HEALTH EXPERTS

FAMILY MEDICINE, GERIATRICS
Shalini Singh-Kanik, MD
A graduate of the University of Medicine, Dr. Shalini Singh-Kanik completed her residency in Internal Medicine at Central Georgia affiliated with Mercer University. Dr. Singh-Kanik specializes in women’s health, adolescent health and geriatric medicine.

Banner Health Center
14845 E. Molski Blvd., Building C, Suite 300, Sun City West
623-870-2800 • www.bannerwebb.org

GYNECOLOGY OBSTETRICS
Crista Johnson-Agbakwu, M.D.
Dr. Johnson-Agbakwu is a family practice physician at Maricopa Integrated Health System & Founding Director of the Reproductive Women’s Health Clinic (reproductivewomen.com). Dr. Johnson earned her undergraduate degree from John Hopkins University, medical degree from Cornell University and completed her Obstetrics and Gynecology residency at the George Washington University Medical Center.

Maricopa Integrated Health System
2001 W. Broadway Rd., Phoenix, Arizona 85008
480-344-5011 • www.MIHS.org

GYNECOLOGY OBSTETRICS
Teresa Malouf, MD
With a sincere belief that each woman has unique needs and deserves compassion and respect, Dr. Malouf works to provide clear explanations of tests, diagnoses and therapies. She specializes in gynecology and obstetrics and is a graduate of the Tuane University School of Medicine.

Banner Health Clinic
12901 West Stallard Dr., Surprise
623-478-3100 • www.bannersc.com/clinicstraffic

HOSPITALS
John C. Lincoln Physician Network
John C. Lincoln Physician Network and Scottsdale Healthcare have five locations for immediate and urgent care. Designed with convenience in mind, our walk-in centers treat illnesses and injuries that are urgent, but not life threatening.

John C. Lincoln Health Network
HealthCare Provider
2006 West Stage Rd, Suite 100, Phoenix
602-583-1000 • www.johnclinhcw.com/network

INTERNAL MEDICINE
Ben Muhle, MD
Dr. Muhle earned his medical degree from the University of North Dakota School of Medicine in Grand Forks. He then completed his residency at the University of North Dakota Family Practice Center in Bismark. A board certified family medicine physician, Dr. Muhle is committed to disease prevention, health maintenance and patient education.

Banner Health Center
1515 South Chandler Way, Mesa
480-910-7100 • www.bannerwebb.org/clinics

PAIN RELIEF
Dr. Efrain Rodriguez
Dr. Efrain Rodriguez is a family physician, specializing in Diabetes care. Dr. Rodriguez is board certified in Family Medicine and Urgent Care and has been recognized by the NCQA for her care in Diabetes and Heart/Stroke. Dr. Rodriguez is a graduate of the University of Arizona and member of the American Board of Family Medicine as well as the American Academy of Family Practice.

Cigna Medical Group
1727 E. Chandler Blvd. / Chandler
480-821-7965

PRIMARY CARE
Dr. Bernadette Arnecke
Dr. Bernadette Arnecke is a family physician, specializing in Internal Medicine. She specializes in Geriatrics primary care to patients ages 55 and over. Dr. Arnecke is a graduate of the University of Texas, Galveston Texas and Fellow of the American College of Physicians.

Cigna Medical Group
1000 E North Scottsdale Road, Suite 908/5 Scottsdale
480-385-2988

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New hope for children with heart failure
When a child is too small or suffering from heart failure so severe that he or she requires a transplant, a new left ventricular assist device called Heartmate III is improving the patient’s quality of life while he or she awaits a transplant. John Nigro, M.D., heart transplant program director at Phoenix Children’s Hospital, recently implanted the Heartmate III for the first time in Arizona.

“New device has generally been used only in adults,” he explained, “but by implanting it in a 10-year-old patient, we were able to discharge him home to walk for a new heart without his being required to be hooked up continuously to an artificial heart pump.”

Dr. Nigro noted the procedure is a soft, wearable assist device, implanted under Vaill, 11, with the heart on the left side, at Phoenix Children’s Hospital. The device allows the patient to go about his regular way of living in the hospital attached to an artificial heart pump while waiting for a new heart. (Mayo Clinic device on reserve for patient in need.)

Resources
American Heart Association: heart.org.
800-AHA-USA-1 (800-242-8721);
Spartan (888) 477-4VH6 (4VH6);
Centers for Disease Control and Prevention: cdc.gov; 800-CDC-INF0 (800-232-4636);
TTY 888-222-6544;
National Heart, Lung, and Blood Institute: nationalheartlungandbloodinstitute.gov.

Blood pressure is high: more people than you think have classic symptoms of heart disease!

The American Heart Association reports that more than 5 million Americans are diagnosed with heart valve diseases each year. “This has been historically treated with open-heart surgery,” Soreff said. “But more recently, we’ve been able to perform what’s called a ‘transcatheter aortic valve replacement’ (TAVR) through the groin artery without open heart surgery. It’s a terrific procedure that can restore life expectancy to what it was before the patient developed valve disease.”

Stress tests
Many people assume because they don’t have classic symptoms of heart disease (chest pain, shortness of breath, fatigue, etc.) that they don’t have anything to worry about. But Soreff worries for them if they have any family history of heart disease, they’re post-menopausal, they’ve ever smoked, they’ve ever smoked at least 100 cigarettes in their lifetime, they are clinically obese, their blood pressure is higher than 120/80, any activity for them at any age is suddenly more difficult, or they are sedentary. “If any of those factors are present, they should talk to their doctor about possibly getting a stress test,” he said.

A stress test monitors how oxygen-examined blood flows through the heart muscle through the arteries before, during and after exertion. If someone is unable to work on a treadmill, they can undergo what’s known as a ‘nuclear stress test’ which uses contrast agents to mimic exertion. If they don’t want that kind of test, Soreff said, they can have only an ultrasound of the heart, known as an echocardiogram. “We’re figuring out how to administer a stress test to almost everyone, no matter what their individual circumstances are,” he said.

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Gordon Wahlberg, Fellowship Square resident