



Dr. Budincich Celebrates 25 Years of Full-Time Practice with Patient Appreciation Month

October 2006 will be designated “Patient Appreciation Month” at our clinic. In the late summer of 1981, Dr. Budincich became a licensed chiropractor and began practicing full time in Pasadena. During October, in commemoration of this Silver Anniversary in chiropractic care, Dr. Budincich is celebrating by offering new patients to our clinic complimentary new patient histories and examinations that are *personally*

referred by existing clinical patients.

What this means is if you have a family member or friend and you refer them to this office during October 2006, their first visit is free. So spread the celebration news to your family and friends to come for their initial history-taking and examination appointments in October.

Thank you in advance for your referrals! Thank you too for making our 25 years memorable! ■

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Budincich Chiropractic Travels to Dallas, Texas *by Michael N. Budincich, D.C.*

The weekend of September 15th and 16th, 2006, Budincich Chiropractic closed both of its clinics in Pasadena and Monrovia to attend a professional seminar in Dallas at the Dallas-Fort Worth Hyatt Regency. Attending were Drs. Budincich, Venerable and Donia, Marcy Morales, Tabitha Cordell and Christina Silva. This fabulous seminar contained classes for both doctors and their assistants and included many service concepts to help people get better through chiro-

practic care.

Sometimes doctors and assistants attended training sessions altogether, and sometimes separate classes, as the assistants were receiving more clerical training while the doctors received additional clinical training.

The seminars included some

very good and encouraging motivational speakers as well. They gave a very bright outlook for the future of chiropractic care. For instance, we learned that most new medical school students



New office staff Tabitha, Marcy and Christina traveled to Dallas along with Drs. Venerable, Budincich and Donia.

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How Do I Know if I Have Arthritis? *by Michael N. Budincich, D.C.*

Now that “baby boomers” are beginning to hit sixty, many begin feeling pain in a variety of different places, particularly the lower back, hands, knees, and feet. The shoulders and the hips are also common places that begin to bother patients after a period of time. Many people suspect that they are getting “arthritis,” but do not really know if they are or not and are unaware of what can be done about it. Many will begin taking aspirin, buffered aspirin, and non-steroidal, anti-inflammatory medications (or NSAIDS) from which they will get temporary relief of these conditions. Chiropractic adjustments work as well, but you still might not know the cause of the problem without proper diagnosis and x-ray.

Most people use the word “arthritis” to describe any type of pain they have in their joints, but this may not necessarily be true. Many joints, such as elbows and shoulders, may be tender and sore with movement because of tendon inflammation or bursa inflammation caused by some type of habit, disuse, or muscle imbalance. This could also be true of the knees or hips.

Many types of arthritis

When the hands begin to ache or joints begin to swell, this would more likely be an initial diagnosis of some type of hand arthritis, most likely osteo-arthritis, which is the simplest type that most people get if they live long enough. A more painful form of arthritis, which is hereditary and inflammatory, is rheumatoid arthritis, and it can strike a person as early their 20s and become progressively debilitating as their life continues.

The most common types of arthritis that respond well to chiro-

practic care are osteoarthritis and traumatic arthritis, which is caused from injuries. Osteoarthritis begins with a wearing down of the cartilage between the joints or thinning of the discs between the vertebrae and the spine. Bone spurs may begin to

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develop in the ligaments around the joints, and the joints can become intermittently swollen, tender, and painful with various activities, changes in the weather, or exerting oneself more in one particular day and feeling it the following day.

A form of osteoarthritis called “subluxation degeneration” is due to misalignment of the vertebrae in the spine. Subluxation degeneration begins with a misalignment of a “fixed” vertebra that is not moving normally in relationship to the other vertebrae. There are 24 to 26 moveable vertebrae in the spine and a fixation at any level could potentially cause subluxation degeneration. The most common areas are the lower to mid-neck right above what people call the “dowager’s hump,” the lowest part of the lower back around the belt line in the middle, and an area about six to twelve inches above the waist in the mid-back, in the mid-thoracic spine. These areas are called the transitional areas of the spine, and they are also the most affected by abrupt injuries, such as whiplashes, falls and heavy lifting.

Once a subluxation occurs, chemical breakdown of the cartilage around the joint begins within hours. The joint pain and stiffness

may not occur for weeks or months. Once subluxation has been there for quite a long time – months to years – changes can be seen on a spinal x-ray. These eventually lead to osteoarthritis and subluxation degeneration. If this condition is allowed to go on long enough, it begins to impinge the nerves that exit the spaces between the bones, which is a condition called “lateral recess stenosis.”

Another more serious condition is called “central canal stenosis” where calcium builds up inside the spinal cord canal that extends from your brain to the tip of your tailbone. The calcium can squeeze the sides of the spinal cord and block off life-giving energy to the lower part of your body, particularly the legs, ankles, feet, sexual organs, and bladder.

Chiropractic care for arthritis

Luckily, subluxation degeneration and osteoarthritis of the discs and facet joints of the spine can easily be treated chiropractically and kept under control with regular care. Very few patients get to the point where their subluxation degeneration requires decompressive surgery by a neural or orthopedic surgeon. However, if you wait until you are in your sixties, seventies or eighties to begin chiropractic care, you may already have significant subluxation degeneration that is irreversible.

As our patient, you have most likely been x-rayed for a chronic problem that you experience, and we know the condition of your spine at the level of your complaint. If you have developed new areas of complaints where you suspect spinal or joint arthritis, we would be happy to x-ray you in those areas since we have a full x-ray facility. Most arthritis conditions can be treated chiropractically, providing you great

Dallas Seminars, *continued from page 1*

are learning about chiropractic and how to refer to chiropractors. They also learn about the advantages of acupuncture, physical medicine, and nutrition and are quite open to giving referrals to alterna-

tive care providers when needed. We have found this to be true in our practice as we are having more and more of our medical doctor colleagues refer us patients on a regular basis, and several have also become patients themselves.

When chiropractic began in 1895, it started with simple beginnings in Davenport, Iowa, and was considered a "cult" at that time. As chiropractic grew into a profession and became more widespread across the United States, we were upgraded to "quacks." We became so important, and were taking so much of a market share away from the health care professions at that time, that



Dr. Budincich (back row, center) with the seminar teachers in Dallas. Though he did not teach this time, he will be teaching at the 2007 "Seminar 21" seminars.

a "commission on quackery" was established by the American Medical Association, which for 25 years tried to eliminate chiropractic completely. They were obviously unsuccessful!

The leadership of the AMA at that time was rather unscrupulous in their dealings and, unfortunately for them, kept very good records. The AMA was eventually sued by four chiropractors, who won an antitrust case in 1989 on the East Coast in a federal court. They also won the 1990 appeal.

Since that time, chiropractic has had unobstructed growth and has not been, at least openly, attacked by our medical colleagues. Several

older medical doctors from that generation still remember the slanderous statements and untruthful things printed in their journal about our profession, and many of them still believe such today. On the other hand, younger, more progressive medical doctors coming out of school today understand the real value of chiropractic care and see it as a true adjunct and additive to a holistic care program. We welcome and embrace our medical colleagues that see the value in what we do, and we tend to cross-refer to those doctors that are cooperative with us.

The doctors to whom we refer you are always of the highest caliber, respect, and reputation, and we also try to find those doctors who understand what we are trying to do for you, our patients, so that you can get the best from all of us as medical professionals.

The seminar in Dallas was very successful in bringing our office together as a "team" and we enjoyed much fellowship and meals together, as well as fun on the airplane coming and going. We hope to attend the April 2007 Dallas seminars. ■

Arthritis, *continued from page 2*

relief. The important thing is finding out what is causing the arthritis complaints and trying to slow down or stop it before it becomes debilitating and the joint replacement or spinal surgery becomes necessary.

No one can reverse the aging processes, but we certainly can slow down and often times stop the progression of a major arthritic change, allowing your body to age at a "normal" rate rather than an accelerated rate. The human spine was designed to last between 110

and 130 years. Unfortunately, most of us have spinal problems long before we reach 70 and don't get to enjoy our "golden years" with as much enjoyment as we would like.

Chiropractic should be part of a holistic program for any arthritic condition with few exceptions. If you or a friend have recently been diagnosed with some type of arthritis and have not tried chiropractic treatment for that particular problem, I would encourage you to come in for a check-up to see if there

might be an inexpensive or simple solution other than daily medications and possible surgery. Once in a while, surgery may be necessary to repair a severely degenerative joint, but more likely or not relief can be obtained by natural methods found in chiropractic offices, including ours. Please call us at any time or make an appointment to find out if arthritis is what you are suffering from or if it is something simpler, like a subluxation that can be corrected by adjustments and stabilization. ■

Arch, Foot and Heel Pain Solutions, *continued from page 5*

cated to the patient's foot casting. Prescription custom-made orthotics are fabricated at an off-site lab, specifically designed for each particular patient. Plaster molds of the patient's foot and positive casts are returned with the finished orthotic for the patient to keep at home in case future orthotic pairs are desired. Electronic molds of the patient's foot are also kept for at least five years at the laboratory, which makes duplicate orthotics easy to fabricate. Patients who move to a different state or country may take their casts with them and have additional orthotics fabricated wherever they go.

You get what you pay for

It is important that patients realize that simply buying a store-bought pair of orthotics is a dangerous way to attempt to fix a chronic foot problem. If you have been wearing shoes with no arch or insole, just about any type of support or arch filler will probably improve your symptoms. However, if you have a more serious problem, this will need more specific, custom-made orthotics and treatment.

Our office can offer custom-made orthotics usually at half the cost that a podiatrist would charge, because orthotics are just one of our additional services. It is not the main service that we provide, in contrast to orthotics being one of the main services provided by a podiatrist's office.

Your casting appointment

At our office, extra time needs to be booked for a custom orthotics fitting and fabrication appointment. We usually only book these appointments as the last appointment of an evening because plaster casting is required. In this appointment, your

foot would be completely cast on the bottom with plaster of paris, and the doctor has to hold your foot in a particular position until the casting "sets." These custom casts are then

It is important that patients realize that simply buying a store-bought pair of orthotics is a dangerous way to attempt to fix a chronic foot problem.

sent to a lab with a prescription form, your specific measurements and diagnoses as well as particulars about your individual orthotics. The laboratory generally takes ten days to two weeks to fabricate your custom-made orthotics.

Lifestyle considerations

Your custom-made orthotics can be modified in several ways to fit your particular needs. For instance, if you have feet that perspire greatly, you would not want to have leather coverings for your orthotics, since leather absorbs moisture. If you are a diabetic and your feet are rather tender, you might require a special covering and softer material for your orthotic fabrication.

Another example of specific, custom-made needs is for a competitive distance runner in 5K and 10K races, who would want a more rigid, functional orthotic that would not break down with a continuous running stride during training. Many factors need to be taken into consideration when fitting orthotics for each patient. These are things that your "cookie-cutter" orthotic store in the mall cannot perform.

Do not be fooled by cheap, ready-made orthotic companies marking up inexpensive products to high

prices and claiming extraordinary results. Admittedly, you will only spend \$100 to \$200 for ready-made orthotics, but if you spend a little more, you will have something custom made just for your set of symptoms that will last at least ten years and will be unconditionally guaranteed by our offices.

Our guarantee to you

Any orthotics that our office/ doctors cast for you and have fabricated are unconditionally guaranteed to fit properly and make you happy. If you are not completely satisfied with your orthotics, you may return them within thirty days for a full credit to your account. We do not want our patients to be dissatisfied with anything that we fabricate for them on a custom basis; we want you to be helped and happy. If need be, we would make a completely new casting and fabrication to make sure each patient is completely satisfied with their fitting. In all the years we have been fitting orthotics, only two or three pairs have ever been returned under this unconditional guarantee basis.

If you are suffering right now with foot and arch pain and did not realize that our office could provide a solution for your problem, call and make an appointment with us for a consultation so that we can examine and appraise your feet and walking gait properly.

If your feet are not balanced and feeling good, it will work its way up the spine and possibly cause knee, hip, and lower back problems as well. The balance of the spine starts with the feet. Once the feet are balanced and the leg length corrected for, we can then stabilize the entire body with chiropractic adjustments. ■

Arch, Foot and Heel Pain Solutions by Michael N. Budincich, D.C.

Many of our patients complain of arch, forefoot, and heel pain that we discover is not related to their chiropractic problems, but rather stand-alone issues that have to do with foot mechanics.

Problems can arise from accumulative trauma of walking, running, being overweight, and having jobs where we stand on our feet in one place for extended periods of time. These problems can also be caused by the hard surfaces that we stand and walk upon, compared to the dirt and grass that was more the norm a hundred years ago.

Our office has become more specialized in the discovery and treatment of foot-related pain in the last ten years, as it augments our spinal treatments and helps to stabilize the spine as well. If you have chronic foot problems, and these result in alteration of your walking or “gait,” this can severely alter the bio-mechanics of your entire body and thereby pose unnecessary nerve pressure on your system. This causes not only pain but tiredness, low motivation, and a poor outlook on life because a person feels they can’t go anywhere or do anything without having that chronic pain of being on their feet.

Shopping mall orthotics

I have noticed that a number of companies have come onto the market that offer relatively inexpensive orthotics, claiming they are “custom” or “semi-custom.” Most of the time, these companies will make a mold of your foot while you are in a standing position by

either having you step into a foam mold or draw a line around your foot on a piece of paper, or other such “weight-bearing impressions.”

A weight-bearing casting or impression, unfortunately, is the worst way to measure the foot for a custom orthotic. When you go to one of these stores in the local mall or at a kiosk in a store, these salespeople are not doctors,

thinking they are custom products made for you when they are actually ready-made products that only come in one or two dozen different sizes.

Diagnosing your specific problem

Foot, arch, and heel pain can stem from more complicated problems. Instep and forefoot pain can be caused by conditions such as: *hallux valgus*, which leads to bunions;

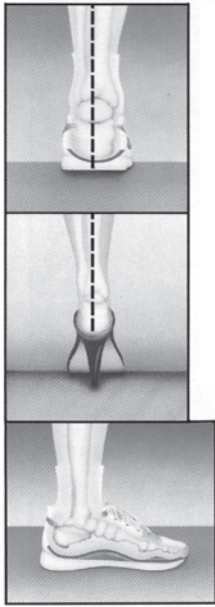
metatarsalgia, which can lead to Morton’s neuroma; *plantar fasciitis*, which can lead to heel spurs and fascial tears; *Achilles’ tendonitis*, which can lead to Achilles’ calcaneal spurs, *foot pronation*; a falling in of the arch and bowing out of the ankles; and *supination*, which is rolling on to the outsides of the foot when you walk.

Only a trained doctor can diagnose your specific foot problem and determine the best way to take care of it.

Podiatrists, properly-trained chiropractors, physicians, orthotists, and possibly some trained osteopaths are equipped to diagnose and treat your foot-related pain and problem more permanently.

Chiropractors are equipped to handle foot problems that are non-surgical in nature. Our office starts with your diagnosis by taking a history and possibly some x-rays. We then may discover the problem and decide to initially place strapping or tape on the foot to test if the problem will improve with this simple, inexpensive method.

If taping or supporting the foot helps relieve symptoms, a more permanent solution, such as orthotics, can be custom-fabri-



**Why Prescription?
Why Not Over-The-Counter?**

Some sport shops and pharmacies sell shoe inserts that are not medically designed and individually made for you.

Prescription foot orthotics are custom made for *your feet* only! Your doctor thoroughly examines you to understand your special foot problems. He then takes casts, or impressions, of your feet.

Technicians use your foot impression and your doctor’s prescriptions to custom craft your orthotics.

nor podiatrists, nor chiropractors, and they are not really equipped to handle your foot problems.

If you have an uncomplicated problem, such as metacarpal head pain – simple arch pain from flat feet – these simple orthotics that they sell from \$100 to \$200 *may* give you some relief. The actual cost of these units is probably under \$30, so there is tremendous profit for the seller, but not a custom fit for you. Since these salespeople are not doctors, they cannot thoroughly diagnose your problem, and can only offer a possibility of temporary relief with use of their products. Again, some of these products are very good for what they are; but don’t be misled into

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Our New Staff Members

Tabitha Cordell-Meyer is the newest addition to our Pasadena office staff, now running the entire front desk. She lives in Monrovia with her husband Mathew and their son Brennan. Tabitha is a full time student achieving her AA in Health Care Administration and plans to go on to nursing school in OB/GYN. She loves working closely with all the patients and can't wait to help take the practice to new heights.

Christina Efker-Silva, at our Monrovia office, provides Dr. Donia with excellent customer service skills and a background in medical billing. She is the

mother of two beautiful children; Gianna, 5 and Jacob, 3. Christina is excited to be part of the Monrovia clinic as it flourishes.

Marcy Morales is the newest member of our insurance department. Marcy fills everyone up with her vast knowledge of medical billing and enthusiastic personality. She lives in Los Angeles with her husband Jose and their four children; Joey, 14, Michelle, 11, Marissa, 8 and Emily, 2. Marcy has been a chiropractic patient since her teenage years and loves working in a chiropractic office.

October Events

Patient Appreciation Month – Friend Helping a Friend certificates

Halloween Costume Day Tuesday Oct. 31 – dress up and get a free adjustment!

November Events

Thanksgiving Food Drive – Dates TBA

Kids Coloring Contest– every child who comes in and colors a picture will be entered to win. One prize winner will be picked every Friday in November.

December Events

Toy Drive – Bring in a toy worth \$25 or more and get a free adjustment, if you are coming in for the first time and you bring in a toy you receive the entire appointment at no charge, \$150 value.

Dr. Bud's 25th Anniversary Party – We want to show our patients how much we appreciate their loyalty, and what better way then to throw a party! Date TBA

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