

## It Takes a Chiropractor to Adjust a Village

### Chiropractic Delegation Visits Thriving New School in Ugandan Village

By Victoria Houghton, Communications Associate

Imagine having dozens of patients lined up outside your practice anxiously awaiting your care. Try to fathom being one of only three chiropractors in your country. Sound like the ideal practice location? Perhaps you should consider moving your office to Uganda.

Last July, Andrew Cohen, DC, traveled with two chiropractic students, Tiki Primes and Eddie Leonard, to Bumwalukani, Uganda—a village with few health care options—to set up a temporary chiropractic clinic for interested locals. Because much of the country's population engages in daily heavy labor, the free clinic was an enormous success.

Within a span of roughly three weeks, Dr. Cohen, Primes and Leonard treated more than 300 patients—many of whom came back for follow-up adjustments. According to Dr. Cohen, the patients responded very quickly to the treatment and many patients saw relief in just one session. Those who needed multiple treat-



**Dr. Andrew Cohen (pictured) joined a group of Americans this past summer for a trip to Bumwalukani village in Uganda. While there, he introduced the benefits of chiropractic to interested villagers.**

ments were required to present an index card describing their conditions—a documentation system set up by Dr. Cohen—at each visit.

Dr. Cohen hopes the clinic will be the first of several initiatives not only to better the health of those who live in Uganda but also to improve the country's health care system. "We did a lot to improve the health of the patients we saw, but there is much more that needs to be done and not only by chiropractors," said Dr. Cohen. "It's my dream to see an integrated health care team go to this small village and provide the quality of health care that isn't offered anywhere nearby."

This health care initiative stems from a long-running tie between the American Chiropractic Association (ACA) and Bumwalukani. A few years ago, only 110 children of Bumwalukani village were fortunate enough to spend their days at school. However, with dirt floors, no supplies, no lunch and sometimes no teacher,

these students were hardly receiving a solid education. Although Uganda requires students to pass a national exam in English to continue to the next educational level, Bumwalukani students had no resources and no hope of doing so.

However, John Wanda, vice president of the ACA's finance and administration department—and a native of Bumwalukani—decided to change that. It began with shipments of school supplies and eventually led to the building of a brand-new school. In February 2004, 78 excited children were welcomed to their new school, the Arlington Academy of Hope (AAH). A little over a year since its opening, the school enrolls more than 200 students ranging from grades 1 through 6. The students enjoy coloring books, maps, charts and the devotion of eight accomplished teachers.

In addition to better education, chiropractic care and the new emphasis on health awareness, there are other signs of progress in the area. "The villages around AAH are witnessing a

renaissance," said John. "It all bodes so well for the future of this region because without the [school], none of this would have been possible." ■

***Editor's Note:** To get involved in the chiropractic efforts in Uganda, contact Jaime Mulligan at [jmulligan@acatoday.com](mailto:jmulligan@acatoday.com).*

*For more information on the Arlington Academy of Hope, contact John Wanda at [jwanda@comcast.net](mailto:jwanda@comcast.net) or go to [www.arlingtonacademyofhope.org](http://www.arlingtonacademyofhope.org).*



**John Wanda, ACA's vice president of finance and administration (pictured above), championed the building of a new school in his native village in Uganda. Today, more than 200 students receive a solid education at the Arlington Academy of Hope.**