

# CLINIC CONVERSATIONS



WE ARE YOUR  
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

WINTER 2019



You're invited to this  
exclusive one-day event.

Thursday, March 7, 2019  
11:00 AM – 6:00 PM

*Spring* DESIGNER  
EYEWEAR SHOW

Save up to 30% on designer frames and sunglasses from Carrera, Chesterfield, Gucci, Saks Fifth Avenue, and more.  
[www.midwestern.edu/designer\\_eyewear\\_show](http://www.midwestern.edu/designer_eyewear_show)

## Help for Neck Pain with Osteopathic Manipulative Medicine

Richard Dobrusin, D.O., Multispecialty Clinic

Neck pain and stiffness can be caused by many factors ranging from a relatively simple problem, such as sleeping in the wrong position, to more complex issues. The neck (also called the cervical spine) is subject to wear and tear from constant usage and repetitive motions from daily life activities. Many people with neck pain and stiffness experience multiple progressive levels of medical care, including x-rays, CAT scans, and MRIs of the cervical spine, pain medication, physical therapy, or even surgery.

One of the most common causes of neck pain is myofascial pain experienced within the musculoskeletal system, rather than issues with the cervical bones themselves. First see a physician to rule out or treat any serious causes for neck pain, and then seek treatment for the myofascial pain, before progressing to higher-risk, invasive techniques like injections or surgery.

Osteopathic Manipulative Medicine (OMM) is a myofascial medical treatment based on an in-depth understanding of how all of the body's systems are interconnected. OMM is a conservative form of care that can increase motion and decrease pain. There are multiple techniques of OMM to treat varying conditions such as cervical spine degenerative joint disease, degenerative disc disease, or previous spinal surgery.

OMM is a high-benefit, low-risk modality to alleviate chronic conditions such as neck pain, back pain, joint pain, headaches, and rheumatological disorders.



FREE Dental Day for Veterans  
Saturday, March 23, 2019



The Dental Institute students and faculty dentists will provide free dental care for U.S. veterans.

For details and an appointment, visit:  
[www.midwestern.edu/veteransdentalday](http://www.midwestern.edu/veteransdentalday)



MIDWESTERN  
UNIVERSITY

*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)

## Oral Healthcare Tips for Adults

Eugenia Roberts, D.D.S.,  
Dental Institute



Maintaining good oral health throughout the adult life is crucial, and the choices of oral health products can seem complicated. Achieving a healthy mouth takes not only the correct brushing and flossing techniques, but also requires healthy nutrition, proper hydration, and professional dental care.

Oral health reflects the health of the body. The mouth also requires plenty of water and a healthy balanced diet, free of processed chemicals and with sufficient levels of vitamins and minerals.

The latest recommendation for adult home care is to brush twice daily, use a power water-flossing tool and regular floss once daily, and occasionally use a mouthwash that does not contain alcohol. For those who find flossing difficult, there are products available that can help achieve good interdental cleaning. The goal is to remove food, plaque, and bacteria from in and around the gums and teeth.

As germs colonize in the mouth, they can cause both cavities and gum disease, which could lead to early tooth loss. A frequent problem seen in the 50+ age group is xerostomia, or dry mouth, a side effect of commonly prescribed medications. A decrease of saliva in the mouth reduces its natural cleansing action and leads to decay. Oral cancer is another concern, with the human papillomavirus now the leading cause of squamous cell oral cancer.

Schedule a dental visit at least twice each year. The dental hygienist and dentist will discuss the best ways to preserve oral health and conduct a thorough oral cancer examination. They may also recommend professional cleanings every three to four months.

## Managing Your Pet's Arthritis

Stephanie Shaver, D.V.M., DACVS-SA  
Companion Animal Clinic



Arthritis literally means “joint inflammation” and is common in aging pets. Also termed degenerative joint disease, it can cause lameness, pain, and a decrease in a pet’s quality of life. Arthritis occurs when a joint is injured and changes progress over time in the cartilage and surrounding tissues. Arthritis in pets is commonly associated with joint instability, and in rare cases can be due to infectious or immune-mediated causes. Due to the pain, pets become lame and reluctant to play or go

on walks, tire sooner than usual, or avoid stairs and activities such as jumping onto and down from furniture.

Schedule an appointment with a veterinarian, who will perform general, orthopedic, and neurologic examinations to determine the cause of changes in activity or mobility. Diagnostic recommendations may include x-rays to look for bony changes that indicate arthritis and blood work to evaluate organ function. Blood work may also be necessary before administering certain pain medications. Some patients may have an underlying cause for their discomfort that can be successfully treated with surgery, such as a cranial cruciate ligament tear in a dog. Other indications for surgery include abnormal joints that may be replaced, fused, or otherwise corrected.

Regardless of whether surgery is performed, medical management of arthritis is important for patient comfort. This can include weight management, activity modification, pain medication, and physical rehabilitation. The veterinarian will help determine a combination of therapies to maximize the pet’s comfort 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, March 19, 2019 | 6:30 to 7:30 PM**

### **Encounters with Dangerous Pathogens and the Risks to Humans and Animals**

Presented by Jason Struthers, D.V.M., M.Vet.Sc, DACVP

Assistant Professor, Midwestern University College of Veterinary Medicine

**Tuesday, April 16, 2019 | 6:30 to 7:30 PM**

### **Better Than 20/20: The Athlete's Eye**

Presented by Matthew Roe, O.D., FAAO

Assistant Professor, Midwestern University Arizona College of Optometry

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.