

Multi-Disciplinary Collaboration

Our multi-disciplinary services:

Family Medicine | Sports Medicine | Orthopedic Surgery | Neurosurgery |
Neurology | Physiotherapy | Chiropractic Medicine | Massage Therapy |
Laboratory Services | X-Ray Services | Pharmacy and Educational Services |
Phycology and Child Phycology | Dentistry (proposed project)

Dr. Paul Schwann Applied Health & Research Centre

Exercise Prescription | Programming Services | High Performance Testing |
Personal Training | Consulting | Cardiac Rehabilitation | Risk Reduction Services |
Workplace Health Services

Aspen Medical supports greater collaboration among providers in the interest of better patient care.

*"Collaborative care entails physicians and other providers using complementary skills, knowledge and competencies and working together to provide care to a common group of patients based on trust, respect and an understanding of each others' skills and knowledge. This involves a mutually agreed upon division of roles and responsibilities that may vary according to the nature of the practice personalities and skill sets of the individuals. The relationship must be beneficial to the patient, the physician and other providers. *"*

-"Canadian Medical Association"

Our Multi-disciplinary Professionals

General Practitioners:

Appointments are made through our general practitioner receptionists, last minute appointments could happen depending on the doctor's schedule.

- Dr. Naumana Parwez
- Dr. Lanishen Bhagaloo
- Dr. Sylvia Vantomme

Spots Medicine:

Sports Medicine specializes in preventing, diagnosing and treating injuries related to sports and/or exercise. A primary focus to sports medicine is the rapid recovery of patients. Appointments are by referral only. Our sports medicine team includes:

- Dr. Megan Dash
- Dr. Mike Nicholls (Medical Director)

Orthopedics:

Currently our team of surgeons specializes lower extremity reconstruction and trauma, adult and pediatric spine surgery, total joint replacement, as well as shoulder and knee arthroscopic surgery. Appointments are by referral only. Our Orthopedics team includes:

- Dr. Jeremy Reed
- Dr. Mohammed Alshrif

Neurosurgery:

Treating disorders of the nervous system, intracranial disease and diseases of the spine. Also, epilepsy, traumatic brain injury, brain tumors, movement disorders, and cerebrovascular diseases. Appointments are by referral only. Our Neurosurgery team includes:

- Dr. Akram Zwai

Neurology:

Treating disorders such as Multiple sclerosis, concussions, strokes, seizures, dementia, brain injury, etc. Appointments are by referral only. Our Neurology team includes:

- Dr. Hakim Raghig

Psychology:

Our Neurology team includes:

- Dr. Dennis Alfano
- Shannon Fuchs-Lacelle

Doctor Alfano is a Neuropsychologist. Typical referrals are made to diagnose or rule out the following common conditions: Traumatic brain injury/concussion, cerebrovascular disease (stroke), learning disabilities, attention deficit disorders, epilepsy/seizure disorders, medical illness or treatments, exposure to toxic chemicals/substance abuse, and dementia or Alzheimer's. Appointments are by referral only.

Doctor Fuchs-Lacelle is a Doctoral Psychologist; her focus is on the needs of children under the age of 17 along with their families. She provides psych educational assessments for kids aged 5-16 years, developmental assessments for kids under 5, brief parent therapy, and therapy for childhood mental health disorders. She is also accepting adult patients that suffer from anxiety disorders and depression. No referral is necessary.

Chiropractic Services:

Our Chiropractors work in conjunction with other professionals here at Aspen, including Physiotherapists, Exercise Therapists, and Massage Therapists to provide the best treatment possible. One of our Chiropractors practices Contemporary Medical Acupuncture, treats all musculoskeletal systems. There is no referral necessary to book an appointment; these appointments can be booked with the Chiropractic receptionist. WCB and SGI accredited. Our Chiropractic team includes:

- Dr. Gord Chadwick
- Dr. Leif Mehlsen

Massage Therapy:

Our team of therapists treat their clients who have had sports injuries, have been in vehicle accidents, have been injured at work, or who have ongoing aches and pains to help find relief. WBC Patients are welcome. There is no referral necessary to book an appointment; these appointments can be booked with Aspen Medical reception or Centric Health LifeMark reception. Our Massage Therapy team includes:

- Megan Marshall
- Leila Christ

Centric Health LifeMark Services

The Centric Health team offers a variety of services, which includes Physiotherapy Services, Massage Therapy, and Acupuncture. No referral is necessary. Appointment can be booked with the Centric Health receptionist. The Physiotherapy team includes:

- Scott Anderson
- Leah White
- Allison Tulloch

The Massage Therapy team includes:

- Megan Markewich

Laboratory Services:

Our Laboratory team includes:

- Marianne Hughes

Open Monday to Friday from 8:00am to 12:00pm

X-Ray Services:

Our X-Ray team includes:

- Cora-Lee Glass (head technician)
- Part-time staff

Aspen Medical Pharmacy

Chronic disease management:

We specialize in, but not limited to, Diabetes, Asthma, COPD, Geriatrics, Anticoagulation. Pharmacists have additional training in these areas and are better equipped to service clients of these demographics with a full range of pharmaceutical and educational services.

Weight Loss:

We carry Ideal Protein weight loss products, we subspecialize for diabetics – these products are available to the University of Regina faculty, staff, students and general public. Ideal protein is a low carbohydrate – protein adequate diet. The target is for customers to have 2-6lbs of weight loss per week. This diet plan is especially effective with diabetic and pre-diabetic clients. At our clinic the program is medically supervised by pharmacists.

Sports braces/supplements :

We sell presciron brand athlete safe supplements, both WADA and HFL approval.

Smoking Cessation:

The PACT smoking cessation program is funded through Saskatchewan Health Region and is available to the public at no cost to the client. One-on-one smoking cessation consultation with a pharmacist, where we provide tools that will assist clients in smoking cessation, the pharmacist meet with the client for an initial 1 hour appointment, then follow up throughout their smoking cessation journey.

Compression Stockings

Compression stockings help prevent leg fatigue, edema/swelling, and varicose veins. Medical grade compression stockings need to be properly fitted and educated on. We have a wide variety of fashionable and practical styles for athletes and general use.

Pharmacy team:

Lindsey Ferguson
Andrea Brewer
Sarah Kozusko (team leader)

Dr. Paul Schwann Applied Health & Research Centre

The Dr. Paul Schwann Centre focuses on these key programs: Cardiac Rehabilitation, Chronic Disease and Prevention/ Lifestyle Management, Risk Reduction Program, and Education Classes.

The Chronic Disease and Prevention/ Lifestyle Management program is intended for individuals who have the following risk factors: Obesity, high blood pressure, diabetes, high cholesterol, physical inactivity, smoking depression, and/or stress. Individuals with known heart disease, heart attack, bypass surgery, angioplasty or stent, valvular heart disease, peripheral vascular disease, congestive heart failure, cardiomyopathy or heart transplant. Individuals who also suffer from chronic disease, cerebrovascular disease (stroke), and parkinsons. Appointments are by referral only.

The Cardiac Rehabilitation specialized program is devoted to bettering the lives of those who have had a cardiac event or are at risk for developing one. It is an individually designed, scientifically proven medically supervised exercise program. Appointments are by referral only.