

The

Audible Release

Hello Members!!!

By Addison Ozakyol, D.C. ATC. CSCS



Thank you to everyone who attended our May meeting. It is always great to see our members and sponsors coming together. We always enjoy having our sponsors bring new speakers and local providers into our group and hearing from Dr. Koebbe and Jamie from Premier Neuro Spine Institute was incredibly valuable.

They discussed the Intracept procedure, an excellent option for comanaging with chiropractic care. We would also like to give a special shoutout to our new Student Ambassadors who have begun in the role as of this week. Intern's Megan and Taite are passionate tri 9 students in their final 8 months of their chiropractic programs. They are welcome members of our BOD and look forward to

learning more about how a local society operates.

Next month, our June meeting will feature our summer social! We are excited to be back at Jimmy Guana's on IRB on June 25th. Keep your eyes out for our e-vite and email updates for more details. It is always great to mingle with everyone, so we hope to see you there.

Also, coming up in July, we are excited to host our biennial Candidate Forum. At this event we welcome local candidates who are running for office in Pinellas County and give them an opportunity to connect with PCCS members as their constituents and as we make connections to advocate for our practice particularly at the state and local government. This event will take place on July 30th from 6:30pm-8:30pm at the St. Pete Mariotte. Be sure to brush up on your state symbols!!



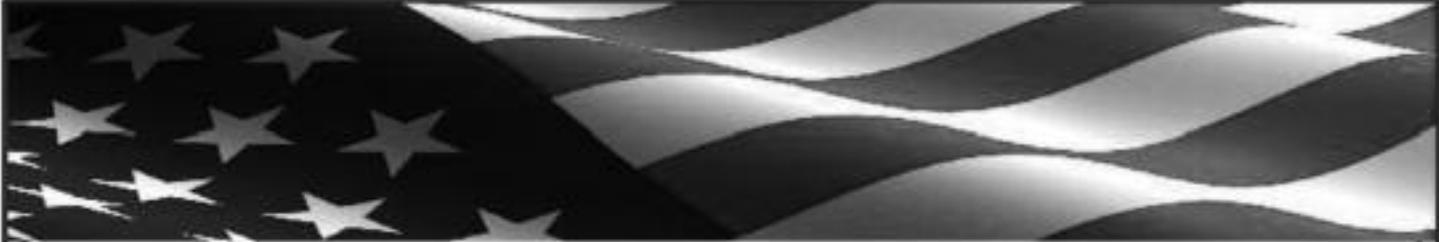
VISIT US ONLINE AT PCCSCHIRO.ORG

Be Sure to mark your calendar for our Summer Social Meeting June 25

Mark your Calendar to attend the July 30th Candidate Forum

Be sure to join us at our June 25th Meeting.

SAVE THE DATE



The Pinellas County Chiropractic Society

Is proud to sponsor

Pinellas County Legislative Delegation

Candidate Forum

Tuesday, July 30th

**St. Petersburg Marriott Clearwater
12600 Roosevelt Boulevard North**

6:30 – 8:30pm

Candidates for state office in Pinellas County will be present.



Candidate questions:
woodybdc@gmail.com
Woody Brown (727) 743-2909
Text or Call



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F-727-544-3222
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Pinellas Park, FL 33781
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O-727-490-6011
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The Audible Release
is published 10 times per year
and unlimited downloads available online.

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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Executive Director

Cynthia Gramberg

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

email: ed@pccschiro.org

Calendar of Events

Monthly Dinner Meetings

Join us In-Person

Last Tuesday of the Month

www.pccschiro.org/annual-calendar

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

June

25th- Summer Social Meeting

Location: Holiday Inn Harborside

401 2nd Street, Indian Rocks Beach, FL 33785

July

30th-General Meeting

Location: St. Petersburg Marriott - 2nd Floor

Topic: PCCS Legislative Candidate Forum Hosted
by Mayor Woody Brown

June Board meeting 11th 12:30pm Zoom

July Board meeting 9th 12:30pm Zoom

PCCS PAID MEMBERS 2024

“Thank you to the chiropractors below that
are supporting the PCCS and PAC in 2024”
See page 13 for the 2024 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”

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Stephen Wyckoff D.C.

Jordan Vandervenn, D.C.

New Members 2024

Aaron Day, D.C.

Tyler Garapola, D.C.

Research Supporting Photobiomodulation Therapy

By April Shook, D.C., DIBE

Photobiomodulation therapy (PBMT), also known as low-level laser therapy (LLLT) or cold laser therapy, involves the use of low-level lasers or light-emitting diodes (LEDs) to stimulate cellular function. In my opinion, it is an essential part of any chiropractic practice who deals with musculoskeletal injuries.

Research supporting photobiomodulation therapy (PBMT) spans various fields, including medicine, dentistry, sports medicine, and dermatology. Here are some key articles from scientific studies:

Pain Management:

A meta-analysis published in the Journal of Athletic Training found that PBMT significantly reduced pain in musculoskeletal conditions like arthritis, tendonitis, and neck pain.

Research published in the Journal of Clinical and Diagnostic Research showed that PBMT was effective in reducing postoperative pain and opioid use in patients undergoing various surgical procedures.

Wound Healing:

Studies, such as one published in Lasers in Surgery and Medicine, demonstrated that PBMT accelerated wound healing in both acute and chronic wounds, including diabetic ulcers and pressure sores.

Research published in Photomedicine and Laser Surgery showed that PBMT improved tissue repair and collagen synthesis in skin wounds.

Muscle Recovery and Performance:

A study published in the Journal of Strength and Conditioning Research found that PBMT reduced muscle fatigue and improved recovery in athletes following intense exercise.

Research published in the Journal of Sports Science & Medicine showed that PBMT enhanced muscle performance and increased muscle strength in athletes.

Neurological Conditions:

Preliminary research, such as a study published in Frontiers in Neurology, suggested that PBMT had neuroprotective effects and potential therapeutic benefits for conditions like stroke, traumatic brain injury, and neurodegenerative diseases.

These studies highlight the diverse therapeutic applications of PBMT and its potential to improve various health outcomes. However, further research, including large-scale clinical trials and mechanistic studies, is needed to fully understand the optimal parameters and mechanisms of action underlying PBMT's effects.

Class 3 and Class 4 lasers are differentiated primarily by their power output and potential for tissue penetration. When choosing between Class 3 and Class 4 lasers for photobiomodulation therapy or other applications, you should consider factors such as the depth of tissue penetration required, the nature of the condition being treated, and the desired treatment outcomes. Do your research and choose one that will give your patients the best outcome, and don't let price be the main determinate.

THE RADIOLOGIST'S VIEW



CONFIDENCE AND CONSEQUENCE

The instructor projected an x-ray image onto the screen and asked the class if it was normal. After a minute or two the instructor pointed to a lytic lesion in the pelvis and asked if anyone had seen it. I thought to myself, “Oh yeah, I saw that”. Yet, I did not raise my hand because I did not have much confidence in my answer even though my response had no significant consequence (other than embarrassment). In radiology film interpretation, as in clinical practice, confidence (a state of being certain) can be developed and improved.

The confidence that one has in response to a question is directly related to the consequences of that response. I had no responsibility for the consequence of my response when the instructor asked if anyone saw anything on that projected image. If the instructor had said that you need to write down your answer, but do not have to hand it in, the value of that response would increase because I had to commit, even if no one would see what was written. But, if I were asked to hand in my response and it would be read out loud, my level of confidence would be shaken because there would be a greater value to what I had written. If the question was on a final examination, the consequence of my response would have even more value and I would have to have a reasonable degree of confidence in my response.

Every time I interpret an image, I need to have a high level of confidence (certainty) in what I say since the consequence of my impression has such a high value. The clinician has the same responsibility since the patient's record is the testimony of that clinician and the information contained in that record can have considerable value and consequence. Confidence in the content of that file is vital.

Can the level of confidence in a clinical setting be improved? I think so. One of the best ways to improve is

through education. The reason I did not have the confidence to verbalize a response or even raise my hand in that radiology class was due to my relative ignorance to the discipline of radiology. As my educational level increased through additional courses and residency, my level of confidence improved until ultimately, I was comfortable enough to sign my first report. And the education never ends. After decades in practice, I need continuing education to stay proficient in radiology. The clinician undergoes the same evolution. If you want to reach higher levels of confidence in your discipline never stop learning.

The other factor involved in improving your level of confidence is through experience. Experience does not necessarily equate with time. Many physicians in practice for twenty years do not have twenty years of experience, but rather one year twenty times. Having interpreted hundreds of thousands of images, I continue to feel more certain of my opinions. But I also realize that I can never achieve 100% certainty. The clinician gains experience by careful examination of each patient and fine-tuning treatment protocols. As proficiency improves, so does the level of confidence. Missing an abnormality on an x-ray or on the physical examination of a patient can cause a loss in confidence. However, a humbling experience like that can also serve as a challenge to do better.

One needs to be careful of over confidence since it can lead to carelessness and medical error. Try to improve with each patient encounter, by learning from the experience. Do not become an academic sluggard. Keep yourself challenged and realize the value of what you do and the consequence of it. Confidence will develop from that.

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

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For those that missed our meeting in May Dr. Koebbe and Jamie from Premier Neuro Spine Institute gave a wonderful presentation on the Intrasept Procedure.



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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 2024 Membership Application & Invoice
January 1 through December 31

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 ONLY 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 & Renewals: PAC contribution; website 'PAC star' & newsletter 'bold'

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

1st Year DC: Graduated in 2022

- 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 & RENEWALS* AVAILABLE

<https://pccschiro.org/paynow/>

Or you may still Join or Renew* by Mail:

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.



General Monthly free Educational Dinner Meetings are the "last Tuesday of the month" at the Marriott from 6:30-8:30 pm.
 Marriott upstairs, 12600 Roosevelt Blvd N, St. Petersburg
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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The PCCS Board of Directors as well as our membership would like to thank all of our sponsors for their support in 2023. We couldn't continue to promote, protect, preserve and advance the Chiropractic profession without your support. We look forward to working with you and your continued support in 2024.

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