

2020 Lorain County Medical Society



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Daily care helps avoid diabetic foot complications

With the observance of National Diabetes Month in November, Dr. John Gerhard, a member of the American College of Foot and Ankle Surgeons with offices in Sheffield Village, reminds residents with diabetes that following simple foot care tips can reduce their risk of toe, foot or leg amputations.



Dr. John Gerhard

The Centers for Disease Control National Diabetes Statistics Report for 2020 states that 34.2 million Americans have diabetes and 88 million are considered pre-diabetic. Diabetes was the seventh leading cause of death in 2017. The total costs of treating diabetes and

its complications was \$327 billion in 2017.

People with diabetes are 10 times more likely to have a lower limb amputated than people without diabetes, according to the American Diabetes Association. Dr. Gerhard says the disease can cause poor blood circulation and nerve damage in the feet, making them vulnerable to developing ulcers, infections, deformities, and brittle bones.

The website FootHealthFacts.org provides this foot care tips for people with diabetes:

- Inspect feet daily for injuries that could lead to dangerous ulcers.
- Gently wash feet in lukewarm (not hot!) water.
- Moisturize feet, avoiding the area between the toes.
- Never use a sharp instrument to

trim corns or calluses yourself; this can lead to serious infections.

- Inspect the inside of shoes before wearing.

People with diabetes must always be vigilant, says Dr. Gerhard, and see their primary care physician or podiatrist at the first sign of trouble. Early treatment can keep diabetic foot problems from progressing and reduce the risk of amputations.

Dr. Gerhard will be hosting a free foot screening for diabetics and nondiabetics at the NeuroSpinecare, Inc (NSI) office in Sheffield Village (5319 Hoag Dr, Suite 115) on Saturday, October 17. Call 440-930-6015 now to schedule your private screening. Due to Covid concerns, this will be by appointment only.

Lorain County Medical Society Remains Strong During Time of National Health Crisis

Dr. Maher Kodsy, President
Susannah Selnick, Executive Director

In these uncertain times surrounding the health of our nation, the Lorain County Medical Society continues to be a pillar of not just the medical community, but the community of Lorain County as a whole. We have served the health interests of Lorain County since 1896, and continue our tradition of being an organization that serves the providers and patients throughout our community. Our 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.

During this time of a national and global pandemic, let us remember that we have each other for support and guidance to get through our days of uncertainty. The Lorain County Medical Society is here to provide our community with accurate information and resources to help you throughout this health crisis, and to support

our providers as our health-care system is put to the test.

We know now more than ever, that the future of medicine is our most valued asset, and the Lorain County Medical Society is proud to have awarded over \$20,000 in academic scholarships to Lorain County Students who are pursuing a career in the medical field.

The Lorain County Medical Society Foundation continues to provide charitable funds to a variety of Lorain County organizations that serve the needs of our com-

munity.

We look forward to the days when we can return to business as usual, and when that happens, we invite you to celebrate with us at one of our community events!

Our physicians are here to serve you, the patient. When looking for care, look for a provider from the Lorain County Medical Society. For more information about the Lorain County Medical Society, visit our website at www.lcmedicalsociety.com.

LORAIN COUNTY MEDICAL SOCIETY

5320 Hoag Drive, Suite D, Elyria, Ohio 44035

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John Gerhard, DPM

Welcome

5319 Hoag Drive, Suite 100, Sheffield Village, OH 44035

440-930-6015

We sometimes have to take time out from these particularly anxious times to appreciate and celebrate the blessings that surround us. Practicing medicine in Lorain County has been a privilege of mine for 39 years and joining a stable neurosurgical practice



Mario Sertich, M.D.

known as NeuroSpinecare Inc., which was incorporated exactly 50 years ago, a point of pride.

LORAIN COUNTY has transformed into a vibrant, family friendly community which has seen steady growth in housing, retail, education, and amenities. It still retains farms, farmers markets, marinas, and a feeling of country that is priceless.

We are blessed with excellent medical facilities that are regularly garnering nationwide recognition in multiple specialties including spine, orthopedics, cardiology, pulmonary medicine, and others. Our medical establishments dealt admirably well with the pandemic

assault that surprised us all in its swiftness and ferocity. Lorain County suffered 85 deaths as of 9/11 and has had 7.22 infections per 1000. Writing this article on a somber September 11 it was reassuring that this week we were a yellow county in the www.coronavirus.ohio.gov

weekly report, with the second lowest caseloads out of 88 counties in Ohio.

We must believe that all these facts bode well for our community and that Lorain County will remain a place that our children and grandchildren will value as their home, rather than a community that people run from. It is during these times of stress that our feeling of caring, our spaciousness, our traditions will serve as a hopeful beacon

**The past is your lesson
The present is your gift
The future is your motivation
Unknown**

NeuroSpinecare, Inc. 50 years in Lorain County

A team approach to spine care, the NeuroSpinecare way

NeuroSpinecare is a collaboration of diverse medical practitioners that formed 50 years ago to deliver the most efficient options of spine care to the patients of LORAIN County. We recognized early on that our patients faced chopped up, confusing paths when they sustained back problems. They hear different explanations and often are given contradictory advice for their problems depending on what specialty of medicine they happen to encounter.

NeuroSpinecare consists of physical therapists, pain management physicians with Anesthesia and Physical care background, nurse practitioners and spine surgeons who, as a team, direct the patients to the most appropriate and relevant treatment tailored to their specific problem.

Medicine in general is challenged by the question of best treatment and has

tried to channel treatments into algorithms to obtain reproducible results that could be then compared side by side. It is obvious from the responses to the pandemic that it is sometimes difficult to reach clear cut treatment methods and that individuals and their health problems do not always fall into neat categories.

We are surrounded by excellent medical facilities with good surgical and diagnostic capability which enable us to do our work with confidence. Nevertheless, the best answer even in these times is that medicine remains an art form where listening to the patient carefully is as important as filling questionnaires and obtaining tests. Treating our patients as family or friends remain our commitment.

Contact our office via our website at www.neurospinecare.com or call 440-930-6015

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Lorain County Medical Society

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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.

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Benefits of Membership

- Professional Network of Lorain County Physicians
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EYE CARE

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Avon Lake | 440.961.2040

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Oberlin | 440.774.5518

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Amherst | 440.340.1970

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24 Hyde St.
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Cassandra Nida, DPM

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Cleveland Eye Clinic Opens Surgical Center of Excellence in Avon

The doctors and staff of the Cleveland Eye Clinic (CEC) are thrilled to announce the opening of a new office in Avon, Ohio. This new location, dubbed the Avon Pointe Cleveland Eye Clinic is located at 36991 American Way. This location is the practice's second "Surgical Center of Excellence". The company's first Surgical Center of Excellence in Brecksville was built in 2008. Both locations offer laser assisted refractive cataract surgery, LASIK, pediatric ophthalmology, and oculoplastics (eyelid surgery). The new state of the art center is designed to offer patients a safe and comfortable experience.

The Avon Pointe location has very little in common with a typical eye doctor's office. You won't find a single pair of glasses here, and the eye doctors at Avon Pointe don't do traditional eye exams. What you will find at the Avon Pointe location is specialization.



Pediatric ophthalmology, oculoplastics, LASIK and laser assisted refractive cataract surgeries will all be available under one roof. The facility is equipped to provide the most advanced technology available to treat eye disease such as cataract and glaucoma. The doctors will also offer elective and cosmetic procedures.

of our company's model is predicated not only on the direct services that we offer to our patients, but also working collaboratively with other opticians, nursing homes, and providers across the healthcare spectrum to deliver comprehensive eye care services to

"Given the ecosystem that the organization has developed on the west side of Cleveland over the past few decades, opening our second surgery center in Avon was an easy decision.

So much of our company's model is predicated not only on the direct services that we offer to our patients, but also working collaboratively with other opticians, nursing homes, and providers across the healthcare spectrum to deliver comprehensive eye care services to

our patients and communities that we serve." said Shamik Bafna, M.D..

The Avon Pointe location was designed with safety in mind. The entrance for the building is staffed with a screener to check the temperature of every patient and staff member who enters the building. The waiting space is vast to allow for social distancing, with minimal surfaces to minimize the spread of germs. All door handles are covered with Nano Septic Continuously Self-Cleaning skins.

The Cleveland Eye Clinic has seven other existing locations: Avon, Beachwood, Bedford, Brecksville, Cleveland, Elyria, and Lorain. The majority of their locations are offer traditional eye care as well as a retail optical. The Brecksville and Avon Pointe locations are the company's two centers of surgical excellence where LASIK, cataract, pediatric ophthalmology and oculoplastic surgery are available.

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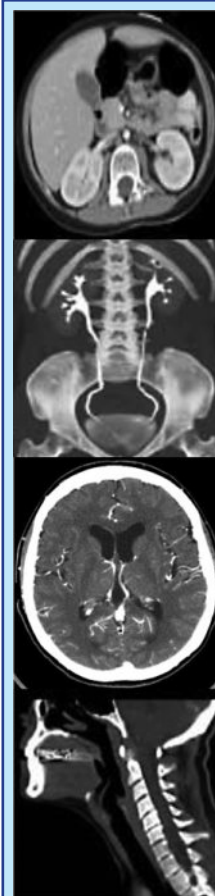
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