

CLINIC CONVERSATIONS



WE ARE YOUR
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Summer 2016



Free Comprehensive Eye Assessments Available for Infants

The Midwestern University Eye Institute and the Arizona College of Optometry are offering free comprehensive eye assessments for infants between six and 12 months of age through the InfantSEE program.

InfantSEE is a public health program managed by Optometry Cares – the American Optometric Association Foundation, and is designed to ensure that eye and vision care becomes

an integral part of infant wellness care to improve a child's quality of life. Under this program, optometrists provide a complimentary comprehensive eye and vision assessment for infants within the first year of life regardless of a family's income or access to insurance coverage.

For more information or to schedule an appointment at the Midwestern University Eye Institute, call 623.537.6000.

Are Flip-Flops the Best Shoes for Your Feet?

Janna Kroleski, D.P.M.

While flip-flops are a cheap and easy choice of summer footwear, the effects of wearing them long-term or exclusively can lead to a range of foot, knee, and back problems, as well as certain fungal and bacterial infections. Flip-flops offer little support, allowing your arches to collapse, leading to gait abnormalities that can cause tendinitis, heel pain, and even sprained ankles if you trip. Lastly, because flip-flops offer little protection, you're also at greater risk for stubbed toes, puncture wounds, sunburn, and crushing injuries.

As a result, to safely wear flip-flops and minimize risks, it is recommended that you:

- Don't run or play sports while wearing flip-flops
- Avoid driving while wearing flip-flops, as they can easily slip off your foot and become lodged under the pedals
- Look into purchasing "orthopedic" flip-flops that have an arch support built in and a stiffer sole that doesn't allow the shoe to bend in half, and avoid the cheap foam or plastic flip-flops
- Keep your feet moisturized during the summer to avoid cracks in the skin that could cause fungal infections
- Alternate between flip-flops and athletic shoes to provide your feet with a break



MIDWESTERN
UNIVERSITY

Tomorrow's Healthcare Team

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You May Have Gum Disease and Not Know It

John R. Francis, D.D.S., M.S.



Adult periodontitis, more commonly known as gum disease, usually causes no pain. Most people only notice occasional bleeding while flossing and easily dismiss it as no big deal. Unfortunately, many people will suffer with it unaware for many years.

In a new study published by the Journal of Dental Research, the Centers for Disease Control

estimates that as high as 52% of Americans have some form of advanced gum disease. Arizona has the tenth highest percentage of the disease throughout the country.

Not only will gum disease lead to tooth loss, but it correlates directly to a higher incidence of cardiovascular disease and diabetes complications. Given the risk of developing these other chronic systemic diseases, the prevention and treatment of gum disease is an important opportunity for your dentist and physician to help you improve your overall health.

Please see your dentist regularly, ask about your gum health, and follow the recommendations for treatment.

Midwestern University Announces Large Animal Ambulatory Service in Phoenix Area



The Midwestern University College of Veterinary Medicine now offers mobile veterinary services in Phoenix and the surrounding areas. Our Large Animal Ambulatory Service is available to come to you to provide the following:

Equine services:

- Vaccinations
- Digital Radiology
- Deworming
- Dental Care
- Lameness Exams
- Acupuncture
- Ultrasound
- Endoscopy

Farm Animal Services:

- Vaccinations
- Wellness exams
- Castration
- Dehorning
- Health Certificates

Call 623.806.7575 for appointments and more information.



THE MIDWESTERN UNIVERSITY [COMMUNITY HEALTH LECTURE SERIES 2016] at the Foothills Branch Library, 19055 North 57th Avenue, Glendale

Tuesday, August 16, 2016 | 6:30 to 7:30 PM

A Better Understanding of Alzheimer's Disease

Presented by Pamela E. Potter, Ph.D., Professor and Chair, Department of Pharmacology, Midwestern University Arizona College of Osteopathic Medicine

Tuesday, September 20, 2016 | 6:30 to 7:30 PM

Low-Level Laser Therapy: The Healing Light

Presented by Nancy Fitzgerald, D.M.D., Assistant Professor, and Tatiyana Trowbridge, D.D.S., Assistant Professor, Midwestern University Dental Institute and the College of Dental Medicine-Arizona

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 your physician or other qualified healthcare provider with any questions regarding any possible medical condition.