



Texas Chiropractic College...

Sept. 17, 2009

THE BACKPAGE

...the future in health care

Volume 27, Number 14

Welcome Back Everyone!



Pledge of Excellence Class of December 2012

We, the Class of December 2012, pledge to uphold integrity and develop professionalism through dedication in our endeavor to obtain and apply our knowledge of chiropractic medicine acquired at Texas Chiropractic College (TCC). We hold ourselves and our classmates accountable to act with responsibility, compassion and humility. We are committed to being a positive influence to our colleagues, communities and our future patients.

We will treat, not judge.

We will do no harm.

We pledge to recognize boundaries and limitations within the scope of our profession.

Being stewards of our education, we will constantly strive for personal and professional excellence.

As doctors, we vow to educate, diagnose and treat patients, respecting their needs in mind, body and soul.

TCC Preparing For H1N1

TCC has been preparing for the event of a campus out-break of the H1N1 virus. TCC's Response Plan follows the Harris County Public Health and Environmental Services (HCPHES) Response Plan, which follows the U.S. Department of Health and Human Services guidelines.

The Environmental Safety and Security Committee will be monitoring various information sources to keep the campus community apprised of any developing situations. Policies are currently being developed for employees and students with regards to absenteeism if an outbreak does impact the campus.

Additionally, a page is being developed at www.txchiro.edu which will serve as a source for flu-related information as it pertains to TCC. Should you feel ill or begin to run a fever, please stay at home and contact your supervisor or class instructors.

Please see page 2 for more information about H1N1.

THE B A C K P A G E

Sept. 17, 2009
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Texas Chiropractic College...
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and friends of Texas Chiropractic
College. Correspondence should
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www.txchiro.edu.

H1N1, What You Can Do to Stay Healthy?

How do people get H1N1?

H1N1 is transmitted through droplets. You can become infected by the H1N1 virus when someone infected with H1N1 coughs or sneezes droplets near you and you take in the virus through your mouth, nose or eyes. You also can get the virus by touching a surface such as a counter-top or doorknob that has become contaminated and then touching your mouth, nose or eyes.

What can I do to help prevent getting sick or spreading the flu to others?

- Wash hands frequently, 20 seconds each time.
- If soap and water are not available, use an alcohol-based hand sanitizer.
- Dry your hands thoroughly using a paper towel or air dryer. If possible, use the paper towel to turn off the faucet and turn the knob on the door handle.
- Avoid touching your eyes, nose or mouth.
- Cough into your sleeve or a tissue to avoid spreading germs. Do not cough into your hands.
- Put tissue in a wastebasket.
- Keep surfaces clean, especially those used by others such as telephones and keyboards. Choose liquid over bar soap.
- Avoid contact with people who are ill.

What can I do to help prevent getting sick when living with others who are ill?

A person is considered contagious (able to pass the infection on to others) a day before symptoms start and for about seven days after symptoms begin. In general, the recommendation for the sick person is that he or she isolate themselves and avoid exposure to others for at least seven days after symptoms begin or for 24 hours after fever and symptoms subside without the aid of medicine, whichever is longer.

If it is not possible to isolate the person who is ill, you may want to temporarily move to another location.

How long can the virus live on a countertop or other surface?

The virus can live on hard surfaces approximately two to eight hours.

For More Information on H1N1

- <http://www.cdc.gov/h1n1flu/>
- <http://www.who.int/csr/disease/swineflu/en/index.html>
- <http://www.flu.gov>
- <http://www.TexasFlu.org>
- <http://www.houstontx.gov/health/index.html>

Welcome back everyone! I hope that all the returning students had a nice break, and that those of you that took the Board exams last weekend were diligent in your studies.

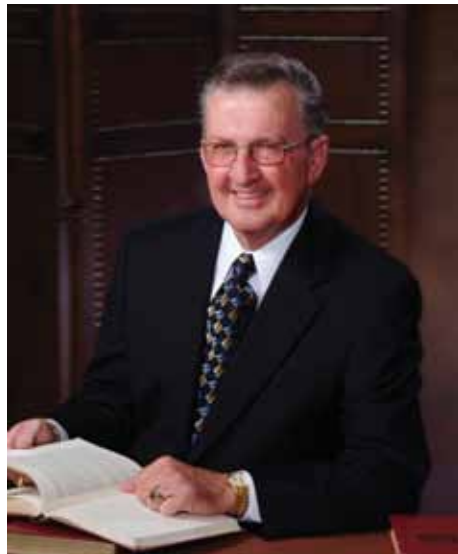
I'd also like to extend a special welcome to the 46 newest members of the TCC family who joined us for the Fall 2009 trimester. As I and others have told already, you are beginning a challenging program, and while three years may seem like a long time now, I assure you it will fly by as you prepare yourself for life as a Doctor of Chiropractic. I have every confidence that you are ready for the challenges ahead of you and that in December of 2012, I will welcome you as my colleague.

It was a busy summer highlighted by our annual Homecoming. At that time we welcomed four new members to the Board of Regents (Robert Mitchell, Dr. Kurt Juergens, Crystal Morrison and Ken Cauthorn) and thanked Johnny Blau, John Moon, Jr., Dr. Mike DeRouen, Jim Glibert, and Dr. Derrill James for their many years of service.

We additionally welcomed Dr. Fred Zuker as the new Dean of Enrollment Management and Dr. David Anderson as the new Director of Enrollment Management. And just this week, these gentlemen introduced me to the newest member of their team, admissions counselor Kristina Hanson.

I ask again that all members of the TCC family support the Enrollment Management team as they continuously search for the next class of TCC students. All of us, faculty, staff, students and alumni, can aid them in the process of bringing new students to TCC.

I have said it before and will say it again now: The greatest way to "sell" prospective students on the



President's Message

**Richard G. Brassard,
DC, FICC, FACC
President - Texas
Chiropractic College**

TCC experience is for faculty, students and alumni to share their own tales. Whether it's being a part of on-campus events, such as Open Houses and Career Day, or meeting with admissions counselors and prospective students out on the road, members of the TCC family communicating their own experiences is an invaluable tool in the recruiting process.

And as the weather begins to cool off, well at least by Texas standards, we are gearing up for another busy fall. Our counselors are hitting the road soon in search of future TCC alumni. In October, the Board of Regents will be having its annual retreat and meetings.

Also in October, TCC will be proud to serve as the host institution for the 2009 Student American Chiropractic Association Leadership Conference. The conference will be held from October 23 to October 25.

TCC SACA Vice President Courtney Eckelkamp is the Leadership Conference Chair and is working hard with her team finalizing details for this great event. I hope that if Courtney calls upon any member of the TCC family for assistance with this endeavor, you will be quick to offer her your aid.

On another note, I want you all to

be vigilant this fall as the H1N1 virus is expected to make a considerable impact on the health and wellness of our community. I urge you all to use the commonsense advice detailed on page 2, and which the Centers for Disease Control and Prevention as well as the World Health Organization advocate as the best ways to protect yourself during any flu outbreak.

If you are feeling under the weather and especially if you are running a fever, please stay home. Contact your supervisor, a faculty member or Human Resources and let us know how you are doing. The current recommendations are isolating yourself (except to see your primary care provider) until you have been fever-free for 24 hours.

Please take care of yourself this fall. I know you will be tempted to just push through feeling a bit under the weather, but take the rest you need so you can return to work and the classroom at 100%.

Best Regards,

Richard G. Brassard, D.C.

Richard G. Brassard, DC
President
Texas Chiropractic College

Around Campus...

Cookbooks & T-Shirts Still Available

The Office of Institutional Advancement has two opportunities for all members of the community to support TCC. First is the TCC Family Cookbook. This book offers 95 pages of favorite recipes shared by members of the TCC family and is available for \$10. Also available are the "Together" t-shirts available in blue, white, gray or black for \$7. For more information, please contact Debbie Salisbury at dsalisbury@txchiro.edu, 281-998-6085, or just stop by her office on the second floor of the Harris Building.

New Traffic Laws

Texas Representative and TCC Board of Regents member Ana Hernandez reminds her constituents of changes to Texas traffic laws which went in to effect September 1. These laws additionally pertain to any children who may be traveling with you and drivers under the age of 18. TCC encourages all members of the community to drive safely.

- All occupants of a vehicle, regardless of age or where they are seated in the vehicle are required to be secured by a safety belt. This includes riders in a passenger van designed to carry 15 or fewer.
- Any child younger than eight years of age must be restrained in an approved child safety seat unless the child is at least 4 feet, 9 inches in height.
- It is now illegal to use a wireless communications device in a school zone unless the vehicle is stopped or a hands-free device is used.
- All drivers under the age of 18 are now restricted from using wireless communication devices while operating a motor vehicle.

Images From The Fall 2009 Recognition Ceremony (September 8)



Images From Constitution Day & Club Day (September 16)

