

HEALTH

MAGAZINE

Tips

INSIDE

December / January 2021 | Yuma • Foothills • Somerton • San Luis

DID YOU KNOW?

MALE SEXUAL DISORDERS

"Treatment Options Available!"

Read on Pg. 6-7

CORONAVIRUS

Interview with Dr. Fazil

"Coronavirus vs. The Flu What are the Differences?"

Read on Pg. 18-19

**REMEMBER
TO GET YOUR
FLU SHOT!**



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HOW SOON UNTIL WE HAVE A CORONAVIRUS VACCINE?



BIO CLINIC NOW OFFERING PSYCHIATRIC MENTAL HEALTH SERVICES

Serving the Yuma, Foothills and San Luis Community
Treating Anxiety, Depression, and More...

Read on Pg. 4

December 2020
January 2021



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Our free magazine is available every two months, 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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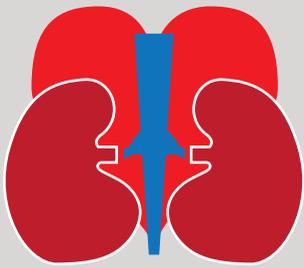
- Anxiety
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Dr. Irfan Fazil

Health Tips Magazine Approached Dr. Fazil

Health Tips Magazine (HTM) had the privilege of sitting down with renowned Dr. Irfan Fazil, who is an Internist and Kidney and Dialysis Specialist in Yuma, Arizona. We were able to speak with him regarding Male Sexual Disorders, including causes and treatment.

HTM: Dr. Fazil, can you explain to our readers what is meant by Male Sexual Disorders?

Dr. Fazil: This is an important topic to discuss, and many men are too shy or embarrassed to talk about it. As we know, sexual disorders affect men and women, but we are going to focus on the men today. Male erectile disorder or erectile dysfunction is

MALE SEXUAL DISORDERS

Treatment Options Available

common in men, especially men over the age of fifty years old. Primarily, erectile dysfunction is a medical disorder, but, oftentimes, it can be caused by a mental disorder too. Men should talk to their primary care provider if they are experiencing difficulties so their provider can treat the causes or refer them to a specialist.

HTM: Dr. Fazil, what are the most common causes for male sexual disorders?

Dr. Fazil: It can happen in any age group, but it is more common in men over the age of fifty and is usually caused by medication side effects. We need to define the issue and determine if it is psychological or organic in nature. Psychological means your brain does not have that motion, emotion, or desire to have sex. The man's libido can be lower than average due to pain, depression, or any other psychological disorder that can cause an effect on your body and will affect your sexual desire as well. Organic means there is

something wrong with the male genitalia that interrupts sexual performance. This could be contributed to insufficient blood supply due to plaque build-up in the arteries of the male organ, or a hormonal disorder; lack of testosterone, which is common. The most common cause is usually psychological. To determine this, if a male has an early morning erection, it is most likely psychological because he has an erection, so his body is able to produce the erection, just not when he wants to. Secondly, organic causes, these causes can be due to medication side effects. Certain medications, such as: antidepressants, some blood pressure medications, Lyrica, or





Gabapentin, to name a few, can cause sexual dysfunctions. Low testosterone is another cause; this is why testosterone levels are checked through blood tests. If the testosterone level is low, hormonal replacement therapy will help to alleviate the problems. Poor blood supply can be another culprit, sometimes there is damage to the nerves, uncontrolled diabetes can cause damage to the nerves and nerve supply to the penile area, causing a lack of erection and other male sexual disorders. However, this cause is less common. The most common causes are psychological and medication side effects, with low testosterone ranking just below those. Lastly, we have neurogenic disorders. Neurogenic could be from multiple reasons, for example, diabetes, if uncontrolled. Particular sexually transmitted diseases (STDs) such as: Syphilis, Herpes, and Gonorrhea can cause stricture formations in the urethra causing the disorder.

All these factors need to be checked, starting with a thorough patient history, a physical exam, along with lab tests to find the cause. Once we determine the cause, we can develop a treatment plan with the patient.

HTM: Thank you, Dr. Fazil, now let's talk about testosterone replacement therapy. Are there any side effects from using replacement therapy?

Dr. Fazil: Testosterone levels physiologically drop with age so the levels from an eighteen-year old should naturally be higher than a fifty-year old. If the laboratory test determines low testosterone and the patient is having performance problems, you replace the testosterone to bring the levels back up, provided the patient does not have a history of prostate cancer, heart problems or stroke. Periodic blood tests will need to be done to monitor the testosterone and prostate levels as well as the liver function. The testosterone dosage may be adjusted as the hormone levels change.

HTM: Dr. Fazil, what form is testosterone available in for patients?

Dr. Fazil: Testosterone is available as an intramuscular injection, pellet, or a cream or gel. The most common and "insurance friendly" is the injectable.

Pellets are implanted into the muscle and are quite expensive, making it less popular with insurance companies. Creams and gels are messy and inconvenient. Testosterone does not come in a pill form. However, you may see advertisements on television claiming to have a pill to increase testosterone. This information is false, the pills advertised are usually precursors to testosterone like DHEA and are known to have numerous side effects. I would not recommend patients use these products. It is best to work out a treatment plan with your health care provider.

HTM: Thank you, Dr. Fazil, for your time.

Dr. Fazil: Thank you! Stay tuned for more health topics. As I said, men, do not be shy, and talk to your primary care provider about this condition. There are treatment options available for you. Join us next time for additional health topics and discussions.



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DO YOU SUFFER FROM ALLERGIES?

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.

“If the answer is **YES!**”



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.

Meet Dr. Irfan Fazil



Associate of the Board of Directors of the American Board of Nephrology

Associate Member of the Diplomat Certification Committee

Fellow of American College of Nephrology

Dr. Fazil has been in private practice at Bio Clinic for more than 15 years. He has a great interest in the treatment of obesity and kidney diseases. His team members at Bio Clinic consists of experienced weight loss counselors, Nurse practitioners, and dedicated weight loss team.

He is the founder and CEO of Bio Clinic, he was named Most Compassionate Doctor and Patients Choice from 2016 to present by Vitals.com, through the nominations of his patients.

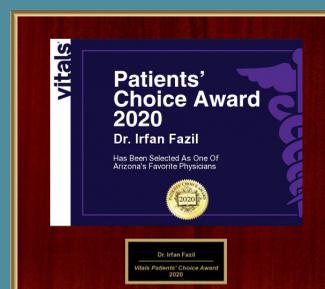
Dr. Fazil graduated from Long Island College Hospital, Brooklyn, NY. He did his Internal Medicine Board and passed the American Board of Internal Medicine with the highest score

possible, nationwide. He completed his fellowship in Nephrology at Long Island College Hospital, Brooklyn, NYC and is board certified in Nephrology.

Bio Clinic is a Multi-Specialty Medical Clinic serving the Yuma Community. We offer medical care in Yuma County from Foothills to San Luis Arizona. Our practice provides both Family and Internal Medicine Care for our patients. Alongside various Specialty Services to the Yuma Community.

Bio Clinic, P.C. was created to be a cost effective and innovative healthcare system by increasing its efficiency through the use of the latest technologies available. Providing various medical services all under one roof to improve the comfort of our patients and improving healthcare delivery and efficiency. With all our services under one roof, allows our patients to save money by not having to travel to different locations to have labs done, radiology images performed or to see specialty physicians.

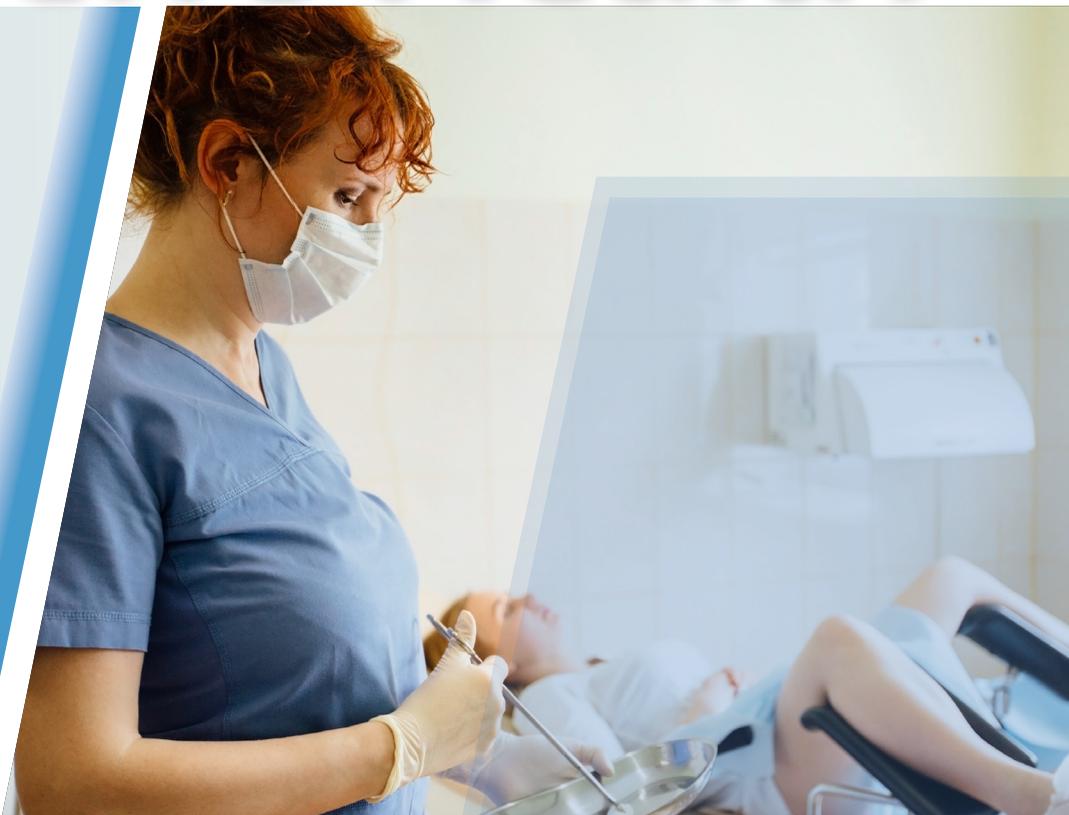
Mentionable Awards



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 women 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. Multiple medical conditions such as 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, STDs (Sexual Transmitted Disease) or other medical conditions.

If you think 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?

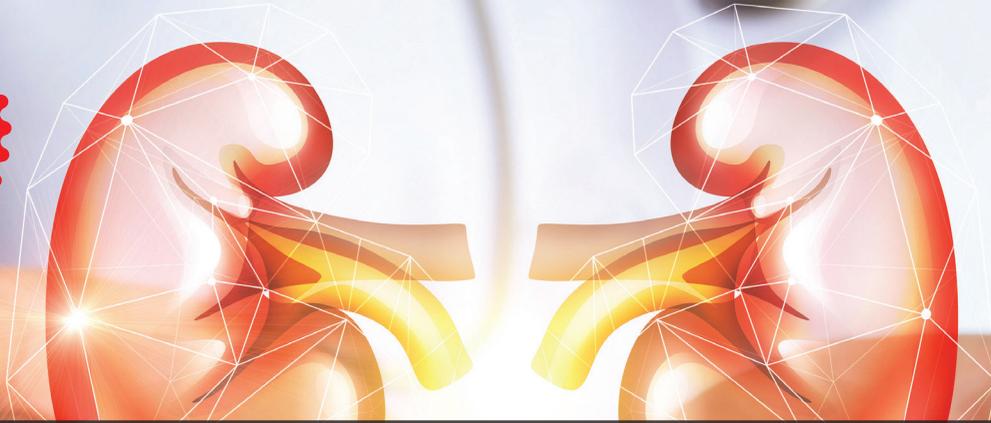
IF THE ANSWER IS **YES!**

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 the presence of 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 Southwest Arizona** for 2019.





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 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 Nephrologist and Nurse Practitioners below.



Dr. Irfan Fazil
Nephrologist

Dr. Fazil has been in medical practice for more than 15 years. Graduating from Long Island College Hospital,



Arizona Magazine
2021

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



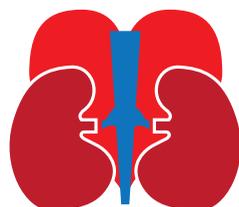
Christian Cyr, NP
Nurse Practitioner

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.



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Once Again Bio Clinic Laboratory Is Recognized for Quality Laboratory Services

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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.

Irfan Fazil, M.D.
Medical Director





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Dr. Nimfa Aguila
Neurology



Amara Megwa, PMHNP-BC
Psychiatric Mental Health
Nurse Practitioner



Marie Claire Acha, PMHNP-BC
Psychiatric Mental Health
Nurse Practitioner

By offering both Neurology and Mental Health services in our offices, we are covering a major spectrum of your brain's health. We provide onsite testing and imaging to correctly diagnose what could be causing your issues and ailments. With multiple convenient locations across Yuma offering these services, we have you covered.

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- Post-traumatic Stress Disorders
- Psychotic Disorders
- Schizophrenia
- Mood Disorders
- Addiction Treatment
- And more...



We provide onsite MRI exams at our Neuro Lab.



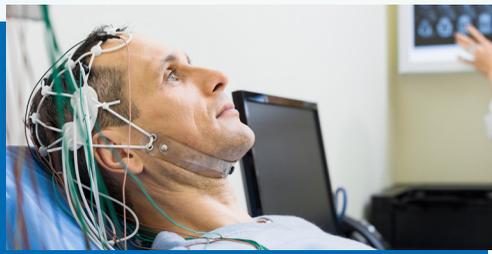
We provide onsite Ultrasound Scans at our Neuro Lab.



We provide onsite Lab Draw and Testing at our Neuro Lab.

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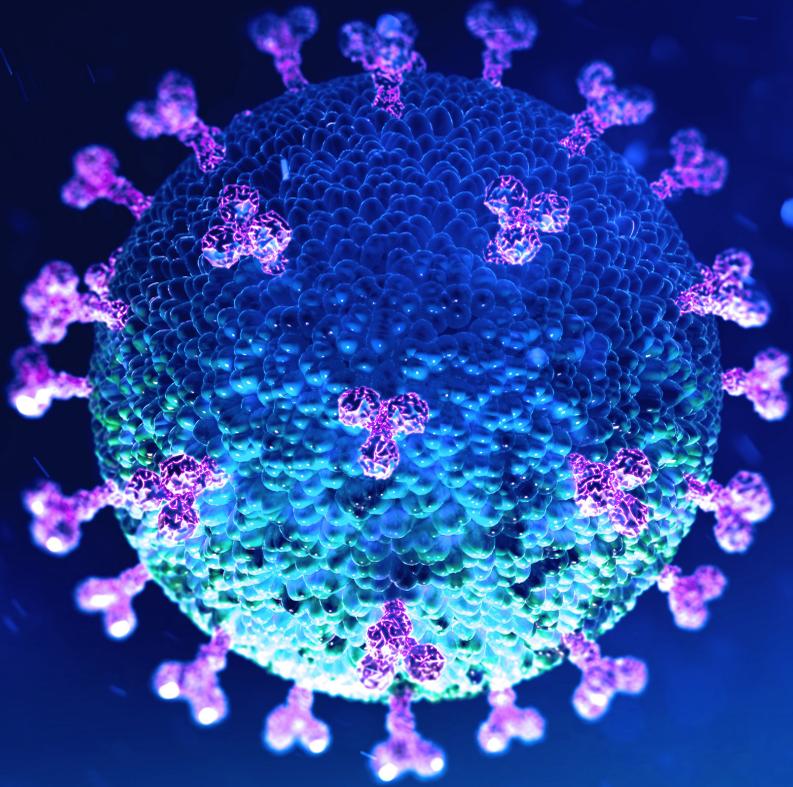


We provide onsite CT Scan exams at our Neuro Lab.

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CORONAVIRUS (COVID-19) vs. THE FLU

WHAT ARE THE DIFFERENCES?

We recently had the opportunity to speak with Dr. Irfan Fazil for an update on COVID-19.

HTM: How do you suggest your audience prepares for the upcoming Flu season during this COVID-19 pandemic.

Dr. Fazil: Winter is fast approaching and along with winter comes the Flu virus. This year is different from past years

because we are in the middle of a pandemic. COVID-19 and the Flu will both be in full force as we fight to combat both viruses at the same time. We continue to learn more about COVID-19 and some things we learned yesterday, may no longer be true or relevant today due to the mutation of the virus. The Flu follows a pattern; we see cases of the Flu between October and April each year and we are able

to anticipate the mutation of the virus to keep the Flu vaccine up to date. Unfortunately, COVID-19 is not a seasonal virus and we are not able to anticipate the mutation. We thought COVID-19 would go away during the hot summer months, but it did not. We know COVID-19 spreads through close contact and respiratory droplet infection inhalation, so the mode of spread is the droplet infection inhalation.



The Flu is transmitted through the same means; the only difference is COVID-19 is three times more contagious than the Flu, so that is one important difference in how it spreads. We do know that social distancing and wearing masks helps prevent you from getting the infection. This same behavior should prevent the spread of the Flu at the same time, but again. We have had another arsenal for the Flu for a long time. We have a Flu vaccine that gets manufactured early in the year; each year the Flu vaccine is a little different from the previous year because the Flu virus mutates. The Flu only mutates once because the virus is only active one time a year, wintertime. This allows us ample time to understand the new strain of the virus and make the appropriate modifications to the vaccine. This is not the case with COVID-19; it is not a seasonal

illness, so it continues to mutate making a vaccine difficult to manufacture.

My recommendation is for everyone to get the Flu vaccine this year, even those who normally would choose not to get the vaccine. The reason I recommend this is because if a person gets COVID-19 then catches the Flu at the same time, the battle is now against two enemies, the Flu and COVID-19, both are serious. If one can be prevented with a vaccine, then it is unlikely you will catch it. Then we will have only one infectious disease to fight with instead of two.

HTM: Dr. Fazil, what are the differences in the symptoms of the Flu and COVID-19?

Dr. Fazil: The symptoms of both, the Flu and COVID-19, are similar. The Flu will present with fever, headache, body aches, nausea, vomiting, and sore throat that usually get better over time. COVID-19 can present with any of the above symptoms, cough, runny nose, or none at all. COVID-19 has been reported to affect the sense of taste and smell. If a patient has had the Flu vaccine, chances are their symptoms would not be due to the Flu. Most doctors' offices

have the rapid Flu test if they are still unsure. The patient could possibly have another cold virus or COVID-19. COVID-19 tests are readily available with varying processing times.

We must be vigilant, wear a facemask, practice social distancing, and use hand sanitizer. We are fighting two demon viruses and must use what weapons we have until a vaccine can be available. Stay safe and stay vigilant. Don't forget to get your Flu vaccination.



MEDICAL WEIGHT LOSS Center of Yuma

Medical Weight Loss Center of Yuma is using an out of the box approach for patients 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. In the past three years 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.

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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 healthcare 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 quickly 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**



22

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

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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 performed by a certified echocardiogram technician, under the supervision of a doctor, 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 veins 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 recom-

mended 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 Southwest Arizona** for 2019.

ARE YOU HAVING BALANCE ISSUES?



If you have dizziness or vertigo, the cause for this can be one of numerous things, 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 conditions, Bio Clinic Dizziness Clinic can help you get the treatment needed to start feeling better.

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

(928) 342-6500

or visit us at

www.bioclinic.info



Meet Our Providers



Dr. Irfan Fazil
Internal Medicine, Nephrology



Dr. Lillian Muzyka
Family Medicine, Womens Health



Dr. Andres Jacobo
Neurology



Dr. Ohoud Alghuraibi
Podiatry



Dr. Atilio Giangreco
Oncology, Internal Medicine



Dr. Nimfa Aguila
Neurology



Bola Falegan, FNP-C
Family Medicine, Internal Medicine



Christian Cyr, AGACNP-BC
Internal Medicine, Nephrology



Moises Espinoza, FNP-C
Internal Medicine, Nephrology



John Houghton, FNP-BC
Family Medicine, Internal Medicine



Tekoya Calixte, NP-C
Family Medicine, Internal Medicine



Pauline Dell, NP-C
Family Medicine, Internal Medicine



Amara Megwa, PMHNP-BC
Psychiatric Mental Health
Nurse Practitioner



Marie Claire Acha, PMHNP-BC
Psychiatric Mental Health
Nurse Practitioner



Lynda Meyer, FNP-C
Family Medicine



Leora Carter, NP-C
Family Medicine

Bio Clinic provides Multi-Specialty Medical Clinics serving the Yuma Community and its surrounding areas, starting from Foothills to San Luis. These specialties and services include:

- Internal Medicine
- Family Medicine
- Womens Health
- Nephrology
- Neurology
- Podiatry
- Oncology
- Mental Health
- MRI
- Ultrasound
- Xray
- CT Scans
- Onsite Lab
- Home Visits
- And more...

To schedule an appointment please give us a call at
(928) 342-6500
or visit our website at
www.bioclinic.info

HIGH RESOLUTION SPIRAL CAT SCAN

FOR DIAGNOSING BLOOD CLOTS IN LUNGS DUE TO COVID-19

Bio Clinic is now proud to have high resolution CAT scans available on-site, which helps to make rapid and accurate diagnosis of blood clots in the lungs. Blood clots in the lungs can be due to various conditions like immobilization, a blood clot in the legs can travel to the lungs and NOW it can result as a complication of COVID-19 infections. A blood clot in the lungs could be fatal to patients if not diagnosed and treated rapidly. In many institutions, a Spiral CT is becoming the first-line diagnostic imaging test for the assessment of patients with suspected blood clots in the lungs. A Spiral CT also appears to be the most cost-effective modality in the diagnosis of blood clots as well.

HOW CT SCANS WORK

During a CT scan, the patient lies on a table that moves through a doughnut-like ring known as a gantry. The gantry has an X-ray tube that rotates around the patient while shooting narrow beams of X-rays through the body. The X-rays are picked up by digital detectors directly opposite the source. After the X-ray source completes a full rotation, a sophisticated computer creates a 2D image of that slice of the body, which typically ranges from 0.04 to 0.4 inches (1 to 10 millimeters) thick. The computer then combines several 2D slices to create a 3D image of the body, making it easier for a doctor to pinpoint where the patient's problem exists. The scan itself typically takes less than 15 minutes depending on the area of the body being imaged.

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.

Call to schedule your appointment today at

(928) 342-6500

or visit us at

www.bioclinic.info

for more information



With over 35 years of experience, Dr. Jacobo-Alatrisme is Bio Clinic's Neurologist. He is known and admired by the Yuma medical community for his specialty in Neurology. Dr. Jacobo treats and cares for patients who suffer from neurological disorders and related health conditions. He received his medical degree from the Autonomous University of Baja California, School of Medicine. Most health insurances accepted.

Dr. Andres Jacobo



With over 40 years of practicing medicine, Dr. Aguilá graduated from RMMC in the Philippines in 1972 and specializes in Neurology. She earned her degree in Internal Medicine and General Neurology at the New York Medical College and was Chief Resident of Neurology. She treats adults and can perform Electrodiagnostic Medicine, EEG's and EMG's.

Dr. Aguilá Nimfa

WHAT WE OFFER

- Multiple Neurologists
- Bilingual Staff & Providers
- Onsite Lab
- Infusion Treatments
- Onsite Imaging
 - MRI
 - CT Scan
 - Ultrasound
- Multiple Locations
 - Yuma
 - Foothills
 - San Luis
- Onsite Neuro Lab
 - EEG
 - NCS
 - EMG

Our onsite testing capabilities allow us to provide a rapid diagnosis to your ailments, such as Epilepsy, Neuropathies and Muscle Disorders.

For more information visit us at

www.bioclinc.info

or give us a call at

(928) 783-0092



DR. OHOUD ALGHURAIBI

Dr. Ohoud Alghuraibi is able to serve all your foot and ankle needs at three of our Bio Clinic locations in Yuma, Arizona.

Her main focus is on medical and surgical treatments of the foot and ankle. She is credentialed for complex foot and ankle treatments of congenital deformities. She is skilled in Sport Medicine and Reconstructive Surgery.

She is Board Certified in Podiatry by the American Board of Podiatric Medicine and Board Qualified by the American Board of Foot and Ankle Surgery.

Patients with diabetes can be treated by her for disease prevention and treatment, including palliative care, routine diabetic risk assessment and extensive surgical reconstruction of diabetes-related distortions such as Charcot Foot deformity.

To be seen by Dr. Ohoud Alghuraibi, call our office today.

(928) 783-0092

DON'T IGNORE
FOOT
PROBLEMS



BioClinic

PODIATRY

ARE YOU SUFFERING FROM FOOT & ANKLE PROBLEMS?



DEXA BONE

DENSITY IMAGING



Have you been checked for the density of your bones?

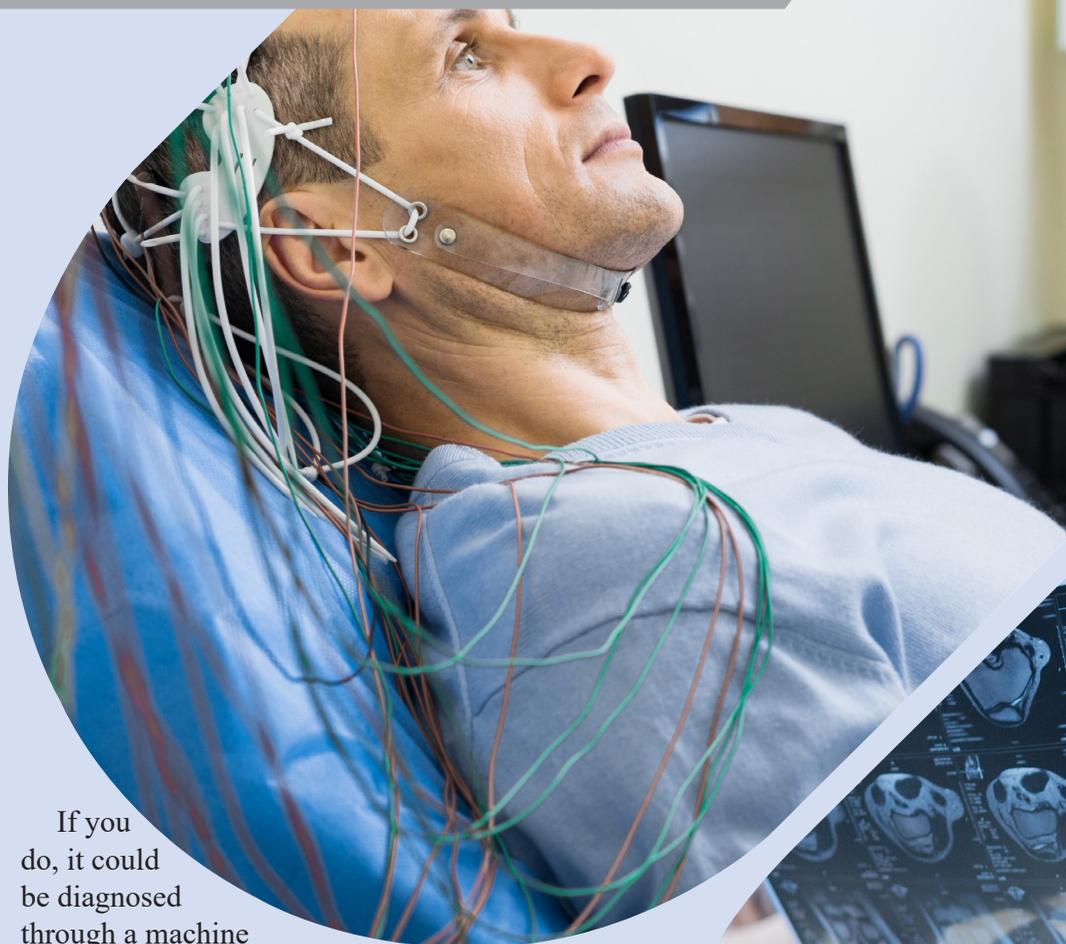
Loss of bone density is a very common process as we get older. After the age of 50, especially females and based on your other medical conditions, you should have your bone density checked. Bone density can be checked by a simple machine, which is based on the principles of an X-Ray machine. This machine 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 is 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 Southwest 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 will come into our comfortable Neuro Lab, where our technician will connect the machine, then you will relax or sleep for a few hours while under the guidance of the Neurologist. The EEG can help diagnose epilepsy and, based on these results, a diagnosis and treatment plan will be discussed.

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) 783-0092** to schedule an appointment.

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





COUMADIN / WARFARIN CLINIC

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.

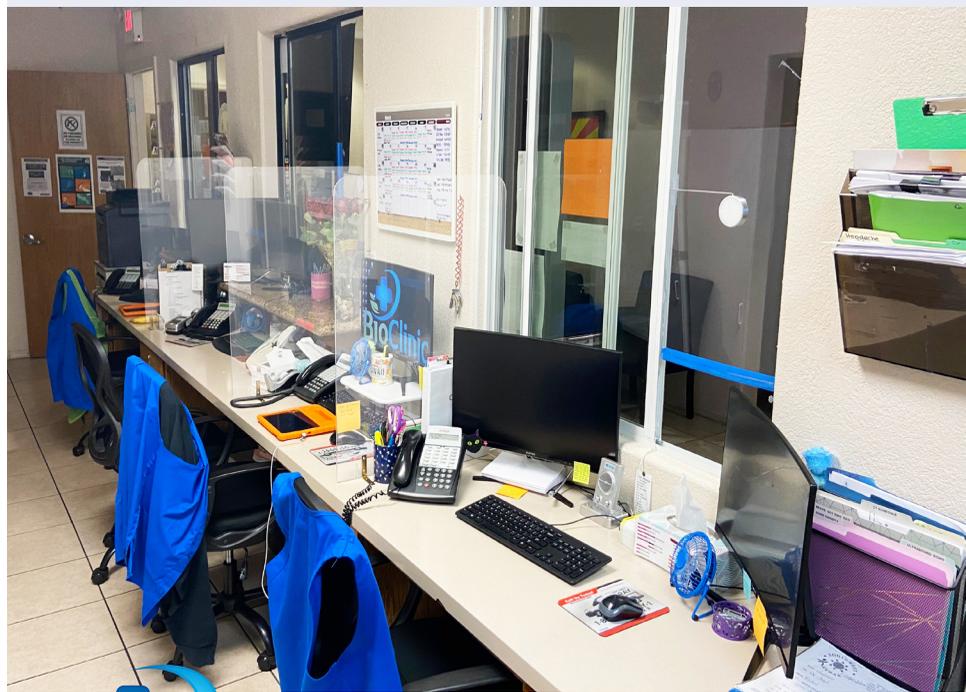


At Bio Clinic, we have a special time and place set aside for patients on these medications. We do same day blood draw at our onsite laboratory, and report and adjust your coumadin or warfarin dose under supervision of an onsite doctor.

Call us today to make an appointment

928-342-6500

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



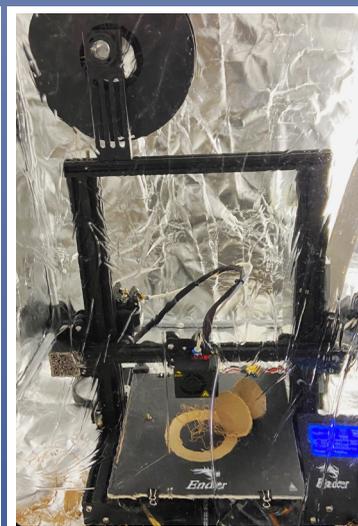
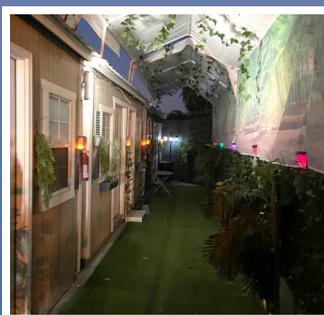

BioClinic

Coping with the COVID-19 Pandemic

"Bio Clinic taking it to the next level to keep our staff and our patients safe and healthy."

Here at Bio Clinic, we are going above and beyond to keep our staff and our patients safe and healthy. We have installed acrylic barriers within the clinic at our front desk and various workstations. Hand sanitizing stations are available throughout the clinic, in addition to staff members and patients wearing face masks and/or face shields. We have installed reminder stickers on the floor to help maintain a six feet distance and are cleaning constantly after every patient is seen. The complete health of our employees is a priority, so we

had a scientifically designed retreat and break area designed and constructed. We have created an "Oasis in the Desert" complete with relaxing waterfalls, coolers, and a misting system to cool the heat. Employees can enjoy their break time in a safe, relaxing environment. The coolers help make the area comfortable, while the misting system pushes any expelled droplets downward to make the area safe. Employees can put their feet up and enjoy a cup of coffee or their lunch in the fresh outdoors.

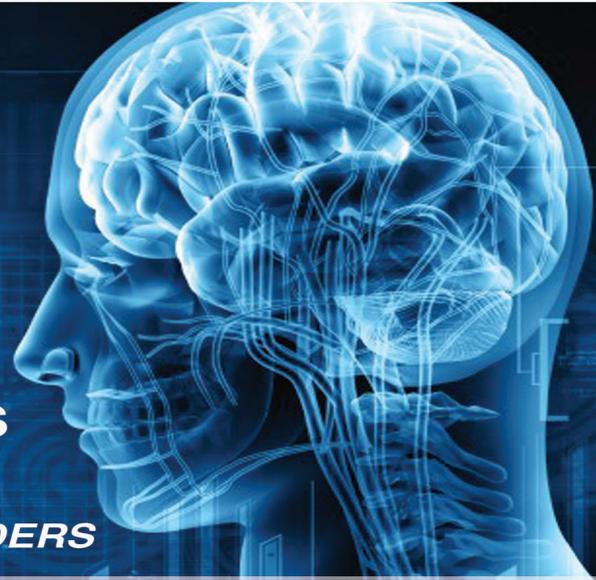


Along with our safety precautions in place, we are using 3D printing technology to enhance that safety even further. With this technology in place we are able to make face shields and other PPE equipment to keep our employees and patients safe. This included technology will help us develop other medical uses now and in the future. Keep reading our magazine to find out what is in store for us in the future.

DO YOU SUFFER FROM



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



CALL BIO CLINIC'S
Board Certified Neurologist today!
(928) 783.0092

MOST ALL INSURANCES ACCEPTED, INCLUDING



SE HABLA ESPAÑOL

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SAN LUIS OFFICE

1453 N. Main Street, Ste. 3
San Luis, AZ 85349

YUMA OFFICE

2503 S. Avenue A, Ste. 2
Yuma, AZ 85364

FOOTHILLS OFFICE

11611 S. Foothills Blvd., Ste. G
Yuma, AZ 85367

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Dr. Jacobo

Dr. Aguila



NOW OPEN ACCEPTING NEW PATIENTS

“ MEET YOUR NEW
KIDNEY, NEUROLOGY & PODIATRY
SPECIALISTS IN SAN LUIS ARIZONA! ”



KIDNEY SPECIALIST

Irfan Fazil, M.D.

Christian Cyr, NP • Moises Espinoza, NP



NEUROLOGY SPECIALIST

Andres Jacobo M.D.



PODIATRY SPECIALIST

Ohoud Alghuraibi, DPM

**NO
APPOINTMENT
NEEDED**

Location:

1453 N. Main Street, Ste. 3
San Luis, AZ 85349

Hours:

Monday - Friday
8:00 AM - 5:00 PM

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For more information visit us at www.bioclinic.info

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



NO APPOINTMENT NEEDED!

IN-HOUSE LAB & IMAGING!

DESIGNATED PROVIDERS!

OPEN ON WEEKENDS!

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

Bio Clinic Now Offers
Walk-In Clinic

**Monday - Sunday
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