

Maricopa HEALTH GUIDE

www.InMaricopa.com



DIRECTORY

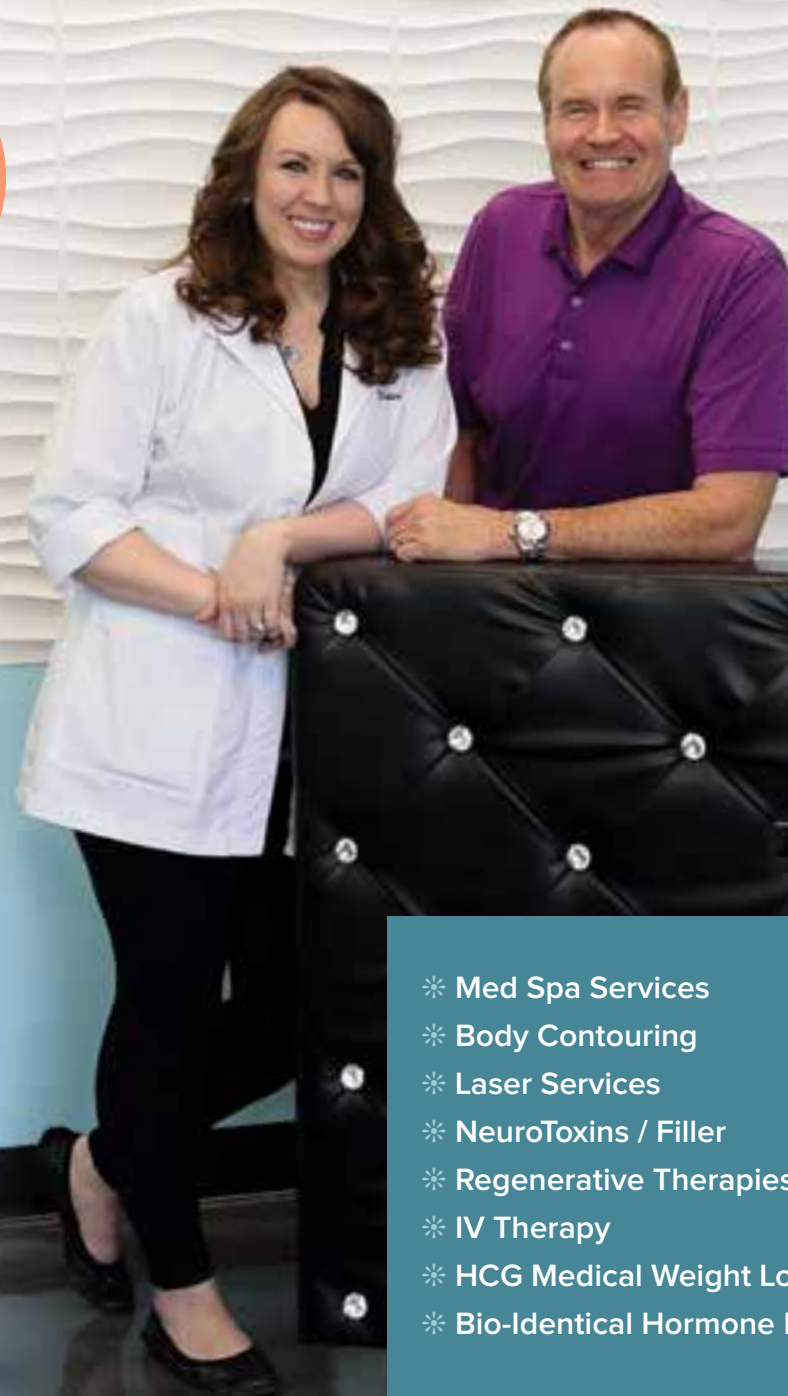
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Contents

HG4 City shy about naming
names in hunt for
hospital

HG8 Maricopa's first full
service med spa

HG10 Auto injury care is
not healthcare

HG12 Health Matters

HG14 Sun Life is helping
people live their
healthiest life

HG16 Directory

On the cover: Bill Day
and Kristina Donnay are the
father-daughter team at
Maricopa Wellness Center.

State of health in Maricopa

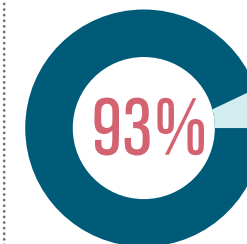
With a pop-
ulation
of over
50,000,
Maricopa is a diverse
mix of age groups,
income brackets and
health needs. According
to U.S. Census estimates,
the city has 5,900
residents over the age of
65 and 3,300 under the
age 5. Data from 2018
estimate 6.5 percent live
below the poverty level.

In 2020, Pinal County
Public Health tried
to help communities
mitigate the impact of
COVID-19. Through
August, the county had
9,900 cases, with 190
related deaths.

The health portrait of
Maricopa is similar to
that of Pinal County, with
some of the same health
concerns. Cardiovascular
disease remained, by
far, the leading cause of
death.

Here are statistics
from federal and local
agencies.

5
Pinal County's health
rank out of 15 counties



Percentage of
Maricopans with
health insurance

3,200
with no health insurance
in 2018.



13.9

Rate per 100,000 dying
from traffic accidents in
Pinal County
(the same rate as dying
from firearm injuries).
Men were twice as likely
as women to die in a
traffic accident



894

Maricopa women
between age 15-50 who
gave birth in 2018

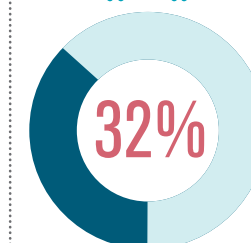


256

Reported opioid
overdoses in Pinal
County 2017-2019,
29 of them fatal

1,100

Maricopans who
received food stamps/
SNAP in 2018



Pinal County adults
deemed obese, a rate
that rose 4% in six years

73.2

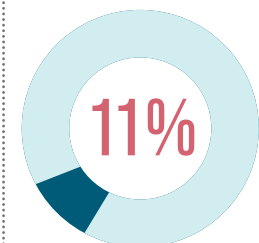


Average
lifespan
for Pinal
County
females

68.8



Average
lifespan
for Pinal
County
males



Maricopa's military
veteran population
20% disabled



1,541:1

Maricopa residents per
primary care physician
per primary care area

592

Maricopa sexually
transmitted disease
per 100,000

*Data from U.S. Census, American
Community Survey estimates and
Pinal County Public Health Department*



City shy about naming names in hunt for hospital

File photo by Jonathan Williams

Maricopa is within 30 miles of two medical centers, but transportation issues seem to magically expand that distance for residents.

State Route 347, a necessary corridor for those heading to a hospital in Chandler, is often slowed by commuter traffic. Maricopa-Casa Grande Highway, the route to Banner Casa Grande Medical Center, is mostly a two-lane road with its own challenges.

That is much of the impetus behind the long-time push to bring a full hospital to Maricopa.

“Sure, we might have hospitals within 30 minutes, but for our middle-aged/elderly folks who suffer a heart attack or have a stroke, a legitimate hospital within our community makes more sense,” resident Brent Engal posted on InMaricopa’s Facebook page. “Additionally, our lack of routes out of the city complicates transport to the hospital



Bob McGovern

during rush hour, or when a crash closes down the 347 or MCG.

“A smaller hospital would be good for our community; something that has a 15-20 bed ER, MED-SURG unit, outpatient surgery unit, radiology department, and lab would create lasting jobs for our current residents and give the community a reliable place to obtain care.”

According to city leaders, there are ongoing talks with healthcare companies to make that happen, but COVID-19 slowed any advancement of those conversations in

Dignity Health has long owned this property at John Wayne Parkway and Cobblestone Farms.

Exceptional Healthcare is planning to build an emergency center at SR 347 and Honeycutt Avenue.

2020. The messaging about the possibility of a hospital echoes what was said publicly in 2019.

“Discussions are being had with all the major companies,” Mayor Christian Price said. “Clearly, there are two companies here who have a foothold already. Things are progressing. We’ve made progress with one of them perhaps far more than with the other.”

He declined to name names, but Banner has a health center on Porter Road, and Dignity Health runs an urgent care facility



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Dr. Kelvin Crezee



Dr. Alex Stewart

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Just south of Chandler Blvd.



Hospital

on John Wayne Parkway and has long owned a vacant lot at the intersection of John Wayne Parkway and Cobblestone Farms.

Residents have noticed that, too. “Too bad Banner or Dignity wouldn’t step up. I’ll still drive out of town for medical care,” Julie Schlager commented to InMaricopa on social media.

“They are very excited about doing it,” Price said of the unnamed provider. “They want to come. It’s just a matter of getting all the signoffs from the national side of things. All these companies have a state presence due to state insurance laws and they have a national presence if they’re traded on the New York Stock Exchange.”

As a result, cities wishing to lure them must start at the local level and move on to the national level. Though headway was being made, the pandemic was a blow.

“COVID threw a wrench into things, so clearly the national folks didn’t meet as often,” the mayor said. “That’s kind of what the hang-up is.”

The process now is only described as “moving forward.”

While Exceptional Healthcare announced its intention to build an emergency room in Maricopa, residents still want a comprehensive medical center.

“We need a HOSPITAL, with beds, doctors, a cardiac team, a labor & delivery unit, a trauma center and a proper emergency department,” resident Merida La’Calsty shared.



Submitted

“We need a HOSPITAL, with beds, doctors, a cardiac team, a labor & delivery unit, a trauma center and a proper emergency department.”

–Merida La’Calsty

Because of the uncertainty of the progress of talks, Price said he did not want to share misleading information with the public.

“I can call over there a million times, but at the end of the day, all we can do is stay in front of them,” he said. “They have to go through their process, their timeframe and everything else. It’s in their hands.”

Resident Robin Bennett understood that situation: “Ask a hospital to build out here. They pick us. We don’t pick them.”

Price said discussions have made it clear a future medical center will be a general-practitioner hospital and not just an ER or an urgent care.

“It’s not going to have a ton of specialties, just because it will start out small, but you’ve got to think like a big company does. You’ll grow in phases as the city continues to grow, as the area grows,” Price said. “It will certainly have the things the people need here.”

All of that is tentative, of course, which is why officials have been reluctant to make a major announcement about a hospital. And that leaves residents with big questions and theories.

“We need a real hospital system,” Engal said. “We need a hospital that works with our insurance companies. Where is Banner, Dignity or Honor Health?” ■



Raquel Hendrickson

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BY KRISTINA DONNAY



Maricopa's first full service Med Spa

Maricopa's father and daughter team opened Maricopa Wellness Center in April 2019. Maricopa Wellness Center is a fully licensed medical facility specializing as a full-service Medical Spa, utilizing cutting edge technology, offering patients the latest treatment options for their bodies and skin.

Kristina Donnay is a certified Family Nurse Practitioner and the facility's on-site Medical Director. Kristina is also Board-Certified in Aesthetics and a Certified Master Injector. Bill Day is an entrepreneur and the acting Office Manager. Maricopa Wellness Center's focus is helping people look and feel better in their own skin, combining medical-grade services in a relaxing spa-like setting. The staff customizes each individual program to fit the needs and goals of each customer.



Some of the treatments Maricopa Wellness Center offers include laser services, hair removal, skin tightening, acne treatments, Ultherapy, microneedling, Botox, fillers, chemical peels, rejuvenation services, medical weight loss, IV therapy, Liop MIC B-12 shots, skin care, medical grade supplements, body contouring by Evolve, COVID-19 testing and antibodies testing, PRP joint injections and Bioidentical Hormone Replacement Therapy (BHRT).

BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT)

Hormones coordinate everything from digestion, brain function, immune function, mood, libido and more. As men and women age our hormones decline or become out of balance, having a big impact on our health and well-being. BHRT pellet therapy is the delivery of hormone replacement via pellet placed under the skin. Data supports this as the safest and most effective method of BHRT.

Pellets are compounded from organic plant materials and have the exact molecule structure of those hormones found naturally in the body. Pellets are about the size of a cooked grain of rice. Using a painless office procedure, the pellets are inserted under the skin. Medical literature has shown this delivers a consistent level of hormones into the bloodstream, avoiding the fluctuations that occur when using creams, pills, shots, patches or other methods. In women, pellets last 3 to 4 months; 4 to 6 months.

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The Evolve System employs multiple technologies to activate adipose tissue, tone muscles, and remodel skin and tissue. This suite of devices can be customized and tailored to fit your specific needs without the need for surgery. All the procedures under the umbrella of the Evolve System require no incisions, no pain or no downtime.

Maricopa Wellness Center won Maricopa Chamber's 2019 Small Business of the Year and is a leader in hormone replacement therapy. Come in and meet their fantastic, friendly, licensed staff, and learn about optimum health. LIVE WELL BE WELL ■



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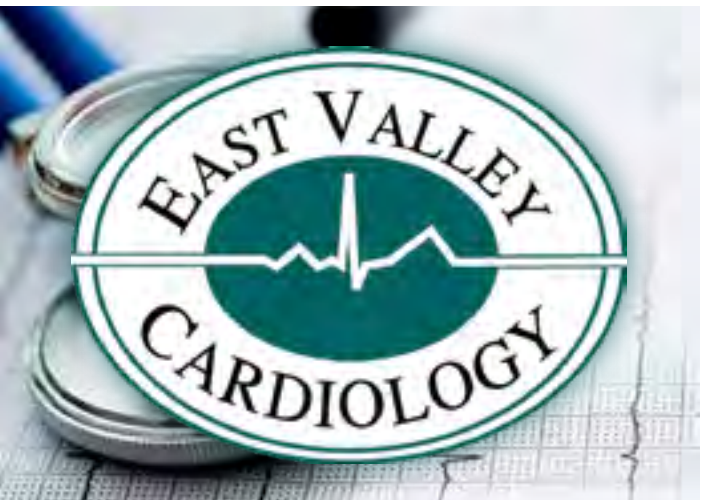


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BY JOHN A. DONOHUE

Auto injury care is not healthcare

Automobile collisions have very distinct injuries that need to be addressed by specific, detailed exams. These exams are determined by the type and location of impact on a motor vehicle and its passengers or pedestrians. The physician must also look at whether the airbag deployed, the type and size of the vehicles, if a seat belt was worn, the approximate speed of each vehicle, the height of your head rest or if it is a front, rear or side impact to name a few variables. Each of these will affect the individual victim in numerous ways. You must understand what is relative to the biomechanics of each variable and how every type affects your body independently.

There are more than 50 symptoms associated with motor vehicle collisions that are correlated to the injuries that include, but are not limited to neck pain, low back pain, arm pain with tingling, numbness and weakness, leg pain with tingling, numbness and weakness, visual disturbance, fatigue, headaches, dizziness, nausea, memory problems, etc. You can develop anxiety and irritability that may emotionally affect you like PTSD. It can cause fear of driving, depression, and sleep disorders.

Eighty-seven percent of minor impacts result in Traumatic Brain Injury. The most common form is a concussion. The brain shifts inside the head and hits the skull. Fifty percent of all concussions occur in motor vehicle collisions and half of those occur in low speed impacts. A doctor must be able to identify a concussion, know if it is improving or worsening, know how to test it and how to treat it and know when to refer to a concussion specialist.

One of the major injuries of motor vehicle collisions is a spinal ligament injury, which can cause problems for decades after a collision. When a ligament is hyper-flexed or hyper-extended, it causes hypermobility of the spine. In turn, this causes accelerated degeneration of the area.

There are specific protocols for automobile collisions. Each injury has an individual protocol for concussions, ligament injuries, etc. Some of the imaging types used are X-ray, MRI, CT scan, etc. Know which to choose and when.

Injuries can impact your life by making it difficult to do certain activities and may cause the

inability to do some things altogether. You must understand how these issues tie into physical health, emotional well-being and how they affect your healing time.

Another area of concern is vehicle damage and how to proceed regarding the type of parts, the collision center, rental cars, diminished value, mileage, seatbelt replacement and how minimal vehicle damage affects your body. There is a Florida statistic showing 35,000 accidents at less than 10 mph resulting in 1,900 deaths.

To put it into perspective: a crash at 2.5 mph can cause symptoms, but vehicle damage may not occur until 8.7 mph. A rear-end collision at 8 mph produces 2 g's of acceleration to the vehicle and 5 g's to the head after a quarter second. At 15 mph, the head will accelerate 10 g's in a half second. Fighter pilots gray out at 6 g's.

There is much more to a Motor Vehicle Injury vs Basic Healthcare. Take all areas of this article into consideration when deciding on what to do after an automobile collision. Due to the space limitation of this article, consider that we are just scratching the surface of all the important factors pertaining to automobile injury.

Helpful information

- Head restraints should be even with the top of your head. If it is too low, it acts as a fulcrum. It is best to keep your head against it while you drive.
- If the airbags go off, have your lungs checked because you suck in the powder when they deploy. Have your ears checked as well. The sound of airbags can be deafening.
- After an accident, ice is the therapy of choice, not heat.
- Do not wait to see if the pain gets worse. Low-level pain can turn serious over weeks, months and even years.
- Pay attention to your body and emotions after an accident. Get help if you notice anything unusual.
- If you do not know what to look for, you will not find it. Dr. Donohue is certified in Motor Vehicle Injury Care and has treated thousands of motor vehicle collision patients over 28 years. ■



For more information, contact Dr. Donohue's office at 520-494-7788.



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Pain management

BY PHILIP WAZNY, NMD

Do you suffer from knee pain? Shoulder pain? Elbow pain?

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decrease pain and regenerate joint tissue.

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Platelet-rich plasma (PRP) therapy is another great option for joint trauma or arthritis. PRP uses injections of a patient's own platelets to accelerate the healing of injured tendons, ligaments, muscles and joints. A patient's blood is drawn and processed in a centrifuge. The platelets are then injected into the injured tissue. This releases growth factors that stimulate and increase the number of reparative cells the body produces. Above all, PRP injections use a patient's own healing system to amplify the natural growth factors in the body and heal tissues.

If you are experiencing joint pain, prolotherapy is a viable option that is highly likely to resolve pain and anatomical issues with little to no side effects. At Health Matters, we're happy to discuss your case via telemedicine to determine your candidacy for prolotherapy and answer any additional questions you may have. ■



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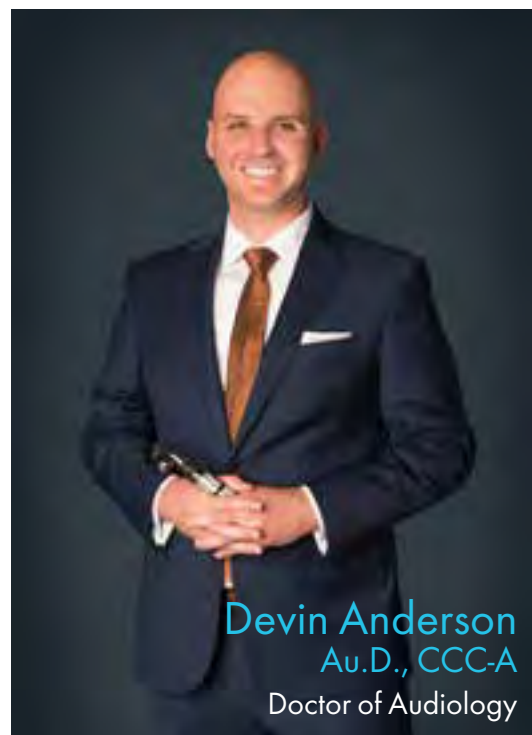
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BY STAFF WRITER

Sun Life is helping people live their healthiest life

The staff at Sun Life truly care about the community. It has been our legacy since Sun Life started. We began in Casa Grande, as an outgrowth of the Arizona Job College, which provided job training for migrant and seasonal farm-workers. The farm workers who were interested in health services were trained at the Center. Over time, as the training funds ran out, the health funds kept coming and the job college became solely a health facility.

SUN LIFE'S HISTORICAL JOURNEY TO AND IN MARICOPA

In 1976, the Center became incorporated as a 501(c)3 not-for-profit, which staffed one full-time and one part-time physician. In the first year, the Center provided 12,000 patient visits. In March 1977, the Center moved from the Job College to Cottonwood Lane. This move provided a larger facility, allowing the Center to increase staffing to three full-time and three part-time physicians. This new facility was built to offer laboratory, X-ray and pharmacy services as a convenience for patients. By 1978, the Center had introduced family dentistry and women's health and maternity care services (OB/GYN), now providing an array of services to the community, and truly being a "family health center."

The Center saw the start of growth to communities outside of Casa Grande, starting with our second office in Maricopa in 1980.

The Center became established as a Federally Qualified Health Center (FQHC) in 1981, allowing a shift in funding from migrant grants to the Community Health Center Program grant.

COMMUNITY HEALTH

This meant the Center was able to ensure that everyone in the community was eligible to use its services, regardless of income or insurance status. The goal was to offer good quality care, focusing on preventative health services. This level of care supported continued growth, and, by 1984, the organization was operating four offices in the County.

In 2001, the organization saw construction of its Maricopa Family Practice office and, in 2015, Sun Life moved Maricopa's family practice to a new, larger facility and a pharmacy. Sun Life then renovated the original Maricopa office to provide OB/GYN services to reopen as Sun Life Center for Women.

Sun Life Family Health Center has been serving the community of Maricopa for over 38 years. Sun Life has an unwavering dedication to providing our patients and the community comprehensive, trusted and affordable healthcare close to home. Over the years, we have grown our services to meet the changing needs of our communities. This includes offering integrated behavioral health, wellness education and open to the public pharmacies. ■



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PM Dental

20800 N. John Wayne Parkway
Suite 105
520-568-7880
PM-Dental.com

Premier Orthodontics

21083 N. John Wayne Parkway
Suite C105
480-361-4600
YourAZBraces.com

5 Smiley Dental

20917 N. John Wayne Parkway
Suite A-105
833-793-7773
SmileyDentalMaricopa.com
See ad on page HG19

Super Smiles 4 Kids

21116 N. John Wayne Parkway
Suite B-7
520-568-3828

6 Treasured Smiles Children's Dentistry

21300 N. John Wayne Parkway
Unit 117
520-316-6111
TreasuredSmilesChildrensDentistry.com
See ad on page HG7

DIAGNOSTIC IMAGING

Arizona Diagnostic Radiology

21300 N. John Wayne Parkway
Suite 113
520-568-6411

SimonMed Imaging

44555 W. Edison Road
520-666-7960

EMERGENCY SERVICES

Maricopa Fire Department

911 or 520-568-3333

Maricopa Police Department

911 or 520-316-6800

Poison Control

800-222-1222

FAMILY

Agave Family Physicians

21300 N. John Wayne Parkway
Suite 123
520-494-7778

Ak-Chin Health Clinic

48203 W. Farrell Road
520-568-3881

Banner Health Center

17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com

Dignity Health Medical Group

21300 N. John Wayne Parkway
Suite 115
520-426-3424

Health Matters

9180 E. Desert Cove, Suite 103
Scottsdale
480-933-3331
HealthMattersAZ.com
See ad on page HG12

Pinal County Public Health Clinic

41600 W. Smith-Enke Road
Suite 15
866-960-0633

7 Sun Life Family Health Center

44572 W. Bowlin Road
520-568-2245
SLFHC.org
See ad on page HG14, 15

FITNESS

Anytime Fitness

21116 N. John Wayne Parkway
Suite B3
520-568-5226
AnytimeFitness.com

Copper Sky Recreation Complex

44345 W. Martin Luther King Jr. Blvd.
520-316-4600
PlayMaricopa.com

CrossFit Maricopa

21576 N. John Wayne Parkway
480-220-1068
TheCrossFitMaricopa.com

Longevity Athletics

20924 N. John Wayne Parkway
Suite D2-A
520-261-4661

Pacana Park

19000 N. Porter Rd.

8 Planet Fitness

20595 N. John Wayne Parkway
Suite 400
520-666-2300
PlanetFitness.com/Gyms/Maricopa-Az
See ad on page HG9

HEALTH & WELLNESS

9 Native Grill & Wings

21164 N. John Wayne Parkway
520-568-6077
NativeGrillAndWings.com
See ad on page HG18

HEARING AIDS

Hearing Life

21300 N. John Wayne Parkway
Suite 116
520-494-3877
HearingLife.com

10 Priority Hearing and Tinnitus

44400 W. Honeycutt Road
Suite 102-A
480-331-6521
Priority-Hearing.com
See ad on page HG12

HOSPITAL

Banner Casa Grande Medical Center

1800 E. Florence Blvd.
Casa Grande
520-381-6300
BannerHealth.com/CasaGrande
See ad on page HG8C

INSURANCE

Insurance and Consulting Services

21300 N. John Wayne Parkway
Suite 103
520-568-6750
GloriaDSmith.com

Humana

Virginia "Beth" Hare
480-231-6212
TTY: 711
See ad on page HG9

State Farm

Insurance Agency, Inc.
Vanessa Rae McDill
20800 N. John Wayne Parkway
Suite 110
833-964-2034
MyMaricopaAgent.com

INTERNAL MEDICINE

Banner Health Center

17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com

Vidal Medical Office

21300 N. John Wayne Parkway
Suite 116
520-423-9699

LABORATORY

Sonora Quest Laboratories

21300 N. John Wayne Parkway
Bldg. 3, Suite 106
520-568-0627

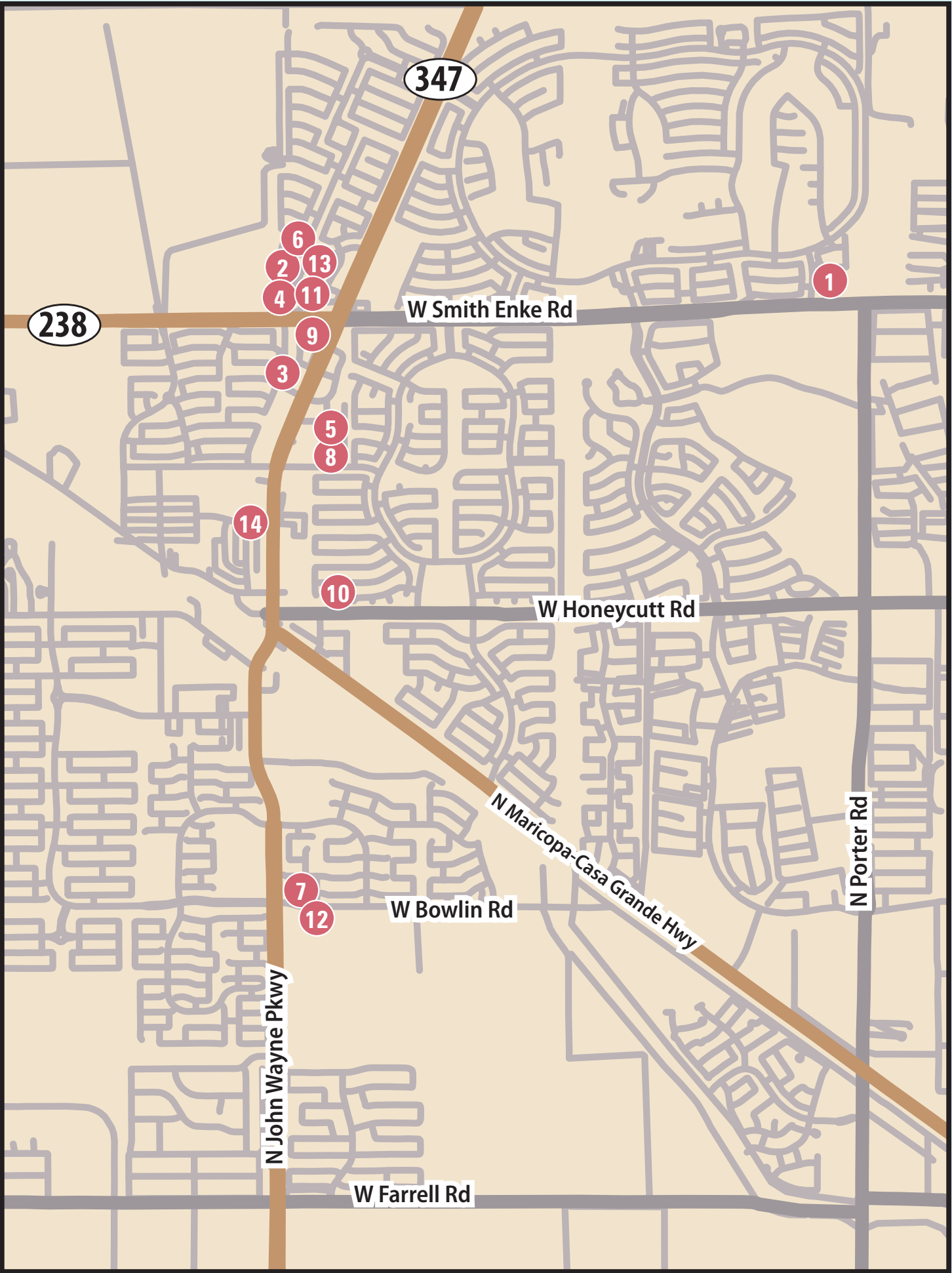
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Massage Life

480-205-0907

Sarah McDonald, LMT

45764 W. Windmill Drive
480-235-9222 Call/Text





DIRECTORY

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21300 N. John Wayne Parkway
Suite 109
512-627-7951

Maricopa City Mobile Massage LLC
602-832-0437
MaricopaCityMobileMassage.com

MEDICAL SPA
1 Maricopa Wellness Center
41600 W. Smith-Enke Road
Bldg 14, Suite 3
520-464-6193
See ad on page HGFC, 2, 8

MENTAL HEALTH COUNSELING
Be Awesome Youth Coalition
BeAwesomeYouth.Life

Holistic Mental Health, LLC
41600 W. Smith-Enke Road
Bldg 12, Suite 128
480-653-4051
HolisticMhaz.com

Maricopa Family Psychiatry PLLC
21300 N. John Wayne Parkway
Suite 103
520-226-3535 Call/Text

Northern Lights Therapy, PLLC
21300 N. John Wayne Parkway
Suite 103
623-243-2774

Reflections Counseling
21300 N. John Wayne Parkway
Suite 120
602-717-0497

La Frontera Arizona
EMPACT — Suicide Prevention Center
21476 N. John Wayne Parkway
Suite C101
520-316-6068
480-784-1500 — 24-hour Crisis Hotline
LaFrontera-Empact.org

Maricopa Behavioral Health Services
21300 N. John Wayne Parkway
Suite 103
480-524-2699

NUTRITION
Copa Craze
20928 N. John Wayne Parkway
Suite C3
520-316-6153

ONCOLOGY
Alliance Surgery + Cancer Care Arizona
1876 E. Sabin Drive
Suite 10
Casa Grande
520-836-9800
ACCArizona.com
See ad on page HG13

OPTOMETRY
Desert Eye Care
21300 N. John Wayne Parkway
Suite 105
520-201-3937

11 Maricopa Eye Care
21300 N. John Wayne Parkway
Suite 119
520-568-7538
MaricopaEyeCare.com
See ad on page HG7

Nationwide Vision
20928 N. John Wayne Parkway
Suite C-6
520-316-4388

Walmart Vision & Glasses
41650 W. Maricopa-Casa Grande Hwy
520-568-0419

PAIN MANAGEMENT
Health Matters
9180 E. Desert Cove, Suite 103
Scottsdale
480-933-3331
HealthMattersAZ.com
See ad on page HG12

PATIENT CARE
Healthmatch Advocacy
Carolyn Bennett BSN, RN, BCPA
520-836-7735
See ad on page HG13

PEDIATRICS
Banner Health Center
17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com

Southwestern Pediatrics
21300 N. John Wayne Parkway
Suite 112
520-568-9500

PHARMACY
Bashas'
21044 N. John Wayne Parkway
520-836-4401

CVS
44274 W. Smith Enke Road
520-568-8290

Fry's Marketplace
20797 N. John Wayne Parkway
520-568-6200

12 Sun Life Pharmacy
44572 W. Bowlin Road
520-350-7646
SLFHC.org
See ad on page HG14, 15

Walgreens
21274 N. John Wayne Parkway
520-568-0672

Walgreens
41840 W. Maricopa-Casa Grande Hwy.
520-635-2334

Walmart
41650 W. Maricopa-Casa Grande Hwy.
520-568-3302

PHYSICAL THERAPY
360 Physical Therapy & Aquatic
21083 N. John Wayne Parkway
Suite C104
520-233-7555

Empower Physical Therapy
21300 N. John Wayne Parkway
Suite 107
520-868-6100

Petersen Physical Therapy
21300 N. John Wayne Parkway
Suite 125
520-568-2723
PetersenPhysicalTherapy.com

PODIATRY
Foot & Ankle Clinics of Arizona
21300 N. John Wayne Parkway
Suite 116
480-917-2300
YourFeetFixer.com

13 Maricopa Foot & Ankle Center
21300 N. John Wayne Parkway
Suite 126
520-494-1090
MFAAC.com
See ad on page HG5

URGENT CARE
Dignity Health Urgent Care
20750 N. John Wayne Parkway
520-233-2468

WOMEN'S HEALTH
Banner Health Center
17900 N. Porter Road
520-233-2500
BannerHealthMaricopa.com

MomDoc
21300 N. John Wayne Parkway
Suite 121
520-494-7045

14 Sun Life Center for Women
44765 W. Hathaway Ave.
520-788-6100
SLFHC.org
See ad on page HG14, 15

VETERINARY
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21145 N. John Wayne Parkway
520-568-9900

Maricopa Animal Hospital
19950 N. John Wayne Parkway
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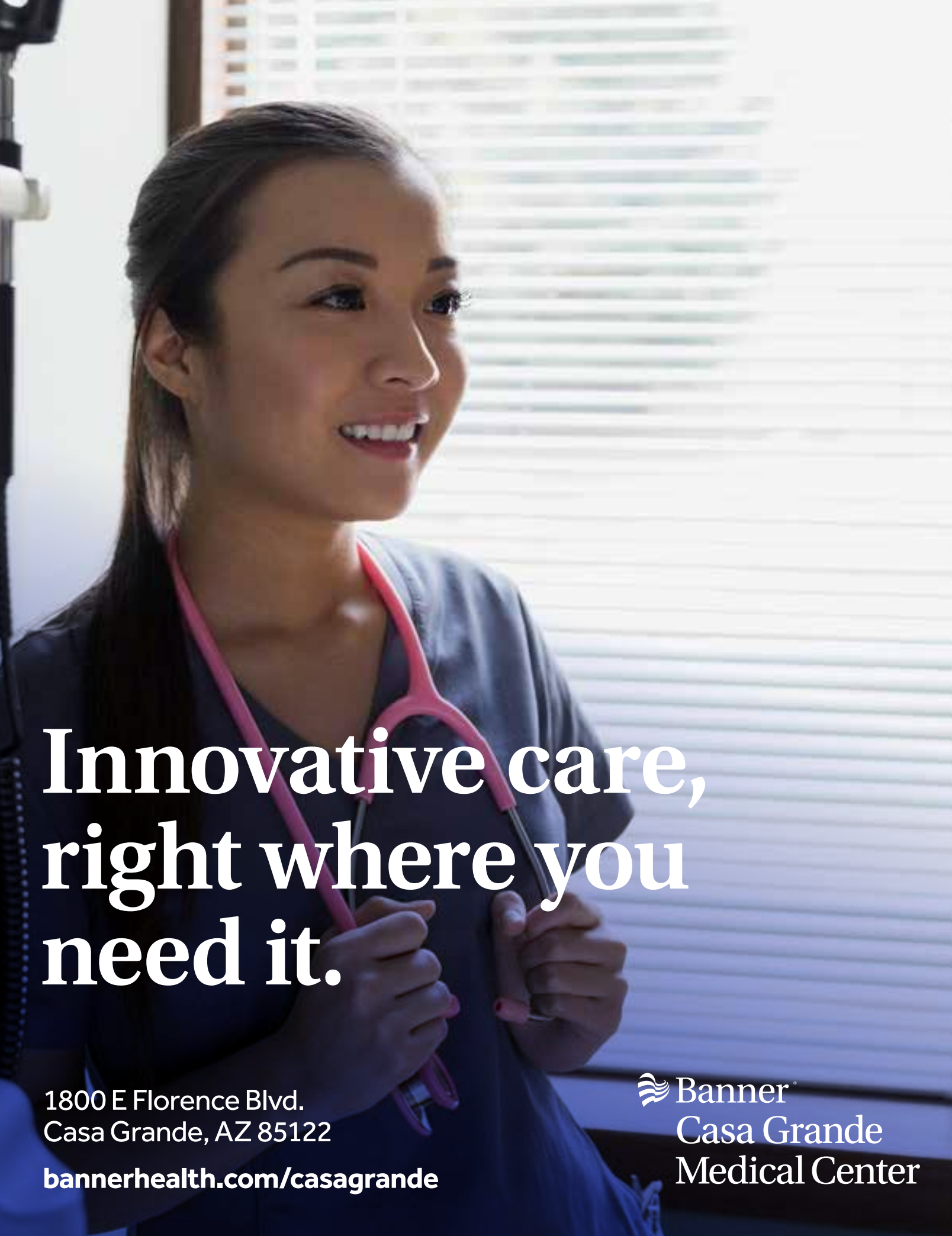
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