

Spotlight on...

SAGE FOUNDATION

- ◆ *The Sage Foundation for Health:
Healing Thousands in Arizona*
- ◆ *Students Gain from Clinical Training*
- ◆ *Why Our Physicians Care*

**Join Us at The Sage Foundation's Open House
 Friday, May 19, 7-9 pm
 RSVP: 480-222-9229**

SERVING THE MEDICALLY UNDERPRIVILEGED: THE SCNM STUDENT EXPERIENCE

What meant so much to me though was how recovering patients often commented on the comfort of our human contact, and our naturopathic approach to recovery. Naturopathic medical students bring a strong sense of motivation and humility to the clinics, and their compassion can be sensed by patients and overseeing physicians alike."

MarkyK Martin is a 4th year student at Southwest College of Naturopathic Medicine, actively serving as President of the Naturopathic Society and holding key chair positions in two notable student organizations. She is passionate about volunteer service to her community and has appreciated the chance to study the practice of medicine at two particular extended sites.

According to MarkyK, "Mission of Mercy challenges a student physician to combine compassion, clinical knowledge and skills, creativity, and be present 100% with each and every patient. It also allows us [students] to practice Naturopathic Medicine in its most basic form...strip away the fancy supplements, gadgets, etc. and tap into the 'Vis'."

Additionally her work at Body Positive has enhanced her education. "Body Positive is an amazing and rewarding office. It allows students the opportunity to work with wonderful doctors and phenomenal patients, in a non-profit, community-based organization."

Meghna Thacker, a 3rd year student at the College was also impacted by her opportunity to contribute at Arizona Pathways. "At Arizona Pathways, which is a drug and detoxification center, I realized that our medicine has a massive role to play." Thacker says. "We can assist these people to believe in themselves and get over their addictions by integrating all our different modalities in supporting their own bodies towards health. I was blown away to see the amount of motivation these people have, that in the first place they have left their homes and come here to get over their addictions. These are the kind of people who have suffered some bad experiences in life and when they find in us a person who believes in them, they will openly talk their heart out to you and feel half better already. Some encouragement from our side and practicing the art of being "good listeners" is the key."



Meghna Thacker is discovering the value of being a doctor who listens.

Thacker had high praise for the supervising physician, saying "Dr. Jan Highfield is a very compassionate person and brings out the best in these patients who eventually begin to have faith in her. Under her supervision, I felt confident doing acupuncture, homeopathy, physical adjustments and providing nutritional support to patients. At Arizona Pathways, I understood the true meaning of Naturopathic Medicine and how we are able to unite our different modalities in treating the patient."

Kim Palka, also a 3rd year student, acknowledges that changing the lives of others who might otherwise not have medical care makes an impact on her. Palka says, "My experiences at both the

[continued]

The clinical training program at SCNM is designed to be completed in eight quarters. During clinical rotations, students take on increasing responsibility in assessment and treatment, beginning with observations. Students take on greater work in diagnosis and implementation of treatment under the supervision of licensed physicians. This training is conducted at our own Medical Center, community clinical settings, but also at our 10 extended sites funded by the Sage Foundation for Health. Clinical training is a time to "walk the talk" for these doctors-to-be, and can be invaluable for them as they are exposed to clinics that not only serve the lower income communities but specialize in geriatrics, general practice family medicine, drug/alcohol rehabilitation, women's healthcare, allergy treatment and other health concerns.

Third year SCNM student Leila Fosdick speaks broadly about the clinical training opportunity and her gratefulness to participate. "Working with a variety of doctors is truly an eye opening experience and allows for more development both of my knowledge of medicine and of the doctor I'm on my way to being. Extended sites provide those eclectic experiences that are so valuable. Thanks to all that make it possible," she says.

Robyn Mulia is a recent graduate of SCNM, now practicing in North Phoenix. She has high praise also. "During my four years at SCNM, I had a few opportunities to work at some of our charitable extended sites," says Mulia. "While in school, I attended rotations at Hamilton Elementary, Las Fuentes, Springdale Geriatric Community, Pathways and Royal Assisted Living Center (RALC). What stood out for me was the overwhelming gratitude that these patients expressed. In a system where patients are on state-assistance, the office visits are extremely brief, and not always adequate.

"Two of the most meaningful rotations for me were clinics for patients recovering from alcohol or drug addiction. Why Pathways and RALC stood out the most was my own history and experience with recovering people. My uncle died at 28 of a heroin overdose. He died of a heroin overdose, leaving behind two beautiful children. A couple of years later, a very close family friend

"Medical care for addicts is typically poor. Addicts face a number of issues when seeking healthcare: financial, emotional, and security problems to name a few. Often there can be a sense of paranoia which prevents addicts from receiving adequate healthcare. Sometimes that paranoia is not without cause; some physicians were downright cruel to my uncle when he went for medical care. Because finances are very restricted for our patients and clients at extended sites, nutritional status can be compromised also—which adds to the challenge of recovery for addicts.



Garrett Wdowin prepares an injection at Royal Assisted Living Center.



Dr. Robyn Mulia gained great insight into addiction recovery working with patients at Pathways.

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SCNM SPOTLIGHT

Spotlight on Sage Foundation



SAGE
 Foundation for Health

THE SAGE FOUNDATION FOR HEALTH

We live in a time of great paradox for many this is an era of unprecedented affluence and unbounded opportunity, while millions of others are mired in poverty with little or no access to basic human needs including health care. Since its inception, Southwest College committed time, people and funding to treat thousands of Arizonans who deserve, but can't afford high quality health care.



Happy patients at Hamilton Elementary.

In 2001 we created the Sage Foundation for Health, whose mission is to support the College's activities in medically underserved communities. Since then we raised over \$300,000 through generous donations from individuals, the Victoria Lund Foundation and two successful Red Balls, our black tie event. With this generous support, we continue to expand services, providing quality care to tens of thousands of people across the Valley of the Sun.

Today, Southwest College physicians and students treat women, children and men at 10 community clinics including, Sojourner Center, Mission of Mercy, Hamilton Elementary School,

Body Positive, Arizona Pathways, Royal Assisted Living Center, Las Fuentes, and the Guadalupe Clinic. For many patients, we are their only access to non-emergency care.

Some notable Sage / SCNM achievements include:

- Receiving AIDS Project Arizona's Community Service Award in 2002
- Starting the Hamilton Elementary School Clinic
- Mission of Mercy naming Dr. Brad Smith as Medical Director – the first ND to ever hold this position
- Developing a PAP Smear program for indigent women – a routine exam for most women, the first for many in this program
- Sending Dr. Eric Udell to Sri Lanka on a Tsunami Relief Mission in February 2005

Thank you to the generous, compassionate people who support Sage and Southwest College's work in medically underserved communities. I invite you to contact our Department of Advancement to set up a time to visit the College, our Medical Center and the Community Clinics to see for yourself how a small group of committed individuals are making a big difference in thousands of people's lives.

Peace,

 Paul Mittman, ND, DHANP
 President and CEO

Sojourner Center and the NACHI clinic (Native American Community Health Center Inc.) have shown me how much Naturopathic Medicine has to offer anyone! Whether we're providing acute care for a mother and child we're not likely to ever see again, or education and support for someone struggling to bring their diabetes under control, we are touching lives with our medicine. Regardless of setting, Naturopathic Medicine sees PEOPLE, not problems, and that makes all the difference."



Ben Pundit praises Drs. Matthew Baral and Jan Highfield for their work at extended sites.

Ben Pundit, NMS, and 4th year student at the College, has the highest praise for the work SCNM does at Hamilton Elementary. "Over the past year, I have had the privilege of being at several extended sites. However, the two sites which stood out to me the most are the Adult Hamilton Clinic and the Pediatric Hamilton Clinic under the direction of Drs. Matthew Baral and Janice Highfield," says Pundit.

He adds, "The Hamilton Clinics serve low income families unable to afford the sky-rocketed health care costs. Some of these families are not eligible for governmental care due to their immigration status or lack of resources. For several of them, the Hamilton Clinics are the only life-saving resource that they have in their dire need of help.

As an intern, I have witnessed several life-saving cases from early detection of acute illnesses in children to chronic and acute illnesses in adults. These cases range from appendicitis, strep throat, pneumonia, uncontrolled diabetes, chronic pain and more. Some of these illnesses could have been life threatening without proper treatment

Drs. Matthew Baral and Janice Highfield have dedicated and committed their time and energy through countless hours of finding resources and treatments for these patients and their families. With your help and donations, we can bring quality healthcare to these families and most of all, refuel the flame of hope in their souls."



Dr. Matthew Baral prepares for his shift at Hamilton Elementary.

WHAT IS THE SAGE FOUNDATION FOR HEALTH?

The Sage Foundation for Health was created in 2002 through Southwest College of Naturopathic Medicine. Its mission is to provide the unserved, underserved and indigent people of Arizona with quality natural healthcare.



Children from Hamilton Elementary proudly perform at the 2005 Red Ball.

The first grant received by the Sage Foundation for Health was from the Victoria Lund Foundation and it enabled SCNM to fund a Children's Clinic at **Arthur M. Hamilton Elementary School** in South Phoenix. The Clinic serves as an extended site for medical rotations for SCNM students to gain training.

Since 2002, the Hamilton Clinic has expanded its services and hours, offering care three days per week to both children and their families. Three other elementary schools in the Murphy School District where Hamilton is located, Kuban, Sullivan and Garcia, all send children to the Clinic for care. At least 2,500 children are receiving medical care they would not otherwise be able to receive because of the extended site at Hamilton.

Other beneficiaries of the Sage Foundation for Health include these extended sites:

- ♦ **Body Positive** was established approximately 13 years ago to serve people infected with HIV/AIDS.
- ♦ **Las Fuentes Clinic** is a family care center for the Hispanic community.
- ♦ **Arizona Pathways** helps those with detoxification and drug rehabilitation needs.
- ♦ **Royal Assisted Living Center** provides care for a geriatric population.
- ♦ **Guadalupe Family Health Center** is another Hispanic community family health care center.
- ♦ **Sojourner Center** cares for victims of domestic violence, primarily women and children.
- ♦ **Mission of Mercy's** goal is primary health care for those without medical coverage.
- ♦ **Native American Community Health Center, Inc.** now allows for our students to support the Native American population with their unique health concerns.
- ♦ **The Phoenix Fire Department** offers a location for health care for our students to practice under a supervising physician.

Through the Sage Foundation for Health, literally thousands of individuals are receiving medical help that they would otherwise not receive. Physicians and students from SCNM experience an opportunity to practice not only medicine, but also compassion in ways they may not otherwise by working at the extended sites.

Each year the Sage Foundation for Health reaches out to those in the metropolitan Phoenix area to ask for financial support. In 2004, a gala fundraising event called The Red Ball brought in nearly \$99,000 in money for SCNM's extended sites. The 2005 Red Ball event superseded the success in 2004 and brought in even more donations.



Dr. Patricia Gaines treats child at Sojourner Center.

Operating costs for these extended sites partially cover physician salaries and student educational expenses, but also must go toward supplies and equipment for each of the ten locations where SCNM serves. At many extended sites, physicians and students operate with the barest of necessities — antiquated equipment, poorly lit unattractive spaces, and the sparsest of medical supplies. SCNM's desire is to see the annual income for the Sage Foundation for Health grow, so not only may these underserved patients receive healthcare, but so that those who are receiving care may get it in up-to-date facilities and that those who do not yet have access to care in Arizona may have a greater opportunity because of the Foundation's efforts.

SAVE THE DATE FOR SAGE FOUNDATION OPEN HOUSE

Join SCNM's President Dr. Paul Mittman and esteemed community leaders in Phoenix on **May 19, 2006**, for a Sage Foundation Open House reception. The event will be held at SCNM.

Our annual Red Ball gala has been rescheduled for the spring of 2007, so our Open House will serve as an opportunity to share information to our many friends about not only The Sage Foundation and its good works but Naturopathic Medicine in general.



The Open House will run from 5 to 7 p.m. and include tantalizing treats from Essence Catering, an open bar and lively jazz music. Attendees will have an opportunity to visit with physicians and medical students who work at the extended sites, while viewing educational displays about SCNM, Naturopathic Medicine and the many extended sites supported by the Sage Foundation.

To make your reservation, call Susan Kavanaugh, SCNM's Director of Advancement, at 480-222-9229.

GUADALUPE FAMILY HEALTH CENTER: A PHYSICIAN PERSPECTIVE

By Leslie Axelrod, ND, L.Ac.

Southwest College of Naturopathic Medicine and Maricopa Health Care District have joined forces to provide an exciting and unique opportunity for Naturopathic medical students. One of the ways we do this together is by offering complete rotations for family practice health care at the Guadalupe Family Health Center.



Dr. Leslie Axelrod is an SCNM professor providing healthcare to the underserved.



Guadalupe Health Center offers medical care to patients with many difficult challenges including financial, educational, and complex medical problems.

This is a unique opportunity for both patients and students. These patients typically do not have access to a comprehensive medical approach including Naturopathic care, due to the cost and issues regarding private pay. Pediatrics to geriatrics are seen at the clinic. At the Guadalupe Family Health Center, the students work under the supervision of Dr. Kuruville, MD, MD(H) and me.

Dr. Kuruville, the clinic's Medical Director, is board certified in family practice, pediatrics and neonatology. He

is also certified in medical acupuncture. SCNM students are able to observe an integrative relationship between the two of us because Dr. Kuruville and I have worked together for the past eight years. We previously worked together in an integrative private practice funded by St. Joseph's. Subsequently, Dr. Kuruville joined Maricopa Health Care District, where I have been (I am also a professor at SCNM). He invited me to join his clinical practice and share my clinical skills in Naturopathic modalities. It has been six years since I have been bringing students into the County health care system.

The clinic serves the needs of the community of Guadalupe. This community faces many difficult challenges including financial, educational, complex medical problems and difficult socioeconomic situations. Quite often the patients do not seek health care soon enough and a simple health problem may develop into a more complex one. Diabetes, hypertension, obesity and chronic pain are extremely common in this population. Children are frequently seen for recurrent colds and ear infections. Education, nutritional guidance and appropriate medical care can prevent most of these problems.

Students appreciate the variety of pathologies and the number of patients seen on this rotation. They practice their history taking, physical exam skills and differential diagnosis. Acupuncture, homeopathy, nutrition and medication prescription writing are some of the skills that the students will expand upon on this rotation. Frequently the students are excited about the potential learning opportunity and will continue the rotation for two ten week quarters.

Ben Pundit, an SCNM student, sums up his experience at Guadalupe. He states, "Guadalupe Family Health Center under the direction of Dr. Leslie Axelrod and Dr. Abraham Kuruville is one of my more valuable experiences at Southwest College of Naturopathic Medicine (SCNM). Guadalupe Family Health Center provides opportunity for all SCNM students in integrative medicine. Students are encouraged to utilize didactic and diagnosing skills servicing Hispanic and American Indian (Yaqui) populations. Students observe firsthand integrative medicine combining Allopathic and Naturopathic medical treatments.



Dr. Axelrod knows patients who are financially challenged do not seek health care soon enough.

As a 4th year Naturopathic medical student, I have had several opportunities to observe different pathologies from chronic pain, tympanic membrane perforation, fibromyalgia, erectile dysfunction, etc. Guadalupe Family Health Center also has broadened my understandings of Oriental/Chinese Medicine. Dr. Kuruville was trained in acupuncture with French Energetic approach. French Energetic acupuncture has similar principals to Chinese acupuncture but provides a different approach to treatment. French Energetic acupuncture appears to be very effective in chronic pain treatments. Furthermore, Guadalupe Family Health Center gives me a valuable opportunity to serve in community or public health which provides me a valuable lesson in creating my own practice and another perspective of the business aspect in family medicine."

Residents from other programs including St. Joseph Hospital, Banner Health and medical students from University of Arizona share this rotation also. Insights and information are shared as well. The physicians and staff at Maricopa Health Care District pride themselves in providing excellent training programs for multi-disciplinary health care practitioners.

This rotation provides a unique experience of community based medicine serving a population that is in need of our Naturopathic care. There is so much we can do to help the community of Guadalupe. We can, and do, make a difference there.