



# Health & Wellness

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New Year*

from

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Hearing Aid Center

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## Holly's Hearing Aid Center

Hearing loss has many causes, symptoms and effects when untreated over time. In fact, well over 30 million Americans, of all ages, report having some degree of hearing loss. Many of these people could reconnect themselves to the sounds they love if

they chose to use hearing aids. Our goal is to help anyone who feels they may be experiencing the negative impact of hearing loss in their daily life take the first step.

Please visit us at our Ashtabula, Chardon, Mayfield, Willoughby and Concord Twp., OH hearing aid loca-



tions. Not only will you find a terrific selection of state-of-the-art hearing devices, but you'll love the personal service you'll receive. Look forward to all you've been missing – come see us and discover how today's advanced technology hearing aids can help restore your hearing.

## LAYTON PHYSICAL THERAPY: Therapy, Therapeutic Massage, Yoga, and So Much More...

Layton Physical Therapy believes that healing is not static; it often evolves in stages. Layton has helped people overcome pain and disabilities for 30 years. The initial stage for healing responds well through the use of traditional modalities to facilitate healing in back, joint and musculoskeletal injuries as well as neurological, chronic pain syndrome, and pelvic/spinal dysfunction. Therapists have long used a variety of manual techniques, whether it is for a new diagnosis or a chronic condition. Myofascial release and craniosacral therapy address limitations and imbalances of the connective tissue in the body and are used to restore movement and promote wellness. Layton also offers yoga; including restorative, reiki, therapeutic massage, and structural alignment. Visit [laytonpt.com](http://laytonpt.com) and click on the Facebook link for more information.

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440.639.8800

[www.laytonpt.com](http://www.laytonpt.com)

# Lake ADAMHS Compass Line offers fast, sure connections to behavioral health resources

The Lake County ADAMHS Board's Compass Line is a free, user-friendly entry point for those who find themselves in need of behavioral health services, but aren't quite sure where to start. A call to The Compass Line connects people with a triage specialist who will help them sort through feelings and symptoms, explore options, and get connected quickly and firmly with help resources. Compass Line numbers are 350-2000 and 918-2000 (both 440).

ADAMHS Executive Director Kim Fraser says the Compass Line dramatically shortens the distance between needing help and getting help. "Deciding which agency offers the best match for a particular set of circumstances can be a bit daunting – especially for folks who have not navigated these waters before," she explains. "The Compass Line takes all the guesswork out of the equation."

The ADAMHS Board is responsible for planning, funding, monitoring, and evaluating services available to Lake County residents who are dealing with mental illness and/or substance-use disorders. More information about the ADAMHS Board and its network of service providers is available at [www.HelpThatWorks.us](http://www.HelpThatWorks.us).

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DEPRESSED? OVERWHELMED? DRINKING TOO MUCH? FAMILY VIOLENCE? DRUG ABUSE?

# *Need a sense of direction?*

***Start Here.*** Looking for help with issues like depression, mood disorders, alcohol or drug abuse, or family violence? Live in Lake County? Then we invite you to call our Compass Line. You'll talk with a trained triage specialist who can help you sort through your feelings, evaluate your options, and get connected quickly and firmly with the right local resources. It's free. It's confidential. It's a great place to start.



## THE COMPASS LINE

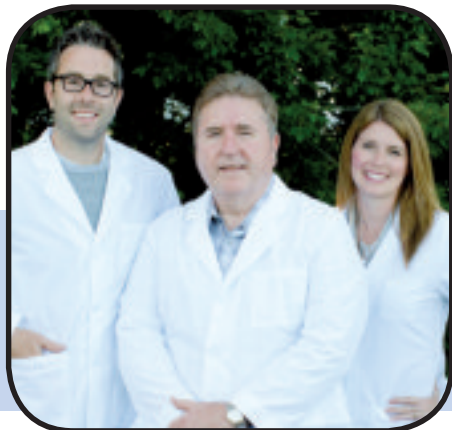
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*Lake County Alcohol, Drug Addiction and Mental Health Services Board*





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## Is it Time to Ban the Bottle?

We've all heard the popular rule that we should drink eight glasses of water every day. One of the main reasons water is so critical to life processes is that it helps the body transport critical substances in and out of living cells. Simply put, water is essential to life.

In an effort to stay healthy and drink the recommended amounts of water, more and more people have reached for the convenience of bottled water. But the statistics about pollution and plastics are sobering:

\* America's demand for bottled water uses more than 17 million barrels of oil annually, enough to fuel 1.3 million cars for a year.<sup>1</sup>

\* By 2050, there's going to be more plastic in the ocean than fish.<sup>2</sup>



\* The energy we waste using bottled water would be enough to power 190,000 homes.<sup>3</sup>

If you are searching for an alternative to bottled water, it's time to consider a home drinking water system. Kinetico Water Systems, headquartered in Geauga County, is one of the nation's premier water-treatment innovators.

For information on your personal water solution, contact Kinetico at 800-444-1387

or visit [www.kineticocleveland.com](http://www.kineticocleveland.com).

1 Pacific Institute. "Fact Sheet: Bottled Water and Energy – Getting to 17 Million Barrels." December 2007.

2 Sherri A. Mason, Ph.D.

3 "Not Disposable Anymore." P.O.V.'s Borders. 2004. PBS.

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# Alzheimer's or Hearing loss?



Approximately 37.5 million in the United States suffer from hearing loss<sup>1</sup>. An estimated 5.5 million people over 65 suffer from Alzheimer's<sup>2</sup>.

There are major studies that show there is a link of hearing loss to cognitive

decline. But is it Alzheimer's? We hear with our brain. Some of the signs of Alzheimer's could actually be a hearing loss. Like Alzheimer's, It can cause issues with following a conversation, withdrawal from work or social activities, which can

lead to depression and anxiety.

It is so important to get a baseline hearing test to find out what kind of hearing loss you may have or just find out what is "normal" for your hearing.

If it is determined you have a hearing loss, the next step is to understand why. Is it related to aging, earwax blockage, exposure to loud noise, or another health issue? And then to see what solutions are available to you for your particular situation. Keeping your brain healthy and active is essential. With preventative steps and recognizing hearing loss early, getting hearing help may assist in slowing down cognitive decline.

1. Blackwell DL, Lucas JW, Clarke TC. Summary health statistics for U.S. adults: National Health Interview Survey, 2012 (PDF). National Center for Health Statistics. Vital Health Stat 10(260). 2014.
2. Alzheimer's Association. © 2009 Alzheimer's Association.



*Mary Beth founded the practice in June of 1986. She received her Masters Degree in Audiology from Purdue University in 1985. She has lived in Mansfield for 28 years with her husband and 3 kids. She is very active in her church but most of her time outside of work is spent watching her kids participate in sports including equestrian (dressage), football, and swimming. She has also been busy with speaking and training others at hearing care conferences throughout the United States, Canada, and Europe.*

## New Year! New You!



**Kathleen Spilar,**  
M.A., F-AAA  
Audiologist



**Mary Beth Wright,**  
M.S., F-AAA  
Audiologist

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*"Isn't it time that you Hear Wright?"*



# A Prescription for Exercise

*Learn more about the truly valuable health benefits of regular exercise.*



Would you take a prescription that decreases your risk for cardiovascular disease and some cancers? This prescription may come with a slight cost, but, taken correctly, has no side effects. It has the added benefits of helping you age more gracefully and giving you more energy. You might even shed a few pounds and become leaner with this script. Even better, there's no pill involved. This prescription is to start exercising. So lace up your shoes and start seeing the benefits, side-effect free.

## Get moving

Exercise can both prevent and treat a wide range of health issues. Cardiovascu-

lar exercise is important, and at least 150 minutes of moderately-intense aerobic exercise per week is recommended. However, regular exercise, regardless of its intensity, has significant positive impact on the body as a whole.

Exercise supports the healthy function of most organs by improving your overall blood flow.

It also strengthens the heart and lungs and reduces the risk of heart disease and stroke. It strengthens muscles and bones, increases your heart's capacity to work and helps improve blood pressure and cholesterol levels. Increasing your activity level will increase good (HDL) cholesterol, reduce harmful triglycerides and improve blood sugar levels, reducing your risk of diabetes.

Active movement is recommended and necessary to improve range of motion and fight the progression of arthritis pain and disability. It also requires and supports better circulation of the blood and lymph

system. This improves body chemistry, hormone balance and even the skin. Exercise boosts mood, helps manage pain, relieves stress, improves sleep and supports healthy brain activity. It promotes physical, emotional and mental wellness.

## Lose weight

When paired with a healthy diet, regular exercise can contribute to weight loss and to the maintenance of a healthy weight. Weight loss fights obesity, heart disease and high blood pressure. Along with activity, a healthy weight improves cholesterol and blood sugar levels, and reduces the risk of diabetes and some cancers. For cancer survivors, exercise can help bring a better quality of life.

## Strengthen

It's important to include weight training in your exercise routine. Weight training strengthens muscles and builds bone mass, fighting osteoporosis and reducing your risk of bone fracture. And better muscle and bone mass, along with

a toned body, support better balance.

Weight training also aids weight loss. Each pound of body muscle burns approximately 50 calories. The more lean muscle mass, the more fat burning potential you have.

## Fill your exercise prescription

"Regular exercise is one of the most important things you can do for your overall health and wellness," says Robin Znidarsic, MD, a Lake Health family practitioner and medical director of LiveHealthy. "I recommend that you get started by gradually increasing your activity. Try to vary your workout routines and make sure they include activities that you like to do. This will help you stick with your fitness plan. My ultimate goal for people is to get in 30 minutes of cardio five times a week along with a total of two hours of weight training/strengthening per week. You will soon find that it is not getting easier, but that you are getting stronger. Be a believer that exercise helps your mind, body and spirit."



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## Premier Behavioral Health Services

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Premier Behavioral Health Services (PBHS) has been serving Northeast Ohio residents since 2008 and specializes in programs proven to effectively manage a variety of concerns. We offer 6 convenient group programs for both adults and adolescents.

Benefits to our programs:

- Significant reduction of symptoms in 6-8 weeks
- Coping skills for life's challenges
- Developing long-lasting, healthier habits
- Strengthening relationships and communication skills
- Improving daily productivity through mindfulness

To find out more information, please call us at 440-266-0770 or visit our website at [www.pbhsohio.com](http://www.pbhsohio.com)

## Premier Behavioral Health Services

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## What is a Bunion?

A bunion occurs when your big toe points toward the second toe. This causes a bump at the base of the big toe. The medical name for bunion is Hallux valgus.

Bunions occur more commonly in women and sometimes can run in families. People born with abnormal bones in the feet are more likely to develop a bunion. Wearing narrow toed, high heeled shoes may also lead to the development of a bunion. The condition may become painful as extra bone and a fluid filled sac grow at the base of the big toe.

### Symptoms of bunions include:

- Red, callused skin along the edge of the big toe
- A bony bump at this site
- Pain over the joint aggravated by pressure from the shoes
- Big toe pointed toward the other toes

A doctor can diagnose a bunion by looking at it. A foot x-ray can show an abnormal angle between the big toe and the foot and in some cases arthritis.

When a bunion first begins to develop, take good care of your feet and wear wide-toed shoes. This can often solve the problem and prevent the need for any further treatment. It may help to wear felt or foam pads on the foot to protect the bunion or devices called spacers to separate the first and second toes at night. These are available at drugstores. You can also try cutting a hole in a pair of comfortable old shoes to wear around the house.

Please give us a call if you would like an evaluation and to discuss further treatment options!

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# How Does Stress Affect My Physical Health

We all experience an array of daily emotions, both positive and negative. Each one of these feelings or emotions creates an effect upon our bodies, again both positive and negative. When we engage in positive thoughts and behaviors or encounter pleasant events, our brains release “happy hormones” such as serotonin, endorphins, dopamine and oxytocin or “natural pain killers” such as enkephalins. Conversely, when we engage in negative thoughts and behaviors or encounter stressful events, both good or bad, our bodies release “stress hormones” such as cortisol which over time can weaken the body’s immune system, making one more likely to get colds, illness, infections or chronic health issues and pain.

During these times of stress or negativity we may also be less inclined to take care of ourselves. We may not feel like exercising, eating nutritious foods or taking medicines as prescribed. Abuse of alcohol, tobacco or other illicit and prescription drugs may also be a sign of poor emo-

tional health.

Although we all struggle at times, a cluster of these symptoms which present for a couple of weeks may be a sign that your health is compromised and may require attention. Symptoms to watch out for include:

- significant changes in appetite/ eating / weight or sleeping patterns
- loss of interest in pleasurable activities
- loss of interest in sex or sexual problems
- decrease in motivation / energy / grades / work productivity
- extreme tiredness • withdrawal from others and decreased social contacts
- feelings of sadness / unhappiness or increased tearfulness
- overwhelming feelings of anxiety / fear / rapid heartbeat / shortness of breath / sweating / dry mouth/ lightheadedness / dizziness • physical symptoms such as back pain / muscle pain and tension / chest pains / stiff neck / general aches and pains / headaches / stomach issues / con-

stipation / diarrhea • high blood pressure

- feelings of hopelessness / helplessness / despair • thoughts of self-harm or suicide
- trouble concentrating / slowed thinking and decision making • decreased accomplishments

- increased anger / irritability / frustration / guilt feelings

- self-medicating with alcohol, drugs, gambling or sex

If committed to turning this around, it is important to:

**Express Emotions.** To hold stress and emotions in our bodies creates what a “Pressure Cooker Effect.” If we do not release our emotions in healthy and effective ways, they will find their own way out as the pressure builds, often resulting in a cluster of the above-mentioned symptoms. Learning and using effective interpersonal skills to express ourselves, exercise and other healthy physical outlets, journalizing and writing, talking with a trusted family-friend or therapist can be very effective ways to help us release pent-

up emotions and stress.

**Commit to a Balanced Life.** A balanced lifestyle of healthy eating, time with meaningful friends and family, quiet time alone, hobbies, responsibilities and daily accomplishments, tending to our emotional and physical selves, spirituality and gratitude and stimulating our brains daily by learning new things can be very effective in promoting sound emotional and physical health.

**Engage in Daily Calming :** Activities such as yoga, visual imagery, deep breathing, meditation, tai chi, engaging in rhythmic movements or dance, progressive muscle relaxation involving tensing and relaxing major muscle groups, practicing mindfulness by focusing our attention solely in the moment and massage therapy are an extremely important part of sound emotional and physical health. Most stress experts recommend setting aside at least 10 to 20 and preferably 30 minutes per day for such calming activities.

We can improve our emotional health

**SEE PAGE 9 >**

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**4.9 OUT OF 5 STARS ON GOOGLE**



**CONTINUED** FROM PAGE 8

and its impact upon our physical well-being by a) recognizing those symptoms as a sign to start asking why we are having them, b) learning to release stress and emotions in positive ways, c) being committed to having a balanced lifestyle, and d) engaging in daily calming activities to self-soothe.

Although this may be difficult to do individually, reaching out to a primary care physician and/or a mental health practitioner can be helpful. This may include individual therapy, medication management or both. When symptoms tend to be more intense or chronic in nature, an Intensive Outpatient Program is often indicated to learn coping tools to put us on the path to health and wellness. This level of care typically meets for approximately three hours per day, three days per week for six to seven weeks. The emphasis is on learning coping skills to manage emotions, be more effective interpersonally, communication skills, distress tolerance, learning how to stay mindful in

the moment, changing negative thinking patterns, problem-solving skills, goal setting among others.

In conclusion, know the signs that you or someone you care about is struggling with poor physical health as a result of negative thoughts and related feelings, stressful life events or ineffective behaviors and poor coping skills. Reach out and don't suffer or watch others struggle in silence. Know that there is effective help. Learn to take care of yourself! Know that there is nothing in life that you cannot handle! Learn to be resilient! Learn and Know that there is hope!

**John A. Glovan, Psy.D.**  
**Director, Health and Wellness Program**  
**The Behavioral Wellness Group**  
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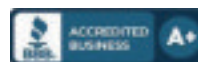


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Dr. Patel has an active interest in congestive heart failure management and interventional cardiology. He is currently Medical Director of the Chest Pain Center Heart Failure Program at Lake Health.



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## How is Your Posture?

All the mattress commercials these days talk about postural support. We think about our sleeping posture, but do we pay much attention to the other 16-18 hours a day? Posture refers to not only our spine but also, head, shoulders, pelvis, hips, knees, and ankles. We sit and stand straight, tilted, slouched, or rotated. When we are out of proper alignment, there is abnormal stress to muscles, tendons, ligaments, fascia, bones, and joints. Over time, this can lead to falls and abnormal wear and tear on joints and muscles. A simple way to improve your posture is to sit with support for your lower back using a small rolled towel. To learn more about YOUR posture and how to avoid falls contact the Veale Wellness and Aquatic Center on the campus of Ohio Living Breckenridge Village and arrange for a free balance assessment. 440-942-4358

## Hernia Repair with Less Scarring, Quicker Recovery

Not sure about laparoscopic hernia repair with a robot? This may help you decide.

Minimally invasive laparoscopic surgery offers several advantages. Smaller incisions, less risk, less scarring and a quicker recovery. And, although laparoscopic hernia repair has been available for more than 20 years, only 10 percent of hernia procedures were done laparoscopically. Why? Because standard laparoscopic instruments didn't allow for the visibility and dexterity that surgeons wanted and needed to perform hernia repairs easily and well. So, until recently, 90 percent of hernia repairs have been done with open incisions, increasing patient risk and recovery time.

### Game changer

Robot-assisted hernia repair changed everything. The robot doesn't do the work, but offers two huge advantages. First, it provides superior visual optics



allowing the surgeon to see inside—in color and in 3-D—to perform the procedure. And second, its arms are “wristed” surgical instruments that have a range of motion greater than the human hand. But make no mistake: These precise instruments are controlled solely by the

surgeon. “Robot-assisted surgery is actually just advanced laparoscopic surgery. You could think of it as laparoscopic 2.0,” says William Petraiuolo, MD, a Lake Health general surgeon. “The da Vinci robot at Lake Health is making it possible to offer minimally invasive hernia repair to many more of our patients. It's easier for the surgeon to do the procedure well and offers less risk, less scarring and a much quicker recovery for the patient.”

### You should know:

- The robot changes the surgeon's hands, wrists and fingers into precise instruments that have a range of motion greater than the human hand.
- The robot's high magnification, 3-D optics and color imaging greatly enhance the surgeon's vision.
- Some procedures result in nearly scarless surgery.



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## Daily steps to keep your heart healthy

Heart disease is a formidable foe. According the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease. And heart disease is not exclusive to the United States, as the Heart Research Institute says that every seven minutes in Canada someone dies from heart disease or stroke.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately, heart disease is often preventable and people can employ various strategies to reduce their risk.

- Stop smoking right now. One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in



the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

- Eat healthy fats. When eating, choose polyunsaturated and unsaturated fats and avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before buying anything at the store.

- Keep your mouth clean. Studies show that bacteria in the mouth involved in the development of gum disease can travel

SEE PAGE 17 >

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# Is Your Smile Healthy?

Good oral health not only means healthy white teeth, but also healthy gums. That means brush well twice a day and floss with good technique each and every day. Your smile, and possibly your life, might just depend on good oral hygiene. If the hundreds of species of bad oral bacteria are allowed to grow and take over, both your mouth and the rest of your body can suffer.

Bad bacteria attack the teeth and cause cavities, and they attack the gums, causing periodontal (gum) disease. Initial stages of periodontal disease are usually silent. You don't have pain or discomfort to alert you until the late stages. An exam by a dentist or hygienist should include looking for the signs.

Untreated gum disease can lead to red swollen gums, possible bleeding, receding gums, loose teeth, bad breath,

and tooth loss. But, the bacteria don't just stay in your mouth. Via your bloodstream, esophagus, and trachea, they flow throughout your body. Then more seriously, the bacterial infection becomes linked to heart disease, strokes, worsening diabetes, kidney disease, worsening arthritis symptoms, Alzheimer's disease, and pneumonia.

The common link between these diseases is inflammation. Even pre-term and low birth weight babies are linked to this periodontitis. The medical world is now beginning to recognize the relation. Our whole body is connected.

Take care of your mouth as you do of your entire body. Visit your dentist often.



Prevention is best. Once you have gum disease you need to maintain it forever. With just a little neglect, the disease can return quickly and worsen. So brush well, twice a day, and floss, once a day, for a healthy mouth that goes Beyond Your Smile to Total Health!

**Debra S. Lowe,  
D.M.D.  
(440) 954-8300**

**CONTINUED FROM PAGE 15**

to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

- Get adequate shut-eye. Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

- Adopt healthy eating habits. Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.

- Embrace physical activity. Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

A healthy heart begins with daily habits that promote long-term heart health.

## Svayus at Lantern of Madison

"We believe in creating a world where memories are treasured, relationships are cherished and our elderly revered. Our deep seated conviction is innovation and challenging the status quo. We challenge the status quo by creating a therapeutic care environment that not only nurtures an absolute well-being but also stimulates lost memories. If you are seeking to engage with your parents or your loved one, we have an award winning cognitive therapeutic program called "Svayus"- A time capsule designed to cue and retrieve memories to enable our clients live a life that is cheerful, brimming with happiness and vigor." [www.lanternlifestyle.com](http://www.lanternlifestyle.com)

At the Lantern of Madison, it is our goal, whether you are a resident of our

assisted living or "Svayus" community, to provide the best care possible. Some of our residents are coming from home and are looking for companionship because they are lonely. Our activities program runs from 9am to 4pm Monday through Sunday, which provides an active lifestyle for those of our folks that are interested in taking part in outings and activities on the property. For those of our folks that need additional help, we offer varying service levels. We encourage our residents to stay independent for as long as possible, but if unable, we are always there to help. With minimum response time, our caregivers are ready to help your loved one! Please call Stephanie at (440) 709-8610 for a tour today. There is HOPE! Live and Thrive with us!

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# Where to Go for Care



## Primary Care Physician

**Except in a life-threatening emergency, you should start with your primary care physician.**

- Minor allergic reactions
- Allergies
- Annual preventive care visit
- Asthma
- Minor back pain
- Minor broken bone
- Bronchitis
- Cold and flu symptoms
- Minor cuts and burns
- Ear infection
- Infection
- Insect bite
- Pink eye
- Prescriptions
- Chronic conditions
- Rash
- Respiratory infection
- Sinus problems
- Sprain or strain
- Urinary tract infection
- Flu shots and vaccinations
- Wheezing
- X-ray



## Urgent Care

**Urgent/quick care can provide a solution for a non-life-threatening condition when your doctor's office is closed or if you don't have a primary care physician.**

- Minor burns, skin rashes or simple lacerations
- Ear infections
- Flu shots and other vaccinations
- Sore throats
- Strains and sprains
- Minor illnesses
- Minor allergic reactions
- Minor broken bone
- Bronchitis
- Cold and flu symptoms
- Pink eye
- Respiratory infection
- Urinary tract infection
- X-ray



## Emergency Room

- A head injury
- Broken bone
- Poisoning or overdose
- Unexplained shortness of breath or not breathing
- Uncontrolled bleeding
- Seizures
- Unconsciousness
- Major burns
- Heart attack or stroke symptoms
- Slurred speech, blurred or double vision
- Intense pain
- Severe reactions to foods, medications or insect bites

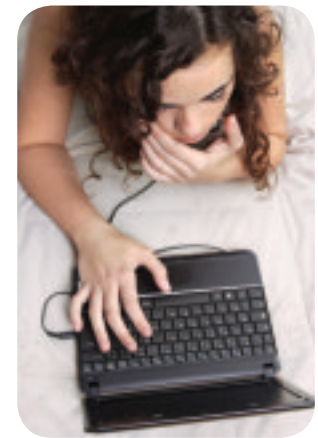
**Always call 911 in an emergency.**

**First responders can start treatment in your home or on the way to the ER.**

## Quick Care: Now Online!

Lake Health now offers online quick care for a number of common minor illnesses and injuries. The diagnosis and treatment service allows patients ages 18 to 75 to conveniently access medical care by connecting them virtually with trusted Lake Health providers.

The service, which offers prompt and effective care for more than 25 common conditions including colds and the flu,



seasonal allergies, pinkeye, mouth sores, and minor skin conditions, gives patients greater control over how they access care. “Virtual

medicine is changing the way primary care is delivered. It's about convenience: Giving our patients the expert care they need, when they need it, all without visiting a doctor's office or taking time off work for an appointment,” explains John Baniewicz, MD, chief medical officer at Lake Health.

Patients can go to lakehealthquickcare.zipnosis.com and complete a brief online interview to provide symptom and health history information. A Lake Health medical provider will review the information and respond with a diagnosis and treatment plan. If medication is appropriate, prescriptions will be sent to the patient's preferred pharmacy for pick up.

Lake Health Online Quick Care providers are available to respond within 1 hour between 9 am and 9 pm, seven days a week. The online fee is \$40 payable by credit or debit card or Health Care Savings Account credit or debit card. The cost of medication, if prescribed, is not included. If a patient's condition or symptoms aren't appropriate for an Online Quick Care visit, the \$40 fee will be refunded.

# MAT Program at Ravenwood Health

Many individuals and families in Northeast Ohio have been impacted by Opioid Addiction; a disease that is devastating for those impacted and challenging to treat. Per the Substance Abuse and Mental Health Services Administration, Medication Assisted Treatment (MAT) is a treatment that has been effective in facilitating recovery from opioid addiction for many patients. To assist in this fight, Ravenwood Health staff members have increased community access to our MAT program by providing Suboxone and Vivitrol along with group and individual counseling.

Kate Gehlfuss, LPCC-S, Director of Substance Use Treatment at Ravenwood Health states that "In a time when addiction impacts all of us in some way, it's imperative to work as a community to support those in need. MAT is a wonderful resource for people who have struggled to attain or maintain sobriety. We take a holistic approach to help clients improve their overall functioning by providing counseling, medication management, employment services, case management, peer support and family treatment as needed. To learn more about the MAT Program and how we can establish an individualized relapse prevention plan for you or a loved one, call Brock Bodenbender, MAT Coordinator, at Ravenwood Health at 440.285.3568.



**"RECOVERY IS NOT JUST ABSTAINING FROM THE SUBSTANCE THAT GOT YOU HERE, IT'S ABOUT CHANGING OR IMPROVING ALL ASPECTS OF YOUR LIFE TO MAKE YOU A STRONGER AND HEALTHIER PERSON."**

KATE GEHLFUSS, LPCC-S, CTP, SUBSTANCE USE TREATMENT DIRECTOR



TO LEARN MORE ABOUT THE MEDICATION ASSISTED TREATMENT PROGRAM AND HOW WE CAN ESTABLISH AN INDIVIDUALIZED RELAPSE PREVENTION PLAN FOR YOU OR A LOVED ONE, CALL 440.285.3568.

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# High Blood Pressure and Stroke: Connecting the Dots

*High blood pressure has been redefined and your stroke risk may be greater than you think.*

According to the National Stroke Association, high blood pressure is the number one cause of stroke. Another important statistic is that people with high blood pressure have a 50 percent higher risk for stroke than those with normal blood pressure.

Those statements may not concern you if you have been told your blood pressure is “pre-hypertensive.” However, the American Heart Association (AHA)

and the American College of Cardiology (ACC) recently eliminated the “pre-hypertensive” designation. They now define high blood pressure as anything over 130/80, down from 140/90.

## Numbers and health risk

Blood pressure is considered normal or healthy if it is below 120/80.

“Pre-hypertensive” was previously defined as a top number of 120 to 139 and a bottom number of 80 to 89 and

indicated a minimal health risk.

High blood pressure, or “hypertensive,” was defined as 140/90 and above and indicated a significant health risk.

But data from a study by the National Heart, Lung, and Blood Institute showed that even people previously considered pre-hypertensive actually have a significant risk for heart disease, stroke, disability and death. Recognizing that risk, the AHA and ACC recently did away with the term “pre-hypertensive” because it gives a false sense of ease.

## Treating high blood pressure

“High blood pressure is a condition that puts patients at risk for heart attack, stroke and kidney disease,” warns Neelima Rao, MD, a Lake Health internist at Perrico Health Campus. “It does not cause obvious symptoms, but it is serious. Treatment to reduce and control high blood pressure is individualized and depends on the patient’s risk factors. Although medications may be required, in all cases it’s important to start with lifestyle changes.”

A healthy lifestyle can help reduce and control your blood pressure, reducing your health risks and the need for medications. “You have a lot of control over your blood pressure. To lower it, you should lose weight if you are overweight, reduce your salt intake, limit alcohol and do something active for at least 30 minutes a day on most days of the week,” advises Dr. Rao. She also recommends the DASH (Dietary Approaches to Stop Hypertension) diet which is high in vegetables and fruits, low-fat dairy products, whole grains, poultry, fish and nuts, and limits sweets and red meats.

“I have seen major blood pressure changes in patients who lost weight and followed the DASH diet,” confirms Dr. Rao.



## Recognize a stroke

Because high blood pressure is the number one cause of stroke, it’s extremely important to recognize the symptoms of stroke and act FAST. Quickly recognizing a stroke and getting help will save the brain and lead to a better recovery.

Face: Ask the person to smile. Does one side of the face droop?

Arms: Ask the person to raise both arms. Does one arm drift downward?

Speech: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

Time: If you observe any of these signs, call 911 immediately.\*

\*American Heart Association / American Stroke Association

## You should know:

- High blood pressure is the “silent killer.” There are no obvious symptoms.
- High blood pressure is now defined as 130/80 and above.
- High blood pressure is the number one cause of stroke.
- Men are more likely to have high blood pressure than women, and African Americans are more likely to have high blood pressure than others.

145  
92



WILLIAM, heart attack survivor.

## THIS IS WHAT HIGH BLOOD PRESSURE LOOKS LIKE.

You might not see or feel its symptoms, but the results – a heart attack or stroke – are far from invisible or silent. If you’ve come off your treatment plan, get back on it, or talk with your doctor to create a new exercise, diet and medication plan that works better for you.

Go to [LowerYourHBP.org](http://LowerYourHBP.org) before it's too late.

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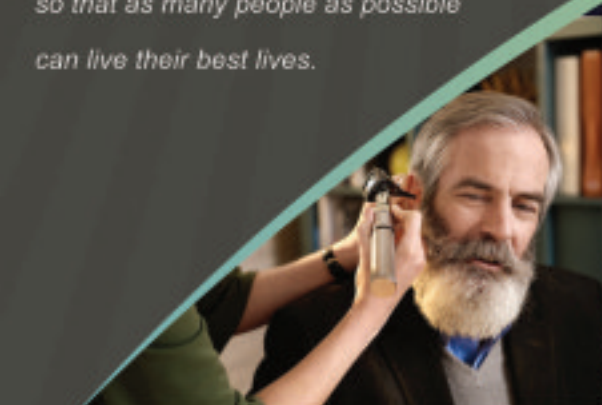
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# Get the breastfeeding answers and help you need

As a new parent or parent-to-be, you might be overwhelmed by advice on how you should feed your newborn. You hear about the experiences of friends, your mother, mother-in-law, grandmothers and aunts. Because their advice and experiences are all different, they may confuse you and add to your anxiety. You read articles that say formula is just as good as breast milk, and labels claim formula is closer than ever to breast milk.

## Health benefits

Breast milk contains all the nutrients your baby needs for growth and health. Exclusive breastfeeding for six months (giving no formula, juice or water) is the single most powerful and well-documented factor in reducing a baby's risk of common illnesses, such as diarrhea, ear and respiratory tract infections. Breastfeeding is a key factor in reducing infant deaths. Exclusive breastfeeding for longer than six months reduces the risk of sudden infant death syndrome (SIDS) by 64 percent. Any breastfeeding for two to four months reduces the risk of SIDS by 40 percent. Mothers who breastfeed exclusively for six months have a lower risk of type 2 diabetes and breast and ovarian cancers.



What's more, research shows that breast milk does far more over the baby's entire lifetime. Beyond nutrients, there are hundreds of components specific to human milk that cannot be duplicated in formula.

## Doing our part

With all the latest science bolstering the ancient wisdom of feeding human milk to human babies, Lake Health is stepping up, taking a serious approach to optimizing support and education for

new parents. We know there are roadblocks to ideal breastfeeding goals. Support and education can help overcome these roadblocks.

Lake Health is seeking designation as a "baby friendly" hospital, which means we are committed to helping parents achieve breastfeeding success. How? Lake Health provides breastfeeding education to each mother during prenatal visits and offers a breastfeeding class. Our nurses receive training in breastfeeding management and education. Our support services help get breastfeeding off to a good start, promote adequate milk supply and promote the longevity of breastfeeding, which supports lifelong health.

In the hospital, our lactation consultants visit, educate and help each new mother who wants to give her milk to her infant. We also provide support after discharge through a follow-up phone call, a breastfeeding helpline and weekly support groups for moms.

"It's gratifying to contribute to the health of moms and babies," says Lake Health OB educator Michelle Carlson, RN, IBCLC, "and it's exciting to see the joy and satisfaction that moms have as they reach their goal of successfully breastfeeding their infants."

## You should know

The American Academy of Pediatrics, the American College of Obstetricians and Gynecologists, the Centers for Disease Control and Prevention, and the World Health Organization recommend exclusive breastfeeding for the first six months. They recommend continuing to breastfeed while adding complementary foods for a year or more.

## More about breastfeeding support

Visit: [lakehealth.org/Services/Womens-Services/Childbirth-and-Care/Breastfeeding-Your-Baby](http://lakehealth.org/Services/Womens-Services/Childbirth-and-Care/Breastfeeding-Your-Baby)

Or call: Lake Health Lactation Center  
440-354-1929

(Monday-Friday, 8 am-4:30 pm)  
Breastfeeding Helpline 440-602-6625  
(Evenings, nights, weekends)

## Sounds of Life Hearing Center opened in Concord Township in 2018



While some hearing practices focus on the hearing aid sale, it is our mission to improve the lives of others through best-practice, innovative, family-centered audiological care. Through outreach, education, and collaboration, we hope to increase the identification and rehabilitation of hearing loss so that as many people as possible can live their best lives.

This independent practice was founded by Dr. Sarah Curtis, a state-licensed Doctor of Audiology. She is equipped with the education and training to evaluate for and diagnose hearing loss and other auditory disorders. With this information, she will work with you to develop evidence-based, best practice treatment plans.

Your care at Sounds of Life Hearing Center is built around YOU. You will never feel like just a number. You are important to us and we know that you deserve the very best – we settle for nothing less!



# Good health starts with **good choices.**

## Trust the care and appreciate the convenience of the Lake Health Physician Group.

From primary care and pediatrics to surgery and orthopaedics, there's a Lake Health Physician Group near you. Our physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Most of our physicians also offer online appointment scheduling for non-urgent visits at [lakehealth.org/schedule](https://lakehealth.org/schedule).

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440-255-7938

### **Madison Family Practice\***

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Willoughby  
440-602-6737

### **Northeast Ohio Heart Associates\***

36100 Euclid Ave.  
Willoughby  
440-951-8360

7580 Auburn Rd.  
Concord Twp.  
440-352-9554

### **Ophthalmology\***

36100 Euclid Ave.  
Willoughby  
440-946-9555

### **Pulmonology**

9500 Mentor Ave.  
Mentor  
440-255-5620

### **Arthritis Associates\***

5105 SOM Center Rd.  
Willoughby  
440-953-8700

### **Plastic Surgery\***

5105 SOM Center Rd.  
Willoughby  
440-953-5712

### **Endocrinology\***

36100 Euclid Ave.  
Willoughby  
440-951-1073

### **Pain Management\***

5105 SOM Center Rd.  
Willoughby  
440-953-5760

### **Ohio Hand Center**

13170 Ravenna Road\*  
Chardon  
844-542-6363

7580 Auburn Road  
Concord Twp.  
844-542-6363

3755 Orange Place  
Beachwood  
844-542-6363

