

# Health & Wellness

AN ADVERTISING SUPPLEMENT | THURSDAY, JANUARY 23, 2020



THE NEWS-HERALD

**INSIDE**

Painesville Dental .....	page 2
Mutsko Insurance .....	page 3
Premier Behavioral Health Services .....	page 3
Next To Me.....	page 4
Mapleview Country Villa .....	page 5
Albrecht Family Dentistry .....	page 6
Sounds of Life Hearing Center .....	page 7
Dr. Paul Vanek .....	pages 8-9
Your CBD Store .....	page 10
Layton Physical Therapy.....	page 10
Katherine A. Thokey DDS LTD .....	page 11
Ravenwood Health .....	page 11
Ohio Living Breckenridge Village.....	page 12
Roediger Chiropractic.....	page 13
Osteostrong .....	page 14
Lake Geauga Recovery Centers.....	page 14
Debra S Lowe, D.M.D. ....	page 15
Lake Health .....	page 16

# Painesville Dental's New Office Opening February of 2020

Located at 150 Mentor Ave., Painesville, Ohio. We are a State of the Art Dental Facility. We will have 12 Patient Operatories, 3D Pan X - Ray, Intoral Cameras, Digital X-Ray, and same day crowns with Cerec. We are a Family dentistry with Saturday hours available and a New Patient special. We look forward to serving you and your family!



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**Chardon Smile Center  
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**Hilltop Family Dental  
(440) 285-8211**

**Dental Group of Jefferson  
(440) 576-7040**

## What Is Your Medicare I.Q.?

If you will be turning 65 soon, it's probably a good idea to brush up on your Medicare knowledge before it is time to enroll. For example, do you know . . .

- When and where to sign up for Medicare?
- The long-term penalty for missing your sign-up deadline?
- What you need to do if you are working and get insurance through your employer?
- How to find the plan with the best prescription coverage for YOU?
- The difference between a Medicare Supplement and a Medicare Advantage Plan?

You can get clear-cut, straight forward information about Medicare at an upcoming Getting Started with Medicare Seminar. The classes will be presented by Laura Mutsko, Certified Senior Adviser and owner of Mutsko Insurance Service

in Mentor, OH. Registration is going on now for the following classes.

**Monday, February 17**  
**Eastlake Library**  
 6:00 – 8:00 PM  
 440-942-7880

**Tuesday, February 18**  
**Mentor Library**  
 6:00 – 8:00 PM  
 440-255-8811

**Wednesday, March 18**  
**Concord Community Center**  
 6:30 – 8:00 PM  
 440-639-4650

For a complete list of upcoming classes visit [www.mutskoinsurance.com/seminars](http://www.mutskoinsurance.com/seminars). You can also call Mutsko Insurance Services at



440-255-5700 for more information.

These events are only for educational purposes and no plan specific benefits

or details will be shared. Pre-registration is required. Some venues may charge a nominal fee.

## Get the **FACTS** on Insurance



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Have you been struggling with anxiety, depression, or addiction and previous treatments have not been effective?

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### Benefits to our programs:

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

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

**Premier Behavioral Health Services**

**8701 Mentor Avenue, Mentor**

**440-266-0770**

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



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## Why annual checkups are so important



the Centers for Disease Control and Prevention, routine health exams and tests can find problems before they start. During annual check-ups, doctors may notice some red flags, such as high cholesterol, that men and women won't detect on their own. These warning signs could be increasing people's risk for disease and/or discomfort. Many of these red flags are undetectable without proper screenings, which is why annual checkups are integral to maintaining one's health.

Annual checkups also serve as a great time for adults to be screened for certain cancers. The American Cancer Society notes that cancer screenings are used to find cancer before a person develops symptoms. That's a vital benefit of annual checkups, as cancers caught in their early stages are more easily treated. In addition, catching cancer before it has metastasized greatly improves patients'

prognosis.

Another reason to schedule annual checkups is that they make perfect opportunities for patients to discuss their family histories with their physicians. This is especially important for adults over 40, as age and family history are significant risk factors for a host of conditions and diseases. Men and women concerned about conditions and diseases that their family members have had can discuss those concerns with their physicians during their annual check-ups. Physicians can then recommend ways for patients to balance their risk, calming patients' concerns and giving them a road map to reduce their risk for conditions and diseases that seem to run in their families.

Annual checkups are as vital a component of a healthy lifestyle as nutritious diets and routine exercise. By scheduling annual checkups with their physicians, adults can closely monitor their overall health and potentially uncover issues before they escalate into major health risks.

Nutritious diets and routine exercise are two hallmarks of a healthy lifestyle. Combining the two can lower people's risk for various diseases and contribute to a high quality of life. But food and physical activity are not the only things people should do to improve their chances of living long, healthy lives.

Preventive care is important. One of the most effective principles of preventive care is to schedule an annual checkup with a physician. According to

## Welcome to Mapleview Country Villa

Just a short drive from historic Chardon Square, Mapleview Country Villa is committed to providing a quality therapeutic regimen that is tailored to each person's unique needs. Whether rehabilitation or skilled nursing care is required, our goal is to prepare each person to return home as quickly and safely as possible. Our therapy space features specialized equipment for both strength training and enhancement of physical function. The therapy apartment setup, which includes a kitchen and bedroom, aides our staff in the successful restoration of daily living activities. A dedicated speech therapy treatment room is available for individuals recovering from speech, swallowing, or cognitive disorders.

## Cardiac Excellence at Mapleview Country Villa

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At Mapleview Country Villa, we take an active role in helping our patients successfully manage cardiovascular disease, including heart failure.

Through ongoing education, monitoring and collaboration, our cardiac patients are able to enjoy better quality of life and improved outcomes.



Chetan P. Patel, MD  
BOARD CERTIFIED CARDIOLOGIST

### Our Cardiologist

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



## Mapleview Country Villa

Part of the Legacy Health Services Family

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For more information or to tour our facility, please call **440-286-8176**

## Quality Dental Care at Albrecht Family Dentistry

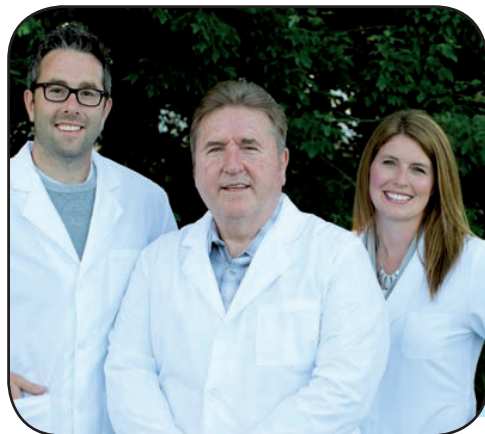


Our office is committed to providing quality dental care to all patients within a caring atmosphere.

We consider it a privilege to meet the dental care needs of families in our area community. Our primary responsibility is to our patients. Our goal is to provide quality dental care in a caring,

patient-oriented environment. We realize that you are a unique individual, and we listen carefully to your dental concerns. We realize that your time is valuable. Our office does not "double book." Our goal to stay "on-time" is valued by our dental patients and staff.

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Lundon R. Albrecht, D.D.S.  
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## Sounds of Life Hearing Center

Sounds of Life Hearing Center was opened in October 2018 by Sarah Curtis, Au.D., Doctor of Audiology. There is never a wrong time to get a hearing test – whether you're 4, 24, 54, or 84, hearing is part of your health. Early intervention for hearing loss is important at all ages and we guarantee we use all tools, including technologies such as real-ear measures, to ensure accurate, rehabilitative fittings. Before you make a decision on treating your

hearing loss, check us out! We are available for second opinions. We know you have many choices when it comes to your hearing care but we can assure you amazing value for our exemplary service and expertise.

We also offer tinnitus services, pediatric services, ear cleanings, auditory processing evaluations. Our facility is ADA Accessible. We accept many insurances. **Call today for more information! (440) 579-4085**

145  
92



WILLIAM, heart attack survivor.

### THIS IS WHAT **HIGH BLOOD PRESSURE** LOOKS LIKE.

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

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



" Dr. Curtis was extremely thorough and explained every detail. She was able to match up the hearing aids to [my husband's] prescription of hearing loss and he is thrilled so far and so am I. He can actually hear me even if I whisper. His hearing is so much better already... Dr. Curtis and her staff were very accommodating and answered all our questions and the price was very reasonable too. Would highly recommend Dr. Curtis."

-ANONYMOUS



**DR. SARAH CURTIS**  
| Doctor of Audiology |

"I am enjoying a much better quality of life thanks to Dr. Curtis. She is friendly, knowledgeable and has been very attentive to my hearing needs. I have been able to live life again without the frustration of always being on alert to try to hear and listen. Dr. Curtis is a true professional and I highly recommend Sounds Of Life."

-C.R.



## sounds of life



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Cannabinoids are a set of compounds found in industrial hemp. Your CBD Store Willoughby's products are made using only the highest quality grown hemp from the USA. This phytocannabinoid-rich hemp has a naturally high cannabinoid level, and an abundance of other cannabinoids (CBG, CBN, CBC), as well as flavonoids, and terpenes. Hemp has a unique cannabinoid profile with less than 0.3% of THC-delta-9. Our products come in various forms and levels to meet each customer's needs and preferences. You can choose from water-solubles, edibles, tinctures, soft gels, and topical applications. We even have tinctures and treats for pets.

We are located at 37812 Vine Street in Willoughby.



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

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



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Madison Location:  
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440.428.0422

Painesville Location:  
50 Normandy Dr.  
440.639.8800

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

# “Comparison is the Thief of Joy”

As we progress into this New Year, it is important that we are mindful of what we post on social media, and how our posts might affect those around us. It would also be important to think about those in your life who you know struggle this time of year, and to reach out as a friend to those in need, and to ask for help if you need it. Finally, it is most important to remember that comparison can be the thief of joy – we all possess our own unique set of skills and qualities, which make us who we are – if we focus our energy on what we do not have, we will lose sight of what we do.

– Megan Mackura, LPCC-S,  
MFT, CTP, Performance Improvement Director, Ravenwood Health



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## APARTMENT HOMES

Ohio Living Breckenridge Village North apartments include one, two or three bedrooms, one or two full baths, full kitchen, spacious closets and storage, complimentary laundry room on each floor, bi-weekly housekeeping services and a flexible meal allowance. A straight lease option is available for our one-bedroom apartments.



## BROWNSTONE HOMES

Designed with carefree living in mind, these homes feature floor plans with fully equipped open kitchens, sunrooms, patios or balconies, laundry rooms, optional fireplaces, spacious storage, and heated underground parking. A flexible meal plan is available, and other amenities including a pub, community room and library make the Brownstones a popular choice.



## RANCH HOMES

Our two- and three-bedroom ranch floor plans can be modified by our residents to reflect their personal lifestyles. Many have had completed room additions, skylights and sunrooms. Customized features may also include fireplaces, built-in bookcases, patios and more!



## ASSISTED LIVING AT THE NASON CENTER

The Nason Center offers programs, events and activities that are designed to provide stimulation consistent with the abilities and interests of the residents. For those with early memory loss, we offer a program created to help diminish anxiety and lessen confusion by creating a secure and relaxed atmosphere.



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When long-term care is needed, we offer compassionate care with a focus on quality of life. Families can have peace of mind that comes from knowing that their loved one is well cared for.

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# How to incorporate more heart-healthy foods into your diet



supplementing such a diet with other heart-healthy foods is a great way to reduce one's risk for cardiovascular disease.

## Fruits and vegetables

The U.S. Department of Health and Human Services notes that fruits and vegetables are healthy whether they're fresh, frozen, canned, and/or dried. The AHA advises eating fruits and vegetables with every meal and snack, and that may require a little creativity as you

sneak them into favorite dishes. For example, the AHA suggests replacing half the ground meat in recipes for burgers, meatloaf or meatballs with cooked chopped mushrooms. The mushrooms can be finely chopped with a knife or food processor, and then sautéed in some olive oil until they're soft. They can then be mixed in with the lean meat, and the meal can be cooked as it normally would. At the breakfast table, add fruit to a bowl of cereal to make for a more flavorful morning meal.

## Dairy products

When purchasing dairy products,

the DHHS recommends sticking to fat-free or low-fat options. Replace whole milk with fat-free or 1 percent milk and buy only fat-free or low-fat cheese. When snacking, reach for fat-free or low-fat plain yogurt or cottage cheese. You can even add fruit or vegetables to such snacks to make snack time even more heart-healthy.

## Proteins

Healthy proteins are another way people can promote heart health with their daily diets. When choosing proteins at the grocery store, the AHA recommends choosing chicken and fish over red meats. That's because red meats, which include beef and lamb, have more saturated fat than chicken and fish. Saturated fats increase blood cholesterol levels and can worsen heart disease, while the unsaturated fats in fish like salmon can actually reduce the

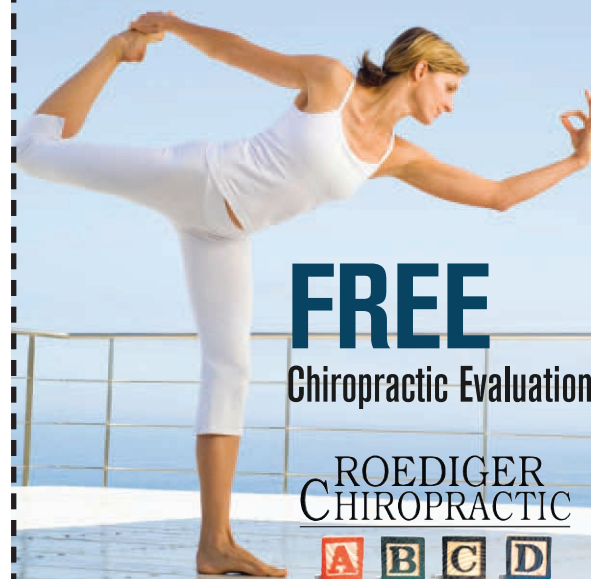
risk for cardiovascular issues like heart failure and ischemic stroke. When preparing poultry, remove the skin, as most of the saturated fat in poultry is found just beneath the skin.

## Grains

When buying grains, the DHHS recommends reading the ingredients list on the package before purchasing. Make sure whole wheat or another whole grain is the first item listed in the ingredients list, and choose only those products that say 100 percent whole grain. Instead of preparing white rice as a side dish, serve brown or wild rice, quinoa or oats.

A heart-healthy diet is easy to design and just as flavorful as less healthy alternatives.

## Picture Life Without the Pain



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**Dr. Tad M. Roediger, D.C.**



# Improve Vitality and Strength After 40

Improving vitality and strength after age 40 is almost unheard of. At best, we hope to slow the musculoskeletal atrophy that comes with aging through rigorous exercise and a healthy diet. But what if science discovered a way to actually reverse bone loss, increase strength, and improve balance and agility well after age 40? What if this technology could benefit all ages and were possible in just 10 to 15

minutes of sweat-free effort per week? Would you want to know about it?

This is not just a scientific theory, or some interesting piece of research, it is actually here now. In fact, it has caught the attention of world-famous speaker and philanthropist Tony Robbins. He has personally experienced this system and he says at age of 57 he's in the best shape of his life after adopting it.

For over a century it has been believed that simple weight-bearing exercise would increase bone strength, and could help prevent osteoporosis. Recent research, however, shows that standard exercise isn't nearly as effective as had been traditionally believed for strengthening muscles and bones. A peer-reviewed study in 2012 determined that to increase bone density faster than one is losing it requires osteogenic loading, which is

resistance of at least 4.2 times one's body weight. Did you ever think you would be able to achieve resistance 4.2 times your body weight?

When done properly, osteogenic loading also triggers muscle development that is qualitatively different than from conventional exercise. Myofibrils are proteins within muscle cells that are responsible for contracting muscles. Only structural fatigue of muscle cells through high-resistance loading stimulates increased density of myofibrils, thereby strengthening the structure of muscle cells.

Based on this research, Dr. John Jaquish in 2011 designed devices that could create the ideal set of resistance triggers to achieve these results. His patented machines provide brief osteogenic events that together take less than 10 minutes a week, yet are powerful enough to stimulate new bone and muscle tissue growth. This can yield improved bone density, muscle strength and balance. What's more surprising is that it works for people of all ages.

In 2012, wellness company OsteoStrong began offering Dr. Jaquish's patented osteogenic loading system in centers across the US. To date thousands of people have experienced the benefits. A ten-minute sweat-free session in four different positions — loading the chest, leg/hips, core and spine — triggers an adaptive flexing response in bones and connective muscles. This is done in safe positions self-imposed for maximum effect. The system improves overall strength, balance and posture, without fatigue or soreness.

OsteoStrong is rapidly growing in Ohio. The first center opened June 15, 2015 in Chardon, and within a 7 month period there were 4 additional centers opened in Columbus, Green, Willoughby, Bainbridge and Cincinnati.

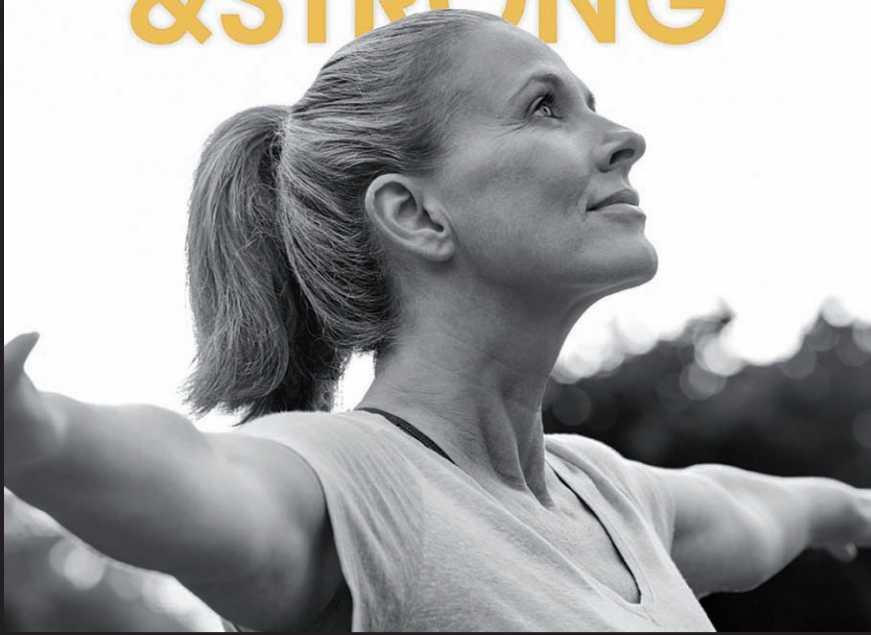
We offer everyone a complimentary consultation so give us a call, or visit us at [www.OsteoStrong.me](http://www.OsteoStrong.me)

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### Willoughby

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Willoughby, OH  
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### Bainbridge

8582 E Washington St.,  
Chagrin Falls, OH  
440-591-5060

### Chardon

520 Fifth Ave.,  
Chardon, OH  
440-214-4044

## Lake-Geauga Recovery Centers, Inc.

Lake-Geauga Recovery Centers, Inc. is a non-profit agency providing continuous service to the community since 1971. The Center provides a wide range of services for adults whose lives have been affected by their own or another's use of drugs or alcohol, problem gambling or by mental illness. Our goal for treatment services is to help our clients achieve long-term recovery and an improved quality of life. Outpatient services include Assessments, Drug Testing, Individual Counseling, Group Counseling, Dual Diagnosis, Family Group, Medication Assisted Treatment and Ambulatory Detox. A Grief Support group for those who have lost loved ones due to drug or alcohol abuse is available. The Center operates three Residential Treatment facilities, including a specialized facility for pregnant women, and Recovery Housing for men and women. Comprehensive Prevention services are provided to schools, businesses and the general community. For more information please visit our website at [www.lgrc.us](http://www.lgrc.us) or call 440-255-0678.

## Is Your Smile Healthy?

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

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

Untreated gum disease can lead to red swollen gums,

possible bleeding, receding gums, loose teeth, bad breath, and tooth loss. But, the bacteria don't just stay in your mouth. Via your bloodstream, esophagus, and trachea, they flow throughout your body. Then more seriously, the bacterial infection becomes linked to heart disease, strokes, worsening diabetes, kidney disease, worsening arthritis symptoms, Alzheimer's disease, and pneumonia. The common link between these diseases is inflammation. Even pre-term and low birth weight babies are linked to this periodontitis. The medical world is now beginning to recognize the relation. Our



whole body is connected.

Take care of your mouth as you do of your entire body. Visit your dentist often. Prevention is best. Once you have gum disease you need to maintain it forever. With just a little neglect, the disease can return quickly

and worsen. So brush well, twice a day, and floss, once a day, for a healthy mouth that goes Beyond Your Smile to Total Health!

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

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Madison  
440-428-8246

### **Middlefield Family Practice**

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Middlefield  
440-632-0594

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Concord Twp.  
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