From the President

For 111 years, University of Western States has been a community dedicated to patient-centered, functional health care. Today, we honor the chiropractic profession’s historic foundations and traditions while embracing a broad spectrum of integrative health care modalities in a spirit of enduring curiosity and critical inquiry. It is in this spirit of curiosity and inquiry that I invite you to the 2015 UWS Homecoming and NW Symposium on October 16-18.

Our continuing education symposium is designed for integrated health care professionals to explore the latest research, clinical lectures and information, and this year’s theme of “A community cultivating healthy lifestyles” is reflective of our long history of education on conservative medicine. Homecoming festivities, including a BBQ on campus with students and a formal dinner with alumni and friends, are designed to help you connect with new colleagues and reconnect with old friends. I hope to see you there.

Joseph Brimhall, DC, president

Want fewer emails? Let us know if you prefer to receive InTouch and other communications by post.

Update your contact preferences at www.uws.edu/alumni-contact-info-update/

UWS faculty Dr. Daniel Redwood gets the cover of the September ACA News

The director of the human nutrition and functional medicine program at University of Western States (UWS), Daniel Redwood, DC, recently made the front cover of ACA News for his article, “How many visits? Chiropractic dose-response research.”

The article discusses the various studies that have been done to put a figure on the number of visits to a chiropractic physician that are necessary for the average patient to receive maximum benefit for the conditions most often treated, including headaches, lower back pain and neck pain. The article also cites research recently done by fellow UWS faculty member Mitch Haas, DC, MA, who serves as associate vice president of research at UWS.

According to the article: “The key finding on this economically and politically sensitive issue is that 12 chiropractic sessions with spinal manipulation ‘can have a modicum of benefit in LBP-related pain and disability without significantly increasing treatment or societal costs.’ In other words, the financial gain from an early return to work balances out the financial loss related to the cost of chiropractic treatment.”

Dr. Redwood is also launching a 10-hour series of online continuing education courses, Defending Chiropractic: Using Research to Defend and Promote Chiropractic, which can be accessed at uws.edu/ce/online/.

To learn more about Dr. Redwood’s dose response article visit: uws.edu/redwood-aca-news/
HOME COMING SYMPOSIUM 2015
October 16-18, 2015 at Embassy Suites Portland Airport
7900 NE 82nd Avenue, Portland, Oregon 97220

SCHEDULE OF EVENTS

Friday
VENDOR FAIR • 12 - 6 p.m.

Practitioners Session #1
12 - 6 p.m. - 6 hours CE
Metabolic Correction as a Therapeutic Tool Against Degenerative Diseases
Michael J. Gonzalez, NMD, DSC, PhD, FACN

Homecoming BBQ
at UWS Campus • 6 - 8 p.m.
All alumni, friends and family are invited. Shuttle service provided from the Embassy Suites. RSVP required for this free event.

Program/Event Tickets
DC Full Program $545
DC Single Day $240
LMT Full Program $280
Homecoming BBQ RSVP
Homecoming Dinner $55

Saturday
VENDOR FAIR • 8 a.m. - 7 p.m.

Practitioners Session #2a
8 a.m. - 5:30 p.m. - 8 hours CE
Chronic Disease Management
David Seaman, DC, MS

Practitioners Session #2b
8 a.m. - 5:30 p.m. - 8 hours CE
Supporting Your Body From Toes to Nose: A Hands-on Adjusting Lecture
Kevin Wong, DC

LMT Session #1
8 a.m. - 5:30 p.m. - 8 hours CE
Stretching for Performance and Acute Injury Care in Athletics
Erich Steinmetz, LMT

UWS Faculty Reception
5:30 - 7 p.m.
All alumni, friends, students and staff are invited. RSVP required for this free event.

Homecoming Dinner
7 - 10 p.m.
All are invited. Tickets are $55.

Sunday
VENDOR FAIR • 8 a.m. - 3 p.m.

Practitioners Session #3
8 a.m. - 3 p.m. - 6 hours CE
Lifestyle Medicine: Focusing Your Practice on Health and Wellness
Cheryl Hawk, DC, PhD, CHES

LMT Session #2
8 a.m. - 12 p.m. - 4 hours CE
Cupping and Instrument-Assisted Fascial Release
Molly Verschingel, LMT

Kevin Wong, DC, will discuss Adjusting the Extremities and the Spine the “WONG WAY.” Starting at the feet and ankles as the foundation of the body, Dr. Wong will work his way up the lower extremities in to the spine and the shoulders. Not only will you understand common spinal presentation patterns but also how the extremities are a major factor.”

UWS alumni receive 10 percent off symposium registration using promo code UWSAlumni

Register online for all weekend events at www.uws.edu/symposium or call 800-215-3716
Community members weigh in on health concerns

When the new executive director for the Northwest Center for Lifestyle and Functional Medicine (NWCLFM), Cheryl Hawk, DC, PhD, CHES, began her role, her aim was clear – listen to the community and find out what they wanted from the center. “We didn’t want to just start a bunch of initiatives that we thought would be helpful,” Dr. Hawk said. “We wanted to really go into the community and find what the people in East Portland wanted and needed.”

So Dr. Hawk, with her background in research, decided to get out and talk to the people in the community. The questions are simple: What makes it easy for you to be healthy? What makes it hard for you to be healthy? While this data collection will take place over the next year, some initial data has been collected and Dr. Hawk found a number of trends.

Top five reasons cited for staying healthy:
- healthy food options available at home
- ability to get regular exercise/enjoy exercise
- nature, parks, bike paths available
- ability to plan activities/goals for being healthy
- opportunities to exercise with dog/kids

Top five reasons cited as impediments to health:
- lack of time, too busy
- too much food/drink available, especially fast food
- lack of motivation, “laziness”
- cost, including cost of health care
- no advanced planning (tie)
- health problems that prevent exercise (tie)

“We will continue to collect these findings over the next year,” Dr. Hawk said. “Then after reviewing the results, our plan of action is to start implementing initiatives that speak to these barriers to health.”

About the Northwest Center for Lifestyle and Functional Medicine

The Northwest Center for Lifestyle and Functional Medicine was launched in 2015 as a center of excellence highlighting ways to reduce lifestyle-related health conditions such as diabetes, obesity and hypertension. The center’s vision is to promote healthy behaviors and positive lifestyle changes in order to achieve optimal quality of life for the members of our community through service, education and research. The center believes in integrated, conservative, patient-centered approaches to address lifestyle-related health conditions. To learn more about the center visit uws.edu/nwclfm.

Honoring UWS Alumni

Our hearts are with the family and friends of those who have passed. Please join the university community in remembering these esteemed alumni. Share your memories with us at alumni@uws.edu.

Larry Novick, DC ‘79 • 1949 - July 13, 2015

“He was a good person who will always be remembered for his kindness, generosity, good heart and soul, sense of humor and for helping those in pain.”

Geneva Nelson, DC, ND ‘44 • 1918 - September 22, 2015

“Mom was particularly proud of her role in keeping the college going during the lean years of the War. She used to tell the story of how Dr. Budden, Dr. Nelson, and the only other faculty member agreed that they would split whatever was left over after operating expenses evenly among the three of them. Some months, it wasn’t much. Fortunately, her landlady loved to grow lettuce and tomatoes, which she shared freely. If nothing else, Mom always had a salad to eat during the summer.”
Thanks to all who attended our 2015 UWS Summer Social

We’d also like to send a fond thank you to all our incredible vendors and community partners!

Active Daily Fitness  •  Ava Anderson Non Toxic  •  Bloco Alegria  •  Chiro Cafe’  •  DevLon NorthWest
  •  Elements Massage  •  Glendoveer Golf & Tennis  •  Herb Pharm  •  Hot & Cold for Healing
  •  Integrative Therapeutics  •  Kind Snacks  •  MyoVision  •  New Seasons Market
• Parkrose Community Garden  •  PDX Sliders  •  Pips & Bounce  •  Portland Happiness Center
• Portland Nursery  •  Sacred Earth Botanicals  •  Standard Process NW  •  Yoga Refuge
Meditations On Service
Dr. Stanley Ewald reflects on his July mission trip to a Syrian refugee camp.

The humanitarian crisis in the Middle East and the resulting Syrian refugee camps remain a global issue. Existing in a part of the world that causes many to become fearful, the crisis has led to strife, disease and early death for these evacuees. Days are filled with long hours of hard labor crafting bricks and harvesting crops. Considerable aches and pains are inescapable. The opportunity to help goes beyond short-term treatment. Teaching these individuals to care for themselves, prepare for their hard work and minimize the effects of this toil on their bodies was a blessing, perhaps for them, but especially for me.

In July, I spent two weeks in these camps. Along with spinal manipulation and muscle stripping, wounds were dressed, infections treated, colds and allergies cared for, GI complaints addressed and lifting techniques demonstrated. But it was not all work. Upon arrival on one particularly hot day, a camp leader greeted us as we exited our van. We breathed in the dusty air. We squinted our eyes against the bright sun and the suspended debris. The path to the tent, which would be our treatment space and classroom, was narrow. We squeezed between tents, ducked under clothes lines displaying worn garments, stepped over broken cinder and blowing trash and moved past the makeshift latrine inconveniently located next to the water storage tank. Finally, we came upon the makeshift shelter we would use.
We were greeted, shared smiles with the residents, then sat according to local culture with crossed legs on thin mats that lined the structure, the same mats that would be used as beds at night. We shared very strong coffee accented with cardamom. A mere swallow was poured into a tiny cup. There was only one cup. After each person drank, new coffee was added and the next guest drank from the same cup. We all participated. It was a time of community. The lesson I would teach on low back pain waited a bit. For now, we sat together as one people, brothers and sisters, building relationship and unity. The moment was not about us or the care we brought. It was about the people we served and the building of bridges toward a hopeful future. As we departed, a Syrian woman approached me and stated, “The entire world has forgotten the Syrian people. Thank you for being here. Thank you for caring.”

UWS Student Service Club partners with La Clinica de la Mariposa

Student interns Michael Lovich, Alissa Fields and Thomas Grace accompanied Ryan Ondick, DC, to Costa Rica this September to offer their service at La Clinica de la Mariposa. The clinic was founded to provide integrated health care - including complementary and alternative care such as chiropractic, massage therapy, acupuncture and oriental medicine - to individuals and families in lower-income communities in Costa Rica. We were grateful for word of their safe arrival and we look forward to sharing more news of the trip when they return.

Pictured (from left): UWS intern Michael Lovich, UWS intern Alissa Fields, Dr. Ryan Ondick, Santé Academic Advisor Dr. Michele Renee, Rachel Knieff, Santé Director of Operations Dr. Sarene Bahr de Builén and UWS intern Thomas Grace.
Integrated Approaches to Wellness
UWS clinicians weigh in on treating tension headaches

Chiropractic medicine: Aaron Montgomery, DC
Health Centers of UWS, Gresham

As the school year starts and people are struggling to get back into the swing of things, stress and tension headaches are a common occurrence. I would recommend anyone dealing with chronic stress headaches get a proper examination and evaluation of the upper back and neck region. Once this is done, I believe strongly that many manual treatments including soft tissue work and chiropractic manipulation would work wonders for stress headaches.

A crucial part of any stress headache treatment, from my perspective as a movement-based chiropractor, is to get the cervicothoracic region out of any problematic position it might be in, created by sitting for long intervals.

Start by addressing your breathing. Sitting for long hours tends to promote a chest breathing pattern that will cause upper thoracic and cervical muscles to get even tighter as the head remains in an extended position. Practicing diaphragmatic or belly breathing is a great first step to allowing those muscles to do less work in a tiring position. A good way to practice is to place one hand on the belly button and another on the upper chest, inhale through the nose and exhale through the mouth and notice which hand is moving more. Ideally, we want the belly hand to move forward and back in the sitting position and the chest hand to do nothing.

To further support the neck to relax I have people assume a 90/90 position, lying flat on their back with hips bent at 90 degrees, and knees bent at 90 degrees with legs supported on a chair/couch. If your head tends to be considerably forward of a neutral position, where ears are in a plumb line with shoulders, consider placing two-three inches of folded towels under the head. In this position, practice the diaphragmatic breathing drill above. The belly hand should move up with nasal inhale and down with mouth exhale. This is a great position in which to close your eyes and work on mindful breathing, which should allow the back and neck to relax a great deal. Do this for 5-10 minutes, one to two times each day.

Massage therapy: Christina Crawford, LMT
Health Centers of UWS, Salem

I frequently hear clients say, “I had no idea I was that tense.” The stress that accompanies modern lifestyles often manifests as tension in the body’s muscles and is a known trigger for tension headaches. People often feel guilty about relaxing or taking time for themselves. They feel pressure from family, friends, work, etc. to spend every bit of their life providing for and making sure other people’s needs are met.

It’s not until they begin to suffer muscle pain, fatigue, and headaches that they consider the need to take time for themselves. As a massage therapist I give them that opportunity. The time they spend on my table is all about their needs and what they want. If an hour foot massage on a heated table is going to reduce overall stress and make their head feel better, so be it.

Don’t suffer through too much or not enough pressure because you’re used to making everyone else happy. Don’t be afraid to ask for what you want. Expect the outcome you desire.
Chiropractic & Naturopathic medicine: Daniel DeLapp, DC, LAC, ND, Health Centers of UWS, East Portland

Massage and manipulation can do wonders to relieve an occasional tension headache, but finding ways to manage stress are crucial for optimal health and the relief of recurrent tension headaches. Stress plays a major role in the health of our immune system, brain chemistry, blood pressure, blood sugar levels and hormone levels.

There are many techniques for managing stress such as exercise, hobbies and connecting with nature. However, without a strong foundation from getting adequate sleep and healthy eating, managing stress and recurrent tension headaches can be a losing battle. If you need an alarm clock to wake up in the morning chances are you are sleep deprived. Try going to bed in increments of 15-30 minutes earlier each week until you can wake up on your own.

The most important step in long-term management of stress is eating real food at the right time. Planning ahead is important for having good food available when you get hungry. Minimally processed foods like eggs, fish, meat, nuts, seeds, tubers, vegetable and fruit are best. Try to schedule time to eat without being rushed. Several times a day take several slow deep breaths, letting your body relax with exhalation. Even a 20-minute walk can help with relaxation, stress management and prevention of tension headaches.

Functional medicine: Rachel Fischer, MD, MPH, Health Centers of UWS, Integrative Therapeutics Distinguished Professor

Functional medicine’s approach to diagnosis demands not only that we determine what disease the patient is suffering from, but also discover the underlying physiological dysfunctions causing the disease. Treatment is aimed at correcting dysfunction, not just treating symptoms. When a patient presents with a “tension headache,” the first step is to rule out other causes of headache – such as migraine, cluster or secondary headaches. Each diagnosis is likely to have a different underlying cause.

To identify the type of headache, obtain a thorough history – including detailed information about diet, exercise, sleep and stress – followed by a physical exam.

According to the Mayo Clinic, experts used to think tension headaches stemmed from “muscle contractions in the face, neck and scalp, perhaps as a result of heightened emotions, tension or stress.” But research suggests this may not be the cause – or at least not the only cause. For this reason, functional medicine practitioners think about other possible triggers.

After the history and physical, and possibly lab testing, I would look for evidence of significant physical and psychological stress, hormonal imbalances, poor sleep (secondary to sleep apnea or other disorders), food intolerances, vascular disease, thyroid dysfunction, dehydration or adrenal imbalance. Treatment will be determined by the cause and could range from dietary adjustments, acupuncture, exercise/movement, supplements or even prescription drugs when necessary. Ultimately, healing from tension headaches is up to the patient. A functional medicine doctor’s role is to advise and coach individuals about how to allow healing to occur.
Ami Brimhall has explored mindfulness and meditation in different shapes and forms throughout her life. Practicing mindfulness has helped her overcome challenges, find clarity and explore new perspectives. She shared her strong belief in the process of practicing mindfulness, which has taught her to care for herself and others in new ways.

After beginning her career as a pharmacologist, and later practicing as a massage therapist, Ami made a shift to study and teach yoga. She earned her 200-hour teaching certificate in Integral Yoga in 1997 through Satchidananda Ashram, located just outside of Charlottesville, VA. Meditation was a component of her yoga training, and Ami talked about meditating on and off for years before making a commitment in early 2014 to practice regularly. Today, she meditates for 20-40 minutes daily sitting on her couch, and practices 30 minutes of yoga on her own. She consciously chooses to practice in simple, ordinary environments. She describes mindfulness meditation as a space she creates where she can be exactly as she is, and then just sits with it and breathes.

Mindfulness has shaped Ami’s life and expanded beyond meditation, from learning how to be more compassionate, kind and loving, to better understanding the difference between anger and frustration. She has learned to slow down and embrace the moment while withholding judgment and critique. She’s gained a better sense of how to live in the present, which she notes is a place without stress and the only place to get things done. Ami also credits mindfulness as giving her a new perspective on food: after struggling with an eating disorder earlier in life, she now focuses on the nurturing and comforting properties of the food she eats and has embraced mindful eating as an act of self-care.

Mindfulness is powerful, and while it certainly hasn’t solved all her problems, she’s been surprised by the unexpected increase of clarity in her life. It is easier to identify important aspects of life, as well as aspects that are less meaningful. In living deliberately, Ami finds more time and space for the activities that bring her joy, such as painting, taking walks with her husband and swimming recreationally.

For folks new to meditation she offered this advice: “Make time for the practice every day, even if that’s only for 5-10 minutes. Mindful meditation is not an exercise that you do and ‘check-off’ when you’re done. Instead, make a commitment to the process. Find a teacher or participate in an interesting workshop.” She also encourages fully embracing the self-kindness aspect of mindfulness meditation. It is her hope that by exercising kindness and compassion with ourselves, we can make our world a better place.

Ami Brimhall is the wife of Dr. Joseph Brimhall, UWS president. Ami facilitates the weekly mindfulness meet-up on campus, and is one of the founding facilitators of the Art of Mindful Practice series and the Mind-Body Medicine elective for students. She also hopes to become a certified Mindful Awareness Facilitator and bring more mindfulness-centered opportunities to the UWS community. A detail from one of her paintings is shown here (left).
Today and every day I fall deeper in love with chiropractic. Gratitude is the amazing place where I live. As a student I remember being so inspired by the practice experiences and treatment stories of successful chiropractors I met. I envisioned helping patients at one small practice. Since graduating in 2006 I have excelled, accomplishing more than I dreamed possible when I began my journey. Now I treat patients in multiple states (including wonderful Hawaii) and outside the US, and I get to travel and lecture.

I chose Western States Chiropractic College because I was impressed by the professionalism of the outpatient clinics and curriculum. I felt a great balance of challenge and support, which still pushes me to succeed. The curriculum made it easy for me to excel at boards, diagnosing and seminars. Campus programs engaged students and allowed practitioners, associations and techniques to advance, helping the profession grow and evolve. I enjoyed my education thoroughly and look forward to inspiring many students to become chiropractic physicians.

I give back to University of Western States by sharing my experiences and successes with future colleagues. Our profession meets a need for each human in this world. The potential and availability of abundance is vast. I would love to communicate that to those busy mastering the art and science of this work. Looking back with gratitude at my time spent at the college, I cannot think of anything more rewarding than sharing my inspiration with all those working hard to become the future of chiropractic.
ALUMNI AND FRIENDS:  
KEEPING OUR COMMUNITY CONNECTED  
Join University of Western States’ sustaining circle of Legacy Builders

HOW CAN WE SUPPORT ONE ANOTHER?

**Time and knowledge** • Become a member of our mentor network.  
**Continuing education** • Join us at Summer in December in Hawaii.  
**Service** • Volunteer for opportunities on and beyond the UWS campus.  
**Referrals** • Refer students to the university’s academic programs.  
**Support** • Your tax deductible gifts are welcomed at any level.

**UWS STUDENT REFERRAL RECOGNITION PROGRAM**

UWS is proud to recognize student referrals to all academic programs from alumni, our board of trustees, faculty, staff, current students and friends of the university.  
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We look forward to welcoming you into our Legacy Builders society.  
Stay in touch and let us know how we can help support you. Have feedback or questions?  
Contact Erika Stanley or Julie Stuzman at alumni@uws.edu.

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UWS Diagnostic Imaging Residency Opening

Become a chiropractic radiologist

This residency is a three calendar year program that requires participants to be full time employees of UWS. The program is demanding and academically rigorous. Admission to the program is competitive and contingent upon available openings. Upon successful completion of all program requirements and the recommendation of the program director and the dean of college of graduate and professional studies, the resident is eligible to sit for the examination administered by the American Chiropractic Board of Radiology. Residents successfully completing UWS residency in diagnostic imaging will be awarded a Master of Science in diagnostic imaging (MSDI).

Residents are eligible for compensation and benefits as described in current university policy and procedures documents. Residents are staff employees and are eligible for salary, health insurance benefits, malpractice insurance coverage and, as appropriate, pension plan participation. Contact the university’s human resources office for additional details on compensation and benefits.

Please visit www.uws.edu/master-of-science-in-diagnostic-imaging or email Dr. Beverly Harger at bharger@uws.edu for more information. Applications for the UWS diagnostic imaging residency program are currently being accepted until October 30, 2015.

Masters of Science in sports medicine

Ideal for current chiropractic students or practicing health care professionals who want to add value to their practice, this clinically-focused program builds upon prior health care education and emphasizes evaluation, management, treatment and rehabilitation of injured athletes. Curriculum is delivered in a hybrid format, with the majority of classes online and once a quarter lab requirement for hands on learning at our Portland campus.

Master of Science in human nutrition and functional medicine

Our clinically-oriented human nutrition and functional medicine program is the only fully accredited master’s degree in functional medicine. This program is 100 percent online which provides greater flexibility for working professionals. The Institute for Functional Medicine (IFM) provides curricular materials and tools to support this innovative master’s program.

Help your patients achieve optimal health. Learn more about our integrated programs for practicing clinicians. Visit www.uws.edu/program-prerequisites/ or contact an admissions advisor at admissions@uws.edu.
New study by NWCLFM faculty confirms previous findings showing increased high-risk drinking and driving behaviors among students who combine energy drinks and alcohol

A larger sample of students were surveyed and additional variables related to impaired driving explored

Northwest Center for Lifestyle and Functional Medicine (NWCLFM) faculty members Conrad Woolsey, PhD, CHES, CC-AASP, Ron Williams, PhD, CHES, and Will Evans, DC, PhD, MCHES, CWP, recently conducted a larger follow-up study on high-risk drinking and driving behaviors that replicates previous results suggesting that college students who combine alcohol and energy drinks are more likely to choose to drive drunk and to knowingly ride with an intoxicated driver, when compared to students who consume alcohol only.

This investigation represents an expansion of recent studies from this research team, which have been published in multiple peer-reviewed journals and subsequently featured by several news affiliates, such as ABC, CBS and Fox News. The last study on this topic gained considerable attention so the research team wanted to further validate these results.

The recent investigation surveyed 605 college students regarding their perceptions of high-risk drinking and driving behaviors, as well as their energy drink consumption patterns. Out of that number, 281 participants reported drinking only alcohol within the last month and 268 acknowledged mixing alcohol with energy drinks. The study’s statistically significant findings include:

- Among combined-users (i.e., those who consumed alcohol with energy drinks), 36.3 percent indicated they had driven while knowing they were too drunk to drive compared to 17 percent of those who consumed alcohol only (p<.001).
- 44.1 percent of combined-users said they had chosen to ride as a passenger in a car with a driver who they knew was too drunk to drive safely, compared with 23.6 percent of alcohol-only group (p<.001).
- Combined-users were also significantly more likely (p <.001) to report indicators of high-risk alcohol use, such as more days drinking and getting drunk as well as riskier binge drinking episodes with more drinks per occasion.

“There is an increasing emphasis on prevention of injuries and dangerous behaviors in health care and public health,” said Dr. Williams, the main contributing author of the study. “We hope these findings can assist health care practitioners to better understand the complex relationship of energy drink consumption and the significant social and public health issue of drunk driving.”

To find out more information on the research team’s most recent article, “Combined Use of Alcohol and Energy Drinks Increases Participation in High-Risk Drinking and Driving Behaviors among College Students,” visit the Journal of Studies on Alcohol and Drugs.
New University of Western States research study has potential impact on prognosis for chronic lower back pain

The University of Western States Center for Outcomes Studies recently published a paper in *BMC Musculoskeletal Disorders* on prediction of future pain and pain improvement in patients with chronic lower back pain. “Predictions made using variables collected before the start of care were no better than guessing,” Mitch Haas, DC, MA, associate vice president of research said. “While predictions made with variables from the end of care performed more accurately, the best predictor of later pain appears to be pain evaluated at the end of care.”

This study was a secondary analysis of data from a five-year randomized controlled trial conducted to find the optimal number of spinal manipulation visits for the care of chronic lower back pain. The study monitored 400 participants in a randomized controlled trial. The participants received 18 sessions of treatment over six weeks and were followed for a year. Spinal manipulation was performed by a chiropractor at 0, 6, 12, or 18 visits, with a light-massage control at all remaining visits. Study participants evaluated their pain level at 6, 12, 18, 24, 39, and 52 weeks after starting care. For this paper, 75 percent of the participants were used to develop the prediction models and the remaining 25 percent were used to validate the findings. “I think this information will help doctors see trends in the clinical course of low back pain in their patients,” Dr. Haas said. “But accurate prediction of future pain remains elusive.”

UWS Continuing Education provides postgraduate and related professional education for health care providers and paraprofessionals. Find in person and online classes at www.uws.edu/ce/

Pain Attitude and Beliefs Scale Survey

*Chiropractic physicians and teaching faculty invited to answer survey on Pain Attitude and Beliefs Scale (PABS)*

One-third of U.S. adults suffer from chronic pain. Suzanne Lady, DC, and chair of the clinical education department, and Ryan Takagi, quarter eight doctor of chiropractic student, are surveying chiropractic physicians and teaching faculty to get a better understanding of chronic pain. Help UWS research this complex issue by completing the survey.

Participation should take approximately 10-15 minutes and your responses will be anonymous. No information provided can be traced back to you. It is only accessed by our internal research team and reported in aggregate. Completion of this survey implies consent to use this information for research purposes only. The survey will be used to inform practicing chiropractors as well as all accredited chiropractic colleges nationally. If you are not currently an active DC or teaching faculty, your responses will not be included in this study.

To take part in the survey, visit [www.uws.edu/pain-survey/](http://www.uws.edu/pain-survey/).

The survey will be open until **October 31, 2015**. Please contact Dr. Suzanne Lady at sulady@uws.edu or 503-847-2590 if you have any questions or technical issues. Thank you for your help with this research.
Upcoming Alumni and Friends Events

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Help us make the UWS Community even stronger!
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* discount applies to regularly priced items only