

For Alumni and Friends | 2017 - 18

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE



## Committed to Engagement

Alumni, faculty, students, and staff at Homecoming 2017

*For Alumni and Friends | 2017 - 18*

# NATIONAL UNIVERSITY OF HEALTH SCIENCES MAGAZINE

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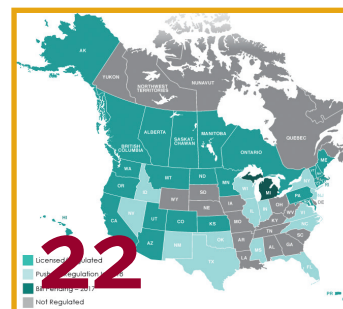
### Homecoming 2017

Homecoming was a blast! Read about all of the exciting events that took place and what to expect from Homecoming 2018 next year on page 4!



### Solar Eclipse

NUHS community gathered to watch the solar eclipse on August 21st.



### ND Licensure

The naturopathic medicine profession has made significant strides among state legislatures. In the last year alone, three states gained ND licensure approval: Rhode Island, Massachusetts and Pennsylvania.



### Hydrotherapy Suite and Services

NUHS opened an on-campus hydrotherapy suite earlier this year. This new addition greatly enhanced what we can offer to our patients. Read more on page 25.





Recently, I had a very early morning meeting with a student. While this is not an unusual occurrence, the subject matter was right on point. One would think in this day and age of instant this, and immediate that, connecting with one another would be commonplace - so commonplace in fact that meaningful interaction should be - well - common. Although we are surrounded with the most sophisticated means of facilitated communication devices and apps that we are a swipe, a video chat, or emoji away from really connecting, we all know that this is not normally the case. As such, I'm always happy to meet with a student, rather than a student's email account. What made this particular meeting so important was that the student wanted to know how he and the student body could be of more help to the University. My simple answer, "Stay engaged."

Our students are being pulled in so many different directions these days. Perhaps that ease of communication that resolves this great big world into its much smaller social-media-sized community enables a level of

multi-tasking that we never had growing up. So it shouldn't surprise you that National students want to be connected. One only has to look at our social media pages to see that NUHS students are heavily involved in leadership positions in national organizations, involved in community outreach, and achieving academic accolades. So how is the University part of the solution in the problem of preserving engagement?

The University recently refocused the future vision with a new five-year plan, put into action at the beginning of the Fall 2017 semester. The foundation of the plan rests with four main elements. Students, Employees, University, and Community are the stakeholders that the University has identified as the focus. One of the major threads that runs through each of those areas is the need to stay connected and engaged to those communities. It's no accident that each level of focus becomes broader. Just like each of our personal journeys with NUHS began at the student level, that odyssey soon brought us into a diverse and sophisticated destination that we all call our communities.

So, it is with that sense of ever-broadening engagement that we bring you this year's magazine. We hope that you enjoy all of the ways The National is impacting, challenging and changing lives. From the multi-generational learners, new partnerships, advanced online degrees, and celebrated alumni, we continue to "Stay engaged."

Esse Quam Videri,

Joe Stiefel  
President





## NUHS Florida-Site Bounces Back From Hurricane Irma

In September, the NUHS community braced itself for Hurricane Irma, one of the strongest hurricanes to hit the Florida coast since 2005. As students, staff and faculty evacuated the area, the NUHS St. Petersburg site closed from September 8-19.

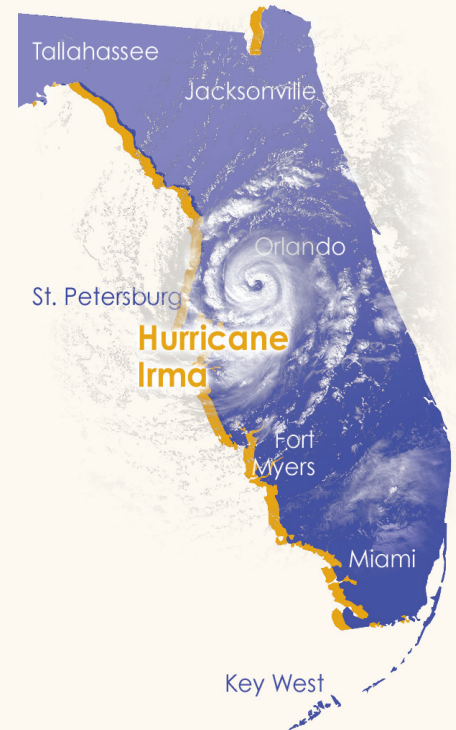
“Despite the challenge of widespread power outages, NUHS faculty, staff and students recovered quickly and in good spirits,” said Daniel Strauss, DC, dean of the College of Professional Studies in Florida.

Buildings at the Florida-site sustained minimal damage, allowing students to immediately resume club activities, including volunteer work and collection efforts to provide necessities to those affected by the hurricane in Puerto Rico. Faculty and staff also participated in cleanup efforts throughout the local community by

helping to clear away downed trees and fences.

*“Despite the challenge of widespread power outages, NUHS faculty, staff and students recovered quickly and in good spirits,” said Daniel Strauss, DC, dean of the College of Professional Studies in Florida.*

Students caught up with missed coursework by watching lectures recorded at the Illinois campus. “Although it can be challenging to lose that amount of class time, our instructors worked diligently to review the coursework and minimize the impact of the hurricane on students,” Dr. Strauss said.



## Faculty and Staff Farewells

### Bruce Hodges



Bruce Hodges, DC, MS, professor of clinical sciences, retired from National University in April after 20 years of service. President of the NCC Class of 1986, he spent several years in practice in Indiana where he was named 1993 Indiana Chiropractor of the Year and served on the Indiana State Board of Chiropractic Examiners. Dr. Hodges was lured back to his alma mater in 1997 to launch the

Ethical Practice Management Program. “Because there was no business education during my student years, I was thrilled to be able to develop a viable and useful program that would introduce students to the basic realities of practice like ethics, risk management and boundaries,” he said. “I’ve always enjoyed what I do, always enjoyed coming to work to teach.” However, Dr. Hodges made no bucket list for his retirement, but he did plan on playing some golf, taking history classes for fun, and doing some antiquing and volunteer work.

### Marie Olbrysh



Marie Olbrysh, assistant director of publications in Communications, retired December 31 after 20 years with National University. A Kent State University journalism graduate, she previously worked part-time as the community editor at the Lombardian newspaper before taking a full-time position at National in 1997 as an administrative assistant in Public Relations. “I’ve seen so many changes

over the years. When I started, we only taught chiropractic and there was no such thing as a website or email,” she said. “I’ve worked with three directors and appreciated their support and encouragement that helped me to grow both personally and professionally. And I even got to ‘like’ Excel!” Marie will miss interacting with her NUHS colleagues on a daily basis but looks forward to sleeping late, reading more, and traveling to new areas of the U.S.



National  
University  
Of Health Sciences

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HOMECOMING

17

Connect → Learn → Advance

June 22 - 24

Homecoming 2017, with its theme of “Connect, Learn, Advance,” successfully engaged all members of the National University community, June 22-24, as alumni, faculty, staff, and students joined together in educational, social and networking events.

Homecoming’s signature kick-off session, the Mentor Panel, set the tone for the interactive weekend. Eleven alumni shared their knowledge



National University alumni were welcomed to the Lombard campus.

and experiences in an open Q&A session with current students. Panel Moderator Dr. Daniel Strauss reports students were captivated to hear what alumni were involved in, both inside their practices as well as within the community. “The questions and dialogue that took place was truly inspiring and has piqued new interests in both students as well as many alumni in the audience.”

Not only did alumni share their professional stories as panelists, but 16 NUHS alumni and faculty also participated in the Sponsor a Student Program, financially supporting 30 students’ attendance and expanding their opportunities to network with practicing medical practitioners.

The engagement continued at this year’s new Mentor/Sponsor Luncheon where sponsors, mentors and alumni, along with other National University faculty and staff, shared a meal with students and provided them with opportunities for one-on-one conversation and mentorship.

New CME hours for Homecoming 2017 offered attendees the opportunity to engage in a full-on focus on their own profession or to explore another area of interest. Seventeen CME hours were offered for chiropractic and naturopathic physicians exploring neurological development delays in children, vestibular function, gait and back pain, toxins, migraines, spinal decompression treatment, and mindful healing.

Attendees interested in acupuncture and oriental medicine or massage therapy could also earn seven CME hours in either live point palpation and Japanese needle technique, or hot/cold stone massage.



The Mentor/Sponsor Luncheon, allowed students to engage with National alumni, faculty, and staff.

*“At Homecoming, alumni not only took advantage of continuing education courses, they were also able to develop deeper connections and meet people they might not otherwise have connected with,” said Tracy McHugh, MBA, vice president for administrative services.*

Not only did homecoming attendees find numerous opportunities to connect on a personal and individual level, but they also were able to honor their colleagues who were celebrated for their professional and personal





*Thomas D. Stotz, DC, (1979) receives the Alumnus of the Year Award from President Joseph Stiefel.*

*Alumni shared their professional expertise in an open Q&A session with students. Mentor panelists were: (l-r) Moderator Daniel Strauss, Melissa Jane, Raqaq Alebiosu, Eric Korzen, Burt Rubin, Joseph Vazquez, William Bogar, Titus Plomaritis, Lisa Krebs, Kristine Tohtz, Erin Ducat, and Rachel Fabbi.*



*"Live Point Palpation and Japanese Needle Technique" by Tom Hurre, MSOM, LAc*

achievements. This year's honorees included: Dr. Thomas D. Stotz, Alumnus of the Year; Dr. Carlo Guadagno, International College of Chiropractors Fellow recipient; Dr. Burt Rubin, 30-year President's Cabinet Internationale member; Dr. Jerrilyn Cambron, Presidential Citation for 25-years of service; and Dr. Bruce Hodges and Ms. Sue Unger, President's Quality Service Award. In addition, several members of the President's Cabinet Internationale (PCI) were honored for 5, 10 and 15 years of membership, as well as Senior Stewards who were recognized for reaching an advanced level

of financial support. And just a month after homecoming at the Florida Chiropractic Association Conference, President Joseph Stiefel was honored himself with induction as a Fellow of the International College of Chiropractors.

"At Homecoming, alumni not only took advantage of continuing education courses, they were also able to develop deeper connections and meet people they might not otherwise have connected with," said Tracy McHugh, MBA, vice president for administrative services.

"We made several exciting updates to Homecoming based upon feedback from last year's attendees



*Some of the 30 students sponsored by 16 alumni and faculty this year*



*Jerrilyn Cambron, DC, receives a Presidential Citation for 25-years of service from President Joseph Stiefel.*

and we were happy to see such a great turnout," Ms. McHugh added.

For a complete review of Homecoming 2017 with alumni, faculty, staff and students engaged in educational, social and networking events, visit the NUHS website at <http://www.nuhs.edu/alumni/events/homecoming/> — and make sure to watch the President's Address as well as an entertaining 5-minute video recap of all the weekend activities.





Carlo Guadagno, DC, receives a Fellow of the International College of Chiropractors Award.



A wide slate of exhibitors introduced their products to interested Homecoming participants.

Be sure to visit our website to view 2017 Homecoming photo highlights, the President's Address, and a lively 5-minute video recap at [www.nuhs.edu/homecoming2017](http://www.nuhs.edu/homecoming2017)

Thank you to all of our sponsors, exhibitors, and donors who generously supported our 2017 Homecoming and helped make it a great success!

### Sponsors

China-Gel: PCI/Senior Steward & Grand Cocktail Reception  
 NCMIC: Sponsor/Mentor Luncheon & the President's Luncheon  
 Foot Levelers: Dr. Mario Fucinari's Medical Compliance Session  
 HillDT Solutions: Dr. Tim Burkhart Spinal Decompression Session

### Exhibitors

Aligned Modern Health  
 Anabolic Laboratories  
 Apex Energetics  
 CBD American Shaman

China-Gel  
 Flawless Homes  
 Foot Levelers  
 Hill DT Solutions  
 Illinois Association of Naturopathic Physicians  
 National Chiropractic Mutual Insurance Company  
 NUHS Admissions  
 NUHS Library  
 NUHS Diagnostic Imaging  
 NUHS Research  
 NUHS Student American Black Chiropractic Association  
 NUHS Student American Chiropractic Association

Performance Health  
 Protocol for Life Balance  
 Round River Research  
 Scrip Hessco  
 Soule Law Offices, PC  
 Standard Process  
 The Orthotic Group [OHI]

### Donors

China-Gel: complimentary samples  
 NCMIC: water bottles  
 Standard Process: lanyards & name badges

# SAVE THE DATE

# Homecoming 2018

June 21 - 23, 2018

# Engaging Alumni



## Staying Connected

National University alumni, whether recent graduates or seasoned professionals, have the opportunity to shape the future of their profession by engaging in a variety of activities with current and prospective students. At the same time, alumni are able to shape the university by staying connected with their alma mater and sharing their personal experiences and professional knowledge.

Homecoming is one of the major opportunities for alumni to engage with current students either as a mentor or a sponsor. This year, 11 alumni shared their expertise as members of the Mentor Panel during an open Q&A session with current students.

Additionally, 16 NUHS alumni and faculty also participated in the Sponsor a Student Program, financially supporting 30 current students' attendance and expanding their opportunities to network with practicing medical practitioners and to further their own practice goals.

### Alumni also engage with NUHS by:

- joining the NUHS Alumni Association
- participating in a giving club
- becoming an Alumni Ambassador
- joining the university at a state convention
- participating in outreach events
- providing shadow experiences in their practice



*Open Q&A session with mentor panelists and students.*





### Website Resources

Visit us on the website at <http://www.nuhs.edu/alumni> where you can:

- Request an NUHS alumni badge for your website
- Register for homecoming
- Search for lost classmates
- View upcoming continuing education opportunities
- Send us your exciting news to share
- Request a copy of your transcript
- Access the classified announcements

### Get Social With Us!

Stay in touch with your classmates, share what is happening in your practice, and show your NUHS pride!

-  Facebook: [facebook.com/NUHSAlumniAssociation/](https://facebook.com/NUHSAlumniAssociation/)
-  LinkedIn: [linkedin.com/in/nuhsalumniassociation](https://linkedin.com/in/nuhsalumniassociation)
-  Twitter: @NUHSAlumns
-  Instagram: [instagram.com/nuhs\\_alumni/](https://instagram.com/nuhs_alumni/)

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# Engagement Through Leadership

National University of Health Sciences celebrated its 110th year in 2016. This article is an edited transcription of the presentation made by Kenneth J. Dougherty, DC, chair of the NUHS Board of Trustees, on June 18, 2016, at the 2016 Homecoming reception. Dr. Dougherty's speech was published in *Chiropractic Humanities* in 2017, and is reprinted here.

## Thriving For 110 Years: National's Philosophy of Collaboration and Integration



Kenneth J. Dougherty, DC

As we celebrate the 110th year of National University of Health Sciences, a question comes to my mind. Through ups and downs with the US economy, several recessions, a depression, and political efforts by some groups

to eliminate the chiropractic profession, why has National persisted, and in fact thrived and expanded, over these past 110 years?

I feel that a substantial part of National's success has been our philosophy of rigorous, high-quality, scientific education in combination with our philosophy of collaboration and integration with other health care professions. Here is a brief summary to support this postulation.



John Fitz Alan Howard, DC

Two years after founding National in 1906, John Fitz Alan Howard, DC, moved the campus of the National School of Chiropractic from Davenport, Iowa, to Chicago, Illinois, so that the National students could learn in a more rigorous, scientific, and

interdisciplinary environment.<sup>1-5</sup> Because of this move, the students were able to complete their internships at Cook County Hospital, which was about a block away from the new campus. As this was back in 1908, National was way ahead of its time.



Joseph Janse, DC, ND

In the 1960s, President Joseph Janse, DC, ND, saw the need for chiropractic to have an accrediting body recognized by the US Department of Education. Thus, he led a charge that culminated

in the eventual formation of the Council on Chiropractic Education and the recognition of the whole chiropractic profession by the US Department of Education in 1974.<sup>6-8</sup> This was a great triumph, not only for National, but for the chiropractic profession.

In the 1990s, James Winterstein, DC, developed a concept for National to become a University, with other health professions all sharing classes in a truly collegial setting. In 2000, this integration became a reality when National College of Chiropractic became National University of Health Sciences. To the core program of Chiropractic Medicine, the University added professional degree programs in Naturopathic Medicine, Acupuncture, and Oriental Medicine. Per Dr. Winterstein's vision, students from all 4 professions share classes when appropriate.



James Winterstein, DC, LLD (hc)

Initially, Dr. Winterstein received criticism from some in the chiropractic profession for moving National from a singular professional educational institution to National University of Health Sciences with 4 professional degree

programs. But since then, the wisdom of his vision has shown through and has taken National to new levels. This transformation fosters an atmosphere of collaboration. Rather than viewing other health care professionals as competitors who want nothing to do with each other, our students see each other as colleagues and work together for the good of the patient. National pioneered this model, thus breaking new ground, and it has worked out very well for our university and the health care professionals we educate. The University has also set the tone for collegiality among health care professionals nationwide.

In 2008, under Dr. Winterstein's Presidency, National opened a second site in Pinellas Park, Florida, in partnership with St. Petersburg College, which is a public institution. St. Petersburg College offers 4-year bachelor's degrees, is accredited by the Southern Association of Colleges and Schools, and enrolls about 65,000 students annually. At this location, National's chiropractic medicine program shares facilities with several other health care professions (<http://www.spcollege.edu/UPC-Medical/>), and lecturers from the various health professions occasionally cross-lecture to each other's classes. Once again, this follows our philosophy of integration with other health care professions.

National's Florida site is the first chiropractic educational institution in the United States in partnership with a public, tax-supported, state college, and both institutions share classes in a truly collegial setting. As of June 2016, it is still the only one.



Joseph P. D. Stiefel, MS, EdD, DC

Since 1906, National has been the leader in scientific education and the philosophy of collaboration and integration with other health care professions. This is a great service not only to our students but also to all health care

professionals and especially our patients. I feel that this is one of the many reasons we have flourished for so many years. I look forward to our growth, vision, and leadership as National's President Joe Stiefel, DC, continues our heritage and leads us into our next 110 years.

*Ken Dougherty, DC, graduated from National College of Chiropractic in 1980. He is a past president of the Florida Chiropractic Association and is currently serving his 8th year on the Florida Board of Chiropractic Medicine. He is serving his 14th year on the National University of Health Sciences Board of Trustees and is its current Chairman.*

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## Engaging Alumni



### Two-generation Chiropractic Families Share Passion for NUHS

Long after graduation, National University students continue to share and inspire others with the unique education they gain here. It is not uncommon to see multiple generations of one family continue the tradition earning their medical degrees at National University.



Thomas Stotz, DC (NUHS '79), and TJ Stotz, DC (NUHS '05)

One such family, the Stotz's, began their family tradition of practicing chiropractic medicine and attending NUHS in 1986. Thomas Stotz, DC, (NUHS '79) didn't plan for his son to follow in his footsteps. After seeing the results of his father's work with patients, TJ Stotz, DC (NUHS '05) became interested in the field. "It was seeing someone hobble in but walk out," he said.

*"We spent a lot of time working out the details so there would be no surprises," Dr. TJ Stotz said.*

When Dr. Thomas Stotz discovered his son's interest in chiropractic medicine, he encouraged him to attend National University right away. "For chiropractic medicine, I told him it is the best education you can get," he said. Going to the same school could have also contributed to the similar

treatment philosophies they share, which has allowed them to maintain a thriving practice together in South Dakota for the last 12 years.

The Stotz's often work together alongside other DCs to solve patient cases. However, there are some differences in their treatment methods, particularly in the tools they use varying from acupuncture to physical therapy. "We maintain diversity in our practice with each DC using different tools to help treat patients," Dr. Thomas Stotz said.

At first, working at the same practice didn't come as naturally as their interest in chiropractic medicine. Before working together, the Stotz's spent time having discussions about their roles at the practice. For other families that are considering working together, they recommend arranging hours and separating the duties they will have within the business aspect of the practice.

"We spent a lot of time working out the details so there would be no surprises," Dr. TJ Stotz said.

Since the Stotz's have been working together, they have grown the business to include five other satellite offices in various communities in South Dakota. "The community sees us as a true family business that will take care of them and their family for the long-term," said Dr. TJ Stotz.

With two children of his own, a 5-year-old son and 7-year-old daughter, Dr. TJ Stotz doesn't have any immediate plans to spark their interest in chiropractic medicine, but "it would be fantastic to continue the legacy into a third generation," he said.



NUHS DC student Miko Gozdalski and Witold Gozdalski (NUHS '01)

However, not all two-generation chiropractic families go on to work in the same practice. Miko Gozdalski, a first trimester chiropractic medicine student at NUHS, plans to open up his own chiropractic practice, but acknowledged the influence his parents' Illinois clinic had on his career choice.

"My parents practice was run by just the two of them so I'd often spend time there helping. Throughout the years, I'd see a bit of this and that and ask my father questions," he said. In addition, he also shadowed a fair amount of other DC's to see how their own method of practice differed from his parents' practice.

Although Mr. Gozdalski discovered he and his father had different ways of approaching chiropractic care, they both agreed National University was the best place to begin a career in chiropractic medicine.

Regardless of career choice, National University has a solid track record of preparing graduates for success.





## New Partnership



BALL STATE  
UNIVERSITY

In the continued effort to attract exceptional students, National University has added another university to the list of schools participating in the Advanced Scholars Program (ASP). As part of the latest partnership agreement, Ball State University students are now able to complete both an undergraduate degree and doctor of chiropractic (DC) degree in less time.

NUHS has created similar Advanced Scholar Programs with Elmhurst College and South Dakota State University. Collaboration agreements with other area schools are also in progress. "This program allows students to streamline their coursework, saving them both time and tuition costs," said Dr. Randy Swenson, NUHS vice president for academic services.

Qualified students in the program complete three years of undergraduate study then start the five-year DC program at NUHS. After completion of coursework in the first three trimesters at NUHS, they are granted the bachelor's degree from their undergraduate school.



## New Integrative Medicine Blog and Career Guides

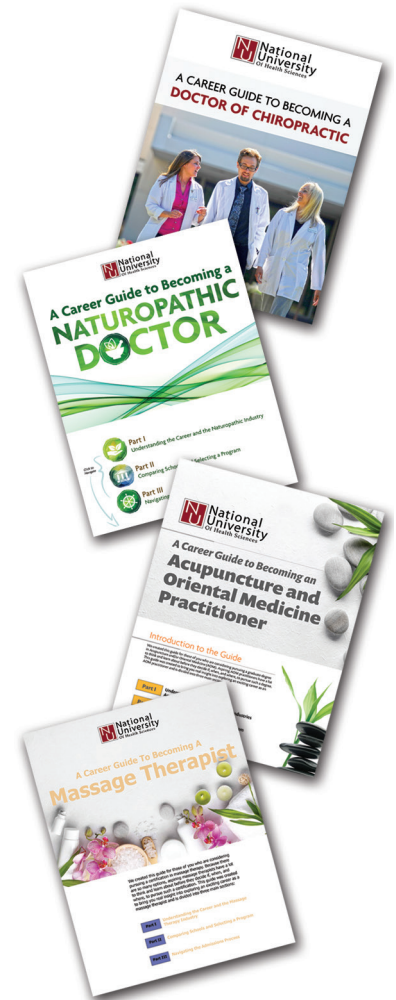
The future of integrative medicine is bright with more research supporting the benefits of conservative, integrative medicine and health care facilities offering such treatments. Through a new informative blog and profession-focused career guides, National University is helping aspiring health care students stay informed and up-to-date with these progressive trends in the health care industry.

The Future of Integrative Health blog, launched in January, features the perspectives of current NUHS students, alumni, faculty and other experts. A wide variety of blog topics range from industry outlook to how integrative medicine can treat specific ailments. A recent post, "How the Opioid Epidemic Could Change the Future of Health Care," takes a look at one of the biggest challenges facing health care today.

National University has also created multiple career guides for the fields of chiropractic medicine, naturopathic medicine, acupuncture and oriental medicine and massage therapy. For those looking to pursue these fields, the guides are invaluable resources that are currently available to download for free.

Each guide offers information on the industry, career outlook, how to select a program, and the best way to successfully and easily navigate the admissions process.

The creation of this type of material is part of National University's



commitment to build awareness for integrative medicine and engagement with current and prospective students. The blog and career guides are also meant to help prepare aspiring health professionals for the promising future of integrative medicine.





## Student Center Renovations

There is nothing like a classroom filled with comfortable swivel chairs, smooth desktops, updated Wi-Fi, and new video screens and projectors to engage students in the joy of learning. Add to that, a brand new gymnasium with fresh wall and ceiling paint and a completely refurbished floor — just the thing for indoor sports, social activities, and the ever popular board examinations.

*“These latest renovations are an example of how we are listening, trying to improve everyone’s experience, and make NUHS the best it can be,” says Facilities Director Mark Galvanoni.*

National University alumni attending Homecoming 2017 were the first to experience the major updates to the Student Center and SC1 and SC2 stadium classrooms — all of which enhanced a number of homecoming events held in the gymnasium. Soon after, students “enjoyed” the updated facilities for the national chiropractic board examinations in October.

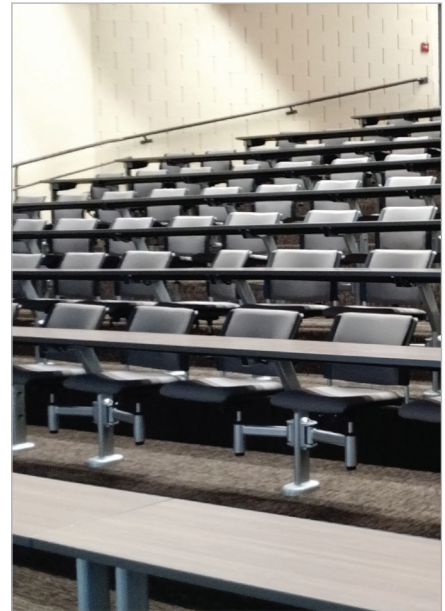
This latest round of updates to the Student Center, built in 1977, follows comments, opinions, and recommendations from students, faculty, and staff over the years. A major project within the Student Center was the total gutting of the two stadium classrooms. Lecture hall seating, tables, and flooring were demolished to make way for the new furnishings, upgraded Wi-Fi, and an enhanced audio system in the classrooms.

The second major project in the gymnasium was the total removal of an old poured rubber coating over

rough concrete. The tedious process took several days of hard labor by the Facilities staff to scrape the surface clean before installing the new multi-purpose flooring.

Renovations still to come include audio-visual programming upgrades and the installation of acoustical panels to increase sound quality in the gym, and improvements to the fitness center within the building.

“These latest renovations are an example of how we are listening, trying to improve everyone’s experience, and make NUHS the best it can be,” says Facilities Director Mark Galvanoni.



SC1 Classroom After Renovations



Student Center Gym After Renovations





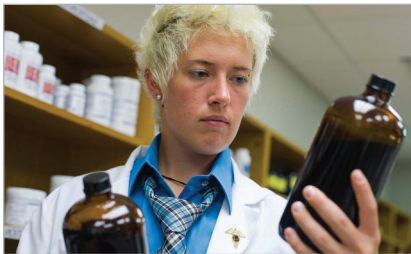
## NUHS Interns Gain Diverse Clinical Experiences

**A**t National University's on-campus clinics and other health care facilities across the country, students can pursue a wide variety of clinical opportunities with diverse patient populations.

NUHS Whole Health Centers, located conveniently at both the Illinois and Florida locations allow interns in multiple programs to treat patients with a variety of conditions.

"National University gives students a unique advantage when it comes to clinical clerkship opportunities," said Dr. Theodore Johnson, NUHS dean of clinics. "Students have the opportunity to train in a variety of integrative environments in several locations."

### Salvation Army clinic



National University has had a longstanding history with Salvation Army rehabilitation centers since chiropractic students first staffed the clinics in 1988. Today, naturopathic medicine students also serve three-week rotations at the Salvation Army clinic in Chicago where they treat patients who are often homeless, drug-addicted or who have recently suffered tragedy in their lives.

### Cook County's Stroger Hospital



Students pursuing a master's degree in acupuncture or oriental medicine provide pain treatment at one of the largest urban hospitals in the nation: John H. Stroger, Jr. Hospital of Cook County. In the hospital's specialty clinic for pain management, interns use acupuncture to provide pain relief to gunshot and burn victims, pre-surgical knee and shoulder patients, cancer patients with bone pain, cases of HIV neuropathy, diabetic neuropathy, stroke, headache and more.

### Veterans Hospitals and Military Bases

In addition to the Veteran's clinic at the NUHS on-campus Whole Health Center, National University interns have the opportunity to work at some of the best training facilities for health care professionals. This includes Bay Pines Veterans Hospital in Florida, which was named a "preferred training facility" for future health care professionals based on a 2016 national survey conducted by the U.S. Department of Veterans Affairs (VA) Office of Academic Affiliations. For veteran care, chiropractic medicine students can also intern at

the Illiana Veteran's Administration Health Care System in Illinois and Richard L. Roudebush VA Medical Center in Indiana.

*"National University gives students a unique advantage when it comes to clinical clerkship opportunities," said Dr. Theodore Johnson, NUHS dean of clinics. "Students have the opportunity to train in a variety of integrative environments in several locations."*

In addition, chiropractic medicine interns provide treatment to active military personnel at Bethesda Naval Medical Center in Maryland, the Naval Air Station in Florida and Scott Air Force Base in Illinois.

### New opportunities

Most recently, NUHS has been working with Good Samaritan Hospital in nearby Downers Grove to allow NUHS diagnostic imaging residents and clinic interns the ability to study and learn from an array of patient cases.

"These opportunities are crucial to exposing students to the diverse population they can expect to encounter when in practice," Dr. Johnson said. "Going forward, National University will continue to establish relationships with other health care facilities to expand these opportunities even further."





## Lombard Campus Celebrates the Total Eclipse

National University's Library staff hosted an Eclipse Viewing Party on August 21 to celebrate the first total solar eclipse to sweep across 14 states of the U.S. from Washington to South Carolina since 1918.

While neither Lombard, Illinois nor St. Petersburg, Florida were among the areas destined to see totality, Lombard viewers were at least able to view portions of the eclipse that were not hidden by the cloud-filled but sunny day.

Library staff distributed official NASA eclipse viewing glasses to faculty, staff, and students who gathered on the lawn to watch the historic event. Continuous live feed from NASA was also shown in the Library and Admissions offices.

To further celebrate the occasion, eclipse-themed refreshments were served such as Milky Way and Star Burst candies, Eclipse gum, star-shaped marshmallows, "Sunny Lemonade," and an appropriately decorated giant eclipse cookie.



*President Stiefel and others look on as the eclipse takes place.*



*Faculty, staff, and students gathered to witness the historic event.*

## Campus Technology Improvements



National University is providing faculty and staff more tools to increase communication and engagement across both the Illinois and the Florida school sites.

The Information Technology (IT) Department is currently in the process of replacing all employee computers and standardizing them to a single Office 365 platform. This upgrade will allow the system to run more smoothly and securely overall.

Two walking treadmills equipped with computers have also been installed at the Illinois campus, allowing students, faculty and staff to get exercise while working. Other technology upgrades include infrastructure improvements in Janse Hall that will update existing wiring, which will allow for a new phone system, faster Wi-Fi and wired connections in the future. In anticipation of the faster wireless, internet bandwidth will be quadrupled.

In about a year, IT expects to complete the technology upgrades, which will ultimately lead to a more reliable, accessible and safer faculty and staff network," says Mr. Ron Mensching, vice president for business services.





# Alumni News

**Terry R. Yochum, DC, (NCC '92)** was presented with the prestigious Dr. Frank Elliott Pioneer Award at the 100-year celebration of the Colorado Chiropractic Association in September. The award recognizes the honoree for enduring support of the chiropractic profession and for modeling how a chiropractor and Colorado Chiropractic Association member supports the association through hard work and generosity.



*Pictured (l-r) are: Brent Kimball, MD, grandson of Dr. Joseph Janse and a neurosurgeon; Julie Janse, oldest daughter of Dr. Janse; Inge Yochum, Dr. Yochum's wife; and Dr. Yochum.*



*Courtney and Nick Chancellor, DC*

**Courtney and Nick Chancellor, DC, (NUHS '88)** are celebrating the birth of twins Jack William and Lily Ann on September 13. Jack weighed in at 6 lbs. 10 ozs., Lily at 5 lbs. 13 ozs., and both measured 19.5 inches. The twins were also welcomed by big brother Daniel Paul, age 2. Nick is the dean of Institutional Analysis, and Courtney, a former NUHS admissions counselor, now teaches part-time in the bachelor of science degree program.

**Dale J. Buchberger, PT, DC, (NUHS '88)** joined the medical staff for the USA Summer World University Games

(SWUG), August 19-30 in Taipei, Taiwan. This was his second experience with SWUG, having served with the 2015 team in Gwangju, Korea. "I had such an unbelievable experience in Korea, having a second chance at this experience is very humbling," he said. Dr. Buchberger, president and CEO of Active Physical Therapy Solutions PC in Auburn, New York, is a past president of the American Chiropractic Board of Sports Physicians and currently serves as a chiropractic consultant for numerous athletic teams.



*Roger E. Schlade, DC*

**Roger E. Schlade, DC, (Lincoln '65)** of Swanton, Ohio, was honored with the Lifetime Achievement Award in October at the annual convention of the Ohio State Chiropractic Association. The award honors well-respected individuals with the highest standards of ethics in practice for the legacy of their work, including the promotion and advancement of chiropractic. Dr. Schlade formerly

served as chair of the President's Cabinet Internationale and the National University Board of Trustees. His son, Joshua M. Schlade, DC, of Montpelier, Ohio, is a 1997 National graduate.



*Shaquala Reese, DC*

**Shaquala Reese, DC, (NUHS '12)** and her staff from Good Hands Wellness Center in Wheaton, Illinois, provided chair massages to survivors at the

American Cancer Society's Making Strides Against Breast Cancer Walk in October at the Cantigny Museum in Winfield, Illinois. This was the team's third consecutive year participating in the event and the highlight of their year. A practicing massage therapist for 15 years before earning her chiropractic degree, she began supporting the Cancer Society walks during her time as a student at National University and has continued to share her time and talents to the cause today.



*Alex Tauberg, DC*

**Alex Tauberg, DC, (NUHS 2016)** opened Tauberg Chiropractic & Rehabilitation in Fox Chapel, Pennsylvania, in March 2017. A native of Pittsburgh,

Pennsylvania, he earned a BA in psychology graduating from National University with his chiropractic degree. Dr. Tauberg has certificates in SFMA, FMS1, FMS2, and FAKTR, and is a member of the SANCA medical team where he works with all types of athletes.

**Craig Cusson, DC, (NUHS 2017)** has affiliated with RejuvenX in Osprey, Florida. Prior to graduating from National University with his chiropractic degree, he earned a BS at The University of South Florida. Dr. Cusson has obtained several other health certifications including board certification in acupuncture.



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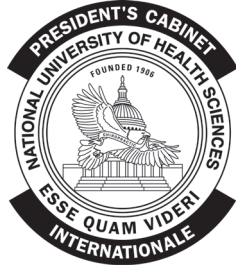


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Mrs. Cynthia Winterstein  
Dr. Steven G. Yomens

## Giving Clubs Development Club

Dr. Brian R. Anderson  
Dr. Christine M. Bender  
Dr. Jerrilyn A. Cambron  
Dr. Nicholas Paul Chancellor  
Dr. Daniel L. Cheatham  
Dr. Gregory Cramer  
Dr. David C. Diiorio  
Dr. James G. Green  
Dr. Bruce R. Hodges  
Dr. Janet Horton  
Dr. Kevin P. Koch  
Dr. Janet C. Lintala  
Dr. Gary R. Ogurkiewicz  
Dr. Robert J. Rodriguez  
Dr. Fraser A. Smith  
Dr. Thomas J. Stotz  
Dr. Barry A. Wahner  
Dr. Leroy A. Yeomans

## Treatment A-Month Club

Dr. Benton P. Dammell  
Dr. Jeffrey S. Fedorko  
Dr. Jay L. Geiser  
Dr. Jennifer Rathmann Johnsen  
Dr. James J. Krumpak  
Dr. Joseph L. Lancellotti  
Dr. Dave L. Langholf  
Dr. Peter J. Mellon  
Dr. David V. Perns  
Dr. Rick A. Randall  
Dr. Vernon S. Redd  
Dr. Brian K. Scharf  
Dr. Gregory S. Scherr  
Dr. Clifton G. Siess  
Dr. Paul Mark Sullivan  
Dr. John D. Turner  
Dr. Barry A. Wahner  
Dr. Warren A. Witkowski  
Dr. Allen E. Yoder

## Century Club Members

Dr. Rashid A. Abu-Shanab  
Dr. Daniel J. Agona  
Dr. Joseph R. Andrejczik  
Dr. Gregory L. Arnold  
Ms. Deb Bechtel  
Dr. Edward J. Bifulco  
Dr. Stephen W. Boudro  
Dr. John E. Buntrock  
Dr. Hui-Yan Cai  
Ms. Margaret Carey  
Ms. Debra Cascio  
Ms. Sharon Cataldo  
Dr. Carmen J. Centanni  
Dr. Kristina Heidler Conner  
Dr. Rick Cox

Mrs. Izabela Dubak  
Dr. Herbert F. Flynn  
Dr. Judith A. Fulop  
Dr. Betty E. Graham  
Dr. Murtaza Hameed  
Mr. Robert P. Hansen  
Dr. Wayne Scott Harrison  
Ms. Teri Hatfield  
Dr. Rudolph Nicholas Heiser  
Dr. William J. Hogan  
Dr. Gerald D. Irwin  
Dr. C. Douglas Johnstone  
Ms. Pamela Jones  
Dr. Sonia Joubert  
Dr. Anna Jurik  
Dr. Dean R. Kenny  
Dr. Gerald B. Kooistra  
Dr. Edward L. Kropf Jr.  
Dr. Morgan A. Kutzner  
Ms. Tracy Litsey  
Dr. Marina Machini  
Dr. Paul A. Marando  
Dr. John A. Marshall  
Ms. Rosetta Meredith  
Mr. Donn E. Nelson  
Ms. Lynn Nelson  
Dr. Ross A. Pine  
Dr. Jaya Prakash  
Dr. Stephen M. Pruni III  
Dr. Jane A. Richards  
Dr. Daniel Richardson  
Ms. Susan Robertson  
Dr. Lawrence S. Segal  
Dr. Edie J. Spence  
Dr. Peter Stahl  
Ms. Susan E. Unger  
Dr. Zhanxiang Wang  
Dr. Xiaojing Zhou

## Expansion Club

Ms. Diana Bacigalupo  
Dr. Terry M. Elder  
Dr. Robin Fan  
Mr. Mark Galvanoni  
Dr. Jenna Boazzo Glenn  
Dr. Carlo Guadagno  
Dr. Hyundo F. Kim  
Ms. Yesenia Maldonado  
Mr. Sridharan Manavalan  
Ms. Kaitlin Scully  
Ms. Krista M. Soli

## Beginner's Club

Ms. Rebecca Alanis  
Mrs. Courtney Shepard Chancellor  
Mr. Shao-Hao Cheng  
Dr. Louise Edwards  
Ms. Lauren Evitt  
Mrs. Jean Fairbank  
Ms. Misty Fowler  
Ms. Amina Khan  
Ms. Hilary Kluczynski  
Dr. Yuri Korvatko  
Ms. Fran Morgan  
Ms. Lindsay Morgan  
Dr. Leslie Pearlstein  
Ms. Shirley Raychel  
Ms. Rebecca Richel  
Ms. Vicki Shargo  
Dr. Lorinda Sorensen  
Ms. Joan M. Spencer  
Ms. Lynn Zoufal

# Engaging the Profession



## Specialty Certifications and Continuing Education

National University's College of Postgraduate and Continuing Education strives to provide a variety of courses, summits, and specialty certifications that allow practitioners to expand their knowledge, upgrade their skills, and stay engaged within their professions.

### Coming in 2018



### 2018 Acupuncture 100 Series

(Dates Subject to Change)

This program provides doctors, doctoral/professional students, and other licensed health care professionals with the opportunity to learn acupuncture in levels of progression, incorporating classroom and laboratory practicum.

January 27-28	ACU-1: Introduction to Acupuncture
February 24-25	ACU-2: Clean Needle Technique / Meridians I
March 24-25	ACU-3: Meridians II / Extra Ordinary Meridians
April 21-22	ACU-4: Meridians III / Tongue Diagnosis
May 19-20	ACU-5: Adjunctive Patterns I
June 23-24	ACU-6: Auriculotherapy and Instrumentation
July 21-22	ACU-7: Adjunctive Patterns II
August 18-19	ACU-8: Research & Review / Final Examination

\* Note: Any single course in a program series can also be taken individually.

## Advanced Clinical Practice Degree Now Online



In September, the Master of Science in Advanced Clinical Practice (MSACP) program welcomed its first class of students. Offered

for the first time this year entirely online, the degree provides an in-depth immersion into integrative medicine. The program is specially designed for first professional health care providers including chiropractic physicians, naturopathic physicians, medical doctors, and osteopathic doctors.

“The program has been redesigned to help busy physicians more easily complete this advanced degree while managing their practices,” said Randy Swenson, DC, MHPE, vice president for academic services.

Students in the MSACP program study a broad list of patient conditions and treatment paths, allowing them to enhance their diagnostic and clinical skills.

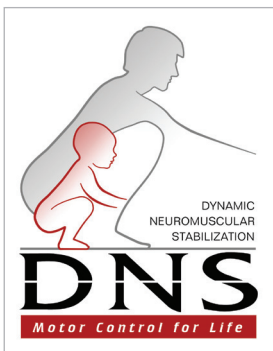
The program has both full- and part-time options available. For a program overview and instructions on how to apply, visit [www.nuhs.edu/msacp](http://www.nuhs.edu/msacp) or contact the Office of Admissions at 1-800-826-6285 or [admissions@nuhs.edu](mailto:admissions@nuhs.edu).



### Movement Flow and Preparation For the Athlete

(February 3-4, 2018)

This Dynamic Neuromuscular Stabilization (DNS) Movement Skills course targets strength coaches, personal trainers, and clinical professionals working with an active population and looking to utilize DNS Movement Flow sequencing and loading of the developmental sequence while training and/or treating.



*continued on next page*



# Engaging the Profession



## 2018 Nutrition Conference

(March 24-25, 2018)

Mark your calendar for March 24-25 as the place to be for Postgrad's 2018 Nutrition Conference. Expand your knowledge of the proper strategies for nutrition in maintaining optimum health from the following team of experts, all specialists in their fields:

- Sara Gottfried, MD – paleo diet and hormones
- Alan Goldhammer, DC – fasting and vegan diet
- Mike T. Nelson, PhD – nutrition for high performance athletes
- Brandon Brock, DNP, DC – diet
- Ryan Cedarmark, DC – gut-brain axis and nutrition
- Sarah Ballantyne, PhD – “paleomom” author
- Marie Rago, PhD – body dysmorphia and orthorexia
- Tom O’Bryan, DC – gluten and autoimmunity
- Zach Bush, MD – GMO specialist

Health professionals, in particular, often fall short in their nutritional knowledge and the ability to provide the most current information to patients who are trying to implement new food strategies. Being able to offer the best way to implement a food “diet” or strategy will enable patients to have success.



## Spinal Decompression

(May 5-6, 2018)

Eric Kaplan, DC, and Perry Bard, DC, will share their expertise in decompression and delve into a robust outline of topics at National University this spring. This unique certificate program is one of the first decompression programs to be non-product specific. This series will enable all chiropractors to improve their performance and clinical outcomes by implementing spinal decompression in a professional patient-centered manner.



For details on all continuing education programs:

**Visit:** [www.nuhs.edu/academics/college-of-continuing-education](http://www.nuhs.edu/academics/college-of-continuing-education)

**Phone:** 630-889-6622

**Email:** [postgrad@nuhs.edu](mailto:postgrad@nuhs.edu)

# Engaging the Profession



## Continuing Education Expanded Through New Partnership



With courses on campus and online, National University is dedicated to providing both high quality and convenient continuing education opportunities to the health care profession. In May, National University expanded these opportunities further by agreeing to combine resources with the University of Western States.

The new agreement will allow each university to serve a larger pool of practitioners and students in a more efficient manner. Both universities will develop a shared calendar for programs that will include online courses along with new live and pre-recorded webinars. National University will provide CE licensing for all coursework.

“Participants will benefit from the combined programs of both locations as well as the additional online course offerings,” said Dr. Jenna Glenn, dean of the NUHS Lincoln College of Postgraduate and Continuing Education.

National University and University of Western States previously partnered with the signing of an articulation agreement in 2015.

That agreement provided UWS students in the doctor of chiropractic (DC) program the opportunity to complete a doctor of naturopathic medicine (ND) degree at NUHS with advanced standing, saving both time and expense.

“We are excited to enhance our collaboration efforts with University of Western States,” said NUHS President Dr. Joseph Stiefel. “We are continually seeking new ways to make it easier for practicing health care providers to stay up to date on advances in the industry.”

“This partnership allows us to create institutional efficiencies,” said UWS President Dr. Joseph Brimhall. “It also means both universities will combine creative forces to provide cutting-edge continuing professional education to a broader and more diverse community of chiropractic physicians, naturopathic physicians, massage therapists and other health care providers.”



## Faculty Engagement



192 conferences and seminars attended by NUHS faculty



130 presentations given by faculty for various scientific and general audiences



100 papers, books, book chapters, theses, study guides, and abstracts published and submitted for publication





# NUHS Research Shows Shoe Orthotics With Chiropractic Care Reduce Low Back Pain

National University continues to make significant contributions to the scientific and health care community by engaging in primary research. In one of the latest studies conducted by National University, researchers found that shoe orthotics alone or combined with chiropractic care can significantly improve the low back pain experienced by millions of Americans.

Foot Levelers helped fund the study with a \$400,000 grant. The research funding followed a 1-year pilot study that found a correlation between use of shoe orthotics and relief of low back pain. The results were significant but not considered conclusive with only about 50 study participants.

NUHS' latest research, released in the *Archives of Physical Medicine and Rehabilitation* in September, is the first large-scale study to assess the effectiveness of shoe orthotics for back pain, instead of just foot pain.

In a six-week randomized controlled trial, researchers divided 225 adult subjects into three different groups. The control group received no care. Another group received custom-made shoe orthotics from Foot Levelers and a third received custom-made shoe orthotics from Foot Levelers plus chiropractic care that included adjustments, hot or cold packs, and manual soft tissue massage. The results showed that although all groups demonstrated pain improvement in six weeks, only the patients using shoe

orthotics had statistically significant improvements in both function and pain.

*“This newly published clinical trial demonstrates that shoe orthotics plus chiropractic care may be a highly effective treatment combination,” said Dr. Cambron.*

“Chiropractic physicians have long prescribed custom shoe orthotics to their patients with the thought that back pain treatment might work best when addressing not only the back but also the hips, knees, ankles, and/or feet,” said Jerrilyn Cambron, DC, MPH, PhD, LMT, the principal investigator of the study, who is also a research professor and dean of the NUHS College of Allied Health Sciences and Distance Education. “This newly published clinical trial demonstrates that shoe orthotics plus chiropractic care may be a highly effective treatment combination.”

The study used Foot Levelers custom shoe orthotics exclusively, which



Jerrilyn Cambron,  
DC, MPH, PhD, LMT

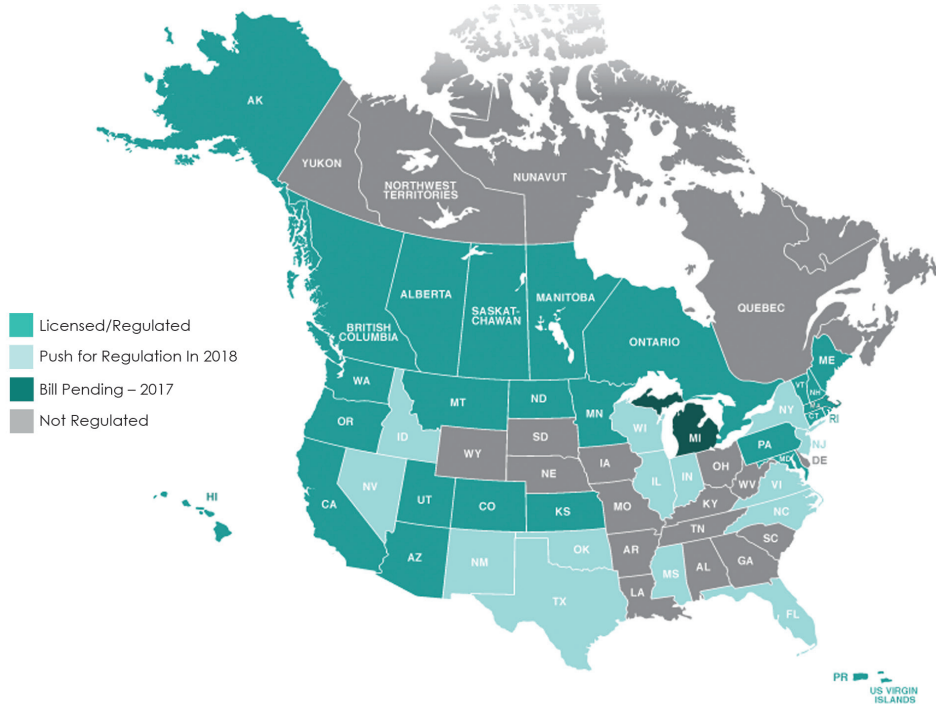
are specifically designed to improve function of the lower extremities and low back. Pain can be caused by a disruption of the kinetic chain, an engineering concept used to describe the way segments of the body are connected. Such a disruption can move from the feet up to the low back, or from the low back down to the feet.

Dr. Cambron believes the study will encourage further research into the way functional shoe orthotics can help improve other complex joint issues such as knee and hip pain.





## Lobbying Illinois Legislators for ND Licensure Support



The naturopathic medicine profession has made significant strides among state legislatures. In the last year alone, three states gained ND licensure approval: Rhode Island, Massachusetts and Pennsylvania.

With 20 states now licensing NDs, National University is continuing its efforts to gain licensure in Illinois. Largely these efforts involve inviting state legislators on campus and engaging them in discussions about naturopathic medicine and its impact on various communities.

In October, Illinois State Senators Chris Nybo (R-Elmhurst) and Bill Brady (R-Bloomington) got a first-hand look at the NUHS naturopathic program while visiting campus. In addition to discussing the ND licensure bills, President Joseph Stiefel, MS, EdD, DC, and Vice President for Business Services Ron Mensching gave a tour of the anatomy lab and clinic.

“The visit was a step forward in gaining support among other state legislators,” said Mr. Mensching, adding that Sen. Brady, a Senate Republican leader, could be beneficial in gaining additional Republican support.

Sen. Nybo is a strong supporter of ND licensure efforts in Illinois. Licensure could help keep graduates in state and increase the number of private practices. Safety is also a concern. Without licensure, the public is more vulnerable to practitioners with sub-par education or limited to no training.

“We should be encouraging new methods and technology in health care and allowing patients to choose from a range of treatment options,” Sen. Nybo said. “The rigorous training and testing would better ensure that all patients receive the highest quality of care from their naturopathic practitioners, plus ND Licensure in Illinois would

open up opportunities for health care professionals.”

In addition to Illinois congressmen, Dr. Stiefel and Mr. Mensching met with Gov. Bruce Rauner in Springfield and also held a more in-depth meeting with the governor’s staffer to discuss the increasing public demand for natural health care along with the ability of naturopathic physicians to help fill the growing shortage of primary care physicians.

As legislators gear up for legislative session in January, Mr. Mensching said he continues to look for ND supporters to talk about ND licensure issues.

For the latest updates on National University’s ND licensure efforts ‘like’ and follow the NUHS Facebook page.





# Engaging the Public



## National University Hosts Inaugural Healthy Kids Open House



In an effort to build awareness and engage the community with healthy living, National University hosted Healthy Kids Open House for the first time this year. The successful event held in May, welcomed families to the Illinois campus to promote health and wellness for children.



*Kids learn yoga*

The open house included topics of interest such as child psychology, brain health and healthy eating along with all-day clinic tours and popular interactive classes in yoga and tai-chi for children. The event also allowed interns to interact with children of all ages to further diversify the patient populations they work with.

Families visited with various health and children-related exhibitors that participated in the Open House including Health Track Sports and Wellness, Oberweis, Prairie Food Co-Op, U.S. Martial Arts of Glen Ellyn, Shiny Strands Hair Salon, InMotion Foot and Ankle Centers and Life Options. Families also had the opportunity to take photos with M&S photography.

In addition to listening to lectures, parents had the chance to chat with our natural medicine experts one-on-one. The event featured: clinical psychologist Robert Shiel, DC; Michelle Ennsman, DC, ND, naturopathic medicine clinician; and naturopathic medicine instructors Jamine Blesoff, ND, and Jennifer Green, ND. To keep the focus on summer safety, a representative from the Illinois Poison Control Center was on hand at an info table with resources. Their spring and summer brochures were also given to all attendees.

Fraser Smith, ND, assistant dean of the naturopathic medicine program,

who organized the event, plans to hold another Healthy Kids Open House event every year with many of the same learning activities geared toward keeping children in optimal health.

“The event was a great way to enhance our connection with the local community and inform them about natural medicine,” Dr. Smith said. “We were thrilled to share our beautiful campus with local families.”



*Participants learn defensive skills*



## Faculty Builds Public Awareness of Natural Health Care

**D**uring the ongoing opioid epidemic, complementary and alternative medicine has made significant strides within the mainstream medical community as a promising solution.

Earlier this year, the American College of Physicians updated its guidelines for low back pain suggesting that non-pharmaceutical/non-opioid therapies, such as acupuncture, spinal manipulation, massage or heat therapy, should be utilized first. In August 2017, the Joint Commission, a nonprofit that accredits health care organizations, released guidelines that call on hospitals to provide complementary and alternative medicine treatments or educate patients about them.

The many health benefits of natural medicine have been promoted by several NUHS faculty members who have taken an active role in building awareness through articles in various print and online publications and appearances at national health care events.



Fraser Smith, ND

In its winter issue, *Chicago Health Magazine* featured the new hydrotherapy suite and the different techniques that are used to treat conditions ranging from arthritis to GI issues to headaches. The article includes information and quotes from Fraser

Smith, ND, MS, assistant dean of the NUHS naturopathic medicine program.

Dr. Smith was also featured in the *MedShadow*, an online publication that helps readers weigh the risks and benefits of medications. Dr. Smith discussed the pros and cons of calcium supplements along with how they should be properly used. Additionally, Dr. Smith and Tursha Hamilton, ND, naturopathic clinician at the NUHS Whole Health Center, offered information on natural pain relief options during the Midwest Pain Treatment Education Expo in August. The expo attracts over 300 attendees and over 2,000 live-stream viewers from around the world, many of whom have severe chronic pain and conditions.



Carlo Guadagno, DC, CCSP®, ICCSP, FICC

Carlo Guadagno, DC, CCSP®, ICCSP, FICC, a Florida faculty member and expert in sports medicine, shared health tips for athletes from a chiropractic medicine perspective in both *Self* and *Chiropractic Economics*, magazines that each have thousands of readers. In the *Self* magazine article, Dr. Guadagno talked about common athletic injuries in women and how to avoid them. With *Chiropractic Economics*, Dr. Guadagno also shared “Six things your sports chiropractor wishes you would stop doing.”



Zhanxiang Wang, MD (China), PhD, LAc

For the past fall season, Zhanxiang Wang, MD (China), PhD, LAc, assistant dean of the NUHS acupuncture and oriental medicine program and allergy expert, shared several natural allergy tips in *MedShadow*, which included the use of acupuncture and various Chinese herbs utilized in oriental medicine.



Jamine Blesoff, ND

Earlier this year, NUHS Instructor Jamine Blesoff, ND, was featured in an Association of Accredited Naturopathic Medical Colleges (AANMC) article about naturopathic approaches to fertility. She also served as an expert speaker discussing an integrative approach to health care at the National Psoriasis Foundation’s National Volunteer Conference in Chicago.







## Hydrotherapy Suite Opens in Lombard Health Center

The addition of a hydrotherapy suite to the Whole Health Center in Illinois offers the local community a new affordable health care service that can treat a variety of conditions including arthritis, insomnia and headaches. National University hosted a grand opening of the hydrotherapy suite in February.

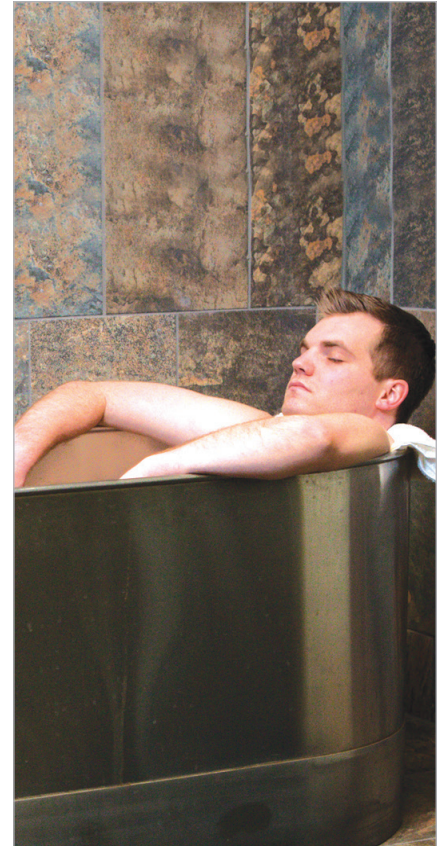
“National University is proud to offer this new suite to the Chicago-area community, especially since the health benefits from this therapy can be significant for a variety of ailments,” said Fraser Smith, ND, assistant dean of the NUHS naturopathic program.

In addition to healing several types of ailments and boosting various body systems and functions, the treatments are also meant to be relaxing. The suite includes many rooms for multiple types of hydrotherapy modalities offering constitutional treatments, Russian steam baths and peat immersion baths. These

therapies are typically used with other natural treatments such as botanical medicine, nutritional improvements, or lifestyle changes.

Full hydrotherapy suites, particularly with the latest, state-of-the-art equipment and medically-oriented, are a rarity in the Chicago area. Among accredited naturopathic medicine schools, the NUHS hydrotherapy suite is also one of the newest in the country. Compared to some local spa suites, treatments at National University may be more affordable, as well.

Building the hydrotherapy suite has been several years in the making. Naturopathic program faculty diligently worked with university personnel selecting the best flooring, lighting and layout in order to assure a safe and pleasant experience to patients.



*Peat immersion bath*



*Treatment room with sauna*



*Russian steam bath treatment*



# National University Financials

As a proven leader in the health care community, National University of Health Sciences (NUHS) sets the standard in training for health care careers. Every year we strive to maintain the strength and stability of NUHS finances. A strong financial standing is an essential component in accomplishing our mission and one of the reasons we can provide a dynamic atmosphere where students, faculty and clinicians of various complementary and alternative health professions work together in an integrative environment. The following data covers the fiscal year September 1, 2016 to August 31, 2017.

## Financial Position

### Assets

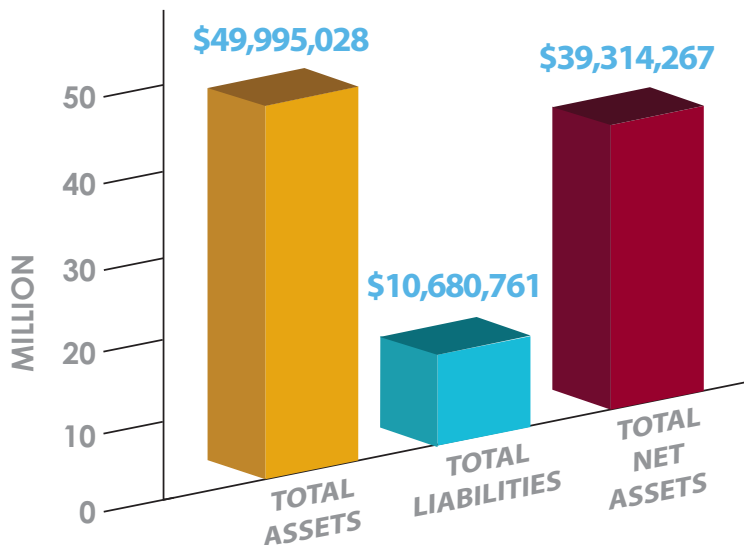
Cash, Receivables & Other	\$10,611,271
Investments	\$14,446,007
Property & Equipment	\$24,937,750
<b>TOTAL ASSETS</b>	<b>\$49,995,028</b>

### Liabilities

Accounts Payable & Other	\$1,022,955
Deposits & Deferred Revenue	\$3,179,551
Long-Term Debt	\$6,478,255
<b>TOTAL LIABILITIES</b>	<b>\$10,680,761</b>

### Net Assets

Unrestricted	\$33,076,831
Temporarily & Permanently Restricted	\$6,237,436
<b>TOTAL NET ASSETS</b>	<b>\$39,314,267</b>



CAPITAL PROJECTS

**\$977,791**



**\$45,624**  
NAMED SCHOLARSHIPS

**\$812,122**  
TOTAL SCHOLARSHIPS

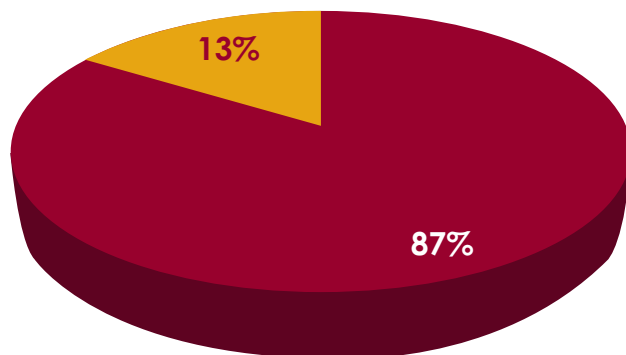




## Operating Revenue

Net Tuition & Fees	\$19,102,463
Grants	\$408,899
Investment & Interest Income	\$213,017
Auxiliary Enterprises	\$1,656,173
Clinic Operations	\$487,286
Other Revenue	\$91,732

**TOTAL OPERATING REVENUE** \$21,959,570



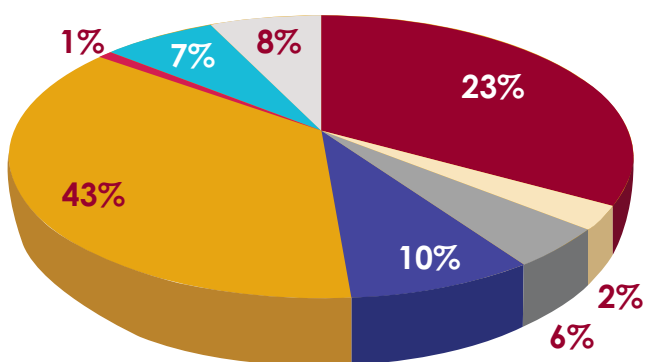
■ Tuition ■ All Other Operating Revenue

## Operating Expenses

Instruction	\$8,717,426
Research	\$370,452
Academic Support	\$1,167,191
Student Services	\$2,141,834
Auxiliary Enterprises	\$1,555,969
Clinic Operations	\$1,643,555
Institutional Support	\$4,629,349
Fundraising	\$233,051

**TOTAL OPERATING EXPENSES** \$20,458,827

**NET OPERATING ACTIVITY** \$1,500,743



■ Instruction ■ Institutional Support  
 ■ Research ■ Auxiliary Enterprises  
 ■ Academic Support ■ Clinic Operations  
 ■ Student Services ■ Fundraising

# Thank You to our Corporate Sponsors!

National University is proud to have the sponsorship of leading businesses and organizations in health care. We would like to thank our corporate sponsors for their continued support of NUHS. Our sponsors provide our students with continued support and resources during their time as students at NUHS and after they become alumni. THANK YOU!





The logo of the National University of Health Sciences is a circular seal with a scalloped edge. It features a central emblem with a caduceus and the text 'FOUNDED 1908' and 'CHIROPODIY'. The outer ring of the seal contains the text 'NATIONAL UNIVERSITY OF HEALTH SCIENCES' at the top and 'ESSE QUAM VIDERI' at the bottom.

## **NUHS Mission Statement**

*The mission of National University of Health Sciences is to provide and promote the necessary leadership, management and resources for the advancement of education, new knowledge, cultural diversity, outreach, and the ethical practice of the healing arts and sciences as taught within the programs of this university.*



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Of Health Sciences

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NUHS - Florida students visit Lombard for Homecoming 2017.

