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Published for patients
and friends of
Budincich
Chiropractic Clinic

Spine-a-Line

BUDINCICH CHIROPRACTIC CLINIC OPENS SECOND LOCATION IN MONROVIA

BUDINCICH CHIROPRACTIC CLINIC INC. has operated a large, full-service, multi-doctor, chiropractic office in Pasadena since 1981. Due to the unprecedented growth that the practice has enjoyed, Budincich Chiropractic Clinic has opened a satellite clinic in the city of Monrovia to bring our exceptional quality of care to more people. The 14,000 patients of the Budincich Chiropractic Clinic will now enjoy a greater flexibility in where they receive their chiropractic care. It will also make available easier access to people of the northeastern part of the San Gabriel Valley, to receive chiropractic care and refer their family and friends.

On Aug. 2, 1999 the former clinic of Dr. Sederlein and Dr. Acosta re-opened as the Budincich Chiropractic Clinic's "Shamrock" Clinic. The office site at 631 E. Foothill Blvd. has been a chiropractic office for the past 26 years. The office became available at a probate sale. The location has been totally refurbished internally and externally and is now in better-than-new condition.

Dr. Todd Adamson is the full-time doctor in charge of running this satellite clinic. Other Pasadena clinic doctors including Dr. Budincich, Dr. Buckley, Dr. Fontaine, and Dr. Venerable may also share hours at this clinic occasionally, along with Dr. Adamson.

Full physiotherapy and massage therapy services will be available. The installation of an on-site x-ray machine is planned in the near future.

The clinic, conveniently located on the corner of Shamrock and Foothill Boulevards, is just a few minutes' drive from Bradbury, Duarte, Azusa, Arcadia, as well as Sierra Madre.

The office will be open daily with both early and evening hours, as well as Saturday morning hours by appointment. A gala grand opening, as well as an open house, are planned for the near future.

Todd Adamson, D.C.



Dr. Adamson to Head Up Monrovia Clinic

TODD ADAMSON WAS BORN AND RAISED in Southern California. At age 12, his father obtained a job in San Diego, which forced the entire family to relocate. While in San Diego he was very involved with sports, surfing, skateboarding and playing soccer. He attended and graduated from Monte Vista High School in Spring Valley in 1988. He immediately enrolled at San Diego State University where he played soccer for the school. He was also a member of Tau Kappa Epsilon fraternity. His major was civil

engineering and soon found he was much more interested in the structure and function of the human body than bridges and buildings. In his junior year he transferred to Azusa Pacific University on a soccer scholarship and pursued a career in physical therapy. He was soon approached by his anatomy professor who encouraged him to consider alternative forms of health care such as chiropractic. He researched chiropractic and became fascinated with the history and philosophy associated with this profession. He also researched

schools offering a Doctorate degree in chiropractic and chose to attend the Los Angeles College of Chiropractic (L.A.C.C.) for its reputation of being on the cutting edge of research and development. He started at L.A.C.C. in the fall of 1995 and graduated in December 1998. While at L.A.C.C. he was involved in various athletic programs and even became the Athletic Director at the school. He was offered a position at L.A.C.C.'s Pasadena clinic and worked there for six months after graduation. One

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CHIROPRACTIC for PMS

No one is completely certain what causes premenstrual syndrome (PMS), but there is no denying the pain and distress millions of women suffer 7-10 days before menstruation every month. Different doctors have different recommendations for treating PMS, and there's one perspective you might be hearing about soon, chiropractic.

In the May, 1999 issue of the *Journal of Manipulative and Physiological Therapeutic*, a study involving 84 women (54 with diagnosed PMS and 30 without) were evaluated to see if chiropractic could help relieve their symptoms. Complete chiropractic spinal examinations revealed that the PMS group was more likely to show signs of spinal problems (i.e. spinal tenderness, muscle weakness, neck disability, etc.) than the non-PMS group.

The authors suggest that chiropractic care to correct these spinal problems may be an effective way to reduce some of the symptoms of PMS. If you or someone you know is still searching for relief from the pain and frustration of PMS, make an appointment with us. A complete spinal examination could be an important step toward finding a solution.

Hepatitis Vaccine Might Be Dangerous

SCHOOL DISTRICTS ARE REQUIRING CHILDREN to have a hepatitis B vaccine prior to entering school.

The Association of American Physicians and Surgeons (AAPS) is calling for an immediate moratorium on mandatory hepatitis B vaccinations. They report that there could be serious adversarial side effects.

According to a recent government study, serious adverse side effects after the vaccine – including 48 deaths – are reported three times as frequently as cases of hepatitis B in children under 14. Dr. Jane M. Orient, the executive director of the AAPS, said, “We suspect that the adverse reactions are vastly underreported, as formal long-term studies of vaccine safety have not been completed. We find it shocking that government health officials cavalierly dismiss reports of serious adverse vaccine effects as coincidental and that school officials ignore them altogether.”

The AAPS has accused school districts, which require the shot for admission, to practicing medicine without a license. This accusation has also been directed at government. Earlier this year the Ohio State legislature passed a law requiring all school children to receive three doses of the vaccine.

In the U.S. hepatitis B is primarily an adult disease, not spread by casual contact. Risk is highly dependent on lifestyle, i.e. multiple sex partners, drug abuse or an occupation with exposure to blood. Yet the Center for Disease Control (CDC) recommends all newborns be given this vaccine and many school districts require it.

“Children younger than 14 are three times more likely to die or suffer adverse reactions after receiving hepatitis B vaccines than to catch the disease”, said Dr. Orient. “It’s one thing to bar a child from school if they are carrying an infectious disease posing a

threat to other children, but to require questionable medical treatment as a condition of attendance crosses over the line to practicing medicine.”

In calling for the moratorium on hepatitis B mandates, Dr. Orient warns the increasing “vaccine cocktails” administered to children may be hazardous to their health. “Mandates effectively use schoolchildren as research subjects subjected to unproved medical treatment without informed consent.”

“Children younger than 14 are three times more likely to die or suffer adverse reactions after receiving hepatitis B vaccines than to catch the disease”

— Dr. Jane M. Orient

A recent study of national vaccine policy published in the *Medical Sentinel*, The Official Journal of the AAPS, exposes the secret process stacked with special interests that decide vaccine policies of the federal government.

The CDC appoints members to the Advisory Committee on Immunization Practices (ACIP). The members are often nominated by the drug companies themselves. Members are forbidden to publicly discuss the proceedings of the closed meetings. The precise bases for the vaccine recommendations are never revealed. The drug companies and the CDC have strong incentives to expand immunization programs.

Dr. Orient states, “we suspect financial ties between vaccine manufacturers and medical groups such as the American Medical Association and American Academy of Pediatrics who endorse vaccines, and the federal government pays the state a bonus of up to \$100 for every ‘fully’ vaccinated child. What is their motive, money or medicine”.

IMOs DENYING PATIENT CHIROPRACTIC CARE

WHEN SENIORS WERE FREE TO CHOOSE what kind of services they wanted for their health care needs under Medicare Part B, 5% of them utilized chiropractic care. Many seniors signed away their Medicare benefits over to an HMO/medical gatekeeper plan to provide their needs. Chiropractic had to be offered so the HMO's could qualify to deliver care to seniors. When this arrangement took place utilization dropped to .5% – a 90% decrease in utilization with a medical gatekeeper system. Using the freedom of information act the American Chiropractic Association was able to receive information from the ten largest HMOs in response to a survey done by the Office of the Inspector General. This survey provided information for the Secretary of Health and Human Services to report to congress.

PacificCare of California, which covers 390,000 Medicare beneficiaries in 1996, reported that in 1996, 38 (read thirty-eight) received chiropractic services; not 38% but a total of 38 people. This is less than .01%.

This is only one report of one of the top ten HMOs. It is possible that the same holds true for the other nine. It appears that there is a strategy to systematically steer patients away from chiropractic care.

The medical gatekeeper who decides where a patient should go is never a chiropractor. This person is deciding who and when a person needs chiropractic care. Only a chiropractor can decide if chiropractic care is indicated. Just like a surgeon has the expertise and experience to know who is a candidate for surgery.

If you have requested a referral to a chiropractor under your health plan because:

- a. Nothing else has helped.
- b. You have had success in the past with chiropractic for this same condition or other conditions.
- c. You are 'sick and tired' of being 'sick and tired', and have been steered elsewhere, contact the insurance commissioner of the state of California and file a complaint.

Why would a utilization rate decrease 90% when the rules changed? A decrease maybe, but not this much. There is a plethora of research and outcome studies that indicate that chiropractic care for common conditions such as back and neck pain, headaches and other musculoskeletal complaints responds favorably and quickly to chiropractic care and is safer by far. (See article on pain killers) Demand your right to make choices regarding your health care. Correct this problem by standing up for your rights.

Pain Pills Revealed As Major Killer

■ EVERY YEAR, PEOPLE CONSUME 26 billion over-the-counter (OTC) aspirin and non-aspirin pain relievers, and doctors write more than 100 million prescriptions for these drugs. Although they are touted as being "safe and effective," these pills are responsible for almost as many deaths as AIDS.

In a report published in the June 16, 1999, *New England Journal of Medicine*, researchers at Boston University School of Medicine (BUSM) discussed the significant and potentially fatal side-effects of non-steroidal anti-inflammatory drug (NSAIDs) use. NSAIDs include aspirin, ibuprofen (Advil, Motrin), naproxen sodium (Aleve, Naprosyn, Naprox), celecoxib (Celebrex), rofecoxib (Vioxx), and many others.

M. Michael Wolfe, M.D., professor of medicine at BUSM led the study. "This

is in many ways, a silent epidemic because gastrointestinal complications are not preceded by any warning signs in a majority of people," said Dr. Wolfe. "Many primary care physicians and consumers may not be necessarily aware of the potential side-effects of NSAID use."

"In many cases, potentially fatal events occur as a direct result of gastrointestinal damage due to NSAID use," Wolfe stated. "Even someone who takes aspirin for something as simple as muscle pain is at high risk for gastric damage...we estimate that approximately 16,500 deaths occur annually in the U.S. from ulcer-related complications associated with their use."

"Only a minority of patients who have serious gastric complications reported any kind of discomfort. We have to increase the awareness level of what is a very serious problem."

An alternative for joint and muscle pain is chiropractic. The Agency for Health Care Policy and Research (AHCPR) published in its clinical guidelines for acute low back pain that for relief of back pain the following should apply: Exercise and postural education should be practiced to prevent back pain. If you experience back pain the use of NSAIDs is effective (new evidence shows that there may be a price to pay). Manipulation, or spinal adjustments are a recommended method for symptom control. 90% of all manipulations in the US is performed by chiropractors.

With this information those friends and relatives that are suffering or living on these OTC drugs would be wise to consult with a doctor of chiropractic to see if chiropractic would be effective for their individual case.

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City of Pasadena
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Permit #225
Pasadena, CA



*"We correct the cause...
not just the symptoms.®"*

BUDINCICH CHIROPRACTIC COVERS SAN GABRIEL VALLEY HIGH SCHOOL FOOTBALL

THE DOCTORS OF THE BUDINCICH CHIROPRACTIC CLINIC will be busier than ever this fall helping local high schools with their football programs. Dr. Budincich will be covering the Cresenta Valley High School football as one of the team physicians. He also has expanded interest, as his nephew is a key player on offense and defense for the Falcons.

Dr. Brian Venerable will be covering Pasadena Poly High School, his alma mater, and assisting Dr. Buckley at other high schools in the area.

Dr. Buckley will get no rest Friday to Saturday. He covers Temple City High School, Pasadena High School, Maranatha High School, and Marshall Fundamental High School. He also will assist with Muir High School if needed. With so much to cover the help of the other doctors make this possible.

The doctors serve as the team physician, providing evaluation and management of injuries on the sidelines. They are responsible for the safety and well being of all players and cheerleaders participating in or at the game. Many times the doctors see patients in the office that night if an injury occurs to provide immediate care, which could have an influence on the recovery of the injury. The clinic on Saturday regularly sees the wounded from Friday's games and occasionally opens on Sunday to help the injured from Saturday's game.

The primary function of the team physician is to prevent injuries. The pre-participation physical that the doctors perform not only determines readiness to play but identifies potential areas of imbalance that may manifest later as an injury.

Doctors Buckley and Budincich have been consistently covering games for the past seven consecutive years. Dr. Budincich goes back even further providing care for Pasadena City College, and the athletes at the University of Southern California, his alma mater.

The doctors receive no fees to be at these games. They enjoy the atmosphere and spirit of high school football and the chance to give back to the community while promoting chiropractic. Look on the sidelines this football season and you will more than likely see a chiropractor as the team's physician. More and more chiropractors are fulfilling this role throughout southern California.

Dr. Adamson, continued from Cover

day he received a call from Dr. Dennis Buckley, whom he had been introduced to three years prior, and in their conversation discovered that the Budincich Chiropractic Corporation was looking for an associate to run their new Monrovia clinic.

Dr. Adamson was excited to have the opportunity to associate with this reputable clinic. He fulfilled his commitment at the L.A.C.C. Pasadena clinic, and then started an accelerated training program in July at the Budincich Clinic in Pasadena. He specializes in sports injuries, herniated discs and auto accidents.

Dr. Adamson currently lives in Glendora with April, his wife of four years.

The Monrovia clinic is located at 631 E. Foothill Blvd., on the corner of Foothill and Shamrock. The phone is (626) 301-0202.

REGULAR OFFICE HOURS (Pasadena)

Mon., Weds., Fri.	8:30 am to 1 pm 3 pm to 6 pm
Tuesday	8:30 am to 1 pm 3 pm to 7 pm
Thursday	8:30 am to 1 pm 2 pm to 7 pm
Sat. (by appointment)	8 am to noon