

# The Audible Release

## Hello To All Our Members!!

By Addison Ozakyol, D.C. ATC. CSCS



Hello to all our members,  
I hope this publication of the Audible Release finds you and your families well. A lot has happened since our last handout. Thank you as always to our

wonderful sponsors and speakers at recent meetings, we appreciate the continued support and involvement with our efforts to expand our scope of practice and build our profession.

Just a reminder, we will not be having a December meeting and will instead see everyone for the Holiday Party. We hope to see everyone soon to celebrate the end of 2024!

With homes, families, practices, and lives being changed by these historic storms, be sure to support everyone in our communities and stand together! We wish all of you a prosperous and happy holiday season as you celebrate with your family and friends. Happy Holidays!



Mark your calendar for our January meeting on January 28  
St. Petersburg Marriott, 102600 Roosevelt Blvd., St. Petersburg, FL 33716  
Visit us online at [PCCSCHIRO.ORG](http://PCCSCHIRO.ORG)

# 29th ANNUAL PCCS GOLF TOURNAMENT

29<sup>th</sup> Annual PCCS Golf Tournament  
Tom Hughes, DC

The 29<sup>th</sup> Annual PCCS Golf Tournament was held on November 14, 2024. Once again played at Bardmoor Golf & Tennis Club in Largo, the weather was a great and both players and sponsors had a great day! As most of you know, we had to reschedule due to the hurricanes. We are so thankful for the sponsors and the 46 golfers who came out to compete for the coveted PCCS Championship as well as other fun and exciting contests. The official results are below:

<b>1<sup>ST</sup> PLACE</b> (54)	<b>2<sup>ND</sup> PLACE</b> (56)
<b>HONESTY AWARD</b> (68)	That's a great score!
Chris Waters	Susanti Chowdhury
Armin Bajric	
Beau Titsworth	David Clark
Mish Jacsik	
Nick Patel	Frank Furman
Adam Jacsik	
John Marvin	Brian Koesling
Justin Trieu	

**STRAIGHTEST DRIVE** – Sponsored by PCCS -  
Won by Beau Titsworth

**CLOSEST TO THE PIN MEN**  
Men – Sponsored by Diagnostic Imaging Consultants – Won by Brian Koesling

**CLOSEST TO THE PIN WOMEN**  
Women – Sponsored by the PCCS – Won by Cindy Stenberg

**LONGEST DRIVE WOMEN**  
Women – Sponsored by the PCCS – Won by Cindy Stenberg

**AI'S FARTHEST TO THE PIN** – Sponsored by PCCS – It's our tribute to our colleague and dear friend Dr. Al Comey! – Won by Dave Clark

**CLOSEST TO THE SPINE** – Sponsored by the Florida Chiropractic Association – Won by Beau Titsworth

## **LONGEST DRIVE MEN**

Men – Sponsored by Demesmin & Dover – Won by Bryan Karn.

## **HOLE SPONSORS**

Demesmin & Dover, Diagnostic Imaging Consultants, Florida Chiropractic Association, Waypoint Orthopaedic Care

**PHOTOGRAPHY**– Thank you Mike Roberts, DC, and Cris Langheier, DC!

## **AUCTION ITEMS**

Holiday Inn Harbourside, Florida Spine Institute, Kelly May, LMT, Dr. Addison Ozakyol, DC

## **RAFFLE SPONSORS**

University Orthopedic Care, DeLoach, Hofstra + Cavonis, P.A., Florida Orange Blossom Groves Winery, Dr. Jennifer Gantzer, DC, Bascom's Chop House, Flying Falcon Therapies and our Executive Director – Cynthia Gramberg!

Proceeds from this event help support the general operation of the Society as well as raise money for our PAC. The total amount raised for our PAC is still being determined but needless to say it is more than we had prior to the tournament!

The PCCS Board of Directors and members would like to thank all the players, sponsors, raffle contributors and volunteers for making the event a success.

**I hope you will take a moment to review the list of sponsors and raffle contributors who supported this year's tournament and make the choice to patronize those who support our Society.**

See you next year for the 30th Annual Tournament. Until then, hope you hit'em long and straight!



**29th Annual PCCS Golf Tournament was a great success.  
Here are some highlights from the day.**













# 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)

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*

#### December

**NO GENERAL MEETING**

#### January

**GENERAL MEETING**

January 28th - General Meeting

Location: St.Petersburg Marriott - 2nd Floor,

Speaker Tillie Allison from  
Westshore Financial Group

#### February

**GENERAL MEETING**

February 25th - General Meeting

Location: St.Petersburg Marriott - 2nd Floor,  
Speaker Susanti Chowdhury, MD, PA

**January Board meeting 14th, 12:30 p.m. Zoom**

**February Board meeting 11th, 11:30 p.m. Zoom**

#### **PCCS PAID MEMBERS 2024**

“Thank you to the chiropractors below that are supporting the PCCS and PAC in 2024”  
See page 11 for the 2025 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.**

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**Stephen Wyckoff D.C.**

**Jordon VanderVeen, D.C.**

#### **New Members 2024**

**Aaron Day, D.C.**

Tyler Garapola, D.C.

Sam Scott, D.C.

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F-727-999-6001  
aozakyolchiro@gmail.com

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

Past President:  
Dr. Jennifer Gantzer  
O-727-823-6262  
drjgantzer@gmail.com

Secretary:  
Dr. Jennifer Gantzer  
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Treasurer:  
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St. Petersburg, FL 33710  
O-727-341-1234  
F-727-384-6158  
drhughes@hughes-chiro.com

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

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

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

Dr. Alan Norman  
5687 Park Blvd. N  
Pinellas Park, FL 33781  
O-727-541-6800  
info@discspinecare.com  
alannormandc@gmail.com

Dr. Joshua Richardson  
8400 113th St.  
Seminole, FL 33772  
O-727-201-4549  
joshua7ar@gmail.com

Dr. Theresa Pham  
1883 S. Pinellas Ave.  
Tarpon Springs, FL 34688  
O-727-644-6685  
theresapham@gmail.com

Dr. Kyle Laughlin  
2535 Landmark Dr. Ste 213  
Clearwater, FL 33756  
O-949-524-8927  
groundedchiro@gmail.com

Ethics:  
Dan Roode  
8231 66th St N.  
Pinellas Park, FL 33781  
O-727-581-3800  
roode.dc@gmail.com

*The Audible Release*  
is published 6 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](http://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

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# Hurricanes and Mental Health

Addison Ozakyol, DC, ATC, CSCS

Now that we are finally at the end of the 2024 Hurricane Season, it is important to recognize and reflect on some of the significant mental health stress that we all experienced this season. While we now look to recover as a community, please keep in mind the long term effects of these significant stressors and identify, educate, manage, and advocate for yourself and your patients.

## Pre-Storm Anxiety and Anticipatory Stress

In the days or weeks leading up to a hurricane, the anticipation of potential destruction can lead to heightened levels of anxiety and stress. Research shows that the uncertainty surrounding hurricanes, from concerns about evacuation to potential property loss, contributes to significant psychological strain (Kaplow et al., 2019). This anticipatory stress often manifests physically, contributing to tension-type headaches, muscle stiffness, and other somatic symptoms that chiropractors frequently address. Stress increases the release of cortisol and adrenaline, hormones that, over time, may exacerbate inflammatory processes and musculoskeletal pain (Sapolsky, 2015).

## Post-Storm Psychological Impact

Following the storm, stress responses can vary. The aftermath of a hurricane, characterized by property damage, displacement, and loss of life, is associated with an increased risk of post-traumatic stress disorder (PTSD), depression, and anxiety (Neria et al., 2008). These mental health challenges can further impact physical health, as prolonged stress leads to poor sleep, fatigue, and worsened chronic pain. The strain on social support networks, economic instability, and the ongoing uncertainty of rebuilding can lead to chronic stress, exacerbating conditions such as low back pain or fibromyalgia (Andersen et al., 2017).

## Chiropractic Strategies to Support Mental Health

As primary care providers with a holistic focus, chiropractors are uniquely positioned to support patients dealing with hurricane-related stress. Several strategies can improve mental health outcomes and reduce stress:

**Mind-Body Integration:** Incorporating relaxation techniques, such as breathing exercises and mindfulness practices, into patient visits can help mitigate the body's stress response. Mindfulness-based stress reduction (MBSR) has been shown to reduce symptoms of anxiety and depression in those affected by trauma, including natural disasters (Greeson et al., 2014).

**Physical Activity:** Encouraging regular physical activity can help patients manage stress. Exercise releases endorphins, which act as natural painkillers and mood elevators. Chiropractors can emphasize the importance of stretching, strengthening exercises, and even low-impact activities like walking to promote physical and emotional well-being.

**Patient Education:** Providing information on proper body mechanics and posture during stressful times can prevent musculoskeletal injury and pain exacerbated by emotional stress. Education on the physiological effects of stress can empower patients to recognize and address early symptoms before they escalate.

**Referral to Mental Health Professionals:** Chiropractors should not hesitate to refer patients to psychologists or counselors if signs of PTSD, severe anxiety, or depression are present. Collaborative care that addresses both physical and mental health leads to better outcomes (Kisely et al., 2010).

Hurricanes induce significant mental stress, both before and after the storm, impacting physical health in ways that chiropractors must recognize. By incorporating stress management techniques, promoting physical activity, and educating patients, chiropractors can play an essential role in supporting mental health alongside physical recovery. Additionally, recognizing when to refer patients for psychological support is critical in ensuring comprehensive care.

## References:

Kaplow, J. B., Rolon-Arroyo, B., Layne, C. M., Rooney, E., & Oosterhoff, B. (2019). Mental health symptoms among children and adolescents following hurricane exposure: The role of social support. *Journal of Traumatic Stress, 32*(4), 520-530. Sapolsky, R. M. (2015). Stress and the brain: Individual variability and the inverted-U. *Nature Neuroscience, 18*(10), 1344-1346. Neria, Y., Nandi, A., & Galea, S. (2008). Post-traumatic stress disorder following disasters: A systematic review. *Psychological Medicine, 38*(4), 467-480. Andersen, T. E., Karstoft, K. I., Brink, O., & Elklit, A. (2017). Pain-catastrophizing and fear-avoidance beliefs as mediators between post-traumatic stress symptoms and pain following whiplash injury—A prospective cohort study. *European Journal of Pain, 21*(9), 1511-1520. Greeson, J. M., Brantley, J. G., & Smoski, M. J. (2014). Mindfulness meditation and anxiety reduction: A pilot study. *Psychological Reports, 115*(1), 48-60. Kisely, S., Campbell, L. A., & Yelland, M. J. (2010). Psychological interventions for symptomatic management of non-specific low back pain in primary care: A systematic review. *The Cochrane Database of Systematic Reviews, (7)*, CD004299.

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Susanti Chowdhury, M.D. ....13  
Tampa Bay Imaging .....14  
Thomas Boland, MD, DMD .....14  
Tillie Allison .....15  
Saint Pete MRI .....15



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Ligori & Ligori.....15

### 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 2025 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

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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

1st Year DC: Graduated in 2022

- 1st Year Licensed D.C. Annual Dues +\$50 contribution to the PAC = \$149.00
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https://pccschiro.org/paynow/

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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 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 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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