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NORTHWEST NEW TO THE NEIGHBORHOOD

Couple's practice goes head to toe

By Lourdes Medrano

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You could say Glenn Phillips walked into the right place at the right time.

He was looking for foot-pain relief but found new eyeglasses, too.

Phillips, 51, got foot and eye care at Head to Toe Healthcare, which in early September began providing those services under the same roof at La Cholla Corporate Center.

"It was really handy, because it took half the time to get my new glasses," said Phillips, who lives and works on the Northwest Side. "It saved me two hours."

The novel practice across from the Foothills Mall has a logical explanation. It is a joint venture of the husband-and-wife team of Dr. Alan Shih and Dr. Zuraida Zainalabidin..

She is the optometrist; he is the podiatrist.

"The combination has worked well," Zainalabidin said.

In the practice, people encounter a casual atmosphere. Assistants Isela Hernandez, Kirsten Salber and Kandance Sanchez, all

dressed in medical scrubs, promptly check in patients to either the podiatry or the optometry area.

"We wanted to provide advanced care in a friendly practice, to put people at ease," Shih said.

The couple came here from the Chicago area about a year and a half ago after Zainalabidin decided she'd had enough of cold weather.

"She kind of took charge and said, 'We're moving,' " her husband recalled.

Shih said he was happy to oblige. He and his wife, both 33, were familiar with the area because Shih had spent a year doing a residency here.

The two met while attending college in Michigan, where he grew up. She is a native of Malaysia.

After they considered several sites for their new practice, it was the Northwest Side location that appealed to the couple the most.

"We got lucky with the space — we have about 3,000 square feet," Zainalabidin said.

Added her husband: "This area is growing nicely."

• Contact reporter Lourdes Medrano at 573-4347 or Imedrano@azstarnet.com.



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Mike Cortez undergoes an eye examination by Dr. Zuraida Zainalabidin, an optometrist at Head to Toe Healthcare, 7406 N. La Cholla Blvd.

Jim Davis / Arizona Daily Star

2 specialties, 1 site

What: Head to Toe Healthcare.

Where: 7406 N. La Cholla Blvd.

Phone number: 545-0202.

Owners: Dr. Alan Shih and Dr. Zuraida Zainalabidin..

Hours: 8 a.m to 5 p.m. Monday through Friday.

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