



2018 Lorain County Medical Society



Special Supplement to

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Greetings from the Lorain County Medical Society!

Dr. Mark Guay, President
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Founded in 1896, the Lorain County Medical Society is proud to continue its tradition of being an organization that serves the physicians and patients throughout our community. Our physician members span all specialties and health systems and come together to ensure that each patient gets the right treatment at the right time for the right reason.

While many recent changes to the healthcare system have adversely impacted the delivery of patient care, and the sacred physician-patient relationship, the members of the Lorain County Medical Society continue to put patient first, and to serve you, the patient, to the best of their abilities. Our physicians are members of this community, and regardless of employer,

are committed to working in partnership with their colleagues to provide a cohesive healthcare network throughout Lorain County to all its residents.

This year, we hosted our annual Community Health Fair, which brought hundreds of Lorain County residents to meet with physicians in multiple specialties to ask questions and receive various health screenings, all free of charge. We also introduced our inaugural Lorain County Run for Health 5K and 1 Mile on the beautiful trail surrounding the Mercy Regional Medical Center Campus.

In 2019, we are excited to bring back the LCMS Out of the White Coat variety show, which will be held at the Lorain Palace Theater! This event features physicians and other healthcare professionals performing musical numbers, comedy acts, dance

routines, and more and is open to the community.

The Lorain County Medical Society Scholarship Foundation once again distributed academic scholarships to Lorain County Students who are pursuing a career in the medical field and intend on returning to Lorain County to work. The Lorain County Medical Society Foundation continues to provide charitable funds to a variety of Lorain County organizations that serve the needs of our community.

Our physicians are here to serve you, the patient. When looking for care, look for a doctor from the Lorain County Medical Society.

For more information about the Lorain County Medical Society, visit our website at www.lcmedicalsociety.com.

The Lorain County Medical Society Foundation

Dr. Thomas Martin

The Lorain County Medical Society Foundation is a 501(c)(3) charitable wing of the Lorain County Medical Society. The Foundation owns an office building in Sheffield Village, located off of Abbe Road, just north of Lorain County Community College.

The Medical Society office and three additional offices provide rental income to the Foundation to fund our annual charitable donations. Annual donations to Lorain County charities have been made since the building was constructed in the early 1990s. Since that time, donations

have gradually increased year over year, and in 2017, a total of \$10,000 was donated to four charitable organizations in Lorain County. The 2017 charitable donation recipients included Blessing House, a children's crisis care center; Genesis House, a domestic violence shelter; the Salvation Army; and the Lorain County Free Clinic, which provides medical care to those who cannot afford it elsewhere and where local physicians volunteer their time to care for these patients. The Foundation hopes to continue to increase our annual charitable contributions each year.

For more information about the Foun-



ation, or to make a donation to the Lorain County Medical Society Foundation, please visit www.lcmedicalsociety.com/foundation.

The Mission of the Lorain County Medical Society is to serve its members by:

- Acting as a strong physician advocate within the boundaries of professional integrity, while recognizing and representing the diversity within the medical community;
- Recognizing the health care needs of the community and acting as a patient advocate in response to those needs;
- Providing services that meet the professional needs and interests of the physician community;
- Promoting the positions of the profession and the Society to the public;
- Taking a leadership role in informing the community about health issues;
- Preserving the professionalism in medicine;
- Promoting American ideals of the patient-physician relationship;
- Upholding the Principles of Medical Ethics of the American Medical Association.

LORAIN COUNTY MEDICAL SOCIETY

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It's Not too Late to Get Straight



Daniel J. Pierre MD
Comprehensive and Pediatric
Ophthalmologist
Cleveland Eye Clinic
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As a physician, I am subject to see many surprising things. Of the many patients that walk through the door to my clinic each day, each brings with them the chance that I will see a condition that unusual, impressive, puzzling, or just plain strange. But I

will say, that over the past 15 years, as I see more and more of these unusual things, it gets harder and harder to surprise me.

I remember being surprised the first time I heard a patient with a very obviously misaligned eye tell me that they thought it was too late to have surgery to straighten out their eyes after childhood. Strange, I

thought—that's not true... We can do surgery to align a person's eyes at any time in life! So I corrected her misunderstanding, and then I corrected her eye misalignment (which is technically called strabismus) with surgery, and then she was pleasantly surprised.

Then, I kept running into more and more patients who were under the same impression—so I stopped being surprised that people generally had this idea. I wondered where they heard this idea...

I remember being surprised again the first time I heard a patient with a very obviously misaligned eye tell me that their regular eye doctor told them it was too late to have surgery to straighten out their eyes after childhood! What? Could it be possible that even many eye doctors—optometrists and ophthalmologists alike—are either confused about or unaware of what a simple, 30-minute surgery can do for adults with strabismus?

Then, I kept running into more and more patients whose eye doctor apparently told them the same thing—so I stopped being surprised. After some thought, I think I've figured out why the general public, and

even other eye doctors, are confused about this issue.

First is the misuse of the term, "lazy eye". Lazy eye is a phrase that is used by people to describe a wide variety of eye problems. Some people use it to refer to an eye that wanders outward in misalignment. Others use it to describe an eye that has an eyelid that droops down. Still others use it to refer to an eye that needs a more powerful lens in their glasses than the other eye. Most of these uses of the term are incorrect...

Technically, "lazy eye" refers to amblyopia. In this condition, an eye doesn't have a good relationship with the brain, regarding how well the eye can see. That is, if the eye with amblyopia receives a nice, focused, 20/20 image, the brain will not accept that 20/20 image from it. Perhaps it will only accept a 20/40 image, or even worse—maybe as bad as a "legally-blind" 20/200 image! And yes, for this condition, it is generally true that it is only able to be corrected in childhood. While there are doctors who argue that amblyopia can be treated as a teen or even as an adult, one thing is certainly true: after the age of 8 or 9, it is very difficult, if even possible, to improve the brain-eye relationship regarding how well the eye can see. Amblyopia is a condition that must be treated in childhood.

There are three general causes of amblyopia. Most commonly, it can be caused in one or both eyes by severe focussing errors such as far-sightedness, near-sightedness, or astigmatism. It can also be caused by an eye misalignment (that is, strabismus), because in order to avoid seeing double, the brain has to teach itself to ignore that misaligned eye, destroying the brain-eye relationship. Least commonly, amblyopia can be caused by something blocking the pathway of focused light to the back of the eye—like a cataract, or scar on the cornea, or droopy lid. So, given that there are many different kinds of 'lazy eye', and some of them involve strabismus (an eye misalignment), and that amblyopia must be treated when the patient is young, its not surprising that people get confused, and equate amblyopia with strabismus.

But, while we cannot really correct amblyopia as an adult, we can correct strabismus at any time! Usually, it is simply a matter of surgically adjusting the tension of the eye muscles, to make it easier for the brain to do what it is supposed to do—keep the eyes straight and working together.

I've thought of a second reason that even eye doctors can get confused about the suc-

cess of eye muscle surgery to straighten out the eyes: concern over double vision. Most people will notice double vision if the two eyes aren't looking at the same thing—misaligned. For this kind of patient, eye surgery will resolve their double vision!

But for a few people who have had an eye misalignment for a long time, since they were young, their brains get used to it. The brain can develop a brain preference for the eyes to remain misaligned. In this case, if the eyes were to be lined up, then the brain might perceive double vision, even if the eyes are perfectly straight after surgery! While this can be true for an individual patient, I've thankfully found it to be very rare. Also, I am almost certainly able to tell whether or not this will be a problem before I decide to do surgery. But it makes more sense to find out if this rare condition is true for an individual with a misalignment, rather than to assume, and make an ill-informed blanket statement that eye alignment surgery leads to double vision in adults.

Why do I get frustrated that patients are under the wrong impression about their misaligned eye, thinking that it cannot be fixed? Well, because the effects of a misaligned eye in an adult can be distressing. First, it must cause either double vision (a very annoying symptom!), or suppression—that is, voluntarily ignoring or "blinding" the central vision in the misaligned eye. Such a person uses only one eye at a time. However, we humans were designed to use both eyes together, and we function best that way. Also, it can make a person feel very self-conscious, and cause them to avoid social situations, making eye contact, or getting their photograph taken. Since eye contact is important in regular daily conversation, most anyone with an obvious eye misalignment will tell you they get tired of people asking them who they are talking to!

Second, a misaligned eye in an adult can be distressing to others, even if they don't admit it. Careful studies have proven that it is more difficult for a person with an obvious eye misalignment to compete for a job or school position, even if their resumé and experience are just as good as their competitors. We are designed to communicate with our eyes, and such a disruption takes work to ignore. Therefore, for most patients, it is a problem worth fixing.

So, in truth: for most adults with an eye misalignment, eye muscle surgery is

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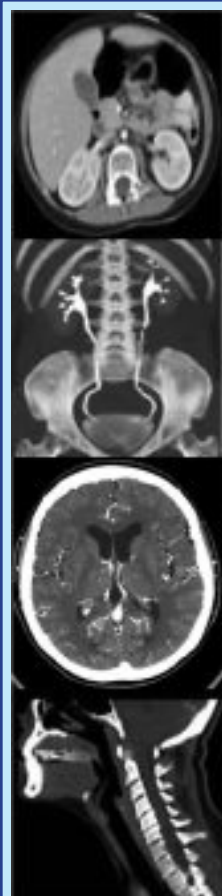
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Building a Bridge to Recovery

**Donald S. Sheldon, MD,
Board Member, Lorain County
Medical Society**

Opioid addiction is a terrible disease. It takes over your mind then takes away your life, literally, figuratively and too often, both. It's like standing on the edge of a cliff, on unstable ground, with the possibility for falling to your demise at any moment. Across the gorge you can see the high ground of recovery, but you know there is little chance of getting there, without significant help.

The person on the edge of that cliff could be anyone, from any class of society, any neighborhood. A friend, a neighbor, even a family member. Many of us have been touched all too closely by this disease. These are not bad people, they are people who badly need our help. If we turn our attention away from this epidemic and ignore it we could, at some point, find we turned our back on someone we love.

It is up to us as a society to address this epidemic. It's an epidemic nationally, in Ohio, and yes in Lorain County. We can look for support from the federal government, and the state, but ultimately, we must have a plan and commitment from our community to address our problem. Fortunately, there are many people and agencies in our community working hard to address it. What is needed is a comprehensive plan to pull together all of these resources, fill the gaps, and make sure those afflicted by this disease can safely traverse the bridge to recovery without falling to their demise. We are not there yet but we now know what we have to do to get there.

The Nord Family Foundation commissioned a study of Lorain County to assess our needs and help lay out a plan. Teaming up with the Black River Education and Wellness Foundation and the Community Foundation of Lorain County these three foundations have been working hard with key leaders and agencies in our county to build that bridge to recovery.

To build a bridge capable of handling this heavy load each cable must be strong and each plank must hold firm under the weight of this disease. We are building a walking bridge. Each person crossing it must make the effort, with each step, to move forward. Our duty is to build a bridge that holds up to the traffic it must endure. We must make sure each step forward is supported. Unfortunately, we still have weaknesses in our bridge. The collaborations needed to weave the cables that

hold it all together must be made stronger. The planks that represent the different levels of treatment and support must also be strengthened. And sadly, there are gaps in the walkway where no planks exist at all.

Bringing services together physically and functionally has proven to be the best blueprint communities can follow to build the strongest bridge. Recovery One is a project that does just that. Envisioned as one site with multiple services working together to seamlessly address the needs of those afflicted. A proposed site for these services is the now closed, county owned, Golden Acres facility. Originally built as a tuberculosis hospital (a disease that also consumed our society but has now largely been addressed) it is well suited for programs such as residential and recovery housing, two critical phases of treatment that are sorely needed in Lorain County.

The opioid epidemic is a large and complex problem. Even a facility like Recovery One will not address all our needs. Other pieces, other planks need to be put in place as well. As a coalition and as a community we must continue to work together to make that happen. The Lorain County Medical



Society strongly supports the development of initiatives such as Recovery One and encourages all sectors of our community to get involved. Together we can build that bridge to recovery. Together we can address this epidemic, as we have successfully addressed epidemics in the past. Together we can save lives.

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Cell therapy treatment: An evolution in Orthopedics

Daniel Zanotti, MD

There has been a tremendous amount of publicity regarding the use of cell therapy or stem cells for the treatment of injuries. In the orthopedic surgery community, cell therapy research has been underway for many years. The popularity of this treatment option has grown recently, as athletes and entertainers have utilized cell therapy for their injuries. While the hope of success is high, there remains some confusion regarding what cell therapy is, and when it can or should be considered as a treatment option. Cell therapy in orthopedics attempts to utilize your own native tissues to help repair or improve an injury. There are two main type of cell therapies: platelet rich plasma (PRP) and stem cells. PRP is performed by a simple blood draw, just like having blood drawn for routine testing. The blood is then placed into a centrifuge, where it is spun at a high rate. This separates the blood into several layers, including a platelet layer that contains the PRP. The PRP is carefully removed, and the remaining products are discarded. The PRP can be injected in an injured area to stimulate healing or reduce inflammation. The injected platelets release “factors”, chemicals contained within the

platelets that promote healing within the damaged tissues. Stem cells are cells that live within tissues throughout the body. The vast majority reside in the bone marrow, typical the large bones and pelvic bones. Stem cells also live in lesser numbers in fatty tissues, as well as in the umbilical cords of newborn babies. Stem cells have the ability to divide and become cells of other functions, including cartilage or bone cells. Their unique ability to evolve into other tissues shows their vast potential for healing damaged areas and improving joint or soft tissue problems. Because of their locations in the body, stem cells must be obtained by bone marrow aspiration or liposuction from fat. They are then processed in a system similar to PRP that isolates and purifies the cells for use. Once obtained, PRP or stem cells can be placed into a joint or tissue that is damaged. While the mechanism is different, both can lead to decreased joint inflammation and improved function. Some studies suggest that improvements can last for over a year, as compared to cortisone or gel injections that typically last 3-6 months. Cell therapy does not “grow” cartilage however, as some publicity suggests. It also works best in areas



where some healthy tissues remains, and works less in areas with severe tissue damage. As our experience and understanding of this unique treatment evolves, we will be able to target injured areas with more precise cell therapy options to optimize healing. The potential exists to someday “fix” or heal injuries utilizing a patients own cells, and avoid surgery. Much work is needed before we get that that point, but the recent protocols utilizing cell therapy mark the beginning a new era in orthopedic care. The Center for Orthopedics remains at the forefront of this evolving technique and invites you to learn more about who may benefit from cell therapy. Contact Dr. Zanotti or the Center for Orthopedics to learn more about cell therapy treatment. He can be reached at www.center4orthopedics.com or www.clevelandsportsdoc.com.

GET STRAIGHT FROM PAGE 4

an affective way to restore normal eye alignment, and treat double vision—no matter the age. Looking over my records, the eldest patient whose eyes I’ve straightened out was 88 years old. It wasn’t too late for him!

I love doing this procedure because, with only a small effort on both my part and the patient’s part, and with very low risk to the eye’s health, we can resolve an issue that can be very bothersome to both the patient and those who interact with them. Also, insurance covers this medically necessary procedure.

Now you have a little more knowledge about misaligned eyes, and how there is no time or age limit on having surgery to fix it! If you are interested in setting up a consultation about misaligned eyes or double vision for yourself or a friend, my office can point you in the right direction.

Dr. Pierre’s Avon office:
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Lorain County Medical Society

JOIN TODAY!

The Lorain County Medical Society is comprised of Lorain County physicians in all areas of practice and specialties. LCMS is committed to serving our member physicians through a comprehensive program of: legislative, regulatory, economic, and social advocacy. LCMS strives to serve the residents of Lorain County through community events, health information publications, and physician referral services.

Benefits of Membership

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Visit www.lcmedicalsociety.com to join today!

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Low Self-esteem

Are your problems, the problem?

Everyone talks about having low self-esteem. It's a major target for clinicians when first assessing a new "client" or "patient". After a brief introduction we head straight to a person's "chief complaint". We then drill down into their chief complaint with their "history of present illness". We then correlate these problems with their medical problems and the issues in their "family history". We round up our analysis by diagnosing them and then addressing their low self-esteem in a "treatment plan". After that approach...I wonder how anyone could feel good about themselves!

Neurobiologists are fond of saying, "Neurons that fire together, wire together". One consequence of this concept is that the way we "talk about", "refer to" or even "insinuate" eventually becomes hard wired in. That's why your therapist nearly throws-up or has conniptions when you say something like, "I'm such a dork!". I wonder, however, whether therapists set conversations down the wrong neuropathway when we begin each session by addressing your "problem list"?

Eastern thinking tends to address life or-

ganically thereby including everything in the circle of life. We in the West like to take that circle apart...make it linear...by addressing a problem and then finding a solution. It may not be elegant nor inclusive, but it is simple and fast...much like any addictive mental process! For example, looking at our country from the left or the right produces clear answers, including, the other guys are idiots! The same can be said when approaching your day as a series of problems that need resolved.

What if...we began with the circle? What if you practiced being who you are before, during and after considering any challenge you face? What if you grounded your thoughts and feelings in the love you shared while optimizing your relationships? What if life was happening for you, not to you?

This is the way your subconscious mind thinks. It's intimately connected to what's good for you, good for others and good for the greater good. It's wired to raise your heart rate when you stand and lower it when you sit. You have the conscious ability to take short cuts and look at one aspect of life apart from all others. This helps in an

emergency. It's not as helpful as you address yourself as a "dork"!

Neurobiologically, you hard wire in your thought patterns as you practice them over time. Think of yourself as a dork and you'll likely find it easy to think of yourself and others as dorks in the future...like your children. Thankfully, hard wiring isn't permanent. With practice there is an opportunity for change. This makes every change an opportunity "to be" even more.

What if?

- You looked for opportunities for change, rather than dreading them.
- You got to know a person before you got to know their "problems"?
- You looked for answers that addressed everyone's needs rather than one person's or another's?
- What if "impossible" changes simply take more time?
- What if "optimizing" evolves into better and more sustaining solutions?
- What if "happiness for the moment" can evolve into a joyful life?
- Most of all...what if you're not a "dork" but a "cool dude"!

Always remember...thoughts create feelings, and nobody is in charge of your thoughts but you.

Welcome to the Oneness Approach! A mind-body-soul approach to wellness that teaches you how to integrate and implement oneness within, between, and beyond. Honoring yourself and all of your relationships with genuine authenticity and compassion.

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Wellness Champion: Robert Berkowitz, MD, Orthopedic Spine Surgeon

Dr. Berkowitz is a firm believer that exercise has amazing health benefits, but you can't exercise your way out of bad eating.



Dr. Robert Berkowitz was once a teenage 'jock' – a talented one. He was an all-state baseball player in high school and played soccer in college.

For decades after, he continued playing pick-up soccer. "But I hung up my shoes about five or six years ago after coming home limping too many times," he says.

But this is not the story of someone who let his fitness level lapse. While being a busy orthopedic spine surgeon, Dr. Berkowitz incorporates wellness habits throughout his day. Staying fit, he knows, doesn't require a huge amount of exercise,

but an artful way of approaching food and activity and some other habits.

"I am a believer that exercise has amazing health benefits, from physical to psychological, to longevity and mental clarity," he says. "But I also believe we can exercise too much. We don't have to be crazy and work out seven days a week."

"For me, doing something four or five days a week is fine. I might run once or twice, but I'll also count going on a 3-4 walk with the dog or playing soccer in the backyard with my kids."

Another habit is to take the stairs whenever possible – and taking a break mid-day to eat a plant-based, whole-food lunch he's brought with him from home. (He does the same for breakfast.) Some days, he might even meditate for a bit, perhaps in an empty exam room. But taking that short lunch break is an important and regenerative daily practice for him. So is following a stretching routine to stay limber.

One of the things Dr. Berkowitz feels most strongly about is this: "You cannot

exercise your way out of bad eating, and if you need exercise to obtain or maintain an optimum weight, I'd question if you are eating right," he says. "I'm also a firm believer that it's the quality of food you eat that matters more than the quantity."

"The most intimate thing we do as humans is put food in our mouths. And every cell in our body is made up of what we eat. I believe the most important thing people can focus on is what they put into their body – ideally, it's clean whole foods that come from the earth."

When Dr. Berkowitz meets with patients who have neck or back problems and pain, he doesn't stop at addressing those on a clinical level. He asks them about their habits, their exercise, and lets them know that if they have any questions about how to create a healthier lifestyle, he can help them with answers. "I tell them, 'I'm more than happy to sit down with you on my time, during lunch or some other time, to talk about it.'"

"Not one person has ever taken me up

on it."

If they did, he might share stories from his and his family's life about making a shift to a higher quality diet. At first, his wife and daughters considered him a bit of a zealot about healthy eating. But it grew on them when they saw the fresh whole foods he ate. "Now my wife and my daughters, who are 11 and 12, are as rigorous about it as I am," he says.

The family now does a lot of its shopping at farmer's markets. "We do eat meat, but we have interviewed and met the farmers from whom we buy our eggs, chicken, lamb and beef," says Dr. Berkowitz. "The animals are grass-fed and the chickens are so 'free range' that they peck for their own food in the fields, except in winter. The only fish we eat is wild-caught salmon and small fish, such as anchovies or sardines."

His philosophy is the one espoused by author Michael Pollan: "Eat food, not too much, mostly plants."

It's a gentler approach to wellness, and a simple one too.

Local Doctor becomes award-winning author



Yes, there is life after retirement. After practicing medicine throughout Lorain County, I retired and began a

second career. I developed a passion for writing in college, but I knew I needed to learn the craft. I began by taking creative writing courses at colleges (the first at LCCC) and attending writing workshop. After many years

of blood, sweat, and tears, Coffeetown Press in Seattle purchased my mystery trilogy, all of which take place in Lorain County and the Greater Cleveland area. The first book in

the Father Jake Austin mystery series, entitled DEROS, has been released worldwide, and the second (Miracles) is scheduled for release in February 2019. I hope you'll visit my website at www.JohnVanekAuthor.com and give DEROS a read.



Dr. John Gerhard
(440) 930-6015

Few people with diabetes know about the limb-threatening foot condition, or its warning signs

As diabetes rates soar nationwide, a Lorain county foot and ankle surgeon says he's seeing more patients with a rare diabetic foot

complication.

The condition is called Charcot foot (pronounced SHAR-co). Foot and ankle surgeon John Gerhard, DPM, FACFAS, says it involves a sudden softening of the foot's bones. This can trigger an avalanche of problems, including joint loss, fractures, collapse of the arch, massive deformity, ulcers, amputation, and even death.

"As the foot's structure collapses, the bottom of the foot can become convex, shaped like a rocker," says Gerhard. "But diabetes patients frequently won't feel any pain because they have severe nerve damage in their lower extremities."

Gerhard says every person with diabetes

should know the Charcot foot warning signs: a red, hot, swollen foot or ankle.

Several other dangerous conditions, such as deep vein thrombosis and acute infections, share these symptoms. A red, hot, swollen foot or ankle requires emergency medical care.

The American College of Foot and Ankle Surgeons (ACFAS) estimates less than one percent of people with diabetes develop Charcot foot. But nationwide, the College's 6,800 members say they're noticing more Charcot cases as more Americans develop diabetes.

Charcot cannot be reversed, but its destructive effects can be stopped if the condition is detected early. People with diabetes plays a vital role in preventing Charcot foot and its complications. Diabetes patients should keep blood sugar levels under control. This has been shown to reduce the progression of nerve damage in the feet. People with diabetes should also inspect both of their feet every day and get regular check-ups from a foot and ankle surgeon.

For more information on Charcot foot and other diabetic foot conditions, contact Dr. Gerhard's office at (440) 930-6015 or www.neurospinecare.com.



Dr. Gerhard is board certified in foot surgery and earned his podiatric medical degree from Kent State University School of Podiatric Medicine. He has been practicing since 2014 and began providing full podiatric care at NeuroSpinecare in Sheffield Village in 2017. Dr. Gerhard specializes in diabetic foot care, wound care, and deformity correction in addition to foot and ankle problems.

NeuroSpinecare, Inc.

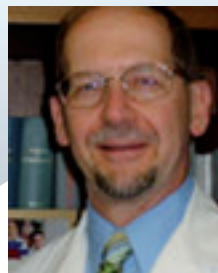


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