

Thursday
August 29, 2019

A Special Supplement to
THE NEWS-HERALD
www.News-Herald.com

Medical *Directory*

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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.

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440-255-7938

Madison Family Practice*

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Madison
440-428-8246

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16030 East High St.
Middlefield
440-632-0594

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Concord Twp.
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Willoughby
440-953-5740

Willowick Primary Care*

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Willowick
440-833-2095

Willoughby Internal Medicine*

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Willoughby
440-953-6294

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Internal Medicine at Perrico Health Campus*

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Willoughby
440-918-4690

OB/GYN*

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Willoughby
440-602-6710

9485 Mentor Ave.
Mentor
440-205-5862

Women's Health Specialists*

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Madison Pediatrics*

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Madison
440-428-6225

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Mentor
440-205-5800

Willoughby Pediatrics*

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Willoughby
440-942-4844

Chardon Pediatrics*

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Chardon
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Willoughby
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*provider-based facility



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lakehealth.org

What Should You Look For In An Orthopedic Surgeon?

By Reuben Gobezie, MD, Director,
Cleveland Shoulder Institute

When you are in need of orthopedic surgery, research is important. You'll want to find a highly recommended surgeon with the strongest skills and most experience in the specific area of surgery that you need. Extensive data has shown a direct correlation between the number of times a surgeon performs a procedure and the success rate. The more experience the doctor has with the surgery, the better the patient outcomes.

Take the time to research the credentials of the doctors you are evaluating and ensure they are board certified. Check resources such as the American

Academy of Orthopaedic Surgeons and the American Board of Orthopaedic Surgeons for extensive information about orthopedic procedures and to verify your surgeon has been certified. Websites such as Healthgrades.com and Vitals.com provide patient reviews of doctors and details on a physician's experience.

Ask for referrals from your primary care physician, other healthcare providers, family and friends. Make a consultative appointment with doctors you are considering to develop a comfort level with them and discuss the surgery and their experience. During this consultation, consider using the below questions to help guide your research.

Orthopedic Surgeon, Reuben Gobezie, MD, is an internationally recognized leader in the care of shoulder injuries. He treats patients with all types of disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries through the Cleveland Shoulder Institute in Beachwood.

10 Questions to Ask During a Surgical Consultation

1. What procedure or treatment do you recommend for me?
2. How will this procedure help my condition?
3. Are there alternatives to this surgical procedure?
4. Do you perform the recommended procedure or refer me to someone else?
5. How many times have you performed this procedure in the past year?
6. What complications do you encounter with this procedure and how often do they happen?
7. Do you follow up with patients after surgery?
8. How skilled is the medical team involved in the procedure and follow up care?
9. What will my care after surgery include?
10. How long does it take for patients to recover from this procedure?

Please Make Sure Your Physician is Board Certified

by Dr. Paul Vanek, FACS



I love what I have been blessed to do for nearly 25 years - utilize my expertise, education and experience to change people's lives. I can think of countless situations where I have helped transform women and men of all ages, allowing their personalities, confidence, inner and outer beauty to blossom and shine in ways they never could have imagined. I truly cannot think of any other career that would be more gratifying and fulfilling.

But there is one aspect that I terribly dislike, which is when I meet patients who had prior surgical experiences that did not go well, and sometimes went terribly wrong. This is why I constantly warn people to always verify their surgeon's credentials.

I worked very hard to become double board certified as both a general surgeon and plastic/reconstructive surgeon. Achieving even one board certification is a lengthy and rigorous process, involving many years of education and training. I completed my degree in Biochemistry at Haverford College where I was a Magill-Rhoades Scholar. I then completed my MD with Distinction in Research at University of Rochester.

My General Surgery certification is

from The American College of Surgeons after completing a 5-year residency and demonstrating expertise to Board Examiners by passing written and oral exams. My second board certification from the American Board of Plastic Surgery came after a second residency in Plastic Surgery at University of Michigan. The American College of Plastic Surgery requires submission of one year of surgical cases as a precondition to their certification, an 8-hour written test, and a full day of oral board examination.

I recently completed recertification in both General and Plastic Surgery specialties. These require ongoing education and assessments, keeping up with the latest advancements, and demonstrating best practices relating to ethics, patient safety and communications.

I see bad results from other surgeons, and we all hear tragic news stories, even about closing entire clinics. It is critical to make sure your plastic surgeon is qualified. Board certification immediately verifies that your surgeon has the education, training and experience to properly assess and treat you. Such certifications prove that your doctor is dedicated to do everything necessary to keep their patients safe and achieve the best possible results.

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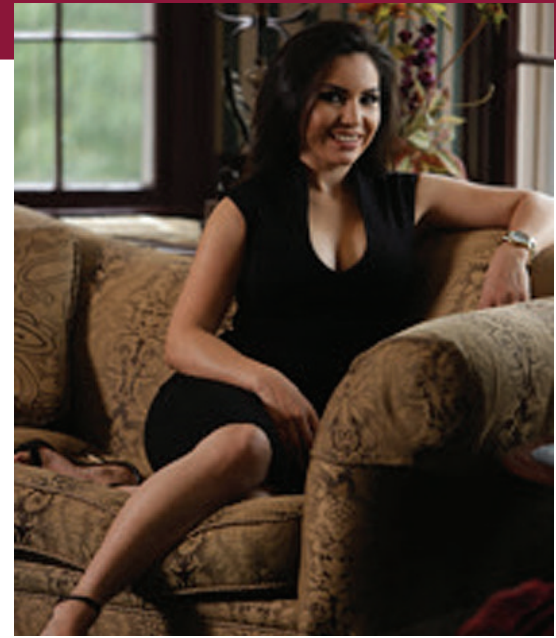
Top Innovator.
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Top Doc.



Nominated by his peers for his innovation, superior outcomes and compassionate care, Reuben Gobezie, MD, has again been recognized as a Castle Connolly Top Doctor. No stranger to accolades, Dr. Gobezie is a Patients' Choice Award Multi-Year Honoree and ranked one of the Top 25 Shoulder Surgeons in the US. His most cherished honor? Returning you to health.



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Love... Laugh... Live!

(These are a few of Dr. Paul Vanek's patients whose lives have changed forever.)



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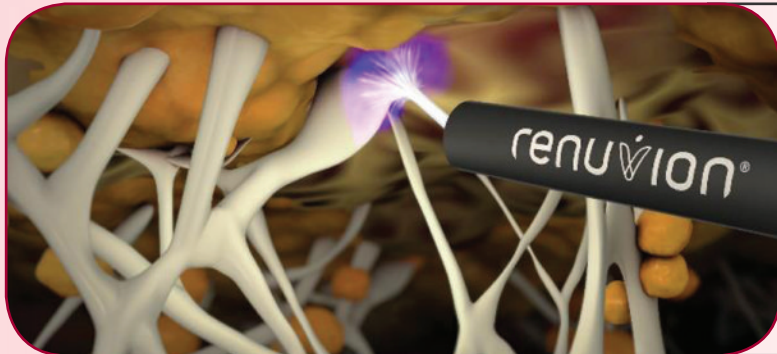
See Lake Health's NEW Best of Health magazine for a special feature on Dr. Paul Vanek!

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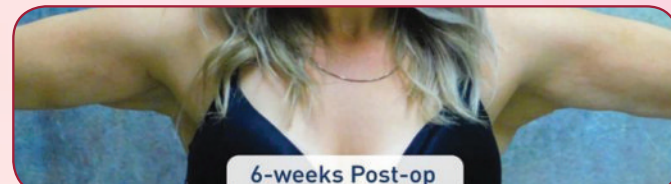
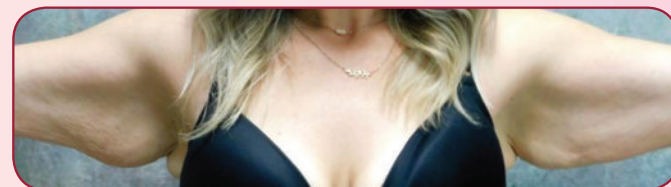
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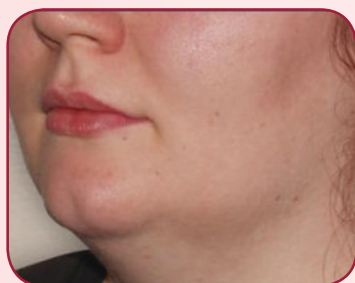
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Anger: What lies beneath it and what do we do about it?

Suzi, Gahr, LISW-S

Clinical Supervisor, Social Work Internship Program
Outpatient Therapist

Human emotions can be very uncomfortable and difficult to manage. Read some ways to understand anger, including reducing intensity and coping effectively.

Reflect and Explore. What emotions are underneath your anger? Outward signs often are manifestations of inner feelings you have difficulty expressing. Once you develop improved ability to identify, communicate, and cope with thoughts, intensity and frequency lessens.

Check in on Basic Needs. Are you hungry, tired, or stressed? Practicing good self-care—nutrition, sleep, exercise, work-life balance, social outlets, hobbies—can prevent irritability, giving you a solid base to manage anger.

Delay and Distract. The intense feeling of anger is already present? Give yourself time. Once your brain has caught up to your emotions, you'll be more prepared.

Anger itself is not wrong, or something to eliminate. Allow yourself to feel, express, and cope in healthy and safe ways, both the comfortable and enjoyable, and the uncomfortable and painful.

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What Are Dental Implants?

Submitted by: Michael S. Fioritto, DDS

Why do so many people prefer dental implants?

Dental implants are the most natural looking and natural feeling replacement for missing teeth. Unlike other tooth replacement options, dental implants don't slip or click when you talk, laugh or eat. And they help keep your jawbone healthy, so that your facial structure stays intact.

What are dental implants?

A dental implant is a small post, usually made of titanium, that serves as a substitute for the root of the tooth. A connector, known as an abutment, is placed on, or built into, the top of the dental implant, which connects it to the replacement tooth. Finally, a crown, a replacement tooth, is custom fabricated to match your natural teeth, completing the dental implant.

How much do dental implants cost?

No two patients or their customized dental implants treatments are exactly alike, so the cost – as well as the number of appointments required and procedures performed – will vary depending on your particular needs. I recommend consulting an AAID-credentialed dental implant expert who can conduct a comprehensive examination and evaluate the necessary diagnostics to best determine your needs and the associated fees. Discussing the dentist's payment arrangements and potential coverage from your insurance carrier are important steps in the planning process.

Can any dentist provide my dental implant?

Dental implants are sophisticated dental devices that must be placed carefully to minimize complications or implant failure. For the best results, it is important that you choose a dental implant expert who has the proper education, training and competence in implant dentistry.

Where can I find a knowledgeable dental implant dentist?

The American Academy of Implant Dentistry and the American Board of Oral Implantology both maintain a free directory of board-certified dental implant experts who have met key education, training, and competence requirements. Dr. Mike is one of only sixteen dental implant specialists in Ohio.

How long does it take to replace teeth using dental implants?

Each patient is different. After completing the necessary diagnostics, your implant dentist should provide you with a treatment plan including the estimated amount of time to complete the process. Total treatment time depends on your needs, medical and dental history, the health of the supporting bone in your jaw, and the technique and materials that will be used. It can be as short as a few months, or more than a year for more complex conditions.

Are dental implants safe?

Dental implants, which have been used for half a century, are safe and effective. As in any medical procedure, however, there can be complications. Choosing a knowledgeable, well-trained implant dentist will help minimize complications and ensure skillful handling of any problems, should they arise. It is important that you and your implant dentist review your health history and any habits which could affect the success of your recommended care, such as smoking, so that you are fully informed about the benefits and risks involved.

Does it hurt to get dental implants?

With the sedation techniques available at the time of treatment and helpful instructions for home care, many people report that they feel better than anticipated. Often, they return to work and daily activities the next day. While there may be some discomfort and bruising, this typically lasts only a short time.

Can my child get dental implants?

Yes, dental implants are an excellent and smart long-term solution for children who have lost permanent teeth due to injury or accident. It's advisable to consult with a dental implant expert as soon as possible after the teeth are lost. However, in most circumstances, the dentist will wait to perform the procedure until your child's facial growth and development has been completed. Generally, this occurs around age 16 for girls and age 18 for boys.

How do I care for my dental implants?

Well-placed and cared for dental implants have the potential to last for decades. Caring for teeth restored with dental implants is just like caring for your natural teeth: brush, floss and visit your dentist for regular cleanings and check-ups.



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Dental Implant Specialist

Board Certified Implantologist
Diplomate, American Board of Oral Implantology
Fellow, American Academy of Implant Dentistry



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Hospice of the Western Reserve: Celebrating 40 Years of Compassionate Care

Join Hospice of the Western Reserve for their Blue Diamond Benefit Celebration, an evening of dinner, drinks, auctions and more on October 4 at Executive Caterers Landerhaven. Your support ensures future generations can continue to receive the same high-quality care and exceptional range of services you expect from the agency. Services that many in the community may have benefitted from, such as bereavement counseling and children's bereavement camps, art and music therapy, pediatric care and Moments to Remember, among others. These programs are only possible because of the philanthropic support the agency has received over the years from generous supporters. During the celebration, there will be a special presentation on our bereavement services, which have been deeply meaningful to so many families in our community.

About the Honorees

Keith A. Ashmus - Dame Cicely Saunders Blue Diamond Award

With similar vision and spirit of mission as the founder of the modern hospice movement, Keith Ashmus has been an exemplary advocate for hospice for more than 40 years. In 1982, Keith gained national recognition for his tireless efforts on behalf of seriously ill patients. Keith continues to be an active and beloved volunteer for the agency.

The Elisabeth Severance Prentiss Foundation - Blue Diamond Philanthropy Award

The Elisabeth Severance Prentiss Foundation has made an indelible impact on healthcare in Cleveland. At every milestone, the Foundation generously supported Hospice of the Western Reserve's mission and vision, making it possible for the agency to provide a home-away-from-home, and compassionate end-of-life care and healing grief support for so many in the community.

Purchase tickets at hospicewr.org/BDC.

We're here for your family.

Caring for someone with dementia isn't easy.

Hospice of the Western Reserve is here to help. We focus on improving quality of life for dementia patients through specialized care, innovative programs like art and music therapy, and customized care plans that ensure dignity and comfort.

Hospice of the Western Reserve also educates caregivers on what to expect, including techniques to make caregiving easier.

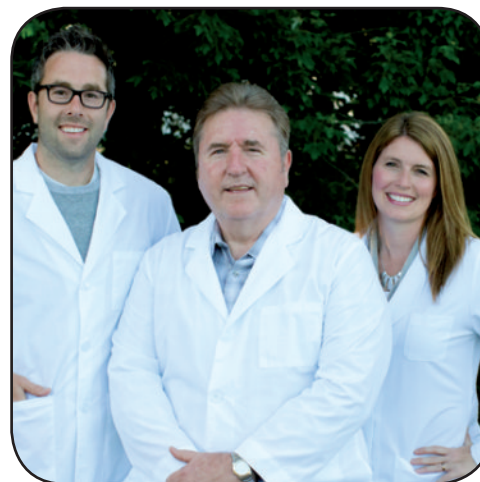
If your loved one has been diagnosed with dementia, **insist on Hospice of the Western Reserve**. Your journey to compassionate care begins with us.

For same day help, **call us or visit our website today.**



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How to Get Started with Medicare



There's so much to learn about Medicare before you enroll. You could spend countless hours talking to friends and visiting various internet sites, or you can attend a comprehensive workshop called Getting Started with Medicare that covers all the basics you need to know.

Laura Mutsko of Mutsko Insurance Services of Mentor has been presenting Getting Started with Medicare at colleges, libraries and through community programs for more than ten years. In the class, Laura explains the differences between Original Medicare, Medicare Part D Prescription Drug Coverage, Medicare Advantage Plans and Medicare Supplement Plans. You will also learn how you can get coverage for dental, vision, hearing and other services not covered with Original Medicare.

Don't make the mistake of settling for the same kind of coverage a friend or neighbor suggests. Take some time to attend this class and learn what the best options are for you.

These events are for educational purposes only and no plan specific benefits or details will be included. Some venues may charge a nominal fee. Pre-registration is required. For a complete list of classes, visit www.mutskoinsurance.com/seminars

Monday, September 9, 2019
Mutsko Insurance Services
6:00 pm – 7:30 pm
6982 Spinach Drive, Mentor
440-255-5700

Wednesday, September 11, 2019
Euclid Library
6:30 pm – 8:00 pm
631 E. 222 St., Euclid
216-261-5300 x5100

Tuesday, September 17, 2019
Willowick Library
7:00 pm – 8:30 pm
263 E. 305th St., Meeting Room 1
Willowick • 440-943-4151

Friday, September 20, 2019
Mutsko Insurance Services
10:00 am – 11:30 am
6982 Spinach Drive, Mentor
440-255-5700

Wednesday, October 2, 2019
Concord Community Center
6:30 pm – 8:00 pm
7671 Auburn Rd., Concord
440-639-4650

Thursday, October 3, 2019
Willoughby Library
6:00 pm – 8:00 pm
40 Public Square, Willoughby
440-942-3200

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Monday, September 30, 2019

Carrie Hamad, Amoena representative will be available for consultations and fittings.

Tuesday, October 1, 2019

Beth Erdy, True Life representative will be available for consultations and fittings.

Wednesday, October 2, 2019

Colleen Ruby, Anita representative will be available for consultations and fittings.



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*Source: Ohio Department of Aging Satisfaction Survey, 2018



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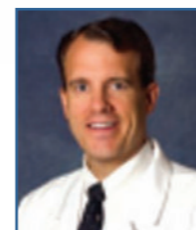
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Internal Medicine
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Nurse Practitioner
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When It's Time For Memory Care How To Prepare For The Unthinkable

**Here are the top signs that it may be time
to move your loved one to a Memory Care facility:**

1. YOU WORRY ABOUT THEIR SAFETY

The number-one concern family members have about a loved one with Alzheimer's or dementia is their physical safety, caregiving experts say. People with Alzheimer's, dementia, and memory loss become confused, wander, and become agitated and even physically violent very easily. These problems can put them into all sorts of situations where they endanger their health and safety. When evaluating your loved one's situation, ask yourself how often each day you worry about them and check on them. If your loved one has fallen, had a driving accident, or suffered an unexplained injury, these are additional red flags.

2. HEALTH CARE NEEDS GET FORGOTTEN

Managing medications can be hard enough for the average person in their 50s. For someone with memory loss, failing to take prescribed medications on schedule — or taking too much — can be life-threatening. Dementia also affects your loved one's ability to prepare and eat a nutritious diet. Your family member may forget that they've just eaten a meal and eat another one right after or skip meals altogether. You may notice food on the counter that hasn't been properly put away or dirty dishes left in the refrigerator instead of the sink or dishwasher.

3. YOU NOTICE UNNECESSARY PURCHASES AND UNUSUAL HOARDING

Is your loved one's coffee table cluttered with untouched magazines? Are the bathroom shelves stacked with unused bars of soap? Are there little packets of sugar piled up in the kitchen or dining room? Repeatedly purchasing or collecting multiples of the same item is often an early sign that someone's mental faculties are declining. Your loved one might buy something at the store then not remember on the next shopping trip and buy it again. An unwillingness to throw things away ("because I might need that someday") can also be a sign that their grip on reality is fading. And, of course, if your loved one is showing signs of hoarding, that's an even more serious warning to seek a safer living situation.

4. THEIR WORLD IS STEADILY SHRINKING

Does it seem like you can't take your mom out to eat, shop, or exercise because her behavior is so unpredictable. But at the same time, is she even more likely to be disruptive if she doesn't have ways to be active and work out her energy? More often than not, the result is: she rarely goes out and is frequently restless and lonely. Welcome to the dilemma that leads many families to consider memory care. Professional memory care staff are trained to use distraction, redirection, and other techniques to keep residents calm and safe. Their programs are designed to provide activities and stimulation — including trips and outings — that can help your loved one be active without you or others turning to medication to calm her down. Another symptom of dementia is the fear of driving which isolates individuals even further. In a memory care facility your loved one will have supervised transportation whenever it's needed.

5. YOUR LOVED ONE LOOKS STRIKINGLY DIFFERENT

When you hug your family member, does she or he feel different? Weight changes, frailty, hunched posture, and moving with difficulty can all indicate that your loved one's ability to navigate the world is declining. Forgetting to eat or gaining weight because of eating again and again, as mentioned before, can change appearances very rapidly. Hunched posture and moving slowly can be signs of uncertainty — does she know where she's going?

6. PERSONAL HYGIENE IS GETTING OVERLOOKED

Oddly enough, one of the strongest clues that your loved one is losing the ability to care for herself or himself may be right under your nose. Specifically, body odor if they have neglected to shower for a while. If your usually clean-shaven father starts sporting a few days of stubble like an actor, he may be forgetting to shave or even how to shave. Likewise, if your formerly well-coiffed mother begins to look shaggy, she may be missing or forgetting to make her regular hair appointments. Look for other changes in

CONTINUED ON PAGE 15

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CONTINUED FROM PAGE 14

appearance as well, such as unwashed or wrinkled clothes, or maybe putting clothes on backwards or inside out.

7. FINANCES ARE BEING NEGLECTING

Falling behind on financial matters is one of the first signs of dementia for many people. Look around. Is mail piling up unopened? Or worse, do you see creditor envelopes or collection notices? Look for unpaid bills and check to make sure that taxes and property taxes have been paid. If possible, examine bank statements for signs of unusual activity.

8. YOUR LOVED ONE IS A VICTIM OF FRAUD OR A SCAM

People with Alzheimer's and dementia are easy targets for hucksters, scammers, and unscrupulous salespeople. If you notice that your loved one is making strange purchases, giving to new charities, or investing in questionable financial products, these can all indicate the onset of memory loss and other dementia-related issues. Some shady charities will approach seniors over and over again, especially if they detect a hint of dementia. If your loved one doesn't remember donating, he or she may contribute each time out of the goodness of their heart.

9. PAY SPECIAL ATTENTION TO FIRE AND WATER DAMAGE

Whether your loved one lives independently or in senior living, keep a close eye on the physical environment as well as your loved one's hands and arms for burn marks. Memory loss makes it much more likely that someone will leave a burner on or drop a dishtowel on top of a pilot light and not notice the smoke. If your loved one smokes cigarettes, check blankets, mattresses, floors and counters for scorch marks from dropped cigarette butts. Also look for stains, mold, and other signs of water damage that could indicate water running until a sink or bathtub overflows. Even spills that haven't been wiped up suggest loss of attention. And if a garden or houseplants die because no one remembers to water them, that's a telltale sign as well.

This blog was first published here: [Sunshine Retirement Living](http://SunshineRetirementLiving.com), July, 2018. Some information sourced from grandparents.com and seniorlivingresidences.com.

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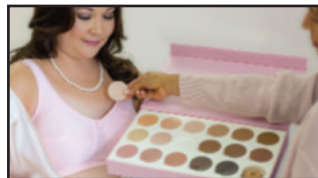
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From the dental office of Debra S. Lowe, D.M.D.

Really? I can get a cavity at this age?

Anybody at any age can get a cavity, as long as there is a tooth in the mouth. If you only consider age, there are some that are more prone due to their ability to perform good oral hygiene.

Children are prone if they brush their own teeth. Parents should be brushing and flossing for the younger ones. A child may not understand how to correctly brush, plus they do not have the dexterity to effectively do so until they are of the age that they can master

cursive handwriting. Until then, they need help. They are especially prone if there are poor diet choices.

Teens and young to middle-aged adults are capable of good oral hygiene. So they can cut their chances of cavities with proper habits, good food choices, and regular visits to the dentist.

The elderly can become very prone to cavities. As you age your health may deteriorate, requiring medications or treatments that cause you to have a dry mouth. Saliva is a natural cleansing aid. Your eyesight can deteriorate, so you might miss food particles and plaque. The hand dexterity and stability can also wane, and so flossing and brushing techniques can be compromised. Gums recede and spaces between the teeth collect food. By this age many people already have had a lot of dental work. Teeth, even those under crowns, fillings, or with root canals can get a cavity under the restorations. We call this recurrent decay. If you wear a partial denture, the anchor teeth are susceptible to decay because the food and plaque get under the partial and sit against those teeth. Diets may also change to softer, stickier foods that cause cavities. The crunchy ones like carrots, celery and apples actually help clean the teeth. The elderly should see the dentist more often than when younger.

No matter the age, there is no substitute for seeing the dentist. We all need help in cleaning the nooks and crannies, and for an exam. Unfortunately, teeth don't always hurt when there is a problem. Denture wearers also should visit once a year for an oral cancer evaluation and to inspect the denture because they do wear out.

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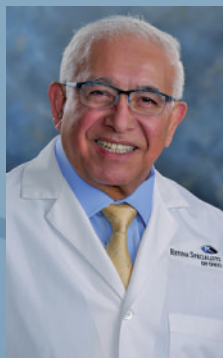
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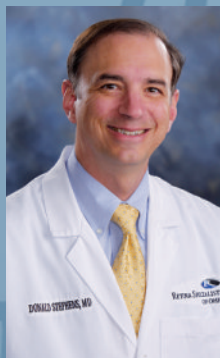
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