

CLINIC CONVERSATIONS



WE ARE YOUR
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Fall 2018

Our Team Approach to Diabetes Care

Shannon Scott, D.O., FACOFP
Medical Director, Multispecialty Clinic

November is Diabetes Month, and our interprofessional medical teams at the Midwestern University Clinics play a unique role in providing patient-centered, comprehensive diabetes care in one location to help patients not only manage their disease, but also to help improve their quality of life.



Our family physicians at the Multispecialty Clinic offer screening for diabetes and diabetes medication management, including insulin. Our primary physicians coordinate care with pharmacy services, so that patients receive education from our pharmacist about diabetes and their medications.

Diabetic patients often have other medical conditions such as depression, chronic pain, heart disease, or stroke. Our clinical psychologists, physical therapists, speech-language pathologists, and osteopathic manipulative medicine specialists can help patients manage these conditions. Diabetic patients can also benefit from preventive and specialty care at our podiatry clinic, the Eye Institute, and the Dental Institute.

Dogs and cats can also develop diabetes, and our Companion Animal Clinic can help pet owners maintain a diabetic pet's health and quality of life.



Individualized, Affordable Physical Therapy

The Physical Therapy Institute at the Multispecialty Clinic offers one-on-one, individualized therapy at affordable costs.

Call 623-537-6140
for an appointment.

What is Macular Degeneration?

Michael R. Kozlowski, O.D., Ph.D., Eye Institute

Age-related macular degeneration (AMD) is a disease that causes damage to the macula, the part of the eye needed for sharp, central vision. AMD is the leading cause of vision loss among people age 50 and older.

Patients can reduce their risk of developing AMD by wearing sunglasses with a minimum UV400 rating, not smoking, limiting alcohol use, losing weight, eating healthy foods, and staying active. Some doctors also believe that eating green, leafy vegetables or taking vitamins containing lutein and zeaxanthine may help.

For patients diagnosed with AMD, treatments are available for some stages of AMD. Schedule regular exams with an optometrist or ophthalmologist to identify potential treatments, and follow the doctor's instructions for treating and monitoring your ocular health. Patients who notice any changes in their vision should also see a doctor immediately.

Everyone should remember to schedule an annual eye exam to identify any issues in vision and to maintain the health of their eyes.



MIDWESTERN
UNIVERSITY

Tomorrow's Healthcare Team

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

Comprehensive Pediatric and Orthodontic Services

Midwestern faculty dentists and students work as a team, using the latest technology to provide complete primary and specialty dental services for children ages one and older—as well as contemporary orthodontic treatment for both children and adults—at affordable prices.

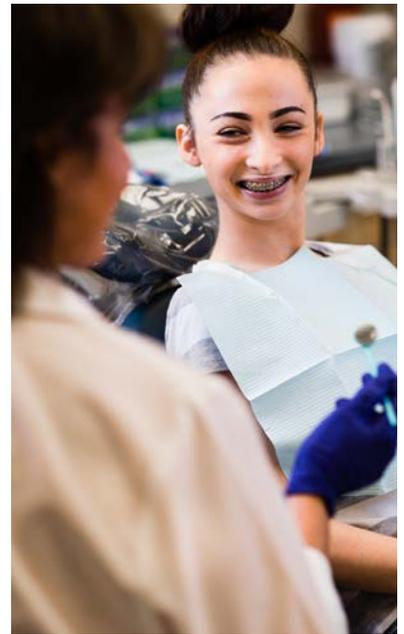
Our pediatric dental suite is designed to help children feel comfortable while visiting the dentist, and our dental team remains attentive to each patient and parent at each visit. We also help educate children and parents on preventing tooth decay and maintaining baby teeth until they naturally come out, as well as taking care of adult teeth when they come in.

We welcome new parents and their babies to discuss infant oral care, and we will continue to monitor children's dental progression and make recommendations as needed.

Because children's mouths are continually changing as they grow and develop, our examinations must be thorough and appointments do take longer. Our family-oriented waiting area keeps children occupied—both the patient and his or her brothers and sisters.

Complete contemporary orthodontic services are also available for children and adults. For children, we recommend an orthodontic screening by age 7, because some children can benefit from early orthodontic intervention before all their adult teeth are in.

Remember to schedule regular dental check-ups to assess children's oral health development and address any concerns early on.



Keep the Holidays Safe for Pets

Elizabeth Robbins, D.V.M., Companion Animal Clinic

The holiday season is a wonderful time for gathering with friends and family, but can bring stress and even danger for pets. Keep these tips in mind.

- **Food for Thought.** Keep animals' diets consistent. People treats that can make pets ill include: chocolate, macadamia nuts, xylitol, fatty or spicy foods, onion, garlic, bones, and alcoholic beverages. Keep an eye on your pets around food or drinks and secure trash can lids.
- **Oh, Christmas Tree.** Anchor the tree upright so it won't tip over. Avoid glass ornaments that can break and tinsel, string, or ribbons on trees and packages that can block intestines if swallowed.
- **Holiday Plants.** Holly, mistletoe, and lilies can be quite toxic if ingested, while poinsettias can irritate the mouth and esophagus.
- **Party Time.** Party noise, crowds and extra activity can cause stress and anxiety for pets. Have a quiet area where animals can go to feel safe and escape the noise.
- **Wires.** Keep wires and batteries out of pets' reach to avoid potentially lethal electric shock or burning of the mouth and esophagus.
- **Pet Toys.** Give pets safe stocking stuffers—indestructible and too big to swallow—or toys that allow you to place healthy treats inside.

Happy Holidays to you and your pets from our Midwestern University Clinics.



THE MIDWESTERN UNIVERSITY COMMUNITY HEALTH LECTURE SERIES 2018

at the Foothills Branch Library
19055 North 57th Avenue, Glendale
www.midwestern.edu/azhealthlectures

Psychological Services: How to Choose Your Care

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

Presented by Ruchi Bhargava, Ph.D.

Director of Clinical Training and Associate Professor
Clinical Psychology Program, College of Health Sciences

Dr. Bhargava explains the difference between clinical psychology and psychiatry and which is most effective for common diagnoses such as stress, anxiety, depression, or other emotional issues. She will also cover the various types of therapy available at the Midwestern University Multispecialty Clinic and through other providers in Maricopa County.

For information about the 2019 Community Health Lecture Series, visit: www.midwestern.edu/azhealthlectures