



I AM NYCC

JESSE DUGAN (4TH TRI)

Jesse Dugan was born on April 16, 1992. From an early age, his mother noticed that he had a strong appeal to the mechanisms of the human body. He began playing sports at the tender age of 10 and experienced his first sports-related injury in high school, which is how he was introduced to chiropractic care. With this early exposure to chiropractic, Jesse realized the profound effect it had on his journey to restoring his physical health. His grandfather, who was a medical doctor at Thomas Jefferson University Hospital in Philadelphia, had encouraged him to pursue a career that would enable him to assist others in optimizing their health. His mother, a yoga instructor, influenced him as well with her own interest in holistic healing and rehabilitative movements.

With Jesse's keen interest in the healthcare field, he completed a B.S. in Exercise Science at Bloomsburg University in Pennsylvania in 2015. He then interned at a number of facilities in the Greater Philadelphia region, focusing on strength and conditioning and learning a great deal about restoring motion and its contribution to the development of strength. This ignited a fire in Jesse to further pursue his education in the healthcare field.

Jesse first learned about New York Chiropractic College when representatives offered a presentation in one of his classes at Bloomsburg University. He admired their personal approach to recruitment and their emphasis on both diagnosis and technique. And the rest, as they say, is history. Jesse is currently a fourth-trimester Doctor of Chiropractic student, and his favorite part of NYCC is the engaging curriculum and the pleasant atmosphere professors provide in class. His favorite instructors are Dr. Maria Thomadaki, Dr. Mary Balliett, and Dr. Brett Carnevale. His favorite classes are technique, patient assessment, and neuroscience, particularly because of their direct link to clinical practice. A lesson that Jesse has learned thus far with regard to adjusting is that "sometimes less is more."

Jesse is on track to graduate July 2019. He currently lives in Seneca Falls, but his heart remains with his mother and grandmother back in Pennsylvania. When he has time away from studying, he likes to lift weights, listen to and play music, and cook. And while Jesse remains unsure about his plans for the future, he would like to return to his home state of Pennsylvania and possibly work in the Greater Philadelphia region. In the long run, the future Dr. Dugan would like to open his own practice with the main mission of helping people achieve a pain-free life. One thing Jesse would like to express to the NYCC community is: "Pain is temporary. It can last a minute, an hour, or even a year; but it will eventually subside and something else will takes its place."



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