

# JMCA Journal



## MCA Winter Legislative Report

*The MCA recently had the opportunity to make pre-session comments on the proposed Maryland Senate Bill 180, the concept of licensing and regulating naturopaths.*

The MCA supports the concept of licensing and regulating naturopaths. We do have some concerns, though, regarding the scope of practice granted through Senate Bill 180, which was introduced during the 2012 General Assembly session. Specifically, our concern lies with a naturopathic doctor performing a technique referred to as musculoskeletal manipulation. The current law only permits skilled and trained professionals such as chiropractors and osteopathic physicians to provide this type of treatment. These respective doctors are required to spend a significant portion of their education hours learning to perform these treatments adequately, safely and effectively. After carefully reviewing the current curricula at a number of Naturopathic Institutions, we are of the opinion that the training is not sufficient to be included in the scope of practice in the State of Maryland. Below is a table comparing credit hours and clinical hours at a sample of chiropractic and naturopathic institutions:

<b>Chiropractic/Naturopathic Education Hours Comparison</b>	Class/Lab Hours	Clinical Hours*	Total Hours	Chiro Avg Total	Naturo Avg Total
Palmer College of Chiropractic	32	47	79		
Life University	40	65	105		
Logan College of Chiropractic	34	53	87		
New York Chiropractic College	44	87	131		
Canadian Naturopathic Medicine College	5	0	5		
Bastyr University, School of Naturopathic Medicine	6	0	6		
University of Bridgeport	8	0	8		
National University of Health Sciences	n/a	n/a	n/a	100	6

*\*A comparison of clinical hours between chiropractic and naturopathic was attempted, but the actual amount of clinical hours spent on manipulation by naturopathic could not be determined.*

The table above demonstrates the significant difference in the amount of education and hands-on training with regards to manipulation/adjustment training between chiropractic and naturopathic educational institutions.

Chiropractic education, supported by federal loans and state licensing laws, is focused on spinal manipulation for the health and welfare of patients. It is potentially harmful that any provider with less training in spinal manipulation be allowed to administer this care to patients.

It is the opinion of the Maryland Chiropractic Association that the amount of educational and clinical training at the naturopathic institutions is insufficient to provide for competency to perform these procedures in a safe and effective manner.

MCA recognizes the importance of patient choice. We support the licensing of naturopathic doctors, but do so cautiously. We respectfully request one of the following two options be adopted:

- Strike lines 26-27 “(VII) NATUROPATHIC MUSCULOSKELETAL MANIPULATION; AND” on page 16. OR
- Insert the following amendments:
  1. On page 6, after line 18 add new line: Line 19: (G) “NATUROPATHIC MUSCULOSKELETAL MANIPULATION MEANS THE TREATMENT BY MANUAL AND OTHER MECHANICAL MEANS OF ALL BODY TISSUES AND STRUCTURES; EXCLUSIVE OF SMALL AMPLITUDE MOVEMENT AND OR HIGH VELOCITY THRUSTS AT OR BEYOND THE END RANGE OF NORMAL JOINT MOTION”
  2. On page 16, in line 26, after the word “MANIPULATION,” insert “AS DEFINED IN 7.5-101 OF THIS SUBTITLE.”
  3. On page 17, in line 17, after the word “ADJUSTMENTS,” insert: “OR MANIPULATIONS THAT INCLUDE SMALL AMPLITUDE MOVEMENT AND HIGH VELOCITY THRUSTS AT OR BEYOND THE END RANGE OR NORMAL JOINT MOTION.”

With either one of the above-mentioned alternatives incorporated into last year’s version of the bill, the MCA will support the proposal.

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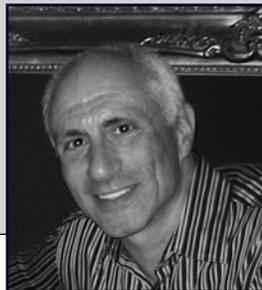
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# A Letter from the President

*Adam Fidel, DC*

## What If...

What if everybody went to a Chiropractor? Can you picture children, teenagers, adults and seniors throughout the year calling in for a check-up? Imagine most people having been raised maintaining their spine as part of their health care regimen. Many others would continue to act on symptoms and manage accordingly with acute care. Think about it for a few minutes. How would you practice if there were too many calls into your office daily? What would you do differently?

Whatever the current percentage of the population that sees a chiropractor now is, it's greater than it was a decade or two ago. We currently see just a small piece of the pie. Ten or twenty percent, who really knows? However, there is a likelihood that if we continue to grow, at some point soon we may hit that critical mass. That critical point where the population calling in to set up that new patient visit in your office doubles, triples or even quadruples virtually overnight. Are you ready? The question is where or when will that critical point be reached.

What will the next decade of chiropractic look like? I'm curious to see how chiropractors will practice in 2025.

I just watched the documentary "Doctored" which is being disseminated around the country. It's an incredible feeling to see that it's our story being told on a grand scale and not by chiropractors but by the general population. It's not just our story but includes acupuncture, CAM, GMOs and the whole concept of health and healing utilizing the bodies amazing ability to heal itself with the proper attention. The scary stories of medical doctors being pawns of "Big Pharma" and losing their ability and true desires to care for their patients.

You need to see this movie. Your patients need to see this movie. We need to see to it that this story and many more continue to be told to the general population through our daily communications with our patients and friends, through our personal efforts, and through our state and national associations.

The MCA is working on showing this movie "Doctored" at the next meeting and developing ways to show it in the community around the state. We are at the same time working on several fronts including legislative efforts, insurance efforts, public relations, and continuing education. We want your input as well as your involvement. Please contact a board member to see how you can be involved in these efforts.

It's a great time to be a CHIROPRACTOR!

Adam Fidel, DC

# Did You Know?...

## *Save the Date!*

MCA Spring CE Forum  
March 16-17, 2013  
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1743 West Nursery Road  
Linthicum, MD 21090  
(410) 859-8300

*Required CE for license renewal will  
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# ACA Report

By Audie Klingler, DC, ACA Maryland Delegate

## Chiropractic Physicians Respond to Global Study on Disease and Disability

The American Chiropractic Association (ACA) urges health care systems everywhere to find ways to effectively reduce the toll of musculoskeletal conditions, which are the second leading cause of disability worldwide according to a new global study published in *The Lancet* this month.

The Global Burden of Disease 2010, authored by an international group of experts assessing the world's biggest health challenges, finds that the primary contributor to the world's health burden has shifted from premature mortality to chronic diseases such as musculoskeletal disorders and mental health conditions. The study identifies low-back pain in particular as one of the major contributors to disability worldwide.

“Chiropractic physicians know how dramatically overall health and quality of life can be improved by successfully treating low-back pain and other musculoskeletal conditions,” said ACA President **Keith Overland, DC**. “We are hopeful that this major global study will spur greater efforts to address the burden and disability caused by musculoskeletal ailments. We advocate starting with conservative, non-drug approaches before moving to drugs and surgery. Research has shown that this approach is not only clinically effective but also cost-effective.”

The Lancet study shows that while people around the world are living longer, they are spending more years with illnesses--and musculoskeletal disorders are causing a large share of the disease burden. In every region studied, low-back pain and neck pain ranked high on the list of causes of years lived with disability (YLDs). Low-back pain is the leading or second leading cause of YLDs in 17 of the 21 regions examined.

According to the researchers, poor musculoskeletal health and poor mental health (including substance abuse) are major contributors to health loss, and monitoring progress in reducing the impact of these non-fatal ailments is as important for improving health as monitoring progress against the leading causes of death (heart disease and stroke). In addition, creating effective and affordable strategies to deal with the rising burden of non-fatal health outcomes should be an urgent priority for health care providers around the world.

*The American Chiropractic Association (ACA), based in Arlington, Va., is the largest professional association in the United States representing doctors of chiropractic. ACA promotes the highest standards of patient care and ethics, and supports research that contributes to the health and well-being of millions of chiropractic patients. Visit [www.acatoday.org](http://www.acatoday.org).*

# ICA Report

Articles found at [www.chiropractic.org](http://www.chiropractic.org)

## Effective January 2013, 27% Cut in Medicare Payments to Doctors

Effective January 2013 there will be a 27% cut in Medicare and TRICARE payments to Doctors. Unless Congress acts now, millions of seniors and military beneficiaries risk having their doctors stop seeing them.

Please contact your congressional representative now to do everything in their power to ensure Congress provides a long-term fix for this outrageous situation.

If you are already a member of [AdjustTheVote.org](http://AdjustTheVote.org), log in to your homepage to send your message.

If you are not yet a member of [AdjustTheVote.org](http://AdjustTheVote.org), consider signing up now at [www.adjustthevote.org/cdd/subscribe](http://www.adjustthevote.org/cdd/subscribe) to facilitate your participation in chiropractic advocacy.

## ACA Retracts and Apologizes for Misleading Statement on ICA Pediatric Council's Diplomate Certification

The American Chiropractic Association (ACA) has issued a retraction and apology for its statement made Nov. 1, 2012 regarding the issue of public safety and the ICA Pediatric Council's Diplomate Certification program.

In a news release dated Nov. 27, ACA President **Keith Overland** stated: “We apologize that our Nov. 1 statement has been misunderstood by some, particularly on the important issue of public safety. It was not intended as a commentary on the quality of that program's training or the level of competence of its diplomats who provide wonderful care to children. We also regret any inconvenience our earlier statement might have caused ICA leaders or diplomates in the ICACCP [ICA Council on Chiropractic Pediatrics] diplomate program.”

The ACA had recognized the ICA Pediatric Council's Diplomate in Clinical Chiropractic Pediatrics (DICCP) in 2007 and according to Dr. Overland, the ACA recognizes the program “as a valuable means for doctors of chiropractic to acquire the necessary training to specialize in pediatrics. Pediatric chiropractic holds an important place in our health care systems, particularly the safe and effective way it is performed by those who are training toward or have achieved diplomate status,” he said.

Read the full article at [www.chiropractic.org](http://www.chiropractic.org).

# U C-PAC

Need

Neil Cohen, DC  
C-PAC Treasurer

Happy New Year! The 433rd Maryland legislative session begins January 9, 2013. We will be interacting with many of the General Assembly's 47 Senators and 141 Delegates elected from 47 legislative districts. The goal of CPAC is to support legislators that have supported chiropractic in Maryland and to meet and educate legislators who have not yet supported us to do so in the future. The PAC provides opportunities for us to meet legislators and their staff and for them to get to know us. We need to educate them about the needs of our patients and our profession. To do this we need your contributions and your participation. If each of us contributed 1/10th of 1% of our office's collections we would be a very strong force in Annapolis. The PAC is non-partisan, and devoted solely to our profession so participation is welcome regardless of your party preference. I thank you for your support of the PAC. If you are interested in attending some of these events, please let me know by e-mailing me at [nbcohen@spinesportscenter.com](mailto:nbcohen@spinesportscenter.com).

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\*Contributors of \$1,000 or more per year are noted at the President level. This list includes all donations between December 2011 - December 2012.

# MCA News and Notes You Need to Know

## 10 Hour Continuing Education Seminar for Chiropractic Assistants *CA CE 10 Hours, seating is limited!*

January 12, 2013  
Hilton Garden Inn Baltimore/Arundel Mills  
7491-A New Ridge Road  
Hanover, Maryland, 21076  
410-878-7200, [www.baltimorearundelmills.hgi.com](http://www.baltimorearundelmills.hgi.com)

### **Morning Session:**

Nutritional Foundations for the Chiropractic Assistant  
8 a.m. - 12:30 p.m.

### **Afternoon Session:**

Therapeutic Exercise in the Chiropractic Practice  
1:30 - 6 p.m.

**Instructors:** Brian Morrison, DC & Larry Plotkin, DC, DACBSB

### **Tuition Information:**

**If received by 1/04/13**  
MCA Members - \$75.00  
Others - \$95.00

### **If received after 1/04/13**

MCA Members - \$95.00  
Others - \$115.00

Download the registration form at  
<http://marylandchiro.com/uploads/2013CAFlyer.pdf>.

## MCA Offers Chiropractic Assistant Online Course

Course includes 76 hours of online training and 24 hours of hands-on training.

### **Course Pricing (Online and Hands-On)**

Staff of MCA Members: \$249.00  
Staff of Non-Members: \$599.00

For more information visit <http://ca.ce4you.com/mca>. To register visit <http://ca.ce4you.com/mca/home/register>.

Contact **Dr. Crivelli** at [drcrivelli@yahoo.com](mailto:drcrivelli@yahoo.com) to attend hands-on sessions.

*Important Notice: CAs are required to be registered as a "CA Applicant" as soon as they are hired. There are stiff penalties if a CA is found working without first being registered with the board so please do not delay registering any new CAs. CA applicants must complete all requirements within 11 months of registration so their application and documentation can be submitted and they can complete their examination within a one-year period of hire. For more information on this please visit [www.marylandchiro.com/](http://www.marylandchiro.com/).*

## CareFirst Provider Tools/Information *By Deborah Alston, senior professional provider representative, CareFirst BlueCross Blue Shield*

Please visit the website with each option for more information:

- CareFirst Website - <https://provider.carefirst.com/wps/portal/Provider/ProviderHome>
- 5010 & ICD10 information - <http://bit.ly/10u1xA4>
- E-mail & Newsletter Registration - <http://bit.ly/Waabgg>

Again, I want to remind you that there are benefits to the MCA membership when they file claims electronically to CareFirst. Billing electronically:

--> Eliminates incomplete submissions. You are notified if you submit incorrect information, such as incomplete provider or member numbers, partial diagnoses codes, and missing date of onset.

--> Saves time. Office staff won't have to spend time preparing and mailing paper documents, or researching and resending claims that are returned due to incomplete or inaccurate information.

--> Saves money. The need for postage and paper claim forms is eliminated.

--> Faster processing. Without the delays of regular mail, your claims will get processed faster.

So to improve your claims processing experience, CareFirst strongly encourages participating and non-participating providers to submit all claims electronically. This applies to the following types of claims:

- Initial
- Adjusted
- Corrected
- Medicare Secondary that do not automatically crossover from CMS

## Got News?

Has something exciting happened to you or do you know of an MCA member who doesn't want to toot their own horn but needs to? Have you been involved in research or a community service program that you'd like the rest of the membership to know about or get involved in? Have you received an award or honor? Have you received a promotion or been named to a new position? Have you been making headlines in your local paper or favorite trade publication? E-mail your tips, ideas, articles and images to **Meghan Brady**, assistant director of communications, at [meghanbrady@assnhqtrs.com](mailto:meghanbrady@assnhqtrs.com).

# Vitamin D Update

By David R. Seaman, DC, MS, DABCN, Professor of Clinical Sciences at NUHS Florida Consultant for Anabolic Labs

## What are normal vitamin D levels?

Levels of serum vitamin D, measured as 25(OH)D, peak in September and reach their low in February (1). Vitamin D levels have been studied in America, Canada, and Europe, and in each region, the story is the same. Most people are deficient in vitamin D throughout the year (1,2).

The normal level of vitamin D ranges from 32-100 ng/ml. How this range came to be is often of interest. When levels drop below 30 ng/ml, secondary hyperparathyroidism begins for most individuals, and thus, the low end of the range is set at 32 ng/ml. Vitamin D toxicity occurs when levels exceed 150 ng/ml (3), which is likely why 100 ng/ml is considered the high end of normal.

Despite the fact that 32 ng/ml is “normal,” vitamin D researchers argue that people should at least reach 40 ng/ml (4). However, studies suggest that vitamin D levels of 52 ng/mL are needed to effect a 50-percent reduction in the incidence of breast cancer (4). Perhaps higher levels are better to go for? Last time mine was checked, I was at 90 ng/ml.

## What does vitamin D do?

Dr. Cannell, the executive director of the Vitamin D Council, and his colleagues describe vitamin D as “a pluripotent pleiotropic seco-steroid with as many mechanisms of action as the 1,000 human genes it regulates” (5). This is why a deficiency can manifest as so many conditions, such as basic musculoskeletal pain, autoimmune diseases, heart diseases, cancer, diabetes, depression, asthma, upper respiratory tract infections, the flu, schizophrenia, and neurodegenerative diseases (6).

Interestingly, vitamin D allows for immune cells to produce an anti-bacterial peptide called cathelicidin (7). This speaks directly to the need of maintaining adequate vitamin D levels throughout the year, particularly during the winter months.

## How much vitamin D should we take?

When I was going through undergrad education and then in chiropractic college, I was told that vitamin D is stored in fat and that we can become toxic. Despite being told this, in retrospect, I do not recollect any case examples of toxicity, or the likelihood of toxicity, or the amount that causes such toxicity. But there was a vitamin D fear that was promulgated.

Up until 2010, the upper limit of vitamin D intake was 2,000 IU, which was argued by vitamin D researchers as being harmful because it is too low to get individuals into the normal range (8). Then in 2010, the Institute of Medicine set the upper limit at 4,000 IU (9). Not well known is that no vitamin D researchers in high regard were included. Consequently, famous vitamin D researchers retaliated. Here is an example from Heaney and Holick (10):

“We have deliberately avoided a mind-numbing laundry list of the vast number of factual inaccuracies and misinterpretations in the report. We are informed that there is a request, through the Freedom of Information Act, to obtain the external review comments submitted to the IOM in response to a prepublication draft. When those materials become available, those interested can review the many problems with the IOM report in detail. For now, our recommendation to the American public is that the IOM report should be taken with a grain of salt (another nutrient the IOM finds risky).”

Vitamin D experts maintain that 10,000 IU, which is 250 micrograms or just a ¼ of 1 mg, should be set as the upper limit (11). However, we are told that intake should be based on vitamin D levels. And after reaching a normal level, a maintenance dose of 3,000-5,000 IU per day is recommended (12), because it is a physiologic dose (13).

My recommendation is to read the excellent clinical review by Cannell and Hollis to get more details (available at [pubmed.gov](http://pubmed.gov)) (4). Most of the other papers cited in this article are also free via pubmed. Finally, I would suggest that practitioners and patients become members of the Vitamin D Council, which costs only \$50 per year.

## References

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# MCA Mentor Program

New Members and Licensees,

Welcome to Maryland! This is a great state to practice in and the Maryland Chiropractic Association would like to lend you a hand in getting you started. Below is a list of doctors with many years of experience who have volunteered to help with questions you may have along the way. Pick a name and make the call, MCA members help each other all the time. This is your chance to find out more about the MCA community. If you have questions about the Mentor Program or MCA in general, feel free to give me a call.

Dr. Jim LeVan  
(301) 585-5350

<u>Name</u>	<u>Phone #</u>	<u>Location</u>
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Bill Boro, DC	(410) 266-5054	Annapolis, MD
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# Pregnancy: How to Stop Your Aches and Pains

By Dr. Jay Lipoff

More and more people are finding they can get relief from pains in their body like headaches, whiplash, back pain, and sports injuries, by seeing a Doctor of Chiropractic (DC), but what about pregnancy pain? Yes!

Pregnancy is no different than an elite athlete training and stressing their skeletal system, as well as their muscles, tendons and ligaments. After conception a lot of changes occur over the next nine months, which can cause pain for the expecting mother. Many women have discovered the benefits of chiropractic for not only these aches and pains but also for an easier pregnancy.

One of the common problems associated with pregnancy is Sciatica. When the slightest pressure disrupts the sciatic nerve traveling down both legs it can cause an increase or decrease in information relayed to your body, shooting pain, an area of numbness or muscle weakness. In an effort to reduce the pressure on the nerves, a person will lean away from the side of pain, known as antalgia, when the cause of pain originates in the back.

Piriformis Syndrome is another possible cause of Sciatica.

This muscle is located in the buttock roughly behind your back pocket. If this muscle becomes enlarged, tight or inflamed, it can irritate the nerve.

From my experience and understanding of the human body's biomechanics, I feel that indirect or direct pressure on nerves from inside the womb is not the only reason this occurs.

As women reach later trimesters they gain weight. As the inner thigh becomes thicker women lose their ability for their normal walking pattern and swing of their legs, because one thigh touches the other thigh. They are forced to externally rotate their legs and swing them outward when walking to make an adjustment for this change. This is affectionately referred to as waddling. This motion can contract the piriformis muscle and irritate it or make it bigger. When this happens there is a good chance the sciatic nerve can be pinched. Manipulation and stretching are really helpful for this.

Another common pain for women is headaches. It could be from changes in your body, hormones, everyday chores becoming more difficult, the fact that "there's a baby coming" stress and even your disturbed sleep pattern. Chiropractors are great at helping people of all ages with headaches because many headaches stem from imbalances in the neck bones and the muscles. All chiropractors specialize in treating the neck and

the rest of your body, some may just use a different technique to do so. There are also variations of adjusting maneuvers for a pregnant patient to reduce stress on the belly region.

Among the multitudes of headache studies that showed chiropractic manipulation helped headache sufferers, a 2009 study in *Complementary Therapies in Clinical Practice* specifically found headaches in the pregnant patient also responded well to chiropractic.

Low back pain can be caused by the unborn child, but as pregnancy results in the stomach increasing in size there is also more stress to the low back. A 2012 study in *Chiropractic & Manual Therapies* found chiropractic very helpful for low back pain related to pregnancy, as did *The Journal of Midwifery & Women's Health*.



A bonus of pregnancy is change happens over nine months your body has time to strengthen in accordance with the growth of your child. However, when there is a lot of weight up front in the belly area there is about a 10 fold increase in pressure in the low back. In other words, every pound up front is equal to 10 pounds of additional pressure.

Women should always discuss an exercise program with their OBGYN to ensure it is safe.

The Sacroiliac joint or SI joint is also another common source of LBP for women. These are the two bumps you can feel just below your belt line and about two fingers from the midline on both sides. *The Journal of Family Practice Research* reported 91% of test subjects reported relief from SI pain after receiving manipulation.

Carpal Tunnel Syndrome (CTS) is another side-effect of pregnancy in some cases. CTS involves less space in the wrist for nerves and blood vessels to pass. Women sometimes experience swollen ankles and swollen wrists due to an increase of fluids. Symptoms will usually diminish after childbirth, although chiropractic and physical therapy treatment can help decrease symptoms temporarily.

Lately I have had a few patients come in to see if adjusting could help coax the baby to reposition so they were head down and ready for launch. I don't use electric stimulation because it may harm to the baby so to err on the side of caution it should never be used while pregnant.

Typically I use some heat to relax the muscles first. Next I will use a massager to further relax tight muscles in the back. We

also have a hydrotherapy massage table, which is like laying in a Jacuzzi.

Then I can start some light stretching and vary my adjusting techniques depending on how far along the mother is and what seems to work best for her. I never fall in love with one technique because everyone is different. Most often the baby will start to reposition after a few treatments.

The really cool thing about chiropractic is that it can help your Central Nervous System, the brain and spinal cord, communicate with the rest of your body so it functions properly. Think of it as the fuse box providing electrical information so the oven turns on and the lights in your room work.

I had a patient that expressed concerns over not being able to conceive a second child because menstruation never started again after her first child was born five months earlier. She had seen many specialists and nothing had helped.

After examining her, it was clear that the lower back was not moving properly in the regions where nerves supplying information to the reproductive system were located. I adjusted her and the next day her cycle returned. The woman now has two kids.

Another patient had stopped having her menstrual cycle for 10 years. She had been in a motorcycle accident years back and had also taken birth control shots that probably threw her body's natural functions off for years.

On a Saturday I examined her and adjusted her. On Monday she called me and professed her cycle was back. It then came back every three weeks and she became the mother of two children as well.

I wish I could say chiropractors always experience miracles with their patients but it is never that easy. As a profession we have only small studies or cases studies proving chiropractic may help with menstrual cramping, ear infections, colic, bed wetting and more. BUT, if the medical route hasn't helped, and I always encourage co-treatment with medical doctors, why not try a chiropractic doctor!

**Dr. Jay M. Lipoff** is the owner of Back At Your Best Chiropractic & Physical Therapy, LLC in California, Md. He has been an MCA member since 2011.

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## Join the MCA Listserv For Members

This is a reminder for you to take advantage of a member benefit; the MCA ListServ. The ListServ is a convenient membership tool to find advice from your peers concerning business operations, insurance, equipment, record keeping, etc. Have you ever wanted to refer a patient who is moving to another part of the state? Using the listserv you can send out a request for referral and find a like-minded doctor to continue treating your patient.

The listserv is also a great resource if you have a problematic clinical case and want to ask questions or have suggestions about different treatment options. The MCA has a diverse and knowledgeable membership that you can access for clinical, research, business and political issues.

The ListServ is open to all members of the MCA. The link below will direct you to the sign-up site and also provides the rules for using the ListServ. The list is password protected and has dedicated servers so that your e-mail address is safe from spammers and viral problems. **Al Sherry, DC** and **Tim McKenna** carefully monitor the ListServ to make sure communications are on the up-and-up, and civil.

If you haven't already signed on to the ListServ go to [ww3.chirolists.com/cgi-bin/mailman/listinfo/mca-chirolist](http://ww3.chirolists.com/cgi-bin/mailman/listinfo/mca-chirolist) which will let you subscribe, and will give you further information. There is no password required for this page.

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As one of the most popular ways of finding and networking with other chiropractic professionals that share the same interests as you, the MCA Facebook page will allow you to meet and chat with other professionals along with keeping up on the latest MCA news.

The MCA page is now set up and waiting for you! "Liking" our page is simple:

- Go to [www.facebook.com/pages/Maryland-Chiropractic-Association-MCA/123750701013620](http://www.facebook.com/pages/Maryland-Chiropractic-Association-MCA/123750701013620).
- Once the MCA page opens, at the top click "like."

The MCA encourages you to post information, photos, videos and links that you think would be relevant and enriching to your fellow professionals. While this page is open to the public and the MCA encourages people to participate on it, we ask that you please remain professional in your posts.

Have any questions? Contact **Molly Baldwin-Abbott** at MCA headquarters at [mollybaldwin@assnhqtrs.com](mailto:mollybaldwin@assnhqtrs.com) or 410-625-1155.

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**Associate Wanted** - Part time associate with PT privileges needed Tuesday and Thursday afternoons for practice in Prince George County. Must be personable and professional. Please respond to [mateosylago@yahoo.com](mailto:mateosylago@yahoo.com) or call 202 213-1611.

**Associate Wanted** - to practice full-time in Northwest Baltimore/Pikesville in an established family practice with room to grow. Base salary, Bonus and Benefits. Must have Maryland license with PT, good adjusting and communication skills. E-mail resume to: [Fidelchiropractic@comcast.net](mailto:Fidelchiropractic@comcast.net). Call 410-917-2282.

**Associate Wanted** - Independent contractor wanted, for office in Ellicott City and Bethesda, MD. Great locations, and fully furnished office with x-ray machine. Please call 301-468-3434 or e-mail [sangschiro@gmail.com](mailto:sangschiro@gmail.com) for further information.

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**Associate Wanted** - Immediate opening for Chiropractic Associate with PT privileges to join two other DCs in busy Owings Mills practice. Must demonstrate excellent clinical skills, positive attitude, compassion and enthusiasm. We are a customer-service focused and rehab-oriented practice treating insurance, PI and WC patients. We offer top pay, health, malpractice, CE, 401(k), a beautiful office and an amazing team. Send CV confidentially to [marcy@HQChiro.com](mailto:marcy@HQChiro.com) or 410-356-9987 (fax). Or call Dr. Ettlinger for more information at 410-356-9939.

**Associate Wanted** - Established Chiropractic, Back Rehab and Wellness Practice in Newport News, VA Seeks Experienced, Top-Notch Associate ASAP. Our ideal associate is a highly motivated, energetic, positive, friendly and compassionate "people person" with an entrepreneurial spirit, excellent communication, people, leadership and adjusting skills to work in a pleasant, team-oriented practice. E-mail your CV and recent photo to [Kerry@CharneyChiropractic.com](mailto:Kerry@CharneyChiropractic.com).

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**Associate Wanted** - Associate wanted to join the growing team at Effective Chiropractic. We are currently hiring for a full-time Doc with PT privileges to work in our Millersville, MD location and also with the prospect of running your own EC location within a year. 401k, bonus package, malpractice insurance and health insurance offered. Please contact Dr. Hardnett at 410-562-5858 or [dochardnett@comcast.net](mailto:dochardnett@comcast.net) for details.

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**Associate Wanted** - Alexander Chiropractic Center is looking for a part time associate with P.T. privileges to work in our beautiful Solomons Island, MD location. Very professional and fast paced office. We offer great benefits. Please fax resume to 301-737-4003.

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