



The Audible Release

Return of Keeping Us Healthy!

By Jen Gantzer, DC, MS, FACN, DACBN



Happy New Year! We are excited for an anticipated year of return to “full events” for all dinner meetings and annual events, be sure to check out the calendar for educational dinner series including updates on PIP, new advancements in brain injury imaging *PLUS* we are hosting March’s dinner meeting at the NUHS chiropractic clinic with case studies from the interns. We also anticipate all of our annual

events including a mid-year Social, PAC Shoot, Golf Tournament, and Holiday Party!

One of the major accomplishments of 2021 was the successful implementation of online application and online payments. For members, after we had generated the renewal online payment link email in December, we unfortunately were notified of an update from our current servicer Pay-pal, and it is now only available for individuals who already have a Pay-pal account and requires your own log-in, which was not our intention; we wanted “only” a “cart” link. I sent an email with an alternative option via “paypal.me/PCCS2022” which is how they instructed to continue to receive payments, however the “links” in the email will not work.

Good news though! We now have an upgraded invoicing and payment system, as well as a direct payment link on the website. Sorry for any inconvenience and thank you for patience.

See page 2 for details of new payment options!

I’m excited to continue my “Keeping Us Healthy” series and have decided to add a new twist to it, and that’s a “Recipe of the Month” which I hope you enjoy! Starting off with a Keto-Friendly meal.

Lots of New Years resolutions include eating better, losing weight, and focus on personal healthcare and well-being. One of the best ways to start a kickoff for being healthier and slimmer is by developing a “*Ketogenic Low Carb Lifestyle*” which over the next few newsletter editions I’m going to explain simply and scientifically, and in detail.

As an introduction, what is Keto or Ketogenic? It is a physiological state of the body’s metabolism which occurs when there is low dietary carbohydrate and the body shifts to burning your own fat for fuel, so you are literally “*living off your own body fat*” through using “fatty acids” which we store in fat or more appropriately “adipose tissue” and if there is carb/sugar coming from the diet, we shut this burning fat for fuel literally “off” which is why low carb medium to high protein and dietary fat lifestyle actually are fat-burning, weight loss techniques; notice “lifestyle” not “diet” –

Better yet, adaptation of this dietary lifestyle not only helps with weight loss, is anti-aging, but also has been well-documented in medical literature to reverse common metabolic disturbance disease states including chronic hyperglycemia, glucose dysregulation, insulin resistance, diabetes, obesity, metabolic syndrome, non-alcoholic fatty liver, and co-morbidities of everything just listed. (1-5)

Physiological “ketosis” is NOT diabetic ketoacidosis, which is a medical emergency. Check out one of my favorite Keto recipes; low carb, high protein/fat simple, and delicious. More on Keto next month!

Ketogenic Diet Articles

- 1 Gantzer J. Eat Your Fats, Skip the Carbs: Here’s Why. A Dietary Fat Metabolic Journey. Acta Scientific Neurology Special Issue 1 (2019): 01-04
- 2 Pérez-Guisado J, Muñoz-Serrano A. The effect of the Spanish Ketogenic Mediterranean Diet on nonalcoholic fatty liver disease: a pilot study. J Med Food. 2011 Jul;Aug;14(7-8):677-80.
- 3 Pérez-Guisado J1, Muñoz-Serrano A. A pilot study of the Spanish Ketogenic Mediterranean Diet: an effective therapy for the metabolic syndrome. J Med Food. 2011 Jul;Aug;14(7-8):681-7
- 4 Anton SD, Moehl K, Donahoo WT, et al. Flipping the Metabolic Switch: Understanding and Applying the Health Benefits of Fasting. Obesity (Silver Spring). 2017;26(2):254-268.
- 5 Nasser S et al. Effects of ketogenic diet and ketone bodies on the cardiovascular system: Concentration matters. World J Diabetes. 2020;11(12):584-595.

Continued (recipe) Pg 3

VISIT US ONLINE AT PCCSCHIRO.ORG

See page 2 for details on our upgraded renewal + payment options

Join us Tuesday January 27th for the general dinner meeting!

NEW FOR 2022!!

UPGRADED INVOICING + PAYMENT OPTIONS

We have strived to upgrade our membership directory and streamline to an online system for membership and payments. After testing several options, we are excited to share we are incorporating SwipeSimple for payments & invoicing.

New Invoicing is now hosted through SwipeSimple (*thank you Zac Gottlieb)!**

Our Executive Director, Jen Comey is monumental in managing our member and sponsor process, another big “THANK YOU Jen FOR ALL YOUR HARD WORK!!!”

New Invoicing:

Each member is being added to the database with an invoice generated to match their 2021 dues for *without or without the \$50 PAC donation* for chiropractic lobbying fundraising for FL’s scope of practice; *we do appreciate PAC donations and recognize contributors with a PAC Star in the directory and in Bold in the newsletter*. The member account can be edited at any time; simply email us.

Payment Option Flexibility:

You can use the invoice payment link direct OR choose a different method...

- Invoice direct payment link
- New “Pay Now” on website SwipeSimple button – input of \$ amount
- New “Pay Now” on website Paypal button – input of \$ amount
- Mobile Venmo app – input of \$ amount
- Mail a check

This should create more options for members to choose from and Jen updates it.

If you don’t feel like digging through emails to find your invoice, now you can use the new website “Pay Now” button, which loads a page with 2 payment buttons, one for SwipeSimple OR if you have a Paypal account and prefer to use that (Paypal credit 0% for 6 months) you still can, or Venmo, or Check!

HAPPY NEW YEAR and THANK YOU FOR YOUR CHIROPRACTIC SUPPORT!

***NEW TOO...* ALL 2022 PAID MEMBERS RECEIVE A PCCS LAPEL PIN!**

* Zac of Exzact Business Solutions services payments, invoices, and credit card terminal merchant accounts

Fish Taco Lettuce Wraps

Amazingly Simple & Keto Delicious

Prep time: 15 minutes. Cook time: 7-10 minutes.

Fish Ingredients

White fish (cod, grouper, snapper, hogfish)

Lemon

Butter

Olive oil

Onion powder

Garlic powder

Sea Salt or Himalayan Salt

Toppings Ingredients

Iceberg lettuce

Cole Slaw Bag & Dressing

Fresh Cilantro

Optional Ingredients

Tomato

Dill (fresh or dry)

Fresh or minced garlic



Coleslaw Mix:

- Dump half bag into a bowl
- Add 1/3 jar of coleslaw dressing
- Gently toss and set aside
- Optional: Add 1 tbsp dill (dry or fresh diced)

Cilantro:

- Rinse with water and spread out to dry
- Once dry – pluck leaves only, discard stems
- Place fresh leaves in serving small serving bowl

½- pound of fish

- Rinse and Dry and place on a plate
- Coat with ¼ tsp onion + garlic powders
- Sprinkle ¼ tsp Sea Salt or Himalayan Pink Salt
- Cut and squeeze ¼ lemon onto fish
- Optional: add ½ tsp fresh chopped or dry dill
- Cook on low stovetop in 1 tbsp butter ¼ tsp olive oil 10 min
- Optional: add 2 cloves of diced garlic to sauté and cook

Serve

- Grab 2-3 broad leaves of iceberg lettuce
- Drop a dollop of coleslaw mix
- Add fish + top with cilantro leaves
- Optional: add tomato
- ENJOY!

For additional details:

Prepare Fish:

Rinse fish with cold water and pat dry. Lightly coat both sides with onion and garlic powders (optionally sprinkle chili powder for a stronger flavor and/or add dash of cayenne powder if you like a little heat). Cut the lemon in half and sprinkle juice over your seasoned fish and set aside for about 15 minutes while you make the toppings and prepare the stovetop pan or oven.

Prepare Toppings:

Rinse the Cilantro and spread out then pat dry. Let it dry while you do the following steps: once dry and you're back to this step pluck the leaves off discarding stems. Remove the stalk and outer layer from iceberg lettuce, rinse and shake out water. Cut the head in half removing the smaller pieces from the inside to repurpose into a salad for later keeping it in a baggie or container. Keep the outer 5-6 large pieces which should be about the size of a palm. I prefer a 2-3-layer wrap for crunch and for grip. Set aside. In a bowl, dump half the bag of coleslaw and add 1/3 jar of coleslaw dressing; add more for creamier slaw. Toss it so everything is mixed, for additional flavor add dill (about 1 tbsp). Set aside. Diced tomatoes if choose these too.

Cook Fish:

Use an appropriately sized frying pan to fit the fish and add 1 tbsp butter, 1 tsp olive oil, the rest of the lemon squeezed and start with ½ tsp salt (salt to taste after it cooks if you prefer more) and cook these together on low heat for about 5 minutes, visually observing for melting but not bubbling and absolutely no boiling or browning (keep the heat at 2 or 3 if "low" isn't enough). Add the fish and cover. Cook for 10 minutes, observing for the fleshy white meat to turn a juicy solid white. It is not necessary to flip it, ensuring the fleshy to solid white has occurred. Remove from heat and let sit for 1-2 minutes while you prepare the toppings; give a small taste to determine if it needs more salt. *As an alternative to stovetop, you can cook the fish with the same ingredients in tinfoil and cook in the oven on 325 for 10-12 minutes. Regardless, thinner pieces cook faster and thicker of course take longer; always observing the color change for cooking through yet not overcooked.* For extra flavor, you can also sauté the water/oil/salt/lemon with 2 diced or crushed garlic pieces, or 1 tsp minced garlic before adding the fish to the stovetop pan or add all of it to the tinfoil for oven bake.

THE RADIOLOGIST'S VIEW



“HOW MUCH RADIATION AM I GETTING?”

After a patient is advised that x-rays are needed to assess their condition, the concerned patient often asks; how much radiation am I going to get from these x-rays? That's a fair question. How do you and how should you respond? Remember, a patient is entitled to receive a satisfactory response. As a matter of informed consent, the question should be answered accurately. However, quantifying your response can be difficult.

What does the patient really want to know? In many cases a patient simply wants to be reassured that the x-rays are necessary and safe. In these instances, you need to be firm with your decision and explain the benefit of the x-rays in their case. Some patients may be more technical in their query and truly want to know how much radiation they will receive. Responding with an actual value, such as 1.0 millisievert, may elicit a deer in the headlights look but the patient may not want to admit that they have no idea what you said. Some people want you to compare the amount of radiation they will receive to, for example, walking through airport security. There are also those who don't want any radiation because they believe only in natural interventions and consider all x-ray as harmful. How you respond in any of these scenarios requires that you have a good understanding of the biological effects of radiation.

It is not in the scope of this article to discuss the detail of the physics of radiation. Besides, patients generally want to know the risk in relative terms not absolute values. Here are some helpful points:

Don't dismiss the patient's concern by simply telling them not to worry and leave it at that. They deserve a better response. NEVER tell a patient that x-rays are safe. Emphasize the benefits. Let them know that you adhere to the concept of ALARA (delivery of x-ray as low as reasonably achievable).

Avoid tech-speak. Keep things simple without being derogatory.

Use comparisons to explain the amount of radiation. There is no sense in trying to explain the differences in the terms REMs, Sieverts or Grays. Just use relative terms, (units) for example:

You may try using radiation exposure dose comparisons. For example, the effective dose (The dose used to assess health risks.), in relative units, from a lumbar spine exam is 7 while a chest exam is 1. A chest CT is 70, a barium swallow is 15, a mammogram is 7 and coronary angiography is 50-150.

Some patients may better relate to a comparison between diagnostic x-ray dose to natural background dose. In that case, a lumbar spine exam would be equivalent to 3 months of natural exposure. A chest study would equate to 10 days and a coronary angiogram would equate to 20 months to 5 years of background exposure.

Comparisons to everyday events can be made. For example, a cervical spine exam at 20 units can be compared to travelling in a jet, which is equal to 0.5 units per hour or going past a luggage x-ray inspection machine, which would expose you to .002 units.

There are many sources available that can equip you with the knowledge required to give the concerned patient the information they seek and to which they are entitled. Review the physics and biological effects of ionizing radiation. The patient has a right to ask questions and the physician has a duty to respond in a respectful and accurate manner. They want the reassurance that the risk involved is outweighed by the benefits. If you exhibit confidence when you tell the patient you decided that an x-ray exam is needed and you back that up with clear clinical justification the patient will feel much more at ease.

Be prepared.

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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 inquiries 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

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

Marriott Crafted Plate
12600 Roosevelt Blvd N
St. Petersburg, FL 33716
6:30-8:30 pm

Dinner/Speaker at 7 pm

Please RSVP to Evite for dinner attendance

January

25th-General Meeting

Guest Speaker

**Atty Jeremy Dover with
Demesmin & Dover Law Firm
Topic: PIP'n Ain't Easy**

February

22nd-General Meeting

Guest Speaker

**Dr. Alysha Vartevan, DO
Topic: Diving Deeper into TBI
Imaging & Neuroquant**

Jan Board meeting 11th 12:30pm Zoom

Feb Board meeting 8th 12:30pm Zoom

PCCS PAID MEMBERS 2021

"Thank you to the chiropractors below that are supporting the PCCS and PAC in 2021"
See page 14 for the 2022 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"

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Mark McCutcheon, D.C.	Welcome 2022
Karen McGlashan, D.C.	New Members
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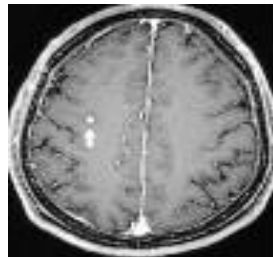
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Benefits to Join/Renew

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Enhanced Member Directory

Consumer capture & member locator map

Website hyperlinks & unique member URL page

Member Discounts/Services

The Audible Release Newsletter

Advertiser's "Show Specials" pricing

Visit www.pccschiro.org

and click "Join Now or Get Involved"

Thank you from the PCCS President

It's the time of year again I ask for your continued support to join /renew for 2022. As a non-profit grassroots society, we rely on your financial support to PAC, the Political Action Committee, to sustain lobbying for our scope of practice and fulfilling our mission statement.

I've strived to ensure value of your membership and involvement and will continue to support you, your practice, and our profession. Please Join/Renew. *Also, consider the additional \$50 PAC donation to earn the directory "PAC star" of recognition too.*

Memberships are calendar year and renewals can be mailed by check, paid online through Paypal, or mobile through Venmo.

If you haven't, please email your photo for website!

If you know a colleague who is not a member or have a new chiropractor in your practice, please share the benefits of joining and help us grow our local chiropractic community.

Jen Gantzer DC, MS, DACBN, FACN

ABOUT THE PCCS

The mission 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 the chiropractic profession. Most importantly, 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 and lobbying efforts.

We sincerely appreciate your chiropractic financial support which helps us to preserve, promote, and protect you!

OUR MEETINGS

We host 8 monthly member educational dinner meetings, an off-site social mixer, a holiday party, and 2 annual PAC events.

The general meetings are held the last Tuesday of the month at *The Crafted Plate* of the Clearwater Marriot restaurant which begin at 7:00 pm with pre-meeting networking at 6:30 pm as members and sponsors begin to arrive. Dinner is served during a featured speaker on a Chiropractic related topic with the meetings concluding around 8:30 pm. We are continuing the monthly dinner meetings in-person and virtual for 2022; please RSVP to the evite for dinner or connect via Zoom to join us.

PROVIDING VALUE TO YOUR MEMBERSHIP

- FREE dinner at monthly meeting (\$35 for non-members; guests/staff/spouse)
- FREE dinner/drink at social & holiday party (for members; a guest for the holiday party)
- FREE training class for CPR recertification (every other year; next CPR recert class will be 2023)
- FREE Classified ads & listings in our "Audible Release" newsletter (also digital archive on the website)
- FREE round-trip transportation via bus to Tallahassee for Chiropractic Day with the FCA (anticipated for 2022)
- FREE unique URL member page to advertise and market yourself and your practice (click your name in the directory)



PCCS 2022 Membership Application & Invoice
 January 1, 2022 thru December 31, 2022
Payments due for 2022 due by January 31st for our calendar year renewal

The following will be displayed in the website member directory

Name: _____

Credentials and Post-doctorate certifications:

Circle all that apply: DC MS 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: _____

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
- 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 & RENEWAL CONTACT INFO UPDATES; online replaces this form

New Members online application www.pccschiro.org/join-now
 Renewal online payment www.pccschiro.org/pay-now

Join by Mail: Enclose Completed Application & Invoice, & Check Payable to:
 PCCS
 P.O. Box 7515
 Seminole, FL 33775-7515

2022: All General Meetings will be held In-Person and Virtual via Zoom to accommodate travel and social distancing. Know someone interested in joining as a DC/Sponsor/Advertiser; www.pccschiro.org click "Join Now or Get Involved"

Email Jennifer Comey, Executive Director at ED@PCCSChiro.org with any 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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Philip A. Friedman, Esq., MBA

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- PIP
- IME
- EUO
- PERSONAL INJURY (BI)
- CIVIL LITIGATION
- INSURANCE LAW
- PIP BILLING COMPLIANCE
- FEE SCHEDULES
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