 20 to 30 years. I still read x-ray films that use individual lead letters and numbers to identify the patient's name and date of films. (Many of you are not even familiar with that form of film identification.) If your film cassette screens create artifacts or your film processor sounds like an infant's squeaky toy or the Smithsonian has asked to exhibit your equipment, it is likely a good time to upgrade. If you do, it needs to be digital and it needs to be good quality. Prepare for sticker shock.

2. QUALITY ASSURANCE – As physicians, we have a duty to do what is best for the patient. In regards to diagnostic imaging, it is important to develop a specific and comprehensive protocol for your imaging services. This begins with the decision to use some form of diagnostic imaging and ends with the final product...the actual image. Review all the steps that are required to accomplish this and determine where changes can be made to minimize patient exposure and improve image quality.

3. IMAGE QUALITY – Are you satisfied with the quality of your images? Poor quality images reflect on both you as a practitioner and on the entire profession. Make it a goal to improve your image quality with the equipment that you have. There are often simple fixes to the common errors that are seen in image production. If

necessary, review your factor chart (if you still use one). Equipment needs to be calibrated, screens and processors need to be cleaned regularly and darkrooms need to be dark. If you have digital equipment, be sure the software is up to date and any required maintenance is performed. Collimate, collimate, collimate. This improves image quality and can reduce patient dosage.

4. EDUCATION – The most important function of the practitioner regarding diagnostic imaging is to determine when imaging is indicated and which is the appropriate modality to order. Don't practice by habit. Each case is different and therefore the requirements for imaging are different. Learn the advantages and disadvantages for each modality so that you feel more confident in your orders. Know when to use contrast MRI and understand why CT may be a better choice in some cases. Develop a clear rationale for ordering flexion and extension x-ray or MRI images. Understand the value of images that you do not regularly perform, such as chest films. Learn to navigate the various image viewers that are contained on CDs produced by imaging centers. Review basic terminology that may be contained in an image report. Review State rules and regulations that relate to the use of ionizing radiation and be certain you are in compliance.

5. IMAGING CENTERS – It seems that there is an increasing number of physicians that are opting out of the responsibilities of owning their x-ray equipment and are choosing to send patients to a local diagnostic imaging center. Choose the center wisely. Make it a goal to visit a center, introduce yourself and learn about the equipment that they have. Be sure that the center knows your needs, who you are, what you do, what your profession is about and that it has radiologists with which you are comfortable in consulting.

I would imagine that creating New Year's resolutions, in regards to diagnostic imaging, is not a top priority. But one of mine is to continue to help and encourage the clinicians in our profession to do that which is best for the patient when it comes to ionizing radiation and other forms of diagnostic imaging.

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

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Benefits to Join/Renew

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In-Person and Virtual for 2021; return is TBD

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The Audible Release Newsletter

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and click "Join Now or Get Involved"

Message from the PCCS President

I am excited to share with our current and potential new members several changes we have implemented for this upcoming 2021 membership year including updated website with enhanced member directory, general meetings hosted both in-person and virtual via Zoom once we can safely return to socially distanced general meetings, and online application and renewals accepting Venmo/Paypal. We are also working to establish member advertisers who offer discounted products/services especially to our PCCS members and look forward to continuing to offer additional opportunities for our community of PCCS chiropractors and valued sponsors.

Dr. Gantzer DC, MS, DACBN, FACN, LAC

ABOUT THE PCCS

The goal of the PCCS is to preserve, promote, protect, and advance the Chiropractic Physician profession. The PCCS was founded in 1952 and is a camaraderie of chiropractors and chiropractic students who are proactive and passionate about our chiropractic profession. Most importantly, your PCCS membership annual dues along with several annual fundraising PAC events support the chiropractic profession and aid to maintain our Florida chiropractic scope of practice.

We understand the current COVID economic stress and sincerely appreciate your 2021 FL chiropractic financial support.

2021 Meetings and Events

We typically host 8 monthly member general meetings, a social mixer, a holiday party, and 3 annual events; the exception is the current cancellation of general meetings under the safety and precautions of COVID. General Meetings will remain postponed until further notice awaiting CDC post-holiday updates; returning as soon as possible. Upon return, hopefully during the first quarter, and new for 2021, our general meetings will be offered both virtual and in-person to increase meeting availability for those who cannot travel or are not comfortable attending in-person.

The 8 general meetings are held the last Tuesday of the month which begin at 7:00 pm with pre-meeting networking at 6:30 pm as members and sponsors begin to arrive. Dinner is followed by a featured speaker on a Chiropractic related topic with the meetings concluding around 8:30pm.

In lieu of the general meetings we cannot host in-person at the onset of 2021, the board of directors are intimately working on other avenues of monthly online education and other member benefits, which we are excited to be offering.



PCCS 2021 Membership Application & Invoice
January 1, 2021 thru December 31, 2021

The following will be displayed in the website member directory

Name: _____

Credentials and Post-doctorate certifications:

Circle all that apply: DC MS LAc DABCI DACBN DACNB DACBSP DACBR DICCP

Select One: New Member / Renewal / New Member 1st Year DC

Renewals Only: complete below IF YOUR CONTACT INFO has changed

Office or Company Name: _____

Office or Company Address: _____

Multiple office locations: _____

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Office Phone: _____ Office Fax: _____

Cell phone (for PCCS communications): _____ On directory? Y / N

*Membership is for the chiropractor listed above only & is non-transferable.

New Members and Renewals:

- Annual Dues with a \$50 voluntary contribution to the PAC = \$225.00**
- Annual Dues = \$175.00
- 1st Year DC: Graduated in 2020
- 1st Year Licensed D.C. Annual Dues +\$50 contribution to the PAC = \$149.00**
- 1st Year Licensed D.C. Annual Dues = \$99.00

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NEW FOR 2021: General Meetings will be held In-Person and Virtual via Zoom to accommodate travel and social distancing**

****General Meetings will remain postponed until further notice awaiting CDC post-holiday updates; returning as soon as possible**

PCCS membership annual dues support the chiropractic profession and Florida scope of practice;
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