The Official Publication of the Pinellas County Chiropractic Society



September 2024

The Audible Release

Hello To All Our Members!!

By Addison Ozakyol, D.C. ATC. CSCS



Hello members!

It was wonderful to see so many of you present for our biennial candidate forum that occurred during our July meeting. We had a great turnout of candidates, some familiar faces and some new to politics in our county – it was

great to get to know those who represent us and to use this platform to also advocate and educate for our profession. A special thanks to our very own Dr. Brown, Mayor of Largo, for coordinating and hosting this event as well as creating questions for our the candidates. Although, I will be honest, even though I did a google of "FL state symbols" a few days before the forum, I still couldn't remember agatized coral...

Just a reminder, we did not have an August meeting due to the FCA conference in Orlando. If you got a picture with a fellow PCCS member, feel free to send it in for a chance to be featured in an upcoming newsletter! Our next in-person meeting will be on September 24th at our usual spot in the St. Pete Marriott Clearwater. We will be hosting Demesmin and Dover and always look forward to their presentations.

Our Annual Golf Tournament is coming up on October 17th, so be sure to reach out for more information regarding signing up or sponsoring the event. This is an excellent fundraiser for the PAC, so get out there and let's support our profession! Remember, PIP is up for repeal again for the next legislative session. So be sure to contact your representatives and donate to the PCCS-PAC. Your donations go a long way to support our profession and help keep the PCCS the most active local society in Florida! Thank you for your continued membership and support!





Sponsor Opportunities and Entry Form for the 29th Annual Golf Tournament

Bardmoor Golf & Tennis Club - Thursday October 17, 2024

Company: _____ Contact Person: ____

Address:	City:	Zip:
	CHECK ALL THAT APPLY:	
	Corporate Sponsor	\$975
	Team Sponsor	\$700
	Foursome	\$540 each #
Come Out On	Individual golfer	\$150 each #
	Tee Box or Green Sponsor	\$300 each #
October 17 th	Team Trophy Sponsor	\$500
At 1:30pm	Practice Putting Green Sponsor	\$250
, 10 =199pm	Practice Range Sponsor	\$250
Shotgun Start at 1:30pm	Photography Sponsor	\$500
	Beverage Cart Sponsor	\$1,500 per cart
Registration:	Registration Open Bar Sponsor	\$1,000
12:00-1:20pm	Awards Open Bar Sponsor	\$800
Burgers, Dogs & Raffle To Follow	\$10K Hole-In-One Sponsor	\$600
	Contest Sponsor	\$325 each
	Closest to the Pin:	Men's Women's A
	Longest Drive	Men's Women's
	Gift Certificate / Raffle Prize Details	3:
GOLFERS: (first and last name	es)	
		· · · · · · · · · · · · · · · · · · ·

Complete form, sign and fax to (727) 384-6158 or email: ed@pccschiro.org

An invoice will be faxed/emailed to the contact person listed above.

For questions please contact:

Dr. Thomas Hughes (727) 341-1234 or Cynthia Gramberg at (727) 657-9422

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

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

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

Treasurer: Dr. Tom Hughes 1228 66th St. N. 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: Anthony Staganelli 1000 S. Belcher Rd Largo, FL 33771 727-531-4444 drstanganelli@gmail.com

Dr. Mark Lipkin 2595 Tampa Rd. Suite P Palm Harbor, FL 34684 O-727-787-4787 Mark@LipkinChiropractic.com

Dr. Fouad Raad 6231 66th Street North Pinellas Park, FL 33781 O-727-544-3330 F-727-544-3222 firaad@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. April Shook 3637 4th Street N. Suite 290 St. Petersburg, FL 33704 O-727-490-6011 dr.aprilshook@gmail.com www.stpetespineandjoint.com

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.

P.O. Box 7515 Seminole, FL 33775-7515 www.pccschiro.org





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

September

24th-General Meeting
Location: St. Petersburg Marriott - 2nd Floor
Speaker: Demesmin & Dover
Topic:TBD

October

17th- Golf Tournament
Location: Bardmoor Golf and Tennis Club
Time: 1:30
29th-General Meeting
Location: St. Petersburg Marriott - 2nd Floor
Joint Meeting with the Tampa Bay
Chiropractic Society

September Board meeting 10th 12:30pm Zoom

October Board meeting 13th 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"

Woody Brown, D.C. Richard Frost, D.C.

Albert Gadomski, D.C.

Jennifer Gantzer D.C. DACBN

Melodie Hammer, D.C.

Clayton Hopkins, D.C.

Tom Hughes, D.C.

Sarah Kelly, D.C.

Nelson Klahr, D.C.

Douglas Kole D.C.

Ken Kozlowski, D.C.

Peyton Lacy, D.C.

Chris Langheier D.C.

Kyle Laughlin, D.C.

Deric Lovett, D.C.

Mark Lipkin, D.C.

Jason Miller, D.C.

Jenna Montana D.C. Alan Norman D.C.

Addison Ozakyol D.C.

Fouad Raad D.C.

Samual Richards, D.C.

Josh Richardson D.C.

Michael Roberts D.C.

Marc Rogers, D.C.

Daniel Roode D.C.

Terry Sandman D.C.

D.A.C.B.R.

David Sandefur, D.C.

Rhonda Schroeder, D.C.

April Shook, D.C.

Anthony Staganelli D.C.

Dr. Dan Strauss

Scott Thorpe, D.C.,

D.A.C.B.R.

Lorraine Thorpe, D.C.

Mark Weiland D.C.

Jade Woodruff, D.C.

Stephen Wyckoff D.C.

Jordon VanderVeen, D.C.

New Members 2024 Aaron Day, D.C. Tyler Garapola, D.C.

Sam Scott, D.C.

THE RADIOLOGIST'S VIEW



WHAT THE HECK'S A DEXA

A frequent finding in a radiologist's report is "...a decrease in bone density is noted." In some instances, this is dismissed as normal or described as consistent with the

age of the patient. However, it is important to keep in mind that plain film imaging is not a reliable method for detecting early loss of bone (low sensitivity) and generally does not have sufficient specificity to determine or suggest an etiology. The causes of this finding are numerous, including endocrine and hormonal disorders, autoimmune disease, diabetes, hematologic and gastrointestinal disorders, dietary deficiency, cancer, neurologic and even mental illness (depression and eating disorders), systemic corticosteroid use and the natural history of bone metabolism. Clinical correlation is paramount when the observation of decreased bone density is suggested, and acceptable testing must corroborate the certainty of this finding. The exam best suited for the task of measuring bone mineral density (BMD) is dual-energy x-ray absorptiometry (DEXA or DXA).

A DXA scan is a noninvasive imaging technique using minimal amounts of x-ray to evaluate BMD. In the appropriate patient population, the exam is cost effective, and the procedure is relatively simple. Advantages of this procedure include the proven ability to predict fracture risk and evaluate anti-fracture treatments. There is an acceptable degree of accuracy and precision, and the reference ranges of results are considered reliable. Most DXA scans are performed on the hip and spine with the patient lying on a padded table. Detectors receive the radiation that passes through the patient, a computer processes the information, and a digital image is produced. Using comparisons to normative data, the measured BMD is used to calculate Z-scores and T-scores. The results are expressed as standard deviations from the mean BMD. T-scores compare the patient's results with that of a young adult while Z-scores are compared to the BMD of the patient's peers, accounting for age, size, gender and ethnic group.

The results of a DXA scan are displayed in both T and Z scores: T-Score: A score > or equal to -1.0 is normal. A score between -1.0 and -2.5 is classified as osteopenia. <-2.5 is defined as osteoporosis. This score is used to estimate the risk of developing a fracture. Established osteoporosis is defined as T<-2.5 in the presence of one or more fragility fractures. The T-score is generally used to interpret what your BMD means.

Z-Score: Since low BMD in older adults is common, an age-matched comparison may be misleading. If this score is unusually high or low, it may indicate a need for further testing.

The clinical risk factors for the development of fracture and the communication of this information to the radiologist are crucial. The risk factors include age, low body mass index, prior fracture after the age of 50, parental history of hip fracture, smoking, current or past use of systemic corticosteroids, excessive alcohol intake and rheumatoid arthritis. 1 These factors are in addition to reporting known or suspected underlying pathology that may cause osteoporosis.

The benefits of a DEXA (DXA) scan include: a simple, quick and noninvasive procedure, low radiation and cost, accuracy in diagnosing osteoporosis and its ability to estimate fracture risk. The risks of the procedure are minimal and, most importantly, the benefits of this procedure far outweigh any potential risk when performed on the appropriate patient, and proper technique and protocol are observed. Realizing that plain film x-ray is not the most sensitive technique to measure bone density. it is important not to assume the density is normal, even if it is not mentioned in the radiologist's report, nor is it wise to dismiss the finding of bone loss as merely compatible with the patient's age, especially if there are underlying risk factors.

So now when a patient asks, "What the heck's a DEXA?", you'll know.

Terry D. Sandman, DC, MPH, DACBR drtsandman@aol.com © 2024 by Terry D. Sandman Reference

1. Kanis J A, Borgstrom F, De Laet C. et al Assessment of fracture risk. Osteoporos Int. 2005 Jun; 16(6):581-9.

Our July meeting was a great success. Dr. Woody Brown of Largo coordinated the event. Our candidate forum include Bob Laivee, NPA. house candidate District 57, Bryan Beckman, Dem. house candidate District 58, Bernie Jacques, Rep. house candidate District 59, Lindsay Cross, Dem. house District 60, Linda Chaney, Rep. House candidate District 61, Rep. Amador Lioncart, Rep. House District 62, and Katie Blaxberg for Pinellas County School Board. Each were given a timed response to speak on their platforms. We also had a little fun when they were asked questions specifically about Florida. It was great to get to know those who represent us and to use this platform to also advocate and educate for our profession.



Bernie Jacques



Katie Blaxberg



Bob Larivee



Amad Lionheart

MORE CANDIDATES.....



Lindsay Cross



Linday Cheney



Bryan Beckman









 ${\bf 8} \ {\bf www.pccschiro.org}$

Audible Release, September 2024

What the Nationwide Decision Banning the FTC Non-Compete Rule Means to You

By Kim (Driggers) Jaffe, General Counsel, Florida Chiropractic Association

The FCA previously reported on the FTC's Rule banning non-compete agreements which was to go into effect on September 4, 2024. However, a Texas federal court entered an order yesterday with nationwide effect, holding that the FTC Non-Compete Rule, "shall not be enforced or otherwise take effect". Ryan, LLC. V. Federal Trade Commission, Civil Action No. 3:23-00986, Memorandum and Opinion Order (N.D Tex. August 20, 2024).

Attendees at FCA's The National this past weekend were brought up to date by Labor and Employment lawyer, Dena Sokolow, shareholder at Baker Donelson, of the latest case out of Florida, decided just last Thursday, that struck the FTC ban on non-compete agreements but only as to the plaintiffs in that case. Properties of the Villages, Inc. v. Federal Trade Commission, Case No: 5:24-cv-00316-T (M.D. Fla. August 17, 2024).

Yesterday's decision, however, strikes down the FTC's ban nationwide; thus, the Rule will not take effect on September 4, 2024.

What does this mean to you as an employer or employee with a non-compete?

The Ryan case has one more stop on appeal at the more employer-friendly Fifth Circuit, and then the U.S. Supreme Court has the option of accepting jurisdiction to hear the case should it be appealed again. Based upon the makeup of those courts, it is believed the chances of the FTC's success do not seem promising. Business as usual for employers? We suggest not.

As an employer, the requirement of sending out notice of the FTC ban to all current and former workers is now not required. But this process along with some individual states already making non-compete agreements unlawful, shows the trend in the U.S. against their enforcement. It's a good time to review your contracts and evaluate how to best protect against competitive threats and patient solicitation should the decision be overturned or should Florida enter a separate law banning non-competes (See S.B. 458 and HB 0011 filed last Session seeking to invalidate restrictive covenants of physicians. The bills did not make it out of committee). There are ways other than a non-compete agreement to protect your practices.

As for employees as of today, the non-compete agreements are still in effect, if drafted in compliance with Florida law. Should you choose to seek employment elsewhere that may violate your non-compete agreement, you should check the status of the law before your departure.

PCCS Sponsors

* Denotes New Sponsor



GOLD

Learn how you can become part of
the biggest and most active local society in the state
YOU can become a Sponsor
Contact Cynthia Gramberg today for more information at
ed@pccschiro.org



BRONZE

J. Stanford Morse, P.A	
Akumin	13
Susanti Chowdhury, M.D	13
Tampa Bay Imaging	
Thomas Boland, MD, DMD	
Saint Pete MRI	



SILVER

TIME FOR BOARD OF DIRECTORS NOMINATIONS AND ELECTION

The nomination period for those who wish to serve on the PCCS Board of Directors for the upcoming year is now open. You must be a member in good standing with continuous membership for at least one year. For those that are interested in becoming a PCCS board member, you are invited to submit a request to the Executive Director's email, ed@pccschiro.org, indicating your interest to join the BOD. During the September meeting there will also be open floor nominations. Any new officers will attend the October 5th board retreat to begin their term. Board Meetings are the 2nd Tuesday of the month, from 12:30-1:30 pm via Zoom



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 certification	ns:
Circle all that apply: DC MS DABCI DACBN D	DACNB DACBSP DACBR DICCP
Select One: New Member / Ren	newal / New Member 1st Year DC
Renewals Only: complete below ONL	Y IF YOUR CONTACT INFO has changed
Office or Company Name:	
Office or Company Address:	
Multiple office locations:	
Email:	
	Office Fax:
Cell phone (for PCCS communications):	On directory? Y / N

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.



PCCS Pay Now

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.

^{*}Membership is for the chiropractor listed above only & is non-transferable.

^{*}Contributions to the PCCS-PAC are not deductible as charitable contributions for federal income tax purposes.

Business Directory

ATTORNEYS

J. Stanford Morse, P.A.

Phone: 727-347-7737 www.injurylawus.com

Ligori & Ligori Call or Text

813-254-7119 (Tampa) 727-314-7300 (Pinellas, Pasco) http://www.callmeonmycell.com

Demesmin & Dover Law Firm

Phone: 866-954-6673

www.attorneysoftheinjured.com

CREDIT CARD PROCESSING

Exzact Business Solutions

Zac Gottlieb
P 727-388-1371 C 704-776-8782
zac@exzactbusiness.com
www.exzactbusiness.com

DENTAL

Thomas J. Boland, MD, DMD

Board Certified Oral & Maxillofacial Surgery Phone: 727-525-0155

DIGITAL X-RAY SALES

Coastal Medical Imaging

Phone: 727-387-3110 www.coastalmedicalimaging.com

Includes X-Ray, Digital Xray Chiropractic Tables Sales and Service

MEDICAL IMAGING

Akumin

Boot Ranch 727-781-3888 Largo 727-531-5444 St. Pete 727-525-3800

Saint Pete MRI

Phone: 727-577-2220 www.saintpetemri.com

Tampa Bay Imaging

Pinellas Park: 727-545-9674

Tampa: 813-386-3674

INTERVENTIONAL SPINE

Advanced Interventional Spine Consultants

Susanti Chowdhury, M.D. Phone: 727-526-2771

RADIOLOGISTS

Diagnostic Imaging Consultants

Scott Thorpe, DC, DACBR Rudy Heiser, DC, DACBR Phone: (727) 579-2500

MALPRACTICE INSURANCE

NCMIC

Phone: (800) 247-8043

www.ncmic.com

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.

PCCS Classified Ads

EQUIPMENT FOR SALE: Elite Stationary drop table \$450. Therapy Treatment Table \$75. Hydroculator \$125. Mytherm Diathermy \$350. Negotiable for quick sale. Please call Dr. Schroeder at (727) 804-3834 or email at docschroeder@aol.com

OFFICE COVERAGE- 1982 grad from Texas Chiropractic College. Proficient in Diversified, activator, Arthrostim and Chirotouch. Prefer the Largo, Seminole, St Pete and Clearwater areas. 727-212-1902. Dr. Doug Kole

PAIN RELIEF

ADVANCED INTERVENTIONAL SPINE CONSULTANTS

Treatments are available for:

- Headache
- Facial pain
- Neck-Shoulder pain
- · Back pain
- Herniated disc

Two Locations to Serve You

1945 East Bay Dr. Largo and

6231 66th St. N. Pinellas Park

 Reflex Sympathetic Dystrophy (RSD)



- Arthritis pain
- Sports injury
- Work-related injury
- Motor vehicle injury
- Any chronic pain
- Regenerative Injection Therapy (Stem Cell Replacement)

727-526-2771

Susanti Chowdhury, MD, PA

PCCS

BRONZE

Private Insurance

- Workers' Comp &
- Auto Accepted

WE ARE AKUMIN

We offer a range of imaging services to unlock the right diagnosis









Board certified, multi-specialty radiologists Same day appointments and weekend hours All insurances accepted and competitive cash pricing

We offer Open and Upright Open MRI imaging exams for claustrophobic patients or those with limited mobility

Akumin has 14 diagnostic imaging centers across West Florida from Palm Harbor down to St. Petersburg

For a full list of locations and procedures offered visit Akumin.com





J. STANFORD MORSE, P.A.

3131 66TH Street North, Suite #2 St. Petersburg, FL 33710

Phone: 727.347.7737 Fax: 727.347.0179

We Speak for the injured. We Speak for Their Families.

If you've suffered a serious personal injury or loss of a loved one through another person's carelessness or negligence, call us. We'll listen. Then we'll get to work to help you recover for your loss.

Motorcycle accidents Rear – end collisions Slip and fall Dog bite / injury DUI / Drunk driver

Hit and run accidents Pedestrian accidents Premises liability Wrongful death

PHONE: 727. 347.7737 WWW.INJURYLAWUS.COM

Thomas J. Boland MD, DMD

Board Certified Oral & Maxillofacial Surgery

- TMJ
- Headaches
- Facial Pain
- Oral Surgery
- Dental Implants
- Facial

Reconstruction

• Obagi Skin Care

Medical & Surgical Treatment of the TMJ

6540 4th Street North, Suite A St. Petersburg, FL 33702 (727) 525-0155



Also seeing patients in Largo & New Port Richey

• We accept most major insurance



High Field, Short Bore MRI & Spiral CT

Service · Quality · Comfort

Tampa Bay Imaging is now a proud sponsor of the **Pinellas County Chiropractic Society**

Tampa Bay Imaging provides the highest degree of service and unsurpassed image quality in both Pinellas and Hillsborough Counties.

TBI is conveniently located at:

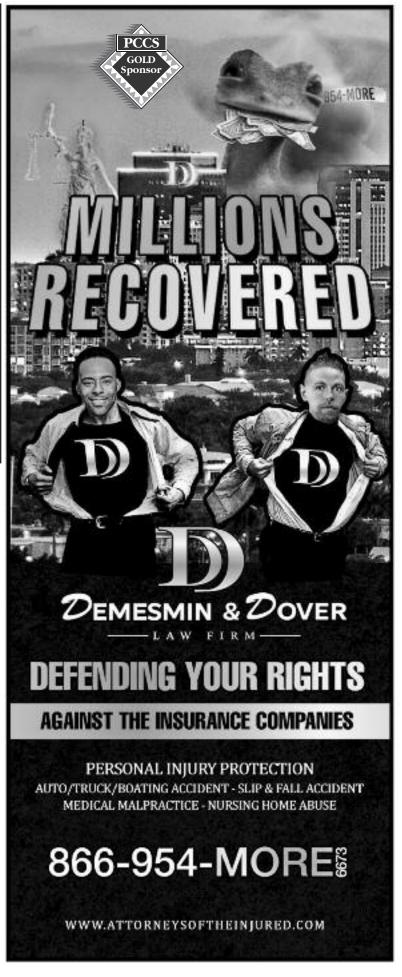
PINELLAS

7800 66th St. North Suite 106 Pinellas Park, FL 33781 Tel: (727) 545-9674 Fax: (727) 545-9454

HILLSBOROUGH

2700 West Dr. MLK, Jr., Blvd., Suite 130 Tampa, FL 33607

Tel: (813) 386-3674 Fax: (813) 386-0499







We specialize in financial services,

Asset Protection Saving & Investing Strategies

Cash Flow Management Retirement & Legacy Planning

Evaluating Tax Implications Employer & Employee Plans
to help clients gain more control over their financial future.

Tillie Allison FR, Westshore Financial Group

4200 W Cypress Street Suite 700 | Tampa, FL 33607 813-289-3632 xl66 | Cell 832-428-3554 / Text 727-513-8533 Email | tillie.allison@westshorefinancial.com

Registered Representative of Park Avenue Securities LLC (P48).

Securities products offered through PAS, member THRA, SIPC.
Financial Representative of The Guardian Life incurance Company of America* (Guardian), Niew York, MY. |PAS is a wholly owned subsidiary of Guardian.
Westshore Financial Group is not an effiliate or subsidiary of PAS or Guardian. 2024-179634 Dxp 8/35









The Pinellas County Chiropractic Society P.O. Box 7515 Seminole, FL 33775-7515 www.pccschiro.org PRESORTED STD
US POSTAGE PAID
ST PETERSBURG FL
PERMIT #746

