

DESTINATION GEAUGA

{ Spring is in the Air! }

Where do stem cells come from and can they help stop pain?

Be sure you see a highly qualified orthopedic doctor

With the emergence of stem cell treatments for a variety of uses, it's important to understand the source of the stem cells that a health-care provider will treat you with. Unfortunately, some treatments are not what they seem to be.

What are stem cells?

Stem cells are unspecialized cells with self-renewal potential that can differentiate into various cell types. Stem cells are present in everyone at all ages and are part of the body's natural healing process. They are more concentrated in some areas of the body than others.

There are essentially two places to obtain stem cells for use in a regenerative treatment: your own body or donor cells. Stem cells can be obtained from your adipose (fat) cells or bone marrow, usually from the pelvic bone. Stem cells are also donated from live births where they take the amniotic fluid or cord blood and create a stem cell "product."

Buyer Beware

If you are considering a stem cell treatment for joint pain, be sure to ask what process will be used to procure the cells you are to receive. If the cells are donated, there is a high probability that the stem cells will be dead by the time they are injected. Based on research from leaders in the field of regenerative medicine, including those who have pioneered the procedures, the amniotic and cord blood "stem cell" treatments that come from vials "off the shelf" do not contain viable, living stem cells, due to the way they are processed and thawed.

Unless stems cells from a donated source are administered to a patient in a highly controlled lab setting, they will not contain live stem cells. Treatments in office clinics that use donated stem cells are injecting patients with highly-manipulated, dead tissue. Unfortunately, studies show that the cells cannot survive the process that takes them from harvest in a hospital delivery room, cryopreservation (dehydration), vial processing and transportation to the medical office.

For a stem cell treatment to work, the cells must be live and able to function.

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Earth Day Extravaganza

**Saturday, April 27, 11 AM-3 PM
The West Woods**

Celebrate Earth Day with live animals and amphibian/reptile displays, bird banding, wildlife presentations, a wild edible cooking demonstration, a garlic mustard challenge with prizes, a food truck, a Nature craft for kids and more! Featured will be bat expert Maria Monarchino discussing the ecological importance of Red Bats. See website for schedule of events. Wheelchair/stroller accessible.

Registration for Geauga Park District's Summer Camps (youth entering grades 5 through 10) Now Open!

Get details at www.geaugapark-district.org under Activities, then Naturalist-Led Experiences.



Join Us for!



It is Maple season again! Join us for the 90th annual Geauga County Maple Festival where we celebrate Maple, "Our Golden Legacy." On Friday night, the dance party is back with the band Once Again. On Saturday hone your talents and skills for the pizza eating contest, the pancake eating contest, and the kiddie tractor pull. Stay the night to enjoy the musical talents of Monica Robins and the Whiskey Kings. Don't forget to join us for the parade on Saturday and Sunday afternoon. Check maplefestival.com for the updated route and online applications for the contests and the Sap run. Don't forget to check out the lumberjack competition throughout the weekend as well as the various food vendors and rides. Each year, we encourage more food vendors to include maple as a key ingredient in their food. We look forward to seeing you April 25th to April 28th.

**Apr 2 through Apr 30 9:00 am - 4:00 pm
Closed Mondays**

Springtime on the Farm Indoor Play Area

Your little sprouts will have fun playing in the spring-themed indoor playground at Lake Metroparks Farmpark. Watch newborn spring lambs and learn about plant life. Farmpark admission applies, Farmpark members FREE. Closed Mondays. Regular Farmpark admission or membership applies. Please leave your pets at home! Pets are not permitted into Lake Metroparks Farmpark.

Lake Metroparks Farmpark | 440-256-2122 | www.lakemetroparks.com/events-activities/events/springtime-on-the-farm

Apr 2, 9, 16, 23, 30 Start time 5:30 pm

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

April Events

ORDERS AVAILABLE CALL 440-286-9921 Proceeds Benefit Ladies Auxiliary Charities.

Apr 5, 12, 19, 26 (11:30 am - 9:30 pm)

Lent Fish Fry Fridays at Warren's Spirited Kitchen

Please join us for Lenten Fish Fry Fridays. Reservations suggested. Warren's Spirited Kitchen, Burton 440-273-8100

Apr 5, 12, 19, 26 Start time 5:30 pm

Fish Fry Fridays

Fish Fry 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 Ladies Auxiliary Charities TO GO ORDERS AVAILABLE CALL 440-286-9921 Char-

don Eagles Ladies Auxiliary

Apr 6, 2019 - Apr 7, 2019 (11:00 am - 4:00 pm)

Invitational Student Art Show

Middlefield Historical Society hosts this annual juried show of student artwork by students in grades K-12 from Berkshire and Cardinal school districts. Entire exhibit area is handicapped accessible. No admission fee, donations welcome! Middlefield Historical Society/The Depot | 440-632-0400 (leave message)

Apr 6 (6:00 pm)

Lake-Geauga Habitat Framing the Future

Please join us for our annual fundraiser, Framing the Future! The proceeds raised will directly benefit Lake-Geauga Habitat for Humanity's mission to build homes, communities and hope for families in Lake and Geauga counties. Open Bar with Grand Buffet, Live and Silent Auctions,

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Pain relief from
a trusted source.
You.

Activate your own healing
process with advanced
regenerative therapy.



Find relief from chronic pain without surgery.

Using the power of your own adult stem cells, advanced regenerative treatments can repair arthritis, restore joints and heal injuries to stop pain fast. And at Regen Orthopedics, you'll be cared for by nationally renowned, Harvard-trained Orthopedic Specialist, Reuben Gobezie, MD. Schedule a consultation in our Beachwood office to determine if regenerative therapy is right for you. Results may vary.

844-786-2355 • regenorthopedics.com



Still Time to Buy Maple Products from Chardon Kiwanis

The Chardon Kiwanis would like to announce that we are still selling maple syrup, maple cotton candy, maple barbeque sauce, maple candy, maple spread, maple sugar, and various other sweets in the Heritage House on the Chardon Square. All profits from the Maple sales help support the scholarships awarded each year to graduating Chardon High School seniors. In addition, all profit help support the various other projects undertaken to help the Chardon Community such as the local food cupboard.

The Heritage House will continue to be open for Maple sales from 11 AM to 3:30 PM each Sunday in April excluding Easter. The weekend of Easter the Kiwanis will be open for sales during the Easter Egg Hunt, which starts at 11 AM. In addition, the Heritage House will be open for Maple sale

from 11 AM to 10 PM during the Maple Festival, which is April 28-29. Everyone who stops by can expect to find all the sweet Maple products that they have become accustomed to enjoying each spring in Geauga County.

“There is still time to purchase some sweet treats during the Sundays in April and the during the Maple Festival, which is April 26-29,” said Ken Kirchner, President of the Chardon Kiwanis. “While enjoying sweetness you can delight in knowing that you have helped support your community too.”

All interested community members, possible volunteers, and prospective members are always welcomed to attend a Kiwanis event. If you would like to learn more about the Chardon Kiwanis, please visit the group’s website at www.KiwanisClubofChardon.org or call 440-537-7316.

STEM CELLS FROM HI

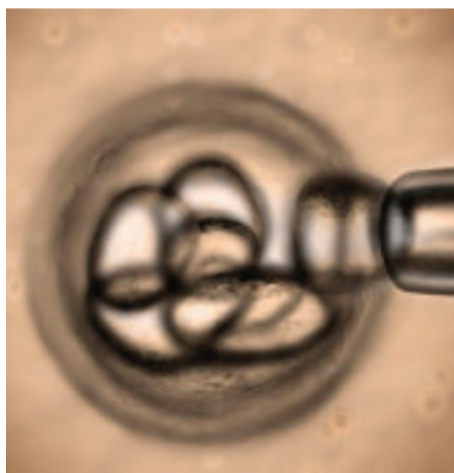
Research has shown that mesenchymal stem cells (MSCs), found in bone marrow, have the best potential in orthopedic applications to reduce inflammation, self-replicate and may help regenerate soft tissue, bone and muscles. The best place to find MSCs is in your own bone marrow.

The use of bone marrow concentrate (BMC) from a patient’s own adult stem cells is the method of choice for the leaders in the field of orthopedics and regenerative medicine. While using BMC is better, it is a more challenging procedure for the doctor that requires training and skill by a medical doctor. The use of donated amniotic “stem cell” products is an easier injection procedure and potentially more lucrative for the less skilled healthcare provider.

At Regen Orthopedics, and other reputable providers of regenerative medicine, we utilize a patient’s own adult stem cells, not stem cell “products.” This involves a relatively quick and painless procedure in which a patient is put under light sedation and bone marrow is obtained from the pelvic bone through needle aspiration. Within an hour, the BMC is then carefully injected under ultrasound guidance by a highly trained medical doctor. An orthopedic surgeon is best suited to perform the procedure to ensure the stem cells are injected properly into the affected joints. They are also trained to understand the complexities around how different tissue types require a different concentration of injectable cells.

Are stem cell treatments right for everyone?

No. There are several health factors that may disqualify you from



safely receiving a stem cell treatment. A doctor should carefully screen all patients to determine if they are proper candidates for stem cell treatment.

Does it work?

Stem cell treatments can enable your body to repair injured tissues, reduce inflammation and ultimately heal itself. This regenerative, non-surgical treatment has been very effective for many patients who haven’t experienced adequate relief with conventional treatments such as anti-inflammatory medications, cortisone injections, physical therapy or surgery. Many of our patients have been able to avoid surgery and ongoing pain medications. For patients trying to regain mobility, return to activity or sport, and arthritis patients in particular, regenerative medicine is changing the game in orthopedic care. Just be sure you have the procedure done by a reputable provider.

To find out if you are a candidate, call 844-STM-CELL (844-786-2355) to schedule an appointment to review your orthopedic condition. Regen Orthopedics is in Beachwood, Ohio. For more information, visit www.regenorthopedics.com.

Fairmount Center for the Arts & Geauga Library Partner for Early Childhood Workshops

Fairmount Center the Arts, with the support of a grant from the Ohio Arts Council, is thrilled to announce a partnership with the Geauga County Public Library’s Geauga West Branch. Through this partnership, the two organizations will collaborate to create, co-present and offer four early childhood, literacy-based programs for children ages 3-6 years with their accompanying grown-ups.

These interactive workshops (1 hour each) will be focused on a variety of early childhood literature and each book’s content will be complimented by introductory experiences in the arts. Children, ages 3-6 years, will be invited to go on an arts active reading adventure that will take young explorers into the story through creative movement, theatre, music and an art project.

Workshops have been designed by Fairmount Center for the Arts faculty and administration from the Library. Each workshop will feature a children’s book and accompanying arts programming which extends the content and concepts of the book. These programs will be co-taught by professionals representing both organizations.

Best yet, these programs will be offered FREE due to a grant received by Fairmount Center for the Arts from the Ohio Arts Council.

“We are thrilled that the Ohio Arts Council recognized the unique and valuable nature of this partnership. It is a fantastic opportunity to introduce and engage the

community to the resources and programs of both these community treasures,” shared Jeannie Fleming-Gifford, Executive Director of Fairmount Center for the Arts.

Lisa Mertel, Branch Manager of the Geauga West Library added “anytime we can reach more children and help develop early literacy skills, everyone wins. We are excited to be working with the Fairmount Center for the Arts.”

- “Spring into Spring” – Thursday, April 18, 10:30-11:30am
- “Wiggle on a Safari” – Thursday, May 9, 10:30-11:30am
- “Play at the Beach” – Wednesday, June 5, 1-2pm

All workshops will take place at the Geauga West Library located at 13455 Chillicothe Road in Chesterland. Pre-registration is requested through the Library via phone at 440-729-4250.

About Fairmount Center for the Arts

For nearly 50 years, Fairmount Center for the Arts has provided classes, workshops, community performances, and opportunities in music, dance, theatre, visual arts and fitness. Fairmount is proud to be recognized in 2017 and 2018 by Cleveland Magazine as “Best of the East for Dance/Theatre Instruction.”

For more information or to register for classes, visit www.fairmount-center.org, call 440.338.3171, or stop in at 8400 Fairmount Rd., Novelty, Ohio 44072.



Geauga County
Public Library
geaugalibrary.net

Millionaire’s Row Laura Mae from Fortune to Heroine with Dan Ruminski

Bainbridge Branch
Friday, Apr. 5, 6:00 p.m.
Register (440) 543-5611.

In celebration of the 40th year of the Friends of the Bainbridge Library, all are welcome to join us for an evening of wine and jazz. After a brief election of officers we will hear the story of Laura Mae Corrigan from Cleveland storyteller Dan Ruminski. \$5 Friends members; \$10 others (may join at the door). Sponsored by The Friends of the Bainbridge Library.

Save money with two frugal Slovenians

Gauga West Branch
Wednesday, Apr. 17, 7 p.m. - 8 p.m.
Register Now call (440) 729-4250.

Greg and Lisa both grew up in frugal Slovenian households and learned at an early age how to save. Whether your goal is to build your savings account or save up for a big home project or trip, they’re here to help! Learn about common areas where people overspend, how to prioritize and track spending, and good overall tips for frugality that anyone can put into practice. These 2 frugal Slovenians will share how they have become experts at saving money.

Cleveland Then and Now

Bainbridge Branch
Tuesday, Apr. 30, 7 p.m.
Register Now call (440) 543-5611.

Cleveland has suffered highs and lows over the last two hundred years. The city became wealthy in the industrial age, financing grand civic buildings and funding the mansions on Millionaires’ Row. Industry declined post-war, reaching its nadir when the polluted Cuyahoga River was set ablaze in 1969. It was a turning point. Today, downtown has been being revitalized, the city is home to the Rock’n’Roll Hall of Fame and “Burning River” is the name of a popular local beer, not a comment on water quality. Pairing vintage photos with their modern day viewpoint, Laura DeMarco, author of the new book “Cleveland Then and Now” (Pavilion Books), will take guests on a tour through the many dramatic transformations of this vibrant city over the last 150 years. Sponsored by The Friends of the Bainbridge Library.



EVERY NEIGHBORHOOD HAS A *Naturehood*

APRIL EVENTS FROM H1

Reverse Raffle and Live entertainment Tickets \$90 per person / 6:00 p.m. LaMalfa's 5783 Heisley Rd. Mentor, Ohio 44060

lake-geagahabitat.org/framing-the-future

April 7 8:00 am - 2:00 pm

Pancake Town USA -

A.Y.C.E. Pancake Breakfasts

Century Village Museum 9am - 2pm

Burton/Middlefield Rotary at Berkshire High School

8am - 1pm

Burton Fire Station 9am - 3pm

American Legion Post #459 9am - 1pm.

www.PancakeTown-USA.com

Apr 7, 14, 28 (8am-2pm)

Punderson Pancake Breakfast

Punderson's Famous Pancake Breakfast Buffet. We

are featuring our Bloody Mary bar, expanded

Toppings Bar and mimosas. Something for the

entire family Punderson Manor Lodge | 440-564-

9144 | www.pundersonmanorstateparklodge.com

April 13 1:00 PM to 5:00 PM

2nd Annual Chocolate Walk - Chardon Square

You won't want to miss Chardon's second Annual

Chocolate Walk on Saturday, April 13, 2019. Shop,

sample, and see all that Chardon has to offer! Hop

from participating restaurants to businesses to

shops for sweet treats and special offers. Ticket price

includes a treat at each stop, your Chardon tote to

carry them, and a special map/shopping pass for

the day. Each participant also receives a raffle ticket

for our prize drawings--with the opportunity for

more tickets at every stop. Grab your friends and

have some fun!

Apr 20, 2019 (9:00 am)

Breakfast with the Easter Bunny

Pilgrim Christian Church is hosting the pancake

breakfast, which runs from 9:00 to 11:00 am. Break-

fast is only \$8 for adults and \$6 for kids 10 and

under. Tickets are purchased at the door - no reser-

vations are required and you do not need to buy

tickets before you arrive. Pilgrim Christian Church |

chardonsquareassociation.org

Apr 21, 2019 (11:30 am)

Celebrate Easter Sunday at Warren's Spirited

Kitchen

Easter Brunch & Dinner Specials! Reservations Sug-

gested. Warren's Spirited Kitchen, Burton 440-273-

8100

Apr 27, 2019 (11:00 am)

Earth Day Celebration

Join Geauga Park District to celebrate Earth Day

with guest speakers, giveaways, displays by local

conservation agencies and much more!

Gaugua Park District - The West Woods Nature Cen-

ter | 440-286-9516 | www.geaugaparkdistrict.org

Apr 28, 2019 (8:00 am)

St. Mary's Chardon - Knights of Columbus AYCE

Pancake Breakfast

All You Can Eat!! Pancakes, Sausage, Bacon, Scram-

bled Eggs Cost: \$8 for adults; \$7 for Seniors; \$3 chil-

dren 6-12 yrs. Five and under are free Buttermilk,

Blueberry or Chocolate Chip Pancakes - REAL Maple

Syrup!! 8 AM to NOON Free Parking for the Maple

Festival after you eat pancakes. St. Mary's Cafeteria

401 North Street Chardon, Oh 44024

The history of Easter bonnets

When celebrating Easter, many Christians don their best apparel to attend church services and family gatherings. On Easter Sunday, gentlemen often put on their best suits and women their fanciest dresses. Children, too, wear formal clothing on Easter Sunday. Girls in particular tend to wear an item of interest that seems to only appear once per year.

Bonnets are part of the Easter attire for many girls, and even some women. Bonnets are part of long tradition of wearing new clothes on Easter that originated in parts of Europe, such as Great Britain. In fact, the tradition even dates back to Shakespearean times, as an "Easter suit" is referenced in "Romeo and Juliet."

According to some historians, there was a notion that ill-luck would affect a person who did not have something new to wear on Easter, and the bonnet is an element of newness that fits the bill for many young girls and women.

It wasn't until the 19th century that the Easter bonnet gained popularity in the Americas. Women and children participating in Easter parades, notably the New York City Easter Parade, could be seen in their finest clothes with intricate bonnets - often wreathed in flowers - on their heads. Because Easter coincides with spring, lilies, daffodils, azaleas, hyacinths, and other blooms would adorn hats and hair.

Even though the Easter bonnet may not be as popular as it once was, many people still embrace this tradition. In areas of the United Kingdom, for example, children and women design elaborate and ostentatious bonnets. In the United States, some hat-decorating contests still coincide with Easter festivities. Children in primary grades also may design Easter- or spring-themed hats that they can wear during holiday celebrations.

Easter bonnets have a storied history. From European beginnings to parade staples, they're often a hallmark of the spring season.

EASTER WORD SEARCH

F A I T H A V M M S T A E R T J I A E G
M D B L D I S P A B A S K E T N U P T D
V B S P R I N G B P H I D D E N E E A Y
N U C R O S S S N A E B Y L L E J L R E
O T M I K A E W S U S E J S O E C B B G
M N A I T S I R H C A V E G R N U H E I
A A T O R R A C P F U L A A O N N G L R
L O R R B H Y K G U T M B I N U F H E G
A C P S K C I H C S R B T Y Y R L W C E
M D H E H B O U O I I C D C E R J Y S A
B U D O E M C P S T E P H Y L N D U J S
F C P B C P A E F R O U A W F N N D L T
A K V I L O N L R U R R E C A D S B C E
M L W H H P L U L C P S S C A M W R F R
I I T C D S S A H O G S V Y I C A S B B
L N R G P E R B T G W R T R N D A O M D
Y G L M R T U O E E M A A U P V N O W L
J S G S D N M L W H Y C A P I N T W A A
S L I D O F F A D P L M U O E L V E O B
P C P C V K N G I E C P R T K Y T Y B D

Find the words hidden vertically, horizontally, diagonally, and backwards.

- | | | | |
|-----------|-----------|-------------|--------------|
| APOSTLES | CHRISTIAN | HIDDEN | RABBIT |
| BASKET | CHURCH | JELLYBEANS | RESURRECTION |
| BONNET | CROSS | JESUS | RISEN |
| BUNNY | DAFFODILS | LAMB | SAVIOR |
| CANDY | DUCKLINGS | LENT | SPRING |
| CARROT | EASTER | MARSHMALLOW | SUNDAY |
| CELEBRATE | EGGS | MIRACLE | TOMB |
| CHICK | FAITH | PEEP | TREATS |
| CHOCOLATE | FAMILY | PRAYER | WORSHIP |



Haas, Haas + Associates Congratulate UH Geauga Medical Center's Heroes of the Month



Rachel Greathouse

Rachel joined the Seidman Cancer Center as the department's first LPN. Rachel works to intake all of the infusion patients, GYN Oncology patients, and helps with the medical Oncology clinics whenever needed. She took over medical supplies ordering to assure that the multiple rotating MD's have all their specialized equipment that infusion has the supplies that align with best practices. Also when the unit started cooling caps and another staff member was needed to quickly train, Rachel was the first thought and she is now the cooling cap expert. Rachel took over the GYN Onc clinic and the team has been so complimentary of her- the MD loves teaching Rachel because she is so willing to learn, interested in patient care and condition and a joy to work with. The RN's took immediately to working with Rachel because of her professionalism and high level of critical thinking skills. Rachel is self-motivated, constantly smiling and always willing to go above and beyond. If she finds herself with downtime she is the first one to get up and offer the clinical secretary assistance with chart prep. Rachel has been such a joy and wonderful experience for the SCC team.



Dr. Jason Abdallah

Dr. Jason Abdallah is a GI Physician here at Geauga Medical Center. Dr. Abdallah shows compassion for all his patients by hearing and addressing their concerns, keeping them updated on their prognosis and what to expect for their day to day life. Dr. Abdallah takes time to contact his patient's frequently between visits to check up on them. It is common practice for him to text a patient or a family member just to see how they are doing and if they need anything. He shows compassion by remembering when a loved one is sick five minutes seems like five hours; therefore he replies promptly no matter the hour to phone calls and texts personally. This compassion, open communication and accessibility is rare in today's healthcare industry, but we are proud to say it is not rare at Geauga Medical Center. With all the added roles and requirements placed on our Physicians it is very easy to forget about a quality such as compassion. We are very fortunate to have Dr. Abdallah on our team here at Geauga Medical Center.



Sue Freeman

Sue is a patient transport aide here at Geauga Medical Center. Sue has and continues to perform her job above and beyond the minimal requirements. In fact she offers her assistance in numerous ways. She will fill her times that she is not moving patients by emptying the linen cards in the hallways of the ED, each morning she makes sure that the blanket warmer is fully stocked and always communicates with the nursing staff in a positive way. She will offer a warm blanket to her patients and ask if there is anything else she can get for them. She will also advocate for the patient, when necessary. If the patient is not understanding or if she feels more communication is needed between the medical staff and the patient, she will bring it to the staff's attention. Sue recently dealt with a situation in the ED when a young lady was having an episode that left her feeling scared and confused. Sue went up to the patient and in a calming voice reassured her that we are here to help her and that she need not be afraid. Sue did not give up on trying to get through to this patient and ease her mind. Sue lives the UH way every time she walks through the door, and we are lucky to have her on our team.



Jason DeRue

Nancy and Eddie her dog, have been volunteering on a regular basis on the BHU for a couple of years. Pet Pals was reintroduced to the BHU and the unit is so lucky to have Nancy and Eddie accept the unit as part of their rotation. Eddie comes into the nursing station on the BHU and visits the staff for stress reduction while Nancy hears about the plan for the visit. The normal Pet Pal visit occurs with Nancy answering multiple questions from the patients about Eddie. Patients will be seated and Eddie walks around to visit each one. He sits for some, shakes hands, lays down and rolls for belly pets and backs up for scratches. The patients adore Eddie and the time they are allotted to visit. On one particular recent visit there was a patient that was very ill and not communicating much with the staff. The patient wandered back into the group for Pet Pals. A miraculous thing occurred there that day for this patient. Eddie began to lay on this patient and let the patient talk to him and pet him. Both Nancy and Eddie are a valuable part of the Behavioral Health Unit programming and words can't express how special their visits are to patients and staff.

Each Hero will receive a gift certificate courtesy of and William R. Haas.

University Hospitals
 Geauga Medical Center
 13207 Ravenna Road
 Chardon, Ohio 44024
UHgeauga.org

Sponsored by:
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 "Expect More."
 100 Seventh Ave. #135
 Chardon, Ohio 44024 • 440-286-1263
haas-haas.com

Sunday, March 31, 2019

Health Talk



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: It has been a few years since I last got an eyes checked. I can see just fine while driving and I can read small print with my readers, so do I really need to get my eyes examined?

A: That is a very important question. During an eye exam, your eye doctor actually does so much more than determining your glasses or contact lens prescription. Eye exams are critical in the prevention and early detection of various eye diseases. In fact, the majority of eye conditions and diseases can only be detected through a comprehensive exam. For example, most people aren't able to find out that they have or are at risk for glaucoma until actual vision loss occurs. If a condition is caught early on, it is possible to potentially prevent vision loss from happening in cases of macular degeneration or diabetic retinopathy.

During a comprehensive eye exam, your visual ability and field of vision are evaluated along with a series of other tests. Your ophthalmologist checks for glaucoma, cataracts, and other eye diseases as well as high blood pressure and diabetes. Today, technology is constantly changing in the world of ophthalmology and it allows exams and procedures to be easier, faster, and more beneficial for patients than ever before. It is recommend to get a comprehensive eye exam once every one to two years, and more frequently for patients that are at risk for eye disease. Call your doctor if you are experiencing any problems with your vision, or if you are due for an exam!

Michael E. Rom, M.D.

Insight Eye Center
Chardon (440) 286-1188
Mentor (440) 205-5840
www.insighteyecenter.com



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: What is frozen shoulder?

A: Frozen shoulder refers to a condition where the shoulder undergoes a process of painful stiffening leading to substantial loss of shoulder function. The term adhesive capsulitis is also used to describe this condition. Primary adhesive capsulitis involves the spontaneous development of a stiff shoulder in the absence of an identifiable injury or surgery. This occurs in approximately 2% to 5% of the general population most notably in patients with diabetes or thyroid conditions and has a

slight predilection for females. Primary adhesive capsulitis remains a poorly understood condition within the medical establishment and identifying a singular cause remains elusive.

The natural history of a course of primary adhesive capsulitis follows a typical three-phase pattern. The first, or inflammatory phase, is heralded by the onset of at times severe pain, limiting shoulder and arm function and affecting sleep. The second, or frozen phase, describes a period of maximum stiffness in the shoulder often making it difficult for patients to perform even simple tasks with the affected arm. Pain has generally moderated in the frozen phase and may only be felt when patients attempt to move their arms beyond their available range of motion. The final, or thawing phase, involves the gradual return of shoulder function and resolution of pain.

Beyond the pain and stiffness in the shoulder, two elements of adhesive capsulitis can be of particular frustration and consternation for patients. First, patients struggle with the idea that they can experience such pain and dysfunction in the shoulder without the presence of structural injury. Imaging tests including MRI often appear unremarkable, though high quality MRI scans can detect thickening of the capsular tissue in the shoulder consistent with adhesive capsulitis. Secondly, and perhaps more troubling, is the prolonged duration of symptoms that is typical in an episode of adhesive capsulitis. The process of completing all three phases of the condition can take several months and in some cases more than one year. The vast majority of patients will enjoy complete resolution of symptoms, however, and surgical intervention is required in only the most severe and protracted cases.

A second variety of frozen shoulder, often termed secondary adhesive capsulitis, occurs following trauma or surgery where injury and healing have led to a stiffening of the shoulder. In most cases this too will resolve with patience and appropriate exercise and surgical intervention is the exception not the rule.

To learn more about frozen shoulder visit www.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



BEHAVIORAL HEALTH

Natalie Grandy, Ph.D.

Q: I have been working full-time for years, and adding to my stress, I became a care-taker to my elderly mother two years ago. Although I have had little down-time since then, I was managing. Recently, however, my adult daughter moved into my home with her young children. Although I love my children and grandchildren dearly, I have become overwhelmed to the point that I feel like I can't handle my life. My mind races 24-hours a day, I wake up several times at night, and my performance at work has been suffering. I don't see how I can keep going like this, but I also don't see how I can give up any of my obligations!

A: Wow...that is A LOT on your plate! You know, our bodies are designed to respond to stress in ways that are supposed to help us. Our heart rates increase, we become "on alert," our minds start racing to quickly figure out solutions to our stress. These are wonderful responses if we have a problem that needs to be solved. But what happens when the problems don't have solutions? Long-term stress negatively affects our bodies, leading to insomnia, changes in appetite, chronic pain, physical illness, and mental illness. In other words, while our bodies' response to stress is helpful for short-term problems, chronic stress is detrimental to our functioning.

We can help! We offer a Mindfulness-Based Stress Reduction (MBSR) group that teaches mindfulness as a basis for effective stress-management. Research has shown the amazing benefits that mindfulness offers, not only for reducing the harmful physical and psychological effects of stress, but also for improving everyday quality of life. Have you ever been having an "enjoyable" experience, such as attending your grandchild's baseball game, only to realize that the whole time you were worrying about the busy work day ahead of you tomorrow, or thinking about all of the chores you could be doing around the house? The MBSR group will teach you how to begin living fully in the moment. In addition, the group will teach you concrete skills for identifying and responding effectively to difficult and intense emotions, reducing your vulnerability to feelings of being overwhelmed, skills for improving your relationships (or setting some much needed boundaries!). The group also

addresses problem-solving skills for tackling various obstacles, as well as acceptance skills for those problems that do not have solutions. All of this takes place in an environment that is safe and supportive.

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AUDIOLOGY

Dr. Danielle Hoenig

Q: What is the difference between an Audiologist and a Hearing Instrument Specialist?

A: As with all areas of healthcare, one of the most important components to ensuring successful management of your problem is choosing the right healthcare professional for your individual needs. Whether it be a routine eye exam or a life-threatening surgery, you always deserve the right provider to lead you through the process. When it comes to hearing healthcare, many people immediately think of hearing aids as the solution to hearing loss, but in many cases it may not be or may be just a part of the plan. A hearing instrument specialist is trained for the sole purposes of fitting you with hearing aids. They need only a minimum of a high school equivalency and passing a state exam. With hearing loss being connected to so many other health related problems, a hearing care provider with more training and education will look at the bigger picture AND be able to fit you with hearing aids. An Audiologist has more intensive education regarding hearing loss, ear disease, anatomy and disease related to hearing loss and the hearing pathway, balance, rehabilitation, hearing instrumentation, and often much more. In order to obtain the required doctoral degree, Audiologists must complete a certified 3-4 year program and pass a national exam. Our doctors of Audiology perform a thorough audiologic evaluation with a detailed medical history. Once the evaluation is complete, we integrate all of the information and develop a plan with the patient and family for moving forward on your path to better hearing. Please advocate for yourself and ask about your provider's education and training. Life sounds great! Enjoy every moment!

The Hearing Center
Advanced Audiology Concepts

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