



# **THE AMERICAN CLINICAL BOARD OF NUTRITION**

**An Accredited Nutrition Certification Organization  
“Public Safety, Quality Assurance, Clinical Competence”**

## **DACBN REPORT**

### **Fall Report 2017**

**We were all deeply saddened at the loss of one of our founding fathers and Past President, Dr. Alan H. Pressman. Dr. Pressman died April 8, 2017. Dr. Pressman was an author, Professor of Nutrition Research and the host of the highly acclaimed radio program, Healthline.**

**With decades of experience in the field of health and nutrition, Dr. Pressman was a force on talk radio and dedicated to sharing cutting-edge alternative and medical technologies with the public so they could have choices beyond prescription drugs and surgeries.**

**He was a New York State Certified Nutritionist and Dietitian, Doctor of Chiropractic, and Diplomate of the American Clinical Board of Nutrition. In the past, Dr. Pressman served as the Chairman of the Department of Clinical Nutrition and a Professor of Nutrition Research at New York Chiropractic College, as well as an Associate Professor of Bio-Nutrition at the University of Bridgeport. Dr. Pressman was revered for his infinite knowledge and cherished for his loyalty, his sharp wit and incredible sense of humor.**

#### **NEW CURRENT DACBNS**

**Dr. Kristy Clinton-Hodges  
Cedar Park, TX**

**Dr. Eric Johnson  
Madison, WI**

**Dr. Martin Gildea  
Gildea Mount Holly Springs, PA**

**Dr. Kevin Smith  
Bethel Park, PA**

**Dr. Angela Dolganiuc  
Gainesville, FL**

**Dr. Matthew Lewis  
Tampa, FL**

**We have a number of other candidates that are in one or another phase of taking the exam. We want to give them our support and hope to soon welcome them as our newest DACBNs.**

**ITEM WRITERS COMMITTEE:**

**The Item Writers Committee is under the expert leadership of Dr. Shirley Watson, who is now the Chairman. Dr. Bret Wisniewski has accepted the position of Co-Chairman. Both of these doctors have been trained by our expert and longtime Chairman, Dr. G. R. Moon. Dr. Moon will now be our Senior Consultant.**

**Dr. Moon and Dr. Watson have been working with and teaching the Item Writers how to write questions correctly in the proper format. Each Item Writer has submitted ten questions and two conference calls were held where questions were each reviewed and then sent back for correction or accepted for the Item Bank. We plan to change approximately 35 questions on the Exam for 2018 and this committee will be supplying those questions, as well as questions for future changes. This has been under the NCCA Standards and with the assistance of our psychometrician.**

**A BIG THANK YOU TO DR. G.R. MOON AND DR. JOHN GAFFNEY:**

**Dr. John Gaffney and Dr. Moon have shared the position of Co-Chairmen of the Item Writers Committee for many years and together they have been responsible for all aspects of the Item Writers Committee. We cannot thank Dr. Moon and Dr. Gaffney enough for all of the years of service they have given to the ACBN while working in this position.**

**Dr. John Gaffney and Dr. G.R. Moon have dedicated their lives to the chiropractic profession and to the American Clinical Board of Nutrition. We extend our deepest thanks and appreciation to both of you.**

Everyday may not be good but there's something good in everyday. Enjoying life and living it is the best part of it. If you live life long enough, it will teach you how to live and laugh. Many people are alive today only because it's illegal to shoot them

## **Chiropractic and the Opioid Epidemic: Rethinking Our Approach to Pain** **New Guidelines on Low Back Pain Recommend Use of Non-Drug Treatments** **First Before Medications**

**Dr. William Lauretti**

Inadequate pain management coupled with the epidemic of prescription opioid overuse and abuse has taken a severe toll on the lives of tens of thousands of people in the United States. According to the Centers for Disease Control and Prevention (CDC), as many as one in four patients who receive prescription opioids long term for non-cancer pain in primary care settings struggles with addiction. Every day, more than 1,000 people are treated in the ER for misusing prescription opioids.

Deaths involving opioids have quadrupled since 1999; in 2014 alone, more than 14,000 people died from overdoses involving the drugs. That same year, another 2 million people abused or were dependent on opioids.

Beyond the risks of addiction and overdose, prescription drugs that numb pain may convince a patient that a musculoskeletal condition is less severe than it is or that it has healed. This misunderstanding can lead to overexertion and a delay in the healing process...or even permanent injury. Chiropractic and other conservative (non-drug) approaches to pain management can be an important first line of defense against pain and addiction caused by the overuse of prescription opioid pain medications.

### **Rising Recognition of the Value of Non-drug Approaches to Pain**

There is a growing body of research that validates the effectiveness of chiropractic services, leading many respected health care organizations to recommend chiropractic and its drug-free approach to pain relief.

In 2017, the American College of Physicians (ACP) updated its guidelines for the treatment of acute and chronic low back pain to recommend first using non-invasive, non-drug treatments before resorting to drug therapies. ACP's guidelines, published in the *Annals of Internal Medicine* and based on a review of randomized controlled trials and observational studies, cite heat therapy, massage, acupuncture and spinal manipulation (a centerpiece of chiropractic care) as possible options for non-invasive, non-drug therapies for low back pain. Only when such treatments provide little or no relief, the guidelines state, should patients move on to medicines such as ibuprofen or muscle relaxants, which research indicates have limited pain-relief effects. According to the guidelines, prescription opioids should be a last resort for those suffering from low back pain, as the risk of addiction and overdose may outweigh the benefits. (Listen to a podcast about this study by clicking the link above.)

**In March 2016, the Centers for Disease Control and Prevention, in response to the opioid epidemic, released guidelines for prescribing opioids that also promote non-pharmacologic alternatives for the treatment of chronic pain.**

**In 2015, the Joint Commission, the organization that accredits more than 20,000 health care systems in the U.S. (including every major hospital), recognized the value of non-drug approaches by adding chiropractic and acupuncture to its pain management standard. Conservative Care First: A Common Sense Approach**

**The American Chiropractic Association (ACA) encourages patients and health care providers to first exhaust conservative forms of pain management, when appropriate, before moving on to riskier, potentially addictive treatments such as opioids. To this end, ACA delegates met in Washington, D.C., in 2016 and adopted a policy statement proposing a solution to the dual public health concerns of inadequate pain management and opioid abuse. ACA's policy statement supports:**

- 1. The investigation of non-pharmacologic interventions for pain treatment across a variety of patient populations and healthcare delivery setting**
- 2. The promotion of evidence-based non-pharmacologic therapies within best practice models for pain management**
- 3. The improvement of access to providers of non-pharmacologic therapies**
- 4. Interprofessional education to augment the training of pain management teams**
- 5. And public health campaigns to raise awareness of drug-free treatment options for pain syndromes.**