

DESTINATION GEAUGA

Medicare Q & A with Mary Duncan



Q: What is the Annual Open Enrollment

Mary: The Medicare Annual Open Enrollment runs every year between October 15th and December 7th. This is the time of the year that you can change your Medicare Advantage Plan or your Part D plan to another plan of your choosing. I certainly would recommend that you call your agent to make an appointment to discuss your current plan and if that plan will continue to meet all your needs.

Q: My employer just reduced my hours from full to part time and I will be losing my medical plan. I am 68 years old and am unsure what to do.

Mary: You are entitled to a Special Election Period to purchase a Medicare Plan. You will need both your Part A & B to apply for a plan.

Q: What is the Extra Help Program?

Mary: Extra Help is a Medicare program designed to assist individuals with income and asset limits to help pay for prescription drug costs. If you qualify, you can get help to pay your Part D monthly premium, the yearly deductible, coinsurance and copays. The gap or donut home phase will also be covered and there will never be a concern regarding any late enrollment penalties. If you are enrolled in the Medicare program and think you may qualify, you can call Social Security to apply or go online to SocialSecurity.gov/extrahelp to apply online.

Q: My husband has already received his new Medicare card and I am concerned that I have not received mine yet.

Mary: Do not be concerned or panic. And, you do not need to call Medicare. The mail out of the cards will continue to be sent out until next April of 2019. As husband and wife you will not necessarily receive your cards at the same time.

Let us make Medicare easy for you or your loved one. Call us today. WE CAN HELP! More information is available at www.haas-haasinsurance.com

Mary Duncan is vice president of Haas Healthcare Solutions in Chardon, Ohio. She can be reached at 440-286-1263.



THESE ARE HOLLY DAYS

Make a plan to fill gift bags and mailboxes with the beautiful gift of Nature

Shoppers at Geauga Park District's ever-popular Holly Days Artisan Boutique will revel in a premier selection of juried Nature-themed gifts by more than 25 regional artists. It's the perfect place to get a jump on the holiday season and find quality handmade items for everyone on your list!

Holly Days Artisan Boutique happens this year on Saturday, November 10, 10 a.m. to 4 p.m. at The West Woods in Russell Township, as does the Mistletoe Market, featuring youth artisans ages 18 and under selling items that they themselves have made at various price points.

Within a festive nature setting, Holly Days shoppers can expect to find heirloom-quality ornaments and holiday décor, all-natural bath and beauty products, gourmet food and snack items, unique jewelry and accessories, beautiful and functional pottery and glass items, gifts hand-turned from wood, indoor planters and terrariums, and much more. There will truly be something for everyone.

All are welcome free of charge. The West Woods is wheelchair/stroller accessible. With questions, please contact Teresa Runion, special events coordinator, at trunion@geaugaparkdistrict.org or 440-279-0882.

Fun had at Fall Fest



This year's Fall Fest may have been a little warm for a fall event, but lots of fun was had by the nearly 1,000 people who attended. There were a number of fun activities to participate in including smore making, scarecrow making, balloon art, music, and free food such as hot dogs, apple cider, and other warm drinks.

This wonderful event would not be possible without the support of City of Chardon, Boy Scout Troop 226, Chardon Area Kiwanis, Chardon Square Association, and Rotary Club of Chardon. The event was the brain child of Randy Sharpe, Chardon City Manager and organized by Joe Rodriguez, City of Chardon Recreation Director.

"It is so nice to see the young families come up to the Square to work together to create a unique scarecrow to take home, said Norma Moses, coordinator of the scarecrows for the Chardon Area Kiwanis. "Fall Fest is one of my favorite event held in the city each October."

To learn about events civic groups in the City please visit www.chardon.cc, www.chardonsquareassociation.org www.kiwanisclubofchardon.org, and/or www.chardonrotary.org.



Nov 1 - 30

Countryside Gazebos & Outdoor Furniture Sale

End of Season Sale!! Until Dec. 31st. 10% - 20% Off All in Stock Outdoor Furniture and Accessories Mon. - Sat. (9 am - 5 pm) & CLOSED TUES. & SUN.

Nov 2, 9, 16, 23, 30 (5:30-7:30 pm)

Fish Fry Fridays

Open to public; your choice of Perch, Orange Roughy, Shrimp, Chicken Tenders; French Fries or Home Fries, Salad or Cole Slaw, Bread, Coffee or Tea; Other beverages available cash bar Proceeds benefit the Chardon Eagles Ladies Auxiliary Charities TO GO ORDERS AVAILABLE CALL 440-286-9921

Nov 3, Sat (10 am-4pm)

Christmas Extravagaza

A Variety of Unique Venders and Crafters; Bake Sale * Food Available * Chinese Auction. Free Santa Pictures — Bring Your Camera!! All Proceeds from this event support the Women's Ministries of the Parish Sponsored by SS. Edward

November Events

& Lucy Parish Any Questions: Call Marge 440-279-7574 - St. Lucy Winca Hall

Nov 3, Sat (10:00 am - 5:00 pm)

Christmas Open House at Sunrise Farm

Step into our cozy barn festively decorated for the Christmas Season. Enjoy hot cider and gourmet goodies. Santa will delight children on a hayride (weather permitting). Hundreds of gourmet gift baskets surround our train display. Sparkling displays around every corner will amaze and delight. Merry Christmas! Sunrise Farm 440-834-1298 sunrisefarmgifts.com

Nov 3, Sat (10am-4pm)

Gear-Up for Winter ~ Shop & Brunch Event

Are you ready for outdoor winter fun? We are here to help. Join us at the Snö Châlet at Punderson to outfit you and your family with the finest outdoor apparel, active wear and sporting equipment for winter while indulging on authentic Belgian Waffles, local maple syrup, Rising Star Coffee Roasters coffee and other

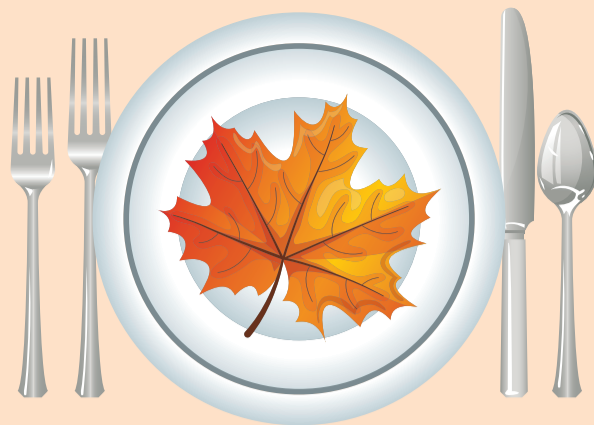
brunch specialties. Purchase new and used x-country skis, snowshoes, ice skates or your very own official state park snow tube. Bring on the s-n-o-w! Punderson State Park Snö Châlet | 440-773-250 | sno-chalet.com

Nov 3, Sat.(Noon-5pm)

Grand River Valley Turkey Trot

A progressive food & wine tasting event. Join us for an afternoon at Debonne' Vineyards, Ferrante Winery, Grand River Cellars, Laurello Vineyards, and St. Joseph Vineyards tasting fine wines paired with dishes from your Thanksgiving dinner. Let the wineries help you pick out the perfect wines for this holiday. The cost for the event is \$5 at each winery and includes wine samples, food pairings, and recipes. No reservations necessary. Bring a canned food item into each winery and receive \$1 off your ticket price. The donations will go to the local food banks. Begin at the winery of your choice for this drive yourself tour. No pre-sale tickets or reservations necessary. Ferrante Winery & Ristorante | 4404668466 | www.ferrantewinery.com

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Tickets Available for "Taste of Geauga"

"Taste of Geauga" will be held in the new lodge at Claridon Woodlands Park in Chardon on Saturday, Nov. 3rd from 6:00 to 8:00 pm. The cost is \$20 per person. Local restaurants, caterers and food establishments will be sharing samples of their favorite menu selections. Tickets must be purchased in advance by calling Destination Geauga at 440-632-1538. Visit www.DestinationGauga.com for more information.



Chardon Square Christmas Lighting

Christmas is a special time on the Square. Main Street and the Park are decorated for the holiday with a Christmas Tree Lighting Ceremony, complete with musical entertainment and a special visit by Santa and Mrs. Claus. Hot apple cider and ginger snaps are served. The Tree Lighting is held each year on the first Thursday after Thanksgiving. Join us on Thursday, November 29 at 6:30 pm. chardonsquareassociation.org/events/christmas-lighting

Geauga Park District invites you to find items for everyone on your list!



A unique, Nature-themed juried craft show

Saturday, November 10
10 AM - 4 PM

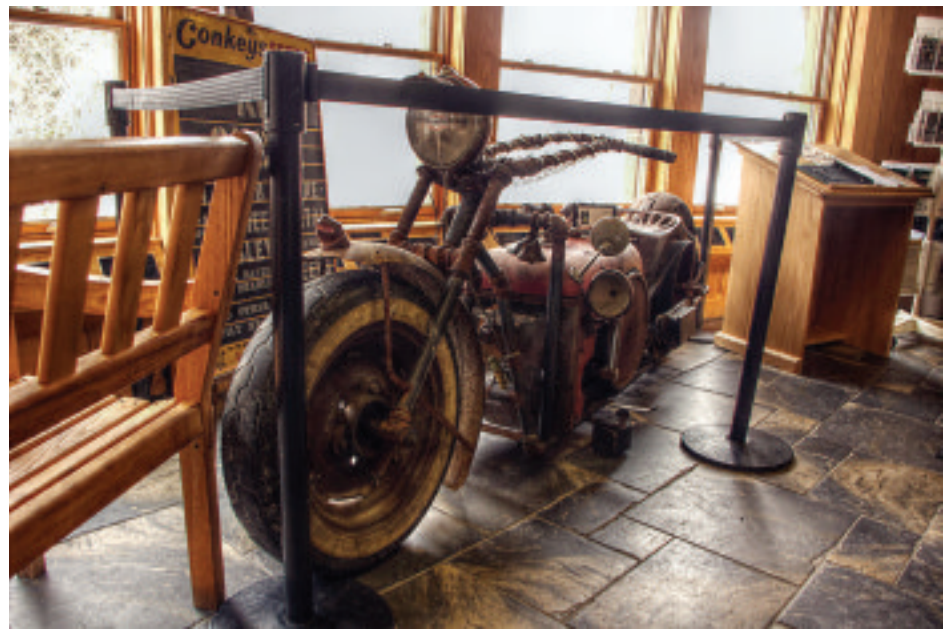
The West Woods Nature Center
9465 Kinsman Road (Rt. 87)
Russell Township



Also shop for handmade gifts and artwork made by youth artisans at

MistletoeMarket

www.geaugaparkdistrict.org



CALL FOR ENTRIES: "DISCARTED" RECYCLED ART EXHIBITION



Back by popular demand, the "discARTed" Recycled Art Exhibition will return to Geauga County from February 17 through April 15 - but not without a call for entries, far and wide, first!

Entries may be submitted January 29 or January 30 at The West Woods Nature Center in Russell Township. For guidelines or to enter, print your artist application now at <http://bit.ly/gpdspecial> or pick one up in person at the nature center.

Geauga Park District's first discARTed exhibit, which ran November 2009 through January 2010 and showcased more than 100 artists and 200 pieces, attracted close to 10,000 visitors and amped up awareness of sustainability and recycling on a regional level.

"The discARTed show is a challenge to the community to 'think outside the trash can,'" said Teresa Runion, special events coordinator, "utilizing cast-off materials in the creation of decorative and functional artwork. Works created from recycled materials are carriers of memory, containing vestiges of their former function into the new art pieces."

"The possibilities for raw materials are endless, as is the potential for artwork being created. Visitors are drawn to the mystery of what has been created and are delighted with the unique artwork they will find. There were numerous requests to offer this exhibition again from visitors to the show as well as artists wishing to exercise their talent further."

Once on display, discARTed will run daily from 10 a.m. to 4:30 p.m. For more information, contact Teresa at 440-279-0882 or trunion@geaugaparkdistrict.org.

Events at Geauga County Public Library

The Write Life:

How to Publish and Succeed as a Professional Author

Chardon Branch, 110 East Park St., Chardon. Wednesdays, November 7 & 14, 7 p.m.

You've always loved telling stories. Now, you've written one...but what do you do with it?

Over the course of two workshops, learn tips on getting published from bestselling, award-winning author Sara Dobie Bauer. Find out about self-promotion and social media, too, because being an author isn't just sitting around, writing the great American novel. It's about book signings, conventions, paid freelance gigs, and having an online presence. It sounds daunting, but living the author life can be a lot of fun!

Sara Dobie Bauer is an author, model, and mental health advocate with a creative writing degree from Ohio University. She lives with her husband and two precious pups in Northeast Ohio, although she'd really



like to live in a Tim Burton film. She is author of the paranormal rom-com Bite Somebody series from World Weaver Press, among other ridiculously entertaining things.

Register Now call (440) 285-7601 or visit geaugalibrary.net.

Sponsored by Chardon Friends of the Library.

Cleveland at war

Geauga West Branch, 13455 Chillicothe Road, Chesterland.



Saturday, November 3, 2:00 p.m. What was Cleveland's role in World War I and World War II? Learn about how Cleveland's industrial power made key contributions to both wars. Hear the stories of prominent Clevelanders and local heroes who helped achieve victory, and see some of the treasures of the Western Reserve Historical Society's military collections. Register Now call (440) 729-4250 or visit geaugalibrary.net.

The Maple Leaf Route in Geauga County Middlefield Branch, 16167 East High Street, Middlefield Saturday, Nov. 17, 1:00pm

Join author Dan Rager as he presents The Maple Leaf Route, the first published book to chronicle Geauga County's famous railroad. See rare photos and original documents, and learn about its intriguing history. Register Now call (440) 632-1961 or visit geaugalibrary.net.

Strategies for managing stress during the holidays Bainbridge Branch, 17222 Snyder Road, Chagrin Falls Saturday, November 17 at 2 p.m. Registration Required

Mary Bornstein, program staff from The Gathering Place will talk about techniques & tools to manage stress. She will also discuss the free services offered at The Gathering Place. Register Now call (440) 543-5611 or visit geaugalibrary.net.



NOVEMBER EVENTS FROM PAGE H1

Nov 3, Sat (6:30 pm)

Murder Mystery Interactive at Punderson Manor

A classic murder mystery interactive at Punderson Manor. Come out with your friends and attempt to solve a murder for a fabulous prize of a two night stay at Punderson. Presented by our friends at Murder and Mayhem We will feature a cash bar and heavy hors d'oeuvres are included with your admission. Bar opens at 6:30pm with events proper starting at 7pm. Book Your Spot: www.eventbrite.com/e/murder-mystery-party-at-punderson-tickets-50414445965 Overnight accommodations available. Punderson Manor Resort & Conference Center

Nov 6, 13, 20, 27 (5:30pm-7:00pm)

Spaghetti Dinner Tuesday's

Spaghetti and Meatballs, Salad, Garlic Bread, Coffee or Tea, also available with Alfredo Sauce, Other beverages available, Cash Bar TO GO ORDERS AVAILABLE CALL 440-286-9921 Proceeds Benefit Chardon Eagles Ladies Auxiliary Chairities

Nov 10, Sat (10:00 am)

Holly Days Artisan Boutique & Mistletoe Market

Browse a premier selection of Nature-themed holiday decor and gifts for sale by regional artisans – the perfect opportunity to find unique, handmade items for everyone on your list! The Mistletoe Market will also have handmade gifts created by youth artisans. Wheelchair/stroller accessible. Geauga Park District - The West Woods Nature Center | geaugaparkdistrict.org

Nov 11, Sun (8:00 am)

Winging It: Waterfowl on the Move

Meet up at the parking area on Valley Road to bird LaDue Reservoir for loons, waterfowl and Bald Eagles during prime migration time. Spotting scopes provided. Van seats available first come, first served. Caravan behind if van fills. Ladue Reservoir, Boathouse Parking Area | www.geaugaparkdistrict.org

Nov 15, Thurs (6:00pm-8:30pm)

Holiday Windows Event

A magical evening in the greenhouse, surrounded by beautiful holiday plants and lights. Enjoy a delicious feast, then wander through the decorated greenhouse. Call for details Auburn Pointe Greenhouse | 440-543-7455 www.auburnpointegreenhouse.com

Nov 17, Sat (10am-5pm)

Christmas Open House

Come get a jump start on Christmas Shopping with Gifts Galore! Home Decor, Unique Finds, Natural Body Care, Essential Oils, Natural Cleaners.

Many original Artisans and their treasures will be Offered! Drawing for Gift Basket for those who make a purchase!! His Daughter | 440-487-0724 | hisdaughtershop.com

Nov 17, Sat (6pm-8:30pm)

Holiday Windows

This magical evening includes a delicious dinner and dessert buffet surrounded by the splendor of holiday lights and decorations. Treat yourself to a truly enchanted evening that will inspire and delight. Call for details. Auburn Pointe Greenhouse | 440-543-7455 | www.auburnpointegreenhouse.com

Nov 23 & 24, Fri & Sat (8am - 8pm)

Mullet's Footwear Annual Customer Appreciation Day's

10% off STOREWIDE!!! (Some items excluded) ** Free coffee & Donuts**** Mullet's Footwear and Country Cedar | 440.693.4363

Nov 23, 24 & 25, Fri, Sat & Sun

(10:00 am - 4:00 pm)

Country Hearth Christmas & Christmas in the Village

Burton Village celebrates Christmas with old-fashioned flair. Enjoy a lighted parade on Friday at 6pm followed by caroling, holiday decor lighting and refreshments. Santa will be at the Burton Log Cabin with free hot chocolate and cookies 12-4 pm Burton Log Cabin & Sugar Camp Burton Chamber of Commerce | 440.834.4204 | www.burtonchamberofcommerce.org

Nov 23, 24 & 25 (10:00 am - 5:00 pm)

Fowlers Mill Store Holiday Open House

Step back in time as you stroll through Fowler's Mill. This 1834 Structure will be beautifully decorated in all of its Holiday Splendor. Join us for light refreshments and holiday cheer. Holiday Gifts & Gift Baskets. Fowler's Milling Company | 440.286.2024 | www.fowlermill.com

Nov 23, Fri (7 pm)

Village of Middlefield Tree lighting

Cardinares will perform, refreshments provided at

The Pocket Park (St. Rts. 608 & 87) Pocket Park | 440.632.5248

Nov 24, Sat (1:00 pm)

Home Sweet Habitat Scavenger Hunt

Drop in anytime during program hours to explore nature's habitats with a fun indoor scavenger hunt where you can meet some animal friends, play games and win a prize – fun for the whole family! Geauga Park District - The West Woods Nature Center | www.geaugaparkdistrict.org

Nov 25, Sun (9:00 am)

Breakfast with Santa at Punderson

Treat your children to one of the most beloved holiday traditions, Breakfast with Santa. Punderson Manor, with its famed holiday decorations and Sunday brunch, serves as a back drop for creating rich childhood memories. After Breakfast take your kiddos and your camera to have their picture taken with Santa. Reservations are recommended. Punderson Manor Lodge | 440.564.9144 | www.pundersonmanorstaterparklodge.com

Nov 29, Thurs (6:30 pm)

Chardon Square Christmas Lighting

Christmas is a special time on the Square. Main Street and the Park are decorated for the holiday with a Christmas Tree Lighting Ceremony, complete with musical entertainment and a special visit by Santa and Mrs. Claus. Hot apple cider and ginger snaps are served. The Tree Lighting is held each year on the first Thursday after Thanksgiving. chardonsquareassociation.org/events/christmas-lighting

Nov 30, Fri (4pm - 8pm)

2018 Festival of Trees

Visit an enchanted forest of dozens of beautifully decorated trees and festive holiday décor displayed on all three levels of this historic building. (Displays are partially handicapped-accessible.) Presented by Middlefield Historical Society on Fridays, Saturdays and Sundays for two weekends. Starting Nov. 30 Century Inn | 440-632-0400 (leave message)

**Merry Mailings****Wonderful Women & Wine**

Thursday, November 15

6:00 pm – 8:00 pm

We welcome back Wild Lily Designs to Lowe's Greenhouse for a night of holiday crafting. We will be making Merry Mail boards (approx 4'x2') to hold all of your holiday cards and keepsakes. \$50 gets you a board- stained dark walnut or whitewashed- and you will received step by step instruction to stencil, paint, and decorate your artwork.

This event is part of the Wonderful Women & Wine Series. Bring some friends and a bottle of wine! Look for specials in Wild Thistle just for attendees. As always, we'll provide the inspiration and supplies (and clean up the mess!).

Lowe's Greenhouse, 16540 Chillicothe Road, Chagrin Falls, 440-543-5123 lowesgreenhouse.com

The most downloaded holiday songs

Music is integral to many celebrations during the holiday season. Whether you're planning an office party, hosting friends and family at home or simply looking to get in the holiday spirit, you might want to explore this list of the most downloaded Christmas/holiday songs on iTunes.

1. All I Want For Christmas Is You — Mariah Carey
2. Mary, Did You Know? — Pentatonix
3. Christmas/Sarajevo 12/24 (Instrumental) — Trans-Siberian Orchestra
4. Mistletoe — Justin Bieber
5. Christmas Canon — Trans-Siberian Orchestra
6. Rockin' Around the Christmas Tree — Brenda Lee
7. Believe — Josh Groban
8. Last Christmas (Single Version) — Wham!
9. Jingle Bell Rock — Bobby Helms
10. It's the Most Wonderful Time of the Year — Andy Williams
11. Hallelujah — Pentatonix
12. Wizards in Winter (Instrumental) — Trans-Siberian Orchestra
13. Winter Song — Sara Bareilles & Ingrid Michaelson
14. Hallelujah — Lindsey Stirling
15. Last Christmas — Taylor Swift
16. Feliz Navidad — José Feliciano
17. Santa Tell Me — Ariana Grande
18. A Holly Jolly Christmas — Burl Ives
19. The Christmas Song (Merry Christmas to You) — Nat "King" Cole
20. Hard Candy Christmas — Dolly Parton



University Hospitals Gauga Medical Center

Haas, Haas + Associates

Congratulate UH Geauga Medical Center's

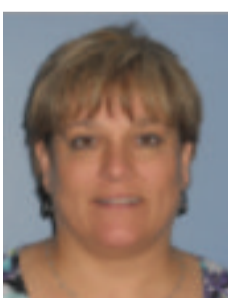
Heroes of the Month

**Natalie Gommel**

Natalie has been in the role of our Infection Control Nurse for just six months. It is amazing to review all that she has learned and accomplished in just six months. Infection Control is important to every department in this hospital and for the safety of every patient, staff and family members who enters UH Geauga. The role is also very important to the quality care and all quality government financial incentive programs. Most hospitals, including UH Geauga have one Infection Control nurse. The nurse must be independent self-motivated and resourceful. Natalie has elevated the standards, and appropriately involved staff and managers in this process. There are many projects currently in the quality department adding to the work load and challenging inflectional control. Natalie has managed all of these projects analytically and effectively. In addition to these projects, we are preparing for a Joint Commission visit. Natalie has visited all of our off site locations, and has been getting them ready for a successful visit as well. We are so happy to have Natalie as our Infection Control Nurse. We thank Natalie for coming to work each day with a positive attitude, and ready to serve the team and our patients.

**Elizabeth Schneider**

Elizabeth was hired initially as PRN for Oncology Clinics. In her interview she was also told she may need to learn a number of roles and fill in as needed. Soon after her hire Liz, was offered an opportunity to assist Dr. Argote-Greene, which she accepted with a smile, and she was eager to learn the new role. Liz traveled to the wound clinic for months to learn Dr. Argote-Greene flow/patients. She took time out to learn the equipment and procedure needs, so that things continued to run smoothly. She also helped with educational material for patients as well. When the SCC Clinical Educator came out and took a look at what Liz had done for the patients to educate them, she could not commend Liz enough. Liz also went above and beyond for a patient who had lost 20+ pounds since last seeing them. The patient reported to Liz that he was too tired to go out and get anything to eat, and there wasn't anything that looked good in his house. Liz asked the patient what his favorite food was. She then ordered this meal from a pizzeria near his house and paid for the meal and delivery. The patient was so thankful and able to enjoy one of his favorite meals, sadly just days before his passing. We are so fortunate to have a person like Liz on our team.

**Lorraine Stojkav**

Lorraine consistently demonstrates and lives our five core values. On a recent survey a patient recognized Lorraine by name. The patient stated that Lorraine was exceptionally helpful and kind towards his wife. Lorraine quickly got to the door as his wife came in and stayed with her so she would not be alone while he went into surgery. Lorraine was consoling and kept the family updated. After the patient was released from the hospital they had lost some paperwork. They called the hospital but felt like they got the run around. The patient called Lorraine and she took care of everything for them. No one is surprised to hear this about Lorraine. She consistently makes the patient the number one priority. It doesn't matter what is going on in her day she will drop everything and assist the patient. Lorraine's compassion is what makes UH GMC what it is today. Lorraine is a great team player and willing to do what it takes to take care of our team members and patients.

**Kelly Stephens**

Kelly is a Scheduling Coordinator in the Central Scheduling area. In scheduling, her role was to contact patients prior to their service to ensure the department had accurate and complete information on file, allowing them to expedite their check-in process on the day of their service. When speaking with patients Kelly was often asked to help explain the patients' benefits and the ins and outs of the ever changing world of healthcare. With Kelly's drive for success and innovative thinking she quickly transformed her position incorporating the systems approach of providing patients with an out-of-pocket financial statement and explanation prior to their visit. Today Kelly continues to demonstrate "out of the box" thinking as she has developed training to co-workers in and out of the department. Kelly encourages patients to keep her name and number handy, and to reach out at any time for questions. We appreciate everything Kelly does and are proud of the difference she makes for our patients.

Each Hero will receive a gift certificate courtesy of



and William R. Haas.



University Hospitals
Gauga Medical Center

13207 Ravenna Road
Chardon, Ohio 44024
UHgeauga.org



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100 Seventh Ave. #135
Chardon, Ohio 44024 • 440-286-1263
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Sunday, October 28, 2018

Health Talk



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: I was diagnosed with a rotator cuff tear. I was hoping to avoid surgery and had heard about cell-based and biologic injections like platelet-rich plasma. Do these work?

A: Injections of blood products such as platelet-rich plasma (PRP) have been used for several years now and have become a topic of interest for investigational research. The process of receiving such an injection involves drawing blood from the patient, spinning it down in a centrifuge and taking a concentrated portion of the sample and injecting it back into the patient at the site of injury. The theory behind the intervention is that PRP has a greater concentration of growth factors and other elements that could facilitate healing and regeneration in an area of structural damage and might obviate the need for surgery. These treatments are often misleadingly marketed as "stem cell" injections when in fact there are few if any true stem cells within them.

To this point numerous studies have examined the effects of PRP and other such treatments for orthopaedic injuries and the evidence does not support their use. A recent paper presented by McQueen et al. at the annual meeting of the American Orthopaedic Society for Sports Medicine in July studied the effectiveness of using PRP injections in the elbows of Major League Baseball players who were experiencing pain with throwing. The results of the study showed that the athletes who received a PRP injection had a significantly lower return-to-play rate, a longer time to return to throwing and a longer time to return to play compared with players who did not receive the injection and instead participated in a traditional physical therapy program.

What is more, the group who received the PRP injection had a higher rate of requiring surgery than those who did not, thus defeating the purpose of the injection in the first place.

If you are diagnosed with a rotator cuff tear or other structural injury, PRP or other "stem cell" treatments will not result in healing or regeneration. The more you know about the effectiveness

of proposed treatments the more capable you are of making informed decisions. This information should help.

To learn more about the treatment of rotator cuff tears visit ohioshouldercenter.com

Eric M. Parsons, M.D.
Ohio Shoulder Center for Arthroscopy
Lake Orthopaedic Associates, Inc.
36060 Euclid Ave., Suite 104
Willoughby 440-942-1050
9500 Mentor Ave., Suite 210
Mentor 440-352-1711
www.ohioshouldercenter.com



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: I am thinking about getting LASIK. What all can I expect during a LASIK consultation?

A: It is an exciting thing that you are considering this life-changing procedure! Before anyone decides to have LASIK vision correction surgery, they must first schedule a LASIK consultation to determine whether or not they are a good candidate for the procedure.

During your LASIK consultation, you will have a comprehensive eye exam to evaluate the overall health of your eyes. The exam includes pupil dilation to get an accurate measurement of your refractive error, corneal topography to measure the thickness of your corneas, and wavefront measurements to determine the type and amount of higher-order aberrations. Other examinations include analyzing the tear film, eyelid inspection, and testing for the dominant eye.

After the initial testing is complete, you will then meet with a specialized LASIK counselor where you will discuss your lifestyle, expectations after surgery, recommended LASIK technology, as well as costs and financing options. If it is determined that you are not the best candidate for LASIK surgery, other procedures may be recommended such as PRK or phakic IOL implantation.

Talk to your eye doctor about setting up a consultation and you can discuss all questions and learn more about the procedure.

Michael E. Rom, M.D.
Insight Eye Center
Chardon (440) 286-1188
Mentor (440) 205-5840
www.insighteyecenter.com



BEHAVIORAL HEALTH

David Hughes, LPCC-S

Q: I have a family member that seems to have drastic mood swings. Sometimes they act very depressed and have little interest in doing anything, and other times they seem to be full of energy, won't sit still, are very impulsive, and they hardly sleep. What might be the possible cause of these mood swings?

A: The first course of action may be to consult a professional counselor or see your primary care physician (PCP). There may be several medical reasons, such as brain tumor, or stroke that may be the cause of mood swings and behavior changes. A doctor may be able to rule out any medical reason and refer you to a professional counselor.

There are four different types of bipolar disorders: Bipolar I Disorder, Bipolar II Disorder, Bipolar Not Otherwise Specified (NOS), and Cyclothymic Disorder. These disorders vary in degree and severity of manic or mixed episodes. Some people may have such a severe episode of depression or mania that they need immediate hospitalization. Other people may have milder or shorter lasting episodes of depression or mania. The best thing you can do for your loved one is to have them assessed by a Professional Clinician to determine what type of disorder the person is experiencing. All these different types of bipolar disorders can be treated and managed with psychotherapy and medications.

At PBHS, I work with a highly-trained group of professionals that utilize Dialectical Behavior Therapy, an evidence-based treatment approach, for issues such as those described above. Our Intensive Outpatient Program provides a comprehensive assessment and treatment plan tailored to each individual for the best treatment outcomes. We also have clinicians to prescribe, assess, and manage medication needs within our office located in Mentor. If you or someone you love is struggling with issues or symptoms indicated above, please contact us and we will

schedule an appointment within 24 hours of your call.

David Hughes, LPCC-S
Premier Behavioral Health Services
8701 Mentor Ave
Mentor 44060
440-266-0770



AUDIOLOGY

Dr. Jane Kukula, AuD

Q: My father was told his hearing loss was "normal for his age" and that hearing aids would not help. Can this be true?

A: There are many myths about hearing loss, these are two of them. The first myth is hearing loss is "normal" at a particular age and the second is hearing aids don't help.

Hearing loss is never normal, healthy ears hear well. Even though hearing loss is more common later in life, it doesn't mean that it's normal and needs not be treated. Hearing loss of any degree has a negative impact on his life, no matter what his age. Several things to look for are:

- Change in emotional and social behavior
- Isolation and withdrawal from family or social activities
- Frustration with communication situations
- Anger and sometimes paranoia can also occur

When there is hearing loss, there is always something we can do to help. Years ago the belief was that hearing aids did not help a nerve loss. That is no longer true, nearly 95% of those with nerve loss can be helped with today's hearing devices. The remaining 5% likely can be helped with a cochlear implant.

Hearing aids have an impressive list of potential benefits beyond just hearing better, they stimulate the brain, decrease the risk for depression and isolation and will likely keep your father more engaged with family and friends. Encourage your father to seek a second opinion and to reconsider the use of hearing instruments. Life Sounds Great! Enjoy every moment.

The Hearing Center
Advanced Audiology Concepts
8897 Mentor Avenue
Mentor, 44060
440-205-8848

Have your problems addressed by medical professionals in "Health Talk". Jot down your question and mail to:

The News-Herald Health Talk

7085 Mentor Ave. Willoughby, OH 44094