



The Midwestern University Community Health Lecture Series 2024

The Midwestern University Community Health Lecture Series offers FREE monthly public lectures on health and medicine by Midwestern University faculty. All lectures take place from 6:30-7:30 PM at the Glendale-Foothills Branch Library, 19055 North 57th Avenue in Glendale. For more information, please call 623/930-3868. Reservations are not necessary. To receive a monthly email about these health lectures, please send an email to azevents@midwestern.edu.

The information presented in these lectures is provided for informational purposes only and is not for use in diagnosing any condition. The information is not intended to be a substitute for professional medical advice, diagnosis, care, or treatment. Always consult your physician or other qualified healthcare provider with any questions regarding any possible medical condition.

Monday, January 8, 2024, 6:30 PM to 7:30 PM

The Importance of Foot Health: An Owner's Guide

Presented by Evelyn Heigh-Rosen, D.P.M., Assistant Professor, Arizona College of Podiatric Medicine

It can be easy to neglect the well-being of our feet, despite them being an indicator of our overall health, which is why Dr. Heigh-Rosen will present a comprehensive guide on all things foot health. Join her to learn more about how diabetes affects your feet, as well as common foot and ankle injuries, skin and nail conditions, and how a podiatrist can help you manage all of these conditions.

Monday, February 12, 2024, 6:30 PM to 7:30 PM

Beyond Rare: Bridging the Gap

Presented by Melinda Burnworth, Pharm.D., FASHP, FAzPA, BCPS, Professor of Pharmacy Practice, College of Pharmacy, Glendale

Did you know that February 29, 2024, is Rare Disease Day? Did you also know that Barbie, Pokemon, Thomas the Train, and even Starbucks now have disability characters and initiatives in their toys, gaming, and marketing? Dr. Burnworth and Midwestern University College of Pharmacy, Glendale students will bring some of these dolls to help "normalize" disabilities and talk about how to describe them to children. They will also share more about what a rare disease is and explore healthcare disparities and possible solutions in the rare disease community.

Monday, March 11, 2024, 6:30 PM to 7:30 PM

A Brain-Friendly Life: How to Manage Mental Overload and Stop “Glitching”

Presented by Marisa Menchola, Ph.D., ABPP(CN), Associate Professor, Behavioral Sciences, College of Health Sciences

Have you ever forgotten to attend an important appointment, or pick the kids up from practice? Maybe you found your car keys in the fridge? Don't worry – you are not alone! Modern life has become what Dr. Menchola calls 'brain-unfriendly,' and we are flooded with excessive cognitive demands that make our brains 'glitch.' Join her to review concrete strategies that help improve the functioning of our overwhelmed brains.

Monday, April 8, 2024, 6:30 PM to 7:30 PM

Introduction to Cancer

Presented by Rahul Deshmukh, Ph.D., Associate Professor, Pharmaceutical Sciences, College of Pharmacy, Glendale

Cancer is an intimidating topic. What is it? How many different kinds are there? What causes it, and what are the treatment options currently available? Join Dr. Deshmukh for a deep-dive into all things cancer – how to detect different kinds, potential causes, and a look at some of the ever-evolving ways to treat it.

Monday, May 13, 2024, 6:30 PM to 7:30 PM

A Behavioral Approach for Addressing Problematic Social Media Use

Presented by Brad MacNeil, Ph.D., R. Psyche, CHE, Assistant Professor, Behavioral Sciences, College of Health Sciences

Recent research has shown that excessive social media use is linked with a variety of negative health outcomes. Meet Dr. MacNeil to learn more about the unhealthy ritualistic behaviors that often develop through excessive social media use, as well as the behavioral strategies that can be used to address this issue.

Monday, June 10, 2024, 6:30 PM to 7:30 PM

Why Social Isolation and Loneliness are Public Health Issues

Presented by Tiffany Hughes, Ph.D., M.P.H., M.B.A., FGSA, Assistant Professor, Public Health, College of Graduate Studies

The COVID-19 pandemic required everyone to practice social distancing, but for many, this led to an increase in both general loneliness and total social isolation. In this presentation, Dr. Hughes will discuss the differences between the two labels, trends across time, and the differences by age, gender, and other demographics, as well as strategies to reduce isolation and loneliness.