



# The Audible Release

## We Appreciate You....

By Addison Ozakyol, D.C. ATC. CSCS



Thank you for attending our latest meeting at the Pinellas Park Chamber of Commerce. A special thank you to the Chamber and Roe's Diner for making us feel welcome and providing a wonderful meeting space for us.

We enjoyed the Chamber of Commerce dinner venue for our monthly dinner meeting but have ultimately decided to remain at our regular location, Marriott in Feathersound, upstairs. Our May meeting will be back at the Marriott to hear from our new sponsor, Attorney Keith Ligor regarding the changing environment of insurance laws including the recent tort reform with a focus on bailout law. The June CPR recertification is also at the Marriott, with a July Social off-site at Jimmy Guana's.

We wanted to take a moment to thank everyone who attended the PAC Shoot this year. We were excited to have a great turnout and had a fantastic time working to raise money to continue our PAC efforts while enjoying a fun afternoon with our members and our supportive sponsors; see page 2 for more pictures and list of winners and sponsors.

We also wanted to send a special thank you to Jen Comey, our 17+ year Executive Director who has dedicated her time and passion to our profession and our society, helping with every aspect of our the board of directors, membership, sponsorship, meetings and events, and so much more. We are sad to hear of her resignation at the end of May and wish her the best of wishes. See page 3 for a special message from Jen.



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

**DINNER VENUE RETURNING TO THE MARRIOTT UPSTAIRS starting back in May; see pg-6 for address**  
**Summer Social at Jimmy Guana's on Tuesday July 25th; see pg-6 for details & address**  
**CPR biannual re-certification FREE for members and dinner meeting June 25th at the Marriott; see pg-6**

## 9<sup>th</sup> Annual Pinellas County Chiropractic Society Shoot for the PAC

The 9<sup>th</sup> Annual Pinellas County Chiropractic Society Shoot for the PAC was held at Silver Dollar Trap Club in Odessa on May 4, 2023. There was a total of 27 shooters and a lot of fun was had by all! The results of the trapshooting tournament are as follows:

Top Shooter Expert Level – “Top Gun” – Ed Bussey

Top Shooter Intermediate Level – Male – Nate Bell  
Female – April Shook

Top Shooter Beginner Level – Male – Brian Kessler  
Female – Elizabeth Serrano

Worst shot (we actually had a shoot off!) – Claudia Murati



**A big thanks to all our sponsors for their tremendous support of this event!!**

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Lunch Sponsor – University Orthopedic Care

If you couldn't make it this year, we hope you will be able to participate next year. Please consider making a donation to our PAC! Reach out to Dr. Hughes, Dr. Langheier or Dr. Stanganelli to make your PAC donation.

Hoping you shoot on target and see you all next year!!!

# 17 years! By Jen Comey

That's how long I've been your Executive Director of the PCCS.

It is with a heavy heart that I am announcing that I am resigning as your Executive Director effective June 2023. As many of you already know, with Al's passing at the end of January, I have had to make numerous decisions...one of those has been resigning from this position. That does not mean that I am out of healthcare. I am creating the next chapter of my life in helping our community with their health and well-being.

I'm not quite sure where to start. Meeting Al in undergrad at Florida State started my Chiropractic journey. This enabled me to meet some of you when Al was in chiropractic school. Many of you I have met because of this position and you have become such an integral part of my life. I have created numerous professional and personal friendships through this experience, and I am forever grateful.

I want to extend my appreciation to all the Board of Directors throughout my 17 years. We all have had some fantastic and memorable times together from the golf tournaments, the

post annual board retreats, and hanging out after our monthly meetings.

Thank you to the sponsors that have been a support to the chiropractic profession and to me. I truly appreciate everything you have done for us.

Many of you know that my hometown is San Diego. For those of you wondering what that next chapter is...I am staying here in Florida. I have planted my roots here and have no intention of leaving. As I already stated, you are my family and I appreciate all the support that you have provided me over these last few months.

The PCCS is a group of chiropractors and sponsors that I know, trust, and can reach out to. I love and appreciate you!

You aren't rid of me yet!!! You Are My Family!

Love You All.

Jen Comey



**July 25th Summer Social**  
**Jimmy Guana's Waterfront**  
**6:30 pm – 9 pm**  
**Cocktails & Appetizers**  
**401 2nd St,**  
**Indian Rocks Beach, FL 33785**

# THE RADIOLOGIST'S VIEW

## When to and when not to order an EMG - By April Shook

First, the basics of an electrodiagnostic study. There are two components: the EMG and the NCV. The NCV component studies the peripheral nerve by measuring how fast the electrical impulse moves through the nerve. The EMG portion studies the electrical activity in the muscles. Both components are almost always done at the same time. Most medical practitioners understand the basics, but typically neurologists and physiatrists are best versed in this subject since this type of testing is deeply integrated into their residency program. Electrodiagnostic studies are an important and extremely useful diagnostic procedure but are often over and underutilized.

Over the years, I have seen orders for this diagnostic procedure when a patient is experiencing centralized neck and/or low back pain. This is not a case when this procedure would be indicated. There must be a component that is peripheral in nature. Examples include, but not limited to: radiating pain, numbness, tingling and/or paresthesia in the limbs and muscle weakness.

Electrodiagnostic testing is so vital before considering a surgical consult. Although advanced imaging studies can provide extremely useful information for a case, it oftentimes does not provide a complete clinical picture. An example is when a patient presents with pain and paresthesia in the hand, let's say in the thumb and index finger. Let's also say they present with an HNP at C5-C6. So, does this patient have a C6 cervical radiculopathy, carpal tunnel syndrome, or possibly which we do often see especially in cases of Double Crush Syndrome? An electrodiagnostic study is so vital in a situation such as this, so that the patient does not undergo an unnecessary surgical procedure. The EMG is the only test that would be able to differentiate between all of these differential diagnoses and determine which one is the primary cause of the patient's signs and symptoms.

Make sure we are doing our patients a good service and ordering this test when indicated and certainly before a surgical consultation. Do not assume the provider you refer to will order it, as I have seen that not to be the case many times throughout my career. I have seen many patients incorrectly diagnosed resulting in an unnecessary or incorrect surgical procedure being performed.

# Board of Directors

President:  
Dr. Addison Ozakyol  
28051 US Hwy 19N,  
Suite 106  
Clearwater, FL 33761  
O-727-400-600  
F-727-999-6001  
aozakyolchiro@gmail.com

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O-727-823-6262  
drjgantzer@gmail.com

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O-727-823-6262  
drjgantzer@gmail.com

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O-727-341-1234  
F-727-685-0694  
drhughes@hughes-chiro.com  
214 Pasadena Ave S.  
St. Petersburg, FL 33707

FCA Director:  
Dr. Cris Langheier  
PO Box 1287  
Tarpon Springs, FL 34688  
O-727-943-7354  
contact@langheier

FCA Alternate:  
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O-727-518-1967  
F-727-518-1986  
woodybdc@gmail.com  
520 1st Ave SW  
Largo, FL 33770

Directors:  
Anthony Staganelli  
727-531-4444  
1000 S. Belcher Rd  
Largo, FL 33771  
drstaganelli@gmail.com

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Mark@LipkinChiropractic.com  
2595 Tampa Rd.  
Suite P  
Palm Harbor, FL 34684

Dr. Fouad Raad  
O-727-544-3330  
F-727-544-3222  
fjraad@gmail.com  
6231 66th Street North  
Pinellas Park, FL 33781

Dr. Alan Norman  
alannormandc@gmail.com

Dr. Autumn Burns  
O-727-541-2520  
autumnburnsdc@gmail.com  
6250 Park Blvd  
Pinellas Park, FL 33781

Dr. April Shook  
dr.aprilshook@gmail.com

*The Audible Release*  
is published 10 times per year  
and unlimited downloads available online.

Editors:  
Dr. Jen Gantzer  
Dr. Autumn Burns

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.

P.O. Box 7515  
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## Executive Director

Jennifer Comey

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

email: [ed@pccschiro.org](mailto:ed@pccschiro.org)

# Calendar of Events

## Monthly Dinner Meetings

### Join us In-Person

Last Tuesday of the Month

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

### Returning to The Marriott

Marriott Upstairs

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*

#### May

4th - PAC shoot Annual Fund Raiser Event  
17202 Target Way, Odessa, FL 33556

#### 28th-General Meeting

Location: Marriott Upstairs

12600 Roosevelt Blvd N., St Petersburg, FL 33716

Speaker: Attorney Keith Ligor

Topic: Navigating Florida's Insurance  
Bailout Laws

#### June

#### 27th-General Meeting

Location: Marriott Upstairs

12600 Roosevelt Blvd N., St Petersburg, FL 33716

Special Event

CPR Resertifications

#### July

#### 25th - SUMMER SOCIAL

Jimmy Guana's

401 2nd St

Indian Rocks Beach, FL 333785

June Board meeting 13th 12:30pm

Zoom only

July Board meeting 11th 12:30pm

Zoom only

## PCCS PAID MEMBERS 2023

"Thank you to the chiropractors below that are supporting the PCCS and PAC in 2023"  
See page 14 for the 2023 Membership Application

Names listed in BOLD have donated to the PAC  
*Political Action Committee*

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

**Woody Brown, D.C.**

Autumn Burns, D.C.

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**Frank Farkas, D.C.**

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**Terry Sandman D.C.**

**April Shook D.C.**

**Anthony Staganelli D.C.**

Daniel Strauss D.C.

**Jordon Vanderveen, DC.**

**Mark Wieland D.C.**

Karen Wolstein, D.C.

**Steven Wyckoff, D.C.**

### **Welcome 2023 New Members**

**Richard Frost, D.C.**

**Chris Slininger, D.C.**

**Eric Springer, D.C.**

Jade Woodruff, D.C.

# PCCS Sponsors

\* Denotes New Sponsor



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### June-July nominations for joining the BOD

Members in good standing with continuous membership for at least one year who are interested in becoming a PCCS board member are invited to submit a request to the Executive Director's email, [ed@pccschiro.org](mailto:ed@pccschiro.org) indicating your interest to join the BOD. In July, there will also be an open floor nominations during the meeting.

Membership vote occurs in August and election the following month in September. Any new officers will attend the October board retreat to begin their term.

Board Meetings are the 2nd Tuesday of the month,  
from 12:30-1:30 pm

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727-314-7300 (Pinellas, Pasco)

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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.**

# A Heat Illness Review – by Addison Ozakyol

As summer temperatures creep in here in Florida and it becomes increasingly like a sauna outside, it is important to refresh our knowledge of the various forms of heat illness we may encounter or experience. As chiropractors, we may spend much of our time treating patients in the comfort of an air-conditioned office, but from time to time, we may find ourselves working an outdoor sporting or marketing event and there are many things to keep on the lookout for. It is important to know the small differences in symptomology that will dictate your response for care. Some of the more pertinent presentations of heat illness include heat rash, heat cramps, heat stress/exhaustion, and heat stroke.

Heat rash is caused by obstruction of sweat glands during exposure to hot climates. The use of restrictive clothing or occlusive objects like bandages may exacerbate heat rash. This condition can usually be managed by removal of the tight or restrictive clothing as well moving to cooler temperatures and applying cool compress to the affected areas.

Heat cramps occur when there is a spasm/cramp of large muscle groups as opposed to an isolated muscle. This condition is often due to a relative deficiency of electrolytes including sodium, potassium, chloride, or magnesium. This condition may include symptoms of nausea, vomiting, fatigue, weakness, sweating, and tachycardia. Management of heat cramps includes ceasing physical activity, passive stretching, and slowly rehydrating with electrolytes.

Heat stress or heat exhaustion usually presents with some combination of nausea, vomiting, dizziness, light-headedness, irritability, headache, thirst, weakness, excessive sweating, muscle cramps, and decreased urine output in the setting of high body temperatures while still under 105°. Heat exhaustion can progress to life-threatening heatstroke if the patient is not removed from the hot environment and rehydrated.

Heat stroke is the most severe presentation of heat illness and is an emergency condition. Typically, heat stroke presents with combativeness, delirium, seizures, and coma, but most importantly, patients will present flushed and red but not sweating. This is a key distinction from other forms of heat illness as the body loses its ability to thermoregulate by sweating and intervention must occur quickly. Body temperature in these patients will usually be above 105°. If you identify heat stroke in a patient, immediately remove the individual from the hot environment and cool the body with lukewarm-cool water and ice over areas where large blood vessels are present (e.g. armpits, behind the knees, groin). Further, EMS should be activated immediately when heat stroke is suspected.

Heat illness, in its many forms, can be a common presentation especially in environments of high temperatures and humidity like our great state of Florida. It is important that we are able to identify which conditions are life threatening and emergent and which we can manage in house or on the sideline without compromising patient safety.

Leiva DF, Church B. Heat Illness. [Updated 2022 Dec 4]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2023 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK553117/>

Leon LR, Bouchama A. Heat stroke. *Compr Physiol*. 2015 Apr;5(2):611-47. doi: 10.1002/cphy.c140017. PMID: 25880507.

## ABOUT THE PCCS

The goal of the PCCS is to preserve, promote, protect, and advance the Chiropractic Physician profession.

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

*Join Now:* <https://pccschiro.org/join-now>

## OUR MEETINGS

We host 8 monthly member educational dinner meetings, an off-site social mixer, a holiday party, and 3 annual PAC events.

The 8 general meetings are held the last Tuesday of the month at the Marriot restaurant The Crafted Plate 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 (\$30 for non-members; guests/staff/spouse)
- FREE dinner & drink at our annual social and holiday parties (for members & one guest)
- 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 2023 Membership Application & Invoice**  
January 1 through December 31

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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 1<sup>st</sup> Year DC

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

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

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

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

New Members & Renewals: PAC contribution; website 'PAC star' & newsletter 'bold'

- Annual Dues with a \$50 voluntary contribution to the PAC = \$225.00**
- Annual Dues = \$175.00

1<sup>st</sup> Year DC: Graduated in 2022

- 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

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

\*Paper & Online renewal form only needs to be completed if contact info has changed.



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**General Monthly free Educational Dinner Meetings are the "last Tuesday of the month" at the Marriott from 6:30-8:30 pm.**  
Marriott Crafted Plate, 12600 Roosevelt Blvd N, St. Petersburg  
**Know someone interested in joining as a DC/Sponsor/Advertiser; [www.pccschiro.org](http://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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