

CLINIC CONVERSATIONS



YOUR FAMILY'S HOME
FOR HEALTHCARE

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Fall 2020

Support Good Health: Get Your Flu Shot and Ensure Vaccinations are Current

Shannon Scott, D.O., FACP, Arizona College of Osteopathic Medicine

Most families use the start of the school year as our calendar reminder to schedule our children's annual well check-ups and immunizations. This year, it's also especially important to make sure we do that for everyone in our family and also that we all receive our flu shots and any other age-appropriate immunizations or booster shots.

The year 2020 has been most unusual, to say the least. While the world has been focused on one particular illness—and healthcare providers have been limiting the number of patients in their clinics so as to preserve safe distancing measures and reduce the spread of that virus—we and our children may have missed doctor exams or follow-up care for any ongoing health conditions. It's also likely that we may have missed our dental check-ups/cleanings and annual vision exams. With our usual activities and events all moving online over these past months, eye exams for the entire family are also especially important to monitor any changes in vision, dry eyes, or computer eyestrain and vision issues.

And now flu season is upon us as well. So there's never been a better time to update immunizations, get your flu shot, and take care of any missed healthcare visits. That way, we can ensure our loved ones and our community are better protected from vaccine-preventable diseases and illnesses.

For more information about the importance of flu shots and recommended vaccinations, [read Dr. Scott's full article](#) on our clinic website.



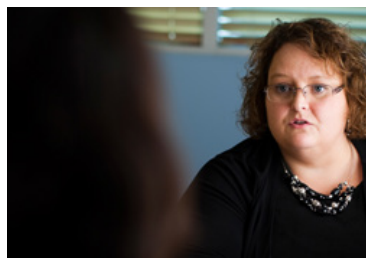
Meeting the Challenges of Holiday Grief

Melissa Flint, Psy.D., FT, CCTP, Clinical Psychology Program, College of Health Sciences

For many, the holiday season comes with great anticipation, filled with joy and love. For others (especially this year, for those who have dealt with great losses), the holidays can make you feel like you are stuck between two extremes: the joy mentioned above versus the pain, stress, and burden of grief. Balancing those two polar opposite sets of feelings can be extremely difficult. For families, the need to parent when you are deep in grief yourself, in addition to helping your children grieve, can make the holidays seem even more overwhelming.

Remember also that grief is a much larger subject than the physical death of a loved one. People can feel grief over many different losses: health, relationships, job or housing changes, unmet goals, our companion animals, disconnection from friends and/or family, and many more. There are several things you can do to deal with grief and stress during the holiday season.

[Read Dr. Flint's full article](#) on our clinic website for helpful tips to successfully navigate the holidays.



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New at the Therapy Institute: Pediatric Occupational Therapy

Mikaela Lyding, M.O.T., OTR/L, Occupational Therapy Program, College of Health Sciences

Parents often wonder what signs might indicate that their child may benefit from occupational therapy. Occupational therapy is designed to help people of all ages develop the skills needed to participate in everyday activities, or “occupations.” For children, that means that they not only learn how to perform the everyday activities of living, but that they also learn how to play. Play is a child’s primary occupation and helps build the foundation for many future skills.

Some of the challenges that may indicate that an evaluation for occupational therapy should be considered include:

- Difficulty with self-care skills, such as dressing, feeding, toileting, functional mobility, grooming, and bathing.
- Motor development and coordination concerns, which can include clumsiness, frequent falling, running into things, or avoidance of a new activity or team sport. This also includes motor planning, which involves efficiency of learning a new skill like riding a bike.
- Sensory processing concerns, such as sensitivity to lights, clothing, tags on clothing, loud noises, and more. On the playground, sensory processing can be seen as an avoidance of heights or swings. It can also show up in the classroom as difficulty with learning or behavior.



- Poor attention is one of the most frequently missed challenges that can be improved with occupational therapy. This may show up in learning, and can also present as difficulty at mealtime, inability to sit still for a short story, etc.

If you notice any of these difficulties or you have other concerns about your child’s ability to perform daily activities, scheduling an evaluation with an occupational therapist can be helpful.



Sports Vision Training Can Improve Athletic Performance

Matthew Roe, O.D., FAAO,
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 traveling 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 Northwestern 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.



MIDWESTERN UNIVERSITY & FOOTHILLS LIBRARY PRESENTS: VIRTUAL COMMUNITY HEALTH LECTURES

Tuesday, January 19, 2021 | 3:30 – 4:30 PM
How Nutrition Changes the Aging Brain

Presented by Nafisa Jadavji, Ph.D., Assistant Professor,
Midwestern University Biomedical Sciences Program

To register, visit: www.midwestern.edu/CHLS-nutrition

Tuesday, February 16, 2021 | 3:30 – 4:30 PM
Rare Diseases: Not so Rare After All

Presented by Melinda J. Burnworth, Pharm.D., BCPS, FAzPA, Professor,
Rare Disease Team, Midwestern University College of Pharmacy-Glendale

To register, visit: www.midwestern.edu/CHLS-diseases

These lectures will be presented virtually.

Did you know the MWU Clinics sponsor and participate in many clinical research trials related to conditions such as dry eye disease, diabetes, headaches, and others? For more information on how to become a participant, visit: <https://www.mwuihi.com/clinical-studies-2>

The information contained in these articles is provided for informational purposes only and 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 health or medical condition.