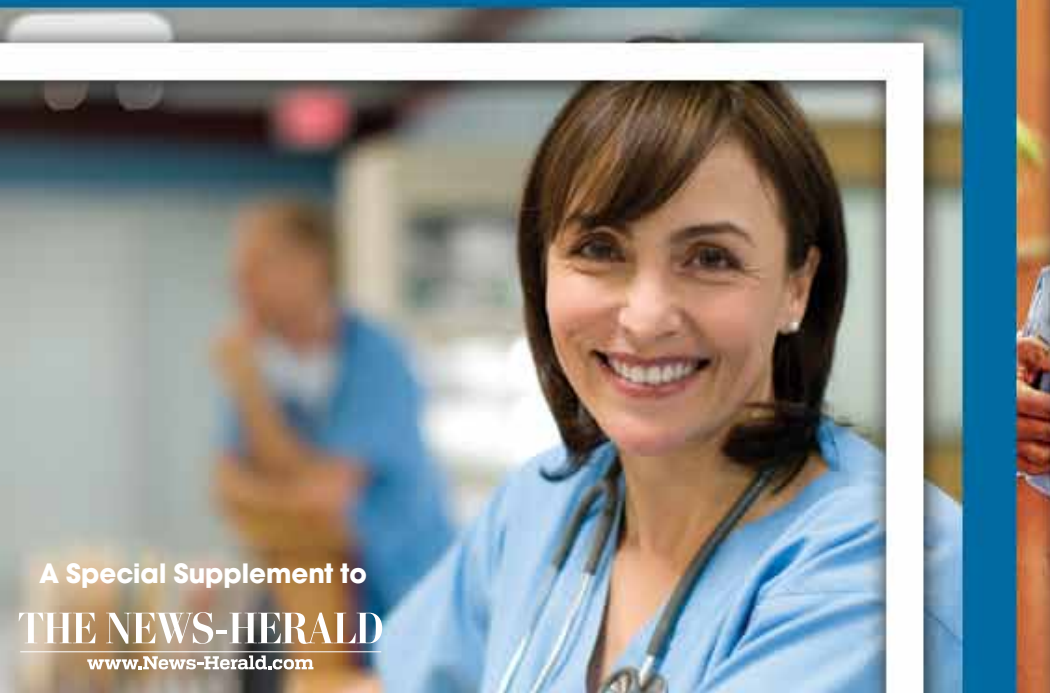


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Thursday
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They laughed when my old body walked out on the dance floor... but when I started to dance!

Are you tired of feeling tired, and frail, dealing with pain? Do you want to get back to enjoying life, sports, retirement? What if you could do something once a week for less than 20 minutes that could drastically improve your overall health and wellbeing?

Sounds too good to be true right? Well what is more convincing than hearing from someone who has experienced this improvement?

Christi George, Auburn Township, Age 66

Four years ago I was training to attempt my first local competition in women's "figure class," senior division. Running, lifting and staying in shape was my way of keeping my chronic arthritis at bay for decades.

Everything came to a screeching halt due to what seemed like excruciating pain in all joints after a training session. I learned I needed one immediate hip replacement and one shoulder replacement and possibly neck surgery, all due to arthritis. Fast forward. I had my right hip replaced in October, 2016. After surgery I had no strength in any body quadrant due to inactivity and my bone density was rapidly decreasing.

In July of 2017, I met Stacie Brower, who described to me the philosophy and

technology of osteoloading. The following week I joined OsteoStrong with some skepticism but with nothing to lose. I remained close to the vest in my evaluation while noticing increased strength.

Here's what I know today, eight months later. I have gained 70% strength from my starting strength baseline. My neck and shoulder pain are *gone*, my upper body strength now allows me to pick up boxes and planters. My posture and spine are squared and straight. Here's the best part... before my hip replacement, I couldn't get up the stairs, period. After, I could walk up the stairs. Today, I run up the stairs!

David Ricketts, Concord Township, Age 56

I was up to 800 mg of Ibuprofen twice a day for chronic pain in my shoulders and knees. Playing team softball for the past 25-plus years took its toll on my body, especially my knees since I'm a catcher. An MRI showed I had a tear on my left rotator cuff and a bone spur on my right one. My knees were in so much pain I could hardly go up and down stairs without them buckling. And I had begun to have balance issues as well.

I heard about OsteoStrong and thought I had nothing to lose so I gave it a shot.

It's been life-changing. Though I was skeptical at first that just one session a week would have a profound effect on my body, it did. I am by nature a very competitive person and find these sessions have helped me get back in the game. Today I am pain free, medication free and feel better than ever.

Joanne Litwinick, Huntsburg, Age 64

I have suffered from rheumatoid arthritis for the past 15 years, and osteoporosis for the past two years. I work full time as a controller at a local plumbing contractor. When I heard about OsteoStrong and the power it had to strengthen people's bones, I thought, now is the time—I'm not getting any younger.

I didn't want to go on medication to address my bone density loss. The weekly sessions fit perfectly into my very busy schedule. They weren't strenuous and I was never sore. After just one year, when I underwent another bone scan, it was back to what it was 10 years ago. I was amazed. I have increased well-being and functionality as well.

You go to OsteoStrong to improve your overall health by focusing on the one thing we all have in common a skeletal system. It works for people of all ages (8 to 92) and fitness levels (extreme athletes to seniors) to promote skeletal strength. Osteogenic loading sessions are quick, painless but the results are amazing!



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How to Choose the Right Hospice

Reliable information is important when making health care decisions and that includes choosing the right hospice. Experience, scope of services and quality vary widely. In Northern Ohio, there are more than 45 providers. It's important to know the facts so you can choose wisely.



What is hospice?

Hospice supports patients who have received a diagnosis of six months or less. The focus is on improving quality of life rather than continuing aggressive treatments when a cure is not likely. Palliative (comfort) care manages pain and other advanced illness symptoms. A team approach incorporates emotional and spiritual care and family support.

How much does it cost?

Hospice is covered by Medicare, Medicaid and most commercial insurances. The hospice benefit pays for all comfort care, medications, treatments and durable medical equipment related to alleviating the symptoms of the diagnosed illness.

Here are a few points to consider when choosing a hospice:

How long has the hospice been operating?

Look for a hospice with deep roots in the community and a well-documented history of quality care. Hospice of the Western Reserve is the largest and most experienced in our region, serving the nine-county Northern Ohio region for 40 years.

How many members of the hospice team are certified in hospice and palliative care?

While not mandatory, certification is acknowledged as a benchmark of quality. It should be a key focus for any hospice dedicated to delivering the highest care standards. Hospice of the Western Reserve has the largest number of certified hospice and palliative care professionals in the region.

Is it a for-profit or a nonprofit?

All hospice providers offer the same core services; however, governance varies. For-profits are organized to make money and pay dividends to shareholders. Non-profits are mission-driven, so revenues can be directed back into programs benefiting patients and the community. At Hospice of the Western Reserve, examples include a dedicated pediatric hospice team, a Moments to Remember program to grant patient wishes and free community grief support groups.

Where is care provided?

This varies, so it is important to ask. Hospice of the Western Reserve provides care in private residences, apartments, nursing homes, assisted living communities and hospitals – anywhere the patient lives. The agency also operates three freestanding Inpatient Care Units (hospice houses) with homelike environments when intensive symptom management is needed, and for the final days.

For more information, visit hospicewr.org, or call 216.383.2222.

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 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

CONTINUED ON PAGE 7



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The Latest in Non-Surgical Body Sculpting

by Dr. Paul Vanek, FACS

One of the fastest growing trends in body contouring is non-invasive (non-surgical) treatments performed directly on troublesome areas of the body. There is a lot of talk about sculpting procedures that supposedly work by freezing fat. These treatments are often performed without a doctor, even at spas and salons, and patients tell me that they feel a lot of pulling and pinching. I have not seen consistently positive results from these treatments. In fact, I have treated patients who came to me after disappointing results from freeze procedures. Most had the expected loose skin and some had the fat get bigger after freezing!

In my office, I now offer a non-surgical solution providing excellent results in short sessions, and without downtime or recovery. The product is called "truSculpt 3D," and it is a unique, non-invasive, Monopolar RF system optimized to deliver Targeted, Repeatable and Uniform (tru) sculpting of a body's problem areas.

truSculpt 3D utilizes heat to target fat that is resistant to diet and exercise. There is a sensation of warmth, but without pain. I believe the diminishment of fat is the ultimate comparison factor for evaluating cool vs. warm procedures. truSculpt 3D has been clinically proven with a multi-dimensional approach to decrease circumference and diminish fat cells, by delivering and holding clinically therapeutic temperatures to the subcutaneous adipose tissue to achieve clinical efficacy in the shortest possible treatment time. It works! My research shows that truSculpt 3D also gives more prominent and dramatic results for a larger variety of body types. It has consistent results and shrinks the skin.

Recently cleared by the FDA, tru-Sculpt 3D is manufactured by Cutera, a respected 20-year worldwide medical company. We are one of Northeast Ohio's first facilities offering truSculpt 3D. I only recommend that body-contouring treatments are done after an evaluation by an experienced, board-certified plastic surgeon, so please call my office to schedule your consultation.

CONTINUED FROM PAGE 5

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, July, 2018. Some information sourced from grandparents.com and seniorlivingresidences.com.

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High Blood Pressure and Stroke: Connecting the Dots

High blood pressure has been redefined and your stroke risk may be greater than you think.

You Should Know

- High blood pressure is the “silent killer.” There are no obvious symptoms.
- High blood pressure is now defined as 130/80 and above.
- Men are more likely to have high blood pressure than women, and African Americans are more likely to have high blood pressure than others.

According to the National Stroke Association, high blood pressure is the number one cause of stroke. Another important statistic is that people with high blood pressure have a 50 percent higher risk for stroke than those with normal blood pressure.

Those statements may not concern you if you have been told your blood pressure is “pre-hypertensive.” However, the American Heart Association (AHA) and the American College of Cardiology (ACC) recently eliminated the “pre-hypertensive” designation. They now define high blood pressure as anything over 130/80, down from 140/90.

Numbers and health risk

Blood pressure is considered normal or healthy if it is below 120/80.

“Pre-hypertensive” was previously defined as a top number of 120 to 139 and a bottom number of 80 to 89 and indicated a minimal health risk.

High blood pressure, or “hypertensive,” was defined as 140/90 and above and indicated a significant health risk.

But data from a study by the National Heart, Lung, and Blood Institute showed that even people previously considered pre-hypertensive actually have a significant risk for heart disease, stroke, disability and death. Recognizing that risk, the AHA and ACC recently did away with the term “pre-hypertensive” because it gives a false sense of ease.

Treating high blood pressure

“High blood pressure is a condition that puts patients at risk for heart attack, stroke and kidney disease,” warns Neelima Rao, MD. “It does not cause obvious symptoms, but it is serious. Treatment to reduce and control high blood pressure is individualized and depends on the patient’s risk factors. Although medications may be required, in all cases it’s important to start with lifestyle changes.”

To lower it, you should lose weight if you are overweight, reduce your salt intake, limit alcohol and do something active for at least 30 minutes a day on most days of the week,” advises Dr. Rao. She also recommends the DASH (Dietary Approaches to Stop Hypertension) diet, which is high in vegetables and fruits, low-fat dairy products, whole grains, poultry, fish and nuts, and limits sweets and red meats.

“I have seen major blood pressure changes in patients who lost weight and followed the DASH diet,” confirms Dr. Rao.

Recognize a stroke

Because high blood pressure is the number one cause of stroke, it’s extremely important to recognize the symptoms of stroke and act FAST. Quickly recognizing a stroke and getting help will save the brain and lead to a better recovery.

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is the speech slurred or strange?

TIME: If you observe any of these signs, call 911 immediately. *

*American Heart Association/American Stroke Association

Get to Know Dr. Hedaya

Dr. Adam J. Hedaya M.D. is the founder of Cleveland Pain Care and is Double Board Certified. He has been in practice for over 10 years and has treated and helped over 10,000 patients and performed over 15,000 procedures. He is an expert in managing both spinal pain and all other pain conditions. He has been recognized as an outstanding physician by both patients and hospital administrators alike.

Dr. Hedaya founded Cleveland Pain Care to greater assist patients, and address a glaring need within conventional pain treatment programs. By incorporating interventional pain therapies, regenerative medicine, pharmacology, and evaluating underlying anatomical disorders and biochemical impairments; our goal is to achieve a greater reduction in pain, and improve our patient's quality of life and function.

Dr. Hedaya received his training from Georgetown University Hospital, in Washington D.C., and completed his fellowship at Mount Sinai Hospital, in New York City. He resides with his wife and two children in Cleveland, OH. He is a dedicated and compassionate physician.

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Importance of Baseline Hearing Test

Hearing loss can be so gradual. That is one reason why so many people do not even realize they may have a hearing loss.

It is estimated that over 37.5 million* American Adults have a significant hearing loss. It is recommended that everyone should have a baseline test as soon as you turn 50 years old. About 25% of people will start experiencing some loss between 55 and 65, mainly due to aging. After 65 your chances jump to 50%. And because hearing loss is so individualized, not everyone experiences the same difficulties or same experiences. That is why it is so important to have a baseline hearing test and yearly follow up tests. You need to be informed of how well you are hearing and what is "normal" for you so you can be aware if there are any changes.

Hearing loss can happen not only from aging. Other causes of hearing loss:

- Genetics
- Injuries-Head Trauma
- Brain Tumors
- Noise Induced
- Ototoxic Medications
- Illnesses
- Ear Wax Blockage

There are several "red flags" for determining if you are already experiencing some loss:

- Asking others to repeat themselves
- Hearing but not understanding, especially women's or children's voices
- Turning up the TV where others find it too loud
- Having trouble hearing on the telephone
- Having trouble understanding in noisy situations

Ongoing hearing loss is not only frustrating for you, co-workers, friends and family, but it can have a detrimental effect to your overall health. Studies have shown it can lead to depression, social anxiety, and cognitive decline like Dementia or Alzheimers.

If you are suffering from any hearing issues, your hearing specialist can determine what is the best course of action and treatment. It could be as simple as removing earwax or that you may need hearing aids. A lot of people are embarrassed or think hearing aids are for "old people". Hearing aids have come a way. Newer technology offer faster processors and can connect to your smartphone, music and other Bluetooth devices. They can also come with rechargeable batteries.

Hearing health is so important but it can be overlooked with your regular health care checkups. Having a baseline hearing test, along with follow ups, can ensure you are taking care of your overall health!

*National Institutes of Health (NIH)

Retina Specialists of Ohio

Retina Specialists of Ohio is proud to have merged with Dr. David Mitchell's Cleveland Eye Care & Surgery, as of December 1st of last year. This new addition to the Retina Specialists of Ohio family will provide additional retina coverage in addition to Dr. Bello's former "Complete Eyecare Institute"; thus allowing us to provide the full spectrum of eye care in a most efficient way. This spectrum ranges from the basic routine eye exam to the most common affliction of the eyes which is the development of cataracts. Our care does not stop there. We care for eye injuries, contact lens fitting, disease management such as macular degeneration, diabetic eye care, glaucoma, dry eye management, ocular allergy and any other disease of the visual system. Our combined experience of over half a century of care shall give you the confidence to feel that, you are "in good hands". Dr. Bello provides the complete eye care, Dr. Stephens, Dr. Beharry & Dr. Mitchell take care of retinal problems. The merging of both practices offers our patients a most unique opportunity to receive the highest standard of care with one stop, our office.

For a complete listing of all locations go to www.retinaohio.com or call to make an appointment at (440) 975-8200.

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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 with locations in Beachwood and Concord.

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?

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Nominated by his peers for his innovation, superior outcomes and compassionate care, Reuben Gobezie, MD, Director of the Cleveland Shoulder Institute and Harvard-trained orthopedic surgeon, has again been recognized as a Castle Connolly Top Doctor. No stranger to accolades, Dr. Gobezie is a Patients' Choice Award 5-Year Honoree and has been ranked as one of the Top 25 Shoulder Surgeons in the US. His most cherished honor? Returning you to health.



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Dealing with Dental Issues as you Age



Remember the days of opening Coke bottles with your teeth? Or chipping a tooth at the skating rink? Oh, the crazy days of our youth, right? Life takes its toll on our bodies and minds, and our teeth are no different. We don't realize when we're young that we only get one set of permanent teeth, designed to last a lifetime. So what do you do when you outlive your dental health? First step is to get connected with a good dentist. If it wasn't on your radar screen in your teens, 20's or 40's, it needs to be now. This professional team can walk you through all the details of good dental health and restorative processes that will guide you through aging. These might include deep cleanings, cavity repair, crowns, implants to replace missing teeth, or

full set dentures. Modern dental processes offer so many healthy and beautiful alternatives to the teeth you are born with there is no reason not to explore solutions. Not only will you gain a new smile, you will gain confidence, and even possibly improve digestion and overall physical health. In Madison and surrounding areas contact Dr. Katherine Thokey at 440-428-9568.

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In order to provide the best dentistry possible, you need to have the right instruments, which is why each of our facilities is fitted with some of the most advanced dental technology available

today. With it, we can identify dental issues faster, better explain your care, and also ensure that your appointments are comfortable from beginning to end.

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Medicare Facts: Tips to help you prepare for Medicare



Transitioning to Medicare can be daunting. That is why it is best to learn as much as possible about how Medicare works before the time comes for you to enroll. Here are some questions to ask yourself. Answers to these will help determine when you need to enroll and what type of Medicare plan is best for you.

Do you know the difference between Medicare Part A, Part B, Part C and Part D? Do you know what each part covers and their costs?

How much should you budget for Medicare premiums, deductibles, copays and co-insurance?

Do you need routine vision, dental and hearing care? Because Original Medicare does not cover these, do you know other ways to get coverage?

When should you enroll in order to avoid penalties?

How do I know if my prescriptions are covered by the plan I choose?

Have you given thought to health care coverage for your spouse?

Will the kind of plan you choose cover you when you are traveling out of state or out of the country?

Will you be able to see your current health care providers or will you have to change doctors and hospitals?

Do you understand the differences between Original Medicare, Medicare

Advantage Plans and Medicare Supplements? Do you know which one is right for you?

If you are turning 65 or going on Medicare for the first time, plan now to attend Getting Started with Medicare, taught by Laura Mutsko, a Certified Senior Advisor and owner of Mutsko Insurance Services in Mentor, OH. All the above topics and much more will be covered in detail. Classes will be held at the following locations this fall:

Monday, September 17, 2018
Mentor Library
6:00 pm – 8:00 pm
8215 Mentor Ave.
Mentor, OH 44060
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Monday, September 24, 2018
Morley Library
6:00 pm – 8:00 pm
184 Phelps St.
Painesville, OH 44077
440-255-5700

Tuesday, October 2, 2018
Concord Community Center
6:30 pm – 8:00 pm
7671 Auburn Rd.
Concord, OH 44077
440-639-4650

Thursday, October 4, 2018
Willoughby Library
6:00pm – 8:00 pm
30 Public Square
Willoughby, OH 44094
440-942-3200

Pre-registration is required. These events are only for educational purposes and no plan specific benefits or details will be shared. Some venues may charge a nominal fee.

For a complete list of upcoming classes visit www.mutskoinsurance.com/ seminars.

Learn 10 Ways to Love Your Brain

alzheimer's  association®

Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes. Based on this research, the Alzheimer's Association offers 10 Ways to Love Your Brain, a collection of tips that can reduce the risk of cognitive decline. When possible, combine these habits to achieve maximum benefit for the brain and body:

- 1. Break a sweat:** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline.
- 2. Hit the books:** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.

3. Butt out: Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.

4. Follow your heart: Evidence shows that risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health. Take care of your heart, and your brain just might follow.

5. Heads up: Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt, use a helmet when playing contact sports or riding a bike, and take steps to prevent falls.

6. Fuel up right: Eat a healthy and balanced diet that is lower in fat and higher in vegetables and fruit to help reduce the risk of cognitive decline. Although research on diet and cognitive function is

CONTINUED ON PAGE 23

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

A Tale of Death by Tooth

A tooth is not "just a tooth". This is scary:

Over this past decade two friends passed away. One died last fall. She was in her 60's. I just found out the cause... A tooth had abscessed. The infection spread through her blood stream beyond the help of antibiotics and dental care. She ignored it for quite some time because it didn't bother her. She had other priorities. At the end, when it became a priority, it was too late. The other friend passed away about ten years ago. She was only in her thirties. It all started with a bad tooth. It, too, had abscessed and spread infection throughout her body. Once again there was nothing that helped her. This sadly occurs all too often in this modern age of antibiotics and dental care. I hear reports of this from time to time, but this hit home. This was personal. Please take advantage of the care that is available today. Don't let this happen to you or a loved one. Don't put things like this off. Prevention is the absolute best care, but sometimes things happen. So please, if you have a broken or chipped tooth, a swelling, discoloration, a bad odor, sensitivity, no matter how slight or severe, don't let it go. It won't get better; it will only get worse.

Brush thoroughly twice a day and floss daily. Get regular exams and cleanings. Don't forgo the recommended x-rays. They catch problems often times before you feel something is going on. Teeth don't always hurt when there is a problem. X-rays are an important diagnostic tool that allows us to see under fillings, between teeth, and infections or growths in the bone.

Please be aware of your oral conditions. Make it a priority. Get help when there might be an issue. Don't delay. It could be a matter of life and death.


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Living at GMC is a "family thing" since we live with and work with folks that could be considered our extended family. The old adage "you don't get to choose your family" applies, but we make it work at GMC. Our newest "family" is a set of caregivers who are providing extra help in our new licensed assisted living. Our caregivers work alongside our registered nurse to get the help you need in your own apartment without having to move

anywhere. While most residents here are still very capable of independent living, those who age in place and need just a little more help can get it for a very affordable rate. Our goal is to keep our family around as long as possible.

Like most families we have a photo album in the form of Facebook. Anyone can go to our website www.gatesmillsclub.com to see the latest pictures of our GMC family doing fun things!

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A Prescription for Exercise

Learn more about the truly valuable health benefits of regular exercise.

Would you take a prescription that decreases your risk for cardiovascular disease and some cancers? This prescription may come with a slight cost, but, taken correctly, has no side effects. It has the added benefits of helping you age more gracefully and giving you more energy. You might even shed a few pounds and become leaner with this 'script. Even better, there's no pill involved. This prescription is to start exercising. So lace up your shoes and start seeing the benefits, side-effect free.

Get moving

Exercise can both prevent and treat a wide range of health issues. Cardiovascular exercise is important, and at least 150 minutes of moderately-intense aerobic exercise per week is recommended. However, regular exercise, regardless of its intensity, has significant positive impact on the body as a whole.

Exercise supports the healthy function of most organs by improving your overall blood flow. It also strengthens the heart and lungs and reduces the risk of heart disease and stroke. It strengthens muscles and bones, increases your heart's capacity to work and helps improve blood pressure and cholesterol levels. Increasing your

activity level will increase good (HDL) cholesterol, reduce harmful triglycerides and improve blood sugar levels, reducing your risk of diabetes.

Active movement is recommended and necessary to improve range of motion and fight the progression of arthritis pain and disability. It also requires and supports

better circulation of the blood and lymph system. This improves body chemistry, hormone balance and even the skin. Exercise boosts mood, helps manage pain, relieves stress, improves sleep and supports healthy brain activity. It promotes physical, emotional and mental wellness.

Lose weight

When paired with a healthy diet, regular exercise can contribute to weight loss and to the maintenance of a healthy weight. Weight loss fights obesity, heart disease and high blood pressure. Along with activity, a healthy weight improves cholesterol and blood sugar levels, and reduces the risk of diabetes and some cancers. For cancer survivors, exercise can help bring a better quality of life.

Strengthen

It's important to include weight training in your exercise routine. Weight training strengthens muscles and builds bone mass, fighting osteoporosis and reducing your risk of

CONTINUED ON PAGE 23



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CONTINUED FROM PAGE 22

bone fracture. And better muscle and bone mass, along with a toned body, support better balance.

Weight training also aids weight loss. Each pound of body muscle burns approximately 50 calories. The more lean muscle mass, the more fat-burning potential you have.

Find balance

Balance and agility decrease with age and are important to practice regularly to reduce increased risks of falling. Balance helps to avoid injury and improve coordination. Adding core strengthening, stretching and flexibility routines can improve mobility and help reduce chronic back problems.

Fill your exercise prescription

“Regular exercise is one of the most important things you can do for your overall health and wellness,” says Robin Znidarsic, MD, medical director of LiveHealthy. “I recommend that you get started by gradually increasing your activity. Try to vary your workout routines and make sure they include activities that you like to do. This will help you stick with your fitness plan. My ultimate goal is for people to get 30 minutes of cardio five times a week along with a total of two hours of weight

You Should Know

- Exercise can improve the health of everything, head to toe, from thinking to toe-tapping.
- Before beginning an exercise program, talk with your doctor about your exercise prescription needs.
- “Change up” your routine. Alternate cardio and weight training to avoid overuse injuries.
- Vary your workouts to gain a balance of strength, flexibility and cardiovascular endurance.
- The Wellness Walk at TriPoint Medical Center is free, open to the public and includes exercise stations.

training/strengthening per week. You will soon find that it is not getting easier, but that you are getting stronger. Be a believer that exercise helps your mind, body and spirit.”

LiveHealthy, a membership-based fitness center at the Mentor Wellness Campus, can help you achieve your health and fitness goals with a personalized exercise prescription to meet your specific health needs. To schedule a membership consult time slot and learn more, call 440-375-8777 (Toll free: 844-577-5253).

10. Buddy up: Staying socially engaged may support brain health. Pursue social activities that are meaningful to you. Find ways to be part of your local community – if you love animals, consider volunteering at a local shelter. If you enjoy singing, join a local choir or help at an afterschool program. Or, just share activities with friends and family.

It's never too late or too early to start thinking about your brain's health – making healthy choices at any age is beneficial. Visit alz.org/10ways to learn more.

The Alzheimer's Association Cleveland Area Chapter has an office in Mentor at 8522 East Avenue to serve you. Visit M-F 8:30 a.m. to 4:30 p.m. or get assistance anytime, 24/7, from dementia experts at 800.272.3900. Visit alz.org/Cleveland to learn more about free local programs services and events.

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CONTINUED FROM PAGE 17

limited, certain diets, including Mediterranean and Mediterranean-DASH (Dietary Approaches to Stop Hypertension), may contribute to risk reduction.

7. Catch some ZZZ's: Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

8. Take care of your mental health: Some studies link a history of depression with increased risk of cognitive decline, so seek medical treatment if you have symptoms of depression, anxiety or other mental health concerns. Also, try to manage stress.

9. Stump yourself: Challenge and activate your mind. Build a piece of furniture. Complete a jigsaw puzzle. Do something artistic. Play games, such as bridge, that make you think strategically. Challenging your mind may have short- and long-term benefits for your brain.

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