



CHIROPRACTIC NEWS & VIEWS

Presented by:
Hawaii State Chiropractic Association, Inc.

Volume XV, Special Edition June 2018



PHOTO: KILAUEA VOLCANO'S CREEPING LAVA FLOW

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VOLCANIC AND EARTHQUAKE ACTIVITY ON BIG ISLAND BRINGS DESTRUCTION & LOSS!

PRESIDENT’S MESSAGE

Joseph G Morelli Jr DC FICC, HSCA President & ACA Hawaii Delegate

Aloha:

As we see in the daily news reporting, *madame Pele’s* destructive path on the Big Island is changing the lives of many.

Science describes this activity as a creative force, as part of the natural “island building” events that have been ongoing in the Hawaiian chain for millennia.

Unfortunately, there is personal loss tied to this event that’s real and present for many in the southeast part of Hawaii Island.

Homes, property, and livelihoods are being taken away because of the volcanic activity and the path of destruction in the wake of the lava flows, explosions, poisonous gas and ash discharges and the seismic activity.

For those of us not in the danger zone, we are seeing an uptick in complaints from our patients with asthma and respiratory conditions related to the change in air quality (vog).

Many of us have friends and relatives who have been affected by these cataclysmic events. I recently got word that one of our colleagues, Dr. Roy Lozano, lost his house to the lava flow on Pohoiki Rd. in the lower Puna district.

Dr. Lozano built his house in the area about ten years ago, when he moved from Maui. He opened his Chiropractic office in nearby Pahoa town. Apparently, his office is his current place of refuge.

Roy is continuing to practice, as he is trying to be of service to his community, especially in this time of need.

We offer our sincerest positive thoughts and prayers for Dr Lozano and his family. The HSCA will make any resources available that we can to assist in the challenges they face in the difficult times ahead. Please keep positive thoughts for the Lozanos.

Aloha,
Dr. JOE Morelli

HSCA EXECUTIVE COMMITTEE & DIRECTOR ELECTIONS, JUNE 8, 2018 ASSOCIATION MEETING

Please find this as notice of the upcoming HSCA association elections. All executive and Island Director positions are up for re-election, including:

President; Vice-President; Secretary; Treasurer; 2 Oahu Island Director positions; Maui Island Director (includes the islands of Maui, Molokai & Lanai); Kauai Island Director; Hawaii Island East, & Hawaii Island West Island Directors.

Note:(*The Immediate Past President holds a voting position on the HSCA Board of Directors, but is not an elected position*)

The current office holders will all be candidates for their current positions including:

- President:** Joseph G. Morelli, Jr., D.C., F.I.C.C.
- Vice President:** Jesse Broderson, D.C.
- Secretary:** Randy R. Collins, D.C., D.A.B.C.O.
- Treasurer:** Brandon Kikuchi, D.C.
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- Oahu Isl. Dir.:** Dean J. Shivvers, D.C.
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- Kauai Isl. Dir.:** Alice, Holm Ogawa, D.C.
- HI Isl. East Dir.:** Robert Klein, D.C., D.A.B.C.O.
- HI Isl. West Dir.:** Alfred R. Valenzuela, D.C.
- Imm. Past Pres.:** Gary K. Saito, D.C.

The elections are part of the regular agenda of the June 8th, 2018 HSCA General Membership meeting. This meeting, as all the HSCA regular meetings, is open to all Hawaii Doctors of Chiropractic, whether an HSCA member or non.

Voting in the annual elections is only open to current HSCA members. Please make sure your membership dues are current. (Voting privileges are not available to associate and corporate membership categories).

DATE: Friday, June 8th, 2018

TIME: 7:30pm

Parking Validated by HSCA

OAHU MEETING PLACE:

Honolulu Meeting Center
Interstate Building
1314 S. King St., St. 1452
Honolulu, HI 96814

HILO: Office of Dr. Robert Klein:

2070 Kilauea Ave., Hilo, HI 96720
(808) 959-4588.

KAUAI: Office of Dr. Alice Ogawa:

956 Kuhio Ave., Kapaa, HI 96746
(808) 822-7113

KONA: Office of Dr. Al Valenzuela:

75-167 Kalani St., Ste. 101, Kailua-Kona, HI 96740
(808) 326-9355

MAUI: There will be no physical location on Maui for the June HSCA meeting. Maui Members can dial in the teleconference at 7:30 pm at:

Dial: (800) 747-5150

Passcode: 9268883#

If there are any questions about the June meeting, elections, or membership in the HSCA, please call the HSCA telephone: **(808) 926-8883** or eMail **Dr. Morelli: dcrunch@hawaiiintel.net**

GET IN TOUCH, PLEASE!

By: Robert Klein, D.C., DACBO, HSCA East HI Isl. Director & ACA HI Alternate Delegate

I recently had the experience of trying to contact many doctors in my area to invite them for a luncheon meeting with HSCA leaders. I had a list of 32 licensed DCs to work with, and I contacted them via e-mail or fax or phone, whatever worked.

Nine doctors were interested and wanted to attend. Five others were unable to come and one said he simply was not interested.

The remaining 16 doctors never responded to any contact I made. Maybe some of them don’t like me, or maybe they don’t like the HSCA. So, half (16/32) of the licensed DCs in my area didn’t respond at all.

Frankly, I feel much better about the one doctor who said “I’m not interested”. At least he had the courtesy to communicate!

Our association is working to benefit 100% of our local doctors, with or without the support of each individual. We need participation and input from as many of you as possible.

To the half of you who didn't even bother to say "No", PLEASE let us know you're there. Tell us what you think, how we can serve you better. If you don't agree with what we're saying or doing, tell us!

If you do agree, tell us! If you have better ideas, tell us!

Please get in touch! HSCA ph: (808) 926-8883

Big Island DC's You can call me directly at:

ph: (808) 959-4588

fx: (808) 959-4580

eMail: kleinchiro@gmail.com

Mahalo,
Dr. Bob Klein

HSCA ON THE ROAD!

By: Joseph G Morelli Jr DC FICC, HSCA President & ACA Hawaii Delegate

On Thursday, May 24th, Dr. Gary Saito and I began the first of several visitations of the Neighbor Islands to hold face-to-face meetings with our DC colleagues. We visited Hilo & Kona on the Big Island.

Dr. Saito and I did a review of the current state of Chiropractic in Hawaii, and some of the current issues we are all facing. We also talked about what we see as significant future challenges, and reviewed some possible pathways for their solution. For any success in the future, we need the support and input from the practicing DC's here in Hawaii.

Although we hold meetings here on Oahu, and teleconference to the Neighbor Islands, we realize that we really need to give the non-Oahu docs a chance to meet face-to-face.

As time has passed, there are many we have not seen for many years. Also, there are many new doctors whom we have never met, or ever heard from.

Over the next several months, we will be traveling to Kauai and Maui. Please watch for the day, time and place to be announced in the future by direct eMail and phone calls.

Last Thursday was our first trek off island. Hilo town was our first stop. At noontime, we had a wonderful meeting hosted by Dr. Bob Klein at his Hilo office.

Drs. Bob, Rachel & John put out a wonderful luncheon spread in their clinic. We thank them and their staff for making us feel so welcome.

It was really great catching up with the East Hawaii docs, and meeting some of the newer in practice colleagues. We are very appreciative for the discussions.

That afternoon, Dr. Saito and I, along with Jerry Simmons, his office manager and right-hand man, drove across island to Kona town.

At 5:00pm, Dr. Al Valenzuela and Dr. Al Police hosted our HSCA face-to-face meeting in their Kona office. A big *Mahalo* goes out to Dr. V's wife, Kelly, who cooked a great dinner for all of us!

Again, it was wonderful catching up with some of the "old-timers" and meeting some DC's that are more recent in practice.

Dr. Saito and I had felt a great rapport developing with the West Hawaii docs and thank them for their input during our discussions.

To all the Big Island DC's, please do not hesitate to contact us at the HSCA, by phone, fax, or eMail.

As soon as can be scheduled, we will be holding meetings on Kauai and Maui. Please look for future announcements, and please try to attend. We really look forward to seeing you, especially those we've not yet met. We have some important information to share and want your opinion and ideas.

These meetings, like all HSCA meetings, are open to all Hawaii Chiropractors, whether you are an HSCA member or not.

Although the work of the association is supported by your membership, what we do is always with the whole profession in mind! Aloha!

THE VA CHOICE PROGRAM REAUTHORIZED

By Dr. JOE Morelli & Jack Dusik, ACA Senior Director of Federal Government Relations

Over the last several months, Dr. Gary Saito has been speaking to the VA here in Hawaii and with TriWest Healthcare Alliance. Several weeks ago, I attended a meeting with Dr. Saito at the VA with some of the VA decision makers here in Hawaii. It was a very good meeting, and they asked for our assistance on some future programs they are considering.

We had some interesting discussions, and it was revealed that the Choice program provider contracts were about to expire. It seemed that the VA here is very supportive of the Choice program, which provides for veterans to be seen by outside credentialed specialists, including Chiropractic. This program has helped free up the backlog of medical services at the VA Hawaii facilities, and across the country.

The ACA in Washington has been lobbying hard along with Veterans groups to get the Choice program extended, and to clean up some of the problems that have been happening with the provider group that contracts with the eastern half of the US, HealthNet.

The ACA was instrumental in getting Chiropractic included into the federal law that established the Veterans Choice program.

For those of us here in Hawaii who participate as providers in the Choice program, we are contracted to TriWest Healthcare Alliance, who holds the contracts for the Western half of the US and the Pacific.

Luckily, there have been none of the major issues with TriWest and Chiropractic like those experienced under HealthNet back east.

The ACA has just announced through one of its lobbyist, Mr. Jack Dusik, of the Choice reauthorization bill passing in congress. A bill combining the Department of Veterans Affairs' (VA) seven community care programs easily cleared the Senate May 23 with a vote of 92-5. Included among the programs is the Veterans Choice Program, which allows veterans to seek care from private providers, including Chiropractors.

The bill, S. 2372, extends funding for the Veterans Choice Program by \$5.2 billion for one year before combining it with the other VA community care programs in 2019. Current funding for the program was scheduled to end on May 31, 2018.

The bill also ends requirements that veterans must face a wait of more than 30 days for a doctor appointment or live more

than 40 miles away from a VA facility in order to see a private contracted doctor. Hawaii had an exemption to the 40-mile rule, and it worked very well. This prompted congress to do away with the 40-mile requirement for all jurisdictions.

Veterans will now be able to seek private care if they need a service not offered by the VA in their area or if their doctor decides it's in their best interest.

While this is a promising development, the American Chiropractic Association will closely monitor resulting regulations and implementation in consideration of past issues Chiropractors have experienced with the Veterans Choice Program. Members have contacted ACA previously with problems stemming from the performance of contractors awarded the task of ensuring the Chiropractic benefit is provided to any veteran who requires and seeks out chiropractic care. These concerns were primarily with the HealthNet contracted providers in the eastern part of the US.

During hearings on S. 2372 in the House and Senate, members of Congress raised issues with contractor performance, focusing especially on Health Net, which services veterans in Regions 1, 2 and 4.

The effort was led by Sen. Jon Tester (D-Mont.), ranking member of the Senate Veterans Affairs Committee. Sen. Tester, along with other Chiropractic allies on the committee, sent a letter to then VA Secretary David Shulkin, noting Health Net's poor performance and urging immediate action to guarantee that the contractor meets its contractual requirements and fulfills its responsibility to our nation's veterans.

The House had previously passed S. 2372 by a vote of 347-70. The measure now heads to the White House, where President Trump is expected to sign it.

We will let you know when this occurs.

WEST VIRGINIA PASSES ANTI-OPIOID LAW MANDATING ALTERNATIVE TREATMENT FIRST

A new law in West Virginia aims to reduce the use of opioids by mandating that health practitioners who treat new patients in acute or chronic pain first refer them to any of several alternative treatments before prescribing opioids. The list of alternatives includes physical therapy, acupuncture, occupational therapy, massage, osteopathic manipulation, chronic pain management program and Chiropractic services.

The law, S.B. 273, which goes into effect June 7, also requires the Public Employee Insurance Agency, the state Medicaid program and any insurance provider in the state to cover at least 20 visits per case for the alternative treatments.

NEW REVIEW INVESTIGATES POTENTIAL NUTRITION STRATEGIES FOR ALZHEIMER'S DISEASE

By Michael Jurgelewicz, DC, DACBN, DCBCN, CNS

Alzheimer's disease and related disorders (ADRD) are a group of conditions that cause mild cognitive impairment (MCI) or dementia. These conditions affect one's ability to function socially, personally, and professionally. It's important to recognize that Alzheimer's disease begins long before

symptoms start, as is the case with many other conditions. There is evidence that simple prevention strategies can reduce the risk of ADRD by as much as 50%.

According to a review published last month in the *Journal of Alzheimer's Disease*, researchers investigated the role of nutrition as a potential strategy in Alzheimer's disease.

According to this review, patients with Alzheimer's disease had significantly lower plasma levels of folate and vitamins B12, C and E. This is not surprising, as antioxidants have been found to be depleted in the brain of those with neurodegenerative disorders. Providing antioxidant support is essential for mitigating some of the damage seen in neurodegenerative disorders. In addition, the body's cells are more susceptible to damage and death in older adults. Folate and B12 are significant as they play a large role in the metabolism of homocysteine and elevated levels are a risk factor for cognitive decline.

In addition, low levels of vitamin A are a risk factor for Alzheimer's disease. Numerous genes involved in Alzheimer's are maintained in the immune system by this vitamin.

Curcumin also plays an important role. There are only a few natural products that have demonstrated the wide range of protective properties as curcumin. There have been connections with vitamin D deficiency and Alzheimer's as it correlates with almost all conditions, however, curcumin and vitamin D work together to enhance the brain's immune system to protect against amyloid-induced toxicity.

Other brain supportive nutrients to consider include GPC, CDP-choline (citicoline), ginkgo biloba, and phosphatidylserine. GPC and CDP-choline are water soluble forms of choline that can cross the blood brain barrier and support brain health. These help make more acetylcholine, neurotransmitters, and phosphatidylcholine in the cell membranes.

Daily intake of fish oil has been found to lower the incidence of Alzheimer's disease. One study found that daily dietary supplementation with 900 mg DHA resulted in a 7 year age improvement in cognition over 24 weeks in elderly patients with cognitive decline.

From a dietary perspective, a Mediterranean diet has been associated with lower incidences of stroke, diabetes, and cardiovascular disease, all of which are risk factors for Alzheimer's disease. A Mediterranean diet is rich in healthy fats and antioxidants; however, patients in chronic disease states often need therapeutic doses to address oxidative stress and deficiencies.

NEW STUDY RESULTS: GROWING TREND OF CHIROPRACTIC USE POSITIVE OUTCOMES AMONG ADULTS REPORTED

New research published in *Spine* journal analyzed the prevalence, patterns and predictors of Chiropractic utilization in the U.S. general population. The researchers found that "Back pain and neck pain were the most prevalent health problems for Chiropractic consultations and the majority of users reported Chiropractic helping a great deal with their health problem and improving overall health or well-being."



John F. Barnes, PT

International lecturer, author, and authority on Myofascial Release.

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>>>HSCA GENERAL MEMBERSHIP MEETING<<<
>>>ANNUAL ELECTIONS<<<

DATE: June 8, 2018 (Friday) Time: 7:30pm
PLACE: The Meeting Place (Interstate Bldg.)
1314 S. King, St., Ste. 1450 (Conference Room)
Honolulu, HI 96814
Nbr Isl DC's call your HSCA Isl. Dir. For Your Location

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>>>>PRACTICE FOR SALE<<<<

INFO: KONA-HI- Established in 2001, this practice is located on the western coast of the island and has waterfront views! Diversified technique and physiotherapy modalities utilized. Reasonable rent. Central location with fabulous ocean views. Outdoor lifestyles year-round. No advertising needed as the practice has a stellar reputation in the community and a steady flow of new patients. Massage and Acupuncture on site provides additional passive revenue and more exposure to new patients. The owner is moving out of state to be near to family.

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eMail: drpeseau@epracticesales.com
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>>>>ASSOCIATE/JUNIOR PARTNER<<<<

WANTED: Associate/Independent Contractor or Junior Partnership position is available in a well established practice in Windward Oahu.
HOURS: Potentially 3-4 days/week available for another Doctor of Chiropractic
TERMS: Looking for an individual whom within a short period of time would be interested in a Junior Partnership position.
CONTACT: Dr. Paul Thurlow dr.thurlow@gmail.com
PHONE: (808) 321-4789

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>>>>EQUIPMENT WANTED<<<<<
Portable Adjusting Table

Wanted: Looking for Portable Adjusting Table, in usable condition, good coverings.
Contact: Dr. Robert Holland at (808) 223-8243
eMail: hal_hal30@hotmail.com

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>>>>SEMINAR<<<<<

Myofascial Release...Fascial-Pelvis...Honolulu, HI
PRESENTER: John F. Barns, PT
DATE: September 7-9, 2018
PLACE: Alohilani Resort (Waikiki)
CALL: (800) FASCIAL
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