

Sunday, August 7, 2022

# Health Talk



## LASIK, CATARACTS & LENS IMPLANTS

**Michael E. Rom, M.D.**

**Q:** What is the Light Adjustable Lens for Cataract Surgery?

**A:** The Light Adjustable Lens (LAL) is the only intraocular lens that allows you and your doctor to design, test, and customize your vision after cataract-removal surgery. A Light Adjustable Lens, or LAL, is an intraocular lens that can be adjusted by your ophthalmologist after cataract surgery. An LAL is made of photoreactive polymers, meaning that the prescription can be adjusted by your surgeon using a specialized UV light or a Light Delivery Device. This allows for changing prescriptions in your intraocular lenses after they have already been implanted. LALs have been shown to achieve clearer vision without requiring glasses compared to other types of intraocular lenses. The percentage of patients that can achieve 20/20 vision is nearly double that of basic monofocal implants.

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## SHOULDER ARTHROSCOPY

**Eric M. Parsons, M.D.**

**Q:** I have been diagnosed with a rotator cuff tear and surgery has been recommended. What size incisions can I expect and what is the recovery time?

**A:** The technical aspects of rotator cuff repair involve placing small screws in the upper portion of the arm bone (humerus) where the rotator cuff tendon normally attaches. The screws are called suture anchors and are made from a special form of biodegradable plastic that the body will naturally absorb over time. The suture anchors are armed with high strength sutures that are then placed through the torn tendon, and through a variety of pulley-type techniques the tendon is returned back to the bone at the location of the anchor.

The advent of arthroscopic techniques has provided improved access to the rotator cuff using small instruments with the assistance of video technology, allowing for treatment of the rotator cuff through a few tiny incisions without trauma to the overlying deltoid muscle. In addition to reduced pain from the minimally invasive nature of the surgery, arthroscopy affords the surgeon greater visualization of rotator cuff tear patterns as the arthroscope can reach places that are not easily seen with open surgery. Today, virtually all rotator cuff repair surgery is performed through arthroscopic techniques.

Even after the rotator cuff tendon has been repaired back to the humerus bone, optimal success from the operation is not achieved unless there is true biologic healing of the tendon back down to the bone. This is a process that occurs very slowly over time thus explaining the need for strict protection of the shoulder following surgery.

Patients are placed into a specialized sling which they are expected to wear for 4 to 6 weeks after surgery. The sling can be removed for bathing and changing clothes and for appropriate physical therapy, but no purposeful, active movement of the shoulder is permitted as this can compromise the healing process. The optimal approach to physical therapy following rotator cuff repair remains a topic of ongoing research without widespread consensus. Most research favors a very slow progression of therapy, with a brief period of complete rest followed by several weeks of passive movement of the shoulder where the patient does not assist in the movement of the arm. Over time active lifting of the arm is permitted followed by a program of strengthening.

To watch a video of Dr. Parsons performing arthroscopic rotator cuff repair visit [www.ohioshouldercenter.com](http://www.ohioshouldercenter.com).

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## AUDIOLOGY

**Dr. Jane Kukula, AuD**

**Q:** My father tried hearing aids 15-20 years ago and did not like them. Have hearing aids changed since then?

**A:** Yes, hearing aids have changed significantly since then. Hearing instrument technology is constantly changing, getting better and better. Here are few things the Better Hearing Institute has to say about today's instruments.

They are so well camouflaged that they are virtually invisible. In-the-ear instruments fit discreetly and comfortably inside your ear canal, providing both natural sound quality, and discreet and easy use. The behind-the-ear ones are also comfortable, discreet and well camouflaged. The extended wear hearing aid is placed in the ear canal and is invisible to eye.

They automatically adjust to your listening environments. They improve hearing in staff-meetings, the car, restaurants, conversations, music and so much more.

There is something for just about everyone. Today's hearing device options are amazingly varied. There are styles and colors for the fashion conscious, the trendsetter, the partygoer, the intellectual, the active sports enthusiast, the adventurous senior, the romantic, the weekend warrior, and even the guy just tired of turning up the volume on the TV.

Water, sweat, and dust can be no problem while wearing them there is now a waterproof device. This feature suits people who work in demanding environments, as well as those with active lifestyles—like swimmers, skiers, and sports enthusiasts.

They love smartphones, computers, and other prized electronics. Bluetooth is here! That means seamless connectivity—from smartphones, computers, and televisions—directly into your hearing aids, at volumes just right for you. There are even apps that can control the devices in real-time, real-life situations.

It's time for your dad to give hearing instruments another try. Hearing devices

can be set up to work easily and automatically. We can find instruments to suit your dad that will work well, and be comfortable and discreet. Call 440-205-8848 for an appointment. Life Sounds Great!

**The Hearing Center Advanced Audiology Concepts**  
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## BEHAVIORAL HEALTH

**Hayle Fisher, M.A., LPC, BC-TMH**

**Q:** I find myself often having panic attacks and have been struggling to get through them. What can I do?

**A:** It can be incredibly difficult to navigate a situation when you find yourself in an emotional state of mind, are in a crisis, or feel you are not processing information effectively. One of the most fast acting skills for addressing emotional arousal is an acronym called TIP: Tip the temperature of your face with cold water; intense exercise; and Paced breathing/ Paired muscle relaxation. When we find ourselves in a state of distress, our fight-or-flight response is activated (i.e., sympathetic nervous system). Placing your face in a cold bowl of water will trigger your dive reflex and activate your parasympathetic nervous system, which will reduce the severity of the feeling you are experiencing very quickly. Additionally, research has indicated that intense exercise for 20-30 minutes can decrease negative mood and ruminative thoughts. If you do not have access to instruments to use during a panic attacks, paced breathing paired with intentionally tensing and relaxing your muscles can help reduce the panic experienced.

If you continue to experience with panic attacks, there are many mental health facilities available to provide support and coping skills. If you believe therapeutic services could be beneficial to you, please call us at Premier Behavioral Health Services to schedule an intake.

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Thanks to Our Community's **HEALTHCARE PROFESSIONALS**

Sunday, August 14, 2022

# Health Talk



## SHOULDER ARTHROSCOPY

**Eric M. Parsons, M.D.**

**Q:** I have heard that recovery from rotator cuff surgery takes some time. Why is that?

**A:** The critical component to a successful outcome from rotator cuff surgery is a robust healing response and sound structural integrity at the repair site. A major factor in that integrity is meticulous arthroscopic surgical technique and the skill of the surgeon. However, in even the most technically well-performed surgeries complete rotator cuff healing is not a guarantee. A host of additional factors, some related to the patients themselves and others related to the approach to postoperative recovery can ultimately determine success or failure.

Patient characteristics such as tear size, how chronic the tear is, other medical conditions such as diabetes and smoking can all impact healing and surgical outcome. Overly aggressive physical therapy or premature return to use of the surgically repaired shoulder can also be detrimental to healing. As our understanding of rotator cuff tendon to bone healing has evolved, so has our approach to rehabilitation and return to use and an appreciation that a less is more and slow and steady philosophy results in the best outcomes. An overzealous desire to "get back to normal" can compromise the healing tendon and if the rotator cuff tendon fails to heal the results will suffer.

Because of this, for the first 4 to 6 weeks of recovery most surgeons who perform a high volume of rotator cuff surgery and have the greatest knowledge of state of the art rehabilitation protocols will permit little or no shoulder movement, even with the supervision of a physical therapist, and sling immobilization. After this initial period of maximum protection there is a slow progression of range of motion exercises and ultimately strengthening that typically requires another 3-4 months to achieve optimal results. Successful rotator cuff surgery requires full commitment from the patient and an understanding that investment in near term protection gives the best chance for long term satisfaction.

On a personal note, I wanted to acknowledge longtime area high school athletics coach, educator and mentor Geoff Morton who is retiring after more than 60 years of

positively impacting local high school students, including me. Congratulations coach and thank you for all that you have done in your storied career!

To learn more about rotator cuff repair surgery visit [ohioshouldercenter.com](http://ohioshouldercenter.com)

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## BEHAVIORAL HEALTH

**Corey Maddox, M.A., LICDC**

**Q:** What does it mean to be a binge-drinker?

**A:** Binge-drinking is typically defined as consuming 5 or more drinks within a 2-hour time span for men, and 4 or more drinks for women within the same time frame. On average, this quantity of alcohol consumption will increase your blood alcohol concentration (BAC) to 0.08 – the legal limit for intoxication. Another potential indicator of binge-drinking would be consuming 14+ drinks within a week. Drinking to these levels can increase risk of many medical, psychological, and behavioral concerns, thus intervention is likely warranted.

Regarding treatment, I work with a highly trained group of professionals to treat mental health and addiction recovery problems at PBHS. We address the mental health and addiction problems simultaneously so one does not cause a relapse of the other. We specialize in Dialectical Behavior Therapy, a treatment style designed to develop coping skills in areas of distress tolerance (how we manage a crisis), emotion regulation (how we improve our mood and reduce negative symptoms), interpersonal effectiveness (conflict resolution, building trust, setting boundaries) and core mindfulness (building insight and awareness into our patterns and decisions). Our clinicians have availability in the mornings, afternoons, evenings, and even weekends. Give us a call and we will schedule an initial assessment for you within 24-48 hours.

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## AUDIOLOGY

**Dr. Jane Kukula, AuD**

**Q:** Why do I need two hearing aids? Can't I use just one?

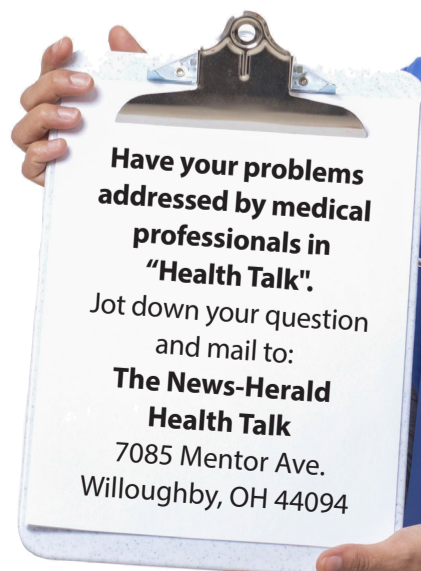
**A:** Just like your ears, hearing aids also come in pairs. Sometimes people can have better hearing in one ear while the other ear provides much less hearing. In this case, only one hearing aid would be necessary. However, most people have hearing difficulties in both ears and need two hearing aids.

Our ears work together and wearing two hearing aids keeps the ears working together. This results in easier communication in noisy places, allows for localization (the ability to tell where sounds come from) and greater environmental awareness. If you wear only one hearing aid when you need two, you can miss sounds that are happening closer to the ear without the hearing aid. You may also find yourself having to work harder to listen by constantly needing to turn your ear with the hearing aid in the direction(s) of sound.

Wearing two hearing aids also makes it easier for you to listen in noisy situations. When you wear two hearing aids, they "talk" to each other sharing information about sounds coming from each side of the head. This information will help you adjust to the environment you are in.

Another important reason to wear two hearing aids is to help your brain. If you wear only one hearing aid when you need two, your hearing in the ear without the hearing aid can decrease because your brain is not receiving consistent sound input – if you don't water a flower, it will not grow! Call to schedule an appointment. Life Sounds Great!

**The Hearing Center Advanced Audiology Concepts**  
8897 Mentor Avenue Mentor, 44060 440-205-8848



Have your problems addressed by medical professionals in "Health Talk".  
Jot down your question and mail to:  
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7085 Mentor Ave. Willoughby, OH 44094



## LASIK, CATARACTS & LENS IMPLANTS

**Michael E. Rom, M.D.**

**Q:** I'm 84 years old and had cataract surgery several years ago, but the cloudy vision is coming back. I'm having trouble seeing in the distance and especially while driving at night. Can it be fixed again?

**A:** I have good news. Once a surgeon removes your cataract, it is gone and cannot grow back. However, one of the most common problems after cataract surgery is clouding of the membrane around the lens called a posterior capsular opacification. A cloudy posterior capsule causes blurry vision, but this condition can be treated easily and safely with a laser treatment called YAG Capsulotomy. YAG Capsulotomy laser treatment doesn't require going to the operating room, or involve any incisions in the eye, it only takes a few minutes and it's painless!

Dilation of the eye is done with eye drops, a laser removes the hazy posterior capsule from your line of sight without even touching the eye, and then drops may be given after the procedure to reduce inflammation. This treatment is very safe, your vision will improve very quickly after the procedure, and you won't have to alter your usual activities.

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Sunday, August 21, 2022

# Health Talk

## BEHAVIORAL HEALTH

**Brianna Babyak, M.Ed.**

**Q:** I have never had a telehealth session. What are some ways that I can be better prepared before scheduling an appointment?

**A:** That is a good question, there are many ways that you can prepare for a telehealth session. Make sure you have one of the following devices for a video session whether it is a smart phone, laptop, tablet, or computer with a working camera and microphone along with reliable internet. One of the many benefits of telehealth is that you can be in the comfort of your own home during your appointment. It is helpful to have or create a private space within your home that you can make comfortable to you during your session. Other helpful tips include having something to drink such as a glass of water and a charger for the device you are using.

Please call PBHS to schedule your appointment for telehealth or in person services.

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## AUDIOLOGY

**Dr. Jane Kukula, AuD**

**Q:** What is the hissing noise I have in my ear?

**A:** The perception of noise in the ears is called tinnitus. It's a common problem affecting over 15 to 20% of Americans. One may hear a ringing, humming, buzzing, hissing or any number of other sounds. Tinnitus is usually a symptom of an underlying condition, such as noise exposure or age-related hearing loss. There are many causes including ear wax on your eardrum, ear injury or a circulatory system disorder.

Tinnitus creates the sensation of hearing sound when there is no external sound. It is often described as either a ringing, buzzing, roaring, hissing, clicking or humming noise. Sometimes people hear two or three different sounds. This phantom noise can vary in pitch from a low roar to a high squeal, and can be heard in one or both ears. Tinnitus may be constant or intermittent, that is it can come and go.

While for some tinnitus can be annoying, it typically isn't a sign of anything serious. While it is often permanent, may increase or decrease in intensity. Treatment usually depends on the underlying cause, for example if the cause is ear wax on the eardrum cleaning the wax from your ears could "cure" it. When it is permanent, we work with you to manage it and distract you from it by making tinnitus less noticeable.

The first step in diagnosing tinnitus is an audiologic assessment and tinnitus evaluation. Call 440-205-8848 to schedule an appointment. Life Sounds Great!

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## LASIK, CATARACTS & LENS IMPLANTS

**Michael E. Rom, M.D.**

**Q:** I just started going to a tanning salon, should I wear something over my eyes in the tanning bed?

**A:** Using a tanning bed can be harmful to your eyes if you don't wear protective goggles. Tanning beds emit UV rays, which are the same UVA and UVB rays that are omitted from the sun, but more concentrated. Just closing your eyes won't protect your eyes and can cause damage to your retina and burn your corneas.

There are different kinds of goggles available, there are also tanning stickers. The stickers fit over your eyes, and you can dispose them after your trip to the salon. Both the goggles and stickers should be tinted enough to protect your eyes from the UV rays, which means you can open your eyes, although it might not be an interesting view!

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## SHOULDER ARTHROSCOPY

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Patient characteristics such as tear size, how chronic the tear is, other medical conditions

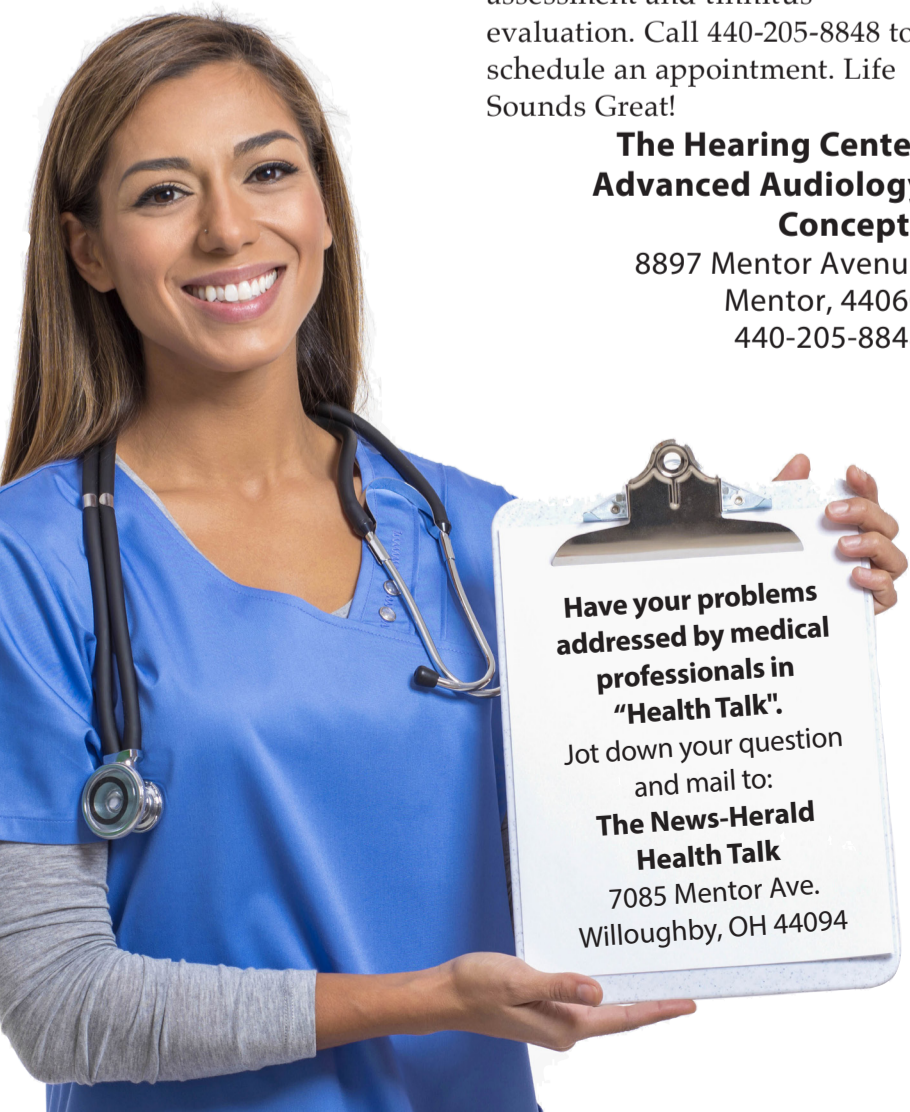
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To learn more about rotator cuff repair surgery visit [ohioshouldercenter.com](http://ohioshouldercenter.com)

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Sunday, August 28, 2022

# Health Talk



## AUDIOLOGY

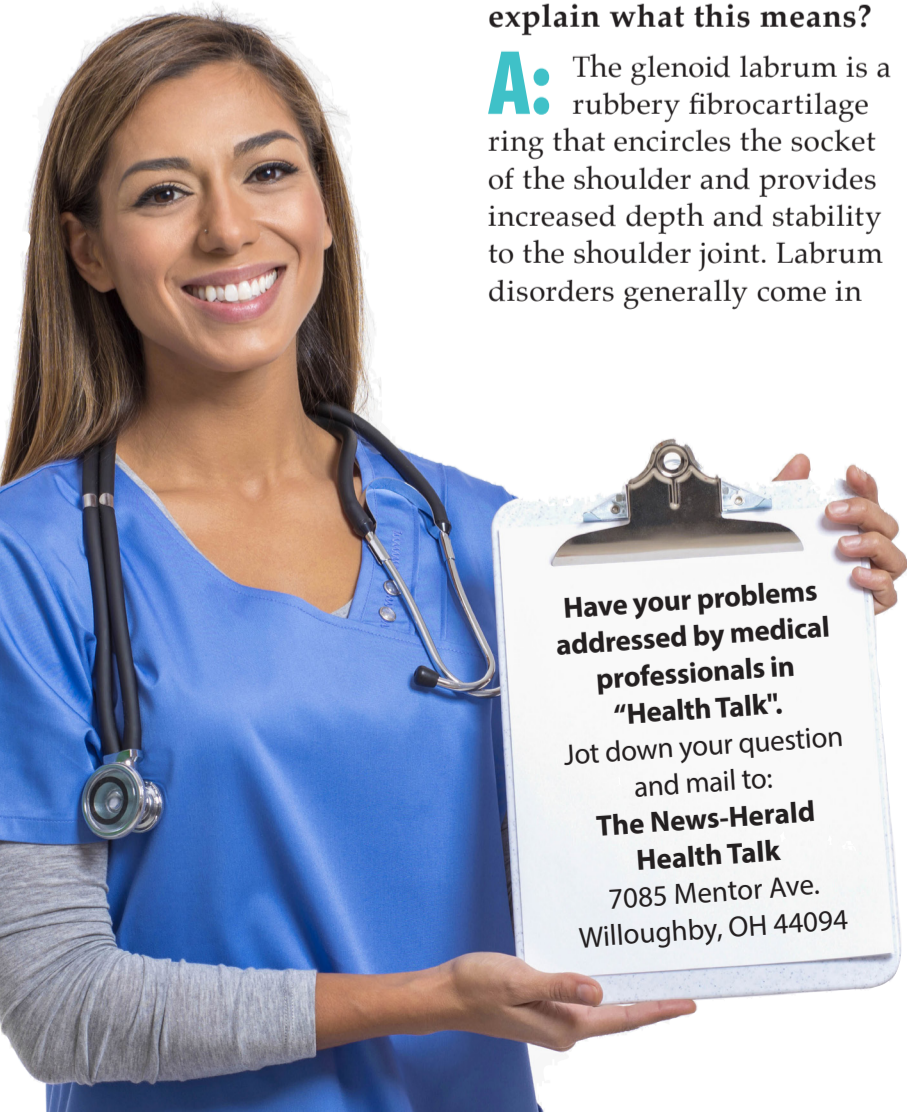
**Dr. Jane Kukula, AuD**

**Q:** What's the relation between heart disease and hearing?

**A:** This may be surprising, but a healthy heart is related to healthy hearing. This is because a healthy heart helps pump blood with oxygen and other nutrients to all areas of your body, even parts in the ear. This helps your hearing organ, the organ of corti, (yes, your ear is an organ just like the heart, lungs etc.) in the cochlea (the inner ear) to process the sounds you hear. Heart disease can affect the amount of blood with oxygen and nutrients that gets pumped to different areas of the body. Without proper oxygen and nutrients, your hearing organs can get damaged and not work the way they are supposed to, causing decreased hearing abilities. There are those who theorize that a lack of oxygen and nutrients affects hearing sooner than the heart. They feel hearing loss may one day be a predictor of heart disease.

You can take care of hearing the same way you take care of heart. Exercise, a healthy diet, and eliminating exposure to smoke and alcohol are just a few lifestyle choices that can also help your hearing health. And of course, if you notice changes in your hearing, have a hearing evaluation. Call 440-205-884 to schedule an appointment. Life Sounds Great!

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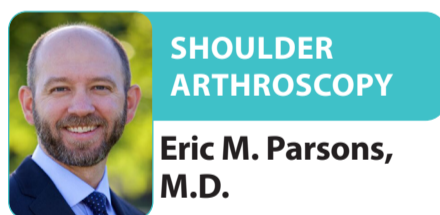
## LASIK, CATARACTS & LENS IMPLANTS

**Michael E. Rom, M.D.**

**Q:** I've been getting a lot of headaches lately, could it be from looking at my computer screen all day?

**A:** It's possible that you're getting headaches from the blue light that's omitted by many electronic devices including cell phones, tablets, and laptops. Another source of blue light is fluorescent light bulbs and LED lights commonly found in offices and stores. You can protect your eyes from these blue lights by wearing a special protective lens. In the last few years, there has been significant strides in blue light blocking technology, and you can find blue light glasses almost anywhere! Computer glasses eliminate many of the harmful side effects linked to increased time in front of computers and other electronic devices. This is done by selectively filtering out blue light, which improves visual comfort and reduces eyestrain. Simultaneously, these lenses allow non-harmful light to pass through, permitting the clearest vision possible.

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## SHOULDER ARTHROSCOPY

**Eric M. Parsons, M.D.**

**Q:** I was told that I have a torn labrum in my shoulder and that I might require surgery. Can you explain what this means?

**A:** The glenoid labrum is a rubbery fibrocartilage ring that encircles the socket of the shoulder and provides increased depth and stability to the shoulder joint. Labrum disorders generally come in

two forms, those related to the wear and tear effects of normal shoulder use and aging, and those that occur as a result of acute injury.

The labrum can be injured anywhere throughout its course but chronic overuse injury most commonly occurs in the superior aspect where it is termed a superior labrum anterior and posterior (SLAP) tear. SLAP tears are quite common in those of middle age or older and in this setting may not need surgery. SLAP tears that exist as the result of an injury or that are clearly impairing shoulder function are more likely to require surgical repair. SLAP tears can be elusive to identify even with the use of imaging such as MRI scan and the ultimate diagnosis involves a combination of clinical history, physical examination and imaging tests.

The labrum is also injured in cases of acute traumatic shoulder dislocation where the ball becomes separated from the socket. Remarkably, the labrum and the ligaments that attach to it heal adequately following some dislocations and a percentage of patients never require surgical treatment. In many cases, however, the healing of the labrum and shoulder ligaments is incomplete or improperly positioned and surgical repair of the labrum and ligaments is necessary to restore shoulder stability.

Labrum repair is performed arthroscopically through small incisions with the aid of video technology. The technical aspects of instability repair involve placing small screws in the socket where the labrum normally attaches. The screws are called suture anchors and are made from a special form of biodegradable plastic that the body will naturally absorb over time. The suture anchors are armed with high strength sutures that are then placed through the torn capsule and labrum tissue, and through a variety of pulley-type techniques the tissue is returned back to the bone at the location of the anchor.

To view a video of labrum repair visit [ohioshouldercenter.com](http://ohioshouldercenter.com).

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## BEHAVIORAL HEALTH

**Shannon Matsko, LPCC-S**

**Q:** I recently heard about the treatment option of Intensive Outpatient Program for treatment of depression. I have never heard of this before, can you explain it?

**A:** Excellent Question! Intensive Outpatient Program (IOP) is a group therapy experience. As mentioned in the title it is intense-meeting 3 days a week and 3 hours per day, resulting in a total of 9 hours per week. Every IOP is going to be somewhat different. At Premier Behavioral Health we utilize a specific type of therapy called Dialectical Behavioral Therapy (DBT) in our IOP's. We recommend that everyone spend at least 8 weeks in this program so that they can be introduced to all 24 sets of coping skills-which is what our program is based off. We compare our programs to more of a classroom setting-the focus is on acquiring the skill knowledge and beginning to practice. There is also time to process within these programs-but overall, it is a structured program so that we can provide all the skill information to each member within their time in the program. The DBT skills are split into 4 modules: interpersonal effectiveness, emotion regulation, distress tolerance and core mindfulness. Our goal throughout the program is that each client can acquire the skill information, get some practice, feedback on application, and overall feel more competent to manage their emotions and the stressors of life. We do recommend continuing in individual counseling after IOP involvement (if a client is not already established with a clinician before/during involvement) so that further skill development can occur. IOP is an excellent tool that allows clients to learn a lot of skills in a short amount of time. It is also a terrific way to take time to focus on caring for and prioritizing yourself and your mental health needs. Contact Premier Behavioral Health Services if you would like to be assessed to see if you are a candidate for any one of our Intensive Outpatient Programs.

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