

MY EXPERIENCES AS AN NYCC FELLOW

By Gerald Stevens, D.C., M.S.

As an NYCC fellow, I have observed and treated a wide variety of healthcare problems and have experienced incredible personal and professional growth. NYCC's fellowship program provides great training, and fellows are encouraged to seize opportunities that are not often seen by their chiropractic colleagues. Not only has my education benefited, but I have been able to implement my education in the establishment of new multidisciplinary clinics, refine my treatment skills and pursue clinical research. Each of these endeavors was financially supported by NYCC. What a deal!

I am currently pursuing a master's degree in public health. Conservative healthcare has long included exercise, nutrition, lifestyle routines and overall wellness. Public health pursues similar goals. An advanced degree in public health is a natural fit. This training has involved teaching a postgraduate course on public health and chiropractic.

As a clinician and instructor at NYCC's Depew Health Center, I serve as a role model for student interns. I enjoy showing interns how to accelerate their examinations, improve their adjusting and patient-management skills, and excel generally. To teach, one must be well-versed in his/her subject. I have treated senior citizens at the Salvation Army's clinics in downtown Buffalo and in Tonawanda, N.Y. I have established and grown two multidisciplinary clinics: the Lighthouse Free Chiropractic Clinic, and the University of Buffalo Chiropractic Clinic. Student interns helped build both clinics from the ground up. This kind of hands-on experience is valuable for any student who may, one day, open his/her own practice. The Lighthouse clinic primarily serves an ethnic population whose limited financial means qualify them for Medicaid. A myriad of cases attending a long-neglected population flow through the Lighthouse doors daily - everything from the common lumbar sprain/strain to Ehlers Danlos. This makes working there exciting. The University of Buffalo clinic services a staggering student population of 27,000 and we hope to expand quickly, doubling its hours to accommodate high demand. These patients, now familiar with chiropractics' many benefits, are patients for life!

As an NYCC fellow, and with NYCC's financial support, I have completed research in chiropractic education and in health behavior. NYCC also sent me to a number of national conferences, including ACC-RAC, APHA and FCER. I mixed with major players in the chiropractic field such as Drs. Jay Triano, William Meeker, Anthony Rosner, and David Chapman-Smith, and heard about late-breaking chiropractic issues and research. My \$2,500 grant for research from NYCC has me fully engaged in writing a grant to buy equipment and build rooms at the Lighthouse clinic. Research in chiropractic will undoubtedly make a significant difference in the future of our profession.

In short, the fellowship experience has been excellent, allowing me to grow in many areas and in many ways. My patients will benefit. I am pushing to excel in chiropractic, not simply to be a chiropractor. If you want to excel in chiropractic, an NYCC fellowship may be for you.