

# The Audible Release

## Semi-Annual President's Update



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

September is a great month to reflect on the impressive growth and adaptation we've accomplished over the year in the face of persistent challenges and I wanted to share some accomplishments and updates.

- Revamped modernized website
- Enhanced Member Directory
- Unique URL address for members/sponsors
- Online application/renewal/payment/PAC
- Online CE reimbursements January-June

I want to personally thank our 40+ renewed and 17 new members, plus our 8 renewed and 3 new sponsors! As the president, I sincerely appreciate the members and sponsors for local chiropractic support and want to extend the gratitude to even the state level because of the powerful impact your memberships and sponsorships as well fundraising PAC efforts do in the more global perspective of ensuring lobbying and protection of our scope of practice. We need to continue to unite and support each other to further strengthen our profession and comraderies.

Regarding PAC funds, which support the lobbying abilities for FL's chiropractors, thank you to everyone who included the PAC donation in their memberships and renewals, and the society and the profession additionally would be honored to earn PAC donation at each annual renewal as well. We have a new FCA Director, Dr. Wieland, which stepped in from the alternate when our board member and prior FCA Director Dr. Roberts was promoted to FL Board of Medicine who subsequently was awarded Chiropractor of the Year at Orlando's National convention.

Additionally, our board member Dr. Langheier is our new PAC Chairman and will be contacting current and non-members as PAC fundraising events come upon us... *including the exciting and upcoming annual PAC Golf event, Thursday October 7<sup>th</sup> at Bardmoor; the application for sponsors and golf teams is available at [www.pccschiro.org/golf](http://www.pccschiro.org/golf).*

In addition to the annual Golf Tournament, Oct 7<sup>th</sup>, we are also scheduled for our annual trip to Tallahassee for ChiroDay to initiate lobbying efforts at our state level, Tuesday October 19<sup>th</sup>, and we typically have an excellent turnout of board members, members, and students from our local NUHS chiropractic college. This is news "hot off the press" and more details to come. Lastly for October, our regular dinner meeting Tuesday 26<sup>th</sup> is the joint meeting with Hillsborough's HCCS, with lobbyist Jack Hebert.

More exciting news includes the rooftop holiday party! Mark your calendars to join us at the Clearwater Beach rooftop Cantina Marina for the annual holiday party on Saturday December 4<sup>th</sup>; please also note our holiday party is in lieu of cancelled dinner meetings the regular last Tuesday of the month for each November and December, resuming in January of 2022.

I will be resuming the 2021 Nutritional Series "Keeping Us Healthy" in October with the final 3 topics including: Ketogenic Dietary Lifestyle and Intermittent Fasting, Hydration and Alkalinizing, and Managing Stress. I hope you've enjoyed the prior articles and have gained some valuable insight to how you can easily incorporate nutritional recommendations in your practice. Downloadable archived newsletters for 2021 available at [www.pccschiro.org/editions](http://www.pccschiro.org/editions).

In closing, with a heavy heart the PCCS Board of Directors and chiropractic family mourn the loss of our fellow Pinellas chiropractor Dr. Matt Erickson; our sincere condolences go out to his family and friends for their loss.

**VISIT US ONLINE AT [PCCSCHIRO.ORG](http://PCCSCHIRO.ORG)**

**Join Us Tuesday September 28th for monthly dinner meetings; details on pg-6**

**OCTOBER IS JOINT HCCS MEETING, guest Jack Hebert**

-Article by Cris Langheier

Dear Colleagues and Friends,

I think we all can agree it's been a challenging past two years and perhaps more challenges to come, and with challenges come decisions that we all have to make, regardless if they're right or wrong, good or bad. The "Covid" years are here and just like 911 we have our "challenges". With that being said, we were able to pull off a very successful August FCA National convention! For those of you that were able to attend, I hope you would agree. Our Friday night PAC Fundraiser raised over \$50,000!! In my opinion, I believe we are getting back in the groove-of-things, and it's certainly appreciated to all who contributed. Let's not make raising PAC money a once-a-year. Please contribute throughout the year.

I am the PAC Chairman and Dr. Wieland is the FCA Director and we love your contributions! Remember those monies support the candidates that may and will support our profession into the future.

Back to the FCA National convention, outside of the wonderful support of our vendors and lecturers, I can personally attest to one class I sat in for two days with Dr. Robert Silverman who is a Chiropractor, Clinical Nutritionist, and Sport Medicine specialist (a few credentials are: DC, MS, CNS, DACBN, DCBCN, more listed on his website) who practices in white plains New York. His class was on nutrition and much of the topic was how nutrition can support our bodies during these "Covid " years and beyond. I found the information very interesting and is in-line with much of what Dr. Gantzer has presented in her cover letter nutritional series newsletter articles. If you wish to have info on his topics, his website is [www.drrobertsilverman.com](http://www.drrobertsilverman.com) and his book is available on amazon, "Inside-Out Health: A Revolutionary Approach to Your Body." He also is sponsored by cold-laser company Erchonia and hosts several webinars annually, many of them are recorded for archives and available upon request.

In addition, there were many other great speakers including the well-known Dr. Terry Yochum, a DACBR post-doctorate Chiropractic Radiologist, whose daughter is also a Chiropractic Radiologist DACBR, who lectured us with an array of enthusiasm and educational information. Let's also not forget we have our very own local Chiropractic Radiologist DACBRs, who I am happy to call colleagues and friends as well as fellow PCCS members, Dr. Scott Thorpe, Dr. Rudy Heiser, and Dr. Terry Sandman of Diagnostic Imaging Consultants. They are a wealth of knowledge for you and your patients and utilizing the expanse knowledge of DACBRs improves patient diagnosis and outcomes with their post-doctorate expertise.

Last, but not least, a giant and well-deserved *kudos* to Dr. Michael Roberts: past-president of the FCA and past-president of the PCCS, long-term PCCS board member, as well as past FCA Director and PAC Chairman!! This 2021, he was dually appointed by Governor Ron DeSantis to the Board of Chiropractic Medicine and awarded the FCA's Chiropractor of the Year! I can't think of any one more suited and deserving of these accolades than our very own Dr. Roberts; **"Congratulations Mike!!"**

In closing, I wish each and every one of you continued success with our many "Challenges" and look forward to seeing you at our PCCS meetings and events!

Yours in Chiropractic,

Cris E. Langheier, D.C.



Friday's FCA National ChiroPAC reception; left to right Mike Roberts, Tom Hughes, Cris Langheirer, Jen Gantzer, Stacy Roberts.



New DACBR, Joe Heston and Rudy Heiser awarded the DACBR WAG award.



Biotics awarding PAC funds to Jack Hebert at Friday's ChiroPAC reception



Dr. Mike Roberts awarded the Chiropractor of the Year, following his governor-appointed promotion to the Chiropractic Board of Medicine. "CONGRATULATIONS MIKE!"

# THE RADIOLOGIST'S VIEW



## Quantifying Whiplash Injury...Is It Possible?

The ability to demonstrate injury secondary to whiplash-associated disorder (WAD) has been tenuous. The foundational diagnostic findings generally include pain, altered biomechanics and reduced range of motion, among others. While diagnostic imaging studies, including plain film, CT

and MRI can yield positive findings such as fractures, disc herniations, ligament laxity and instability, they may not be sufficient to establish a temporal relationship to an injury. Identification of organic lesions in adjacent soft tissues, such as inflammation, are not appreciated. In a recent study, published in the journal PAIN<sup>1</sup>, localization and quantification of such lesions was shown to be possible.

Positron emission tomography (PET) is a nuclear medicine imaging technique that uses a radiotracer linked to a radioactive material. They are designed to bind to specific molecules and, depending on the type used, they will concentrate in certain areas of the body or in abnormal tissue such as malignancy or inflammation. The chief advantage of PET is its ability to evaluate function or metabolism, a characteristic not directly available with CT or MRI. The PET scan is often "fused" with CT images for more specific anatomical information.

In the study, the researchers used [<sup>11</sup>C]-D-deprenyl PET combined with CT for its ability to discriminate between low and high grades of inflammation. In this longitudinal observational study, sixteen adult patients with grade II whiplash injury (defined in the article as neck complaints and decreased range of motion, point tenderness or both) were evaluated within seven days after injury and at six months. Eight control patients were included and were healthy, pain-free and reported no current or previous neck pain. The patients were evaluated for location of tenderness and rated on a Numeric Pain Rating Scale (NRS). Range of motion was assessed, and patients completed a whiplash questionnaire and the Neck Disability Index (NDI) questionnaire. After the PET/CT, the anatomic location of the increased uptake was recorded and compared to the reported tender points.

The authors provided several salient points observed in their study and through associated references:

1. Inflammation and tissue injury after WAD can be visualized, quantified, and followed over time.
2. There is "...an association between imaging findings in the upper cervical bone structures and patient self-report of pain and disability."
3. Evidence of healing was continuing at 6-month follow-up.

4. Increased uptake was mostly seen in vertebral bodies, facet joints and surrounding soft tissues "There is growing evidence that facet joints and capsules can be injured in whiplash and that these can be the source of pain." Increased uptake in the region of the occipital condyles and extensor muscles was often seen. Three patients had increased tracer uptake in the TMJ adding credence to the idea that there is direct trauma to the joint and that whiplash may be an "...aggravating factor for the progression of temporomandibular joint disorders."
5. The number of areas demonstrating increased [<sup>11</sup>C]-D-deprenyl uptake was associated with NRS and NDI. "This supports the notion that [<sup>11</sup>C]-D-deprenyl uptake is related to the extent and severity of the injury."
6. "The upper facet joints and vertebral bodies show the strongest association between pain and [<sup>11</sup>C]-D-deprenyl uptake."
7. Increased uptake in new areas, at six weeks, may indicate ligamentous insufficiency and poor position sense (proprioception). New uptake "... could be the first signs of adaptive or degenerative changes in neck tissues."

The authors addressed the weaknesses and limitations of the study. This included the small sample size and the limited understanding of the exact uptake mechanism of [<sup>11</sup>C]-D-deprenyl in musculoskeletal injury. The "high costs of PET and feasibility concerns" was an issue. A better control group that may have had a similar injury mechanism but without pain, would be better suited. More study is needed to evaluate predictive and diagnostic value of PET/CT in WAD.

It should not be inferred from this research that PET/CT has now become the latest diagnostic tool to evaluate the WAD patient or that a new weapon has been developed to be utilized in the legal arena to support a diagnosis or prognosis. This study does not support such use and it should not be prescribed until other supportive research becomes available. In any case, it is an extremely costly exam and is likely not readily available or reimbursable by any government or private payor. Caution must be taken in the interpretation of the research findings and any extrapolation of the study's findings to the general population is not recommended. However, the results are promising.

Terry D. Sandman, DC, MPH, DACBR  
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### Reference

<sup>1</sup>Aarnio, Mikko, Fredrikson, Mats, Lampa, Erik, Sörensen, Jens, Gordh, Torste Linnman, Clas Whiplash injuries associated with experienced pain and disability can be visualized with [<sup>11</sup>C]-D-deprenyl PET/CT, PAIN: July 02, 2021 - Volume - Issue - doi: 10.1097/j.pain.0000000000002381  
NOTE: This article originally appeared in the 2021 3<sup>rd</sup> quarter FCA Journal

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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](http://www.pccschiro.org)

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

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## Welcome Fall Ambassadors Autumn Burns & Alan Norman Welcome Autumn!

Autumn is a 9th trimester intern at the university's HEC Whole Health Clinic pursuing her DC degree as well as an Acupuncture certificate. She has served as Secretary and Vice President of the Lambda Chi Professional Sorority, as well tutor for several classes. She has a passion for nutrition and functional medicine as well as being proactive in the chiropractic profession.

Alan is a 10th trimester intern graduating in August, serving his 2nd semester as a student board member.

# Calendar of Events

## MARK YOUR CALENDARS

Monthly Dinner Meetings  
In-Person & Virtual for 2021

### Join us In-Person

Last Tuesday of the Month

### Join us Virtual via Zoom

[www.pccschiro.org/annual-calendar](http://www.pccschiro.org/annual-calendar)

Marriott Crafted Plate  
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*Dinner/Speaker at 7 pm*

*Please RSVP to Evite for dinner attendance*

## September Speaker

**June Drennon; Thermography**

*No on-site screens are being performed*

## October

**7th – Golf Tournament**

**19th – Chiro Day; Trip to Tallahassee**

**26th - Joint Meeting with HCCS**

*Guest Speaker: Jack Hebert FCA Lobbyist*

**Sept Board meeting 14th 12:30pm Zoom**

**Oct no board meeting, 9th is Annual Retreat**

### 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](mailto: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”

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Albert Comey, D.C.	<b>Daniel Strauss, D.C.</b>
D.A.C.N.B.	<b>Scott Thorpe, D.C.,</b>
Charles Crandall, D.C.	<b>D.A.C.B.R.</b>
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MS, D.A.C.B.N.	<b>Jordon Vanderveen, D.C.</b>
FACN, LAc	<b>Monte Venis, D.C.</b>
Albert Gadomski, D.C.	<b>Karen Wolstein, D.C.</b>
Kevin Granger, D.C.	<b>Mark Wieland, D.C.</b>
Rudy Heiser, D.C.,	<b>Steve Wyckoff, D.C.</b>
D.A.C.B.R.	
Clay Hopkins D.C.	<b>Welcome 2021</b>
D.A.B.F.P.	<b>New Members</b>
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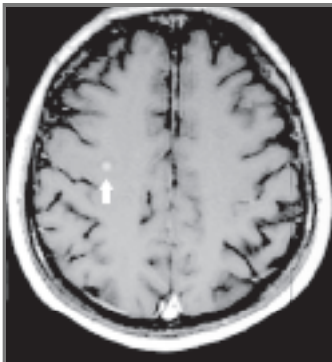
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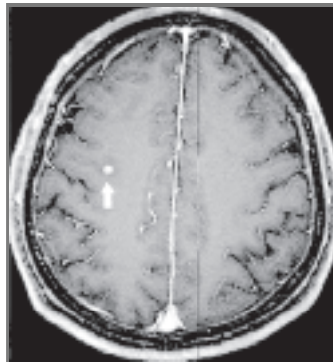
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**FREE TO A 2021 PCCS MEMBER:** Winco tables. They have imperfections on their tops. 2 - 14 X 17 rare earth green cassettes/screens and 3 - 10 X 12 of the same. Please contact Dr. Russell Janssen at 727-726-8822 or email at [backdr1@verizon.net](mailto:backdr1@verizon.net)

**FULLY EQUIPPED SHARED OFFICE SPACE** available for rent in a great St. Petersburg location. Please contact 727.638.8662 for more information.

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**The PCCS Board of Directors wants to express our appreciation and thanks for all the support that these sponsors have extended to the Chiropractic Profession.**

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Sponsor Opportunities For the  
26th Annual Golf Tournament - Shot Gun Start at 1:00pm

**Bardmoor Golf & Tennis Club – Thursday October 7, 2021**

Company: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_ email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Check all that apply: \_\_\_\_\_

- \_\_\_\_ Corporate Sponsor \$ 935
- \_\_\_\_ Team Sponsor \$ 660
- \_\_\_\_ Foursome \$ 500 each # \_\_\_\_\_
- \_\_\_\_ Individual golfer \$ 135 each # \_\_\_\_\_
- \_\_\_\_ Tee Box or Green Sponsor \$ 280 each # \_\_\_\_\_
- \_\_\_\_ Practice Putting Green Sponsor \$ 200
- \_\_\_\_ Practice Range & Lesson Sponsor \$ 250
- \_\_\_\_ Photography Sponsor \$ 500
- \_\_\_\_ Beverage Cart Sponsor \$1,500 per cart
- \_\_\_\_ Registration Open Bar Sponsor \$1,000
- \_\_\_\_ Awards Open Bar Sponsor \$ 800
- \_\_\_\_ \$10K Hole-In-One Sponsor \$ 600
- \_\_\_\_ Contest Sponsor \$ 300 each
- Closest to the Pin: \_\_\_\_\_ Men's \_\_\_\_\_ Women's \_\_\_\_\_ All
- Longest Drive \_\_\_\_\_ Men's \_\_\_\_\_ Women's
- \_\_\_\_ Gift Certificate / Raffle Prize Details: \_\_\_\_\_

**FORE !!!**  
**Come Out**  
**And Join**  
**Us On**  
**October 7<sup>th</sup>**  
**At 1:00pm**

**GOLFERS: (first and last names)** \_\_\_\_\_

\_\_\_\_\_  
Company Representative Signature

\_\_\_\_\_  
Date

**Complete form, sign and fax to (727) 581-3811 or email: ed@pccschiro.org**

An invoice will be faxed/emailed to the contact person at the fax number supplied above.

**For questions please contact:**

Dr. Thomas Hughes (727) 341-1234 or Jennifer Comey at ed@pccschiro.org



**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 1<sup>st</sup> Year DC

*Renewals Only: complete below IF YOUR CONTACT INFO has changed*

Office or Company Name: \_\_\_\_\_

Office or Company Address: \_\_\_\_\_

Multiple office locations: \_\_\_\_\_

Email: \_\_\_\_\_

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
- 1<sup>st</sup> Year DC: Graduated in 2020
- 1<sup>st</sup> Year Licensed D.C. Annual Dues +\$50 contribution to the PAC = \$149.00**
- 1<sup>st</sup> Year Licensed D.C. Annual Dues = \$99.00

**\*ONLINE APPLICATION AND RENEWALS NOW AVAILABLE\***

[www.pccschiro.org/join-now](http://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](http://www.pccschiro.org) click "Join Now or Get Involved"***

Email Jen Comey, Executive Director [ED@PCCSChiro.org](mailto:ED@PCCSChiro.org) or Dr. Gantzer, President [drgantzer@gmail.com](mailto: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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