



Budincich Chiropractic Clinic, Inc.

Spine-A-Line

Spring 2010 • For patients and friends of Budincich Chiropractic Clinic

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**“SAVE THE DATE”
25 Year
Celebration Party**

**Sunday
10-10-2010
3 to 6 pm**

Flights Over Haiti to Help in the Relief Effort

By Michael N, Budincich, D.C.

The 7.0 magnitude earthquake that devastated Haiti on January 12, 2010 at 4:53 p.m. is one of the worst natural disasters in recent memory, if not of all time. 3 million people were in desperate need of emergency aid after the major quake and its 33 after-shocks, ranging in magnitude from 4.2 to 5.9.

It's estimated that 200,000 people lost their lives, and many thousands of people suffered terrible injuries. A large number of buildings collapsed, including the President's palace, and National Assembly building.

When Dr. Mike Budincich heard the news, a small, quiet, insistent voice inside urged him to take action. Through his non-profit organization, Manos con Alas, he quickly began networking with others who wanted to do whatever they could to help.

It took about a week to prepare for his journey, as he needed to get

equipment he normally does not carry in his Cessna T-210, including life rafts, as he would be flying over the Caribbean Sea. He committed 14 days away from his busy chiropractic practice to the mission, knowing

that Dr. Jukes and his office staff would ably continue during his absence.

The first person to volunteer to go to Haiti along with Dr. Bud was Sharon Valez, who had

been on many Baja California missions with Manos con Alas. Her son, Sam Block, is a disaster relief expert, and he came

from Georgia to join his mother and Dr. Bud in Ft. Lauderdale, Florida. On January 23, Dr. Bud flew from El Monte Airport to Florida without a game plan – he knew that once he got moving, he would be guided to where and how he would be of service.

Once in Ft. Lauderdale, Dr. Bud met with representatives of Burners Without Borders and received up-to-date information and guidance about



Dr. Bud loads supplies bound for Haiti into his Cessna.



Sharon Valez in the Venice, Florida warehouse of Agapé Flights staging pallets of relief supplies.

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Flights to Haiti, *continued from front page*



Volunteers in Ft. Lauderdale loading Dr. Bud's plane for his first trip to Haiti.

how his skills could be utilized. Over the next two weeks, he would be making four round trips from Florida to Haiti, bringing medical personnel, equipment, medications and supplies into some of the hardest hit areas of the island. In addition to his 1,400-mile round trips from the mainland to the island, he made a number of short flights from Port au Prince to Les Cayes and Jacmel, bringing thousands of pounds of medical supplies and equipment.

On his first flight to Haiti, Dr. Bud flew Sharon and Sam to Port au Prince, landing at night, where he spent the next 48 hours in a field tent hospital set up by the University of Miami. It was immediately apparent that his skills as a chiropractor were not appropriate for the thousands of patients streaming into the tent with broken bones and crush injuries. However, Dr. Bud was able to utilize his X-Ray supervisor's license, and operated the mobile x-ray unit provided by the University, serving as a Radiologist. He also helped set and splint broken bones, treat wounds and gashes,

and change dressings. Dr. Bud did give chiropractic adjustments to dozens of volunteer workers, who were overexerting their own bodies in their tireless efforts to give aid.

Dr. Bud returned to Ft. Lauderdale to shuttle Dr. Darren Newfield, an orthopedic surgeon from Atlanta, and two surgical nurses, Melinda Johnson and Chelsea Chen, to Les Cayes, a hard-hit

small town in the southwestern tip of Haiti. In the week Dr. Newfield was in Les Cayes, he performed 40 surgeries including amputations.

On Dr. Bud's third trip from Florida to Haiti, in addition to surgical and medical supplies, he brought Barbara Kimball (Sharon Valez's sister), who is a Registered Nurse. During this visit to the island, he flew two panneloads of medicines to a tent hospital in Jacmel, a small town on the southern coast. While there, he met with Yves de Louche, the Minister of Health for Southern Haiti. The ministry was concerned that all medications reach the field hospitals quickly, and were not diverted to unauthorized uses.

While in Jacmel, Dr. Bud met with volunteers and representatives of several hands-on non-governmental organizations: *Yayasan Bumi Sehat* (Healthy Mother Earth Foundation), Airline Ambassadors International, and Justin Baker of The Conscious Alliance. "I have found that you can get much more done, more efficiently, by working directly with smaller, on-the-ground



MASH-type field hospital at Port au Prince Airport, first evening of arrival.



Sharon Valez, Dr. Bud and Sam Block minutes after landing in Port au Prince.

non-profit organizations,” said Dr. Bud. “There is a direct people-to-people connection that gets diluted when working with larger organizations.” He discussed with them the best ways his airplane could be used in this massive relief effort. During this leg of his trip, Dr. Bud stayed with pilots from Missionary Aviation Fellowship.

On Dr. Bud’s fourth and final flight from Ft. Lauderdale to Haiti, his passenger was an Emergency Medical Technician (EMT), and his cargo included a water purification system for the birthing center set up by *Yayasan Bumi Sehat* in Jacmel. With the collapse of municipal water systems from the quake, Cholera, Typhoid Fever, Hepatitis C and Malaria had become serious health threats to the island – and for all the mothers and newborn children, those diseases were an even greater danger.

On these flights between Florida and Haiti, Dr. Bud flew over 14,000 airmiles in 15 days. And of course there were all the smaller delivery trips between Port au Prince, Jacmel and Les Cayes. Some of these flights

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Dr. Bud x-rays and attends to a young patient in the MASH hospital.

Partners in the Haiti Relief Effort

Many organizations came together to help the Haiti relief effort happen. Groups that Dr. Bud interfaced with are profiled below. Please visit their web sites for additional information.

Manos Con Alas Ministries is a Christian faith-based non-profit California corporation, dedicated to service in impoverished regions of Mexico, the USA, and other countries. Teams of volunteer health care professionals travel to Mexico every two months to donate needed health care services, free of charge or obligation. www.manosconalas.com

Burners Without Borders (BWB) was formed following the 2005 Burning Man event, when several participants went to the Hurricane Katrina disaster area. BWB then identified other communities around the world needing assistance. BWB has emerged as a community led, grassroots group that addresses gaping needs where existing cultural and societal systems are failing. www.burnerswithoutborders.org

Yayasan Bumi Sehat was founded in 1994, when its founder, Ibu Robin Lim, began providing health services to pregnant women and children under five for free in Bali. It is devoted to working in partnership with people to improve quality of life and to improve peace. www.bumisehatbali.org

Airline Ambassadors International (AAI) is a non-profit organization affiliated with the United Nations and recognized by the US Congress. It began as a network of airline employees using their pass privileges to help others and has expanded into a network of students, medical professionals, families and retirees who volunteer as “Ambassadors of Goodwill” in their home communities and abroad. www.airlineamb.org

The Conscious Alliance began as one young college student’s vision and drive to help others. It all started when Justin Baker, founder and executive director of The Conscious Alliance, mobilized a group of friends and fellow students to come together as food drive volunteers. Baker’s vision led him to host campus-wide food drives with the hopes of not only collecting and distributing food to impoverished Indian Reservations in the Western United States, but to also raise awareness that poverty does still exist on American Indian Reservations today. It shipped over 5 tons of materials to Haiti, all donated by its corporate partners. www.consciousalliance.org

Missionary Aviation Fellowship (MAF) began in 1943 when three World War II pilots begin meeting for prayer, Bible study and discussion of missionary aviation. In 1944, one of those pilots was moved to establish an organization as soon as possible so that missionary aviation can begin when the war ended. In 1946, the first MAF aircraft was purchased: a 1933, red Waco biplane. They now have a fleet of 122 aircraft flying 6.7 million miles each year in the remote regions of the world. www.maf.org

Study Finds Americans Spending More Money on Back & Neck Pain – But Without More Relief

Adapted from an article in *HealthDay News*

Americans are spending more money trying to ease back and neck pain, but new research suggests those extra dollars aren't buying more relief.

The increased expenditures were expected, said the authors of a study in the Feb. 13 issue of the *Journal of the American Medical Association*, but the lack of results weren't.

"This calls into question whether we're

providing treatments to people who aren't going to benefit," said study author Brook Martin, a research scientist in the department of orthopedics and sports medicine at the University of Washington, in Seattle. "This calls for a need for more effectiveness studies and looking at which patients would benefit from treatments and diagnostic tests."

"Spine problems are the most common reason why people of middle age have pain and disability, and we need to continue to search for better solutions because, although we have come up with newer techniques of treatments, we still have a large percentage of the of population with spine problems who are still disabled," added Dr. Andrew Sherman, head of medical rehabilitation at the Spine Institute at the University of Miami Miller School of Medicine.

That said, Sherman continued, "just because [the study authors] did not find improvement over the entire group doesn't mean that many indi-

viduals are not deriving benefit from treatment. There are many individual patients who do see improvements."

According to background information in the article, 26 percent of U.S. adults in 2002 reported lower back pain, and 14 percent reported

neck pain during the previous three months.

Low back pain alone accounted for about 2 percent of all doctor's

office visits, exceeded only by routine exams, hypertension and diabetes. At the same time, there have been increases in the rates of imaging, injections, use of opiates and surgery all related to spine pain.

But have these expenditures resulted in any actual improvements for the patient?

The authors sought to answer this question using data from the Medical Expenditure Panel Survey, which sampled individuals around the nation aged 17 and older from 1997 to 2005.

In 1997, 23,045 individuals were sampled, including 3,139 who reported spine problems. At this time, medical costs for those with spine problems was \$4,695 compared with just \$2,731 for those without spine problems.

In 2005, the survey included 22,258 respondents, including 3,187 with self-reported spine problems. Medical expenditures for those with spine problems was now \$6,096 versus \$3,516 for those without back

and neck problems.

During that period, expenditures increased 65 percent from 1997 to 2005 for those with spine problems, which was more than for overall health expenditures during the same time period. There was only a small increase in the estimated number of U.S. adults with spine problems.

The estimated proportion of people with self-reported physical disabilities resulting from spine problems also increased, from 20.7 percent to 24.7 percent.

Most of the cost difference came from outpatient and inpatient services, with a smaller proportion accounted for by prescription medicines. However, the percentage of expenditures related to prescription medications went up more rapidly than expenses for other services.

"That includes a 423 percent increase in expenditures related to narcotic analgesics over that time," Martin said.

In addition, "there's been a steady stream of new devices and surgical techniques and imaging methods being used over time," he pointed out. "There's also been a moderate increase in people with back problems."

The annual expenditures for spine problems are comparable to the amount spent annually on arthritis, diabetes and cancer. All of those figures are dwarfed by the enormous sums spent in this country on heart disease and stroke.

The National Institute of Neurological Disorders and Stroke has more on back pain. ■

Low back pain alone accounted for about two percent of all doctor's office visits...

Two New Doctors at Budincich Chiropractic



You have no doubt seen two new medical professionals in the halls or treatment rooms at Budincich Chiropractic Clinic. They are Glen A. Jukes D.C., our new Chiropractic associate, and Glenn Suh, L.Ac., our Acupuncturist and Chinese Herbalist.

Glen A. Jukes D.C.

Dr. Jukes is new to the Budincich Chiropractic Clinic, but not new to chiropractic. A subluxation-based doctor with a patient-oriented outlook, Dr. Jukes is enjoying getting to know all the established patients of the clinic. He is a graduate (with honors) of Cleveland Chiropractic College of Los Angeles and received his bachelors of science in Zoology with a pre-med emphasis from Brigham Young University.

Dr. Jukes was involved in clinical chiropractic research at Cleveland College of Chiropractic involving the application of chiropractic manipulative therapy to the knee in cases of meniscal tears and for patello-femoral pain syndrome (knee pain behind the knee cap). He was also involved in developing and initiating an important study involving hip osteoarthritis and chiropractic.

Glenn Suh, L.Ac.

Dr. Suh graduated from UC Irvine in 2000 with a B.A. in Sociology and a B.S. in Biology, later receiving his Masters in Eastern Medicine from South Baylo University in Los Angeles.

As a teenager, he received many injuries due to playing a lot of sports: tennis, basketball, golf, ping pong, jiu jitsu, and running.

“I remember the first time I severely injured my back,” recalls Dr. Suh. “I could not move at all. The orthopedic surgeon said I would have to get back surgery at the age of 17. My mom said ‘Ha, no way! – we are going to see the acupuncturist.’ After 30 minutes with the acupuncturist I was standing with 40% of the pain gone. I went every day to my acupuncturist until I was 95% rehabilitated and was standing completely straight.

“Because of the acupuncturist, I was healed naturally and saved over \$30,000 in surgical costs. I spent a total of \$360 in acupuncture treatments. Because I received the benefits of acupuncture I wanted to share it with others. So I learned acupuncture myself. I have helped many others with a similar condition.” ■

NOT Treating Your Neck and Back Pain Carries Risk

Did you know that NOT treating your neck and back pain carries risk? According to the American Chiropractic Association, those risks include increased rates of disability, abuse of prescription narcotics, disruption of work and social activities and the risk that an uncomplicated, short-term pain condition could become chronic and permanent.

According to a 1999 study done by the *New England Journal of Medicine (NEJM)*, at least 103,000 people are hospitalized each year in the United States for serious gastrointestinal complications due to the use of NSAIDs (Non-Steroidal Anti-Inflammatory Drugs, such as such as aspirin or ibuprofen).

A more recent study also done by the *NEJM* estimated that at least 16,500 NSAID-related deaths occur each year.

In contrast, according to scientific data, the odds of suffering a serious reaction from chiropractic cervical manipulation is less than one in 3.8 to 5.85 million adjustments!

Flights to Haiti, *continued from page 3*



Five young volunteers from Missionary Aviation Fellowship load 300 pounds of rice behind Dr. Bud's front seats.



The non-reinforced concrete of Jacmel Hospital, destroyed and uninhabitable after the quake.

Street vendors amongst the rubble at Port au Prince Airport.



Barbara Kimball, RN and Dr. Bud embark on the third flight to Haiti from Ft. Lauderdale.



Dr. Bud loads human cargo – surgical nurses Melinda Johnson from Reno NV and Chelsea Chen of New York City.



Yves, de Louche, Sam Block and Justin Baker discuss medication shipments needed in Jacmel.

were at night, and Dr. Bud relied heavily on an advanced Garmin Aera 560 Aviation GPS that provided minute-by-minute real-time information on weather conditions and terrain obstructions – even over the Caribbean Sea. He estimates that it cost about one dollar per pound of cargo and passengers – a figure that mounted quickly, as his cargo payload averaged 500-700 lbs. per trip. Fortunately, several non-profit organizations were able to help defray this expense, including Burners Without Borders, Colorado Airlift Outreach, Joint Heirs Class, and several private donors.

Dr. Bud finally returned to Southern California on Superbowl Sunday, and was back in the Budincich Chiropractic Clinic on Monday, resuming his typical schedule.

Dr. Bud has already given inspiring presentations about his experiences in this humanitarian service to the Rotary Clubs of Pasadena and Sierra Madre, and his church. If you know of a group that would welcome a 30-60 minute presentation, free of charge, please contact Dr. Bud at drbudiman@aol.com. ■



The Garmin Aera 560 Aviation GPS proved invaluable, especially on night flights.

If you would like to hear more about Dr. Bud's Haiti mission, he will be giving presentations at the following locations:

Friday, May 14, 7:30 pm to 9:00 pm
Sierra Madre City Hall Chambers
 Hermosa at Sierra Madre Boulevard

Wednesday, May 19, 7:00 pm to 9:00 pm
El Monte Airport Terminal

Spinal Arthritis, *continued from back page*

in 1991. This study spanned 11 years, following people who were involved in whiplash accidents.



How Arthritis Begins

Arthritis can begin with a sudden specific trauma such as a whiplash, or an ongoing cumulative trauma (CT), which is a result of poor posture, repetitive microtrauma or mini-assaults, poor sleep positions, such as sleeping on the stomach or nodding off in a chair. It can also be caused by excessively prolonged hours working at a desk with an improperly aligned work station. In the 1980s, the study of ergonomics intensified, when, due in part to the advent of the computer in the workplace, many people were experiencing pain due to continuous trauma to the wrists (which causes carpal tunnel syndrome), continuous trauma to the neck (causing degenerative disc and facet arthritis), and degenerative joint disease to the lower back caused by prolonged standing and improper lifting, twisting, and vibration.

Arthritis of the Neck

Neck arthritis begins with a feeling of stiffness in the back of the neck and when leaning and/or rotating the head from side to side. More moderate to advanced arthritis in the neck is characterized by clicking or grinding sounds during these same movements. If you already have grinding and clicking sounds in your neck upon lateral bending or rotation, you most likely already have arthritis if you are over the age of 40, and this would be considered a chiropractic case.

Lower Back Arthritis

Regarding the lower back, stiffness there upon prolonged standing eventually leads to back pain and leg pain and would be considered a form of back arthritis, particularly in the absence of trauma or injury in the recent past. Frequently, if you have suffered a herniated disc in your earlier years, you will most certainly develop degenerative disc arthritis and facet disease later in life – by the time you are 40 or 50 years old. This condition is treatable chiropractically with traction, manipulation, and ultrasound as well as with a preventative home exercise program and active exercises such as walking, bicycling, or swimming.

Lower back arthritis is seen on x-ray as narrowed or thin lumbar discs along with calcified lumbar facet joints and narrowing of the spinal canal that leads eventually to sciatica or one-sided leg pain. Severe lumbar or lower back arthritis eventually leads to central canal and lateral recess stenosis and is characterized by leg pain after being on the feet for minutes to an hour or more of time that continues to get worse until you sit down. ■

Ergonomics 101

The word “ergonomics” literally means “the laws of work.” This field began to arise in World War II, when governments realized that workplace design had a huge impact on safety and productivity. Small changes such as altering the lights used in instrument displays in aircraft could make a big difference. By the 1980s, ergonomics was a very large field, and ergonomics recommendations had begun to trickle down to the general public.



When people think of this science, they often think of physical ergonomics, which involves designing workplaces which support people physically. A classic example of physical ergonomics is the arrangement of a workstation. Ideally, a workstation should allow someone to sit in a proper position, and to access equipment easily and safely, without creating strain. ■

Spinal Arthritis – Do You Have It? by Michael N. Budincich, D.C.

Many of our patients come in with various complaints in their spine and frequently ask me, “Doctor, do I have spinal arthritis?” This article will clarify what constitutes spinal arthritis and what are some of the underlying causes.

Spinal arthritis of the neck is frequently seen in people over the age of 30 or 35 years, and after a major trauma, such as a whiplash, football injury, sports injuries – such as snowboarding and landing on the head – or cumulative trauma, such as prolonged desk work for years at a time with a bent-over head position.

Don't Settle Too Quickly!

Recently, a patient of mine came in after a whiplash injury and

stated that the insurance adjuster had called just a day or two after the injury and settled with her for \$1,000 for her anticipated medical expenses to get her “stiff neck” checked. I informed her that she made a grave mistake by settling the case before ever having had a medical checkup and x-rays for a thorough diagnosis. The adjuster had initially offered her \$500, but quickly shifted to a \$1,000 offer when the patient began questions about treatment for her neck stiffness.

The patient was worried that the \$1,000 offer would be withdrawn, and so she accepted this settlement for treatment, pain, and suffering from the accident before her symptoms had really presented

themselves. Of course, within a week, the patient’s symptoms were full-blown and she was in moderate pain, so she sought medical care in my offices.

The moral of the story is that insurance companies know how you are going to feel one to two weeks after a whiplash and that this is oftentimes the beginning of arthritic changes. Long-term studies have shown whiplash injuries cause arthritic changes visible on x-ray within five to seven years, but that symptoms are present in 83% of ongoing cases – even years after the injuries. This was reported in a study performed by Watkinson and Bannister published in the *British Journal of Accident Surgery*

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**FREE Presentations on
Dr. Bud's Haiti Mission:**
Friday, May 14, 7:30 pm to 9:00 pm
Sierra Madre City Hall Chambers
Hermosa at Sierra Madre Boulevard
Wednesday, May 19, 7:00 pm to 9:00 pm
El Monte Airport Terminal

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