

UB Clinics

Comprehensive healthcare with a focus on prevention, wellness, and healthy lifestyles

The UB Clinics have been serving the community for over 25 years, offering high quality care at affordable fees.

Each of our specialty clinics offer their unique services and approach within the framework of an integrated clinic system, providing solutions to chronic complex disorders that go well beyond medications and costly procedures. We combine the best of conventional approaches with lifestyle modifications, such as stress reduction, positive dietary changes, and improved oral hygiene, and physical medicine techniques such as chiropractic, active rehabilitation, and acupuncture. We also provide radiology services.

Clinic services are available for adults and children of all ages. The UB Clinics is a teaching facility and we do not accept or bill insurance with exception of our dental hygiene clinic, which does accept Husky insurance. The acupuncture and chiropractic clinics do offer discounts on fees to those with Medicare or Medicaid insurance. All clinics offer a 15% discount for members of the U.S. military (active, reserves, retirees, veterans) with valid military ID.

To schedule an appointment:

- For **Acupuncture clinic**, call **(203) 576-4349**
- For **Chiropractic clinic**, call **(203) 576-4349**
- For **Dental Hygiene clinic**, call **(203) 576-4137**

Ask about availability of same day and next day appointments.

We thank you for trusting your medical care to the UB Clinics. When you schedule an appointment with us we set aside enough time to provide you with the highest quality care. Should you need to cancel or reschedule an appointment, please contact the office as soon as possible and no later than 24 hours prior to your scheduled appointment. Please understand that when you forget, cancel, or change your appointment without giving enough notice, we are unable to schedule appointments for other patients in need of prompt medical care.

UB Clinics are located at

60 Lafayette Street
Bridgeport, CT
06604

Confirming your appointment

As a courtesy, established patient appointments are confirmed electronically via phone, text message, or email from our electronic health record scheduling software. From this automated confirmation system you have the option to:

- Confirm or cancel your appointment from the link provided in the email or text
- Call the office (203) 576-4349 and leave a message if it goes to voice mail
- Email **UBClinics@bridgeport.edu** to let us know how to help you

We understand that there may be times when an unforeseen circumstance or an emergency occurs and you may be unable to keep your scheduled appointment. Please contact the Clinic Administrator who may be able to waive the Cancellation/No Show fee.

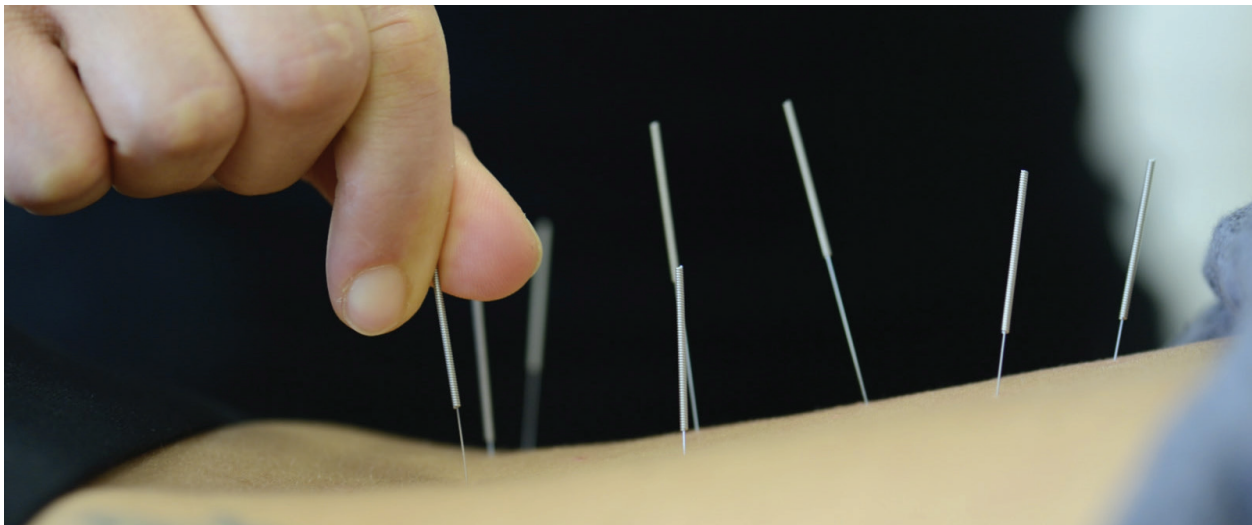
We welcome you and look forward to assisting you with your personal healthcare needs.



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For more information, visit: www.bridgeport.edu/UB-Clinics



UB Clinics

Acupuncture & Chinese Medicine Clinic

The Acupuncture & Chinese Medicine Clinic administers a professional and affordable treatment that serves the local community and instructs student interns in the diagnosis and treatment of health conditions from a Traditional Chinese Medicine (TCM) perspective.

We offer:

- Acupuncture
- Tui na massage (deep tissue Chinese massage)
- Cupping
- Moxibustion
- TCM herbal treatments

We welcome you to make an appointment or set up a consultation with our well-qualified licensed acupuncturists and interns. Most treatments last approximately 60 minutes. Traditional Chinese medicine includes acupuncture, herbal therapy, manual therapy, diet counseling, exercise, and breathing techniques.

To schedule an appointment:

Call (203) 576-4349

Ask about availability of same day and next day appointments.

Acupuncture is effective in treating:

- Acute and chronic pain syndromes
- Migraines, tension and cluster headaches
- Trigeminal neuralgia
- Bladder dysfunction
- Back pain and sciatica
- Osteo- and rheumatoid arthritis
- Tennis elbow
- Carpal tunnel syndrome and frozen shoulder syndrome
- Stomach problems
- Hypertension
- Gynecological issues

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Chiropractic Clinic

The Chiropractic Clinic offers a conservative, drugless, non-surgical approach to healthcare.

Patient-centered treatment is available for a wide range of neuromusculoskeletal conditions and injuries of both the spine and extremities, preventive and health education services. Care is provided by fourth year students supervised by licensed and experienced chiropractic physicians.

Services include:

- Manual manipulation to restore normal joint motion and alleviate pain
- Hands-on soft tissue, stretching and muscle therapies
- Physiotherapy modalities
- Exercise and rehabilitation services
- Spinal stabilization and balance therapies
- Ergonomic consultation
- Personalized nutritional and dietary counseling
- Community health education and healthy lifestyle advice
- Sports and DOT physical exams

Conditions we commonly treat:

- Neck and back pain
- Headaches
- Strains and sprains
- Carpal tunnel syndrome
- Sciatica
- Arthritis, and more!

Scientific evidence supports the effectiveness of chiropractic treatment for many conditions including low back and neck pain, headache, sprain/strain injuries, postural imbalances and others. Our holistic model of care combines the best available evidence, the clinical expertise of the practitioner and the needs/desires of the patient. Your customized care management plan is formulated from an appropriate diagnosis that includes a comprehensive history of your condition and detailed physical exam, a management plan to include measurable goals and objectives to reduce/eliminate pain, restore function, and decrease future re-occurrence.

To schedule an appointment:

Call (203) 576-4349

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Dental Hygiene Clinic

The Fones Dental Hygiene Clinic will assist patients in eliminating and preventing oral disease and maintaining optimal health. We offer oral hygiene treatment of the highest caliber using advanced technology. Services are provided by dental hygiene interns supervised by licensed dental hygienists and dentists.

Services include:

- Dental examination and oral cancer screening
- Medical and dental history review
- Teeth cleaning (oral prophylaxis)
- Deep cleaning (scaling and root planing)
- Dental x-rays
- Laser therapy
- Oral hygiene instruction
- Fluoride treatments and dental sealants
- Preventive treatments

Dental x-rays will be forwarded to the patient's dentist upon request.

To schedule an appointment:

Call (203) 576-4137

Ask about availability of same day and next day appointments.

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Integrated Clinical Care

Our integrative care at UB Clinics offers you a chance to have a holistic assessment of your health. This option is offered for patients with chronic conditions and multiple problems. A comprehensive assessment is made by our acupuncture, chiropractic and dental hygiene student interns supervised by licensed clinicians.

Your health and well-being overview

Our integrative care clinics offer a two-visit overview of your health and well-being. During your assessment visit, your student interns will:

- Review your health status, including medical history, screening exam, spine, and posture or gait analysis
- 24-hour diet recall and review of supplements and prescription medications
- Traditional Chinese Medicine health assessment, including tongue and pulse diagnosis
- Head and neck assessment
- Oral health screening

Patients seen on the Integrative Shift will be charged \$35.00 for the first evaluation visit and one follow-up visit. Regular fees apply for all recommended treatments and supplements.

To schedule an appointment:

Call (203) 576-4349

Ask about availability of same day appointments.

Your personal care plan

After this initial assessment, our student interns will create a specific care plan for YOU! Following the visit, our staff will set up the appropriate appointments to help you meet your health goals. These may include:

- Meeting with student interns to review all health findings and receive preventive health education information
- Receiving nutritional counseling and a list of potential medication interactions
- Being prescribed therapeutic exercises, nutritional, botanical supplements
- Having a dental assessment and/or dental cleaning
- Receiving acupuncture or chiropractic care

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