

CLINIC CONVERSATIONS



WE ARE YOUR
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Winter 2020



Can Rotator Cuff Tears Heal Without Surgery?

Mark Kargela, D.P.T., PT, OCS, FAAOMPT,
Physical Therapy Institute

Just say the words “rotator cuff tear,” and most people immediately think that surgery is inevitable. Research is showing that this may not be the case. Conservative care has

been shown to be just as effective as arthroscopic repair for full and partial rotator cuff tears.

A physical therapist can help patients improve range of motion, improve strength, decrease pain, and most importantly, improve function of the shoulder to enable a return to the activities they value most in life. The American Journal of Sports Medicine published a review of all the studies that looked at the natural course of recovery from rotator cuff tears, and found that these injuries recover well whether treated with or without surgery.

Physical therapy can serve as a more cost-effective and non-invasive way to help heal rotator cuff issues. Physical therapists communicate with the patients’ physicians to make sure they are aware of treatment progress and recovery status. In the majority of injuries, there is no need to proceed with invasive surgery and its inherent risks before attempting more conservative physical therapy. The physical therapist will refer for surgery if indicated, but frequently can help patients avoid surgery.

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.

Save these Dates **Two of our most popular events are coming up soon – be sure to mark your calendar and join us.**



Spring DESIGNER EYEWEAR SHOW

Thursday, February 27, 2020
11:00 AM – 6:00 PM

Save up to 30% on designer frames and sunglasses.

Visit: www.midwestern.edu/designer_eyewear_show



MIDWESTERN UNIVERSITY COLLEGE OF VETERINARY MEDICINE

OPEN HOUSE

Saturday, March 28, 2020 | 10:00 AM – 2:00 PM

Join us for a behind-the-scenes look at the state’s first veterinary school. Free activities and demonstrations included.

Visit: www.midwestern.edu/vetopenhouse



MIDWESTERN
UNIVERSITY

Tomorrow’s Healthcare Team

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

Act F.A.S.T. if You Suspect Stroke

Stephanie Teale-Sanchez, M.S., CCC-SLP, Speech-Language Institute



If you or someone you are with displays these classic signs of a stroke, think and act F.A.S.T. to offer the best chance of recovery.

- F** – Face: When smiling, does one side droop?
- A** – Arms: When raising both arms, does one drift downward?
- S** – Speech: When talking, is speech slurred or are words jumbled?
- T** – Time to call 911!

If treated quickly, doctors may be able to administer a medication or perform a procedure to help reverse the effects of a stroke—so time is of the essence. Studies show that early intervention leads to better outcomes. Individuals who have diabetes, high blood pressure, obesity, or a family history of strokes have an increased risk of stroke.

For more information, visit the American Heart Association at www.heart.org.

Eye Safety in the Workplace

Eric A. Woo, O.D., FAAO, Eye Institute

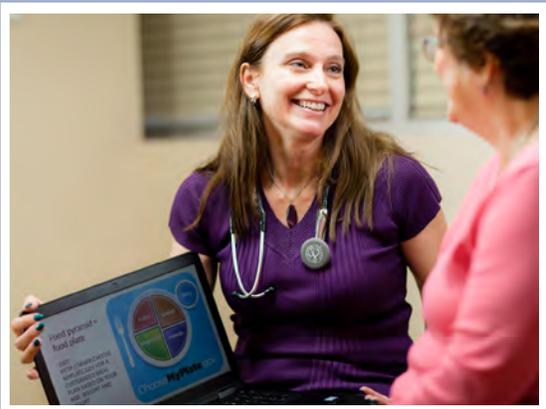


Up to 90% of eye injuries are considered preventable or can potentially be decreased in severity with the proper eye protection. Common injuries are often caused by projectiles and chemicals, but risks also include exposure to dust, bodily fluids, and different types of radiation (visible and ultraviolet light, lasers, heat, etc.). All protective eyewear must meet standards set by the Occupational Safety and Health Administration (OSHA) and the American National Standards Institute (ANSI). Proper protective eyewear is task-dependent: what may work for one task may not work for another.

Those who work at a desk and in front of a computer need to be aware of factors such as lighting, glare, desk and computer setup, posture, and digital light exposure. Though not immediately damaging, if not properly addressed, some factors can lead to more eye discomfort over time.

An optometrist can evaluate specific job safety needs and prescribe the correct glasses, safety goggles, or contact lenses to protect the eyes and keep them healthy and comfortable.

THE MIDWESTERN UNIVERSITY [COMMUNITY HEALTH LECTURE SERIES 2020] at the Foothills Branch Library, 19055 North 57th Avenue, Glendale www.midwestern.edu/azhealthlectures



Tuesday, February 18, 2020 | 6:30 to 7:30 PM

Kratom: Science vs. Myth and Understanding the Risks

Presented by Oliver Grundmann, Ph.D., Adjunct Assistant Professor, and Charles Veltri, Ph.D., Associate Professor

Midwestern University College of Pharmacy – Glendale

Tuesday, March 17, 2020 | 6:30 to 7:30 PM

How Nutrition Changes the Aging Brain

Presented by Nafisa Jadavji, Ph.D., Assistant Professor
Midwestern University College of Graduate Studies

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.