

CLINIC CONVERSATIONS

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Summer 2021



YOUR FAMILY'S HOME FOR HEALTHCARE

Vision Care for Aging Eyes

Vladimir Yevseyenkov, O.D., Ph.D., FAAO
Arizona College of Optometry

Patients often ask what changes in their vision to watch for as they age. "Low vision" refers to permanent visual impairments that can occur with aging and are caused by conditions like macular degeneration, glaucoma, corneal scarring, diabetes, retinitis pigmentosa, albinism, and other conditions that make everyday tasks difficult. A person with low vision may find it difficult or impossible to accomplish daily activities such as reading, writing, shopping, watching television, driving a car, or recognizing faces.

Age-related macular degeneration (AMD or ARMD) is the leading cause of visual impairment and blindness in people over 50 years old in the U.S. AMD is defined as the gradual destruction of the macula, the most photosensitive portion of the retina, which is responsible for clear, sharp, detailed vision. AMD has many associated risk factors such as smoking and genetics, but increased age is the most common.

AMD will never cause complete blindness because it mainly affects central vision, while the peripheral vision remains largely intact. Optometrists who specialize in advanced ocular disease can perform a low vision ocular exam that focuses on patients' functional visual ability. If needed, an assistive optical device can address specific goals to make the most of what vision patients do have and to improve their quality of life.



Get Ready for Back-to-School



Summer break is a great time to catch up on dental, eye, and physical examinations so that students will be ready to focus on learning when school begins.

Call to schedule your appointments: 623-537-6000

Five Tips to Reduce Anxiety

Kate L. Jansen, Ph.D., College of Health Sciences, Clinical Psychology Program

It's normal to feel anxious or pressured when faced with a long list of tasks. Here are a few ways to reduce anxiety:



1 Take a breath.

Slowing your breathing sends the message to the rest of your body that you don't need to prepare for battle. Try inhaling to the count of four, pause, then exhale to the count of four, and repeat four to ten times.

2 Scan your body.

Take a moment to scan your body head to toe for feelings of tightness in your muscles. As you notice tension, exhale and let those muscles relax. You can do this on the go or combined with deep breathing.

3 Stay in the moment.

Mindfulness exercises are great for anxiety. Try this quick five-senses exercise. Take a moment and notice one thing you can see, one thing you can hear, one thing you can smell, one thing you feel, and one thing you can taste.

4 Practice healthy habits.

Caffeine, alcohol, or a poor diet might seem like ways to cope with stress, but they can make anxiety worse. Instead, take a short, brisk walk to bring down your anxiety level.

5 Consult the pros.

If anxiety interferes with your sleep, mood, relationships, or parenting for many days over several months, work with a therapist to identify sources of anxiety and determine effective ways to manage it.



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<http://www.mwuanimalhealth.com>



What Kind of Shoes Should My Child Wear?

Janna Kroleski, D.P.M., Arizona College of Podiatric Medicine

Parents often report that they want to know what type of shoes are best for their children's feet. Very young children should be able to push off at the balls of their feet and need shoes when they are walking well, which is any time around 15 months to two years of age. Infants and toddlers should wear socks instead, for added protection and warmth. Their first shoes should have soft, flexible soles. Toddlers grow an average of a half shoe size every four months until age three, and then a half shoe size every six months. Measure their feet at least once a year. Children usually have wider feet; look for shoes with wide or rounded toe boxes for more room. With older children, proper support is important. The soles should have some flexibility, but should not bend in half. If your children are regularly involved in athletics, buy the correct type of shoe for their sport to provide better foot support as they perform the specific movements of each activity.

Equine Dentistry

Laura Waitt D.V.M., DACVIM, College of Veterinary Medicine



Routine dental care is an accepted equine practice. It is vital to provide excellent dental prophylaxis and identify problems early in their course to allow for effective intervention. Sedation is incredibly safe when performed by a veterinarian and allows a thorough examination and prophylaxis with no

pain or anxiety. With the motorized, diamond-tipped cutting burrs we currently have available, we essentially 'paint' away the sharp points and occlusal abnormalities that can develop over time, with little to no force. We are limited to removing approximately 5mm of tooth during a procedure so that we do not open the pulp cavity and destroy the tooth.

Horses are hypsodonts, meaning their teeth continually erupt throughout their lives. With new teeth always on the horizon, some dental problems can resolve on their own with time. Often with severe abnormalities, we will need to float (file) every 3-6 months to address the pathology. Horses under 10 years of age erupt about 4mm of tooth a year. They can develop sharp points on their teeth and may need a new bit seat every 6 months—especially those in performance. This growth slows over their lifetimes so that by their twenties, they are erupting 1mm a year.

Advances in equine dental care and nutrition have enabled more horses to perform their jobs into their twenties and thirties. We can correct dental pathology found in young horses and have them enter their twenties with ideal arcades (rows of teeth). At 30, the teeth are typically at full attrition and no longer erupting.

The Midwestern University Equine and Bovine Center can now perform intraoral x-rays on horses. This allows us to see a particular tooth with no overlap of other teeth, and we can identify problems even more quickly and accurately. For more information or to schedule an appointment at our Glendale clinic, or onsite at your location, call 623-806-7575.



MIDWESTERN UNIVERSITY & FOOTHILLS LIBRARY PRESENT:

COMMUNITY HEALTH LECTURE SERIES

Monday, August 9, 2021 | 6:30 – 7:30 PM

Feet First: A Guide to General and Diabetic Foot Care

Presented by Jeffrey Jensen, D.P.M., FACFAS
Dean, Arizona College of Podiatric Medicine

Monday, September 13, 2021 | 6:30 – 7:30 PM

The Other C-Virus: The Dangers of CMV

Presented by Kathleen Muldoon, Ph.D.
Associate Professor, Department of Anatomy
College of Graduate Studies

For more information and a schedule of upcoming lectures, visit: www.midwestern.edu/chls.

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.