

## *Chiropractic Care at UB Clinics!*

The UB College of Chiropractic offers patient care in the on-campus Health Sciences Center located at 60 Lafayette Street in Bridgeport, Connecticut. Here, the community may access quality, drug free health care at affordable rates.

What can a patient expect at the UB chiropractic clinic?

A thorough case history and physical examination performed by a trained intern and supervised by a licensed chiropractic physician.

A thorough explanation

of any studies which may be needed to complete the assessment of the patient's condition. For patient convenience, both x-ray and laboratory facilities are available on site.

After determining the nature of the patient's problem, the condition will be fully explained to the patient. In addition, the management plan which was specifically designed for the patient will also be thoroughly explained.

The chiropractic care offered at the University of Bridgeport is quality,

affordable care administered in a clean, comfortable environment. The clinical staff is composed of

(Continued on page 4)



## *Healthcare at UB Clinics:*

*At the UB clinics, we offer healthcare that is multidisciplinary and enhances competence, mutual respect, and collaboration across all complementary, alternative, and traditional healthcare disciplines. The interns and supervisors deliver effective care that is patient centered, focused on health creation and healing, and readily accessible.*



## **Dental Sealants in Children: Painless and Protective**

Dental Sealants offer a means of protecting and ultimately preventing dental decay. A sealant is a material that is applied to the biting surfaces of the back teeth, specifically molars and premolars.

Dental decay is caused by a sticky coating of bacteria called plaque. It grows quicker when a diet high in sugar and starch is consumed. Dental plaque converts sugars to acid. Over time,

acid weakens the enamel and cavities are easily formed.

The most common place of dental decay is on the chewing surfaces of back teeth. The teeth in this area have many pits and grooves making it very difficult to keep clean and this configuration makes them vulnerable to cavities. Dental sealants cover the chewing surfaces with a smooth plastic resin. The sealant material bonds to the pits

and grooves which acts as a barrier to protect teeth from plaque and acids.

The application process is easy and painless. It takes only a few minutes per tooth to apply. The tooth is conditioned first. Next a sealant coating is placed on the tooth. Finally, a special light hardens the material permanently.

(Continued on page 2)

## **INSIDE THIS ISSUE:**

<i>Naturopathic Clinic</i>	2
<i>Fones Clinic</i> <i>(continued)</i>	2
<i>Acupuncture at the UB Clinics</i>	3
<i>Chiropractic Care</i> <i>(continued)</i>	4
<i>UB Clinic Dispensary</i>	4

*Fones Dental Hygiene Clinic (Continued from page 1)*



“When given the proper natural condition, the human body has a remarkable ability to heal itself of even the most serious diseases.”

Children and teens are the most obvious candidates for sealants. Children generally begin developing adult teeth at 6 years old. During the early teen years all adult teeth have erupted except for wisdom teeth. So, children from 6 to about 15 benefit the most from sealants. Also, these years are the time in life when high sugar consumption is most likely.

Students at the Fones School of Dental Hygiene can place sealants under the direct supervision of UB clinical faculty. The cost is \$5 per tooth

and free to eligible Give Kids a Smile participants in the spring.

The dental hygiene clinic is open to the public of all ages — in the fall, Monday, Tuesday, and Thursday 8-4, and Thursday PM 5-8, and in the spring with the addition of Wednesday and Friday. **To schedule an appointment, please call 203-576-4137 after August 29, 2011.**

Submitted by Nancy Fox-Goughan RDH MA, Clinical Assistant Faculty Fones School of Dental Hygiene



*Naturopathic Care at the UB Clinics*

**Naturopathic Medicine** is based on the principle *Vis Medicatrix Naturae* – the healing power of nature. When given the proper natural condition, the human body has a remarkable ability to heal itself of even the most serious diseases. Today, Naturopathy seeks not only to utilize centuries-old wisdom of natural remedies and therapies, but to provide them safely and effectively as a complement to other relevant medical and pharmaceutical care.

Naturopathic physicians (NDs) are trained in both the medical sciences as well as the science and philosophy of natural medicine. The 4 year Doctorate program provides an in-depth education in the use of natural remedies for the treatment of medical conditions. A naturopathic assessment will take into account physical, as well as mental, emotional, social and environmental aspects of your health issues.

Health Science Center houses the teaching clinic for the College of Naturopathic Medicine. At each patient visit, Naturopathic students in their final two years of training are supervised by a licensed naturopathic physician to perform the history and physical exam and to make recommendations based on patient needs. Our clinic offers quality Naturopathic care at a significantly reduced fee, and our students participate in local and regional health events to (continued next page)

**Your visit to the naturopathic clinic:** The



## *Acupuncture at the UB Clinics*

The Acupuncture Clinic at the University of Bridgeport is a burgeoning program bridging the gap between ancient, Chinese medicinal arts and traditional allopathic care. UB's Acupuncture Clinic treated over 3,500 patients in 2010, with concerns ranging from chronic pain to gynecological difficulties to people simply desiring a greater "spring in their step".

What can you expect from a treatment at UB's Acupuncture Clinic? First and foremost, individualized attention. The Acupuncture Clinic is a teaching clinic where licensed acupuncturists and mature, professional students collaborate to both learn Traditional Chinese Medicine and treat patients as thoroughly as possible. Our students receive over 2,500 hours of education, of which 830 hours is clinical experience. For the patient who

is at their wits end with a certain condition or the patient who believes that Traditional Chinese Medicine offers important benefits to their wellbeing, Acupuncture can be the source of relief.

Patients can also expect relaxation. The concept that inserting needles provides relaxation may surprise some, but Acupuncture naturally releases endorphins; pain-modulating chemicals from the brain. Patients often end up with a restorative cat-nap in addition to having their energy replenished and balanced.

Lastly, patients can expect gratitude from the staff and clinicians at the Acupuncture clinic. We appreciate that you entrust your health to us, we are excited to explain the benefits and elegance of Traditional Chinese Medicine, and we

believe that our relationship with you will impact your life positively. With individualized attention, relaxation and gratitude, your journey to wellness and vitality can flourish at UBAC!



*“For the patient who is at their wits end...Acupuncture can be the source of relief.”*

## *Naturopathic Clinic (continued)*

promote the use and understanding of Naturopathic Medicine.

**Services include preventive medicine, well care, hydrotherapy, homeopathy and various natural supplements.**

**Vitamins and Supplements:** The Naturopathic Medical Center

includes a Dispensary where moderately priced herbal and nutritional supplements may be purchased by patients and the public.

**For more information about Naturopathic medicine and all our services, call 203-576-4349**



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## *Chiropractic Care (continued from page 1)*

licensed, chiropractic physicians who average eighteen years of practical experience each. The interns are highly trained in the basic and clinical sciences and utilize the most current information available to provide their patients with the health care they deserve.

If you have a specific problem or are in need of a general examination, please schedule an appointment at the chiropractic clinic. Your case will be given particular attention and you will receive excellent care.

*If your case might not need chiropractic intervention, you may be referred to one of the other specialty clinics at the Center or a health care provider in the community. Our goal at UBCC is always to act in the best interest of our patients.*

## *UB Clinics Dispensary Center*

The UB Clinics Dispensary Center provides the community with a dispensary that stocks both over-the-counter and prescription-only natural medicines. The items available include vitamins, herbs, homeopathic remedies, and nutraceutical products (natural formulations).

We sell all products stocked in our inventory to clinic patients, and can provide them with a mail order service. We only sell over-the-counter products to the general public and provide a limited amount of information on these products, while encouraging their use under the supervision of a student clinician and physician on staff in the Naturopathic clinic.

In order to purchase items that are prescription-only, persons seen as a patient in the clinic must have a dispensary prescription card completely filled out and signed by the prescribing clinician.

All UB students, faculty and staff receive a 20% discount on most purchases.

## **UB Clinics Contact Information:**

The Health Sciences Center reception staff can be reached at 203-576-4349.

Fones Dental Hygiene reception can be reached at 203-576-4137.

The dispensary can be reached at 203-576-4298.

Hours and Fee information for all clinics may be found at: [www.ubclinics.com](http://www.ubclinics.com) OR [www.bridgeport.edu/pages/4410.asp](http://www.bridgeport.edu/pages/4410.asp)