



FEBRUARY IS



AMERICAN HEART MONTH



Let's make a big impact! February is about spreading awareness, supporting those we love, honoring those that we've lost and uniting together in the fight against our nation's number one killer.

LOCAL LIFE IS WHY SPONSOR:



American Heart Association.
Heart Walk.

Q & A with Dr. Nicholas Detore

A stroke can occur at any age, time and place. In the following interview with Dr. Nicholas Detore of Lake Health, Dr. Detore talks about many aspects of stroke – risks, warning signs, and support for stroke survivors.

Dr. Detore earned his medical degree from Northeast Ohio Medical University and completed his residency at Akron City Hospital. His special medical interests include hypertension, diabetes and preventive health. He is board certified.

What is a stroke?

A stroke occurs when blood flow to part of the brain is interrupted, and brain cells die. Sometimes this happens because a blood vessel gets blocked and sometimes it is because of bleeding in the brain.

What does the acronym FAST stand for?

The acronym “FAST” helps us remember the common signs of stroke, which are Facial drooping, Arm weakness and Speech difficulty. These symptoms indicate that it is Time to call 911.

Is it safe to seek medical attention during the COVID-19 pandemic?

We have seen many patients delay medical care due to the COVID-19 pandemic, which might be appropriate for certain non-emergent conditions. In some situations, we have been able to help patients get the care they need through telemedicine, although this is not always the right choice, depending on the patient’s concerns and symptoms. It can be very dangerous to postpone care for a new medical problem, especially if you are experiencing symptoms of stroke, because in that situation every second counts.

What does recovery from stroke look like?

The recovery process can be very different depending on the type of disabilities

caused by the stroke. Some patients will be able to return home from the hospital right away, while others will need to start their recovery at a rehabilitation facility. We know that recovery from a major stroke can continue for years. Stroke rehabilitation can be a long journey, and it is important that stroke survivors never give up and continue to set new goals for their recovery.

How can I prevent a stroke?

Some factors that increase your chance of stroke can be controlled, like high blood pressure and high cholesterol. Quitting smoking dramatically reduces the risk of stroke. For patients with a heart problem called atrial fibrillation, taking certain blood thinners has been shown to reduce the risk of stroke. Ultimately, talking with your doctor about minimizing your risk of stroke is the best advice we can give. The American Heart Association/American Stroke Association website features excellent information about brain health and tips on staying physically and mentally healthy.



The Lifestyle Change Award recognizes individuals who have made significant healthy changes in their lives and inspired others to do the same.

The American Heart Association and Lake Health would like to congratulate our 2020 winners, who have collectively overcome many obstacles in pursuit of living the American Heart Association mission of being Healthy for Good, despite the many challenges of 2020.

Christine Durra
Barbara Ohler
Cathy Sidewand
Michael Sweeney
Ken Wyban



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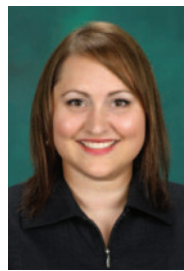


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50 YEARS
IS JUST THE BEGINNING

Dear Reader,



It's no secret February is all about hearts — but not just the candy kind.

It's also American Heart Month, a time the nation turns its attention to keeping families and communities free from heart disease, the No. 1

killer of Americans.

The federally designated event reinforces the importance of heart health and the need for more research, with a reminder to get families, friends and communities involved. It's a tradition that's over half a century strong. The first proclamation was issued by President Lyndon B. Johnson in February 1964, nine years after he had a heart attack. American Heart Month has been an institution ever since.



With organizations such as the American Heart Association and others working together, millions of people are enjoying longer, healthier lives.

At the American Heart Association, striving for health equity for all people is at the core of what we do. In November, we released a Presidential Advisory on the problem of structural racism in our country. It declared structural racism a major cause of poor health and early death from heart disease.

Our current goal is to place an even sharper focus on health equity and removing barriers to care. This builds upon our existing work and increases the urgency of it – an urgency

that has been intensified by the COVID-19 pandemic and the disproportionate toll on people of color.

We are committed to advancing cardiovascular health for all and removing barriers to care. Addressing the drivers of health disparities, including the social determinants of health and structural racism, is the only way to truly achieve equitable health and well-being for all.

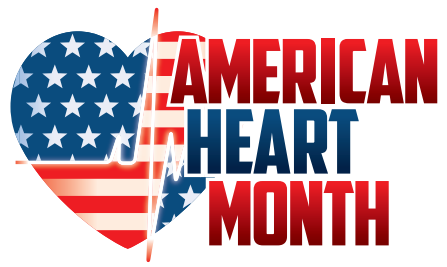
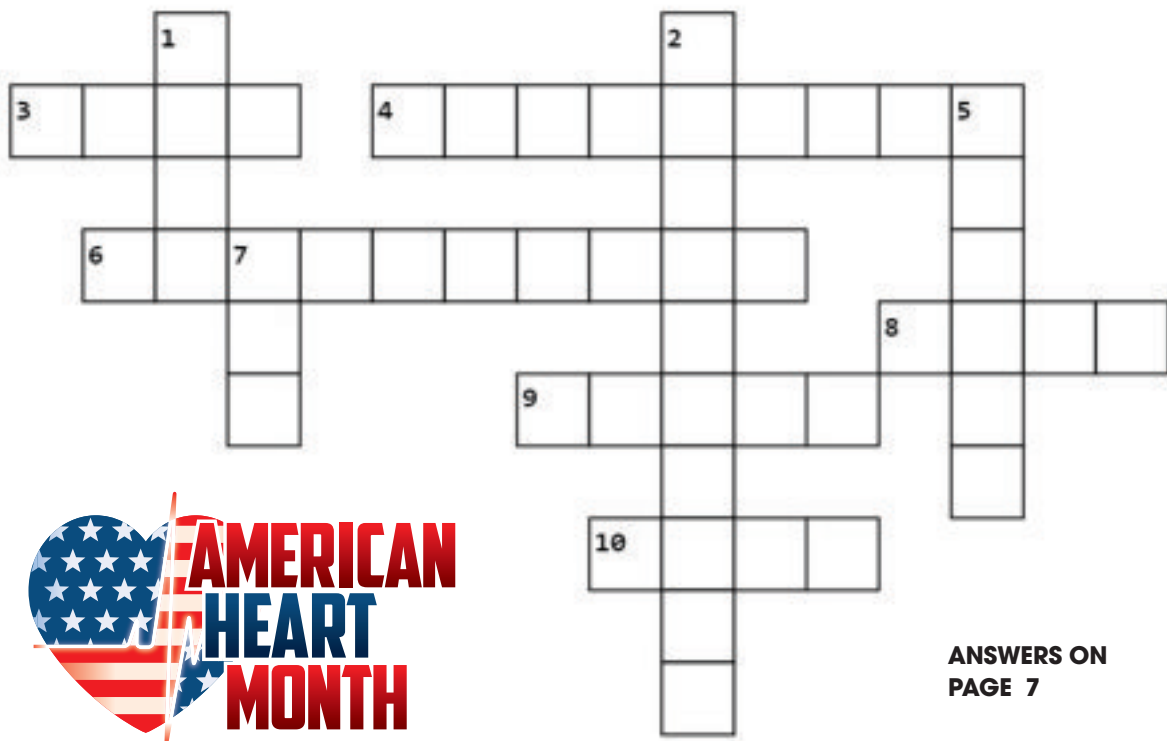
With that as food for thought, we welcome you to this special section, which contains a wealth of useful information to help you live a heart healthy life and to make informed lifestyle decisions.

Yours with heart,
Valerie Hillow Gates
Executive Director
American Heart Association



DRIVING EQUITABLE HEALTH IMPACT





ANSWERS ON
PAGE 7

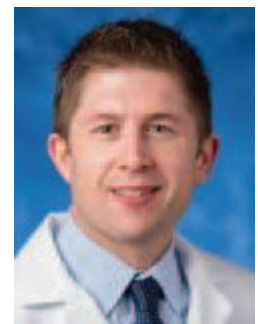
Across:

- 3. One in _____ high school age kids report using e-cigarettes and vaping.
- 4. COVID-19 has changed the world, but it hasn't changed the fact that _____ are the safest place to be if there's a heart attack, stroke or other medical emergency.
- 6. When you see the _____ (2 wds) mark on grocery store items, you can be confident that it aligns with the Association's recommendations for an overall healthy eating pattern.
- 8. Healthy for _____ is a healthy living movement to inspire you to create lasting changes in your health and your life.
- 9. Even though heart disease is the No. 1 killer of _____ in the United States, they often chalk up the symptoms to less life-threatening conditions.
- 10. Cholesterol is a fat-like substance that comes from two sources: _____ and body.

Down:

- 1. The Lake & Geauga Counties Heart Walk month.
- 2. Most heart attacks involve _____ in the center of the chest that lasts more than a few minutes, or that goes away and comes back.
- 5. Heart disease is the No. 1 killer worldwide, and _____ ranks second globally.
- 7. Know how to spot a stroke F.A.S.T. – the "A" stands for _____ weakness.

What is a heart attack?



Paul Zellers, DO
Dr. Zellers earned his medical degree from Midwestern University Chicago College of Osteopathic Medicine. He completed his residency at the Cleveland Clinic, followed by a cardiology fellowship at the University of Kentucky and an interventional cardiology fellowship at St. Vincent Hospital

and Health Center in Indiana. His special medical interests include coronary artery disease, acute coronary syndrome, peripheral artery disease and structural heart disease. Dr. Zellers is board certified.

What is a heart attack?

A myocardial infarction, or heart attack, is when blood flow to the heart stops abruptly or decreases causing heart muscle damage. This is commonly caused by plaque buildup in coronary arteries which are the blood vessels that supply the heart muscle.

What is the difference between a heart attack and cardiac arrest?

When it comes to the heart, there is electricity and there is plumbing. Cardiac arrest is when the electrical impulse that tells the heart to beat stops or doesn't function properly. Much like the heart muscle itself, the electrical system needs adequate blood flow. If a heart attack is significant enough to where it affects the electrical system, it can cause electrical issues including cardiac arrest.

How do I know if I am having a heart attack?

With heart disease being the leading cause of death in this country for both men and women (1 in 4 deaths, just about 400,000 deaths annually), early recognition is important. The classic warning sign that most people are familiar with would be the left-sided pressure-like chest pain that will occasionally radiate to the jaw or arm. This can be accompanied by shortness of breath, sweating, and nausea. A more atypical presentation would be with symptoms that mimic indigestion or heartburn (nausea, belching and burning chest pain). Women will tend to present with more atypical GI-like symptoms or with shortness of breath alone.

What do I do if I experience any of these symptoms?

A staggering statistic is that 47% of all sudden cardiac death occurs outside of the hospital. This is where we need to improve, and I feel we do so by increasing awareness. If you are experiencing any of these symptoms, please call 911.

Is it safe to seek medical attention during the COVID-19 pandemic?

It is. I often remind my patients that other medical conditions do not take a break amidst a global pandemic. Heart disease still remains the number one cause of death for men and women, with one death every

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HEART ATTACK FROM PAGE 4

36 seconds from cardiovascular disease. Waiting to seek medical attention can be life-threatening. As far as safety, hospitals are taking extreme measures to keep patients safe. They have committees and task forces in place to make sure that these protocols are upheld. As an essential business, in my opinion presenting to the hospital or your doctor's office is no more risky than going to the grocery store.

How can I prevent a heart attack?

An important part of prevention is routine screening and management of cardiovascular risk factors such as high blood pressure, diabetes, and high cholesterol. This can be done in collaboration with your cardiologist or primary care provider. Smoking cessation is imperative. Smoking accelerates atherosclerosis and contributes to plaque instability which can lead to a heart attack. Just as important is lifestyle modification. The two areas here to focus on are regular exercise and dietary modification. What is recommended is 30-40 minutes of exercise at least 4 days a week. This does not mean that everyone needs to go out and join a gym. It means find something you like to do (ie fast walking, biking, jumping rope, hiking) that makes you sweat a little, and make time for it on a regular basis. A common question that is asked when I see patients most commonly after they have suffered a coronary event is "how can I change my eating habits". It's very easy for us to fall in the routine of just asking our patients to eat healthier. What we tend to take for granted is that this is not as easy as it sounds. For someone who has never been faced with this task, and is now forced with it for the betterment of their health, it can be quite a challenge. Many health systems, Lake Health included, have nutrition counseling available. There are also many useful and trusted resources online. I tend to favor the Mediterranean diet because it is easily sustainable long term and is ideal for cardiovascular health. The plant-based diet is excellent for cardiovascular health as well but can be difficult to commit to for someone that is used to eating dairy and meat. The good news is that it's not all or nothing. I encourage my patients to adopt what has been referred to as a "Flexitarian" way of eating, which is simply as close to plant-based eating as you can get by limiting the consumption of meat and dairy.



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2021 Heart Walk Chair

Dr. Morris W. Beverage Jr.
Lakeland Community College



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LAKE & GEAUGA COUNTIES HEART WALK EXPERIENCE

SAVE THE DATE SATURDAY, JUNE 5, 2021

REGISTER OR DONATE HEART.ORG/LAKEGEAUGAWALK

TWO STEPS TO SAVE A LIFE

1
Call 911

2
Push hard & fast in the center of the chest



CPR & First Aid

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BREAKFAST



Oat Avocado-Berry Breakfast Bars

This is the perfect breakfast bar for any busy morning. Make ahead and refrigerate to enjoy the next morning or individually wrap and freeze them for a grab-and-go breakfast later in the week.

Crust / Topping Ingredients

- Cooking spray
- 1 3/4 cups low-fat, low sugar granola
- 1 1/2 cups whole-wheat flour
- 2 tbs. firmly packed brown sugar
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 cup fat-free sour cream
- 2 tbs. canola oil

Filling Ingredients

- 1/2 cup pitted, coarsely chopped dates
- 1/2 cup avocado
- 1 cup frozen, unsweetened blueberries
- 1 tbs. grated orange zest
- 1 tsp. cornstarch

Directions

1. Preheat the oven to 350°F. Lightly spray a 13 x 9 x 2-inch baking pan with cooking spray.
2. Put the granola in a food processor. Pulse three times to break apart the large pieces (it should look like rolled oats). Transfer the granola to a large bowl. Stir in the flour, brown sugar, cinnamon and salt until combined. Add the sour cream and oil.
3. Using a pastry blender or large fork, blend the mixture until it resembles pea-size crumbs.
4. Set aside one-half of the granola mixture. Press the other half into the baking pan to form a crust.
5. Bake the crust for 20 minutes, or until slightly browned. Transfer to a cooling rack. Let cool

to room temperature.

6. Meanwhile, in a food processor, process the dates until smooth. Add the avocado, processing until smooth. Add the blueberries, orange zest, and cornstarch, processing until smooth.
7. Spoon the filling onto the cooled crust. Use a spatula to spread it. Sprinkle the reserved granola mixture over the filling. Bake for 15 minutes, or until the topping is slightly browned and the filling is set.
8. Transfer the baking pan to a cooling rack. Let cool. Cut into 15 bars.

LUNCH



Apple and Walnut Chicken Salad with Green Salad

A combination of two kinds of salads, this no-cook recipe is fresh, sweet, crunchy and creamy! Try it for lunch or as a light dinner entrée.

For the Chicken Salad:

- 1/4 cup fat-free, plain yogurt
- 2 tbs. light mayonnaise
- 1/4 tsp. dried Italian seasoning, dried thyme, or dried basil, crumbled (or a combination of thyme and basil)
- 2 cups skinless, shredded chicken breast OR 20 ounces canned, salt-free white meat chicken (drained)
- 3 tbs. chopped, unsalted walnuts
- 1/2 cup halved, seedless grapes OR 1/2 cup chopped, dried unsweetened fruit, such as prunes or cranberries
- 1 red (sweeter) or green (more tart) apple, finely chopped

For the Green Salad:

- 1 head lettuce (green leaf, red leaf or romaine), cut into bite-size pieces

- 1/2 medium cucumber (peeled if desired, chopped)
- 1 large tomato (chopped)
- 1 tbs. extra-virgin olive oil or canola oil
- 1 tbs. red wine vinegar, white wine vinegar, or fresh lemon juice

Directions

Chicken Salad

1. In a large bowl, using a fork, stir together the yogurt, mayonnaise, and Italian seasoning until combined.
2. Add the chicken, chopped apple, grapes, and walnuts. Stir to combine.

Green Salad

3. In a large bowl combine the chopped lettuce, cucumber and tomato.
4. In a small bowl, whisk together the oil and vinegar. Pour over the salad, tossing to coat.
5. Transfer the salad greens to plates. Spoon the chicken salad onto the greens.

DINNER



Spaghetti-Squash Spaghetti

This Simple Cooking with Heart, creative Italian recipe has an interesting vegetable that the kids will think is fun to make and eat.

Ingredients

- 1 spaghetti squash (3 pounds)
- non-stick Cooking spray
- 1 tsp. extra virgin olive oil
- 1 clove fresh garlic (minced) OR 1 tsp. jarred, minced garlic
- 1/2 small onion (chopped)
- 1 cup tomatoes (diced) OR 8 oz. canned, no-salt-added, diced tomatoes
- 1/4 tsp. black pepper

- 1/4 tsp. dried, salt-free herbs, Italian blend
- 1/8 tsp. crushed red pepper flakes
- 16 oz. canned, no salt added tomato sauce
- 1/2 cup small “bite size” fresh mozzarella balls (can substitute fresh mozzarella), cut into bite-size pieces
- 1/4 cup coarsely chopped basil OR 1 tsp. dried basil

Directions

1. Preheat oven to 350° F.
2. Cut spaghetti squash in half. On a baking sheet coated with cooking spray, place halves of squash face down and bake for 1 hour or until tender.
3. Heat oil in medium saucepan over medium heat. Add garlic and onion and cook until soft, about 5-7 minutes. Add diced tomatoes, pepper, herbs and red pepper flakes. Cook until liquid is evaporated, about 2-3 minutes. Add tomato sauce and reduce heat to medium-low and simmer for 10 minutes.
4. Let squash sit at room temperature until just cool enough to handle. Take a fork and scrap flesh from outside working in, creating “spaghetti noodles”.
5. Add squash “noodles” to sauce and remove from heat. Toss with mozzarella balls and fresh basil and serve.

CROSSWORD ANSWERS:

ACROSS

3. Four
4. Hospitals
6. Heart Check
8. Good
9. Women
10. Food

DOWN

1. June
2. Discomfort
5. Stroke
7. Arm



American Heart Association®

Don't Die of Doubt™

5 reasons hospitals are safe for heart, stroke emergencies — *even in the pandemic*

Although COVID-19 has changed the world, it hasn't changed the fact that hospitals are the safest place to be if there's a heart attack, stroke or other medical emergency.

Delaying the 911 call that gets you to the hospital can be dangerous — even deadly.

Here's why the coronavirus shouldn't make you hesitate or doubt you need emergency help.

1



Hospitals are following infection control protocols to sanitize, socially distance and keep infected people away from others.

2



Calling 911 immediately is still your best chance of surviving an emergency.

5



Emergency room workers know what to do, even when things seem chaotic.

3



Year in and year out, heart disease and stroke are the top two killers worldwide.

4



Fast care is the key to survival.

For more information, visit [Heart.org/DontDieofDoubt](https://www.heart.org/DontDieofDoubt)

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Good health starts with good choices.

Trust the care and appreciate the convenience of the Lake Health Physician Group.

From primary care and pediatrics to surgery and orthopaedics, there's a Lake Health Physician Group near you. Our physician network offers plenty of choices for expert treatment and personalized care to make sure you and your family are prepared for life. Most of our physicians also offer online appointment scheduling for non-urgent visits at lakehealth.org/schedule.

FAMILY PRACTICE

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Chardon
440-279-1500

Hackett Medical Group

8300 Tyler Blvd.
Mentor
440-205-1529

Lake County Family Practice

9500 Mentor Ave.
Mentor
440-352-4880

Madison Family Practice*

6270 North Ridge Rd.
Madison
440-428-8246

Mentor Family Practice*

8655 Market St.
Mentor
440-255-7938

Middlefield Family Practice

16030 East High St.
Middlefield
440-632-0594

Northcoast Family Practice*

7580 Auburn Rd.
Concord Twp.
440-352-0400

INTEGRATIVE MEDICINE

Integrative Medicine*

8655 Market St.
Mentor
440-255-5508

INTERNAL MEDICINE

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

OB/GYN

OB/GYN*

5105 SOM Center Rd.
Willoughby
440-602-6710

9485 Mentor Ave.
Mentor

440-205-5862

Women's Health Specialists*

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Willoughby
440-918-4630

PEDIATRICS

Chardon Pediatrics*

510 Fifth Ave.
Chardon
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Madison Pediatrics*

6270 North Ridge Rd.
Madison
440-428-6225

Mentor Pediatrics*

9485 Mentor Ave.
Mentor
440-205-5800

Willoughby Pediatrics*

36100 Euclid Ave.
Willoughby
440-942-4844

PRIMARY CARE

SOM Center Primary Care*

5105 SOM Center Rd.
Willoughby
440-953-5740

Willowick Primary Care*

29804 Lakeshore Blvd.
Willowick
440-833-2095

CARDIOLOGY

Northeast Ohio Heart Associates*

36100 Euclid Ave.
Willoughby
440-951-8360

7580 Auburn Rd.
Concord Twp.
440-352-9554

CARDIAC ELECTROPHYSIOLOGY

Cardiac Electrophysiology*

36100 Euclid Ave.
Willoughby
440-602-6735

ENDOCRINOLOGY

Mentor Endocrinology

8300 Tyler Blvd.
Mentor
440-266-5000

OPHTHALMOLOGY

Ophthalmology*

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Willoughby
440-946-9555

ORTHOPEDICS

Ohio Hand to Shoulder Center

13170 Ravenna Rd.*
Chardon
844-542-6363

7580 Auburn Rd.
Concord Twp.
844-542-6363

25501 Chagrin Blvd.
Beachwood
844-542-6363

Orthopaedics*

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Willoughby
440-602-6670

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Mentor
440-205-5799

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Pulmonology

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Mentor
440-255-5620

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Arthritis Associates*

5105 SOM Center Rd.
Willoughby
440-953-8700

SPORTS MEDICINE

Sports Medicine*

8655 Market St.
Mentor
440-833-2010

SURGERY

Bariatric Surgery

36100 Euclid Ave.
Willoughby
440-602-6737

Mentor General Surgery*

9500 Mentor Ave.
Mentor
440-354-0377

Plastic Surgery*

36060 Euclid Ave.
Willoughby
440-602-6553

SOM Center General Surgery*

5105 SOM Center Rd.
Willoughby
440-953-5712

*provider-based facility



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