

CLINIC CONVERSATIONS



WE ARE YOUR
HEALTHCARE TEAM

MIDWESTERN UNIVERSITY CLINICS NEWSLETTER

Fall 2017



New Physical Therapy Institute Opens at the Multispecialty Clinic

The Multispecialty Clinic is pleased to welcome Mark Kargela, D.P.T., PT, OCS, FAAOMPT, as Clinical Assistant Professor and coordinator of our newly opened Physical Therapy Institute, located on the second floor of the clinic.

Physical Therapy Institute patients will receive one-on-one, individualized treatments from Dr. Kargela and our Doctor of Physical Therapy (D.P.T.) students under his supervision. The treatment will be based on a thorough assessment of underlying movement or neuromuscular problems. Home exercises paired with education on correct performance of functional activities will maximize the patient's involvement and progress in treatment.

The Physical Therapy Institute treats patients of all ages for orthopedic conditions and sports injuries, back and neck pain, joint pain and dysfunction, post-surgical therapy, and chronic pain conditions. Services include posture training, body mechanics, joint mobilization/manipulation, strengthening, flexibility, pain reduction, coordination training, gait training, and optimization of movement to help patients return to their desired activity levels.



Mark Kargela, D.P.T., PT, OCS, FAAOMPT

Dr. Kargela has special training in mechanical diagnosis and therapy and is certified in manual therapy, orthopedic physical therapy, and therapeutic pain therapy, focusing on evidence-based care of chronic pain conditions. He presents continuing education for physical therapists on chronic pain and evidence-based spine care, and his research focus is on better understanding the patient experience of pain and how to best manage it in light of modern neuroscience. "I am committed to partnering with my patients in a journey to better movement and wellness that allows them to meet their unique goals in life," says Dr. Kargela.

Eye Institute Offers Free Comprehensive Eye Exams through InfantSEE®

Did you know that the American Optometric Association (AOA) recommends that a child's first eye examination be done at six months of age? InfantSEE® is an AOA program providing free comprehensive eye examinations to children under the age of one. The simple vision screenings conducted in a pediatrician's office may not detect all vision or ocular health conditions or risk factors—which can include pre-term birth, an eye turn, or lack of interest in tracking or following objects. With InfantSEE, your child's visual acuity, eye alignment, refractive error, and ocular health are checked to help ensure a strong foundation for development. Call the Eye Institute to schedule your baby's free eye exam.



MIDWESTERN
UNIVERSITY

Tomorrow's Healthcare Team

5865 West Utopia Road
Glendale, Arizona 85308
623.537.6000
623.806.7387 (PETS)
mwuclinics.com
mwuanimalhealth.com



Prevent Heartworm Disease in Your Pets

As a primarily mosquito-borne illness, many pet owners might assume that heartworm disease is not something to worry about in the Arizona desert. This is not only an incorrect assumption, but could also potentially become fatal for your pet. As with mosquito-borne human pathogens, heartworms are found in all 50 states, and can increase in situations such as movement of pets from hurricane-impacted areas to other parts of the country. Stray or neglected pets and even other wildlife such as coyotes can be carriers. While heartworm disease is a severe, life-threatening disease, infected pets can be treated. Common early symptoms in both dogs and cats include a cough, decreased appetite, and weight loss. Dogs may also appear unwilling to participate in or seem unusually tired after exercise. Some cats may also vomit intermittently, have trouble walking, or even faint. As with any serious disease, testing and prevention are the best defense against heartworms. Make sure your pet is tested annually and use a monthly dose of heartworm preventive recommended by your veterinarian. The American Heartworm Society offers additional information and resources at <https://www.heartwormsociety.org/>.

Dental Institute Supports Tooth Sealants for Children

Midwestern University recently hosted its annual Super Sealant Saturday event at the Dental Institute, with a special appearance by Molar Man—our own dental superhero. More than 250 children ages four to 13 received free dental exams, cleanings, and tooth sealants valued at nearly \$33,000. We are proud of our 170 students and 33 faculty members from the College of Dental Medicine-Arizona (CDMA) who volunteered their time because they are passionate about the benefits of preventive dental care for children.

Almost 50% of children experience tooth decay by age four, and children between the ages of five and seventeen are five times more likely to have tooth decay than asthma, hay fever, or chronic bronchitis. Tooth sealants, combined with regular tooth brushing, are an effective way to help prevent tooth decay in children. Sealants can be applied when molars first appear, and typically cost between \$35 to \$60 per tooth. To help prevent cavities, help your child avoid sugary drinks and treats, teach good oral health and brushing habits, and schedule your child's dental checkups regularly. Also, see your dentist if your child has any ongoing complaints about tooth or mouth pain.



THE MIDWESTERN UNIVERSITY [COMMUNITY HEALTH LECTURE SERIES 2018]

at the Foothills Branch Library, 19055 North 57th Avenue, Glendale
www.midwestern.edu/azhealthlectures

Tuesday, January 16, 2018 | 6:30 to 7:30 PM

Chronic Pain: How to Get Movement Back in Your Life

Presented by Mark Kargela, D.P.T., PT, OCS, FAAOMPT
Clinical Assistant Professor, College of Health Sciences, Physical Therapy Program

Tuesday, February 20, 2018 | 6:30 to 7:30 PM

Discovering New Drugs: Looking for Leads in Nature

Presented by Charles Veltri, Ph.D.
Assistant Professor, College of Pharmacy-Glendale

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 with any questions regarding any possible medical condition.