

# CLINIC CONVERSATIONS



WE ARE YOUR  
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Summer 2018

## Treatments to Help Manage Chronic Pain

By George Chen, D.O., M.P.H.  
Multispecialty Clinic, Family Medicine

Aside from pain medications, many treatments can help manage or alleviate chronic pain conditions. Osteopathic manipulative medicine (OMM) is a specialized method that works to relieve soft tissue constraints that may cause pain. It can help patients with musculoskeletal pain, such as neck and back pain or whiplash, and can also improve range of motion and reduce pain caused by repetitive activities, such as certain sports or performing arts. OMM is also effective for headache, TMJ, ear pain, pneumonia, nausea, constipation, and for shortening the duration of common colds and coughs. In addition, regenerative medicine options can help promote healing of painful injuries, and medical acupuncture has been found to have some success in treating patients who have become dependent on pain medications, as well as for smoking cessation and other addictions. Discuss your overall health concerns with your doctor to determine what options may help you.



## Protect Your Eyes

By Matthew Roe, O.D., FAAO  
Eye Institute

While sunscreen protects our skin, ultraviolet (UV) light can also damage the eyes, most frequently from exposure that occurs prior to age 20 years. Polarized sunglasses with a minimum confirmed rating of UV400 should be worn, especially near water. Prolonged exposure to UV radiation can result in photokeratitis (the equivalent of a sunburned eyeball), as well as retinal damage or cataracts. For more active sports like baseball and soccer, protective eyewear can prevent injuries.

Goggles help protect the eyes from irritants in water, such as chlorine, salt, or bacteria. If eyes are red after swimming, over-the-counter, preservative-free artificial tears can help. If your eyes still feel irritated after a couple of hours, see your doctor. Never wear contact lenses in the water—bacteria and other organisms can work their way under contacts and can lead to sight-threatening conditions like corneal ulcers.

When the heat drives us indoors, reduce eye stress to avoid dry, irritated eyes by minimizing exposure to phones, tablets, and computer screens. A condition known as Computer Vision Syndrome can cause eye strain or headaches. Make sure screens are a forearm's length away, and use the 20-20-20 rule to allow eyes to relax and reset: every 20 minutes, look at least 20 feet away for at least 20 seconds.

Remember to schedule annual eye exams for the entire family to keep your eyes healthy.



## Did You Know?

**Multispecialty Clinic  
Saturday Hours**  
8:00 AM to 12:00 Noon

Established patients can schedule appointments for Family Medicine on Saturday mornings.



**MIDWESTERN  
UNIVERSITY**

*Tomorrow's Healthcare Team*

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

## Prevent Cavities in Children's Teeth By Michael Johns, D.D.S., Dental Institute, Pediatrics

Dental cavities are the top chronic disease in children—five times more prevalent than asthma. Current estimates project that more than 50% of children experience tooth decay by age 5 years. Dental pain is a common reason for school absences, and by the time cavities cause pain, treatment options are limited. Yet, cavities are very preventable, and every dollar spent on prevention (toothbrush, toothpaste, check-ups, sealants) can save between \$8 and \$50 in dental treatment.

It is also important to safeguard “baby” teeth that help kids learn to speak, eat solid foods and receive appropriate nourishment, and hold the space necessary for adult teeth to grow. Permanent teeth (with the exception of the third molars or “wisdom teeth”) come in over a longer period, from around age 6 to 12 years, and sometimes even at age 13 years or later. Some children do not grow all of their permanent teeth, so the baby teeth must hold their place a little longer.

Children should brush every night before bedtime with a toothpaste approved by the American Dental Association (ADA), and regular dental check-ups should be scheduled to assess their oral health and development.



## Animal Lovers: Save the Dates for These Fall Activities!

The College of Veterinary Medicine is hosting two exciting events for the community this fall—mark your calendars now and plan to join us.

**Saturday, October 27, 2018 | 9:00 AM to 2:00 PM**

### College of Veterinary Medicine Open House

Open to the public, our second annual College of Veterinary Medicine Open House returns with even more to see and do. Plan to bring the entire family and spend the day touring our Animal Health Institute campus and learning about veterinary medicine topics.

**Saturday, November 10, 2018**

**10:30 AM to 12:30 PM and 1:30 PM to 3:30 PM**

### The “Kitten Lady” Seminars *Pre-registration is required.*

Midwestern University's Companion Animal Clinic welcomes Hannah Shaw, also known as the Kitten Lady, for two free, fun seminar sessions focused on saving the two most at-risk feline populations: neonatal kittens and feral community cats. Space is limited and pre-registration will be required for each session.

**For event details, go to:**

[www.mwuanimalhealth.com](http://www.mwuanimalhealth.com)

[www.facebook.com/mwuanimalhealth/](https://www.facebook.com/mwuanimalhealth/)



## THE MIDWESTERN UNIVERSITY COMMUNITY HEALTH LECTURE SERIES 2018

at the Foothills Branch Library

19055 North 57th Avenue, Glendale

[www.midwestern.edu/azhealthlectures](http://www.midwestern.edu/azhealthlectures)

### **Coughing and Choking: Age-Related Complications with Swallowing**

Tuesday, September 20, 2018 | 6:30 to 7:30 PM

Presented by Laura Wolford, Ph.D., CCC-SLP

Instructor, Speech-Language Pathology

Dr. Wolford discusses how our swallowing muscles change with age and provides tips to help older adults overcome complications with swallowing.

### **Pains and Sprains: Coping with Ankle Injuries**

Tuesday, October 16, 2018 | 6:30 to 7:30 PM

Presented by Donald Curtis, D.P.M.

Assistant Professor, Arizona School of Podiatric Medicine

Dr. Curtis discusses types of ankle injuries, first aid, and treatment options for surgery and rehabilitation.