

From The President's Desk

At the WFC World Congress held earlier this year in Sydney, an important debate occurred which I was privileged to be a part of. The topic was that "A firm grounding in the philosophy of chiropractic is more important than a firm grounding in the scientific basis of chiropractic for practicing chiropractors".

In the affirmative were Dr's Gerry Clum, Adrian Wenban and myself, and for the negative side Dr's Scott Haldeman, Cheryl Hawk and Stefan Pallister.

While at times the debate was lively and fun, it asked some important questions of our profession.

Some practising chiropractors take the view that "I'm doing OK I don't need research". This kind of anti-science view serves no-one as a defining aspect of a profession is its growing body of knowledge. If professions around us are increasing their knowledge base and chiropractic is not, then over time we will be left behind. However a key question becomes "What are we going to research?"

Professor Ian Coulter argues in his book *A Philosophy of Alternative Healthcare* that "until very recently, chiropractic was legitimated not because of research, but in spite of it"¹. This would endorse the practising chiropractors view that research is not important.

However we are living in different times where the community is asking /demanding higher standards. One aspect of this is the professions knowledge base. It is interesting that the number of practising chiropractors that subscribe to journals is very low. The eminent Bill Meeker writing in *Dynamic Chiropractic* as recently as last year made this comment:

*"Most of the profession does not keep up with advances and controversies in chiropractic science, if attendance at scientific meetings and readership levels of our scientific journals is any indication"*² In fact JMPT the professions leading journal has fewer than 3,600 subscribers.

What does this mean? It means that 95% of practicing chiropractors don't read the literature and at best may read the occasional article. If they do read research then it is essential to have a filter by which to digest such work. This comes from an understanding of the paradigm the work was done in. Hence, in the debate the affirmative team took the view that philosophy precedes science every time.

During the debate Dr Haldeman claimed that Chiropractic has advanced in the public arena due our science, and he cited the NINDS conference in 1975 as an example.

However I rebutted this from the NINDS proceedings quoting Profession Goldstein who said

*"Chiropractors had no science that could be used to justify their clinical practice and theory – and the medical profession had nothing to justify its criticisms."*³.

And so the debate ebbed and flowed back and forth, however there was unanimity that research was important, in fact essential to the profession.

Continued overleaf

Long-serving ASRF Chief Executive Retires

Mr Noel Culbert, Chief Executive of the ASRF has now retired.

Noel started with the ASRF in an honorary capacity as a Governor on the Board for approximately 6 years and then joined the office in December 1999 part-time for 3 months; he was then appointed full time. With 12 years of service to the Foundation and the chiropractic profession we wish to say, Thank You!

A plaque was presented by ASRF President, Dr Brian Kelly to Noel culbert at Melbourne Parker Seminar, July 2005



Pass it on!

Please share this Newsletter with your Team and your Patients

2005 summer

ASRF Board Elections

From The President's Desk cont.

The real debate was the *context* of this research. (For copies of the debate on CD audio, please contact Ed Van Maanen, EverTechnology on 07 3207 8500 or email ed@evertechnology.com.au

The ASRF takes the view that due to our size on the world stage, we cannot research every aspect of chiropractic/spine/health. We spend much time as a Board discussing paradigms of research, and the contribution that an organization like ours can have to the health and wellbeing of our community. We also discuss our value to the chiropractic profession.

We are mindful of funding research that is so reductionistic that it misses the point of the chiropractic encounter, and yet we get excited about basic science research that helps us piece the jigsaw together.

As Dr David Davis said recently at the ASRF AGM, the ASRF has immense value to the profession and the community at large.

In the New Year we are looking at some exciting initiatives. The first is the inaugural Australasian Chiropractic Research conference. This will be held in conjunction with Chiropractic Colleges, academics, researchers and the CAA.

We are also looking forward to develop a major fundraising initiative through Chiropractic patients. If you have any ideas on this, please do not hesitate to contact myself or the office.

Thanks for your ongoing support and I wish you a safe and healthy Christmas and a successful year ahead.

- ¹ Coulter ID Chiropractic – a philosophy for alternative Health care Butterworth-Heinemann, Oxford 1999. Ch 2 p 18
- ² Meeker W. Believe it or not, Chiropractic Science is evolving! Dynamic Chiropractic June 17, 2004
- ³ Goldstein M [ed]: Monograph No. 15. The research status of spinal manipulation, U.S. Department of Health, Education, and Welfare, Washington, DC, February 3-4, 1975.

At the AGM in Melbourne on 17 September 2005, three new Governors were elected for a three year appointment to the Board of the ASRF. They were: Dr David Cahill, Dr Tony Rose and Professor Elizabeth Deane.

Dr David Cahill thanked Dr Brian Kelly for his tireless efforts over ten years as an ASRF Governor,

five of them as President. He presented Dr Kelly with a gift on behalf of the Board and other Members.

Dr Kelly acknowledged with thanks the contributions of retiring Governors Dr Martin Harvey and Dr Brett Ireland.

The current ASRF Governors are:

President:

Dr Brian Kelly, B.App.Sc. (Chiro.)

Vice President: DG Convenor

Dr David Cahill, B.App.Sc. (Chiro.)

Treasurer: Exhibition Co-ordinator

Dr David Minns, B.App.Sc.(Chiro.)

Secretary: Bright Future Chair:

Dr Mark Uren, DC.M.Chiro

Chair Research Committee:

Professor Jennifer R Jamison, Ph.D., Ed.D., M.B.B.Ch.

Chair Marketing Committee:

Dr Brian Sherwood, B.App.Sc (Chiro)

DG Workshops Convenor:

Dr Keith Livingstone, B.App.Sc. (Chiro.)

Other Directors:

Dr Raymond Hayek, B.Sc. (Hons), M.Chiro, Ph.D., Cert.H.Ed., F.I.C.C.

Dr Tony Rose, B.App.Sci (Chiro)

B.Clin.Sci

Professor Elizabeth Deane, BSc (Hon 1), PhD

"Correction"!

On ASRF Research Grants – Massey University, NZ Spring Edition 2005

In our Spring newsletter, we ran an article on some exciting research being funded by the ASRF by Professor Len Blackwell at Massey University. In error we used the word "immunisation". This should have read "immunoassay". We apologise for any confusion this may have caused.

Special Guest Speaker at AGM

As is customary at the AGM, the Board invites a significant person to reply on behalf of the Community. As the AGM was held in Victoria, we invited Victorian Shadow Minister for Health and Chiropractor Hon David Davis MLC.

Dr Davis included the following points in his eloquent address:

- The safety and quality of health services is becoming more of a focus for governments and the community.
- The community is increasingly demanding accountability for huge health expenditure by governments.
- Organisations like the Committee for Economic Development of Australia, the Productivity Commission and Government Auditors are taking increasing interest in the quality and cost-effectiveness of health expenditure.
- There is increasing pressure on professions to be safe, effective and cost-effective.
- Official Inquiries have revealed huge variations in the quality of health services.
- In funding research, the ASRF is well-placed to be an important part of these trends.
- The Chiropractic Profession is well-placed to become a primary care profession.
- Research funded by the ASRF is helping to demonstrate that Chiropractic is both effective and cost-effective.

Dr Kelly thanked Dr Davis for his remarks, highlighting several points made.

Have You Had Any Interesting Cases Lately?

How about writing them up and contributing to the literature! Yes... any chiropractor can contribute to our growing base of evidence by writing and contributing a CASE REPORT! All kinds of cases in your office are possible gems that would be more useful sitting in our chiropractic database than in your office files. Think about it! If each chiropractor in Australia and NZ wrote up one case report a month and contributed it...that'd be about 30,000 new case reports a year.

Well-written case reports can make a solid base for the research pyramid. To find out how you can be part of chiropractic science, call the ASRF office and find out about **Dr Peter Bryner's CASE REPORTS WORKSHOPS**. Participants are asked to bring along case histories from their own practices, and Dr Bryner personally guides them through the process of case report writing. Workshop numbers are kept small so that this is a very effective exercise.

Reporting on Case Reports Workshop –

Sydney 16 October 2005,
Macquarie University



I'd like to thank the ASRF and the CAA for inviting me to present this Workshop again in Sydney. Attendees were all provided with a workbook and CD of the presentations along with internet links to important sites and a collection of case report abstracts and publications for them to review on their own computers.

Dr Peter Bryner

Attendees were asked "What did you like the most about this Workshop?" Here's what some said...

"Well organised, detailed, methodical presentation"

"The CD that was included was great!"

"Peter's inclusive style of presentation, informal"

"Useful information, Good presentation, Interactive format"

Join Your Colleagues at a DG Workshop in 2006

Check out our website for new dates for 2006 details of venues and online registration availability.

DG Workshops 2005 – There's A Lot Of Talent Out There!

A good speaker can present a topic in such a way that people's lives are changed forever.

The DG Workshops raise thousands of dollars for chiropractic research each year. Not only do they serve this noble purpose, but they are a great training ground for chiropractic speakers: whether chiropractors, students, chiropractic assistants, or chiropractic patients. Speaking confidently about chiropractic in your clinic or community is a great way to ensure that this profession grows. There's no better way to get your speaking skills together than in the presence of friends in the profession. Each speaker gets reviewed by several members of the audience, and helpful notes on your performance are mailed to you later.

DG Workshops are VERY AFFORDABLE. Students, chiropractic teams, and patients can all afford these workshops which usually occupy an afternoon. Just the thing to top us up during the course of the year! Of course, speakers all provide their time for no fee, and pay for their own travel and registrations, whether neophyte or legend! This year 80-year old chiropractic legend Dr Reggie Gold spoke at the Melbourne DG Workshop, and paid his own way! He spoke enthusiastically about the way DG Workshops can groom our future chiropractic advocates and speakers. (One of Reggie's golden snippets concerned the importance of pre-checking and post-checking with each adjustment: this examination and re-examination of the spine every time is VERY reassuring to the patient, and takes very little of the chiropractor's time.)

This year as DG Workshops Convenor I had the opportunity to attend the Workshops in Perth, Adelaide, Wairakei (New Zealand) and Melbourne.

All workshops had different themes and styles, and some stunning new speakers were "discovered". Several "new" speakers heard at these workshops will be on the big stage at DG 2006 in February. Watch out for the new young speaker from Perth! As good as anyone I've heard, and he's one of us!

Finally a big thank you goes to the following DG Workshop Convenors:

VICTORIA

Dr Richard Mitton & Tanya Mitton

WESTERN AUSTRALIA

Dr Andrew Mutzig

QUEENSLAND

Dr Brad Rulfs & Maryanne Rulfs

NEW SOUTH WALES

Dr Gary Smith

SOUTH AUSTRALIA

Dr Aaron Scott, Maria Walsh,
Karen O'Neill

NEW ZEALAND

Dr Kim Harpur & Mr Paul Glover

SPECIAL THANK YOU WINSTON MARSH

Australian Marketing guru Winston Marsh has very generously given his time again to the ASRF. On November 12th in Melbourne he ran a marketing workshop for our DG Workshop convenors!



Dr Keith Livingstone

Where Inspiration Meets Perspiration

Great Scientific Discoveries by Prepared Minds

We all know the story of DD Palmer giving the first chiropractic adjustment in 1895 to Harvey Lillard, and how Lillard's deafness was "cured". For years, many anatomists said that adjusting the upper thoracic spine couldn't have that effect. Recently, autonomic pathways emanating from the upper thoracic spine have been found that can explain the "Lillard effect." And so the pendulum of scientific opinion swings until it eventually reaches a world-view near our own: but the underlying phenomenon stays the same regardless.

Here are some unusual true accounts of inspired science at work.

Penicillin

Most people know the story of the Scottish scientist Alexander Fleming and his discovery of penicillin in 1928. Fleming returned to his work at St Mary's Hospital, London, after a 4-week holiday, when he observed that a broken Petri dish cover had allowed moulds to invade a culture of staphylococcus bacteria. One mould, penicillium notatum, had killed the bacteria outright... and it was this discovery that led to the Nobel prize for Fleming, Ernest Chain, and the Australian Howard Florey in 1945. A case of a prepared mind and a chance happening combining spectacularly.

Insulin

Well it turns out that this sort of thing has happened frequently in science, and often with a big dose of inspiration from the netherworld of "dreamland". Frederick Banting, a Canadian doctor, had been doing research into the cause of diabetes, but had not come close to a cure. One night he had a strange dream. When he awoke, he quickly wrote down a few words that he remembered: "Tie up the duct of the pancreas of a dog...wait for the glands to shrivel up...then cut it out, wash it...and filter the precipitation." This new approach to extracting the substance led to the isolation of the hormone now known as insulin.

Anaemia

This was discovered and cured by Hippocrates in about 400BC. He also wrote seven treatises on care of the spine. Hippocrates not only identified many of the classic physical signs of iron deficiency anaemia, but SOMEHOW he worked out that it could be cured by making a broth from rusty swords left in a cauldron of water! How on earth did he work that out?

Whatever the underlying process... unless the prepared mind is asking the right questions in the first place, it is extremely unlikely to get an inspired answer. This is why the ASRF has chosen to encourage research that goes into newer directions than simply low back pain or headache research.

The Golden Rule of Research

The Golden Rule of Research has in the past been "Who holds the gold, dictates the research".

To date, much funded spinal research has been directed into areas that interest orthodox medicine and pharmacology: pain relief and influencing metabolism. These areas, though useful, are not of primary interest to many chiropractors who see their role in holistic terms. Therefore the questions we must ask have to veer away from those areas if we are to establish the science for chiropractic's apparent mediation in so many pathways.

Predictions are very hard to make... especially about the future! Anonymous

Exciting New Directions

Last year, exciting new directions were taken with ASRF funding of work by PhD researcher Bernadette Murphy, a chiropractor and neurophysiologist, at the University of Auckland, and by Dr Barbara Polus at RMIT University.

Dr Murphy's work on neuroplasticity shows how altering the input from the neck to the brain can alter the output of the brain to the arm muscles. Ultimately, this type of research may help us understand how chiropractic is able to improve strength, coordination, posture and balance, by working not just directly on efferent pathways, but by affecting the output of the part of the body that controls the muscles – the brain.

Dr Polus's work will allow researchers to identify what impact cervical adjustments have on neural regulation of the human heart. It appears that controlled rotation of the lower neck has a direct influence on the autonomic drive to the heart. The long-term outcome of this research program is to examine the role that chiropractic may have in providing safe, cost-effective health care for visceral dysfunction.

The ASRF is now starting to reach critical mass with its capital fund having reached its 5-year target a year early! Australian Chiropractic research is now starting to get a bit of gold of its own, and in time we shall be getting more answers to Chiropractic Questions. All because of the support the ASRF gets from the chiropractic profession. Thank you!



Dr Keith Livingstone

Focus On the ASRF Office

PROFILE OF:

Mr Greg Thomas MCSE



BACKGROUND:

18 years as a Chef and instructor in Australian Defence Force (Army), injured (1989) and retired from military in 1993 – invalid due to

serious spine injury. After completing a Microsoft qualification (MCSE), applied for office assistant volunteering position at ASRF IN 2002, thought I could give something back and maybe help others who had spinal injuries. Through my involvement with the ASRF I am able to meet and speak to Chiropractors and their associates from all over the world.

I was appointed on a permanent parttime basis at the ASRF to manage IT. My expertise enables me to suggest and implement computer software upgrades for the ASRF. We are now capable of completing jobs that were beyond the scope and training of the ASRF staff 3 years ago, and the future holds great promise.

WIN! WIN! WIN! Through Spinal Health Checks!

Are you starting a practice, or simply wanting to make more of an impact in your local community? Spinal Health Checks don't have to be run in a shopping mall or public forum. They can be run in your own clinic as a public service. This is a great way to educate families about spinal health and chiropractic, whether they become your patients or not. At the same time, a fee of \$20 can be donated to YOUR research organisation! Chiropractors, Chiropractic Assistants, and chiropractic patients often enjoy the interaction an in-house spinal screening day can create! Free Starter Kits and Schedules of Events are available from the ASRF Office. We supply hints, receipt books, deposit books, signage and brochures as well.

For Chiropractors and Chiropractic Patients from the World of Chiropractic Research

“Breech Pregnancies” and Chiropractic

Chiropractic care can be very effective in correcting fetal malposition/malpresentation in pregnancy. Perinatal morbidity and mortality are increased in malposition/malpresentation pregnancies. The common medical approach of Caesarian delivery in such cases has inherent risks to mother and fetus.

The Webster In-Utero Constraint Technique has been reported in various chiropractic research publications in the last three years. The Webster technique uses standard leg length checks, and is based on gently correcting subluxation of the sacrum.

A paper examining the success of this technique was presented at the recent World Federation of Chiropractic Congress in Sydney in June.

A retrospective study of 30 patient files was made. Average patient age was 30.93 years (age range 20-46 years). Patients averaged 34.4 weeks of gestation (range: 29 weeks-39 weeks). Fetal malposition/malpresentation cases were as follows: facial position (1 case), transverse position (4 cases), posterior lie position (11 cases), breech position (14 cases). The average number of visits was 3.7 (range 1-9 visits) within an average of 8.6 days (range 2-28 days).

All malposition/malpresentation cases were corrected using the Webster technique as verified by ultrasound. This retrospective analysis provides supporting evidence on the effectiveness of the Webster Technique in correcting fetal malposition /malpresentation in pregnancy.

(Patients with Malposition and Malpresentation Pregnancies Cared for with the Webster In-Utero Constraint Technique: A Retrospective Analysis. Joel Alcantra DC, Linda Mullin. WFC Congress Proceedings 2005, Pg 261-262)

Spinal link to asthma, stress and immunity says chiropractic researcher

Chiropractic care may favourably influence stress and immunity factors in asthma sufferers according to Macquarie University researcher and ASRF Board Member Dr Ray Hayek. Dr Hayek is the principal investigator for this world-first clinical study, which began in 2001 after two studies in 1992 and 1998.

The Asthma and Chiropractic Clinical Trial, which has involved hundreds of participants in multiple clinical settings across Australia, has established a link between spinal function and measurable stress and immunity markers in asthma sufferers.

“When an asthma sufferer is under the anxiety of a looming asthma attack, the levels of the hormone **cortisol** increase. This acute increase in cortisol through a number of mechanisms can bring on an asthma attack,” says Dr Hayek.

“Levels of the stress hormone cortisol steadily decreased during the trial, and levels of immunological markers (immunoglobulin A) steadily rose” says Dr Hayek.

“These dramatic changes continued to be noticed for a number of weeks after cessation of chiropractic care.”

(Despite varied chiropractic technique protocols and differing locations, very similar measured outcomes occurred. If these changes are possible in asthma sufferers, then they may also occur on a more global basis with non-asthma sufferers. This tends to support the conclusions raised by recent qualitative studies of chiropractic care outcomes.)

THIS DG SET TO BE BEST YET

Join Us 24 – 26 February 2006
Dynamic Growth Congress
"Kids and Chiropractic"

The DG 2006 Organizing Committee think that this will be the best Dynamic Growth Congress ever. It's all

about kids, and we've got several presenters who totally specialize in kids' chiropractic. The keynote speaker is the brilliant Dr Bruce Lipton, with his 90 minute presentation that will take you right into the inner workings of the "machinery" that runs life. You will be blown away by Bruce's cutting-edge research and the conclusions that we can draw. "Amazing", "Awesome" and "Wow" were some of the comments our panel of reviewers wrote after seeing just eleven minutes of Bruce's material.

(Our review panel of 19 members has a combined experience of over 170 DG congresses ... and they were seriously IMPRESSED).

Of course... it's never just about the presentations, (fantastic as they will be!)... it's about the PARTY too!

The DG Ball is always the year's best! And in 2006 for the first time it'll be held at SEAWORLD.

Imagine 820 Chiropractors, students, and CAs jumping around in their marine gear! See you there!

WIN THE KIDS, WIN THE WORLD

Celebrate Chiropractic And Experience
"A TOUCH OF PARADISE"

to be held at the fabulous 5-star Marriott Hotel in Surfers Paradise, Queensland



Opportunity for Exhibitors at DG 2006

Come and be a part of this exciting annual event on 24 – 26 February 2006 for the Dynamic Growth Congress "Kids and Chiropractic". This is a great opportunity to launch a new product/business in the health industry. Book your booth early so you won't be disappointed. For a copy of the Exhibitor Manual, if not already received in the mail, contact Mrs Debbie Trembath at asrfdobbie@spinalresearch.com.au or telephone + 61 7 3808 4098. We look forward to seeing you at the Surfer Paradise, Marriott Resort on the Gold Coast.

ASRF Office Closure Over Christmas Break

The office will be closed from Monday 26th December 2005 over Christmas New Year break. The office will re-open on Monday 9th January, 2006 and look forward to another successful year of partnerships and projects.

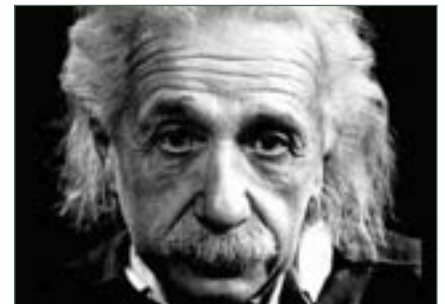
The Board of Governors and Staff of The Australian Spinal Research Foundation would like to extend warm wishes to all colleagues, members, donors, volunteers and support staff for a Merry Christmas and a safe and very prosperous New Year for 2006.

Go Site-Seeing

Our ASRF website is being continually updated, so there is always something new or interesting to see.

Do your site inspection now at www.spinalresearch.com.au

Members can access the latest RESEARCH UPDATES contributed by research advocate, Dr Adrian Wenban an Australian chiropractor practising in Barcelona.



Keep things as simple as possible... but not simpler! Albert Einstein

Your Membership Renewals – Are Due?

We value your membership at the Australian Spinal Research Foundation, which in turns raises vital funds for chiropractic research. Your renewal notice has been posted out at the end of October and your membership is tax-deductible. If you are not a member, why not visit our website and become a member NOW! www.spinalresearch.com.au

Have You Changed Your Address?

Have your contact details changed recently? Send us an email to asrffnews@spinalresearch.com.au outlining your new postal address, phone numbers and any changes to your email address.

Touch Footy Supports Chiropractic Research

Sunday 6th of November saw the First Annual Touch Football Day kick off with ten teams competing. There were teams of Macquarie University students, tutors and lecturers, chiropractors, family and friends and chiropractic practice members. The aim was to raise funds to assist Macquarie students in going to 2006 Dynamic Growth Conference.

The event was a fantastic success raising \$1800.00 and everyone there had a great day. The standard of the games was very high and the winners were High Velocity Art a team of mainly Macquarie Chiropractic Students.

The event was organised by Victoria TeRito, a 4th year Chiropractic Student at Macquarie. Victoria put a great deal of time and effort into ensuring the day was a success organising everything from Official referees and the venue to food and refreshments. Special thanks also goes to Nimrod Weiner who prepared a gourmet sausage sizzle and Julie Uren who helped with the draw and organisation of the day. Gary Smith and his team, from the Hunter Valley, donated fine Hunter Valley wine which was awarded to the best and fairest players in each match.

Next year's Competition will be even bigger and we can look forward to the ASRF Touch Football Day becoming a regular fund raising event for the Foundation.



Bequests and In Memoriam Donations

Bequests and In Memoriam Gifts are an excellent way to support the ASRF in perpetuity. Donations in lieu of flowers at funerals are also welcome. The ASRF Office has a range of dignified donations slips and envelopes that can raise funds. Ask the team how bequests and In Memoriam donations can be arranged.

Tax-deductible Donations

Whoever you are – chiropractor, staff of a chiropractor or chiropractic patient, and you are not already a Donor, anytime is a good time to make a tax-deductible donation to the ASRF. You will also have the satisfaction of knowing you are supporting chiropractic research which will strongly influence the future of your profession and the health of humanity.

To make a tax-deductible donation, simply contact the ASRF Office on 07 3808 4098.

Position Available – Chief Executive

Reporting to the Board, the Chief Executive will implement the Foundation's strategic plan.

Key responsibilities include:

- Managing the operational aspects of the Foundation;
- Building relationships with the chiropractic profession, government, Foundation members, researchers and the public;
- Maximising existing fundraising programs and developing new income streams.

The successful applicant will have considerable experience working at senior management level, and demonstrated experience in entrepreneurial roles.

Excellent communication and negotiation skills are required, together with a high level of personal drive and enthusiasm. Degree in Business Management, Health, or a related field is necessary. Confidential enquiries to Alison Teves 1800 358 944 for selection criteria and applications a.teves@heritage-recruitment.com.au

Contact us for more information about any aspect of ASRF operations.

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Advertising rates 2005 and deadlines

	Members/Non Members
Full A4 page (2 colours)	\$1000/\$1,100
1/2 A4 page	\$600/\$660
1/4 A4 page	\$400/\$440
Insert only	
Double-sided A4	\$1000/\$1,100
Editions	Deadline Dates
Summer Issue	5th October
Autumn Issue	5th January
Winter Issue	5th April
Spring Issue	5th July
(mailed out early the following month)	

Material must reach ASRF by mail, email or fax on or before 5th of the allocated month.

