

# WHO IS NYCC?

## DR. SARAH MEANOR, DC ('09)



Dr. Sarah Meanor, a NYCC graduate in 2009, grew up in Cherry Hill, NJ and attended Saint Joseph's University in Philadelphia where she studied Chemistry. She practiced in her home town for 5 years in a multidiscipline clinic before opening her own practice in Lawrenceville NJ in 2014. Her current practice is family wellness centered, treating all ages and sharing space with a chiropractor, massage therapists and counselors. She is most proud of her standard of care. "Every patient is treated with respect and kindness and receives the same care regardless of insurance benefits".

Dr. Meanor believes NYCC was the best fit for her because the curriculum was scientifically based. "NYCC's focus on anatomy and unparalleled dissection program were definitely a selling point. Small class sizes and an overall feeling of community was a striking difference from other schools I considered".

Her first job after graduating NYCC was in a group facility with several locations. There were 3 chiropractors, physical therapists, an acupuncturist and pain management specialists. She was intrigued by the opportunity to co-manage patient care.

After working in a large office for several years, she decided to open her own practice and was responsible for 100% of the practice work. Billing and insurance paperwork were the most challenging part of owning her own practice. "It has been challenging learning the ins and outs of each company and state".

Dr. Meanor's advice for students is to take advantage of networking with alumni and take the most out of your business classes. She encourages students and alumni to explore their post-grad options, especially if they choose to accept an associate position. "There are many types of practices out there with varying degrees of ethical habits. Be sure your values align with the practice you choose to join. I would encourage you to negotiate the contract with a clause to terminate after a 6 month trial period".

What's the most rewarding thing about being a chiropractor?

Dr. Meanor says it's "watching a patient get up off the table pain free after dealing with an issue without relief from western medicine".

She sees our health care making a shift toward the alternative side. "Patients are not only becoming proactive in choosing healthy organic food, but they are exercising and living a more natural lifestyle. I am also seeing them becoming more concerned about the products they utilize in their homes, on their bodies and with their children. There is a movement demanding new legislation which would ban a list of over 1500 carcinogenic chemicals to be removed from these types of products in the USA".

These changes, although not directly correlating to chiropractic care, certainly resonate with her practice as a chiropractor and suggests her to believe that change is coming!