



NYSCA SUFFOLK COUNTY

District 7

DECEMBER 2021 NEWSLETTER

PRESIDENT'S MESSAGE



Dear Members,

It is my pleasure to welcome you to the Holiday Season and wish everyone a beautiful and happy holiday! And, of course, a prosperous and healthy New Year. However, before we move on to 2022, I would first like to acknowledge the success of NYSCA District 7 and our partnership with the food bank, Island Harvest. Thanks to the many generous members, we exceeded our fundraising goal of \$1000. I appreciate all the members that took the time to donate. Be sure to check out the pictures on page 7.

The Holiday Party will be taking place this year at Mario's in Hauppauge on Wednesday, December 15th at 8pm. The cost is FREE to D7 members, and it will include dinner, an open bar, and a chance to meet up and socialize with your colleagues. Our Gold Sponsors will be in attendance which is a great opportunity to speak with them about how they can help support your practice by getting your patient's the care they need.

Now, time to look ahead at our first general meeting in January 2022, the speaker will be Dr. Neil Levin, who will present on the topic of an Anti-Inflammatory Diet. Dr. Levin practices in East Northport and is a chiropractor and a certified nutritionist. His presentation will allow you to start counseling your own patients on better food choices to help their bodies heal naturally, alongside your chiropractic care. Mark your calendar, because this meeting will be worth 1 CE credit and is no cost to members who

Continued on page 2

December 15th
8:00 PM
HOLIDAY PARTY
MARIO RESTAURANT

[CLICK HERE FOR MORE INFO](#)

IN PERSON MEETINGS
Radisson Hotel Hauppauge - 8 PM

January 19th
Dr. Levin
1 free CE credit for D7 members*

February 16th
Dr. Rubenstein
Vertigo Management
1 free CE credit for D7 members*
nonmembers \$20 cost

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FROM THE EDITOR

Happy Chanukah, Merry Christmas, and Happy New Year! Please join us for our Holiday Party next week.

On page 3 there is information and links to write to your representative's asking for their support of the Medicare bill. If you are in Lee Zeldin's district, please write him. Mr. Zeldin has historically been a friend to our profession. We almost have 100 sponsors of the bill.

On page 5 there is a link to listen to the new podcast 'Adjusted Reality' from the F4CP. As a NYSCA member you belong to this organization and have access to publications and promotional materials. Friend me on Facebook or Linked In to share the F4CP content I have posted. Also, there is an infographic from the Hands Down Better campaign to share on your platforms.

On page 6 there is a great shot of our leadership dropping off food at Island Harvest. Congrats to our D7 president and our district's efforts to help Suffolk's less fortunate.

We feature an article from Dynamic Chiropractic written by Dr. Feise on mortality associated with back pain. There is a link to both the article in Dynamic Chiropractic and a link to the video associated with this topic.

Larry David starring in HBO's Curb Your Enthusiasm newest season, visits the Chiropractor in episode 6. The links to the HBO site are provided to watch the trailer on page 12. You can see the full episode on HBO on demand. Let us know if you found it funny.

Are you aware of how much money you can save as a NYSCA member of many goods and services? See page 12 and find out. Lastly see the 'Freditorial' on page 14 for a positive thought.

PRESIDENT'S MESSAGE CONTINUED FROM PAGE 1

are up to date with their dues. If you are a non-member but would like to attend, there will be a \$20 charge.

In addition, at the January meeting, insurance topics that will be discussed will include new Medicare Advantage Plans that will be replacing GHI Medicare plans, including their payor ids and other details. We will also have updates on how to resolve Anthem BCBS issues that have been plaguing many in our profession over the last year.

Finally, as many of you may already know, the Medicare Modernization Bill has been co-sponsored by over 100 representatives in Congress. Lee Zeldin has not yet signed on to be a sponsor on this bill. Please check out the article in this month's newsletter including a link to Mr. Zeldin's email so you can send him a personal request asking him to co-sponsor this bill.

I hope to see everyone at this month's Holiday party as well as January's general meeting. Remember, if you are unable to attend the meeting in person, please email Dr. Merckling for a Zoom Link.

Thanks for all your support!

Your President,
JoAnna Fasulo DC



Medicare Patient Access to Chiropractic: H.R. 2654

Legislation championed by ACA to increase Medicare coverage of chiropractic services has been introduced in the U.S. House of Representatives.

The Chiropractic Medicare Coverage Modernization Act (H.R. 2654) would allow Medicare beneficiaries access to the chiropractic profession's broad-based, non-drug approach to pain management, which includes manual manipulation of the spine and extremities, evaluation and management services, diagnostic imaging and utilization of other non-drug approaches that have become an important strategy in national efforts to stem the epidemic of prescription opioid overuse and abuse.

H.R. 2654:

Provides patient access to all Medicare-covered benefits allowable under a chiropractor's state licensure.

Requires that DCs complete a documentation webinar.

Appropriately defines a Doctor of Chiropractic (DC) as a "physician" in the Medicare program.

Is bipartisan legislation, introduced by 16 cosponsors from both political parties.

ACA Continues to Fight CMS Reduction in Physician Fee Schedule Reimbursement

As a founding member of the E/M Coalition, ACA recently signed a letter urging congressional leaders to include additional funds for the Physician Fee Schedule (PFS) in forthcoming legislation. This effort is an extension of work that ACA and our coalition partners started in late 2020 and which included the introduction of legislation to delay PFS cuts.

<https://www.acatoday.org/advocacy/legislative-regulatory-policy/medicare/>

Background

To best serve their senior patients, chiropractic physicians must be allowed to practice and be reimbursed to the fullest extent of their licensure, training and competencies. Medicare parity is ACA's top legislative and regulatory priority.

Since the chiropractic profession was first included in Medicare in 1972, Doctors of Chiropractic (DC) and their patients have been burdened by arbitrary limitations that lack any scientific or sound policy justification.

Research demonstrating positive patient outcomes and cost effectiveness resulting from chiropractic care have advanced private coverage and state licensures to meet patient needs.

The federal Medicare program, which serves as a model for private insurance plans, currently serves more than 55 million individuals. Various projections forecast the number of people age 65 or older increasing by about one-third over the next decade. Chiropractic inclusion in the Medicare program was established in 1972 and has seen little change since then, other than elimination of the X-ray requirement in 1997.

DOWNLOAD PDF

ACTION NEEDED TO GET OVER 100 SPONSORS

CONTACT CONGRESS NOW!

Contact Lee Zeldin

Ask for his support of The Chiropractic Medicare Coverage Modernization Act (H.R. 2654)

If you live here call Mr. Zeldin today!

Print out the information about the bill and visit his office and ask for his support of this important legislation.

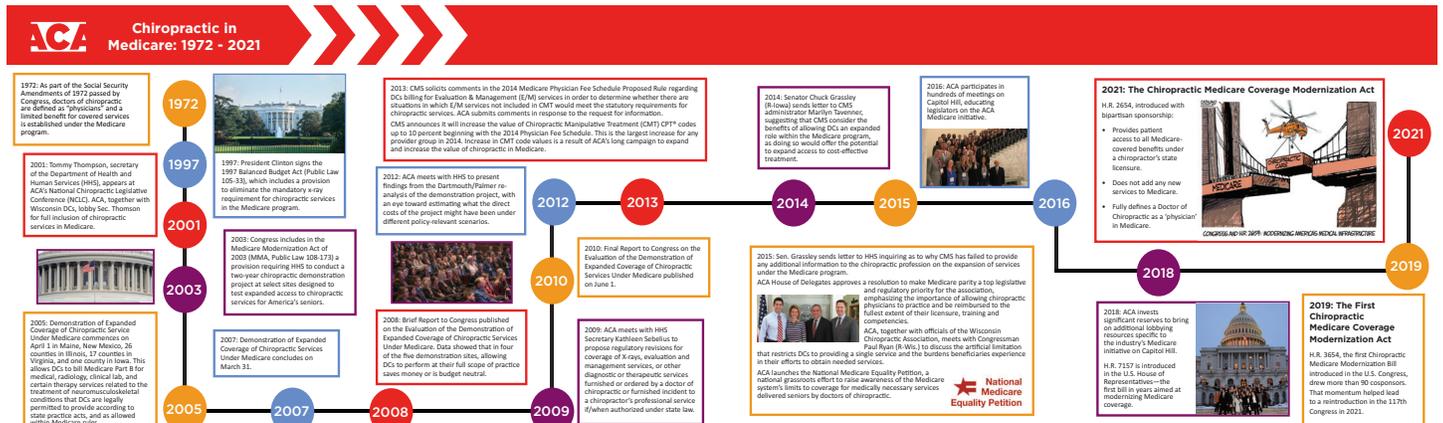
<https://www.congress.gov/member/district/lee-zeldin/Z00017>

Write Lee today @

<https://zeldin.house.gov/zip-code-lookup?form=contact/email-me>

HELP - D7 members let's help the ACA get Mr. Zeldin, a chiropractic friend, onboard this important legislative initiative.

TAKE ACTION NOW





Dr. Sathish Subbaiah

The goal of surgical intervention at OALI is to get patients back on their feet and enjoying an active lifestyle as soon as possible through the most minimally invasive surgeries and evidence-based medicine. With minimally invasive spine surgery (MISS), our surgeons use high-powered microscopes to operate through small incisions, minimizing trauma to the surrounding tissue. MISS allows for more precise intervention, reduced post-operative pain, faster recovery, and decreased scarring than traditional surgery. In fact, 4 out of 5 of our surgical patients are able to return home on the same day!



Dr. Morgan Chen

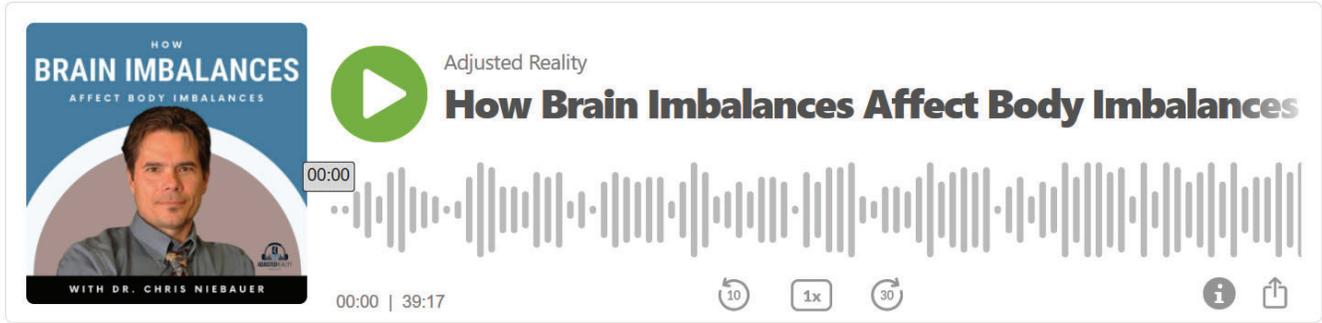


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Adjusted Reality - Podcast



NEW EPISODE: Share with your patients today!

Tune in as we speak to Dr. Chris Niebauer about the thinking mind, his take on modern philosophy and how brain imbalances affect body imbalances.

Dr. Chris Niebauer earned his Ph.D. in cognitive neuropsychology at the University of Toledo, specializing in the differences between the left and right sides of the human brain. He is currently a professor at Slippery Rock University in Pennsylvania, where he teaches courses on consciousness, mindfulness, left- and right-brain differences, and artificial intelligence.

In his groundbreaking book, *NO SELF NO PROBLEM: How Neuropsychology Is Catching Up To BUDDHISM*, Niebauer writes that our sense of self, or what we commonly refer to as the ego, is an illusion created entirely by the left side of the brain. What makes this book unique is that Niebauer offers a series of exercises to allow the reader to experience this truth for themselves, as well as additional practices to use, all of which are designed to change the way we experience the world—a way that is based on being rather than thinking.

[Click here to listen and share with your patients](#)

CHIROPRACTORS TREAT PAIN WITH NON-DRUG APPROACHES. OPIOIDS JUST MASK SYMPTOMS.

28.8%
of opioid prescriptions are written by **Primary Care MDs**

14.6%
of opioid prescriptions are written by **Internists**

7.7%
of opioid prescriptions are written by **Orthopaedic Surgeons**

0.0%
of opioid prescriptions are written by **Doctors of Chiropractic**

Using spinal manipulation and other therapies, chiropractors treat pain without the use of prescription drugs—helping patients avoid serious side-effects such as mental foginess and potential addiction.

Source: Practice Analysis of Chiropractic 2015. NBCE. www.nbce.org/practiceanalysis
J. Morris, H. R. Mir. The Opioid Epidemic: Impact on Orthopedic Surgery
Journal of the American Academy of Orthopedic Surgeons, 2015;
23 (5): 267 DOI: 10.5435/JAOS-D-14-00163

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Island Harvest

Turkey & Trimmings
Collection Campaign



Successful Food Drive

We raised over our goal of \$1000.00 & donated 150 pounds of food.



Vaccine Safety Monitoring Information for Healthcare Providers

The Vaccine Adverse Event Reporting System (VAERS) is part of the larger vaccine safety monitoring system in the United States that helps make sure vaccines are safe and effective. This video describes everything healthcare providers need to know.

VACCINE SAFETY MONITORING INFORMATION for HEALTHCARE PROVIDERS

VAERS



Freedom Prevails in US 5th Circuit While Unvaccinated Austrians Face Lockdown

November 15, 2021 (Falls Church, VA) There is good news on the Health Freedom front this week. The US Court of Appeals of the 5th Circuit supported the Constitution and put a halt to the the implementation of the Corporate Mandate. A link is provided below. The court after detailing extensively why the lawsuits against the mandate were likely to prevail concluded with the following:

“...THE PETITIONERS’ MOTION FOR A STAY PENDING REVIEW IS GRANTED. ENFORCEMENT OF THE OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION’S “COVID-19 VACCINATION AND TESTING; EMERGENCY TEMPORARY STANDARD REMAINS STAYED PENDING ADEQUATE JUDICIAL REVIEW OF THE PETITIONERS’ UNDERLYING MOTIONS FOR A PERMANENT INJUNCTION.

IN ADDITION, IT IS FURTHER ORDERED THAT OSHA TAKE NO STEPS TO IMPLEMENT OR ENFORCE THE MANDATE UNTIL FURTHER COURT ORDER.”

[TO READ THE FULL STATEMENT](#)

Internationally the News is Not As Good

Austria was headline news this weekend – The Chancellor ordered a nationwide lockdown Austria of those over 12 years of age not vaccinated and not having already had COVID-19. The lockdown is set to last at least 10 days.

“Show Me Your Papers ” Spot checks Taking Place. Media reports that the Austrian police forces are conducted ‘routine

Continued on page 16



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Back Pain and Mortality: The Million-Dollar Question

BY RONALD FEISE, DC

I frequently challenge clients with a "million-dollar question" about current clinically important research relevant to their practice. Today, you can also take the challenge: For \$1 million, "Describe the relationship between back pain and mortality. Provide statistics, as appropriate." Recent research provides data that adds to our conversation with our patients and other health care providers.

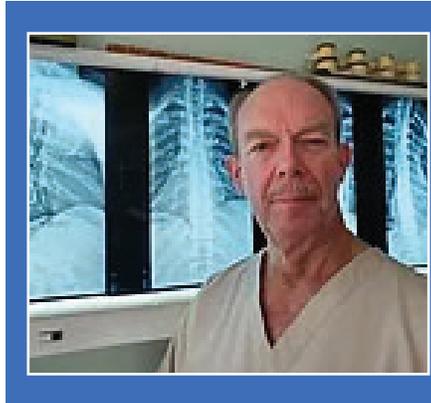
Research Gives Us an Answer – and Everyone Needs to Hear It

This research was published in the prestigious, peer-reviewed Journal of General Internal Medicine.¹ The research team members were from Boston University School of Medicine and the University of Minnesota School of Medicine.

They performed a scientific review to examine whether back pain is associated with increased mortality risk and whether this association varies by back pain severity. The research team included studies evaluating the association of back pain with all-cause mortality, with follow-up periods from five to 23 years.

[READ MORE](#)

WHAT IS THE RELATIONSHIP BETWEEN BACK PAIN AND MORTALITY?



**Please Keep
Dr. Jerry Bertuch
in your Thoughts
and Prayers**

SNAPSHOTS FROM D7 NOVEMBER MEETING

THANK YOU
Danielle DeGiorgio, DO, from OALI
NON-OPERATIVE ORTHOPEDICS



December 15th
8:00 PM

HOLIDAY PARTY

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[HTTPS://WWW.RESTAURANTMARIO.COM/](https://www.restaurantmario.com/)

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Michael Sileo, MD



Jeffrey D. Hart, DO



Christopher Mileto, MD

Foot & Ankle Surgeons



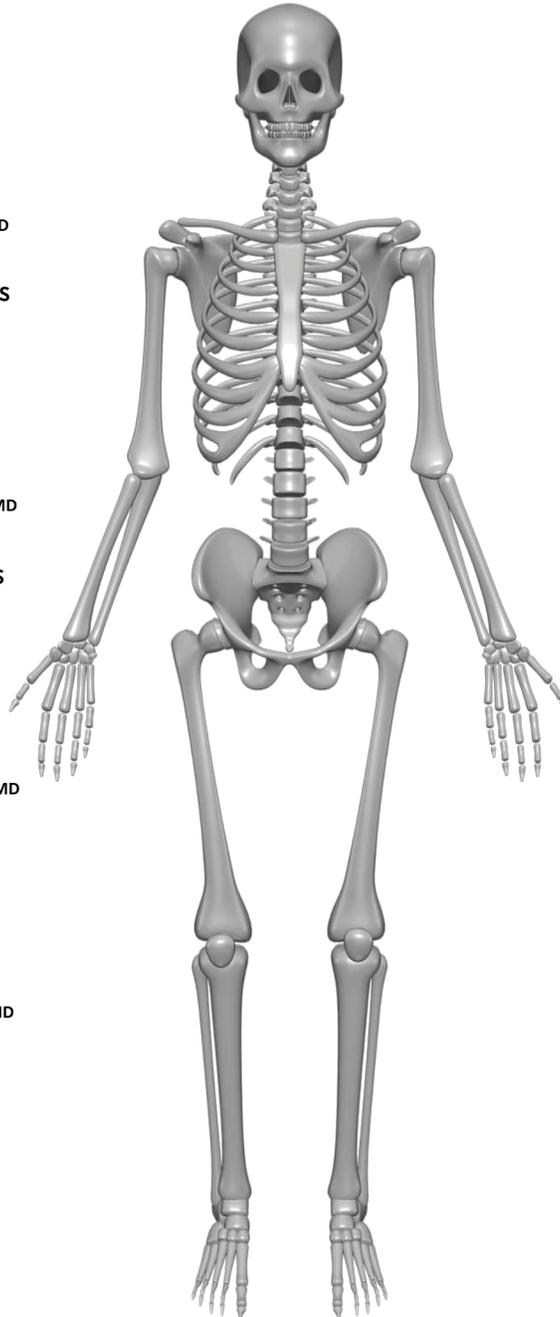
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Presenting the New York State Chiropractic Association

2022 Spring Convention

April 8-10, 2022 at Mohegan Sun Casino & Resort

Sky Convention Center | 1 Mohegan Sun Blvd, Uncasville, CT

It is our pleasure to announce and formally invite you to participate in the NYSCA 2022 Spring Convention! We look forward to seeing you in person at our next live event to be held in the Sky Convention Center at Mohegan Sun!

Earn up to 16 CE Credits over 3 days and across 2 tracks!

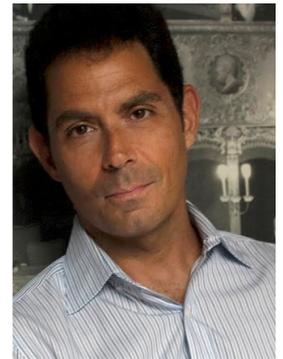
We encourage you to arrive early for the Friday session to check in and visit with our event exhibitors. Classes on Friday will be from 2pm-6pm and will offer up to 4CE, followed by our Welcome Reception. The Saturday session will be from 8am-6pm and will offer up to 8 credits, along with a banquet luncheon and dessert reception with sponsors and exhibitors. The Sunday portion will be from 8am-12pm and will offer up to 4 credits.

[Event Agenda coming soon](#)

[Register Online](#)

[Visit the Virtual Expo](#)

Earn up to 9 Cat1 credits, Up to 14 out of state credits. Save \$100 off "door" prices when you register by 01/14/2022. Special pricing for Association Members. Registration MUST be received by 5pm on Friday, 04/01/2022.



Scheduled speakers include: Robin Stein DC (not pictured)[†], Joseph Merckling DC[‡], OUM-Sponsored Speaker (not pictured)[†], Lev Lewin Esq (not pictured— Lewin & Baglio PC), Jennifer Illes-Rector DC (Footlevelers), Justin Hafner (Kinotek), Karlos Boghosian DC, Angelo Ippolito DC, James Walters DC, Kelley Humphries DC (NCMIC)[‡], Steven Conway DC (NCMIC)[‡], Lisa Bloom DC, Andrew Strauss DC (CLEAR Institute)

*CE Credit for select courses available for NY licensees only. † Attend OUM's seminar for a total of 2 hours on Friday 04/08/2022 to receive up to a 10% discount off your OUM policy ‡ Attend NCMIC's seminar for a total of 8 hours on Saturday 04/09/2022 to receive a discount for 3 years on the renewal of your NCMIC malpractice insurance premium. 5% discount for full-time DCs; 2.5% discount for part-time DCs premium.

Policy Statement: The NYSCA makes every attempt to offer programs as publicized. We nevertheless reserve the right to alter and/or adjust program details, including but not limited to dates, locations, times, instructors, and presentation sources and sequences. Please visit the NYSCA event webpage to review our Registration and Cancellation policies, along with accommodations details.

License Renewal: Continuing education credit (CE) is provided by Northeast College of Health Sciences. Pending for NY, PA, NC, FL. Pre-Approved: CO, CT, DE, DC, ID, IL, IN, IA, MA, MD, MS, MT, NE, ND, NH, NJ (DC only), OH, OR, RI, SC, UT, VT, VA, WA, WY, Puerto Rico, Canadian Provinces (except AB)

This seminar is valid for CE credits in "pre-approved" states, so long as it falls within the scope of practice as outlined by the corresponding state board. It remains attendees' responsibility to contact the state board(s) from which they seek continuing education credits for purposes of ensuring said board (s) approves both the delivery method and content as they relate to this event. Neither a speaker's or exhibitor's presence at said event, nor product mention or display, shall in any way constitute Northeast College endorsement. Northeast College's role is strictly limited to processing, submitting, and archiving program documents on behalf of course sponsors.





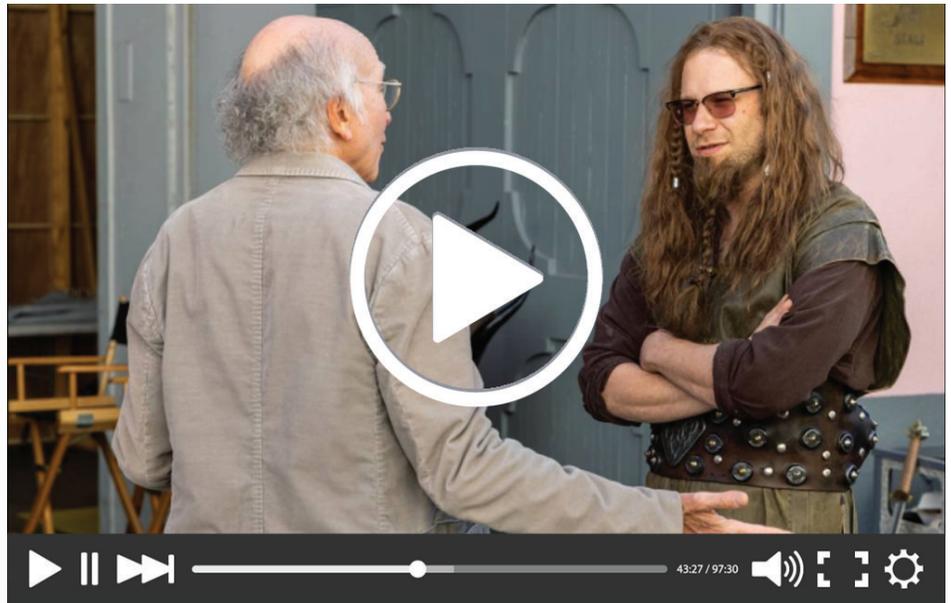
NEW PAYOR ID FOR
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FIND OUT AT OUR
NEXT MEETING.



HBO

A Laugh - Perhaps...

Larry David visits a Chiropractor in season 11 of Curb Your Enthusiasm episode 6: 'Man Fights Tiny Woman.' Larry visits a DC and sees an empty waiting room and figures out, in his typical way, the reason why no other patients are in his office. The writers do make a mistake in that the chiro is writing a prescription. In hindsight, the chiro should have been a DO. However, any advertising is good advertising.



CHIROPRACTIC ASSOCIATED WITH FEWER OPIOID PRESCRIPTIONS

64%

A 2019 study found chiropractic users had **64% lower odds** of receiving an opioid prescription than non-users.

To learn more about the benefits of chiropractic care, visit handsdownbetter.org

Source: Kelsey L Corcoran, DC, Lori A Bastian, MD, Craig G Gunderson, MD, Therine Steffens, Alexandria Brackett, MA, MLIS, Anthony J List, DC, Association between Chiropractic Use and Opioid Receipt Among Patients with Spinal Pain: A Systematic Review and Meta-analysis, Pain Medicine, Volume 21, Issue 2, February 20, Pages e139-e145, <https://doi.org/10.1093/pm/prnz219>

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Neurosurgery



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Neurosurgery



Amit Sharma, MD
Interventional Pain Mgmt.



Joshua E. Ryan, MD
Neurosurgery



Salvatore Insinga, DO
Neurosurgery



Reginald Rousseau, MD
Interventional Pain Mgmt.



Michael A. Hershey, MD
Interventional Pain Mgmt.

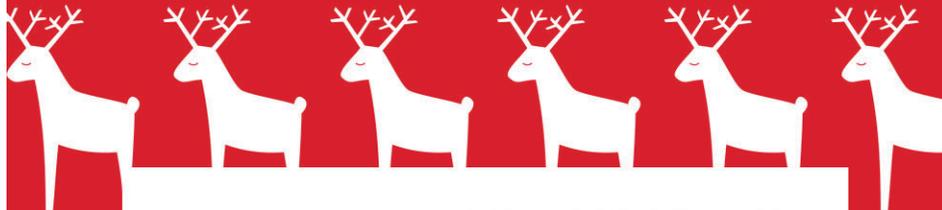


Jaspreet Toor, DO
Interventional Pain Mgmt.

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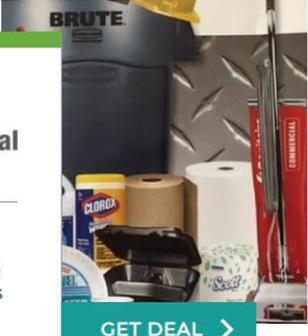
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Save 10% off maintenance, repair & operation supplies

GET DEAL >





Save up to 71% off batteries, bulbs, more

GET DEAL >



MORE SAVINGS

1 in 2 U.S. adults has diabetes or pre-diabetes, and about 50% of adults have cardiovascular disease. To improve your diet and overall sugar intake, your doctor of chiropractic can assist with optimizing your health.

#ThinkChiropractic

WHAT IS SUGAR?

When you think about sugar, you might equate it to certain foods like candy or donuts, but natural and added sugars are everywhere. So what are they and how can you identify them?

Research studies over the past 30 years have shown that high consumption of added sugar, especially from sugar-sweetened beverages, contributes to obesity, heart disease and type 2 diabetes.



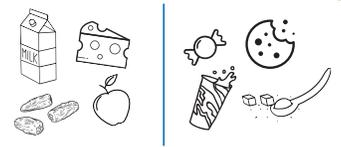
1 in 2

US adults has diabetes or prediabetes, and about 50% of adults have cardiovascular disease.

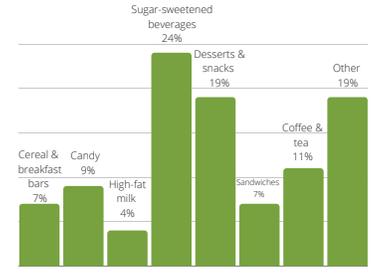
A sugar reduction policy could prevent approximately 2.5 million cardiovascular disease events (stroke, heart attacks and cardiac arrests), 500,000 cardiac deaths, and 750,000 cases of diabetes over the lifetimes of adults in the US ages 35 to 80.

Natural Sugar vs. Added Sugar

Naturally occurring sugars are found naturally in foods, whereas added sugar include any sugars or caloric sweeteners that are added to foods or beverages during production or preparation.



Top Sources of Added Sugars



Doctors of chiropractic (DCs) are trained to counsel patients on diet, exercise and proper nutrition, as well as neuro-musculoskeletal disorders.

Foundation for Chiropractic Progress **If you have questions about your sugar intake or improving your general health, talk to your DC today.**

Source: health.harvard.edu



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Elite Medical Supply specializes in Spine and Knee disorders. If your patients have back, neck or knee pain, or are about to or have already had surgery, we can help.

We have been in business since 1998 and are a Medicare accredited supplier of DME, with accreditation by the Board of Certification/Accreditation International. Let our staff of Chiropractors and Certified Orthotic Fitters assist your patients on their road to recovery.

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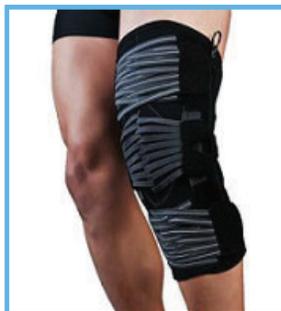
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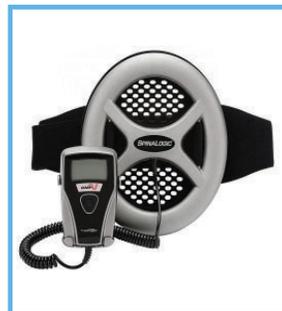
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Fred Ford LifeSuccess Consultant Newsletter

Today's thoughts are taken from "The Game of Life and How to Play It" by Florence Scovel Shinn

A person with a rich consciousness attracts riches. A person with a poor consciousness attracts poverty. I have seen people in this Truth rise out of lack and humiliation by linking with the God-power within, not depending on the external, trusting in God gives you irresistible power, for this Supreme intelligence only knows the Way of fulfillment. "Trust in Me and I will bring it to pass."

Freditorial:

A person with a rich consciousness sees another person having great success and compliments that person. A person with a poor consciousness sees the same successful person and becomes envious, cursing the successful person as lucky.

A RICH consciousness is characterized by a sense of health, prosperity, divinity, and well-being for ALL. A poor consciousness is characterized by a sense of being a victim. The thing to bear in mind is whatever you send out (meaning thoughts) returns to you. Like it or not, you are attracting into your life the results you are creating daily with either your rich or poor consciousness. So if you don't like what you see on the outside, go inside and do some work!

JOIN DAILY FRED

FREEDOM PREVAILS IN US 5TH CIRCUIT WHILE UNVACCINATED AUSTRILIANS FACE LOCKDOWN CONTINUED FROM PAGE 7

checks' Over the weekend, thousands gathered and protested in cities across the countries.

Meanwhile in Manitoba - Unvaccinated Kids have to be Tested to play indoor sports. Churches and Indigenous gatherings that do not require proof of vaccination have been limited to 25 individuals or one fourth of their capacity.

To reach more, visit the website at: <https://www.chiropractic.org/freedom-prevails-in-us-5th-circuit-while-australians-face-lockdown/>



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profession. Individuals are encouraged to contribute items of interest.
Opinions do not necessarily reflect the views of the NYSCA Suffolk District. The
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Contact Information

Last Name:	First Name:	MI:	<input type="checkbox"/> Male <input type="checkbox"/> Female
Business Address:		County:	
City:	State:	Zip:	
Office Phone:	Office Fax:	Email:	
Referred to NYSCA by:		All fields required unless otherwise specified.	

Education Information

Degree(s):	
Chiropractic College:	Year Graduated:
NY Chiropractic License Number:	Date of Issuance: (MM/DD/YYYY):

Personal Information

Date of Birth:	Home Phone (opt):	Mobile Phone (opt):
Home Address:		County:
City:	State:	Zip:

Membership Categories

Dues

Regular Membership	Full Year or EZPay*
<input type="checkbox"/> 1 st Year Licentiate – up to 2 years from date of licensure	\$120 or \$10/month
<input type="checkbox"/> 2 nd Year Licentiate – up to 3 years from date of licensure	\$240 or \$20/month
<input type="checkbox"/> 3 rd Year Licentiate – up to 4 years from date of licensure	\$360 or \$30/month
<input type="checkbox"/> 4 th Year Licentiate – up to 5 years from date of licensure	\$480 or \$40/month
<input type="checkbox"/> 5 th Year Licentiate – Greater than 5 years from date of licensure	\$600 or \$50/month
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One-time offer applicable to Regular Membership only when year is PAID IN FULL. Eligibility subject to verification. Subsequent year's dues payable at usual rate. Cannot be combined with other discounts	25% off
<input type="checkbox"/> Part-time, practicing 20 hours or fewer per week Discount applicable to Regular Membership only. A certification of working hours, signed by a NYSCA district officer, must be submitted to the administrative office; Cannot be combined with other discounts	50% off
Associate Membership – Include name of sponsoring NYSCA Member: _____	
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Affiliate Membership[†] – must be licensed to practice chiropractic in New York

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<input type="checkbox"/> a member of the Armed Forces of the United States on active duty; or	
<input type="checkbox"/> not in active chiropractic practice AND is employed full-time as supplier/vendor of chiropractic products and services, or other practice equipment, in service to members of the chiropractic professional field; or	
<input type="checkbox"/> practicing exclusively in a state or jurisdiction other than New York State	

[†]out-of-state affiliate members may neither vote in NYSCA elections nor hold office

*Membership Dues – EZPay (Monthly debit from credit card)

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I fully understand and agree that upon acceptance of my application, I shall abide by the certificate of incorporation of the NYSCA, its Bylaws, Canon of Ethics, all rules and regulations adopted by the Board of Directors and House of Delegates, and the laws of the State of New York, the Board of Regents, and the State Education Department. I further understand that the NYSCA regularly communicates with its members by electronic means and therefore permit NYSCA to send me communications and advertisements (regarding upcoming events, etc.) via fax/email.

Signature:	
For Office Use Only	Date Received: District Assigned: