



SANTIAGO CHIROPRACTIC ASSOCIATES

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Extern to Spend November with Santiago Chiropractic Associates

Lake Hiawatha, NJ, November, 2012 — After seven trimesters of school and having completed the requirements of a one year internship, New York



Chiropractic College (NYCC) students are given the opportunity to spend their last month before graduation at an externship within a private practice. This is an opportunity for these students to obtain experience clinically, as well as with handling front office procedures and running a business

before heading out into the real world. Dr. Julie completed an externship with Santiago Chiropractic in November of 2009 and this year, the office will host Elizabeth McGinley for the month.

Liz, a native of Bergen County NJ, attended Rutgers University in New Brunswick where she graduated with a BS in Animal Sciences. She was a certified veterinary technician for ten years specializing in emergency and critical care. However, after receiving chiropractic care for a work related injury, Liz was inspired to change her career path to become a Chiropractic Physician. Currently, she is a tenth trimester intern from NYCC's, Levittown Health Center and will graduate in December. In her limited spare time, Liz volunteers with the Special Olympics and local animal shelters. She also spends time with her three cats, two snakes and boyfriend, who is a fellow chiropractor in Long Island, NY. Following graduation, Liz plans to practice in Northern NJ specializing in nutritional counseling, sports and wellness care.

Please join us in welcoming Liz into our practice this month!

Why Choose Chiropractic?

A recent randomized double blinded placebo-controlled parallel study (<http://www.ncbi.nlm.nih.gov/pubmed/23026869>) investigated the effectiveness of spinal manipulation (adjustments) compared with the non-steroidal anti-inflammatory drug (NSAID) Diclofenac for the treatment of acute non-specific low back pain. Results of this investigation, including over 100 patients, demonstrated that the manipulation group scored significantly better than the Diclofenac group in terms of self-rated functional disability (SF-12), off-work time and rescue medication between baseline and 12 weeks after randomization.

Additionally, with the growing number of illnesses and deaths related to the recent outbreak of fungal meningitis cases transferred in the treatment of low back pain with lumbar epidural steroid injections, the risks of more invasive therapies are on the rise. For the safest and most conservative treatment of low back pain and many other musculoskeletal complaints, choose chiropractic first!



“What the... why would they schedule my surgery for Thanksgiving?”

Happy Thanksgiving