

Northwestern Weekly

Feb. 2, 2005

Top Stories

Northwestern Alumni are Coming Home

More than 1,000 Northwestern College of Chiropractic graduates will flock to campus Feb. 3-5 for the College's 2005 Homecoming and Winter Gathering.

The event is the third-largest annual chiropractic event in the United States and the largest chiropractic homecoming. Filled with hours of continuing education credits, receptions, lunches, the chance to renew old friendships and opportunities to visit dozens of vendor booths, Homecoming is always a memorable occasion for alumni.

One of the enduring highlights of previous years will return this year — the reunion years reception. Each year, a series of years is selected to attend a reunion party. This year, graduates from the classes of 1945, 1950, 1955, 1960, 1965, 1970, 1975, 1980, 1985, 1990, 1995 and 2000 are invited to a special reunion reception at the Minneapolis/St. Paul Airport Hilton on Feb. 3.

The theme for this year's event is "Current Perspectives: Chiropractic Model of Health Care." A wide variety of speakers will address a number of topics. Among the speakers slated for the event is Ray Damidian, MD, inventor of the stand-up MRI. Other speakers include Mark Charrette, DC; James Chestnut, MSC, DC; Coleen Colburn; Renee DeVries, DC, DACBR; Roni Evans, DC, MS; Kathleen Gergen-Mandel, JD; Anita Manne, DC, DACBR; Bruce Lipton, PhD; Larry Markson, DC, PhC; Timothy Mick, DC, DACBR; David B. Neubauer, DC, AD; Joel J. Pins, PhD, MPH, LN; Joseph Sweere, DC, DACBO, DACOH; John J. Triano, DC, PhD; and Mary Tuchscherer, DC, PhD.

In addition to the Homecoming speakers, Alfred Traina, DC, president of Northwestern, will present his annual State of the University address at 10:30 a.m. on Feb. 3, in the auditorium. This year he will address the ways Northwestern can advance the chiropractic profession. He will also discuss best practices and their implications for the University.

Also during Homecoming, the Hall of Honor will be dedicated. The hall runs from the main hallway on the main level to the Wolfe-Harris Center for Clinical Studies. Against a backdrop of warm colors, plaques recognizing student leaders, exceptional faculty, alumni and donors are being installed. At 6 p.m. on Feb. 3, Dr. Traina and Mark Zeigler, DC, chairman of the Board of Trustees, will apply the final brushstrokes to the wall and will dedicate it to the Northwestern community.

Other occasions slated to occur during Homecoming are: the Alumni Association Luncheon and Annual Meeting from noon – 1:30 p.m. on Feb. 3; a dinner and dance at 7 p.m. on Feb. 4 at the Minneapolis/St. Paul Airport Hilton; and a Legislative Luncheon with the Minnesota Chiropractic Association at 11:30 on Feb. 5.

During Homecoming, classes are canceled and the Bloomington campus clinics are closed. Offices and off-campus clinics will remain open.

Northwestern Seeks Applicants for Dean of Chiropractic Program

Northwestern Health Sciences University is seeking applicants for the position of dean of Northwestern College of Chiropractic. The current dean, Rob Scott, DC, will be stepping down from his role at the end of the winter 2005 trimester.

Applicants for the position must have a degree from a Council of Chiropractic Education-accredited program in chiropractic or its foreign equivalent; have five-plus years of clinical experience and three or more years of teaching experience; be licensed or able to become licensed in the state of Minnesota as a chiropractor; and exhibit excellent written and verbal communication skills and a strong managerial aptitude. [Click here to see the full job posting.](#)

Giving is Natural: Recent Grads Revitalize Scholarship Fund

Although they graduated from Northwestern Health Sciences University less than a year ago, members of the April 2004 graduating class of chiropractic students are already giving back to the University and the students following in their footsteps.

In December 2002, the then-T6 students announced the creation of the Dr. Norman Horns Faculty Legacy Scholarship and kicked off a campaign to raise \$10,000 for the scholarship fund. The annual scholarship would provide a chiropractic student \$500 toward his or her education at Northwestern. The class agreed to name the scholarship in honor of Norman Horns, MD, associate professor, due to his dedication to the student body and his free, extracurricular review courses designed to help students pass their Board exams.

“The purpose of the scholarship is to assist future students of Northwestern while at the same time honoring all of the professors whom students have come to love and respect,” says Cody Hoefert, DC, a member of the April 2004 class and former Northwestern Student Senate president.

In the first two years of its existence, the scholarship fund languished with about \$3,000 — an insufficient amount to begin offering the \$500 scholarship. Eager for the scholarship to become a reality, last fall Dr. Hoefert and a core of April 2004 graduates began a massive fundraising campaign.

The campaign sought to reach the members of the April 2004 class, as well as graduates from the two previous years. In response to letters and phone appeals, graduates began contributing to the scholarship. In just a few months, the fund went from \$3,000 to \$9,000 — with the ultimate goal of \$10,000 just a heartbeat away.

Dr. Hoefert and a core of alumni, including Amanda Van Vorst, DC; Nick Wanna, DC; Neil Zimmer, DC; and Melissa Christopherson, DC, hope to raise the final \$1,000 before the culmination of the 2005 Northwestern College of Chiropractic Homecoming and Winter Gathering, which takes place Feb. 3-5 at Northwestern. The group hopes to award the first scholarship at the 2006 Homecoming.

After a firm foundation for the scholarship is established, Dr. Hoefert says he will turn his philanthropy to other fundraising programs at Northwestern.

“It’s very important to me because of everything the institution has done for me; the personal and professional growth and development,” says Dr. Hoefert. “I want future classes to get the benefit of that and I look forward to helping the institution. I think a lot of alumni feel that way.”

For more information on how to make a contribution to the scholarship fund, contact the Office of Development at (800) 888-4777, ext. 212.

Northwestern Enlists the Aid of Rep. Jim Ramstad to Attempt to Bring Chiropractic Care to Local VA Hospital

On Jan. 24, Alfred Traina, DC, president of Northwestern Health Sciences University; Gert Bronfort, DC, PhD, director of the Neck and Back Research Program at Northwestern; and David Kunz, the University’s legislative lobbyist, met with U.S. Rep. Jim Ramstad, R-Minn., to discuss the future of chiropractic at the Veteran’s Administration Medical Center in St. Paul, Minn.

Currently, the VA Medical Center in the Twin Cities provides offsite chiropractic services for veterans through a referral system that directs patients to doctors of chiropractic in the Twin Cities. The closest VA facility that offers on-site chiropractic care is located in Sioux Falls, South Dakota. To date, the Minneapolis VA Medical Center, which is the largest in the Upper Midwest in terms of patient volume, has chosen not to provide on-site chiropractic care services.

Dr. Traina and Ramstad plan to meet with VA Medical Center administration to present the case for onsite chiropractic.

“I hope Rep. Ramstad will be able to assist us in our endeavors to bring chiropractic to the VA Medical Center,” said Dr. Traina. “We shared with him the efforts we have undertaken to assist in the implementation of chiropractic into the VA system. I am confident that with his aid we will be able to make progress.”

In 2001, President George Bush signed the Department of Veterans Affairs Health Care Programs Enhancement Act of 2001, which authorizes the hiring of doctors of chiropractic in the Veterans Administration (VA) hospital system. It also requires the designation of at least one VA medical center in each geographic service area of the Veterans Administration to provide chiropractic services. In the Midwest, the VA medical center in Sioux Falls, S.D., was selected.

Additionally, in 2004 the VA endorsed recommendations made by a VA advisory panel that 27 VA medical centers be directed to begin hiring doctors of chiropractic at the VA centers and to encourage internships and other cooperative programs between VA facilities and the nation's chiropractic colleges.

IT Holds Appreciation Lunch for Agresso Users

On Jan. 28, the Information Technology department at Northwestern Health Sciences University hosted an appreciation lunch to recognize supporters of the University's Agresso accounting system. About 40 Northwestern employees joined the IT department and members of Agresso's sales and support team, including Shelley Zapp, president of Agresso America, at the California Grill, at the Mall of America.

"Having the president of Agresso America at our appreciation lunch was a great show of support on their part," says Ruth Ann Marks, information technology.

Employees who were invited to the lunch included "super users" of Agresso, as well as individuals who worked extra hours to help establish Agresso at Northwestern. The University switched to the Agresso accounting system for finance and logistics in November 2003. Payroll moved to the Agresso system in January 2004, and student records moved to the Agresso system in September 2004.

Employees Asked to Park Off Campus During Homecoming

Due to the large number of guests on campus during the Northwestern College of Chiropractic Homecoming and Winter Gathering Feb. 3-5, employees are asked to park at St. Stephen Lutheran Church on the southwest corner of France Avenue and 84th Street and ride a shuttle to campus. A van shuttle will transport riders from the lot to campus from 7 a.m. – 1:30 p.m. It will then be "on-call" until 4 p.m., at which time it will run continuously until 6 p.m. The wait for a shuttle should not be longer than 10 minutes. Faculty and staff not attending seminars or working at Homecoming are asked to begin their normal work day at 8:30 p.m.

Northwestern Health Sciences University Is 'In Touch' With Community

In an effort to reach out to the local community, “In Touch,” a trimesterly community newsletter, has been sent to more than 2,000 residences neighboring Northwestern Health Sciences University. In addition, a leadership edition of the newsletter will be distributed to 1,000 Twin Cities leaders in February.

“The intent of the community newsletter is to educate community members on the University’s mission, its commitment to public service, and how they can get involved in University-sponsored events,” says Nicky Simon, BA, Northwestern’s community service coordinator and managing editor of the publications. The first issue, which was distributed in the beginning of January, presented Northwestern to the community and focused on the programs the University offers, alumni features, and community event coverage. “Future issues of ‘In Touch’ will also incorporate Natural News Service articles, offering natural health tips that people can use,” says Simon.

The leadership newsletter, while formatted similarly to its community partner, will be directed to corporate, political, educational and health care leaders in the Twin Cities area. “This will be more focused on educating leaders about Northwestern’s brand,” says Simon.

“John Healy, BS, director of communications and I had talked about the creation of ‘In Touch’ since I took the position of community service coordinator in November,” says Simon. “This publication is one example of how Northwestern is getting into the community and becoming a more prominent institution.”

To make suggestions for content, contact Simon by e-mail nsimon@nwhealth.edu or ext. 169.

Massage Therapy Students Provide Complementary Massages to Bloomington Public School Staff

Six students and faculty from Northwestern Health Sciences University’s School of Massage Therapy provided complementary chair massages to the staff of Kid’s Safari, an after school and summer program offered by Bloomington Public Schools, on Jan. 26 at Washburn Elementary School in Bloomington, Minn.

While on-site massage events are a part of massage students’ curriculum, and have existed since the program began in 2000, this was the first time that the School of Massage Therapy has offered its services to Kid’s Safari. “It is really a pleasure offering our services to the public schools,” says Sarah Weaver, NCTMB, associate clinic faculty. “It is a great way to give back to others in the service profession.”

In addition to helping the public school staff find a moment of rest and relaxation, the event gives students experience doing chair massages and working with diverse clientele. “For me, this is an opportunity to get to know the public, to work with various patients and make contacts. These contacts will be critical when creating a referral ground,” says Nicole Woodrich, a T2 massage therapy student.

“This massage was just what I needed,” says Megan Splittstoesser, a Kid’s Safari staff member. “I had the worst headache, and the massage made it go away!”

Plunge into Northwestern Health Sciences University’s Dive-In Movie Event

Get your kids ready for a splashy feature showing of “Finding Nemo” from 1 p.m. – 4 p.m. on Feb. 12 in Northwestern’s pool.

Northwestern’s “Dive-in” movie will be a movie-going experience unlike any other. With the lights turned down low, the colors of this brilliantly animated film will sparkle against the pool water as your kids lounge in inner tubes.

The event will begin with a 45-minute swim. Kids will be able to play games, splash with their friends, and relax in the heated water. The matinee performance of “Finding Nemo” will begin at 2 p.m. It is the story of a boy clownfish who is stolen from his coral reef home. Against all odds, his timid father searches the ocean to find him.

After the film, children will enjoy hot chocolate, cookies and give-aways provided by the University. Children are asked to bring their own inner tubes and swimming supplies. The University will provide lifeguards, but adult supervision is also required. Children ages 6 and up are permitted to attend. Limited space is available for this event.

In addition, student volunteers are needed to participate in the event. Volunteers will help direct children to and from the locker rooms, and will aid in pre-event setup and cleanup.

To reserve your spot at this unique event, to volunteer or for more information, call Missy at ext. 331.

“Do” Promotes Walking the Walk

In an effort to urge members of the Northwestern Health Sciences University community to walk the walk, rather than just talk the talk, Rosie Ward, MPH, CHES, University health and wellness coordinator, has created walking routes that wind through the halls of the University. Walking routes include quarter-mile, half-mile and one-mile paths.

The decision to create walking routes initially emerged as a component of the ongoing “Do” campaign on campus. Initiated on Nov. 29, “Do” promotes three 10-minute intervals of physical activity daily. “We are encouraging people to move more and get more activity throughout their day,” says Ward. “People don’t realize how easy it is to incorporate physical activity into their daily routines. Just looping the main level gives a quick workout and a break for those who tend to be chained to their desks.”

According to Ward, mapping out and measuring the routes was no easy task. “I used two different pedometers to measure the routes for distance,” says Ward. “Since people have different stride lengths, I built in a cushion of more than 100 steps for each route. This way, the lengths should be accurate, regardless of one’s stride.”

High demand for such routes during the cold winter months also propelled Ward’s decision to create walking paths. “In the two days since I sent out an e-mail confirming the completion of the routes, more than 25 people requested copies,” she says. “Ruth Ann Marks, applications analyst and project manager, has already used the one-mile and one-half mile route for her Monday walking group.”

“We treated the walking route like a game,” says Marks. “My group followed the one-mile route and half-mile route. We even invented our own route!”

While routes are here and ready for use, Ward has plans to further transform the culture of the University into one that promotes physical activity. “I am working with communications on a prototype to mark the quarter-mile route on the main level. In addition, I am working on ‘Do’ buttons that read ‘I’m working on my health, either join me or leave me alone’ to prevent people from interrupting doers.”

“I think the routes will really get people moving,” Ward adds. “When people start to realize that even a loop around the foyer counts as physical activity, the work that went into this project will be well worth the effort.”

Quarter-Mile Route

This route works no matter where you start on the main level – as long as you complete the loop.

- Completely loop the main level by walking down the south hallway paralleling the courtyard toward the cafeteria. Turn left at the end of the hall (past door four, continuing education department and admissions department). Turn left to walk down the north hallway toward the Hall of Honor.
- Continue down the Hall of Honor, past the gym, and go through the double doors to the far stairwell and elevator by door eight (by the west parking lot and UHS).
- Turn around and reverse the route until you reach your starting point.

Half-Mile Route #1

This route starts on the main level at door four.

- Turn right down the hall past the admissions department. Turn left down the north hallway paralleling the courtyard to the stairs by door two.
- Go up the stairs to the second floor. Walk down the hallway to the other end (south side of building) and take the stairs all the way down to the lower level (by the audio visual office).

- Go down the hallway and turn left by the Student Senate office to the double doors.
- Go through the double doors and continue down the hallway (passing the Edith Davis clinic).
- Just before the doors to the UHS clinic, turn right by the vending machines and go up the stairs.
- At the top of the stairs turn left. Continue down the Hall of Honor.
- At the end of the hallway, turn right (by the human resources office). Turn left down the south hallway paralleling the courtyard toward the cafeteria.
- When you come to the foyer, go left (toward door three). Take an immediate right toward the auditorium.
- Continue the loop past the admissions department and continuing education department to the stairs by door four.
- Go down the stairs to the lower level (by the communications department) and turn right down the hall (passing the School of Massage Therapy and MCAOM).
- At the end of the hall, by the alumni relations department, turn left and go up the main stairwell to the main level.
- Turn right and go back down the south hallway paralleling the courtyard towards the cafeteria. You will end up in the foyer.

Half-Mile Route #2

This route starts on the main level at the top of the stairs and elevator by door eight (by the west parking lot and UHS).

- Enter the double doors past the gym and veer left toward the pool. Continue down the Hall of Honor.
- At the end of the Hall of Honor, turn left toward door two and take the stairs up to the second floor.
- Walk down the hallway to the other end (south side of building) and take the stairs all the way down to the lower level (by the audio visual department).
- Go down the hallway and turn right by the Student Senate office. Continue down the hallway toward the communications department.
- Go up the stairwell at the end of the hall to the main level (by door four).
- Turn right down hall past the admissions department. Turn left down the north hallway. You will end up by the human resources department and the Hall of Honor

One-Mile Route

This route starts on the main level at door four.

- Go right down the hall past the admissions department. Turn left down the north hallway paralleling the courtyard, continuing down the Hall of Honor.
- At the end of the Hall of Honor turn right (by the research department). Go down the stairs to the lower level.
- At the bottom of the stairs, turn left. Follow the hallway past the Edith Davis clinic and through the double doors.
- Continue down the hallway toward physical plant offices and the fitness center.
- Take a left to go up the stairs to the main level (by the gym).

- At the top of the stairs, turn right toward the pool. Turn right and continue down the hallway past the Hall of Honor.
- At the end of the hallway, take a left by door two and go up the stairs to the second floor.
- Walk down the hallway to the other end (south side of building) and take the stairs all the way down to the lower level (by the audio-visual office).
- Go down the hallway and turn right by the Student Senate office; go down the hallway toward the information technology department.
- Halfway down the hall, go up the stairs (by door five) to the main level; you will be facing the foyer.
- Turn right and follow the hallway past the cafeteria. Continue the loop past door four and admissions, and down the north hallway paralleling the courtyard toward door two.
- Take a left by the human resources department and go toward the main stairwell (by the library).
- Go up the main stairs to the second floor.
- At the top of the stairs, take a right to the north end of the hall. Take the stairs back down to the main level (by door two).
- Turn right and continue down the hallway by the Hall of Honor.
- At the end of the Hall of Honor turn right by the research department. Go down the stairs to the lower level.
- At the bottom of the stairs, turn left. Follow the hallway past the Edith Davis clinic and through the double doors.
- Take a left and continue down the hallway past the communications department. Go up the stairs to the main level (by door four).
- Turn right to make a small loop around the auditorium (passing the admissions department). Turn left to walk through the foyer and down the stairs to the right of the cafeteria.
- At the bottom of the stairs, take a left, passing the School of Massage Therapy and the MCAOM department.
- At the end of the hallway, take another left by the alumni department. Go up the main stairwell to the main level.
- At the top of the stairs, turn right and continue down the south hallway paralleling the courtyard past the cafeteria, ending at door four where you started.

Health and Wellness

Submitted by Rosie Ward, MPH, CHES, health and wellness coordinator

February is American Heart Month

Healthy Heart Checks Available to Staff and Faculty Throughout the Month of February

In an effort to promote heart health, and in honor of American Heart Month, Northwestern Health Sciences University staff and faculty will have the opportunity to participate in heart health screenings in the University Health Services clinic.

The 30-minute appointments will include a complete a heart health questionnaire; a physical assessment that includes the measurement of height, weight, waist and hip ratio, body mass index, and blood pressure; and an opportunity to have a full lipid profile ordered if deemed appropriate.

Short, follow-up appointments will be scheduled as needed to review the results of your lipid profile and to provide you with lifestyle education. Screenings will be available beginning Feb. 7.

To schedule your appointment, call ext. 415 and request the Healthy Heart Check. Appointments are available during regular University Health Services hours:

- Mondays: 7 a.m. - 9 a.m., 12 p.m. - 5 p.m.
- Tuesdays: 7 a.m. – 1 p.m.
- Wednesdays: 7 a.m. - 9 a.m., 12 p.m. - 5 p.m.
- Thursdays: 7 a.m. – 1 p.m.
- Fridays: 7 a.m. - 9 a.m., 3 p.m. - 5 p.m.

Are You At Risk for a Stroke?

Did you know that two-thirds of all stroke victims did not have any warning of their impending stroke? Healthy-U is hosting screenings through Stroke Detection Plus for all employees of Northwestern Health Sciences University and their family members. The goal of these screenings is to alert people to health risks that might otherwise go undetected and to inform them of the need to follow-up with their physician.

Usually doctors cannot order these tests without the patient showing signs and symptoms. Stroke Detection Plus offers these screenings at a fraction of the regular cost and comes highly recommended by many hospitals and individuals in the medical community.

Screening tests estimate the percentage of blockage in arteries based on new research from the University of Washington. Screenings tests include screening to determine blockage in the carotid arteries (neck); screening for an abdominal aortic aneurysm; screening for peripheral vascular disease (blockage in legs); and screening for bone density and risk for osteoporosis.

All four tests take approximately 20-25 minutes to complete. You will receive preliminary results from a radiologist immediately with full results mailed directly to you within 10 business days. Watch for posters throughout the building and a flyer in your paycheck with more details about the tests and a checklist to determine if you or a loved one might be at risk.

Screenings will take place from 9 a.m. – 4:30 p.m. on April 7 in the Cafeteria Conference Room. The cost for all four tests is only \$70 (each test alone would normally cost \$300 – \$700 in a hospital setting). These tests are allowable expenses under VEBA and medical reimbursement accounts.

To make your appointment, call (877) 732-8258.

10 Weeks to Wellness Lifestyle Education Program Offered at Northwestern

“Many people think they have to lose weight to be healthy, but in truth, you have to be healthy to lose weight.” ~Diana Schwarzbein

This program, offered to Northwestern employees and students, presents practical lifestyle changes to begin and continue the journey to optimal health rather than turning to fad diets, miracle supplements, and pharmaceuticals to address the troubling symptoms of poor health: slow weight gain, fatigue, restlessness, insomnia and chronic pain. Each seminar is taught by Paul Ratte, ND, a naturopathic practitioner at Woodwinds Natural Care Center, in Woodbury, Minn.

When: Tuesdays, Feb. 15 – April 19, noon – 1 p.m.

Where: Cafeteria Conference Room

Cost: \$25 (cost is for program materials only; the regular price is \$79)

*Advance registration and payment are required. Make checks payable to NWHSU. Contact Rosie Ward, health and wellness coordinator, at ext. 519 or e-mail rward@nwhealth.edu to register.

“Do” Campaign

“Do,” a social-marketing campaign put together by Blue Cross/Blue Shield and the American Heart Association, provides fun, point-of-decision marketing to remind you to make choices to be healthy and add activity into your day.

The campaign reinforces how easy it is to “groove your body” three times a day for 10 minutes to promote good health and to decrease the various health risks associated with inactivity. It was piloted in Brooklyn Center and Duluth earlier this year and was so successful that the campaign messages have spread to Minneapolis and St. Paul.

Thus far, Northwestern’s “Do-crews” have spotted and rewarded 12 people. The latest winner was **Roni Evans**, DC, associate professor. She was spotted bringing her snowshoes to work and took breaks to use them on the lake behind the University campus. Evans won a Starbucks gift certificate. If a Do-crew spots you “doing,” you could be the next winner! For more information about Do, visit www.do-groove.com.

Healthy-U Program Updates

February Recess Activities

Remember when you were a kid and had “play” time each week? Imagine the benefits on your stress levels and personal well-being if you took time out for yourself each week

You will receive a new 2005 Recess tracking card when you attend your first Recess activity for the year. Each time you participate in a Recess activity, the group leader for that activity will initial your tracking card. At the end of July, there will be drawings for varying levels of prizes based on your participation. Even if you can only attend one or two events, you're still eligible for a prize!

- **Thursday, Feb. 10 – Walking Groups** – will take place at 11:30 a.m., noon, and at 12:30 p.m. Groups will meet on the main level by door four.
- **Thursday, Feb. 17 – Ice Skating** – will take place from 5 p.m. – 7 p.m. at Centennial Lakes, in Edina. Grab your ice skates and your warm clothes for some fun, exercise and socializing.
- **Friday, Feb. 18 – Relaxation Class** – will take place from 11:30 a.m. – 11:50 a.m. in the gym. Take 20 minutes out of your day to unwind and rejuvenate.
- **Tuesday, Feb. 22 – Lunchtime Games** – come anytime between 11:30 a.m. – 1 p.m. for fun and games.

Health Club Discount Program

Did you know that as an employee or student of Northwestern, you can receive discounts when joining one of our eight health club partners?

Northwestern has health clubs partnerships with:

- Bally Total Fitness (all locations);
- Calhoun Beach Club (Minneapolis);
- Fitness Crossroad (Minneapolis and St. Anthony);
- Gold's Gym (Vadnais Heights and White Bear Lake);
- Lifetime Fitness (all locations, no discount until spring 2005);
- Northwest Athletic Club (all locations);
- YMCA (18 metro locations); and
- YWCA of Minneapolis (Downtown, Midtown and Uptown).

Wellness Fun Facts

Lower Intake of Homocysteine to Reduce Risk of Coronary Heart Disease

Elevated homocysteine levels are linked to higher risks of coronary heart disease and decreased brain function including dementia and depression. A 10-percent increase in blood homocysteine levels increases the risk of heart disease by 10 percent – 15 percent. A recent study of nearly 6,000 people found that those who ate the following foods had lower homocysteine levels:

- Milk – homocysteine levels were 15 percent lower in people who drank milk regularly versus those who did not drink milk. Milk is high in riboflavin which is need to metabolize homocysteine;
- Yogurt;
- Ready-to-eat breakfast cereals (they are fortified with folic acid);
- Peppers (red, yellow, green, and hot peppers); and
- Cruciferous vegetables (cabbage, broccoli, cauliflower). Homocysteine levels were 16.5 percent lower in those eating cruciferous vegetables often versus those who never consumed them.

Source: Ganji V, et al. Dietary Determinates of Homocysteine, American Jour of Clin Nutr 80:1500-7, Dec. 2004

Quote of the Week

“The good things in life are not necessarily the rarest, nor the most costly.” ~ Chinese Proverb

Upcoming Events – February

“Do-winter” and start training for a walking, running or bicycling event.

Saturday, Feb. 5 – Securian Frozen 5K and Half-Marathon (St. Paul, Minn.)

- A St. Paul Winter Carnival event.
- Half-marathon entry fee is \$18; 5K entry fee is \$13.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, Feb. 12 – Valentine’s Day 5K Run and Walk (Minneapolis, Minn.)

- Bring your non-perishable food items for Minnesota Food Shelves.
- \$18 entry fee.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 12 - Lake Johanna Four-Mile (Arden Hills, Minn.)

- A scenic and challenging loop around Lake Johanna.
- This race is free to members of the Minnesota Distance Running Association.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 19– Spring Fever 5K Run and Walk (Blaine, Minn.)

- \$12 entry fee if registered before March 12; \$16 day of event.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Saturday, March 26– Get Your Rear In Gear Colon Cancer Coalition Run
(Minneapolis, Minn.)

- A 5K run and walk and a half-mile kids fun run to benefit colon cancer research.
- \$18 entry fee for adults; \$12 entry fee for children 12 and under.
- For more information and to register, visit <http://www.raceberryjam.com/indexrr.html>.

Recipe Corner

Easy Black Bean Soup

Ingredients

1 large onion, chopped
1 tablespoon olive oil
1 cup carrots, chopped
1 bell pepper, chopped
4 cloves garlic, chopped
4 cups water
2 teaspoons vegetable broth powder
½ cup bottled salsa
2 teaspoons ground cumin
1 teaspoon oregano
3 cups cooked black beans, undrained

Cooking Instructions:

1. Sauté the onion in oil. Add carrots, bell pepper, and garlic and sauté for an additional minute or two.
2. Add water, salsa, cumin, oregano, vegetable broth powder and black beans. Bring to a boil; reduce heat and simmer for 15 minutes or until veggies are tender.
3. Puree soup in a blender. Return to pot and adjust seasonings.

Yield: six servings (serving size = one cup)

Nutrition: 175 calories, three grams fat (1/2 gram saturated), zero mg cholesterol, 30 grams carbohydrate, nine grams protein, 10 grams fiber, 357 mg sodium,

Source: www.foodandhealth.com

Student Resources

Newest Library List Available

To view the newest library materials list for November-December, visit <http://www.nwhealth.edu/library/newmater.html>.

Simulated Patients Needed For T7 Developmental Assessment

The clinical education department is looking for students, faculty and employees to serve as simulated patients for T7 chiropractic students undergoing the Developmental Assessment. Volunteers may earn either \$9 per hour, clinic hours or Time Away from Clinic (TAC) hours.

The Developmental Assessment evaluates the clinical competency of an intern prior to entering the University's public clinics. It entails a videotaped single encounter with a standardized patient. Faculty examiners score interns on history taking, physical examination, differential diagnosis, laboratory and radiological findings, a treatment plan, interactive skills and ending the visit. Everyone except T6 and T7 chiropractic students are encouraged to volunteer.

Volunteers are needed on the following dates and times:

Feb. 16: 10:30 a.m., 11:45 a.m. and 1 p.m.

Feb. 17: 8:30 a.m., 9:45 a.m., 11 a.m. and 12:15 p.m.

For more information or to register, contact Mary Berg at mberg@nwhealth.edu or ext. 453.

Student Volunteers Needed for Club Mariposa Fundraising Event

Club Mariposa needs student volunteers to help with their fundraising event, which will take place from 9 a.m. – 3 p.m. on Feb. 4 and Feb. 5 at the 2005 Chiropractic Homecoming. Volunteers will sell Krispy Kreme donuts and coupons for Herberger's customer appreciation day.

For more information or to register, contact Angela Blomberg at angelablomberg@msn.com.

Volunteers Needed for the Bloomington Loves Its Kids Carnival

Volunteers are needed for the Bloomington Loves Its Kids Carnival, which will take place from 12:30 p.m. – 3 p.m. on Feb. 19 at Northwestern Health Sciences University. This year's festivities include the return of Ronald McDonald; McGruff, the crime-sniffing dog; and Pluggie, a robotic fire hydrant, at the Bloomington Fire Department. Activities include dance, arts, games, education and entertainment.

Volunteers are needed for carnival set-up, which will take place from 11 a.m. – 12:30 p.m., and to help guide visitors around the campus.

For more information and to register, contact Nicky Simon at nsimon@nwhealth.edu or ext. 169.

Immune Function: All You Need to Know and More

Submitted by Paul Ratté, N.D., a naturopathic practitioner at Woodwinds Natural Care Center, in Woodbury, Minn.

How does the immune system work?

We often think of the immune system when we are fighting a cold or flu, but the immune system is on constant alert to keep the body in good working condition. The role of our immune system is to recognize and destroy foreign invaders and correct internal errors before harm is done to us. These foreign invaders include bacteria, viruses, fungi and parasites. The internal errors are cancer cells that are daily by-products of normal metabolism and are eliminated by an intact immune system.

Since the immune system is our body's first line of defense, some degree of immune imbalance underlies almost all illness, especially chronic infections, fatigue, cancer, autoimmune conditions and chronic allergies. Impaired immune function is a combination of our genetic susceptibility and environmental factors. A new genetic laboratory test called ImmunoGenomic (www.genovations.com) is now available from

health care professionals to assess a predisposition to immune dysfunction.

What are the causes of poor immune function?

- Nutritional/dietary factors: Excessive fat and sugar consumption, excessive alcohol intake, nutritional deficiency and obesity;
- Emotional/Physiological factors: Food allergy or intolerance, intestinal candida overgrowth, emotional trauma and severe physical trauma;
- Chemical factors: Pesticides, exposure to heavy metals (mercury, lead, cadmium) or toxic chemicals (organic solvents);
- Drug-related factors: Over-the-counter drugs (aspirin, acetaminophen, ibuprofen, corticosteroids) and chronic antibiotic use;
- Lifestyle factors: Stress, excessive exercise and inadequate rest; and
- Environmental factors: Frequent exposure to infectious agents and air pollution.

How can I improve my immune system?

The simplistic natural approach to repairing an immune imbalance is to stimulate the immune system. However, excessive stimulation of the immune system can shunt energy away from the other important energy-dependent systems of the body. This is often warranted in acute illnesses, but continued immune system stimulation in chronic illness will often worsen any underlying detoxification or digestive problems.

More comprehensive treatment of the immune system must first address unhealthy dietary habits that impair the ability of the immune system to respond properly. These habits include excessive consumption of pro-inflammatory fats (red meat, dairy products); excessive alcohol intake that burdens the detoxification system and limits the immune response; excessive sugar consumption which results in a 50-percent reduction of immune activity for one to five hours after consumption; inadequate intake of the proteins that are used to manufacture antibodies in the body; and immune nutrient deficiency (specifically, zinc, selenium, vitamin E, vitamin C and vitamin A).

The second step involves identifying and then reducing or eliminating internal and external triggers that alter the immune system. For example, stress is now recognized as one of the great damagers of the immune system. High stress levels lead to excess cortisol production, which results in an immunosuppressed state and increased susceptibility to infectious agents.

Another example is that food allergies and sensitivities are often underlying immune dysfunctions. Fifty percent of the immune system surrounds the gastrointestinal tract, meaning the body has been designed to mount an immune response to any unwanted “food invaders.” [The gold standard test for food sensitivity is an elimination-then-challenge diet. A reliable alternative is a blood test that measures cellular reactivity to

food proteins called ELISA/ACT (www.elisaact.com) available from health care professionals.]

Working with a health care professional to identify the causative factors underlying an impaired immune system and then taking therapeutic measures to reduce these factors is an important step.

The third step is utilizing nutritional and herbal supplements to support a healthy immune response. Examples of nutritional and herbal therapies are outlined below.

Nutritional Supports

- Vitamin C is useful to help fight infections from virtually all pathogens. It helps prevent and decrease the duration of the common cold. High doses up to 5,000 mg/day are recommended during an infection.
- Vitamin A and beta-carotene significantly affect the immune function and can be used preventatively, as well as therapeutically, to improve the status of the immune system.
- Zinc is essential for a wide range of physiological functions, including support of the body's defense system. When zinc levels are low many white blood cell functions critical to the immune response are severely lacking.
- Beta-glucan provides is a natural polysaccharide derived from baker's yeast providing healthy immune cell activity and natural defense.
- Thymus extract supports the activity of the thymus gland, the master gland of the immune system.
- Colostrum is a highly-concentrated source of immunoglobins (antibodies), growth factors, and enzymes produced from dairy cows shortly after giving birth.

Herbal Supports

- Echinacea has potent non-specific stimulatory actions on the immune system, including antibacterial and antiviral-like properties. It is generally recommended as an acute phase remedy to be used at the very beginning and throughout the course of an illness.
- Astragalus is a traditional Chinese herb used as a tonic for strengthening the body's resistance to disease. It has been shown to reduce the frequency and duration of the common cold.
- Goldenseal contains berberine, an alkaloid that demonstrates significant antimicrobial activity against a wide range of organisms, as well as immune-stimulating properties. Berberine is also present in Oregon grape and barberry. (Caution: these herbs should not be used during pregnancy.)
- Olive leaf extract supports the immune system and promotes a healthy intestinal environment. From the Mediterranean olive tree, it defends itself against bacteria, fungi, and parasites through compounds it produces.

- Flavonoids include proanthocyanidins (PCO), quercetin, citrus bioflavonoids, and green tea polyphenols. They have been referred to as "nature's biological response modifiers" because of their ability to modify the body's reaction to other compounds such as allergens, viruses and carcinogens.

Is there a difference in the quality of nutritional supplements?

The price of an immune supplement is dependent upon the quality of ingredients used in the formula. Many of the supplements available at the Natural Care Center at Woodwinds are only available to health care practitioners, which assures the highest quality product available. This includes ingredient quality, full disclosure labeling, and the use of hypoallergenic ingredients. We offer a wide range of immune formulas, including combination herbal formulas, isolated extracts, broad-spectrum defense formulas, and formulas specifically designed for children. They differ on the choice and potency of ingredients. Higher quality herbs, vitamins, minerals, and nutritional extracts increase the cost of the supplement.

If you are interested in making an appointment with Paul Ratté, N.D., to assess how naturopathic approaches can improve your health and wellness, call the Natural Care Center at Woodwinds at (651) 232-6830. If you would like to read additional articles about natural approaches to health, visit Northwestern Health Sciences University's Web site at www.nwhealth.edu/woodwinds.

Employee Resources

Simulated Patients Needed For T7 Developmental Assessment

The clinical education department is looking for students, faculty and employees to serve as simulated patients for T7 chiropractic students undergoing the Developmental Assessment. Volunteers may earn either \$9 per hour, clinic hours or Time Away from Clinic (TAC) hours.

The Developmental Assessment evaluates the clinical competency of an intern prior to entering the University's public clinics. It entails a videotaped single encounter with a standardized patient. Faculty examiners score interns on history taking, physical examination, differential diagnosis, laboratory and radiological findings, a treatment plan, interactive skills and ending the visit. Everyone except T6 and T7 chiropractic students are encouraged to volunteer.

Volunteers are needed on the following dates and times:

Feb. 16: 10:30 a.m., 11:45 a.m. and 1 p.m.

Feb. 17: 8:30 a.m., 9:45 a.m., 11 a.m. and 12:15 p.m.

For more information or to register, contact Mary Berg at mberg@nwhealth.edu or ext. 453.

Daily Hot Spots

It's tough keeping up with world leaders these days. Test your world leader knowledge at: <http://www.terra.es/personal2/monolith/00index.htm>.

Don't be fooled by whimsical titles like "Artichoke Unbound." The Electric Gallery is jam-packed with wonderful original paintings and reproduction prints for sale or just browsing. <http://www.egallery.com/>.

The Royal Ontario Museum collects and exhibits the cultural and natural history of Canada and the world. <http://www.rom.on.ca/>.

The Cyberspace Racing Team could be a fantasy sports league for horse racing lovers – except these folks actually own the horses you learn about online. CRT is a group of more than 30 Internet users who are racing fans and aspiring owners from all over the United States and Canada. <http://www.crt-stable.com/>.

To recall and celebrate the positive contributions to our nation made by people of African descent, Carter Woodson, American historian, established Black History Week beginning on Feb. 12, 1926. As a part of the nation's bicentennial in 1976, the week was expanded into Black History Month.

[Release/www/releases/archives/facts_for_features_special_editions/003721.html](http://www.releases/archives/facts_for_features_special_editions/003721.html).

Plot a course to one of the Web's best sources of digitized maps at University of California – Berkeley's Earth Sciences and Map Libraries site. The digital maps are organized into areas such as nautical charts, topographic maps, transportation and communication maps, facsimile maps and reproductions, and aerial photography.

<http://www.lib.berkeley.edu/EART/>.

Northwestern People

Student Spotlight: Brianna Seira, T2 chiropractic student

Where are you from originally?

Austin, Minn. I went to Mankato State University in Mankato, Minn.

What did you study?

Human biology and chemistry.

What made you want to study chiropractic?

Since junior high school, I have been heavily involved in sports. Our sports team hired a female doctor of chiropractic. She was an inspiration to me, and she promoted chiropractic as a profession that is very accepting for women.

In which sports did you participate?

Volleyball, basketball, softball, ballet, jazz and tap.

Which sport was your favorite?

Volleyball. I enjoy the competition and the team effort required for success.

If you were stuck on a deserted island with two people of your choice, who would you pick and why?

Firstly, I would choose my cousin Melissa. She is my best friend, and I really look up to her. A kind-hearted person, she is also very street-smart.

What does she do for a living?

She is a kindergarten teacher.

Who else would you pick?

My mom. She is my mentor. Basically, I would choose her for the same reasons that I chose Melissa, and in addition she has the whole mothering thing going for her.

If you could be any generic character in a horror film, who would you be?

Definitely the victim who survives.

What does that say about you?

I am a survivor.

What is your favorite food?

Crab.

What does that say about you?

Nothing. Should it say something about me?

Well, I suppose the fact that it doesn't is a good sign. When you get up in the morning, do you put on your pants first or your socks?

My pants.

Why?

I don't know why. And to answer your next question, the order in which I dress says absolutely nothing about me.

Employee Spotlight: Ariel Abell, BS, research data manager

How long have you been at Northwestern?

Since Jan. 3. It has been very interesting.

How so?

Well, it is proposal time around here. I am waiting until after deadlines to get broken in. Then I will be hammered with work.

What were you doing before Jan. 3?

I was a bioinformatics intern at the University of Minnesota.

Cool... What is that?

It involves the use of computers for biology. As an intern I worked on the sequencing of alfalfa genomes.

Is the sequencing complete?

It's still in process.

What will it mean when the alfalfa genome-sequencing project is complete?

Basically, it will help in the agricultural industry. Alfalfa is a nitrogen fixation plant that aids in the production of plants around it.

You must love research.

I love it, especially health research. The more you get into it, the more fascinating it is. Plus, this is work that is for the greater good.

Outside of research, what do you love?

I love my little boy, Skyler. He takes up most of my free time. I also love my two dogs.

What types of dogs do you have?

I have a mutt named "Sally," and a Chihuahua named "Cotton."

You have a Chihuahua? You and Jaime Hunt, BA, public relations coordinator, should become friends!

Yeah! Chihuahuas are awesome!

Why did you name him "Cotton"?

I was living in Georgia at the time that we bought him. The name "Cotton" just seemed to fit.

What does Cotton think of Minnesota?

He is freezing! Chihuahuas really weren't meant to live in this climate.

Yeah, they don't have much fur do they?

Not much at all. However, they seem to shed a great deal.

Yeah. Gross. Here is a question: do Chihuahuas have fur or hair?
Hmm...I think you will have to look up that one.

Maybe this can be the next research project?

Yeah, maybe. Perhaps when the alfalfa genome sequencing is complete.

Practice Management

Chiropractors are Their Own Worst Competition

Submitted by Mark Sanna, DC, president and chief executive officer of Breakthrough Coaching

Chiropractors are their own worst competition. The mindset that there are not enough new patients to go around limits growth and stifles opportunity. Every man, woman and child on the planet today has a spine and needs a chiropractor. Eliminating the thought that medical physicians, physical therapists, massage therapists, or other alternative practitioners are your competition is the first step to unlimited new patients.

Chiropractors should seek to become proficient in the techniques of their choice and to deliver the highest-quality care possible. Focus on polishing your patient communication skills so that you confidently express your message at every opportunity. Placing the focus on these two important skills will leave you with little time left to worry about the “competition.”

A recent study, published by Richard A. Cooper, MD, health services researcher at the Medical College of Wisconsin, and Heather J. McKee, health services researcher at the Medical College of Wisconsin, concludes with the following paragraph, “In previous decades, chiropractors did not want their profession to be considered as a form of medical practice. Even now, many see themselves as practitioners of a distinct art. Having crossed the chasm into the reimbursed world of health care, they must now prove their quality, effectiveness, and value. The profession is buttressed by satisfied patients and by sympathetic politicians and by the general longing for someone who will listen and be supportive. But as our aging nation struggles to define the health care system that it can afford, it is uncertain whether this will be enough.”

Chiropractors succeed when they adopt a functional model for their practice. One that objectively documents the functional improvement of the care they deliver and the impact it has on patients’ ability to perform their activities of daily and work life and the impact of chiropractic care on the overall quality of life.

Dr. Mark Sanna is the CEO of the international consulting firm, Breakthrough Coaching, which teaches a system of proven procedures and strategies that has produced outstanding and consistent results for physicians in professional practice for more than 15 years. He is also the president of the occupational healthcare company, Corporate Health of America, which has developed a network of physician providers and healthcare experts that serves the needs of employers across the country. Dr. Sanna is the recipient

of many prestigious awards including the coveted endorsement of the American Chiropractic Association. For more information, contact (800) 723-8423 or online at www.mybreakthrough.com.

Poll Question

What do you typically eat for breakfast?

- (a) Bacon, eggs, hash browns and coffee: I am all-American.
- (b) The continental pastry and coffee breakfast: If it is good enough for foreign dignitaries, it's good enough for me.
- (c) Last night's pizza and a diet coke: I am going on 72 hours without sleep!
- (d) Lucky Charms: It's like candy in a bowl!
- (e) Wheaties: the breakfast of champions.

Menu