



FOR IMMEDIATE RELEASE
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Midwestern University Community Health Lectures Cover Wide Variety of Topics

GLENDALE, Ariz. – Health issues are at the top of everyone’s concerns, especially as society ages. Midwestern University (MWU) has teamed with Foothills Branch Library, 19055 N. 57th Ave., to provide an on-going series of health lectures. The free 90-minute programs take place at 7 p.m. in the Roadrunner Room.

The upcoming schedule includes:

Tuesday, July 18 – “Healing the Heel: Current Treatments for Common Heal Pain.” David Jenkins, D.P.M., Professor in the MWU Arizona Podiatric Medicine Program, talks about most common foot complaint any physician will hear. A foot specialist, Dr. Jenkins will share information on causes and treatments of heel pain, both traditional and cutting-edge.

Tuesday, August 15 – “Bites and Stings in Arizona: What to Do If It Happens to You.” Do you know what to do if a snake bites you? How about a scorpion sting? Thomas Moreau, MS, PA-C, Assistant Professor, MWU Physician Assistant Program, will explain the strategies for managing bites and stings from various Arizona creatures, including snakes, Gila monsters, scorpions, bees and bites potentially associated with rabies. If time allows, he will also discuss the emerging threats of West Nile Virus and Dengue Fever.

Tuesday, September 19 – “Valley Fever: Blowing in the Wind.” Michael A. Dietrich, Pharm. D, BCPS, Associate Professor, Pharmacy Practice, MWU College of Pharmacy-Glendale, provides an informational look at Coccidioides immitis, the fungus that causes “Valley Fever.” Learn the modes of transmission, the signs and symptoms, and different therapies for combating this Valley disease.

Tuesday, October 17 – “Understanding Sleep and Sleep Disorders.” Are you ready to uncover the biological basis of dreams? James Stoehr, Ph.D.,

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Professor, MWU Physician Assistant Program, will address how and why we sleep, what is considered normal sleep, and sleep disorders and remedies.

Tuesday, December 12 – “Mid-Life Transitions: Reflections, Strategies and New Perspectives.” Mid-life transitions are a natural developmental process. Sheldon P. Wagman, D.O., F.A.C.N., will dispel the myths, explain how to expand one’s creative energy teach self-observation exercises to reduce stress and set new life directions. Dr. Wagman is a Clinical Professor of Psychiatry at MWU-Arizona College of Osteopathic Medicine.

Tuesday, January 16 – “Your Diet and Cancer: How What You Eat Can Decrease the Risk.” David Mann, Ph.D., Professor of Biochemistry at MWU-Arizona College of Osteopathic Medicine, examines the research studies that have shown a correlation between diet and cancer. He will provide tips for translating the information into everyday eating habits that anyone can adopt to decrease that risk.

Call 623-930-3846 for more information.

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