

The Audible Release

“Helping to Protect Against COVID” - “Support & Protect”



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

As conservative care docs, we are the ultimate example of understanding how to support the body's natural means of healing, and when it comes to supporting the immune system it's no different; we must provide

the constituents the body and immune system needs to launch a successful attack against the invader, develop immunity and its lasting memory to fight fast and efficiently if it's encountered again, and protect against the *cytokine storm* commonly generated during onset of many infections (especially viral).

A cytokine is a small protein generated and secreted as a means of cellular communication and signaling (think of an ant at a picnic who found a crumb and within a few seconds called the whole mound over); they are vital during acute injury and infection at 'basal levels' to respond, with the most common ones being TNF (tumor necrosis factor), IL (interleukins), and IFN (interferons) with the latter being one of the most important to successfully launch an immune response against viruses serving as the first line of defense. However, they can become pathologic and damaging if they are in excess and that is called a *cytokine storm* which is an exaggerated response to an injury or infection with excessive release of cytokines (1-3). The cytokine storm is clinically associated with symptoms such as fatigue, malaise, fever and extreme cytokine storms can lead to end-organ failure and morbidity (4).

Secondarily during infection is increased *oxidative stress*. During an infection, the immune system purposely and successfully utilizes oxidative stress to fight invaders, with the most common being ROS (reactive oxygen species) such as superoxide anion

(O₂⁻), hydroxyl radical (OH⁻), and hydrogen peroxide (H₂O₂) at 'basal levels' to attack and kill the invader. However, when in excess these ROS can cause damage as well as be another source of fatigue, pain, and malaise during infection. Oxidative stress is also associated with aging and many chronic diseases, unfortunately being a villain already in excess. Since oxidative stress is a normal part of infection but in excess is damaging it's important to protect against oxidative stress and its damaging effects regularly but even more so during active infections, and we do this with essential nutrients: vitamins, minerals, and amino acids (5,6).

In chiropractic nutrition, we focus on the biochemical pathways that utilize *essential nutrients* that sustain cellular function at the molecular level. The vital understanding of *essential nutrients* are those which the body need for optimal function of which it cannot synthesize on its own; therefore essential nutrients are vital to function yet must be obtained from food and/or supplements. During an infection, the essential nutrients are required at higher amounts than the normal daily intake (RDA, recommended daily allowance) which is the minimum amount to prevent disease, as their demand and physiological requirement increases. If they are low it's more difficult for the immune system to fight the invader, meaning worse infection, more symptomatic and longer duration to clear it, as well as increased susceptibility to damage from cytokine storms and oxidative stress.

The following essential nutrients are some of the most important regarding how to support the immune system, protect against oxidative stress, and have the best clinical outcome with less symptoms and shorter duration following a viral infection:



Seventh Annual Pinellas County Chiropractic Society

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TRAPSHOOTING TOURNAMENT

Thurs Day
MAY 13
2021

This is a trapshooting event that will be held at the Silver Dollar Trap Club in Odessa. No previous gun handling experience or equipment is needed, as there will be registered instructors to help each participant in the safe use and handling of the shotguns. There are no age restrictions for participating.

Proceeds from this FUN event will benefit the PCCS PAC and will be used to support campaigns of State Legislators that support the chiropractic profession.

PRICE

(includes one practice round and two tournament rounds of trap, trophies and lunch!):

Current PCCS
members and their guests
\$85/person

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\$95/person

Corporate
sponsored team of five
\$400/team

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Lunch Sponsor: Recognition of sponsoring the Lunch during the awards ceremony \$300

Make checks payable to: PCCS PAC

Time: 10:00 AM
for squad assignments (must be prompt)

Address: 12515 Silver Dollar Dr., Odessa, FL 33556

- Fish Oil omega-3 (ALA, EPA, DHA)
- Copper, Zinc, Manganese, Iron, Selenium
- Cysteine as NAC (N-acetyl-cysteine)
- Fat Soluble Vitamins A & D
- Water Soluble Vitamin C + the B-vitamins

Fish oil omega-3 fatty acid supports an anti-inflammatory body habitus and is cardioprotective and neuroprotective and will soften the effects of the cytokine storm from viral exposure and infection. The minerals Copper, Zinc, Manganese, Iron, and Selenium support the body's natural defense mechanisms against oxidative stress. NAC is the building block of one of the most potent protectors, Glutathione, and low levels of the minerals, NAC, and Glutathione are associated with significant oxidative stress, pain, degeneration, and worsened clinical outcomes following infection; they have also been shown to be specifically protective against URI (upper respiratory infections). Vitamin D alongside Vitamin A synergistically (together do it better) act in a pleiotrophic (non-vitamin, genetic role) manner to ensure immune cells are activated during infection to successfully launch the invader attack. Yes, that means you need BOTH and TOGETHER to

support the immune system's ability to fight invaders. Vitamin C too has a direct secondary role which provides fighting power directly to the immune cells when foreign invaders present and it also assists in their activation to launch their attack. The water-soluble B-vitamins along with Vitamin C are potent antioxidants contributing significant defense to fight ROS and guarantee protection against oxidative stress. Pairing the above with coconut oil and its antiviral monolauric acid plus the amino acid lysine are also immensely supportive for protection and defense against viral infections and URI (5-15).

As chiropractic physicians, we need to protect ourselves to be our best and strongest, yet we have an opportunity to offer nutritional supplementation recommendations to our patients to support their immune systems and ability to fight the potential damaging effects of encountering viral exposures and oxidative stress (16-19) complimentary to the beneficial effects of the chiropractic adjustment and as an additional service of conservative care. We can have a direct impact on not only our own health, but that of our patients, and furthermore, that of our community.

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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.

Limit 1 per month; during cancelled general dinner meetings.

Instructions on the website www.pccschiro.org under Calendar.

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.

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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

April

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

May

11 12:30pm Board of Directors Meeting
Location: **Zoom**

13 10 am PAC Shoot
12515 Silver Dollar Dr., Odessa, FL 33556



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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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THE RADIOLOGIST'S VIEW



WHAT HAPPENED?

The most critical information that the radiologist needs to arrive at an accurate finding is often the most difficult to extract from an injured patient. That is, how the patient was injured or more specifically, what was the mechanism of injury. Why is this important? Because during interpretation of an image it is much easier to find an abnormality if there is a clue as to what it is one is looking for. That is not to say that an abnormality cannot be seen without a hint, but the process is made easier. This all leads up to the point that an adequate history is necessary to efficiently evaluate an image. In cases of trauma this history must include the mechanism of injury.

Often, the mechanism of injury (MOI) is incompletely stated or insufficient. Motor vehicle collision is not an MOI, neither is the term fall, slipped, bent wrist and so on. Even the ubiquitous acronym FOOSH (fall on outstretched hand) is incomplete, as it is void of a descriptor of mechanism. In other words, it is important to know if the wrist was flexed, extended, or stressed in a valgus or varus position. Knowing the MOI gives the radiologist a “heads up” as to the most likely area that is injured. Even if the initial images are normal, the mechanism of injury, in combination with other clinical information, may yield sufficient justification to order specialized views or advanced imaging in search of evidence of injury.

The mechanisms of injury to the cervical spine include: axial compression, hyperflexion with or without rotation, hyperextension with or without rotation, lateral flexion and distraction. Many injuries are due to a combination of mechanisms. For example, flexion and distraction. And some fractures can be the result of various mechanisms. For example, three types of fractures can involve the odontoid process and include avulsion at the tip as well as transverse fractures at the base. These can be due to flexion, extension or distraction. A relatively common fracture, the clay shoveler's, is an avulsion of the distal spinous process usually involving C6 through T1. The unique MOI is a sudden load exerted on a flexed spine, such as a violent muscular

contraction or an object falling and striking the back of the neck. Flexion is a common mechanism anywhere in the spine. In the cervical spine, this action can result in wedge fractures of the vertebral body or, if the trauma is severe, a flexion tear drop fracture, the most devastating of all cervical spine injuries. Flexion in combination with distraction, as can occur in the “whiplash” injury, can result in dislocation of the facets. This includes a perched facet or the more severe, jumped facet. This type of dislocation may be unilateral or bilateral depending on the degree of rotation at the time of injury. Extension can cause traumatic spondylolysis at C2, the hangman's fracture. Pillar fractures and posterior arch fractures of the atlas can also occur with an extension mechanism. Axial load injuries can result in burst fracture of the atlas (Jefferson's fracture) or burst injury to vertebral bodies.

In the thoracic spine, most injury is due to hyperflexion resulting in vertebral body compressions. In addition, rib injuries can occur due to direct trauma. A unique fracture can occur in the lumbar spine due to severe hyperflexion and compression that results in a shearing mechanism, like ripping open a soup can lid. Massive soft tissue injury can occur with this injury, known as the Chance fracture. The FOOSH injury can result in a Colle's fracture, a scaphoid fracture or carpal dislocations if there is an extension mechanism. However, if the wrist is flexed an avulsion of the triquetrum can occur causing the dorsal chip fracture.

Examples of the correlation of mechanism of injury and site of injury can be applied to all body areas. The above examples are only a few of the dozens that exist and only include a some of the many soft tissue injuries. It is important to try to elicit the mechanism of injury during a patient's intake interview. In many cases this is a difficult task since it requires recall about a traumatic event. But the more specific the information regarding MOI, the more efficient it will be to find the injury.

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Benefits to Join/Renew

Monthly General Meetings

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In-Person and Virtual for 2021; return is TBD

Learn from industry leaders

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Visit www.pccschiro.org

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: _____

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*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

ONLINE APPLICATION AND RENEWALS NOW AVAILABLE

www.pccschiro.org/join-now

Online Pay Options: Venmo/Paypal

Join by Mail: enclose this completed form & check payable to:

PCCS
P.O. Box 7515
Seminole, FL 33775-7515

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;
thank you for your chiropractic financial support

Know someone interested in joining as a DC/Sponsor/Advertiser; www.pccschiro.org click "Join Now or Get Involved"

Email Jen Comey, Executive Director ED@PCCSChiro.org or Dr. Gantzer, President drgantzer@gmail.com with questions.
*Contributions to the PCCS-PAC are not deductible as charitable contributions for federal income tax purposes.



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Philip Friedman and the FL Legal Group team have represented many individuals and medical providers helping them protect their rights against the insurance companies.

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