

Fall 2002

Published for patients
and friends of
Budincich
Chiropractic Clinic

Spine-a-Line

UNION STATION FOOD DRIVE NOVEMBER 18 - 23

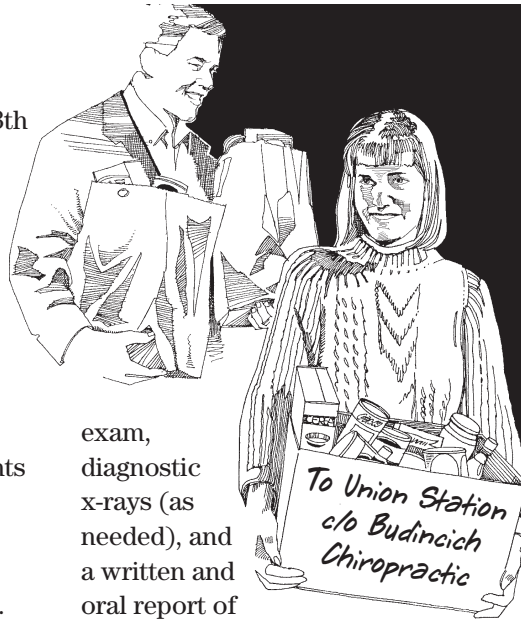
The Budincich Chiropractic Clinic once again will hold its annual Union Station Food Drive – this year marks the 13th anniversary. The food and money collected will help this local charitable organization provide food and other necessities to the homeless and unfortunate during the Thanksgiving holiday.

In the past, the generosity of the patients during this program has always been sensational. We are honored to serve the greatest patients in the world.

For those of you that have never had the pleasure of participating in the food drive, here is how it works.

For established patients, on Nov. 23, a donation of \$20 or equivalent of canned goods (see list), will allow you to receive your chiropractic treatment on us. We will be accepting food or a cash/check donation to “Union Station” in exchange for your life enhancing chiropractic adjustment. It is the best deal in town. You win by feeling and functioning better during the holidays. The homeless and unfortunate win by being fed, and they too can celebrate the holidays. We win by being able to fulfill our mission to “serve as many sick and suffering people as possible with chiropractic care.”

For those of you who are not yet an established patient, it gets *even better*. For that same \$20 donation you will receive a consultation with the doctor, a comprehensive physical



exam, diagnostic x-rays (as needed), and a written and oral report of findings. This is a \$149 to \$225 value all for a \$20 donation. It is the best deal in health care.

Typically during this program the appointment times fill up fast so *call early* to schedule your health restoring adjustment appointment or your new patient appointment. Bring your donation and on Monday the 25th, the Union Station People will pick up the donations to be used locally and immediately.

New patients must be referred by existing patients or by Budincich Chiropractic Doctors or Staff.

We thank all of you ahead of time for your anticipated generosity and compassion for those less fortunate than ourselves. We wish you a blessed Thanksgiving from all of us at Budincich Chiropractic.

Who Are All the New Faces?

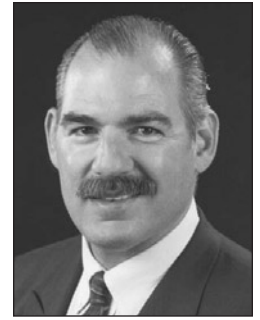
Most of our active patients have certainly noticed some new faces around the offices of our two clinics. We have added a new position filled by **June Stover**, who now sits in the small office off the reception room. June has been in charge of writing our long overdue office manual, which needs to be written to make our training easier for new personnel. This is a formidable task and she has tackled it with tenacity. She has also been given all medical transcription responsibilities and has helped a lot in patient histories and account problem solving. June is also certified in “pain management” and she may be working with our doctors soon in the clinical management in our patient’s chronic pain in difficult cases. June is also experienced in Worker’s Compensation law, and has already been very helpful in being an intermediary between our office, the insurance carriers, and our patients.

Dr. Venerable, who was with our office between 1997–2000, has recently returned to our office in May. He left clinical practice for a short while to teach, and has now rejoined our team. After losing 50 lbs., he was difficult to recognize at first by many of our patients. Many of you who have been privileged to

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BUDINCICH CHIROPRACTIC CLINIC:

A Unique Place For Health



*by Michael Budinch, Director
Budincich Chiropractic Clinics, Inc.*

In health care you have many choices of where to go, whom to see, and what to buy. Over the last 17 years thousands of people in the San Gabriel Valley and beyond have made Budincich Chiropractic their choice for health care. Why? There are numerous reasons and based on patients reports these are the top reasons...

- 1. We correct the cause, not just the symptoms.** In the current health care market, the eliminations of symptoms seems to be the status quo. At Budincich Chiropractic correcting the cause of the symptoms is the standard. The symptoms are the result of a problems. The symptoms are your body's way of alerting you to a problem. Treating only the symptom is easy but temporary. Finding the cause of your problem takes more work and we are dedicated to finding your unique solution for your unique condition.
- 2. We help you get the results you want, not the results you don't want.** According to the American Medical Association over 100,000 people die each year as a result of the treatment they received! Over 2 million people are hospitalized due to adverse reactions to treatment, such as medications they receive. At Budincich Chiropractic, the skill of the doctors coupled with the safety record of chiropractic care ensures that the proper treatment be given to you and that you achieve the goals you and the doctors set to obtain.

- 3. A full service facility allowing immediate accessibility.** Your ability to be seen when you want, at the times you are able, makes the clinic user-friendly. We are open early, during lunch, late, and on Saturday, to fit into your schedule. On-site x-ray, physiotherapy, modern chiropractic tables, and patient education material gives you a one-stop health clinic. Most if not all new patients can be seen the same day and you will be seen at the time you are scheduled.

**At Budincich Chiropractic
correcting the cause of the
symptoms is the standard.**

- 4. Skillful, confident doctors, that have the ability to diagnose your problem.** The doctors at Budincich chiropractor have 47 years of experience. They have taken the latest continuing education courses to be on the cutting edge of health care. They are constantly involved in discussion groups with other chiropractors and physicians to learn about the most effective ways to provide care. They have the knowledge to determine if your case is a chiropractic case or if a referral is needed. They work with other health care professionals so that you receive the proper care by the correct doctor. Difficult cases are sent to the Budincich Chiropractic Clinic by other chiropractors, medical doctors, attorneys, and people just like you.

- 5. Specialized tables to keep you out of surgery.** One of the scariest scenarios is when a patient is told they need surgery. Disc injuries or degenerative conditions may occasionally need surgery but only after all conservative methods have been exhausted. The specialized tables utilized by The Budincich Chiropractic Clinic are designed to treat and resolve herniated disc conditions. Many times with proper care these conditions resolve, and the outcomes are far better than if surgery was performed. Other types of injuries such as sport injuries respond remarkably to chiropractic care. We have the education and experience of treating many world-class athletes, so that your sports injury also may be treated to get you back in the game.

These are a few of the reasons the Budincich Chiropractic Clinic is unique and is one of the busiest clinics in the San Gabriel Valley. If it has been a while since you have been in, it is recommended you pay us a visit to help you add life to your years and years to your life. If you have never been a patient here, we invite you to come experience what thousands of satisfied and healthy patients have been saying for over 17 years, "Chiropractic Works" and Budincich Chiropractic does it better than anyone else.

Annual Toy Drive to be held Dec. 16 – 21

The children of Pasadena and Altadena will be visited by Santa Claus early on Christmas eve, as the Pasadena Junior Chamber of Commerce launches its "Operation Santa Claus."

The Budincich Chiropractic Clinic participates in this wonderful program by having a Toy Drive the week of Dec. 16 – 21. Established patients will receive their chiropractic adjustment in exchange for a toy (value \$20 or more). New Patients, for the same donation, will receive a health consultation with the doctors, a comprehensive examination, diagnostic x-rays (as needed), and a written and oral report of findings.

During the Christmas holidays this is a great way to give back to the local community and bring a smile to a child during this special time. It is also a great way to improve and maintain your health during this sometimes stressful time. No one likes to suffer from illness or injury during the holidays, so having a chiropractic evaluation and treatment at this time can help to improve your participation and enjoyment of the holiday season.

Thank you ahead of time for your help. Appointments fill fast so call to schedule early to ensure a time is reserved for you.

Happy holidays from the doctors and staff of Budincich Chiropractic Clinic!

BLOOD DRIVES CONTINUE TO SUPPLY MUCH NEEDED BLOOD TO LOCAL SUPPLIES

For the last several years, the patients, doctors, and staff of our two clinics have generously given their blood to help those in need of this vital resource. Prior to the 9/11 tragedies, blood supplies had run dangerously low throughout our country. Although the American public initially responded emotionally to the twin tower debacle, their blood giving response has faded and has nearly returned to pre-9/11 levels. Blood shelf life is finite, and must be continuously donated to meet demands. Leukemia victims are in need of frequent whole blood transfusions, and other blood diseases with clotting difficulties need continuous platelets. Some patients who have been severely burned need several plasma transfusions to keep from dying of dehydration in the early days. Blood is indeed a vital elixir to all hospitals and burn centers alike and its value cannot be measured.

Our two blood drives of Spring 2002 were very successful thanks to all of you who participated. The drive in April took place at our Monrovia location, and the June drive at the main clinic in Pasadena. These drive events will continue annually as long as we have enough patients to show up and give. We feel that giving you a complimentary adjustment each time you give will help you stay motivated, and keep us feeling thankful to have all of you in our practice. Those of you who used your "free adjustment certificate" to give a friend a free exam here showed that your giving was unconditional by actually *giving twice*.

Who Are All the New Faces, continued from page 1

be treated by "Dr. Ven" in the past are surely happy to see him back. **Dr. George Vagenas**, a graduate of the Southern California University of the Health Sciences in Whittier, joined our team in June to help at the Pasadena clinic. Dr. Vagenas grew up in the

Pasadena area and is happy to be so close to home following his internship in Laguna Beach earlier this year.

Grace Tripucko, who has served at both clinics, has found her home in the Pasadena clinic as a physiotherapist and massage therapist.

Maximize Your Insurance Benefits

During the last quarter of the year your insurance benefit and your health can be maximized by getting treated to improve or maintain your health. By this time most deductibles have been met. As of January 1st they start over again. If you need treatment and have been putting it off, this is the best time to restore your health because of benefit availability and during the holiday season the days grow shorter and your activities list grows longer. This can put added stress on your musculoskeletal systems, nervous system and immune system, leading to injury and illness. Come in and get checked before a problem presents itself, limiting your enjoyment of the holiday season.

FALL/WINTER CLINIC SCHEDULE

| | |
|-----------------------------|---------------|
| Nov. 28 Thanksgiving | Clinic Closed |
| Nov. 29 Friday | Regular hours |
| Nov. 30 Saturday | Clinic Closed |
| Dec. 24 Christmas Eve | Close at Noon |
| Dec. 25 Christmas Day | Closed |
| Dec. 26–28 Thurs–Sat | Regular hours |
| Dec. 31 New Years' Eve | Close at Noon |
| Jan. 1, 2003 New Years' Day | Closed |
| Jan. 2–4 Thurs–Sat | Regular hours |



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Drs. Budincich and Buckley Celebrate Milestones

Dr. Budincich Celebrates His 25th Anniversary in Chiropractic

August marked the "Silver Anniversary" of clinic director Dr. Budincich as a member of the chiropractic community. Dr. Bud has seen the profession change a great deal since he was a first-term chiropractic student at the Los Angeles College of Chiropractic in Glendale. Most of those changes have been very positive.

The most positive change has been the great acceptance of the chiropractic philosophy by the general public. Fifty years ago an illegal conspiracy propagated by the AMA did great damage to the profession's reputation as a whole. Chiropractic was vindicated after a 14 year long court battle was won convicting the AMA of antitrust (Wilk vs. AMA 1990). Since the victory in court, there have been no overtly illegal efforts to diminish the luster of chiropractic's effectiveness in the public's eye. More people are trying chiropractic worldwide for the first time. Utilization of chiropractic care has gone from 8% to 10% in 1977, and upwards of 20% in some states.

Chiropractic has begun to influence the world by starting up chiropractic colleges in many different countries. There are colleges in England, Canada, Australia, Europe, and Mexico, to name a few. Many other countries are interested in starting chiropractic colleges in their countries as well. Early in practice, Dr. Budincich rarely received a referral from a medical doctor, and usually only if a patient insisted that their MD do so. Dr. Bud now has good working relationships with two dozen or so well respected MD's from our area, and out of the county as well. Cross-referrals occur openly between our offices and specialists in the area for the better health of our patients. Without inter-professional cooperation, complete patient care would be impossible. We are elated that the medical profession is discovering what chiropractors have known for 107 years!

Dr. Dennis Buckley Celebrates 10 Year Anniversary at Budincich Chiropractic Clinic

Dr. Buckley celebrated his 10 year anniversary at Budincich Chiropractic

Clinic on July 23. He began his career here shortly after graduation from the Los Angeles College of Chiropractic in Whittier. Following his internship here, he accepted a position as associate doctor.

His career has been highlighted with outstanding achievements. These include being a 3-term president of the San Gabriel Valley Chiropractic Society, and holding state association executive office positions. He currently is the Vice President of Communications of the California Chiropractic Assn., the premier state association in the United States in terms of size and lobbying power.

Dr. Buckley serves on the National Football Foundation executive board, and is the team doctor for Temple City High School, Maranatha High School, and Pasadena High School. He also serves the community as moderator of the Pasadena Chamber of Commerce "Chamber Connection." His awards and honors are too numerous to mention here.

The clinic applauds Dr. Buckley for his hard work and dedication for his commitment to chiropractic patients worldwide.
