

# CLINIC CONVERSATIONS

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

SPRING 2019



WE ARE YOUR  
HEALTHCARE TEAM

## Sports Vision Training Can Improve Athletic Performance

Matthew Roe, O.D., FAAO, Eye Institute, Arizona College of Optometry



The human visual system is an intricate web of skills that ultimately influence how well our eyes work together. This includes visual acuity (most commonly heard in numerical form, such as 20/20), peripheral awareness, and visual processing, as well as skills such as visual tracking, focusing, and eye teaming. For the athlete, it is vital that we fully assess each skill in order to maximize visual potential when in competition.

Any deficiency in the visual system may impede an athlete's performance. For instance, research

has shown that baseball players must have 20/15 visual acuity or better in order to be successful at the plate. When you consider the timing of a pitch, it is easy to see why. A pitch travelling at 90 miles per hour reaches the batter in 400 milliseconds; yet the batter only has approximately 100 milliseconds to determine the pitch speed, type, and location of the ball's approaching track in order to correctly time the swing. All of this occurs faster than the blink of an eye.

At the Midwestern University Eye Institute, our Sports Vision Performance clinic uses the same technology as elite professional teams to fully analyze each of the athlete's visual skills. We can pinpoint areas of potential enhancement for an increased competitive edge and provide an individualized vision plan for each athlete. This plan may range from contact lenses created specifically to wear during play to a series of training sessions with personalized visual exercises. Our goal is to fine-tune athletic visual skills to provide an extra edge over the competition, for any sport.

## New Clinic Coming Soon



Our newest clinical facility is nearing completion and will open later this year. The new clinic will house Clinical Psychology, Physical Therapy, Speech-Language Pathology, Vision Therapy, Low Vision/Visual Rehabilitation, Sports Vision Performance, and Occupational Therapy.

## Help for Aphasia

Stephanie Teale-Sanchez, M.S., CCC-SLP  
Speech-Language Institute, College of Health Sciences

Individuals who have had a stroke often experience aphasia. Aphasia is a communication disorder that negatively affects the understanding and use of language. The effects of aphasia are not only limited to talking and listening, but also to reading and writing. Someone with aphasia has difficulty "finding words," substitutes one word for another, or has difficulty following directions.

Here are some tips for communicating with someone who has aphasia:

1. Keep communication simple—try asking yes/no questions.
2. Give extra time to respond.
3. Allow any and all means of communication including gestures, writing, or drawing.
4. See a speech-language pathologist for evaluation and treatment strategies.

At the Midwestern University Speech-Language Institute, Clinical faculty work with graduate student clinicians to help both children and adults overcome anything that makes communication challenging. For more information on stroke and aphasia, visit the American Heart Association at [heart.org](http://heart.org) or the National Aphasia Association at [aphasia.org](http://aphasia.org).



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Tomorrow's Healthcare Team

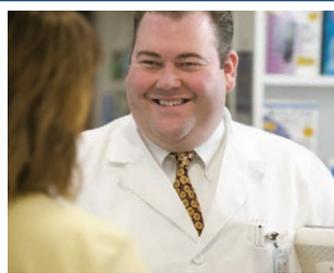
5865 West Utopia Road  
Glendale, Arizona 85308  
623-537-6000  
623-806-7387 (PETS)  
[mwuclinics.com](http://mwuclinics.com)  
[mwuanimalhealth.com](http://mwuanimalhealth.com)

## Midwestern University Physical Therapy Institute



The Midwestern University Physical Therapy Institute outpatient services highlight the expertise of our faculty physical therapists and allow them to supervise our Doctor of Physical Therapy graduate students as they gain clinical experience right here on campus, using state-of-the-art therapy technology. According to Mark Kargela, PT, D.P.T., OCS, FAAOMPT, Clinical

Assistant Professor, “Our goal is to help return patients to their highest possible level of function and wellness through evidence-based practice, compassion, and outstanding service. Along with our expertise, what sets us apart is our one-on-one treatment sessions and our affordable fees.” Whether patients are recovering from an injury, surgery, or stroke; have a chronic pain condition such as arthritis, fibromyalgia, or migraines; or suffer from other joint or spine dysfunctions, the team at the Physical Therapy Institute works with patients to design an individualized plan to help restore their desired activity levels and quality of life.



## THE MIDWESTERN UNIVERSITY [COMMUNITY HEALTH LECTURE SERIES 2019]

at the Foothills Branch Library, 19055 North 57th Avenue, Glendale  
[www.midwestern.edu/azhealthlectures](http://www.midwestern.edu/azhealthlectures)

**Tuesday, May 21, 2019 | 6:30 - 7:30 PM**

### **Over-the-Counter Medications: What to Avoid Over Age 65**

**Presented by Danielle Thomas, Pharm.D.**

Visiting Instructor and Geriatric Pharmacy Resident, College of Pharmacy-Glendale

**Tuesday, June 18, 2019 | 6:30 - 7:30 PM**

### **Medicines and Your Mouth**

**Presented by Eugenia Roberts, D.D.S., Clinical Assistant Professor; and  
Denise Mills, D.D.S., Clinical Associate Professor**

College of Dental Medicine-Arizona

## The Importance of Routine Lab Tests in Veterinary Medicine

**Kathryn L. Wycislo, D.V.M., Ph.D., DACVP**

**Companion Animal Clinic, College of Veterinary Medicine**



Just as people are advised to visit their primary care doctors on a regular basis—at least annually—pets should also visit their veterinarians at least once every year, regardless of the pet's age or the absence of any noticeable health concerns. During

a pet's annual exam, the veterinarian may recommend bloodwork, which typically includes a complete blood count (CBC) and a biochemistry profile. A urinalysis, which is a chemical and microscopic analysis performed on the pet's urine sample, should also be included as part of each pet's health record. These lab tests are similar to the tests physicians order for people during an annual check-up.

The purpose of performing a CBC, biochemistry profile, and urinalysis on a healthy pet is to establish normal, baseline values for each pet that will assist the veterinarian in identifying, confirming, and/or monitoring future disease. Common pet health issues that can be evaluated through changes in these test values over time include diseases of the kidneys, liver, bone marrow, and endocrine system. Making sure that each pet has documented baseline values helps to identify significant changes that may indicate underlying disease, and can assist the veterinarian in recommending additional diagnostic testing or potential therapies. On the next trip to the veterinarian, consider discussing routine lab tests and how they can help keep your pets healthy.

The information contained in these articles is provided for informational purposes only and is not for use in diagnosing any condition. The information is not intended to be a substitute for professional medical advice, diagnosis, care, or treatment. Always consult a qualified healthcare provider for questions regarding any possible medical condition.