

# HEALTH <sup>TM</sup> Tips

M A G A Z I N E

September 2019 | Yuma, Foothills, Somerton & San Luis

## INSIDE

### Did You KNOW?

**11** Tips: How to Survive from Common Hospital Errors!

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**10** Tips: How to Cleanse Your Gut!

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### Patient of the Month

Lost more than 36 lbs. in less than 4 months!

Waist Line dropped from 42 inches to 36 inches!

Body fat has dropped from 38% to 28%!

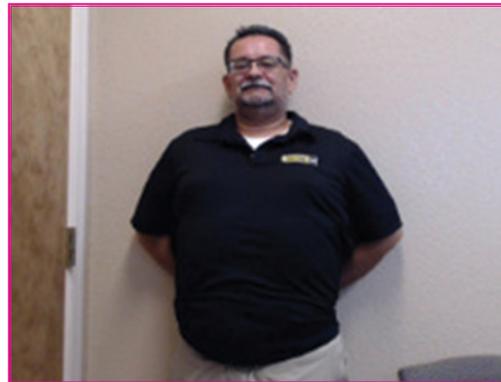
Read on pg. 18

DOWNLOAD OUR APP



## HOW THE WEIGHT LOSS PROGRAM CHANGED MY LIFE!

Meet real local people & their weight loss journey



Carlos - Before Weight Loss Center of Yuma Program



Carlos - After Weight Loss Center of Yuma Program

**“The Patients Have Spoken!”**  
Dr. Fazil has been awarded  
“Most Compassionate Doctor & Patients’ Choice Awards”  
**4 YEARS IN A ROW**

**Compassionate Doctor Award 2019**  
Dr. Irfan Fazil  
In gratitude for his/her service, you have been recognized by your patients as one of America's Most Compassionate Doctors.

**Patients' Choice Award 2019**  
Dr. Irfan Fazil  
Has been selected as one of AZ's Favorite Physicians

**BioClinic** **YUMA KIDNEY & DIALYSIS SPECIALISTS**



## DISCLAIMER:

Health Tips Magazine is published monthly, the articles in this magazine are designed for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, and treatment. The content is also not intended to be a substitute for professional nutrition, diets, health, wellness, eating disorders, related issues or any other form of advice. Always seek the advice of your healthcare provider/physician or any other qualified professional with any questions you may have regarding your healthcare, medical condition, health and wellness, and/or other related issues. Final determinations for treatment should be discussed with your primary healthcare provider to suggest any medical treatments.

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A free monthly magazine, which is circulated to thousands of captive readers in Medical Waiting Rooms, Hospitals, Pharmacies, and other Health Care related businesses, written by Doctors for the readers and with distribution in Yuma, Foothills, Somerton and San Luis, Arizona.

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# LOOKING FOR THE NEAREST BATHROOM?

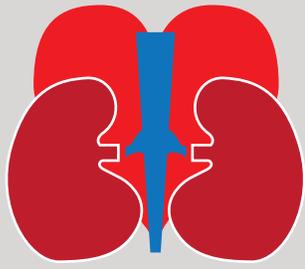


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SUFFER  
ANYMORE!**



Bio Clinic is proud to provide a helpful way to diagnose and treat, with various means, the health related issues of urinary incontinence that affect both women and men. With the use of current medications and new technology such as nerve stimulation, we can provide relief to your symptoms and help improve your daily life's routines.

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- ▶ Specialized in Kidney Disorders, Hypertension and Dialysis Management
- ▶ Both Hemodialysis & Peritoneal Dialysis
- ▶ Post Kidney Transplant Care

Yuma Kidney & Dialysis Specialists provide a complete and comprehensive management approach to Chronic Kidney Disease and its related complications.

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# HEALTH TIPS

An interview with Dr. Irfan Fazil

## HOW TO DELAY KIDNEY DISEASE BY AVOIDING BAD FOODS



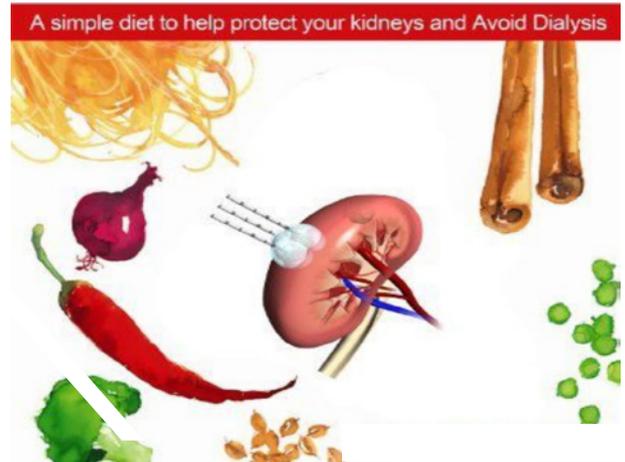
**Dr. Irfan Fazil**

### HEALTH TIPS MAGAZINE APPROACHED DR. FAZIL

Health Tips Magazine (HTM) approached renowned Dr. Fazil, who is an Internist and Kidney and Dialysis Specialist in Yuma with many years of experience in his field, about Chronic Kidney Disease.

**HTM:** "Dr. Fazil, should patient with kidney disease, avoid certain foods to slow down the kidney disease?"

**Dr. Fazil:** Very good question. Well, dietary restrictions vary depending on the stage of kidney disease.



### The Connection Between Diet and Kidney Disease

For instance, people who are in the early stages of chronic kidney disease will have different dietary restrictions than those with end-stage renal disease, or kidney failure.

Those with end-stage renal disease who require dialysis will also have varying dietary restrictions. Dialysis is a type of treatment that removes extra water and filters waste.

The majority of those in the late stages or with end-stage kidney disease will need to follow a kidney-friendly diet to avoid build-up of certain chemicals or nutrients in the blood.

In those with chronic kidney disease,

the kidneys cannot adequately remove excess sodium, potassium and phosphorus. As a result, they are at higher risk of elevated blood levels of these minerals.

**HTM:** What is a kidney friendly diet?

**Dr. Fazil:** A kidney-friendly diet, or a "renal diet," usually includes limiting sodium and potassium to 2,000 mg per day and limiting phosphorus to 1,000 mg per day.

**HTM:** What foods should be avoided when someone has kidney disease?

**Dr. Fazil:** There are several. Important ones are as follows:

- Dark-colored colas should be avoided on a renal diet because they contain phosphorus in its additive form, which is highly absorbable by the human body.

Continued on next page

## FEED YOUR BRAIN

- Avocados should be avoided on a renal diet due to their high potassium content. One cup of avocado provides nearly 37% of the 2,000 mg potassium restriction.

- Canned foods are often high in sodium. Avoiding, limiting them or buying low-sodium varieties is the best way to reduce your overall sodium consumption.

- White bread is typically recommended over whole-wheat bread on a renal diet due to its lower phosphorus and potassium levels. All bread contains sodium, so it's best to compare food labels and choose a lower-sodium variety.

- Brown rice has a high content of phosphorus and potassium and will likely need to be portion-controlled or limited on a renal diet. White rice, bulgur, buckwheat and couscous are all good alternatives.

- Bananas are a rich source of potassium and may need to be limited on a renal diet. Pineapple is a kidney-friendly fruit, as it contains much less potassium than certain other tropical fruits.

- Dairy products contain high amounts of phosphorus, potassium and protein and should be limited on a renal diet. Despite milk's high calcium content, its phosphorus content may weaken bones in those with kidney disease.

- Oranges and orange juice are high in potassium and should be limited on a renal diet. Try grapes, apples, cranberries or their juices instead.

- Processed meats are high in salt and protein and should be consumed in moderation on a renal diet.

- Potatoes and sweet potatoes are high-

potassium vegetables. Boiling or double cooking potatoes can decrease potassium by about 50%.

- Tomatoes are another high-potassium fruit that should likely be limited on a renal diet.

**HTM:** So, Dr. Fazil, what is bottom line?

**Dr. Fazil:** If you have kidney disease, reducing your potassium, phosphorus and sodium intake can be an important aspect of managing the disease.

**HTM:** Thank you so much Dr. Fazil for your valuable time.

**Dr.Fazil:** Thanks for having me.



An advertisement for Yuma Kidney &amp; Dialysis Specialists. On the left is a portrait of a male doctor in a blue lab coat with a stethoscope. In the center is a large red graphic of two kidneys. To the right of the kidneys is a blue box with the text 'CALL TODAY' and a red box with the phone number '(928) 388-6138'. The text 'ACCEPTING NEW PATIENTS' is at the top left, and 'YUMA KIDNEY &amp; DIALYSIS SPECIALISTS' is at the bottom center.

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- FAMILY MEDICINE
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- FOOT AND ANKLE SPECIALIST (PODIATRY)
- NEPHROLOGY (KIDNEY AND BLADDER DISORDER & DIALYSIS)
- MANY OTHER SPECIALTIES
- ALLERGY TESTING & ALLERGY SHOTS
- WOMEN HEALTH CLINIC
- ANTI-COAGULATION CLINIC
- WEIGHT LOSS CLINIC



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AWARD FOR 2019

**VOTED BEST MULTI-SPECIALTY  
MEDICAL CLINIC FOR SOUTH WEST  
ARIZONA**



Bio Clinic has been awarded "Best Multi-Specialty Medical Clinic in South West Arizona" by the Global Health & Pharma (GHP). Bio Clinic received this award at the 4th Annual Healthcare and Pharmaceutical Awards for 2019.

The Healthcare & Pharmaceutical Awards honor those who provide the highest quality of care, medical products and services available. They pay homage to those whose innovative work within the healthcare and pharmaceutical industry contributes towards furthering the advancement of patient care in an ever-expanding and demanding sector.

Once again we would like to congratulate Bio Clinic on their accomplishment for their 2019 Award.

# DO YOU SUFFER FROM ALLERGIES?

“If the  
answer is  
**YES!**”

Allergies are the fifth most common chronic disease in the United States, costing businesses and the health care system nearly \$8 billion annually. In fact, over 50% of Americans have tested positive for one or more allergens.

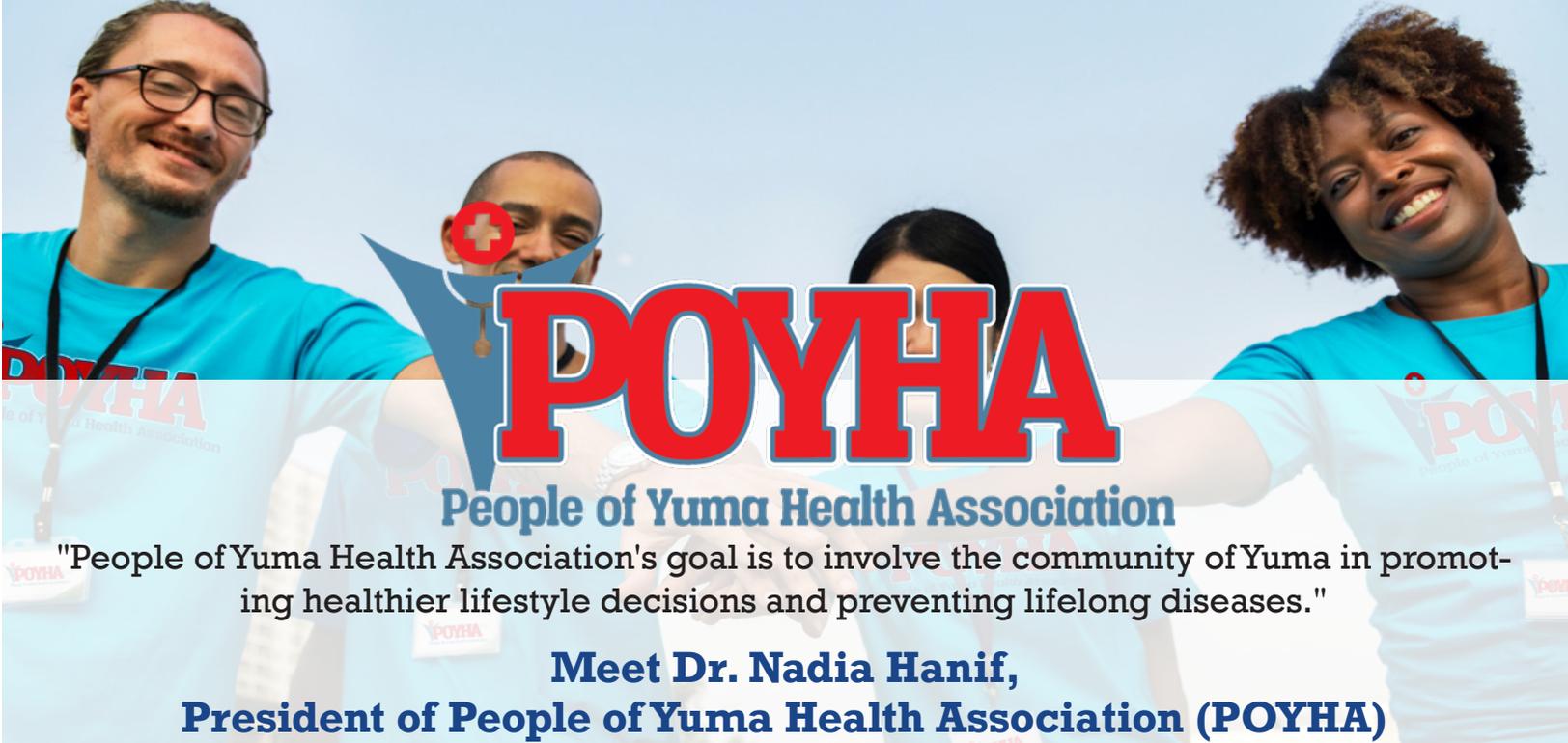


At Bio Clinic we can perform allergy tests such as the skin prick technique and begin treatment for allergies immediately.

Your individual treatment plan may include:

1. Traditional immunotherapy/allergy shots
2. Rush immunotherapy (faster way to achieve maintenance dose of allergy injections)
3. Prescription medications
4. Flu and pneumonia vaccinations

You do not and should not have to live with allergies. If you suffer from airborne allergies or hay fever, early intervention can completely erase or significantly reduce symptoms. Moreover, recent research indicates that allergy-induced asthma may be prevented if allergies are treated early enough with allergy shots.



# POYHA

## People of Yuma Health Association

"People of Yuma Health Association's goal is to involve the community of Yuma in promoting healthier lifestyle decisions and preventing lifelong diseases."

### Meet Dr. Nadia Hanif, President of People of Yuma Health Association (POYHA)

People of Yuma Health Association or POYHA, is a Non Profit Organization established in Yuma, Arizona. Our motto is to improve the people of Yuma by promoting health and preventing diseases. We are dedicating our focus on the well-being of the people of Yuma. This includes the following areas:

There should not be any exclusion of pre-existing medical conditions for health care coverage. This is not logical to exclude people with medical conditions and only cover healthy people? As a medical doctor, she well understands this reality, and it must be fixed. She wants to fix this big flaw in our health care system by working hand in hand with the local community and legislators.



#### **IMPROVING THE HEALTH CARE SYSTEM IN YUMA**

Dr. Hanif was trained in both the East Coast hospital system in Brooklyn NYC as well as in Phoenix, AZ.

She feels that there is a lot of room for improvement and the need to bring cutting edge technology to our health care system. It will not only improve health outcomes, but it will reduce human errors and keep Yuma and Arizona on the forefront of new healthcare technologies. No one can understand this better than a doctor, such as Dr. Hanif, who is in the medical profession herself.



#### **PATIENT ADVOCATES**

We are here to help your voice reach your health care providers, health care organizations, hospitals and legislatures to help solve your issues with other

health care entities & providers, FREE. Just call us: (928)-388-6117, or visit us at [www.poyha.org](http://www.poyha.org)



#### **HEALTH CARE FOR ALL**

Dr. Hanif believes that access to health care in any time and any society is a basic human right.

There should be no body left out whether they have pre-existing conditions or not. People who have health issues are actually those who need more help than others.



#### **PATIENT EDUCATION**

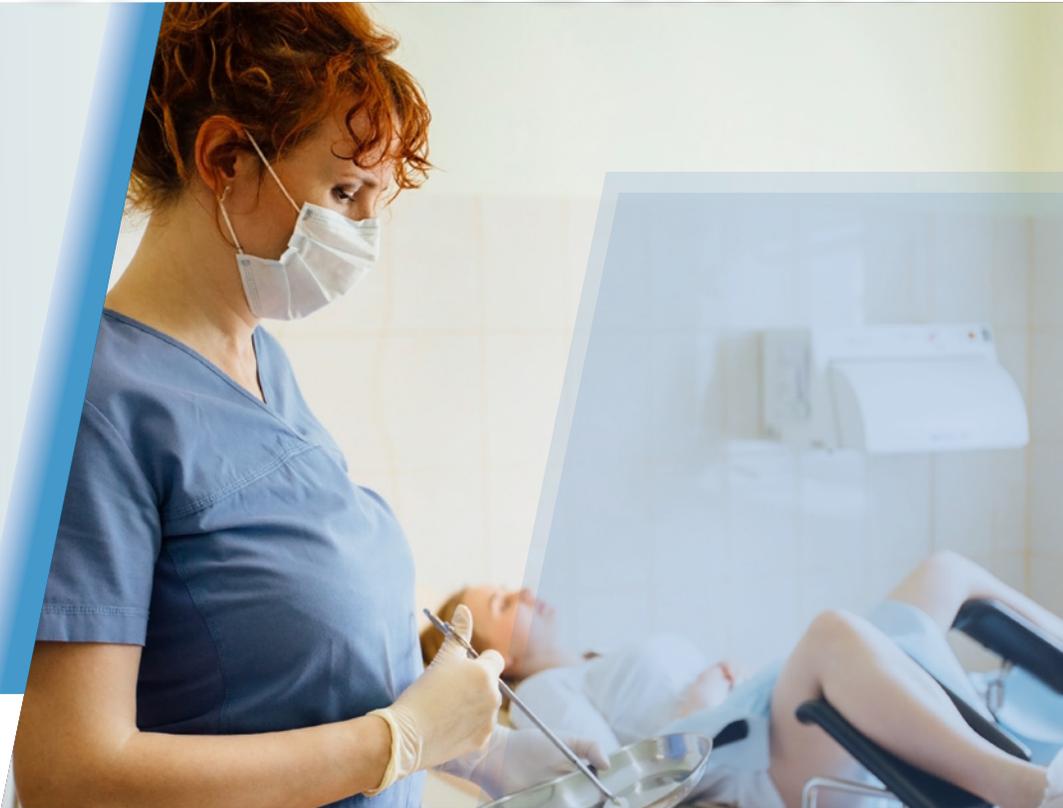
We sponsor monthly, free educational seminars where we bring renowned doctors & experts to talk about various health & medical issues with the local community.

These events are open to the public and you can come and join us in our recording studio, free, and you will also have the opportunity to ask questions from the experts in real time. You can also see the previous recorded shows free, by searching Dr. Fazil TV Show on the Roku TV channel as well as on YouTube and our educational website [www.drfazilshow.com](http://www.drfazilshow.com).

# Women's Health

If you are a woman, have you had your periodic pelvic and breast exam?

Did you know, even if you had a hysterectomy you still need to have periodic and as needed pelvic exams?



Bio Clinic is pleased to announce that we have woman health practitioners who are trained on conducting pelvic exams.

It's a common misconception that if you already had a hysterectomy, you do not need to have your periodic pelvic exam. However, this is wrong. A lot of medical conditions like cancers or other health complications can still occur, even after a hysterectomy or the removal of the uterus. The pelvic area needs to be examined on a periodic basis to screen for ovarian cancer and STDs (Sexual Transmitted Disease) or other medical conditions.

If you think that you need a pelvic and breast exam or have not had your pelvic and breast exam please make an appointment with your primary care provider. Bio Clinic has women health practitioners trained on conducting pelvic exams.



# DO YOU SUFFER FROM BACK PAIN AND / OR JOINT PAIN?

## IF THE ANSWER IS **YES!**

It could be diagnosed with certain blood tests. But the most important way to diagnose it, would be with an **MRI (Magnetic Resonance Imaging)**. The magnetic waves in this test allow us to look at the anatomy of the joints and the back, allowing your provider to make a diagnosis to where the source of the pain is located. Based on the results your physician is able to determine the correct treatment plan such as cortisone injections, nerve blocks or surgery.

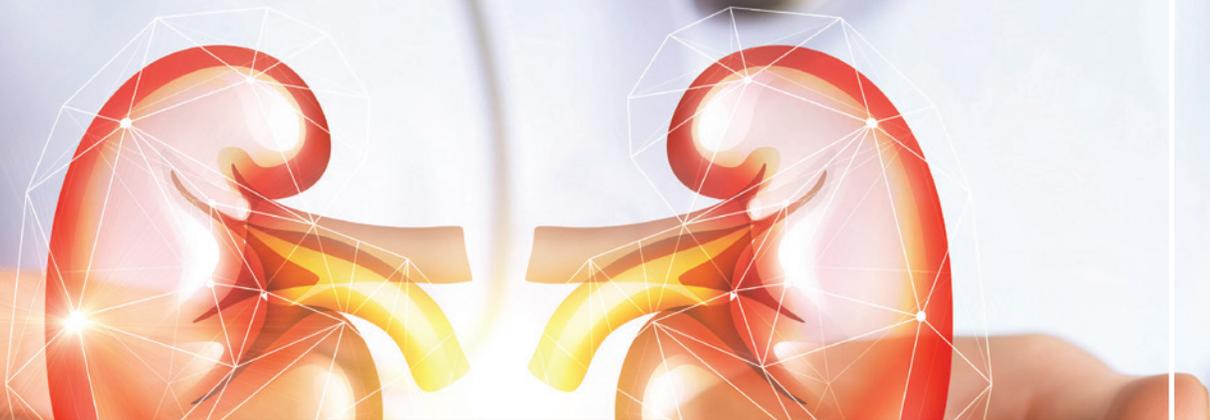
There are a few conditions to review before having an MRI done, such as a pacemaker, defibrillator, neurostimulator implant device in the back or in the brain. Most metals in the body are compatible with MRI machines now a days. This is a very informative test, if you suffer from these conditions, please talk your provider and discuss if an MRI is right for you.

Bio Clinic is proud to announce that we have a state of the art MRI machine that has been certified by the American College of Radiology. Our MRI machine provides high resolution images to help identify the cause of your pain and discomfort in your back and/or joints quickly, helping your provider treat you appropriately.

Bio Clinic has been recognized by the Global Health and Pharma for **Best Multi Specialty Clinic in South West Arizona** for 2019.



Now Accepting  
New Patients



# Meet the Team at Yuma Kidney & Dialysis Specialists

Our goal is to improve the quality of life by providing convenient treatment locations across Yuma County. With offices located in Foothills, Yuma, and San Luis, we are making sure that our patients have the available resources and tools to avoid and prevent the need for dialysis. Our providers are ready to offer treatments for various kidney disorders.

Meet our Nephrologists and Nurse Practitioners below.



**Dr. Irfan Fazil**  
Nephrologist

Dr. Fazil has been in medical practice for more than 10 years. He graduated from Long Island College Hospital, Brooklyn, NY. He did his Internal Medicine

Board and passed the American Board of Internal Medicine with the highest score possible, nationwide. He also did his fellowship in Nephrology from Long Island College Hospital, Brooklyn, NY.



**Pauline Okwuosa, NP**  
Nurse Practitioner

Pauline Okwuosa, N.P is part of Yuma Kidney & Dialysis Specialists. She is experienced in the management of various kidney disorders.



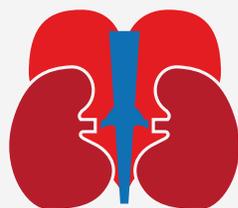
**Christian Cyr, NP**  
Nurse Practitioner

Christian Cyr, N.P is part of Yuma Kidney & Dialysis Specialists. He is experienced in the management of various kidney disorders.



**Moises Espinoza, NP**  
Nurse Practitioner

Moises Espinoza, N.P is part of Yuma Kidney & Dialysis Specialists. He is experienced in the management of various kidney disorders.



**YUMA KIDNEY  
& DIALYSIS SPECIALISTS**

**Schedule Your Appointment Today (928)388-6138**



# Once Again Bio Clinic Laboratory Is Recognized for Quality Laboratory Services

## BIO CLINIC LABORATORY

*RECOGNIZED FOR QUALITY  
LABORATORY SERVICES NATION  
WIDE!*

Dr. Irfan Fazil, Medical Director, is proud to announce that Bio Clinic Laboratory has met all criteria for Laboratory Accreditation by COLA, a national healthcare accreditation organization. Accreditation is given only to laboratories that apply rigid standards of quality in day-to-day operations, demonstrate continued accuracy in the performance of proficiency testing, and pass rigorous on-site laboratory survey. Bio Clinic has earned COLA accreditation as a result of a longterm commitment to provide quality services to its patients.

COLA is a nonprofit, physician-directed organization promoting quality and excellence in medicine and patient care through programs of voluntary education, achievement, and accreditation. COLA is approved by the federal government and sponsored by the American Academy of Family Physicians, the American Medical Association, the American College of Physicians and American Society of Internal Medicine.

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Irfan Fazil, M.D.  
Medical Director



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For more information please call  
(928)246-4186 or visit [www.drfazilshow.com](http://www.drfazilshow.com)

Dr. Fazil, who specializes in Internal Medicine and Kidney & Dialysis Services (Nephrology) has been involved in patient education for a long time. Now, you can be a part of this educational network.

His educational seminar and medical information interviews are now available:

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SPECIALISTS IN SAN LUIS ARIZONA!”



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Irfan Fazil, M.D.  
Christian Cyr, NP • Moises Espinoza, NP



## NEUROLOGY SPECIALIST

Andres Jacobo M.D.



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BEFORE WEIGHT LOSS  
CENTER OF YUMA PROGRAM



AFTER WEIGHT LOSS  
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For many years Carlos knew that he had to lose weight for many reasons, including his progressively worsening sleep apnea and high blood pressure.

Carlos is now a happy camper. He had tried many weight loss programs in past and they all failed.

He sought help at the Weight Loss Center of Yuma and with the help of Dr. Fazil and his staff, he was able to lose above his weight goal. His blood pressure is now under control, and his sleep apnea has been cured.

He explains:

"The Weight Loss Center of Yuma is a program which focuses on mind over body. It coaches you on life style changes instead of crazy dieting and unrealistic exercises that are passed off as fads. Dr Fazil walks you through the whole program until you graduated from the program". Graduation means that the patients BMI (Body Mass Index) drops to less than 30 BMI. It is a very easy and straight forward program to follow. Once you have learned the basics of what you need to do each

# OW LOSS PROGRAM D MY LIFE



BEFORE WEIGHT LOSS  
CENTER OF YUMA PROGRAM



day, you can keep following program yourself after completion, to keep up with this change in lifestyle.

The program is a medically supervised weight loss program that is over seen by the MD. It is covered by most insurances, and if its not, they do offer a self pay method that allows you to make monthly payments.

*"GIVE THEM A CALL RIGHT NOW TO LEARN MORE ABOUT THE WEIGHT LOSS CENTER OF YUMA."*

VISIT US AT

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OR CALL US AT

**(844) 946-8446**

FOR MORE INFORMATION ON HOW TO JOIN THE WEIGHT  
LOSS PROGRAM

**Carlos** has lost more than 36 pounds in less than 4 months. His waistline has dropped from 42 inches to 36 inches! His body fat has dropped from 38% to 28%

# MEDICAL WEIGHT LOSS Center of Yuma

Medical Weight Loss Center of Yuma is using an out of the box approach for patient's to lose weight. It is supervised by Irfan Fazil, M.D. This program has been a huge success in solving the obesity epidemic in Yuma. This year alone, the combined weight loss of fat from our patients on our weight loss program in Yuma has reached more than THIRTY THOUSAND POUNDS (30,000). For achieving this jaw dropping goal, our program has been featured in various local news channels, including KYMA news.

## WEIGHT PROBLEM? NOT ANY MORE...

**JOIN TODAY!**  
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Make an appointment

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email: [weightloss@biofamilyclinic.com](mailto:weightloss@biofamilyclinic.com) | [www.weightlosscenterofyuma.com](http://www.weightlosscenterofyuma.com)



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Ron Clark, M.D.

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DO YOU  
OR A LOVED ONE  
HAVE  
A FAMILY HISTORY  
OF **STROKES?**

Bio Clinic is proud to announce that we could screen you for a stroke with a non-invasive method by Ultrasound Sonography of the carotid arteries. This screening will show any plaque build up in the carotid arteries to help prevent a stroke. Ask your doctor if an ultrasound is the right test for you. An ultrasound is a non-invasive technology in which sound waves are used to look at different body structures, in this case we are looking at the anatomy of blood flow to the brain. If there are any blockages present, your health care provider is able to recommend the appropriate treatment to be taken immediately. Ultrasounds can also be used to diagnose other conditions involving the abdomen, arteries in the legs and rule out blood clots in the legs. These tests are done quick and involve no pain to the patients. Our exams are read and interpreted by Board Certified Radiologists and routine reports are sent to your ordering provider within 24 hours, STAT reports are available within 4 hours.

## ALL ULTRASOUNDS ARE DONE **IN-HOUSE**



BioClinic has been recognized by the Global Health and Pharma for **Best Multi Specialty Clinic in South West Arizona** for 2019.

# DO YOU HAVE A FAMILY HISTORY OF HEART CONDITIONS?

If the answer is **YES!**

**ECHOCARDIOGRAM**



A resting echocardiogram is done prior to the stress test to look at the anatomy of the heart. It is a test where an ultrasound machine, which is designed to check the heart's chamber size, valves and the function of the heart is used to give a better picture of your heart condition without the stress test. Sometimes it is done before and after a stress test to get a better picture of the overall health of your heart. This is a non-invasive and very useful test that could give a lot of useful information to your healthcare provider about the anatomy and a picture of your heart. Please ask your primary healthcare provider if an echocardiogram is the right test for you.



**STRESS TEST**

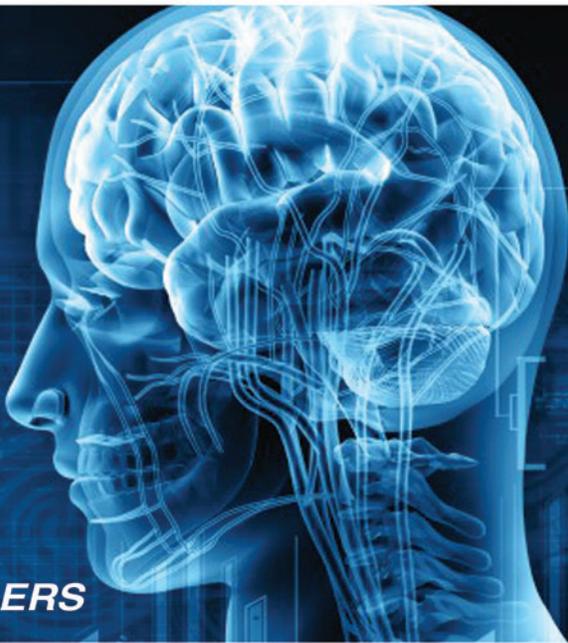
A stress test is a medical procedure under the supervision of a doctor and done by a certified echo-cardiogram technician where your heart is put under stress through exercise or done through medication, this option is done if the patient is unable to do the exercise stress test. A medication is infused through your vein to increase your heart rate and produce stress on the heart, this is called a pharmaceutical stress test. This will show any underlying blockage restricting blood circulation to the heart. Based on the results, a further treatment plan could be recommended by your

healthcare provider. If you would like to have a stress test done, please ask your health care provider if a stress test is right for you at your next visit.

Bio Clinic is proud to announce that we have state of the art echocardiogram equipment in our office. Results for both echocardiograms and stress tests are interpreted by Board Certified Cardiologist's. Routine reports are available with in 24 hours and STAT reports are available with in a few hours.

Bio Clinic has been recognized by the Global Health and Pharma for **Best Multi Specialty Clinic in South West Arizona** for 2019.

# DO YOU SUFFER FROM



- ▶ MEMORY ISSUES
- ▶ NEUROPATHY
- ▶ STROKE / SEIZURES
- ▶ TREMORS
- ▶ BACK PAIN
- ▶ HEADACHES / MIGRAINES

*OTHER NEUROLOGICAL DISORDERS*

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Yuma, AZ 85367





# 10

TIPS  
ON:

## How To Cleanse Your Gut

**01** Detoxification diets focus on eliminating toxins from the body that can cause allergies, headaches and migraines, digestive issues and etc.

**02** Cleanse diets consist of eliminating foods such as sugars, processed foods, alcohol, dairy, soy, corn, wheat and gluten.

**03** If you plan to start a cleanse, please speak to your primary doctor before starting as some can cause serious health reactions.

**04** Most cleanses can last between 3 to 32 days depending on the desired weight loss goal.

**05** Juice Cleanses are among the growing favorites of most individuals but also the hardest due to limited whole foods intake.

**06** Most cleanses have you eliminate processed foods and have you increase your

consumption of raw vegetables and fruits as well as keeping hydrated throughout the cleanse.

**07** When starting a detoxification or cleanse always make sure you are under the care of your doctor, as some of the treatments can cause serious health issues such as: hypoglycemia, renal failure, and heart issues.

**08** Detoxifications will not help you lose weight, they are meant to help relieve edema, allergies, nausea, and other digestive issues caused by pollutants and allergens.

**09** Regular exercise while on a cleanse diet will increase weight loss, just remember to keep hydrated throughout the cleanse.

**10** The weight lost from a cleanse might be regained after completion, speak to your doctor on ways to maintain the weight lost after the cleanse.

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# ARE YOU HAVING BALANCE ISSUES?

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If you have dizziness or vertigo, the cause for this can be numerous reasons, including causes related to the brain, your eyes, heart or circulation issues. Usually a comprehensive workup is needed where treatment with a specialist is required. If you are suffering with these condition's, Bio Clinic Dizziness Clinic can help you get the treatment needed to start feeling better.

If you would like to been seen today,  
please give us a call at

**(928) 342-6500**

or visit us at

**[www.bioclinic.info](http://www.bioclinic.info)**



# FEELING SLEEPY?



IF YOU FEEL **SLEEPY**  
DURING THE DAY TIME  
OR TIRED, YOU MIGHT  
HAVE **SLEEP APNEA!**

Sleep apnea is a condition that affects millions of people yearly. Some common symptoms include being unable to breathe when you are sleeping, causing you to snore or wake up gasping for air.

Bio Clinic is proud to announce that we can now diagnose sleep apnea with a Home Sleep Apnea Test Machine. You can have the test done in the comfort of your home while you are sleeping, providing your healthcare provider with the needed information to provide the needed treatment.

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Call to schedule your appointment today at

**(928) 342-6500**

or visit us at

**[www.bioclinic.info](http://www.bioclinic.info)**

for more information

# When you should ask your doctor for a portable X-Ray?



X-rays are frequently needed by the doctors to diagnose various medical conditions like pneumonia, congestive heart failure and various injuries e.g. fractures and dislocations.

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Typically, you would have to go to an imaging place to get these X-rays done, when ordered by your doctor. You have to stand in line and then once the x-rays are done, your doctor will have to get the X-ray reports, in the next few days, when you return to see your doctor for a follow up.

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Fortunately, there is another solution. If you are too sick or unable to go to these facilities due to medical reasons, mobile x-ray services can come right to your home and perform X-rays. Reports are typically available within a few hours to your doctor, which can then prescribe medications appropriately.

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# [ YUMA MOBILE ] X-RAY

These services are usually covered by your medical insurance. This not only expedites your care but also keeps your treatment cost low by preventing unnecessary urgent care & ER visits and unnecessary hospitalizations. Also, when you go to these other facilities, there is a good chance that you might catch another infection. That all can be avoided by X-rays done at your home, nursing home or assisted care facility.



So, ask your doctor if Yuma Mobile X-Ray is right for you!

Call Yuma Mobile X-Ray for more information

**Call Us Today**

**(928) 246 - 4186**

Visit us at

**[www.yumamobilexray.com](http://www.yumamobilexray.com)**

to download our Xray Order Form



# DEXA BONE

# DENSITY IMAGING



## Have you been checked for the density of your bones?

Loss of bone density is a very common process as we get older. After the age of 50, especially females and based on your other medical conditions, you should have your bone density checked. Bone density can be checked by a simple machine, which is based on the principles of an X-Ray machine. This machine can check the density of your hips and spine. Through the machine's scoring system, it tells you if you have normal bones or the loss of bones, which could be classified as Osteopenia; or the severe form of bone loss which is known as Osteoporosis. If you are diagnosed with either of the two conditions, your risk of fractures are higher if you fall.

Fortunately this is treatable either with exercise, supplements or certain medications.

Bio Clinic is pleased to announce that we have a state-of-art bone density machine in house. Treatment will also be given the same day if you are diagnosed with conditions such as Osteopenia, and Osteoporosis.

Bio Clinic is also pleased to announce we have been selected as the **Best Multi-Specialty Clinic in South West Arizona 2019**.

# DO YOU OR A LOVED ONE SUFFER FROM SEIZURES OR EPILEPSY?



If you do, it could be diagnosed through a machine or process called EEG (Electroencephalogram), this test is done at a special neurology lab.

Bio Clinic is pleased to announce that we have a full blown EEG testing center in our office. A Neurologist and Neuro Technician are on staff to perform the testing. To administer the test you would come into our comfortable Neuro Lab, our technician will then hook you up with an EEG machine and then you will sleep for a few hours while under the guidance of the Neurologist. The EEG will help diagnose epilepsy and based on these results a diagnosis and treatment plan will be given.

Other tests are available to perform in our lab, such as nerve conduction studies to diagnose neuropathy or tingling and numbness in the arms and legs. If you think you or a loved one might be suffering from epilepsy or neuropathy, give us a call at (928) 581-1447 to schedule an appointment.

BioClinic has been recognized by the Global Health and Pharma for **Best Multi Specialty Clinic in South West Arizona** for 2019.





# COUMADIN / WARFARIN CLINIC

[www.biofamilyclinic.com](http://www.biofamilyclinic.com)

A Coumadin or a Warfarin Clinic or Anticoagulation Clinic is a simple, convenient way to monitor and assist patients taking Coumadin or Warfarin or any other brand of anticoagulant or blood-thinning medication.



At Bio Clinic, we have a special time and place set aside for patients on these medications. We do same day blood draw at our onsite laboratory, and report and adjust your coumadin or warfarin dose under supervision of an onsite doctor.

Call us today to make an appointment

# 928-342-6500

11468 N Frontage Road, Ste A | Yuma, AZ 85367



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STAY FOR THE  
**ENTERTAINMENT**

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Monthly topics of discussion include many health and medical related issues. The goal of the seminars is to provide FREE educational information to the public.

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Please visit [www.drfazilshow.com](http://www.drfazilshow.com) or call (928) 246-4186 for more information



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# X-RAY IMAGING

Do you think that you may have a dislocation or fracture of your joints or bones?

If you do, it can easily be diagnosed through a machine known as an X-Ray machine. Bio Clinic is proud to announce that we have an in-house x-ray machine used by experienced and professional X-Ray Technicians. Each X-Ray report is read by Board Certified Radiologists. Urgent reports are available within 4 (four) hours and routine reports are available within 24 hours. Again if you are experiencing joint pain, bone pain, or if you think that you may have a fracture, dislocation, or arthritis please consult with your primary health care provider to see if X-Ray imaging is right for you.



BioClinic has been recognized by the GHP for  
**Best Multi Specialty Clinic in South West Arizona** for 2019.



# 11

**TIPS  
ON:**

## How To Survive Common Hospital Mistakes *"WATCH OUT FOR THESE THINGS!"*

**01 Sterilized Equipment!** One of the lowest paid and least-trained employees at the hospital is the person who is in charge of washing and sterilizing dirty instruments.

**02 Dysfunction!** Hospitals are dysfunctional. From poor communication across disciplines to a “bullying culture,” hospitals are notorious for dysfunction.

**03 Wrong Surgery Site!** It happened 867 times in 2009 but that reported number is likely much too low.

**04 Wrong Drug/Wrong Dose!** One of the most common medical errors overall is the administration of the wrong drug or the wrong dose.

**05 Know Your Medications!** The Food and Drug Administration estimates that 1.3 million people are injured by medication errors annually in the U.S.

**06 Hospital Acquired Infections (HAI)!** About 99,000 Americans die of these HAI every year.

**07 Avoid the Elevator!** No one washes their hands before pressing the buttons? When you're up again, use a tissue when handling publicly pawed buttons and knobs.

**08 Know Your Allergies!** Make sure all your known allergies are clearly marked on your chart, wrist band, or on a piece of paper taped above your bed.

**09 Miscommunication.** Have a reliable advocate with you as often as possible throughout your hospital stay.

**10 No Eating.** Never eat or drink anything before surgery, even if the nurse brings you a food tray.

**11 Check your hospital's reputation and rating.** Choose your hospital carefully, ask your primary healthcare provider about good hospitals to go to.

SUFFERING FROM AN  
**URGENT MEDICAL CONDITION**  
THAT NEEDS TO BE TREATED  
**RIGHT AWAY!**



**NO APPOINTMENT NEEDED!**

**IN-HOUSE LAB & IMAGING!**

**DESIGNATED PROVIDERS!**

**OPEN ON SATURDAYS!**

“*AVOID UNECESSARY, EXPENSIVE & LONG WAITING TIMES  
AT THE  
EMERGENCY ROOM & URGENT CARE!*”

BioClinic Now Offers  
**Walk-In Clinic**

**Monday - Saturday  
8:00 AM - 5:00 PM**

**11468 N Frontage Rd. Ste. A  
Yuma, AZ 85367**

**NO  
APPOINTMENT  
NEEDED**

For more information visit us at [www.bioclinic.info](http://www.bioclinic.info)