



Budincich Chiropractic Clinic, Inc

Spine-A-Line

Fall 2004 • For patients and friends of Budincich Chiropractic Clinic

Our Patients Speak

In our last newsletter, we requested your personal stories and testimonials of how chiropractic care at our clinic has impacted your life. Following is our 1st place winner, Rosie Naganuma's, story. 2nd and 3rd place winners are Trina Morrell and Peter Gaspar. Authors of stories reprinted in our newsletters will be rewarded with a complimentary adjustment following a deep massage by Maria.

Thank you to everyone for all the testimonials received; they will be displayed in our "Patients Speak" book for all to enjoy.

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Rosie Naganuma

I just had my 73rd birthday this month and I am now without pain in my neck, shoulder area, and lower back – and I have my energy back! I have been diagnosed with Lupus, chronic asthma and arthritis, all under control at this time. This is due to the fact that I have started seeing Dr. Budincich again in May 2004.

Because of several whiplash car accidents, I have seen many chiropractors in the past, beginning in 1976. I began my chiropractic treatment with Dr. Budincich in 1997, and continued to see him until April of 2002. At that time, I had an unexpected emergency cyst removal surgery in my lower back.

In July of 2003, I started experiencing sciatic pain through my right leg and I went to the same ortho-

pedic surgeon for this condition. He gave me cortisone shots to try to relieve this sciatic pain in my right leg on three different occasions. The



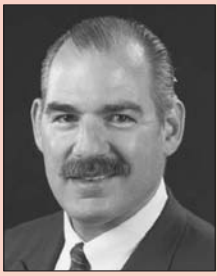
Rosie Naganuma

shots did not relieve the sciatic pain and it was discovered at that time that I had a slipping disc with a protruding disc problem and was told by the surgeon that I needed surgery to remove the protruding disc.

I did not realize at that time that Dr. Budincich could help me with my slipping disc problem.

In August 2003 I had to have lower back surgery again. By this time I had "nerve damage" to my right leg and I was unable to walk without a walker. I also got a bad case of neuroma on my right foot and had four cortisone shots from a podiatrist. I had to wear a corset to keep my lower back stable. and I

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From Dr. Bud **Nine Things Your Back Hates**

Since 1948, residents of Framingham, Mass., have been subjected to all manner

of inconveniences in the name of science. The Framingham Heart Study (FHS) has examined volunteers there every two years, and data used during examination #22 (1992-93) were used for a first-ever study on the contribution of back symptoms to overall physical disability in older adults.

Of the 1,710 surviving members from the original 5,209 taking part in the FHS, 1,007 contributed data on back symptoms. Subjects ranged in age from 70 to 100, and were surveyed regarding pain, aching and stiffness. Researchers then asked subjects about their difficulty in standing in place for 15 minutes; walking half a mile; stooping, crouching or kneeling; lifting a 10-pound object; entering and exiting an automobile; pushing or pulling a large object; putting on socks or stockings;

extending arms above shoulder level; and writing, handling or manipulating small objects. Any of these activities was classified as a “functional limitation” if it could not be performed or performed with difficulty. In all subjects, 18 percent to 34 percent of all functional limitations were attributable to back problems; moreover, women seemed particularly affected by these limitations.

Don't let back pain limit you! Your doctor of chiropractic can help your spine “make friends” with the nine activities listed above. To learn more about the benefits of chiropractic, visit www.chiroweb.com/find/whatis.html. ■

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- ***Standing in place for 15 minutes;***
 - ***Walking half a mile;***
 - ***stooping, crouching or kneeling;***
 - ***lifting a 10-pound object;***
 - ***entering and exiting an automobile;***
 - ***pushing or pulling a large object;***
 - ***putting on socks or stockings;***
 - ***extending arms above shoulder level; and***
 - ***writing, handling or manipulating small objects.***
-

VA to Begin Chiropractic Care

Veterans can receive chiropractic care at 26 selected Department of Veterans Affairs (VA) facilities beginning this fall, Secretary of Veterans Affairs Anthony J. Principi announced on June 28. VA will hire or contract with doctors of chiropractic to provide the care. In consultation with VA primary-care providers, doctors of chiropractic will offer patient evaluations and chiropractic care for neuromusculoskeletal conditions.

“Today, VA makes another significant improvement to the world-class health care we provide for eligible veterans,” said Principi. “Veterans who will benefit from chiropractic services will now have the opportunity to receive chiropractic care to restore them to good health.”



Locations where chiropractic care will be provided include West Haven and Newington, Conn.; Togus, Maine; Phoenix, Ariz.; Buffalo and the Bronx, N.Y.; Butler, Pa.; Martinsburg, W. Va.; Salisbury, N.C.; Augusta, Ga.; Tampa and Miami, Fla.; Mountain Home, Tenn.; Columbus, Ohio; Danville, Ill.; Iron Mountain, Mich.; Kansas City, Kan.; Jackson, Miss.; San Antonio, Temple, and Dallas, Texas; Albuquerque, N.M.; Fort Harrison, Mont.; Seattle, Wash.; Martinez and Los Angeles, Calif.; and Sioux Falls, S.D.

Eligible veterans in areas distant from these locations will also be able to receive chiropractic care through VA's outpatient fee-basis program after a referral by their primary-care provider and prior authorization by the department. VA was authorized to offer chiropractic care and services under the provisions of section 204 of Public Law 107-135, the Department of Veterans Affairs Health Care Programs Enhancement Act of 2001. ■

Health Insurance Premiums Rise Faster than Inflation; Medical Technology a Leading Factor

Premiums for employer-sponsored health insurance rose at about five times the rate of inflation (2.3 percent) and workers' earnings (2.2 percent) for an average increase of 11.2 percent in 2004. This was less than last year's 13.9 percent increase, but still the fourth consecutive year of double-digit growth, according to the 2004 Annual Employer Health Benefits Survey released by the Kaiser Family Foundation and Health Research and Educational Trust (HRET).

In 2004, premiums reached an average of \$9,950 annually for family coverage (\$829 per month) and \$3,695 (\$308 per month) for single coverage, according to the new survey. Family premiums for PPOs, which cover most workers, rose to \$10,217 annually (\$851 per month) in 2004, up significantly from \$9,317 annually (\$776 per month) in 2003. Since 2001, premiums for family coverage have risen 59 percent.

Blue Cross/Blue Shield offered justification for the rising insurance costs through a series of research studies, available online at www.bcbs.com/coststudies/index.html. According to BCBS: "More than half of the increase in private insurance spending is driven by hospital costs, especially for outpatient care."

Medical technology, especially diagnostic imaging, is a significant driver of both hospital inpatient and outpatient costs. The largest capital purchases for hospitals for the next five years will be technology-related;

and Prescription drug costs, driven by more utilization, price inflation and more expensive drugs, represent about 20 percent of the increase in healthcare costs.

The Kaiser survey found that the percentage of all workers receiving health coverage from their employer in 2004 is 61 percent, about the same as in 2003 (62 percent) but down significantly from the recent peak of 65 percent in 2001. As a consequence, there are at least 5 million fewer jobs providing health insurance in 2004 than 2001.

A likely contributing factor is a decline in the percentage of small employers (three to 199 workers) offering health insurance over this period. In 2004, 63 percent of all small firms offer health benefits to their workers, down from 68 percent in 2001.

"The cost of family health insurance is rapidly approaching the gross earnings of a full-time minimum wage worker," said Drew Altman, President and CEO of the Kaiser Family Foundation. "If these trends continue, workers and employers will find it increasingly difficult to pay for family health coverage and every year the share of Americans who have employer-

sponsored health coverage will fall."

"Since 2001, the cost of health insurance has risen 59 percent. Over that period, employee contributions increased 57 percent for single coverage and 49 percent for family coverage, while workers wages have increased only 12 percent. This is why fewer small employers are

offering coverage, and why fewer workers are taking-up coverage," said Jon Gabel, vice president for Health Systems Studies at the Health Research and Educational Trust.

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***– Drew Altman,
President and CEO
Kaiser Family Foundation***

The Kaiser survey was conducted between January and May of 2004 and included 3,017 randomly selected public and private firms with three or more employees (1,925 of which responded to the full survey and 1,092 of which responded to an additional question about offering coverage). This is the sixth year the joint survey was conducted by Kaiser and HRET, and the 17th year this survey has been conducted overall. Findings appear in the September/October issue of the journal *Health Affairs*.

Individual copies of the survey report and the summary of findings are available on the web at www.kff.org/insurance/7148.

Source: Kaiser Family Foundation ■

continued to use my walker, but I was determined to walk on my own. I was very strict with myself to do my exercises every day and it paid off.

After my surgery I had outpatient physical therapy for seven months and I returned back to work in April 2004 because I was

falling pretty good. Unfortunately, my Lupus and upper neck and shoulder problem flared up and it was suggested by the surgeon that perhaps I should retire. Work was all I did my whole life and I didn't know what

else I could do at this time and I began to get depressed, which was worse than the flare up of Lupus. I remembered how much I had improved in the past with chiropractic treatments I received from Dr. Budincich and on May 6 I had my first appointment with him again.

After one month of getting my spinal manipulations from Dr. Budincich, my Lupus was under control, I no longer had neck and shoulder ache, and my lower back problem had improved. His treatments have helped me with my right foot problem. I also have my energy back, and I am now able to work on a daily basis and maintain my quality of life without any pain. I just have to remember to do my daily exercises to keep my "ole" body from freezing because I keep thinking that I'm still young and forget that my body is not as young as I think!

We must all remember that our body is just like our car that we drive. It must be maintained on a regular basis in order for it to function to its fullest capacity. Thank you so very much Dr. Budincich, you have no idea what you have done for me and I love you for the care you have given me. From now on I will remember to continue to see you as often as I need to. Thanks again.

After one month ...I no longer had neck and shoulder ache, and my lower back problem had improved. [Dr. Budincich's] treatments have helped me with my right foot problem. I also have my energy back, and I am now able to work on a daily basis and maintain my quality of life without any pain.

– Rosie Naganuma

Trina Morrell

This thank you letter is long overdue. Since I first came to your office back in 1997 you and your dedicated staff have helped me, as well as my husband and children, live a healthier and more active life. I came to your office during my first pregnancy because I was experiencing a sharp pain while walking. At times I had to crawl on the floor, because I couldn't stand upright. The chiropractic adjustments gave me a great deal of relief, and my walking improved. As an added bonus, the adjustments also cleared my sinuses and improved my hearing.

I continued having regularly scheduled treatments through my second pregnancy and delivery. During my second pregnancy, I did not have the same kind of pelvic and back pain that I had experienced during my first pregnancy. I was very active throughout the pregnancy, and had an easy delivery, even though I was 43 years old at the time. I attribute much of this to having had consistent chiropractic care.

I believe chiropractic care is beneficial to people in all stages of life. Our twin sons, age 8, and their younger brother, age 7, have already experienced the benefits of your chiropractic care. I was hesitant to bring them in when they were having back and shoulder pain, as I didn't think they would cooperate during the adjustment. I was pleasantly surprised to find out that they didn't mind being adjusted. They actually enjoy coming in for treatments. They understand that the adjustments relieve their pain,

so they love coming to see Dr. Bud. They also like the helium balloons and extra treats that Dr. Bud sometimes has for them. Thank you so much for all that you've done for our family.

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– Trina Morrell

Peter Gaspar

I originally came to see Dr. Budincich for a work-related neck injury in October 2003. A co-worker and I were lifting a chest of drawers when my foot slipped and I fell backwards and the chest fell on me, forcing my neck into an awkward position. Soon, even small movements caused me to have a painful rending, tearing sensation in my neck. The doctors at the Budincich Chiropractic Clinic also took and interest in my chronic back pain, which was aggravated by a prior knee injury, as well as in my overall health.

Before this injury, I was an active Sierra Club hiker and climber in the local mountains. Twelve-mile day hikes were not uncommon for me. I regularly lifted weights and took boxing. I also helped coach Little League sports. These activities brought me great joy.

I was not able to do any of those things since February 2003. It would have been too physically painful for me. After a hard day working as a retail display artist, I could only go home to rest. Soon I became sedentary. And I became miserable. My weight went up and so did my blood pressure.

My medical doctors were stymied by the cause of my aches and pains, yet they took many tests and prescribed numerous "painkillers." Since I was already taking medication for high blood pressure, I was reluctant to add more drugs to my system.

Regular chiropractic adjustments and physical therapy gradually eased my pain and enabled me to continue

working. The classes at the Budincich Clinic taught me how to properly use my back and protect my neck during physically strenuous daily activities. But more importantly, Dr. Bud and Dr. Brian clearly understood my desire to resume my active lifestyle. Their concern for me was genuine and I felt confident in their care.

After arthroscopic knee surgery, the staff even sent me a lovely "get well soon" card. Their continued treatment helped me make tremendous improvements in pain relief. I gradually moved from chiropractic adjustments to regular workouts. I

The classes at the Budincich Clinic taught me how to properly use my back and protect my neck during physically strenuous daily activities. But more importantly, Dr. Bud and Dr. Brian clearly understood my desire to resume my active lifestyle. Their concern for me was genuine and I felt confident in their care.

– Peter Gaspar

sincerely believe that would not have been possible without the doctors' constant encouragement. Because of them I have even returned to weight lifting.

Thank you, Dr. Bud, Dr. Brian and Dr. Manalov, as well and the staff at the Budincich Chiropractic Clinic for your tremendous care.

Every great adventure begins with one simple step and I am ready to continue mine. Thanks again. ■

Union Station Food Drive Coming Nov. 6

Once again, Budincich Chiropractic Clinic is helping give back to the community by holding our annual **Union Station Food Drive**. For a donation of \$25.00 in food, you will receive an adjustment. **For complete details, see the flyer on page 7.**

We have received questions on what type of foodstuffs and supplies are needed at Union Station. Below is a list of items they use on a daily basis:

12 1/2 inch paper platters
(heavy)

16 oz. paper cereal bowls
(heavy)

48 oz. cans of:
Cream of chicken soup
Mushroom soup
Fruit juice

Bottled salad dressing
Dehydrated potato flakes

#10 size cans of:
tomato sauce
tomatoes
kidney beans
green beans
peaches
pears

Bags of:
Rice
Dry beans
Dry pasta noodles

Trips to Baja Served Hundreds in Free Outreach Clinics

Dr. Budincich led a team from Southern California, filling three airplanes departing from El Monte airport, to a remote area in Baja California in July and September.

The July 16–18 trip was fun for “Dr. Bud,” since six of his patients were able to serve as volunteers, including Dr. Kevin Baines, who helped by piloting Dr. Bud’s Cessna 206 and carried five of our 15-person team. Dr. Bud flew his Cessna T210 with five other passengers, including Dr. Merlin Larson of Palm Springs who had to be picked up at Bermuda Dunes airport.

Mark Palm from Samaritan Aviation also flew his team of four in a Cessna 182.

Volunteer Budincich Chiropractic Center patients included Kimberly & Jennifer Gilmour and Dr. Baines of La Cañada, Desiree Sanchez of Altadena, Lisa Gardner from Sierra Madre, and Curtis Neilson of Pasadena. The Gilmour sisters served in the nursery and children’s area as did Curtis.

Lisa Gardner served as a dental



Dr. Kate Budincich adjusts a patient.

assistant with Dr. Larson, and Desiree Sanchez managed to do some building and construction. Dr. Baines, when not piloting the plane, helped with repairing the clinic dental air compressor and the compound water system pressure pump, which failed on the trip and needed replacement.



The volunteer team for the July mission prior to take-off from El Monte Airport.

The Clinic at La Esperanza serves the indigenous people of Baja who work for about \$8 a day in the fields of the San Quintin valley. These are the poorest of Mexico’s poor, and are migrants largely from the State of Oaxaca, Mexico. They live in rows of galvanized, corrugated iron shacks, along encampments built by their employer farmers. They lack even the basics of modern culture and speak 250 different Indian dialects, making communication challenging for the full time mission-ary staff living there to serve them.

Most times, our Mexican patients have never been to a chiropractor before and have rarely seen even a GP medical doctor or dentist. We serve their most basic needs with pain relief, and the MDs that we



The Clinic at La Esperanza from the air.

bring down are busy dealing with many previously untreated chronic problems like diabetes and hyperten-

sion. Dentists are busy doing fillings, extractions, and some occasional restorative dentistry. We are always looking for doctors and dentists who are willing to come down and donate a few weekends of their time each year to serving at these clinics.

To learn more about our mission trips to Baja go to www.mexican-medical.com and click on “fly-in teams.” You will find volunteer applications and pilot applications for those of you that pilot private airplanes. Dr. Bud’s next trip down will be from Jan. 21 to 23, 2005, Friday through Sunday. Let him know if you want to join the team sometime and serve in Baja. A thirty-day notice is necessary to get all the paperwork, airplane scheduling, and manifesting done. ■

12th
Annual

Budincich Chiropractic Clinic

UNION STATION FOOD DRIVE



The doctors and staff of Budincich Chiropractic Clinic will be offering their services in exchange for donations of food. All donations will be given to the Union Station Foundation, located at 412 S. Raymond in Pasadena.

**SATURDAY, NOVEMBER 6, 2004
from 8:00 am to 2:00 pm**

In exchange for a food donation of \$25.00* or a tax-deductible check for \$25.00 made out to Union Station...

*Please bring a receipt of your purchase)

Established patients will receive a chiropractic adjustment. **New patients**, referred by an existing patient, will receive a consultation, examination, x-rays (if needed), and a report of findings. *(No treatment will be given to a new patient on the day of their visit).*

To schedule an appointment just call us at **(626) 792-3390**. Make your appointment early, as all appointments will be filled on a first call basis.

This is opportunity to help Pasadena's homeless receive needed food, shelter, and support, while at the same time improving your health, and the health of friends and loved ones.



Budincich Chiropractic Clinic, Inc.

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Michael N. Budincich, D.C.
Brian Venerable, D.C.

*"There is a destiny that makes us brothers,
none goes his way alone,
that which we send into the lives of others,
comes back into our own."*

— Edwin Markham

CALL (626) 792-3390
TO SCHEDULE YOUR APPOINTMENT

Health Coalition: Share “Healing” Stories to Lobby for More CAM Recognition

A coalition of 16 individuals and organizations – the Campaign for Better Health, which includes Citizens for Health, the Chopra Foundation (Deepak Chopra, MD) and Andrew Weil, MD – has launched an initiative to tell lawmakers that Americans are taking responsibility for their own health-care and require access to all health-care options and the freedom to make educated choices. The coalition’s initiative, Healing is Happening, has created a Web site (www.betterhealthcampaign.org) on which individuals can share their personal experiences about healing. The stories are immediately sent to each individual’s Congressional representatives. According to the coalition, these stories are personal

These stories are personal testaments that there are many integrative health approaches used by millions of Americans today, approaches that offer viable solutions to the nation’s healthcare crisis.

testaments that there are many integrative health approaches used by millions of Americans today, approaches that offer viable solutions to the nation’s healthcare crisis. According to the Campaign for Better Health, more than 50 percent of the U.S. population uses some type of complementary and alternative health product or practice and the number of visits to integrative health practitioners is nearly double that of conventional medical doctors. And Americans spend more than \$30 billion each year on alternative treatment and prevention that is often not covered by traditional insurance. The coalition is concerned that CAM solutions are not reflected the national health policies. ■

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