

{All things seem possible in May }

# DESTINATION GEAUGA

## Geauga County Spring Drive Tour

Geauga County is headed out of winter and once again opening the doors of maple syrup country with the annual Spring Drive It Yourself Tour. For the seventeenth year Destination Geauga is hosting this popular annual event giving participants a self-guided tour opportunity to experience all the wonderful offerings that are unique to Geauga County. What better way to start National Tourism Week?

Taking part in the tour gives you a yearly occasion to stop at twenty-five locations throughout the county to take advantage of special offerings, family friendly demonstrations, flavorsome food samples, giveaways and special sales. Participation not only supports the local economy but also opens the doors to local businesses giving you a reason to explore places you may not otherwise go to. Many families make this an annual affair and have discovered new products or services that were hiding right in front of them. The diversity of participating businesses serves any interest, any age; there's truly something for everyone! The event concludes at Heritage Marketplace Event Center with a grand finale filled with opportunities to win hundreds of dollars' worth of prizes. Joining the finale with ten stamps collected at various stops will earn you an opportunity at the grand prize drawing.

The tour will be hosted on Saturday, May 11, 2019 from 10:00am to 4:00pm.

Visit [www.DestinationGauga.com](http://www.DestinationGauga.com) for additional tour details, a listing of participating businesses and tour maps. Details can also be gathered at the Destination Geauga Office located at 14907 N. State Ave., Middlefield OH 44062.



Spring bird walk-  
photo: Trent Ford

## SPRING BIRDING

Time to get outdoors and welcome our migrants back home

Want to get in on the enjoyment, excitement, fascination and joyful outdoor recreation that birdwatching has to offer? It's among one of the most popular pastimes in America, and Geauga Park District is eager to help you get involved.

Continuing a Greater Cleveland tradition since 1933, the Annual Spring Bird Walk Series returns for six walks throughout April and May – April 14 at Burton Wetlands Nature Preserve, April 21 at Frohring Meadows, April 28 at The Rookery, May 5 at Eldon Russell Park, May 12 at Big Creek Park, and May 19 at Swine Creek Reservation.

All are Sundays from 7:30 to 9:30 a.m. and among our naturalist staff's Nature's Not to Be Missed

opportunities.

Located where there is the best bet for birds at each particular stage in migration, these walks connect experienced bird watchers with novices of all ages for bird observation, identification and interpretation. Said Naturalist Dan Best, who hosts, "This is a great way to enjoy birds in the company of friendly folks, as well as a marvelous means to experience the splendors of spring in your parks."

Please dress for the weather and bring a bird guide and binoculars if you have them. Registration is not required for any of the above mentioned. Park addresses can be found on the new [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org). Call 440-286-9516 with questions.

## LIVING LIFE FREE OF PAIN MEDICATIONS

Advanced stem cell therapy for chronic pain conditions allows return to normal activities

The arthritis pain was so excruciating in both of Susan Jasper's knees she started limiting her trips up and down the stairs in her house to twice a day. She would come down in the morning, and not go back up until bed time. Even when the pain would subside from time to time, her knees would snap and pop. Her kids teased that there was no way she would ever be able to sneak up on them.

"My doctor told me that the arthritis in my knees had become so bad, that I would require a double knee replacement. He also told me that he would not perform the procedure unless I lost a little weight. So, I figured I would live with it," she said. Susan could barely walk, let alone exercise. The former athlete had a high tolerance for pain, so she tolerated it the best she could.

At the time of the diagnosis, Susan and her husband were unable to hike in the Metroparks or take trips where long amounts of hiking were involved due to her mobility issues. A fall on the ice sent her to an urgent care facility. Her injuries were nothing serious, but the physician assistant suggested she consult with Dr. Gobezie for regenerative medicine, a non-surgical, outpatient therapy for both her knees.

The treatment helps to speed the repair of bone, muscle, joint, soft tissue and nerve injuries. It stimulates previously damaged tissue to regain structure and recover, assisting the body's own healing process. She consulted with Dr. Gobezie who recommended the procedure for both her knees.

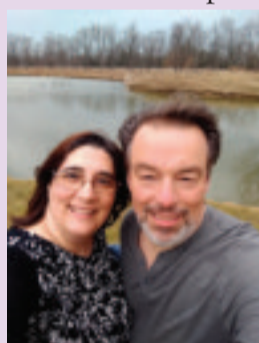
"Dr. Gobezie immediately put me at ease. He is so kind, and explained everything so well," she says. At this point, both of Susan's knees had become sunken from the arthritis.

"What convinced me to do it was the fact that they were taking my own stem cells from my own body. Nobody else had to be involved with it. How wonderfully we are made, that we can use our own body to heal itself," she says.

Healthy regenerative cells are present within fat tissues, bone marrow and adipose connective tissue. Since the cells are collected from a

patient's own tissue, they do not pose a threat for rejection when transplanted to the injured site.

Susan had the procedure at 4 p.m. and felt fine enough to attend her Bible study by 7 p.m. She experienced some soreness for about a week after the procedure, but she didn't have a hard time getting



around, and hasn't had any issues since. Her procedure was a week before Thanksgiving, and she was able to walk and stand for long periods of time – enough to make Thanksgiving dinner. Just a month later, she was very active, directing a Christmas play at her church. "My knees are round again. Just to see them come to a round shape is amazing."

In Susan's case, the treatment enabled healing in the knee joints and relieved her pain. She had been taking Advil every day for the arthritis pain and now lives free of all pain medications. Susan runs up and down the stairs and is back in the gym. The procedure has enabled her to "do everything she needs to do for a healthy life," she says.

Shortly after the procedure, Susan and her husband were able to resume their active lifestyle and hiking in the Metroparks. They walk up steep hills together that would have been impossible without the stem cell treatment. "I'm just so grateful, to be able to climb whatever hill I need to," she says.

### How Does It Work?

Using ultrasound guidance for precise placement, a physician extracts platelets from blood and/or stem cells from fatty tissues or bone marrow, and concentrates them in a special centrifuge. The doctor then injects them into the injured tendon, ligament, nerve, muscle, bone or joint, again under direct visual ultrasound guidance. All of this is done in one outpatient visit. The outcome of each treatment depends upon the site and severity of the injury as well as the

*Continued on page H3 >*

# Pain relief from a trusted source.

# You.

## Activate your own healing process with advanced regenerative therapy.



rēgen  
ORTHOPEDICS



### 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](http://regenorthopedics.com)





# GEAUGA PARK DISTRICT'S

# 2019 summer camps

**X-TREME DAY ADVENTURES** for teens entering grades 8-10  
**AND/OR ONE WEEK-LONG CAMP**

**WEEK-LONG ADVENTURE CAMPS** for youth entering grades 5-7



## Get outside for some fun!

REGISTRATION NOW OPEN - SPACE IS LIMITED  
Visit <http://bit.ly/gpdcamps> for details • 440-286-9516

### SAVE THE DATE!

## GEAUGA PARK DISTRICT'S CAVEMAN CRAWL

5K TRAIL RUN & 1-Mile Fun Walk

SUNDAY, JUNE 9 • The West Woods

For details visit <http://bit.ly/gpdcaveman>



Geauga County Probate/Juvenile Court Judge

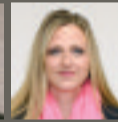


Timothy J. Grendell

Thank you for your continued support. Enjoy your parks!  
Board of Park Commissioners



Andrej N. Lah



Jackie Dottore



Howard Bates



John Oros



Executive Director

## Spring at the Chesterland Historical Village

The vintage buildings have been swept and dusted in readiness for the many open houses and events at the 10 acre Chesterland Historical Village/ After a winter hiatus it is good to throw open the doors and welcome visitors to this unique and quaint village that represents the history of Chester Township.

Sunday, May 5th the feature building is the olde 1850 Town Hall and the Interurban Museum and Rail Way located in the lower level. Complete with docents, a diorama of the Maple Line that ran through Chester Township and on to Chardon, plus a ride on the rails via a movie, and a craft project for the smaller children all at the Open House May 5th. from 2 to 4 pm. Admission is free.

June 2 brings the Wool Hollow Art and Quilt Fest to the village green from 12 noon to 4 pm. This program features the 1842 Tanner House with vintage quilts and the 1889 Thayer General Store where you will find the Western Reserve Spinners and Weavers demonstrat-

ing their talents. The fabric room with docent Sue Ingrassia has demos on the barn loom and the history of making fabric and children may try weaving. No matter where you look history abounds Once you have visited you will come back again and again.

Ms. Ingrassia created a beautiful quilt, The Road To California, now on display in the store where you may purchase a raffle ticket. proceeds go to the barn project. Doors to the 1900 barn will be open where visitors will see the ongoing renovation to this Stone Family Barn that was moved to the village greens and endangered to collapse. Frost Architectural Preservation Inc. is working with the Foundation to make this barn structurally sound and eventually open to the public with displays of farm equipment used from years past.

The village is located on the corner of Caves and Mayfield Road. Pick up a listing of the many programs and events scheduled at the village.



## Geauga County Public Library

[geaugalibrary.net](http://geaugalibrary.net)

### Bad Boys, Bad Times:

#### Cleveland Indians and Baseball in the Prewar Years

Wednesday, May 8, 2019

7:00pm - 8:00pm • Chardon Branch

Join author Scott Longert as he presents on his new book, Bad Boys, Bad Times: The Cleveland Indians and Baseball in the Prewar Years. In this book, baseball historian Scott Longert writes about an exciting period for the Cleveland Indians, with details and anecdotes that will please fans all over. For more information about the author and his other work, visit [scottlongert.com](http://scottlongert.com).

### Meet the author: Ruth Morhard author of Mrs. Morhard and the Boys: One Mother's Vision. The First Boys' Baseball League. A Nation Inspired.

Wednesday, May 15, 2019

7:00pm - 8:30pm • Bainbridge Branch

Local author Ruth Morhard will discuss her new book, Mrs. Morhard and the Boys: One Mother's Vision. The First Boys' Baseball League. A Nation Inspired. Copies of the book will be available for purchase.



## Destination Geauga's 17th Annual Spring Drive-it-Yourself Tour Saturday May 11th 10am-4pm

**Tour Stops:** Artisan Gallery, Aunties Antiques Mall, Berkshire Hills Golf Course, Carriage Trade Boutique, Chagrin Valley Roller Rink, D.S. Cakes & Sweets Cafe, End of the Commons General Store, Ferroni's Allegro Cafe & Bistro, For the Birds Wildlife & More, Gallery House Decor, Geauga Fresh Farm Market, Geauga Historical Society's Century Village, Geauga Public Library (Chardon Branch), Geauga Lyric Theater Guild, Greene Eagle Winery & Brew Pub, Harvest Bell Farm, Heritage Meats, John's Country Nursery, Ma & Pa's Gift Shack, Marketplace Mall, Nauvoo Family Market, Osso Farm Restaurant, Pine Craft Storage, Punderson Manor Lodge & Conference Center, Special Hands Shoppe.

List of Stops & Tour Map available at [DestinationGauga.com](http://DestinationGauga.com) or by calling Destination Geauga 440-632-1538, or in person (14907 South State Ave-Middlefield) also available at each tour stop location, and tourism brochure racks around the county!



*You Can't Buy Happiness, But You Can Buy Local & That's Kind of the Same Thing.*

## THE NEWS-HERALD

- Free Family Friendly Event!
- 25 Possible Tour Stops
- You choose 10 (or more) to visit
- Enjoy Samples, Drawings, Tours and Special Sales & Give-a-ways
- Get your Tour Map stamped at each location
- Live Music 2:45-4:00
- Be entered into the Grand Prize Drawings for great Geauga County Giveaways with your validated map (with 10 or more stamps) by 3:45!!!
- The Grand Finale is at Heritage Marketplace, 15920 Nauvoo Road, Middlefield
- Free Popcorn & Water, Pizza, Hot Dogs, Hamburgers, French Fries and Ice Cream will be available for purchase
- Vendors Entertainment, Silent/Chinese Auction
- MUST BE PRESENT TO WIN**



Destination Geauga thanks our Sponsors, **SHETLER'S PRINTING** and **SIRNA'S PIZZERIA** for their support and making this day possible.





# May Events

**May 5 at 1:00 pm**

**Lost Lake Kayak Expedition**

Experienced kayakers, take a rugged but rewarding kayak trip to a remote, seldom-seen wild marsh and lake accessed from the Upper Cuyahoga River. Ages 16+. Be prepared for the possibility of wading, muddy portages, climbing over felled trees and other obstacles – not for inexperienced kayakers! Bring spare clothes and water. Registration required starting April 28. [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org). 440-286-9516

**May 5 at 1:00 pm**

**Beautiful Blooms Wildflower Hike!**

Swine Creek Reservation, 16004 Hayes Road, Middlefield Twp.. 1:00 PM - 3:00 PM. Take a naturalist-led hike to one of the best locations in Geauga Park District to find beautiful spring-blooming wildflowers! Hike is up to 2 miles along rolling terrain. Nature's Not to Be Missed. Small creek crossings are a necessity on this trail, so participants should wear foot gear that they don't mind getting wet or muddy. Not Wheelchair / Stroller Accessible. [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org)

**May 11 (Sat. 9am - 12pm)**

**2019 Geauga Fresh Farmers' Market Opens**

The Geauga Fresh Farmers' Market provides fresh local food, fun and community. Monthly events include cooking demos, childrens activities and tomato, salsa and pie competitions. See [www.geaugafarmersmarket.com](http://www.geaugafarmersmarket.com)

**May 11 at 8:00 pm**

**Nassau Night Sky Viewing**

Observatory Park, 10610 Clay Street, Montville Township. Nassau Astronomical Station. 8:00 PM - 11:00 PM Observe the wonders of the night sky using this facility's giant research-grade telescope! If weather prevents sky viewing, join us for a planetarium presentation in the McCullough Science Center instead. Fully Wheelchair / Stroller Accessible

**May 12**

**Mother's Day Milkweed Giveaway**

The West Woods, 9465 Kinsman Road (Rt. 87) Russell & Newbury Townships. What better gift can you give your mother than a plant?! Stop by anytime between the specified hours and pick up a free pot of native milkweed to plant in an effort to help the ailing

Monarch Butterfly population. One pot per person. Fully Wheelchair / Stroller Accessible [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org)

**May 16 at 9am**

**Middlefield Historical Society Garage Sale Indoor Garage Sale**

Thursday, May 16th, 2019 at 9:00 am No admission fee. Shop a wide variety of items at bargain prices. Dig through the penny box for treasures. Sale benefits Middlefield Historical Society. 9:00 am - 2:00 pm. 14979 South State Avenue (Rt. 608) Middlefield, OH 44062

**May 18 & 19 (Sat. & Sun. 10am - 4pm)**

**Holden Arboretum Plant Sale**

Holden's annual Plant Sale. Featuring nearly two dozen species of Holden's nursery propagated and grown wildflowers, most from seeds collected at Holden. In addition, dozens of selected area nurseries

and gardens are invited to offer a wide selection of perennials, annuals, herbs, woody plants (shrubs/trees), and garden accessories. Access to a variety of plant and soil experts makes this one-stop shopping opportunity informative and well worth your time. A portion of each sale supports The Holden Arboretum. [www.holdenarb.org](http://www.holdenarb.org). 9550 Sperry Rd, Kirtland, OH 44094

**May 26 at 2PM:**

**The Sky Tonight Planetarium Show**

Observatory Park, 10610 Clay Street, Montville Township. Robert McCullough Science Center Join us for a planetarium presentation about what to watch for in the night sky this week. Building open house 1-4 PM. Weather permitting, also view the sun using our safe solar-viewing equipment. Fully Wheelchair / Stroller Accessible [www.geaugaparkdistrict.org](http://www.geaugaparkdistrict.org)

## 2019 CIVIL WAR ENCAMPMENT

### At Century Village Museum

# May 25 & 26, 2019 10am–5pm

President Abe Lincoln  
Battles Cannons Music



Authentic Sutlers  
Confederate Camps

Artillery  
Union Camps

**We are looking for Cavalry Groups,  
Civilian Living History Groups/Families Character Reenactors**

**Those wishing to participate as a reenactor must register in advance**

**Contact Century Village Museum at 440-834-1492 or email  
[info@geaugahistorical.org](mailto:info@geaugahistorical.org)**

## Another Year of Successful Maple Sales



The Chardon Kiwanis Club of would like to announce another successful spring sale of Maple product. All money raised will be reinvested 100% back into the community. Because of the generosity of the Chardon Community, the club will be able to support the awarding of numerous scholarships and sponsor other service driven programs throughout the year.

This spring Maple product sales would not have been successful without the support of local businesses and people including Richards Maple Products, Fowlers Mill, Heinen's, and Walmart. In addition, The Kiwanis Club of Chardon would like to thank everyone who helped out with the Maple Syrup Bottling and everyone that came up to the cabin to support our Maple Syrup sales.

"This year's sales were a success with the wonderful support of our generous community," said Ken Kirchner, President the Chardon Kiwanis. "Because of the success of this year's sales, the Kiwanis will be able to help support our community through various scholarships, programs, and events.

If you would like to learn more about the Kiwanis Club of Chardon, please visit our webpage at [www.kiwanisclubofchardon.org](http://www.kiwanisclubofchardon.org) or call 440-537-7316. We are always looking for new volunteers to help in our efforts to serve the community.

## LIVING LIFE FREE FROM H1

patient's own healing potential.

"More and more patients are looking for ways to avoid ongoing steroid injection treatments or surgery, and regenerative medicine can be an excellent alternative," explains Reuben Gobezie, MD, Regen Orthopedics. "Although not all patients are candidates, we offer consultations to explore individualized treatment plans for each patient."

To find out if you are a candidate for regenerative therapy, call 844-STM-CELL (844-786-2355) to schedule an initial consultation. Regen Orthopedics is in Beachwood. For more information, visit [www.regenorthopedics.com](http://www.regenorthopedics.com).

*Regen Orthopedics assists patients with painful conditions, including (but not limited to):*

- Osteoarthritis • Meniscus Tears
- Rotator Cuff Injuries • Muscle Strains
- Tennis Elbow • Achilles Tendinitis
- Other Forms of Tendinitis or Tendinosis
- Ligament Sprains • Plantar Fasciitis
- Compression Nerve Injuries
- Nonunion Fractures



## University Hospitals Gauga Medical Center

### Haas, Haas + Associates

Congratulate UH Geauga Medical Center's

# Heroes of the Month



Amy Gardner, RN

**Amy** is a Nurse Manager in the Geauga Psych Patient Services department. She is a dedicated employee who values her team and the patients they care for. Over the past month there have been many changes from system perspective that she and her team continue to manage on a daily basis. The acuity on their unit has been very high; however, Amy has been able to safely care for each of her patients and allocate the appropriate resources. Amy has been instrumental in validating that all Behavioral Health patients get evaluated outside of the unit timely. She reviews the census daily and helps the team prioritize. I recently attended a Unit Base Council Meeting in BHU and was very impressed with the engagement of her staff and compassion for patient safety; the teamwork was absolutely amazing.



Dr. Marina Damis, MD

**Dr. Damis** and the BHU team over the past couple of years have been instrumental in improving psychiatric care at Geauga. We receive more letters from BHU patients than any other unit stating that "the patient's treatment during their hospitalization in the BHU changed their life." Dr. Damis is always willing to help. Many of these situations are very difficult and can be time consuming. She is an advocate for patients to make sure they always receive the very best care and remain safe while in the BHU. She also has been willing to help collaborate on innovative approaches to help facilitate patient care.



Jessica Sounik, RN

**Jessica** is an experienced and knowledgeable nurse on 2 South. She helps to create and foster a strong team on the nightshift. She is very well liked and respected by her co-workers, as evidenced by the multiple peer evaluations. She works hard every day to ensure her patients are well cared for, that her documentation is complete, and her patients are happy with the care she provides. She has a wonderful bedside manner and is able to build meaningful relationships with her patients. Jess has a very good understanding of the patient experience and places all new initiatives into her practice and becomes a champion on the unit. Her positive attitude and friendly personality make her a great team member, and she is seen as a strong leader for the nightshift. Jessica consistently functions as the charge nurse for nightshift. Her team relies on her for knowledge and guidance and with her calm and nurturing personality they find her open and approachable. She is also one of the consistent preceptors on nightshift and she gives the new grads a great foundation to build their nursing career. She then becomes the person they can rely on for help and support. She has added nursing student preceptor to her list of accomplishments in 2018. She is able to provide them with the education they need to be successful. Jessica easily embraces new changes in the division in a positive manner and implements them into her practice. She has become an active member of the team of 2 South showing her furthering commitment to the unit. She is becoming a great leader for 2 South. She continues to make 2 South a better place to work.




Audrey Futato, RN

**Audrey** is an experienced and knowledgeable nurse on 2 South. She has a wonderful upbeat and friendly personality and she helps to create and foster a positive work environment. She is very well liked and respected by her co-workers as evidenced by the multiple peer evaluations. She works hard every day to ensure her patients are well cared for, that her documentation is complete, and her patients are happy with the care she provides. She has a wonderful bedside manner and is able to build meaningful relationships with her patients. Audrey has a great understanding of the patient experience and places all new initiatives into her practice and has become a champion on the unit. Her positive attitude and friendly personality make her a great team member. She is seen as a strong team member and is starting to become a leader as well. Audrey has started to function as the charge nurse for dayshift. Her team relies on her for knowledge and guidance and with her kind personality they find her open and approachable. She has become a consistent preceptor for our practicum nursing students. And though she was reluctant at first, she has proven to be an exceptional teacher. She is able to provide them with a wonderful learning experience by being calm, friendly and open to their many questions. She easily embraces new changes in the division in a positive manner and implements them into her practice. She has become an active member of the team of 2 South showing her furthering commitment to the unit. She is becoming a great leader for 2 South. She continues to make 2 South a better place to work.

Each Hero will receive a gift certificate courtesy of



and William R. Haas.



**University Hospitals  
Gauga Medical Center**

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Sunday, April 28, 2019

# Health Talk



## AUDIOLOGY

**Dr. Danielle Hoenig**

**Q:** I have been diagnosed with hearing loss in both my ears, can't I buy just one hearing aid?

**A:** This is an excellent question that often comes up with our patients. The short answer is no, most people in your situation will maximize their benefit with two hearing aids. Each ear has its own hearing nerve that goes from your ear to your brain, and ideally, we would like to keep both of those nerves stimulated by sound. Research has shown that keeping both nerves stimulated is correlated with a lower chance of auditory deprivation. In other words, we want to make sure we are minimizing the chance for a decrease in hearing and understanding of speech due to deprivation of sound. Research also shows that optimal hearing in both ears allows your brain to better distinguish between relevant auditory inputs, such as a desired speech signal versus irrelevant background noise. Also, a timing difference between how sound arrives at both of our ears allows our brain to figure out where sound is coming from, otherwise known as localization of sound. By wearing hearing aids in both ears, you will be preserving this time difference and therefore be able to better localize sound. When should you consider a hearing aid for only one ear if you have hearing loss in both ears? If our assessment indicates that one ear has minimal or restricted understanding of speech, or a very severe degree of hearing loss, we may recommend a trial of amplification to evaluate potential benefit for that poorer ear or may recommend amplification for just the better ear. Another possible option is a Bi-CROS (bilateral microphones with contralateral routing of signal) amplification system. If one ear is not considered a good candidate for a hearing aid, this system will use a microphone on the poorer ear to pick up sound and wirelessly route it to the better ear to help with localization and sound awareness on that poorer side. If you're considering moving forward with amplification, call us at 440-205-8848. Life Sounds Great! Enjoy Every Moment!

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



## SHOULDER ARTHROSCOPY

**Eric M. Parsons, M.D.**

**Q:** Do all rotator cuff tears require surgical repair?

**A:** The management of rotator cuff tearing is individualized to each patient based on the patient's current symptoms and future goals. Previous studies have shown that many patients can achieve satisfactory results and improved shoulder function without surgery even in cases in which the rotator cuff has a full thickness tear.

If surgery is contemplated, however, the results of recent research suggests that patients may benefit most from earlier intervention. Dr. Michael Fu and associates have just presented a paper at the annual meeting of the American Academy of Orthopaedic Surgeons entitled, "Delay to Arthroscopic Rotator Cuff Repair is Associated with Increased Risk of Revision Rotator Cuff Surgery." After gathering data from 2007 to 2016 using a national insurance database with information on rotator cuff tear patients who underwent arthroscopic repair, the investigators found that the highest rate of revision surgery for incomplete healing occurred in patients who had postponed surgery for more than 12 months. The delayed surgery group required additional surgery at a rate (15%) nearly twice the rate of those who opted for surgery within 12 months of diagnosis (8%).

Even in cases where adequate pain relief and shoulder function are realized without surgery this does not indicate that the rotator cuff tear has healed. No patient is particularly keen to undergo surgery but a preponderance of medical evidence suggests that neglecting full thickness rotator cuff tears is deleterious to the long term health of a shoulder.

To learn more about rotator cuff surgery visit [ohioshouldercenter.com](http://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](http://www.ohioshouldercenter.com)



## BEHAVIORAL HEALTH

**Shannon Matsko, LPCC**

**Q:** I have always gone to my friends whenever I need someone to talk to about my depression and anxiety. Recently, I've noticed that it is not making me feel any better. Even worse, I am noticing some of my friends beginning to pull away from me and I think it's because I am always asking them for advice about my struggles. What can I do differently, I don't want to lose all my friends.

**A:** It is very common to reach out to the people closest to you when going through a hard time. We tend to forget that although we trust and value our friends' opinions-they may not have the answers when it comes to managing depression and anxiety, or any other problems you are experiencing. They also can be biased-meaning that they care for you and have their own emotional attachments/opinions in regards to you and potentially any situations you are going through. You mentioned this is beginning to negatively impact your relationships. Your friends may feel uncomfortable knowing that you want advice from them and feel pressure to be able to help you through your struggles. You may be feeling resentment that you friend is unable to help you. This is not the best circumstances to be in with a friend if you want the relationship to be maintained and enhanced.

My recommendation for you is to seek out professional help to process through your struggles with depression and anxiety. A professional counselor can help you in an unbiased way and provide suggestions based on evidence based research. Also, seeing a professional has the added bonus that the personal things you share will remain confidential. At Premier Behavioral Health Services we provide individual counseling services, medication management services and group counseling services (Intensive

Outpatient Program). The first step is contacting us to schedule an initial assessment, from there we will work together to develop a treatment plan that fits your needs. Here at PBHS, we utilize Dialectical Behavioral Therapy (DBT), which is an evidence-based treatment method. Setting up counseling services will allow you to learn healthy ways to manage your depression and anxiety, along with allowing you to continue to work toward maintain healthy relationships with your friends.

**Shannon Matsko, LPCCM**  
Premier Behavioral  
Health Services  
8701 Mentor Ave  
Mentor 44060  
440-266-0770



## LASIK, CATARACTS & LENS IMPLANTS

**Michael E. Rom, M.D.**

**Q:** I have diabetes. How often should I get my eyes examined and why?

**A:** People that have Diabetes mellitus can often times develop a complication in the form of an eye condition known as diabetic retinopathy. This complication is caused by damage to the blood vessels of the light-sensitive tissue, or the retina. If blood sugar is not well controlled, then an excess of sugar in the blood leads to the blocking of blood vessels, cutting off the supply of blood. As a result, the eyes attempt to grow new vessels, but they do not develop properly and often leak, which in turn damages the retina. Most of the time, in the early stages of diabetic retinopathy, symptoms usually go unnoticed.

However, as the condition progresses, patients may experience symptoms such as blurred or fluctuating vision, dark specs or floaters, or even vision loss.

The key to preventing vision loss from diabetic retinopathy is to detect the condition early on. This is accomplished by having a dilated eye exam performed by your eye doctor at least once every year. Early findings your eye doctor might detect are small spots of blood in the retina, swelling or macular edema, and even vitreous hemorrhages or ruptured blood vessels in severe cases.

The absolute best way to prevent damage to the eyes or vision is by practicing good blood sugar control, exercising often, smoking cessation, and getting annual eye exams. Talk to your doctor to learn more about diabetic retinopathy and to schedule your eye exam.

**Michael E. Rom, M.D.**  
**Insight Eye Center**  
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Mentor (440) 205-5840  
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