



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## SCA Welcomes Chiropractic Assistants

**Lake Hiawatha, NJ, July 2015** —This summer, Santiago Chiropractic is excited to welcome two Chiropractic Assistants to our office team—Veronica Manley and Maddie Snyder.



*Veronica Manley*

Veronica Manley of Morris Plains NJ, is currently studying Biology at Villanova University where she also is a member of Villanova's Division I rowing team. She enjoys playing basketball, guitar and is taking an Italian class over the summer. Veronica is looking forward to working with our patients and increasing her knowledge of the chiropractic profession. You will meet Veronica during our evening hours and on Tuesday mornings.



*Maddie Snyder*

Maddie Snyder of Montclair, NJ, will be working at SCA on Monday, Wednesday and Friday mornings. As a rising sophomore at Trinity College she plans on majoring in psychology while continuing to play for the varsity soccer team. Maddie enjoys all sports, fashion and spending time with her family, friends and dogs. She is very interested in health and fitness and is excited to gain experience in the chiropractic profession while getting to know all of our patients.

Both Maddie and Veronica will be assisting the front office staff as well as the doctors with administering your therapy to make your visits more efficient helping to maximize the one-on-one clinical time you will have with the doctors. Please join us in welcoming these bright, young ladies!

## Dr. Santiago MC's Memorial Day Parade

On Monday, May 25, 2015, Parsippany's Annual Memorial Day Parade was celebrated along North Beverwyck Road. Serving as Master of Ceremonies was our very own, Dr. Santiago. The parade began at Katherine Drive and ended in front of the Foodtown Shopping Center. It was a perfectly beautiful day to share with the community in recognizing the sacrifices made by our veterans who have passed on and their families.

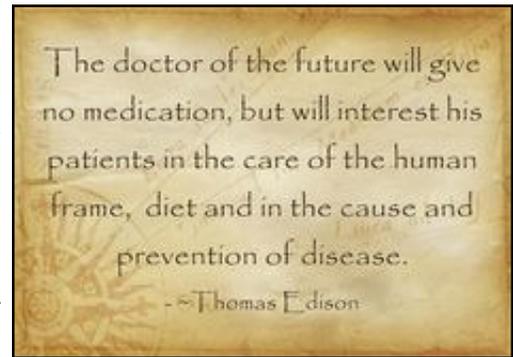




## Why Not Seeing a Chiropractor Can Cost You

(NewsUSA—Falls Church, VA) - Didn't consult a chiropractor first for your back pain? That'll cost you \$1.3 billion. No, you personally won't be on the hook for the entire amount. But in analyzing two year's worth of its own insurance data, the health care giant, Optum, projected that's how much money healthcare consumers would've saved had patients who'd experienced 14.7 million reported non-surgical spinal episodes received chiropractic care at the outset. Optum's definition of "at the outset" is "within the first 10 days" of a spinal episode. Research found that taking advantage of that window drastically reduces the need for everything from costly surgery to injections to prescription medications -- a conclusion certain to fuel the growing "chiropractic first" movement espoused by many health experts.

And it's not just about the money. "The quality of back pain treatment" would likewise be "improved," Optum has contended, if doctors of chiropractic – who already perform more than 94 percent of all spinal manipulations in the U.S. – were consulted first by patients. "Chiropractic care advances the opportunity for optimal outcomes across care delivery, quality and cost," said the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, DC. Dr. Clum also pointed to a recent study in the journal "Spine" that found patients suffering from lower back pain who first visited a chiropractor, versus a surgeon, were more than 40 percent less likely to go under the knife. Coincidentally, 40 percent is also what the Foundation pegs the per-episode savings at when chiropractic care precedes medical or surgical interventions.



**More Reasons to Eat Fruit!**

 Cherries help calm your nervous system	 Grapes relax your blood vessels
 Peaches are rich in potassium, fluoride, and iron	 Apples help your body develop resistance against infections
 Watermelon helps control your heart rate	 Oranges help maintain great skin and vision
 Strawberries can potentially fight against cancer and aging	 Bananas are great for athletes because they give you energy
 Pineapples help fight arthritis	 Blueberries protect your heart
 Kiwis increases bone mass	 Mangos protect against several kinds of cancer

**ATTENTION:**

**Santiago Chiropractic will be closed on July 3rd for the holiday weekend. Summer hours will begin Monday, July 6th and extend through Labor Day Weekend:**

**Monday: 9AM-12:30PM, 4-6:30PM**  
**Tuesday: 10AM-12:30PM**  
**Wednesday: 9AM-12:30PM, 4-6:30PM**  
**Thursday: By Appointment Only**  
**Friday: 9AM-12:30PM, Afternoon by Appointment Only**



For the latest health tips to help you Eat Well, Move Well & Think Well : [Like Us!](#) "Santiago Chiropractic Associates"