



2019 Lorain County Medical Society

Special Supplement to

THE MORNING JOURNAL

Thursday, September 26, 2019



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Greetings from the Lorain County Medical Society!

Dr. Mark Guay, President
Susannah Selnick, Executive Director

Founded in 1896, the Lorain County Medical Society is proud to continue its tradition of being an organization that serves the physicians and patients throughout our community. Our physician members span all specialties and health systems and come together to ensure that each patient gets the right treatment at the right time for the right reason.

While many recent changes to the healthcare system have adversely impacted the delivery of patient care, and the sacred physician-patient relationship, the members of the Lorain County Medical Society continue to put patient first, and to serve you, the patient, to the best of their abilities. Our physicians are members of this community, and regardless of employer, are committed to working in partnership with their colleagues to provide a cohesive healthcare network throughout Lorain County to all its residents.

This year, we hosted our annual Community Health Fair, which brought hundreds of Lorain County residents to meet with physi-

Our physicians are here to serve you, the patient. When looking for care, look for a doctor from the Lorain County Medical Society.

cians in multiple specialties to ask questions and receive various health screenings, all free of charge. We are grateful to the support of University Hospitals for hosting us in their Avon Health and Fitness Center.

Also in 2019 was our second annual Lorain County Run for Health 5K and 1Mile! This run showcased the pedestrian trail around the University Hospitals Avon Health and Fitness Center, and the surrounding neighborhoods. We were thrilled to welcome our runners and walkers, and look forward to seeing this event grow each year!

In 2019, we are excited to host the LCMS Dinner With a Doc: Clam Bake & Cabaret. This dinner is open to the public and will be held on Friday, October 18th at 6:30pm at Rosewood Place in Lorain. The evening

will feature a full Clam Bake dinner, a silent auction, 50/50 raffle, and live entertainment, including select performances by physicians and other healthcare professionals. Tickets are \$45 per person, and sponsorship opportunities are available.

The Lorain County Medical Society Scholarship Foundation once again distributed academic scholarships to Lorain County Students who are pursuing a career in the medical field and intend on returning to Lorain County to work; in 2019, we awarded over \$25,000 in scholarships to local medical and nursing students. The Lorain County Medical Society Foundation continues to provide charitable funds to a variety of Lorain County organizations that serve the needs of our community, and in 2018 distributed \$10,000 to charitable organizations throughout Lorain County.

Our physicians are here to serve you, the patient. When looking for care, look for a doctor from the Lorain County Medical Society.

For more information about the Lorain County Medical Society, visit our website at www.lcmedicalsociety.com.

The Lorain County Medical Society Foundation

Dr. Thomas Martin

The Lorain County Medical Society Foundation is a 501(c)(3) charitable wing of the Lorain County Medical Society. The Foundation owns an office building in Sheffield Village, located off of Abbe Road, just north of Lorain County Community College.

The Lorain County Medical Society Foundation has maintained a physical presence at our current location for more than 25 years. Our building is owned and maintained by the Lorain County Medical Society Foundation, and is home to three additional local businesses. The rental income earned by the Foundation is given back to our community, through charitable donations to non-profit organizations throughout Lorain County. Since that time, donations have gradually increased year over year, and in 2018, a total of \$10,000 was donated to four charitable organizations in Lorain County.

The 2018 charitable donation recipients included LCADA Way, a private organization at the forefront of addiction recovery; Blessing House, a children's crisis care center; Genesis House, a domestic violence shelter; the Salvation Army; and the Lorain County Free Clinic, which provides medical care to those who cannot afford it elsewhere and where local physicians volunteer their time to care for these patients. The Foundation hopes to continue to increase our annual charitable contributions each year.

For more information about the Foundation, or to make a donation to the Lorain County Medical Society Foundation, please visit www.lcmedicalsociety.com/foundation.

The Mission of the Lorain County Medical Society is to serve its members by:

- Acting as a strong physician advocate within the boundaries of professional integrity, while recognizing and representing the diversity within the medical community;
- Recognizing the health care needs of the community and acting as a patient advocate in response to those needs;
- Providing services that meet the professional needs and interests of the physician community;
- Promoting the positions of the profession and the Society to the public;
- Taking a leadership role in informing the community about health issues;
- Preserving the professionalism in medicine;
- Promoting American ideals of the patient-physician relationship;
- Upholding the Principles of Medical Ethics of the American Medical Association.

LORAIN COUNTY MEDICAL SOCIETY

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Tailor-fit Cataract Surgery with the Light-Adjustable Lens



Daniel J. Pierre MD
Comprehensive and
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Have you ever ordered clothing online from a store that has no return policy? It can be a risky business. You know your general size and shape, and you know what size of clothes usually fit you. So, you place your online order based on this information.

...and yet, sometimes, when the item arrives, it doesn't seem to fit correctly, and you are stuck with a garment that doesn't work very well for you.

But if the online store is of a bit higher quality, it might provide more specific tools that give you more information to guide you—maybe a sizing chart that recommends the item size based on your own measurements of your body, or maybe reviews from other customers about how the item fits on them. This extra information, and the extra effort you put forth into deciding on the size before buying the item will probably increase the chances of a good fit.

...but it still isn't foolproof. The item still might not fit just right for your own unique body, despite your extra information and planning.

I suppose the only certain way to get a piece of clothing to fit your unique body perfectly would be to adjust its fit after you buy it and try it on. Of course, you would do the right thing and get the extra information and put forth the extra effort before ordering the item, but after that, once you receive it, you would take it to a tailor. The tailor would make very specific measurements of the item while on your body, and make alterations again and again until the item fit you perfectly.

For cheap pieces of clothing you will wear only a few times, it probably really isn't a big deal to make do with what you get, even if it's not quite right. But for other items, such as an expensive suit for important occasions, you would want to put forth the extra effort and expense into your investment, in order to get it as perfect as possible. The more precious the item, the more effort and expense you should be willing to invest.

Wait, why am I talking about clothing and how it fits in a medical article? Well, I do so because I am drawing an analogy to a fantastic technology that is now available to eye surgeons in the United States. It helps us to "tailor-fit" the lenses we implant in the eye to replace a cataract—after it has been put into the eye!

Cataract surgery is something that nearly

everyone will eventually have to think about. Given enough time, everyone will eventually develop cataracts. This simply means that the natural crystalline lens you were born with becomes slowly denser and cloudier over time, until it starts to blur the vision. Cataract surgery, involves simply replacing this natural, cloudy lens with an artificial lens that will bring light from your surroundings into focus, like the old lens used to do. The doctor works with the patient to choose the strength of the lens to be implanted, so that the need for glasses or contact lenses after the surgery is minimized!

Traditionally, the surgeon relies on careful measurements of the eye before the surgery. Based on these measurements, a variety of calculations are made, to predict which strength of the lens to be implanted would best bring the eye's view into focus without help from glasses or contact lenses. The selected lens is implanted into the eye, and both the patient and the doctor hope for the eye to heal according to these mathematical predictions. Most of the time, they do—within a small margin of error—and the vision works well.

However, human beings are not math problems; they are unique individuals. The optical system of the eye is not made of precision ground glass and metal apertures; it is made of living, dynamic, delicate tissues. The mathematical predictions, therefore, will not perfectly predict the correct lens for every single patient. Anyway, the range of lens strengths are usually only available in "half-size" steps. For example, if the calculations suggest that a patient needs a "size" 17.25, the surgeon must pick between a 17.00 or a 17.50, to get as close as possible.

So, this is like ordering that item of clothing online. You use measurements and careful planning to select the right size, but it still might not turn out quite how you like it. You might need to take it to the tailor to get it perfectly right. Tailors are readily available for clothing. But what about adjusting a lens after cataract surgery? Until now, such a task would involve further surgery, which gets more complex, costly, and potentially complicated, such as surgically replacing the artificial lens, or getting LASIK surgery on the cornea, a different part of the eye, to fine-tune the focus.

...but now there is a much simpler and safer way to tailor fit the artificial lens inside the eye after it has been implanted! Let us now consider this new technology, the Light Adjustable Lens.

Last year, the FDA finally approved a lens implant that has proven itself safe and effective in Europe for over a decade. The focussing strength of this special lens is able to be easily adjusted to a custom fit, after it has been put into the eye. About 3-4 weeks

SEE PAGE 6 >

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Speaker: Dr. Nick Fabian - Chiropractic Physician

Did you know that one third of knee replacements in America today are done with NO MEDICAL BASIS?

We live in a disposable world where things are just simply discarded and replaced instead of repairing them. This happens because few patients know the most important questions to ask before having a joint replacement surgery. It is important to ask the following questions: Are we sure that the knee joint is the source of the pain? Have you been treated with less invasive therapies first? Do you have any allergies or sensitivities to metal?

Depending on your answer, the best option may be to REGENERATE instead of OPERATE.



How does Regenerative Therapy Work?

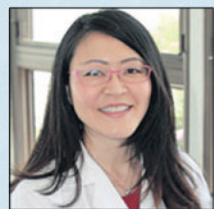
Stem cells are unique in comparison to every other cell in the body because of their ability to divide, renew, and regenerate into other cells just like it. They are unspecified cells to start and only become specialized when they are called to action. Stem cells target damaged or injured tissue in the body are repair and replace what is no longer functional or needed. Essentially, stem cells have the power to regenerate, heal, and reduce pain.

Regenerative therapy offers a single joint injection in the office, no anesthesia, no hospital stay, and has ZERO post-surgical recovery time. Our Regenerative Therapy offers a single joint injection containing rich sources of cytokines, growth factors, proteins, and mesenchymal stem cells. While results may vary, clinically we expect significant improvement within 1-3 months. However, in many instances, it is 1-3 weeks! Improvements include decreased pain and increased function. Regenerative Therapy combined with traditional therapies allow the patient to receive the best possible results in the least amount of time.

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CATARACT SURGERY FROM PAGE 4

After the cataract surgery, when the delicate structures of the eye have healed, the surgeon can measure the “fit” of the lens—how well it brings the eye’s view into focus. Based on these individualized measurements, the lens’s focusing strength is adjusted, using UV light rays (in a safe way) directed at the lens inside the eye to slightly change its shape. The light ray pattern is custom-designed for each unique, individual eye. To further improve precision of focus, the adjusting process is repeated for a total of 3-5 sessions, until it is locked into the perfect “fit”, or focus, in this case.

The idea is comparable to a tailor paying special attention to the garment as it sets on the body, and making alterations 3, 4, or even 5 times, until it fits you perfectly—it looks good and is comfortable. In the case of the implanted lens, this specialized device is far more important than any piece of clothing you will ever buy—it is responsible for your vision, which you use for nearly 100% of your waking life. Since it is so precious and useful and permanent, doesn’t it make sense to invest the extra effort and expense to make it work as best as possible for you?

The amazingly precise results this technology produces excite both patient and surgeon. As a perfectionistic eye surgeon, I now have a tool that can help me attain tailor-



fit, perfectionistic results, with some extra effort. For the perfectionistic patient, it will be well worth the extra effort and expense.

I love this procedure because, as far as humanly possible, we can easily compensate for the many complex variations in the healing process after cataract surgery—variations that might have otherwise caused the patient and I to miss our refractive goal. I love it because it lets the perfectionist in me have his way!

Now that you know about this amazing technology that is now available in the treatment of this very common condition, you will be armed with the most up-to-date information you need in order to make the best decision for the care of your eyes and the eyes of your loved ones. At this time, we surgeons at the Cleveland Eye Clinic are the only ones in Ohio that offer the Light Adjustable Lens for cataract surgery. If you are interested in setting up a consultation about cataract surgery with the Light Adjustable Lens for yourself or a friend, my office can point you in the right direction.

Why So Much Confusion Over CBD?

Corie Kovach, MD, FACOG, MBA of Ohio Holistic Healthcare, LLC in Amherst, Ohio

What exactly is CBD? And how is it different from THC?

Actually, the molecules of CBD and THC have the exact same chemical composition: 30 hydrogen atoms, and 21 carbon atoms, and 2 oxygen atoms

There are currently 85 such known cannabinoids found in the Cannabis plant-- the most prominent of which are Tetrahydrocannabinol (THC) and Cannabidiol (CBD).

A cannabinoid is a compound that interacts directly with our body’s Endocannabinoid System (ECS), which is basically a network of receptors that interact with cannabinoids to maintain multiple vital functions throughout our body. Our brain’s own naturally produced cannabis-like molecules are the endocannabinoids of anandamide and 2-AG. CBD and THC interact at the ECS receptor sites to produce stimulation, modulation, regulation, or enhancement.

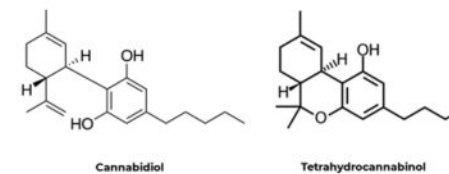
CB1 receptors are found most abundantly in regions of the brain and central nervous system and are responsible for mental and physiological processes, such as memory, high cognition, emotion, and motor coordination, while CB2 receptors are most prevalent in our immune system, spleen, GI tract, and peripheral nervous system. The interaction between the CB1 and CB2 receptors with cannabinoids like CBD and THC is a pinnacle for health benefits such as pain relief, anxiety, depression, insomnia, immune enhancement, appetite regulation, mood management and much more.

The Endocannabinoid System:

While CBD and THC both bind to the CB2 receptor, they interact with the CB1 receptors in different ways. Because of its molecular structure, THC is able to bind directly with CB1 receptors. When this bond occurs, the reaction creates signals that are sent to the brain, which results in the psychogenic effects of “getting high or stoned.”

Conversely, CBD can even negate the bond between THC and the CB1 receptors, effectively neutralizing the psychoactive effects induced by THC. This is why CBD is commonly utilized as an antidote to the undesired euphoric effects of high THC medicinal regimens, such as cancer or glaucoma.

The challenge then becomes balancing the undesired THC psychogenic effects, and this is typically accomplished with increasing amounts of CBD in order to balance the THC:CBD ratio. One of the issues commonly reported is that it is difficult to find reliable CBD products or high CBD content marijuana products in the dispensaries for conditions that are commonly recom-



mended higher CBD content or ratios, such as a chronic and severe pain or PTSD.

The Farm Bill Clarified:

Under the US Farm Bill of 2014, CBD derived from hemp is federally legal. While this is a federal law, it does not legalize CBD derived from marijuana, and it does not overrule state law. Because states can determine their own laws pertaining to CBD, and the distinction between hemp and marijuana is still unclear to many and the legality of CBD from state to state has become very confusing, to say the least.

With the Spending Bill of 2016, Hemp products can be shipped across state lines and finally with the US Farm Bill of 2018 removed hemp and any hemp derivative from the Controlled Substances Act, which legally separates it from marijuana and places it under the Department of Agriculture. Additionally, Ohio Senate Bill 57 recently passed in July of this year to further clarified the state’s position on hemp and CBD in this state. The bill decriminalizes hemp and licenses hemp cultivation was signed by Governor Mike DeWine in July 2019.

All of this being said, Ohio Holistic Healthcare is happy to now offer full spectrum CBD products along with education to our patients in need in the community with no worries. This especially applies to those who have severe pain or afflictions and are in waiting for their medical records process with a tertiary care center or have a condition such as anxiety, depression, insomnia, autism, opioid withdrawal symptoms--all of which were recently rejected at the level of the state board.

Whereas about 70% of CBD products may be improperly labeled, our products at Ohio Holistic Healthcare are third party tested with all results available through the QR code located on each individual product. We recommend only all-organic, non-GMO versatile products made in the USA. We endorse full spectrum hemp extract that contains CBD plus terpenes contained in the hemp plant and up to 0.3% THC, and broad-spectrum extract which is CBD plus the terpenes BUT EXCLUDING THE THC which is especially helpful for performance athletes or commercial drivers or where positive drug testing may be of concern.

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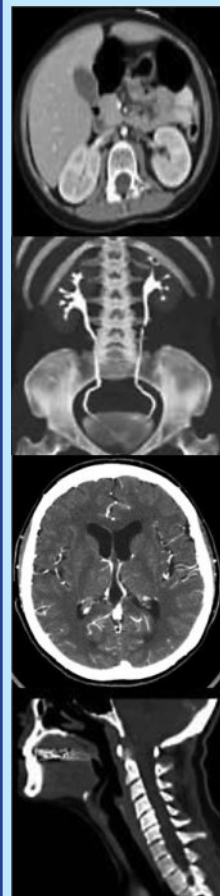
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Lorain County Medical Society

JOIN TODAY!

The Lorain County Medical Society is comprised of Lorain County physicians in all areas of practice and specialties. LCMS is committed to serving our member physicians through a comprehensive program of: legislative, regulatory, economic, and social advocacy. LCMS strives to serve the residents of Lorain County through community events, health information publications, and physician referral services.

Benefits of Membership

- Professional Network of Lorain County Physicians
- Exclusive Referral Services
- Participation in Public Community Outreach and Education
- Yearly Publications Made Available to the Community
- Physician Education Events
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Visit www.lcmedicalsociety.com to join today!

Contact lcmed@centurytel.net or (440)934-6825 for more information



**Lorain County
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VAGINAL REJUVINATION: Multiple Vaginal Ailments Can Be Treated With One Non-Surgical Therapy

Corie Kovach, MD, FACOG, MBA

The FDA has approved most radiofrequency devices for nonspecific gynecologic and hematologic intervention; however, there are a myriad of conditions for which radiofrequency energy-based vaginal treatment applications can be utilized in the gynecologic office setting, such as, female sexual dysfunction, arousal disorder, orgasmic concerns, vaginismus, mild to moderate urinary incontinence, menopausal genitourinary syndrome, vaginal laxity, mild prolapse, vulvar vestibulitis, and lichen sclerosis.

Radiofrequency-based devices, such as the *ThermiVa*, have advantages over laser-based devices because they

- (1) do not require topical anesthesia
- (2) emit focused electromagnetic waves
- (3) deliver energy to the deeper connective tissue of the vaginal wall
- (4) can be applied to vaginal, introital, vestibular, or vulvar tissues for multiple tissue treatment types
- (5) are used in outpatient settings/outpatient procedures
- (6) require no downtime
- (7) avoid direct tissue trauma

Radiofrequency devices restore the elasticity and moisture of the underlying vaginal mucosa by inducing collagen contraction,

vascularization, neocollagenesis, and growth factor infiltration. These are all reasons why we use this technology at Ohio Holistic Healthcare with the *ThermiVa* device.

Treatments are typically approximately 30-40 minutes in the office and patients receive three treatments each 4 weeks apart. Approximately 75% of study participants reported improved orgasmic responsivity, clitoral sensitivity, and vaginal lubrication. One study revealed a 70% improvement in mild to moderate urinary incontinence. Participants also reported improvement in symptoms including vaginal laxity, vaginal atrophy, and sexual dysfunction. Statistically significant improvements were reported in the arousal and orgasm domains of the Female Sexual Function Index (FSFI). Additionally, patients reported improved overall sexual satisfaction and overall lower sexual distress which proved to be statistically significant in the treatment arm.

Radiofrequency and laser technology may hold the answer for patients needing treatment for severe or refractory cases of menopausal genitourinary syndrome, especially in cases of breast cancer survivors or patients who are may feel fundamentally conflicted with hormone use in general.

In addition to these recent wonderful

technological advances, local vaginal hormonal products such as creams, gels, tablets, and suppositories should not be underappreciated as a mainstay in treating and maintaining a healthy and happily functioning vagina.

The same radiofrequency technology can be used in the facial region near the eyes and the mouth to reduce and eliminate fine lines and wrinkles. This is termed *ThermiSmooth* and is again a painless office procedure performed over approximately 40 minutes. At Ohio Holistic Healthcare, we use a proprietary all organic collagen-plumping serum blended specifically for our patients

by *Impact Organic Skincare* to augment the results of our radiofrequency skin therapies.

Additionally, we are offering all-natural glycolic acid facial treatments that help to give you back that healthy glow again and take years off while removing impurities from your skin. We accent many of our services at OHHC using organic and botanical serums and gels from *Impact*.

NOMS-Ohio Holistic Healthcare will be providing a 25% discount for this wonderfully versatile service through the end of the year. Call 440-340-1970 to schedule an appointment today, located at 570 North Leavitt Rd in Amherst.

Varicose Veins? We fix that!

Dvora Nelson, MD, RVT, RPVI

Vein procedures are nothing like they used to be. If you remember watching your mother



recover with bandages, horrendous pain, and difficulty walking for six weeks after a vein stripping when you were little, then you are probably very wary about having anything done to your varicose veins. But treatments today are quick, easy for you, easy on you, convenient, and can be

done in my office instead of the hospital.

Vein procedures are minimally invasive now. You can pull into the Nelson Vein parking lot, walk into a warm inviting waiting area, and bring your loved ones into the procedure room with you so they can watch us work. Instead of limited activity after your vein treatments, we make you increase your exercise by having you walk for an hour every day for a week because walking promotes positive circulation in your legs.

"What are these procedures?" you may ask. Well, they are endovenous ablation, microphlebectomy, sclerotherapy, and Venaseal, also known as "burning, removing, injection, and gluing" veins closed. In approximately an hour and fifteen minutes (in and out the door) with no downtime afterwards, you can have those veins that have been causing your aching, swelling, heaviness, fatigue, and cramping fixed.

Many patients notice improvement in how their legs look and feel within days. Get your activity, energy, and self-esteem back. So many people cover their legs because they believe that their varicose veins are a cosmetic issue. Actually, having varicose veins means that your circulation is poor, and instead of blood returning from your legs and going up to your heart, the blood is pooling in the legs.



These bulging veins can lead to blood clots, darkening of the skin, and leg ulcerations. Treating your veins early can prevent you from developing irreversible damage to your deep veins and skin. Because procedures are medically necessary, they are a covered benefit for most insurance plans including Medicare and its Advantage plans.

Varicose vein procedures in an office setting are ideal. There are no facility fees, no anesthesia costs, no recovery room fees, and no other incidental costs that you can incur when you have your procedure done in the hospital. At Nelson Vein, we are completely transparent about all of your out of pocket expenses. We review your insurance plan including assess your deductible, co-insurance, and co-pay, and calculate what your balance will be before we do any procedures. No surprises.

So, stop waiting and stop suffering. If you are still not sure about getting your veins repaired, then start wearing prescription grade compression stockings (20-30mmHg) to prevent the blood from accumulating in your legs. Get a prescription from your primary care provider, and begin protecting your legs. And, when you are ready, our knowledgeable team at Nelson Vein will guide you on the path to healthy legs that look and feel great. Visit NelsonVein.com, or call 440-617-6061 for more information.

Follow us on Instagram @nelson.vein and Facebook @Nelson Vein and Surgical Services for educational videos and tutorials about veins and vein treatments!

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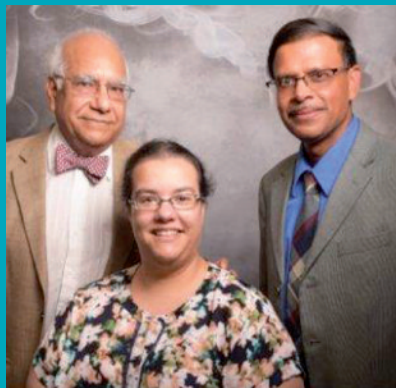
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What is Myofascial Pain Syndrome?

Corie Kovach, MD, FACOG, MBA of Ohio Holistic Healthcare, LLC in Amherst, Ohio

Myofascial pain syndrome is a deep chronic pain condition affecting the musculoskeletal system. Most people experience temporary muscle pain from time to time that typically resolves on its own after a few weeks. But for some people, soft tissue pain persists for months without an obvious explanation. Individuals affected by myofascial pain syndrome (MPS) have sensitive spots, known as trigger points. Most of these points result from muscle trauma/injury, or overuse, often arising from sustained repetitive activities, like lifting heavy objects at work or working on a computer all day. Contributing factors may include:

- Tobacco use
- poor posture, prolonged sitting or travel
- obesity or nutritional deficiencies
- sedentary lifestyle/lack of exercise
- previous injury or underlying inflammatory condition
- increased emotional stressors
- generalized fatigue, lack of sleep
- menopause
- depression/anxiety

Common symptoms may include: deep pain in localized areas of muscles, muscle pain that gets worse or fails to improve with time, presence of painful knots in muscles that when pressed produce intense localized or referred pain; and muscles that are weak, stiff, inflex-

ible, or have reduced range of motion; as well as mood or sleep disturbances.

Dry needling and trigger point injections are excellent therapeutic options for improvement of myofascial pain and providing prompt relief of trigger point pain. Not all trigger points require injection or dry needling. Many active trigger points will respond to massotherapy and physical therapy, especially in the early stages of trigger point formation. However, for chronic trigger points, trigger point injection and needling are more effective treatments

Dry needling is the use of solid filament needles inserted through the skin and into the muscle to release painful trigger points. No solution or medication is injected as with a hypodermic needle during a flu shot. With dry needling, the needle itself and the effects it produces within the tissue is the treatment.

Dry needling works by causing a local twitch response which is both diagnostic and therapeutic. In order to break the pain cycle, we must achieve decreased muscle contraction, reduced chemical irritation, improved flexibility and decreased pain. When a needle is inserted into muscle it will also produce a controlled lesion and will cut between three to fifteen thousand individual muscle fibers. The body activates a positive systemic immune response to the needle as a foreign invader and the cut muscle fibers also produce a local re-

action that your body will respond to reduce inflammation systemically.

A trigger point injection is just that—an injection of an allotted amount of long-acting local anesthetic, sometimes combined with an injectable corticosteroid at the offending trigger point area. It is usually accompanied by immediate relief of the immediate localized pain. It may take a series of trigger point treatments to accomplish complete or adequate relief of a chronic problematic area. Several mechanisms have been suggested as possible explanations for the inactivation of trigger points by injection including disruption of muscle fibers or nerve endings that create an abnormal feedback loop and a local release of intracellular potassium, which may depolarize and thus disrupt nerve conduction. Additionally, injected fluid may reduce nerve irritability, increase circulation, and increase the removal of local waste metabolites. Furthermore, a local anesthetic may interrupt erroneous pain feedback loops between the trigger point and the central nervous system.

In addition to cannabis, massotherapy, reiki, and acupuncture, dry needling and trigger point injection are offered at Ohio Holistic Healthcare at 570 North Leavitt Rd, Amherst, OH 44001 as effective therapies for MPS. Visit our website at www.ohioholistichealthcare.com or call 440-340-1970.

What Is Acupuncture?

Corie Kovach, MD, FACOG, MBA

Acupuncture originated in China thousands of years ago and it involves inserting very fine needles into the skin in specific locations. It is used as a complementary and alternative treatment for multiple physical and mental ailments, including chronic pain, autoimmune conditions, and drug and alcohol addiction. The Chinese have used acupuncture for centuries, but not until recently has it become a common practice in Western countries as well.

The idea of “Qi” is essential to the fundamentals of acupuncture and Chinese medicine and yet difficult to define by Western culture. Everything in the universe is composed of and defined by its Qi—its vital energy of a sort—and the Qi permeates the body. Each being’s True Qi comes from three sources. We inherit our Original (or Prenatal) Qi from our parents at conception. This Yuan-Qi is responsible for our inherited constitutional “genetic make-up”. Our nutrition is the second source known as the Grain-Qi or Gu-Qi (pronounced like the fancy handbag, Gucci). The third is Natural Air Qi, or Kong-Qi, which our lungs extract from the air. There is no place that our body does not have True Zhen-Qi and no place that it does not penetrate.

Qi has five major functions in the body and is responsible for the physical integrity of any entity as well as for its transformations.

1. Qi is the source of all movement in the body
2. Qi protects the body
3. Qi is the source of harmonious transformation in the body
4. Qi governs the retention of body’s substances and organs
5. Qi warms the body

Pathologies and disease processes occur when there are disharmonies of the Qi, such as a deficient qi, a collapsed qi, a stagnant qi, or a rebellious qi.

Meridians are channels that carry the Qi throughout the body, and therefore regulate Yin and Yang. The meridians connect the interior of the body with the exterior. Working with points on the surface of the body will affect what goes on inside the body is the principle of acupuncture theory because it affects the activity of the substances that are traveling through the Meridians. The Meridian system is made up of 14 major Meridians. Additionally, there are a total of 365 classical individual acupuncture points on the surface Meridians. With the inclusion of ear and scalp and other miscellaneous and new points used, there are over 2000 points in use presently.

Acupuncture rebalances bodily disharmonies by using the insertion of very fine needles into points along the Meridians. The needles bring balance by decreasing what is excessive, increasing what is deficient, circulating what is stagnant, moving what is congealed, cooling what is hot, warming what is cold, etc. Another technique often used is called moxibustion, which is burning a substance, mugwort, at the acupuncture points multiple times, typically.

Several reasons may explain why acupuncture is such an effective therapy for so many maladies. The gate theory suggests that stimulation from the needles “jams” the lower nerve bundles in the CNS so that other pain signals cannot pass through to the brain. Another theory suggests that acupuncture needle insertion stimulates endorphin release which is responsible for improved pain relief. Research continues.

Come improve your overall wellbeing at Ohio Holistic Healthcare. We offer services in **Acupuncture** by **Dr. Corie Kovach** who trained in acupuncture at Harvard Medical School 2016-2017.

OHHHC also offers medical cannabis, therapeutic massotherapy, reiki, myofascial release, and trigger point therapy. Call for an appointment today at **440-340-1970**.

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