



Budincich Chiropractic Clinic, Inc.

# Spine-A-Line

Spring 2003 • For patients and friends of Budincich Chiropractic Clinic

## Thursday May 29, 2003 Marks Annual Blood Drive

**T**he Budincich Chiropractic Clinic (Pasadena location) will again be hosting the Blood Mobile and the American Red Cross for its annual Budincich Chiropractic Blood Drive. This will take place between the hours of 1:00 pm and 7:00 pm on Thursday, May 29 in front of the clinic, where the large

Any existing patient giving a pint of blood will receive either a) complimentary adjustment for that adjustment for that donation, or b) a complimentary massage at a regularly scheduled visit. New patients whom we have never seen have the ability to receive a complimentary new patient service for their

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## American Red Cross

Blood Mobile bus will be parked. Registration and paperwork will take place inside the clinic with a confidential history and blood drawing taking place in the Blood Mobile.

In past years, we have averaged around 35 pints of blood from our patients in a single day of donation. In this time of war, and with the wounded that may hereafter require blood, this is an especially important time.

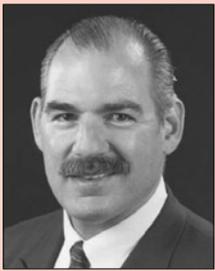
Immediately after 9/11, many people came forward to give blood for the injured during that New York disaster. Since then, the Red Cross' reserves have again become depleted, since the news of 9/11 has faded. Blood is an item that has a limited shelf-life and must be continuously replenished. A pint of blood can save up to four lives. We encourage all of you to participate in this blood drive that is so badly needed.

Our clinic has encouraged people to give by giving an added incentive.

donation. Their gift would include a complimentary

consultation, complete health history, orthopedic neurological and chiropractic examination, any needed x-ray to the areas of complaint, and a complete written and oral report of findings. This \$150 to \$250 value is being given free of charge for donors, during our blood drive, but only for those that are first-time patients. If you have friends or family that have procrastinated coming into our clinic, but know they need our services, this would be an ideal time for them to save a great deal of expense in starting their care. Not only will their blood help to save lives, it will save their own health as well, by starting the diagnostic process, and bringing them to better health.

We thank those of you that have participated in the past in our blood drives greatly, and encourage you to continue to give this greatest gift of all, the Gift of Life. ■



*From Dr. Bud*

## The Future of Health Care

*“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”* – attributed to Thomas Edison

Friends of Budincich Chiropractic, the future is here. These words, attributed to Thomas Edison – one of the most brilliant inventors of our time and written over 75 years ago – have come true. The sickness and disease model of healthcare that has predominated the health care market is giving way to the wellness model, promoted by the chiropractic profession for over 107 years.

The difference between the wellness and disease model is the difference between treatment and prevention. It is always easier to *keep* someone better than to *get* them better. The predominant practice – the disease model – was to treat the symptoms when and if they appear. *Wellness* is the active practice of healthy choices in the areas of exercise, nutrition, posture, rest and attitude – and in a fully functioning spine and nervous system, is a way to maintain the health your body is inherently born with and allow it to manifest.

The model of symptom care costs this country over one trillion dollars per year. For this, we in the U.S. rank 32nd in comparison to other nations in respect to the health of our citizens. Why, with the most expensive health care and technologically advanced system, are we fairing so poorly?

### Studying the Trends

In 1993, Dr. David Eisenberg studied the utilization of “alternative” care (chiropractic, acupuncture, ayurvedic, Chinese medicine, etc.) in the U.S. and was surprised to find that the number of visits to “alternative” care outnumbered the visits to traditional, allopathic medical doctors by approximately 40 million (386 million vs. 426 million). This study was revisited in 1997 and the numbers had dropped from 386 million visits to MDs to 368 million and the visits to “alternative” doctors went from 426 million

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## Helping Others

### Patient Appreciation Month to Benefit Casa De Dios

During May, the Budincich Chiropractic Clinic will be conducting **Patient Appreciation Month**. All month long, we are encouraging our former patients (those who have not been in within a three month period of time) to come in and receive a complimentary chiropractic adjustment in exchange for a donation to one of the charities that we support. This charity, “Casa de Dios,” is an organization that builds simple 16 ft. x 20 ft. homes in remote areas of suburban Tijuana, Mexico, for indigent families with combined family incomes of less than \$200/300 per month.

We will be offering you your adjustment for a donation of only \$20 toward this organization. If you are a cash patient, this will be all that you will pay. If you have billable insurance that covers chiropractic, 50% of your typical co-payment that you make to us should be filled out as a check made out to “Casa de Dios.” The other 50% co-payment will be “written off” as a gift.

The donations that you make during Patient Appreciation Month *will go directly* to the building of a home for a poor family. The proceeds received from our patients, in addition to funds that the Clinic will contribute (should we fall short of our goal of \$5,500), will be given to construct a modest home. Casa de Dios builds over 100 homes annually in the greater Tijuana area, working with groups all over the western U.S. and beyond. Visit their website and review some past photos and the group’s mission at [www.teamcasa.org](http://www.teamcasa.org).

This offer will extend from May 1, 2003 through month’s end. We hope that all of you take advantage to

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### Patient Appreciation Day in Monrovia

Patient Appreciation Month gets a head start at our Shamrock Clinic with **Patient Appreciation Day** on **Tuesday, April 29**. Current patients of The Shamrock Clinic are invited to call (626) 301-0202 and make an appointment to meet Dr. Deina Stewart on April 29 (see her bio on the next page). In appreciation you will receive your chiropractic adjustment that day on us. New patients who call in that day or before get a complimentary exam and x-rays (if needed) if scheduled and seen within the next week. Thank you for the opportunity to serve your health needs.

### Doctor Deina Stewart Joins Budincich Chiropractic Clinic

**W**e are pleased to announce that we have entered into an associate arrangement with **Dr. Deina Stewart**, a graduate of the Cleveland College of Chiropractic. Dr. Stewart grew up in the Pasadena/Altadena area where she attended John Muir High School. Dr. Stewart started her family young in life, and later decided to pursue a career in chiropractic at the urging of a high school friend who had become a successful chiropractor. With three children in tow, she managed to complete a rigorous course of study, and received her chiropractic degree and license in the late 1990s.

Dr. Stewart has been in private practice since her graduation in the Monterey Park/Montebello area until January of this year. She joined our team on Feb. 1, and has adapted well to our clinical style and practice philosophy.

Dr. Stewart will be practicing at the Monrovia/Shamrock clinic, replacing Dr. Todd Adamson who recently resigned. We are very fortunate to have a practitioner of Dr. Stewart's capabilities join our team and be able to be filling the vacated position of Dr. Adamson. With Dr. Stewart's expertise, her enthusiasm for helping people, and her vibrant personality, there should be no drop off of quality and personable service at the Monrovia/Shamrock clinic. We are very fortunate to secure Dr. Stewart in this transition of our successful Monrovia/Shamrock clinic.

### Staff Members Celebrate Milestones of Service with Budincich Chiropractic

Last March marked several anniversaries for our staff members at the Pasadena Clinic. March 2003 marked the thirteenth anniversary of **Maria Smith's** employment with us as our Physiotherapy Department head, and our most experienced Massage Therapist. Maria joined our team in 1990, just after spending 10 years at an Arcadia chiropractic clinic with Dr. Franklin Schoenholtz. We were lucky to receive such an experienced chiropractic assistant, and her consistency and dedication to her work has been greatly appreciated by both patients and doctors who work with her as well. We congratulate Maria on her 13 years with us.

Another great milestone is the 10 year anniversary of **Dr. Dennis Buckley** as an Associate of our Clinic. March 2003 was his tenth year of consistent service with us, as he also celebrated his fifth wedding anniversary to his wife Lori Buckley. They celebrated by taking a mid-week vacation to the Palm Springs area, where much appreciated golf and relaxation were the order of the day. Dr. Buckley has been an invaluable asset to our clinical team, and has mastered his clinical skills.

**Nicole Whalley** also celebrated a three-year milestone with our clinic in March 2003. Nicole, who began as an accounting clerk part-time, has been elevated to the position of Office Manager at our Pasadena



Dr. Deina Stewart will be heading up our Monrovia Shamrock clinic.

location. Nicole has a great deal of experience in detailed bookkeeping and account reconciliation. Her extreme attention to detail, and excellent communication skills made her perfect for the job she now enjoys. Nicole is the mother of two young boys, Nicolas and Ian, and lives in Arcadia with her husband Tom. She is actively involved in her sons' lives including Boy Scouts, being a soccer mom, heading up the baseball Snack Shack, and other extremely time-consuming dedicated activities outside the office. She and her family are also active in their church in Covina, Christ's Church of the Valley.

Although **Betty Servin** did not celebrate an anniversary this March, it is noteworthy to mention that she has been with us over five years, serving in many capacities. Betty has really been a "team player" over these past several years, doing whatever was asked of her. Starting out as a physiotherapist and massage therapist with Maria, she quickly graduated to the insurance department. She was later trained at the front desk as a receptionist, and also served as the office manager and

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receptionist at the Monrovia clinic for several months. After returning from Monrovia to the Pasadena Clinic, she continued to master her skills in the Insurance Department and has become very detailed in posting, data entry, account reconciliation, and complicated insurance coding. Betty has been a great asset to our team, and we hope she stays with us for many more years. She is also a busy mother with two small children and lives in Pasadena.

larly on our Workers' Compensation cases, that required great concentration and detail. June started with us as our medical transcriptionist a few years back and came on with us full-time as a contract employee providing in-house transcription, clinical skills as a medical historian, biofeedback expertise, as well as having a multitude of other experience and certifications. She also holds a pilot's license, which she and Doctor Budincich have in common.

office/employer/insurance company communications. This saves the doctors a great deal of time, not having to be on the phone, and writing their own letters, supporting the patients care. Those of you who have questions about the status of your Workers' Compensation case, would be wise to call June first, since she is the one who handles all the paperwork regarding your claims and treatment.



Nicole Whalley and Betty Servin head up our front office.

Rounding out our staff at the Pasadena location are **Joanna Grimes** ("Jodi") who began with us in the fourth quarter of 2002, and **June Kirker-Stover** who marks her 1st anniversary in April. Jodi finds herself in the front reception area and doing detailed posting, particu-

Both have come up-to-speed quickly with our procedures and have become great assets to our team. June, a California Workers' Compensation expert, has been invaluable to the doctors in providing expertise in the area of Workers' Compensation law and

June and Jodi are both grandmothers and their grandchildren bring great joy into their lives. They also have the freedom of the "season" in their lives to pursue full-time careers without many distractions.

### **Dr. Adamson Relocates**

As you may already be aware, Dr. Todd Adamson of our Monrovia clinic has recently resigned and apparently plans to practice in a location out of our area. We have reluctantly accepted his resignation and wish him the best of luck in his future endeavors.

Many of you reading this correspondence have not been into our office for some time, since you may have been feeling fine and didn't see the need. As Dr. Adamson was fond of saying, chiropractic is not so much about sore backs and bones, as it is about prevention. We would like to continue to encourage you in regards preventative chiropractic care to enable you to keep yourself not only out of pain, but healthier. ■

## **Union Station Food Drive and Operation Santa Claus Toy Drive Successful**

The recently held food and toy drives were once again a huge success. The generosity of our patients each and every year is shown during these special programs. The doctors and staff of Budincich Chiropractic Clinic, on behalf of Union Station and the Pasadena JCs, thank you for your donations, and hope that, by your participation, your holidays were even more blessed. ■



# The Causes of Premature Wear and Tear *by Dennis Buckley, D.C.*

**O**ne of the fastest growing disabling diseases in the U.S. is arthritis. It is now estimated that the majority of the population suffers from one form of this disease. Wear and tear on the joints of the body is normal in the aging process, but premature degeneration and disability have become pandemic.

Some of the contributors to this premature deterioration are:

## ***Being overweight and/or obese.***

It is now estimated that over 60% of the U.S. population is overweight and over 30% are obese.

Carrying this extra weight on your body's frame puts extra wear and tear on joints leading to

premature degeneration. It is now reported that 15% of children 6–11 years old are obese – five times greater than 30 years ago. Research shows that fat kids grow up to be fat adults. Being overweight and/or obese also puts you at greater risk for stroke, diabetes, heart disease, and other metabolic disorders. Reducing your weight and building lean body mass while decreasing fat is essential to proper body function.

***Lack of exercise and poor posture.*** We are becoming more and more sedentary. Our bodies need motion to be healthy, but we sit in the car, at meetings, in front of the computer, and in front of the TV. Lack of motion causes the joints to deteriorate.

***Spinal misalignment.*** Due to the effects of lifestyle, habits, posture, injuries, or genetics, an improperly-aligned and/or malfunctioning spine

and skeletal system will not only cause your joints to receive excess wear and tear but can also affect the brain-body communication. The subluxation or malfunction of the joint due to the physical, chemical, or mental trauma disorganizes the body and can lead to dis-ease.

***Poor nutrition.*** What we put in our bodies is ultimately converted into the “stuff” we are made of. Tissues that comprise muscle, ligament, tendon and bone, if lacking essential healthy material, break down and

wear out faster. Poor nutrition also affects organ function and alters metabolism to a level of inefficiency so that we gain

weight, have high cholesterol, high triglycerides and other imbalances.

***Sleep.*** Most of us are sleep-deprived, not getting the proper physiological rest that lets our body repair itself. If there are not adequate raw materials (nutrients) to repair properly or if there is not the proper environment to achieve this, you wear out faster.

***Attitude.*** If we are a victim of what the world has to offer, this wears us out. If we see ourselves as taking what the world offers and creating opportunities, we build health and self-esteem. This process, good or bad, affects the aging process.

For all these problems – arthritis, high cholesterol, high triglycerides, sleep deprivation, diabetes, obesity, nutritional disorders – there are a number of nutritional supplements and procedures that you can take or

receive to deal with the symptoms.

The bottom line: current research shows that lifestyle modification is of paramount importance, and you are never too young – or too old – to make choices that will build good health and help prevent the premature effects of aging.

The doctors of Budincich Chiropractic are experts at helping you discover and release the full potential inside each and every one of you. You come to us with a problem but you also come with the solution; it is within you and by your habits that that solution will be released or buried. You are either enrolled in a health and wellness program or an injury and sickness program. The choice is yours. Make the lifestyle modifications that are wellness practices. Let us help you achieve your wellness goals. ■

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## **Patient Appreciation Month,** *continued from page 2*

receive one adjustment during this offer. This offer is for one visit only during the month of May 2003, with subsequent visits being at the normal fee for cash patients. You may also elect to make a separate free-will offering of any amount if you feel more generous.

Thank you for contributing to this worthwhile project and being a patient of our clinic. We will advise you when this house will be built. If you would like to come to Mexico to help with the actual building, that would be welcome as well. Last year we built a home in Vista Del Valle and several of our employees and patients helped construct the home, with dozens more giving donations. ■

# Insurance Companies Raising Deductibles – Preventive Care More Important Than Ever

**T**his year has seen a skyrocketing of insurance deductibles for many people with group insurance plans. Insurance deductibles that were once a few hundred dollars now may be over a thousand dollars or more. People that once had \$1,000 or \$2,000 deductibles may now be required to have \$3,000–\$5,000 deductibles, making regular doctor visits uncovered. During this time of growing insurance costs, cost-effective methods are being looked at more seriously, such as preventive chiropractic care.

## Lessons from Canada

The government in Canada has socialized health care, and has for many years. The Canadian Ministry of Health conducted a study on back pain many years ago. In this “Canadian Study” it was found that chiropractic care was the most effective means for the treatment of back pain, in almost every category. Not only did chiropractic care relieve pain the fastest, but it also lowered the number of days off work, prevented surgeries, and had a higher level of patient satisfaction. For this reason, Canada remanded back pain patients solely to the care of chiropractic doctors for the first three months or so of care. Since most patients became well, or better, from chiropractic care within a very short time, medical doctors were taken out of the picture in servicing back pain patients, at least initially. Certainly, if back pain persisted, or back surgery was required, orthopedic and neurological specialists would be brought in. But, the initial health care protocol is requiring Canadians to be treated through chiropractic doctors *only*, since it is so cost-effective and their government is subsidizing the health care.

Those of us in this country with high insurance deductibles can learn a lot from what the Ministry of Canada has known all along. That is; to seek preventive care first, and also low-cost alternatives to medical care, for relieving simple problems. Most of you who have suffered back pain know that it is a very debilitating condition, but does not necessarily last that long if properly treated. Paying for chiropractic care preventively, even out of pocket, is a good way to avoid major episodes of back pain and poor health.

Back pain is only *one* of the things that chiropractic treats. Our greatest effect is on the fortification of the immune system, and the prevention of major time-loss infirmities.

## The Benefits of Regular Adjustments

Dr. Budincich, in his 22 years of chiropractic practice, has received chiropractic adjustments on the average of once weekly throughout those years. During that time he has only missed two days of work, out of the office, due to illness, in the total time he has been in practice. One of these days was after an appendectomy, in which he needed a day to recover, prior to a weekend. The other day was for a bout of the flu that lasted only 24 hours. Dr. Budincich doesn't consider himself any different than the average person out there, only that he received regular, consistent, chiropractic treatment from Dr. Buckley, and other clinic doctors on the staff. Preventative health care doesn't cost...it pays!

Those of you wishing to save costs on the “bottom line” during the course of the year on your health care, are encouraged to come in regularly for preventive chiropractic adjustments. Although you may not be hurting, your nervous system may be affected adversely by spinal misalignment and could eventually cause symptoms, or debilitating disease. Prevention is always the best cure, since the cost of health care prevention is very inexpensive. In this manner, you will feel as good as you can feel, while also saving on health care costs down the road.

Certainly, no one can predict the onset of an illness or an injury, but what we do know statistically is that those of our patients who come in for regular chiropractic care have fewer sick days per year, have a greater sense of well-being, and fewer episodes of pain, than they did prior to regular chiropractic care. Our clinic offers “annual wellness plans,” on a cash basis, to provide for monthly treatments and “bonus” adjustments, should flare-ups occur. These wellness plans are a fixed price and have an annual cost less than most gym club memberships. There is no better “health club” to belong to than the preventive health club of Budincich Chiropractic. ■

to over 600 million. The “alternative” providers are now providing a majority of the treatment. He asked why? Were people being swindled? No, the reason they were going elsewhere besides their medical doctor was the results they were getting.

In the U.S. it is estimated that medical malpractice kills over 300,000 people each year and causes severe, life threatening, reactions to over two million people each year. Medical malpractice is the third leading cause of preventable death in the U.S. behind smoking and alcohol. Some studies indicate that the effects of medical malpractice may even be higher due to underreporting of adverse events. Does this mean that medical doctors are bad? Of course not. There are many gifted and caring healers in the medical profession and without them we would be in a terrible situation. It is the system or model we have “bought into,” that without taking drugs, health is not attainable. Look at the drug ads in the newspaper, the magazines, radio, and television.

We tell our children “say no to drugs” but we then give them drugs and take them ourselves for every ache, pain, sniffle and sneeze, habitually. We are sending a mixed message.

People are voting for a new paradigm. They want to be healthy, feel good and be successful without relying on drugs. The nutrition and supplement industries grow exponentially each year. Health clubs are opening everywhere. Magazines, books, and shows are dedicated to this movement of wellness.

The chiropractic profession stands at the forefront to be able to be the “portal of entry” into this model of health. Chiropractic identifies the

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cause of the symptoms that you feel. They are also able to detect and correct vertebral subluxations, misalignment and altered function of the spine and nervous system that can diminish the function of your body.

### **The Causes of Subluxations**

What causes subluxations? There are three causes: physical, chemical, and mental. *Physical* includes the shape your body is in, the posture, what type of work do you do, past injuries, genetic factors, and other related factors. *Chemical* factors include the food you eat, what you drink, vitamins, drugs, and the air you breathe. *Mental* trauma can come from “lopsided” perceptions causing stress. Emotional trauma can be stored in muscles and joints and can cause repetitive microtrauma.

These three causes result in the way your body feels and functions. When the effects of subluxation builds you experience them as symptoms. The symptom is the “tip of the iceberg.” The problem lies

beneath the surface and this is what causes the most damage.

Your doctor of chiropractic can be the resource you need to live a healthy life. We at the Budincich Chiropractic Clinic strive to be not only a way to return you back to health but to maintain it. We have programs in the evening that are free to you and your friends. Spinal Care and Posture and exercise programs are held every Monday night. Exercises and activities of daily living are addressed with each patient. Nutritional and nutritional supplement (nutraceutical) recommendations are also provided. An environment of support and happiness is provided by each doctor and staff member so that your experience here is the most pleasant it can be. If

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***People are voting for a new paradigm. They want to be healthy, feel good and be successful without relying on drugs.***

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there is a problem, we strive to correct it by taking responsibility (if it is our error) and if there is a common problem and favorable solution can be reached. We also have a vast network of other physician providers and resources to assist you if the situation warrants referral.

Come join us to learn how to embrace and live this new paradigm of health. We recognize that there is a healthy person in each and every one of you trying to get out. Let us help. ■

# Designate Your “Personal Chiropractor”

If by chance, while in the course of your employment, you injure yourself and are in need of care, your employer has control of what *type* of care, and *where* you will receive that care. The control can last from 30 to 180 days depending on what type of plan they are on. This could be a benefit or a hindrance to your recovery.

If your injury is musculoskeletal in nature and would be best treated by chiropractic care, it may be difficult for you to receive chiropractic care or to see the chiropractor you wish to. There is an exception to this rule within the labor laws that allows you have a pre-designated chiropractor on file with your employer. If a simple form is on file and you are injured, you then can pursue care with your chiropractor of choice after seeing the employer-designated physician first. You simply notify your employer that you will be pursuing care with your designated chiropractor, provided your injury is appropriate for chiropractic care.

Studies have shown that musculoskeletal injuries, (i.e., sprain/strains, repetitive stress syndromes) are the most common work injuries. These respond most favorably to chiropractic care. To ensure you are treated in the most appropriate way and in the way you wish to be cared for, all you need to do is complete an **Employee’s Designation of Personal Chiropractor** form (California Labor Code Section 4601) available at our clinic.

The law states that as we, your regular chiropractor, have previously directed your treatment and retain your chiropractic treatment records, including your chiropractic history, you can name us as your designated chiropractor on that form.

This is an easy way to assure that appropriate care is given to you at the location of your choosing. If you have any questions, please feel free to speak to your doctor or one of the staff. ■

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***If a simple form is on file with your employer and you are injured, you then can pursue care with your chiropractor of choice...***

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