

CLINIC CONVERSATIONS

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Spring 2021



YOUR FAMILY'S HOME FOR HEALTHCARE

Save the Date: Free Dental Day for Veterans

On Saturday, April 17, the Midwestern University Dental Institute and the College of Dental Medicine-Arizona (CDMA) are pleased to offer free dental services and consultations to Valley military veterans who are unable to afford care.

Faculty and students from CDMA will provide free screenings and treatments, including dental examinations, routine cleanings, sealants, fillings, extractions, consultations about dental implants or dentures, and recommendations for follow-up care to approximately 250 veterans.

Social distancing, on-site temperature checks, and mask requirements are in effect for this event due to COVID-19. Proof of military service (DD214, Arizona military veteran driver license, and/or discharge documentation) is required for treatment. Registration is required in advance and appointments may be arranged by calling 623-806-7150 or by visiting:

www.midwestern.edu/veteransdentalday



Did You Know?

Veterinary Services for Large Animals



The Midwestern University Equine and Bovine Center specializes in diagnosis and treatment of all conditions affecting horses, cattle, and other farm animals.

Call 623-806-7575 to schedule an exam at our Glendale clinic or at your residence.

Tips to Help Put Your Feet First

*Donald Curtis, D.P.M., FACFAS
Arizona College of Podiatric Medicine*

Many of us are ready to refocus on a more disciplined exercise program, and with our great weather, we can take advantage by going outside for a walk, a hike, or a run. Before you dig out your old sneakers or hiking boots and dive into a new exercise routine, the faculty and students at the Midwestern University Arizona College of Podiatric Medicine remind you to put your feet first, to help you make your increased activity easier on your feet.



Walking is great exercise and one of the most reliable forms of transportation. However, if your feet are not in the best shape or if you are not wearing the right shoes, too much walking can cause foot problems. Shoes made specifically for walking or running can add stability for your feet by providing more support. The ideal walking shoe should be stable from side to side, well-cushioned, and enable you to walk smoothly. It is important to consider the terrain you will be walking on in order to select a shoe appropriate for that level of stress on your feet. For example, walking on an outdoor track is very different on your feet than hiking the unevenness of a mountain trail.

Before hitting the trail or track, be sure to do warm-up exercises to help alleviate any muscle stiffness and prevent pulled muscles. Consider loosening up the Achilles tendon and calf and thigh muscles before taking a walk, as that can be especially effective. If you are not accustomed to long walks, start slowly and rest when your feet start to hurt. And above all, have fun!

During your activity, if your feet feel like they are under undue stress and pressure, or if you sustain an injury such as a twisted foot or rolled ankle, we recommend seeing a podiatrist for an exam.



**MIDWESTERN
UNIVERSITY
CLINICS**

5865 West Utopia Road
Glendale, Arizona 85308
623-537-6000

623-806-7387 (PETS)

<http://www.mwuclinics.com>

<http://www.mwuanimalhealth.com>



*Before: Severe plaque buildup on the top and bottom teeth before cleaning
After: Clean teeth after scaling to remove plaque and polishing to help prevent future buildup*

Oral Health for Pet Pigs

Brina Lopez, D.V.M., Ph.D., DACVIM (LAIM), College of Veterinary Medicine

Oral health is just as crucial for your pet pig as it is for your cats and dogs. While many people may think that pigs only require their tusks to be trimmed, pet pigs can also develop significant dental disease that, beyond bad breath, can result in other health problems including pain, behavior problems, and even infection.

Midwestern University's Equine and Bovine Center recommends annual evaluations and professional cleaning of your pet pig's teeth. Under the direction of a board-certified anesthesiologist, we will place your beloved pet pig under general anesthesia to allow for a thorough evaluation of the mouth and teeth, tusk trimming, and teeth scaling and polishing to remove tartar and plaque. Radiographs may also be used to evaluate the health of individual teeth. To minimize the need for additional appointments that may require sedation, our veterinarians can also trim hooves and administer vaccinations at this same visit.

Managing Pandemic Fatigue

*Penny Zaddack, Psy.D., Clinical Psychology Program
College of Health Sciences*



Due to the pandemic, many people are reporting that they feel anxious, depressed, overwhelmed, or isolated. These symptoms can become more apparent as we exceed a full year of disruption. Many people also report feeling a bit exhausted or sad, caught between all the changes already experienced and wondering what lies ahead.

Here at the Midwestern University Therapy Institute, our Clinical Psychology team offers hope by helping individuals develop insight, increase coping skills, regulate emotions, and alleviate concerns through behavioral activation, mindfulness, cognitive techniques, and relationship exploration. Services are provided by doctoral students in our Clinical Psychology Program or postdoctoral psychology residents, working under the supervision of our faculty who are licensed clinical psychologists. We offer affordable weekly or bi-weekly psychotherapy, both in-person and via online telehealth sessions.

Whether you choose Midwestern University or another provider, now is a great time to take good care of yourself and seek professional assistance to help answer your questions and guide you through your options.



MIDWESTERN UNIVERSITY & FOOTHILLS LIBRARY PRESENT: VIRTUAL COMMUNITY HEALTH LECTURES

Midwestern University Offers Free Virtual Community Health Lecture Series

Midwestern University's free monthly Community Health Lecture Series continues to serve the community by offering presentations on a variety of healthcare topics from the University's faculty experts.

Held on the third Tuesday of every month, each hour-long interactive lecture addresses health issues facing our community every day, from coping with ankle injuries to finding the proper mental health resources to addressing arthritis in your pets. The lectures are provided at no cost to the community and are presented as live, online sessions in partnership with the Glendale Foothills Branch Library. For more information and a schedule of upcoming lectures, [click here](#).

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.