



Lorain County Medical Society 2022



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A MESSAGE FROM OUR NEW EXECUTIVE DIRECTOR

By: Erin Lesueur



As the Lorain County Medical Society enters its 126th year in existence, I am honored to take on the role of Executive Director. I have had the pleasure of working side-by-side with some of our county's top physicians in determining how we can continue improving and providing for our community. The passion our members have for our long-standing society and their dedication to serving the greater needs of our community have been nothing short of inspiring. I am privileged to be a part of this team.

These past few years have been challenging for all of us, but the Lorain County Medical Society stayed vigilant under the stewardship of Dr. Maher Kodsy, and

now our president-elect, Dr. Dvora Nelson. Together, the society is devoted to continuing to provide support to each other and our community through educational, social, and recreational events.

Our goal has always been to serve our community and provide value to not only the members of our society, but to our patients and the public, as well. Most recently, we held a fundraising event, the Cookie Run 5K, at the Kopf Family Reservation. We had an excellent turnout and it was a great way to reconnect and bring our community together for some fresh air, fun, and exercise!

This year, we have also had the pleasure of awarding nearly \$20,000 in scholarship funds to local Lorain County residents pursuing careers in the medical field. We also begun the LCMS Student Chapter, headed by medical student Michael Carbone, which will

allow for other local medical students to engage with the society and take leadership roles in their community. The society allows for these students to do volunteering and preceptorships in local hospitals and medical offices, and establish contacts that could be the gateway to jobs in this county. We see the value of investing in our future and we are proud to be able to do so!

I am already looking forward to the upcoming year and all of the events we have planned along the way. I am excited to be a part of this amazing community. Our member physicians are here to serve you. When choosing a provider for medical care, look for a provider from Lorain County Medical Society. If you would like to know more about us, or stay up-to-date on future events, please visit our website: <https://www.lcmedical-society.com/>.

LORAIN COUNTY MEDICAL SOCIETY FOUNDATION

By: Lorain County Medical Society

The Lorain County Medical Society Foundation is a 501-C-3 charitable wing of the Lorain County Medical Society. The foundation owns an office building in Sheffield Village, located off of Abbe Road just north of Lorain County Community College. The Lorain County Medical Society Foundation has maintained a physical presence at our current location for more than 25 years. Our building is owned and maintained by the Lorain County Medical Society

and is home to three additional local businesses. The rental income earned by the foundation is given back to our community through charitable donations to other non-profit organizations throughout Lorain County. The foundation hopes to continue to increase our annual charitable contributions year after year. For more information about the foundation, or to make a donation to the Lorain County Medical Society Foundation, please visit: www.lcmedical-society.com/foundation.



LORAIN COUNTY MEDICAL SOCIETY

5320 Hoag Drive, Suite D

Elyria, Ohio 44035

Office: 440-934-6825

Fax: 440-934-1059

The Mission of the Lorain County Medical Society is to serve its members by:

- Acting as a strong physician advocate within the boundaries of professional integrity, while recognizing and representing the diversity within the medical community;
- Recognizing the health care needs of the community and acting as a patient advocate in response to those needs;
- Providing services that meet the professional needs and interests of the physician community;
- Promoting the positions of the profession and the Society to the public;
- Taking a leadership role in informing the community about health issues;
- Preserving the professionalism in medicine;
- Promoting American ideals of the patient-physician relationship;
- Upholding the Principles of Medical Ethics of the American Medical Association.



Varicose Veins? We fix that!

By: Dvora Nelson, MD, RVT, RPVI

Vein procedures are nothing like they used to be. If you remember watching a loved one recover from surgery wearing bandages with horrendous pain, then you are probably very wary about having anything done to your varicose veins. Rest assured that treatments today are quick, easy for you, easy on you, convenient, and can be done in my office instead of the hospital.

Vein procedures are minimally invasive now. You can pull into the Nelson Vein parking lot, walk into a warm inviting waiting area, and bring your loved ones into the procedure room. Instead of limited activity after your vein treatments, we make you exercise by walking for an hour every day in order to promote even better circulation in your legs.

“What are these procedures?” you may ask. Well, they are endovenous ablation, micro-phlebectomy, sclerotherapy, and Venaseal, also known as “burning, removing, injection, and gluing” veins closed. In approximately an hour and fifteen minutes (in and out the door) with no downtime afterwards, you can have those veins that have been causing your aching, swelling, heaviness, fatigue, and cramping fixed. And, many of

these procedures are covered by insurance!

Patients can notice improvement in how their legs look and feel within days. Get your activity, energy, and self-esteem back. Having varicose veins means that your circulation is bad, and blood is pooling in your legs. These bulging veins can lead to blood clots, darkening of the skin, and leg ulcerations. Treating your veins early can prevent you from developing irreversible damage to your deep veins and skin. Because procedures are medically necessary, they are a covered benefit for most insurance plans including Medical Mutual, Blue Cross Blue Shield, Aetna, Cigna, Tri-Care, Molina, Paramount, CareSource, Medicare, and its Advantage plans and more.

Varicose vein procedures in an office setting are ideal. There are no facility fees, no anesthesia costs, no recovery room fees, and no incidental costs that can incur when you have a procedure at a hospital. At Nelson Vein, we are completely transparent about your out-of-pocket expenses. We review your insurance plan including assess your deductible, co-insurance, and co-pay, and calculate what your balance will be before we do any procedures. No surprises.

SEE PAGE 11

Varicose Veins?

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THE HOMECOMING PROJECT: Retain and Attract Talent to Our Area

By: Dr. Mario Sertich,
LCMS Foundation

A Mayo Clinic Proceedings article published in December confirmed our worst fears about what this pandemic and other stressors are doing to physicians and others in our health care workforce. The report, based on a broad survey of medical professionals in 2020, showed that one in five doctors—and twice as many nurses—said they planned to leave the profession within the next two years, and many more planned to reduce the hours they worked over the next 12 months.

If only a portion of them follow through with their plans, the impact on U.S. health care would be significant given ordinary circumstances. And it would potentially be devastating amid a new or resurgent public health emergency.

The reasons the physician respondents cited are familiar to anyone who practices medicine today, including a long list of administrative hassles and an overly bureaucratic system that leaves doctors feeling powerless and removed from what we do best: caring for our patients.

Additionally, our physician community is aging and does not yet have enough younger doctors coming in to meet demand. More than two of every five active physicians will be 65 or older within the next decade, likely compounding the workforce reduction already underway.

Meanwhile, the U.S. population is expected to expand by more than

10% over that same time to an estimated 363 million people—more than 42% of whom will be 65 or older. Experience tells us that older adult patients demand sharply higher levels of care due to greater incidence of chronic disease, which will likely place much greater demand for physician services on a smaller pool of available physicians.

In other words, the looming **PHYSICIAN SHORTAGE** is not just a crisis for tomorrow; it demands our attention today.

The Lorain County Medical Society has a long history of supporting Lorain County's residents who wish to enter the medical profession by providing scholarships on a yearly basis through its Scholarship Foundation, including contributions to eleven candidates this past year. LCMS has a student chapter that needs to be highlighted because these local candidates are anxious to engage and to take leadership roles in their community and with public health issues. They could serve as counselors to our local High school and undergraduate students and guide them to the steps necessary to enter medical studies. They could do volunteering and preceptorships in the local hospitals and medical offices and establish contacts that could be the gateway to jobs in this county. They would participate in social community events.

Recent developments in our county, and northeast Ohio in general, this year have been very en-

SEE PAGE 11



Lorain County:

Is the Grass Greener on the Other Side

By: Dr. James Ohliger III



I have always heard the phrase, “the grass is greener on the other side” and have really challenged that notion this past year when I moved to Lake Tahoe, California.

Living there was an outdoorsman paradise where you can mountain bike, fish, hike and ski depending on what time of year it is. It hits all the check marks for being one of the best places to live in the world. However, the reality is, it's missing the one thing that makes Lorain County so special... That is... the people. People who say please and thank you, people that hold the door open for a stranger, people that wave when they make a mistake driving and people that

look out for one another. These people are ones that I want to be around and ones that I want my kids to grow up with. Having experienced a new place has pushed me to appreciate the greatness of Lorain County. I want to say thank you for teaching me these qualities and I look forward to teaching my kids the importance of these intangibles that the people of Lorain County have provided to me. After 14 years of graduate-level education and a year of fellowship in California I have moved back to Lorain County and look forward to taking care of these fine people as a fellowship trained orthopedic surgeon.

*Sincerely,
James E Ohliger III MD
Center for Orthopedics
Sheffield, OH*

Where Do We Stand Now After Dealing with More Than 2 years of COVID19 Pandemic?

By: Rita Abbud, MD

I am writing this article while convalescing at home with COVID19. Being an infectious disease physician and a frontline healthcare worker, my heart goes out to everyone who had to deal with this monstrous virus. From a personal experience of greater than 25 years in the field of infectious diseases, I felt that I was in a war zone trying to save lives and decrease suffering with a limited amount of information and resources.

COVID19 infection causes severe illness by affecting multiple organs, triggering a cascade of inflammatory markers causing organ failure most commonly affecting the lungs, brain and kidneys. Altered taste and smell, headaches, muscle aches and weakness are common in this condition.

The good news is that this virus is currently less deadly probably related to herd immunity and con-

tinuous mutation. New antiviral medications such as Paxlovid and Molnupiravir are helpful in patients at high risk or with severe illness. Paxlovid is highly effective oral drug available for COVID19 treatment with common side effect of metallic taste and some drug interactions.

Current booster that is available is the bivalent vaccine and is effective against most mutations.

Continuous clinical trials are in place locally trying to learn more about this virus and predict further mutations that can lead to another strain in our healthcare system.

Last but not least, I would like to thank all the frontline healthcare workers who dedicated their lives and spent countless hours behind the masks and protective gears caring for patients in isolation holding their hands with compassion and giving them hope.



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Addiction as a disease

What do Iron man, Juice WRLD, Machine Gun Kelly and Lorain County have in common? A struggle with addiction. Actor Robert Downey Jr. famously turned his life around to play the role of the second best hero in the Marvel pantheon, Iron Man. The first indisputably—Wolverine. Prove me wrong. And regardless of what you think of him, MGK's latest album tells the story of someone who just recently made his way into early recovery (see the HULU documentary for more detail). Last year, one hundred and forty-three people from our community tragically came to share something else with Jarad Higgins, aka Juice WRLD: they lost their lives to the same disease.

Oh, so this is one of those pieces where the writer tries to convince the reader that addiction is a disease and not just a matter of poor choices and a weak will? Yes.

That's exactly what this is. Well this first part at least.

I'm from Lorain. I'm a bona fide LCCC alumnus. And although I left for a bit to serve in the military, I came back. On purpose. In fact, I still live here. I'm also a physician, a board certified OB/Gyn, and for the past couple of years, I've been the medical director of a level 1 opioid treatment program in our county. But it is here—not medical school—where I really learned that addiction is a disease.

As I often remind myself out loud (sometimes patients are in the room when I do), 90 percent of "health" rests on five "pillars": diet, exercise, sleep, relationships, and a plan for life (a schedule for today and a purpose for the future). For the other ten percent, there's medicine.

Addiction reduces all five pillars to rubble. And it's the kind of disease whose treatment requires



a "multidisciplinary team" to individualize that patient's care. It is a multidimensional—spiritual, psychological, and relational—disease.

But it can also be a disease in the medical sense. As in, for instance, diabetes is a disease. We know that something like 50 percent of addiction is attributable to genetic factors. If you have the genes that make your brain respond to opioids or ethanol in ways that others'

don't, that doesn't mean you have or will inevitably develop an addiction. However, if it's true that "everyone in my family is an alcoholic", then you ought to be cautious with respect to alcohol. You don't want to do anything that will "flip the addiction switch." Similarly with some forms of diabetes.

If you have the genes that make your pancreas respond to sugar

SEE PAGE 8

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Dr. Fascione brings nearly 10 years of experience to SFA and we are excited for her to join the team. She is Board Certified in foot, rearfoot and ankle reconstructive surgery. Her advanced training includes sports medicine, ankle arthroscopy, diabetic limb salvage, advanced wound care/hyperbaric medicine, trauma, and reconstructive surgery. Dr. Fascione is a 2010 graduate of the Dr. William M. Scholl College of Podiatric Medicine at Rosalind Franklin University - North Chicago, IL. She completed a 3 year surgical residency program at Illinois Masonic Medical Center/Cook County Hospital in Chicago, IL. Prior to her foot and ankle training, Dr. Fascione enjoyed competitive running and had the unique opportunity to compete as a collegiate Division I Track and Field middle distance athlete and cross country runner. Dr. Fascione is originally from the greater Cleveland area, North Royalton and enjoys spending time with her family including her five siblings and dog Koda. She looks forward to providing quality and compassionate care to the Elyria and Ashland communities.

Foot Health & Falls Prevention

Among older Americans, falls are the number one cause of injuries and death from injury, according to the U.S. Centers for Disease Control and Prevention. More than 36 million seniors sustain a fall each year. Of these, 1 of 5 results in a broken bone which may result in hospitalization and other complications. For a ground-up approach to fall prevention, seniors should start by examining the health of their feet.

Painful foot conditions, such as arthritis, corns, bunions, hammertoes, flat feet, high arches and diabetes complications, can make it difficult for seniors to maintain balance and coordination when walking or standing. Also, the very exercises intended to correct risk factors for falls, such as lower-body weakness, as well as gait and balance problems, are difficult to perform when one suffers from painful foot and ankle conditions.

While the factors causing falls are numerous, seniors can take the following steps to reduce their risk by minimizing

or eliminating foot pain. Doing so will improve balance, coordination and stability when walking or standing.

- **Do not ignore pain:** Foot pain is not just a normal consequence of growing older, so do not resign yourself to aching and suffering. You likely have a treatable condition. For a proper diagnosis and intervention, be sure to pay attention to your feet and see a foot and ankle specialist.
- **Examine your feet:** You are the gatekeeper of your own health, making regular at-home foot examinations critical. At the sign of bumps, lumps or other changes in your feet, make an appointment with your foot and ankle specialist.
- **Exercise:** Simple stretching exercises can help you maintain strength and mobility in your feet and ankles, as well as provide pain relief. Talk to your physician about appropriate exercises for you.
- **Protect:** Use padding, insoles or whatever special

footwear you are prescribed. Be sure to wear these, along with comfortable, sensible shoes, every day.

- **Be flexible:** Know that at times, shoe modifications, bracing or even surgery though not the most convenient may be the most appropriate treatment for a given condition.

Tips for Fall Prevention:

1. Talk openly with your physicians about fall risks and prevention.
2. Remain active - exercise can make your legs stronger and improve your balance.
3. Make sure shoes are of proper fit and have sturdy non-slip soles.
4. Get rid of trip hazards, keep floors free from clutter.
5. Add grab bars in the bathroom where appropriate.
6. Make sure handrails and lights are in working order near stairwells.

ADDICTION FROM PAGE 6

differently than others' do, then you better be careful with pop and cotton candy Blizzards. Or else, you could damage your body's ability to make insulin on its own. If it can't make insulin, your blood sugar could become so elevated that you go into a coma and die (amongst many other chronic health problems). What do we do when the body can't make insulin on its own? We give it back from the outside in the form of medication.

That's sort of what I do as a doctor with respect to opioid addiction when it becomes bad enough. Think of it like this—and this is more of a heuristic, or thought model, than a neurobiological description—if repairing any damage to those five pillars doesn't return the person to a state of health, i.e. it doesn't heal them, then there are medications like methadone or buprenorphine (Suboxone is a version of this and both act on the brain's opioid receptors) to add back from the outside what the body no longer makes on its own, namely, natural opioids. It doesn't make them normally when it has been getting a more potent—and more damaging when taken chronically—opioid like fentanyl. Ideally no one needs to take any molecules, I mean medications, but most of us are on at least one or two.

Which leads me to the second part of this essay, a kind of letter to my patients. First up, thank you for what you've taught me and how you continue to inspire me. Some of you will heal completely and become Tony Stark. Many are now recovering (MGK in this analogy). No one needs to share the fate of Jarad Higgins or the countless others who have left someone behind from our very own community. Addiction is a disease, yes, but if you beat it, there will be few things you can't face or do. Because it's not just an addiction that you share with MGK, Downey Jr., and Jarad Higgins, you also share a great capacity for creativity. In closing, to paraphrase one of the speakers from last month's International Overdose Awareness vigil at LCCC, "your tribe is my vibe". And remember, you yourself can be re-created.

Patrick C. Beeman, MD is a physician and the founder of the health media and creativity company, Ars Longa Media. Reach him via www.ArsLonga.Media or on Twitter: @BoardsInsider

Benefits of Cannabis on Degenerative Joint Disease (DJD)



OHIO HOLISTIC HEALTHCARE

Cannabis has been used for years to treat a magnitude of medical conditions including chronic pain. Degenerative arthropathy, also called degenerative joint disease or osteoarthritis

(OA), is a condition your body may develop as it wears through the aging process. Degenerative arthropathy symptoms occur due to gradual articular cartilage deterioration on joint surfaces. Cartilage protects joints, allowing them to move easily. Without articular cartilage, the joint surfaces become raw and abrade each other, rapidly eroding away (1). When you have OA in your spine, or facet disease, the cartilage wears away and causes spinal joints to rub together. When this occurs, it can cause localized pain, inflammation, and various other symptoms. OA is a degenerative disease that becomes worse over time. Stiffness and pain in the joints can become so severe, it makes everyday activities challenging to perform. Some individuals can't work any longer (1).

There are several types of degenerative joint disease, but the two most common are osteoarthritis and rheumatoid arthritis. The condition can affect any joint in

your body, but the hips, knees, spine, and other weight-bearing joints are most susceptible (2). When degenerative arthropathy affects your back and neck, it's called spinal osteoarthritis or facet disease. Your facet joints connect your vertebrae, which allow your spine to flex and bend. But, with age, they begin drying out and the cartilage lining starts to become brittle and could wear away. When you don't have a protective lining, bone rubs against bone and causes bone spurs, inflammation, and nerve compression (3).

Cannabis has become a widely accepted form of treatment for inflammation, pain, muscle spasms, arthritis and more. Medical marijuana and degenerative arthropathy has active, chemical compounds known as cannabinoids that have medicinal properties. These cannabinoids are what helps treat those and other symptoms (3). When you ingest them, they interact with different body receptors, particularly your natural cannabinoid receptors. Many of these compounds have scientific medical value for pain relief. The cannabinoids CBD, CBN, CBC and THC are all associated with arthritis and pain relief, and can help with inflammation, spinal injury, fibromyalgia and more. Many people who struggle with chronic arthritic pain also deal with inflammation of their joints (4). They find relief using CBD, which can reduce and sometimes eliminate pain and inflammation.

Give life with blood and plasma

Financial donations and volunteering are popular ways to give back to nonprofit organizations. However, there are many additional ways to give back, including donations that can help save lives.

Donating blood can be a worthwhile effort for someone looking to make a difference. The U.S. Department of Health and Human Services says every two seconds someone in the United States needs blood or blood products. When people think of donating blood products, they may think about donating whole blood. However, there's a need for other components, namely plasma. Here's a deeper look at what's involved in the blood and plasma donation process.

Blood versus plasma Whole blood donations include donating all four blood components: red blood cells, white blood cells, platelets, and plasma. Whole blood is used

to treat blood loss that occurs during an injury or surgery.

Patients in need of plasma may have cancer, immunodeficiencies or rare diseases that can benefit from plasma treatment. Additionally, there is a global demand for plasma-derived medicine, such as immunoglobulin, according to the Immune Deficiency Foundation. One patient who needs Ig for a year requires 130 to 1,200 plasma donations to procure enough plasma.

Plasma is separated from whole blood, and there is not enough plasma in the whole blood supply to cover the demand for whole blood as well as plasma separately.

Eligibility Donors must meet some eligibility requirements, according to the American Red Cross.

Blood: Blood can be donated once every 56 days. Individuals must be in good health, at least



Lorain County Medical Society

JOIN TODAY!

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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VARICOSE VEINS? FROM PAGE 3

So, don't wait to get relief. If you are still not sure about getting rid of your varicose veins, start wearing prescription grade compression stockings (20-30mmHg) to help your blood return to your heart. Get a prescription from your primary care provider, and start protecting your legs. And when you are ready, our knowledgeable team at Nelson Vein will guide you to the path of healthy legs that look and feel great. Visit NelsonVein.com, or call 440-617-6061 for more information.

Follow us on Instagram @nelson.vein and Facebook @Nelson Vein and Surgical Services for educational videos and tutorials about veins and vein treatments!

GIVE LIFE FROM PAGE 8

16 years old in most areas, and must weigh at least 110 pounds.

Plasma: All blood types can give plasma, but only AB plasma type is universal. People with AB blood are considered elite plasma donors. Plasma can be donated once every 28 days. Good health is required and donors must be at least 17 years old and weight no less than 110 pounds.

Donors also can donate red blood cells and platelets separately from whole blood or plasma. There are different eligibility requirements for these blood components.

Time commitment It takes roughly 60 minutes to make a whole blood donation, says HHS. Plasma donation wait times can vary. An initial donation can take about two hours, while subsequent donations may be 90 minutes.

Preparation Individuals interested in donating blood products

are urged to maintain a healthy lifestyle. Twenty-four hours before the appointment, the American Red Cross recommends drinking nine to 13 cups of water, and an additional two cups prior to the donation. Meals full of iron and protein are essential, and caffeine, alcohol, tobacco, and fatty foods should be avoided.

Donating whole blood, plasma and other blood products can make a difference in the lives of many. Visit www.redcrossblood.org to learn more about becoming a blood donor.



THE HOMECOMING PROJECT FROM PAGE 4

couraging.

The announcement that out Lorain County Community College will lead the Semiconductor Workforce Consortium to provide training programs in automation, robotics, microelectronics, and other fields that support chip manufacturing is a case in point. This is a \$50 million effort to train and produce nearly 9,000 graduates.

This endeavor dovetails beautifully with other efforts, such as the Cleveland Talent Alliance, whose goals is to help would-be residents navigate the many steps involved

in relocating to the area, focusing on college students, recent visitors, and people who used to live here. The alliance will initially focus on professionals in the healthcare field and then expand to other areas.

Currently, Ohio retains approximately 47% of its college students after graduation, which lags the national average, and the hopeful goal would be to improve retention. In short, all these initiatives would be a win/win for the students, the local businesses, and for all Lorain County residents.



4 tips for hosting a safe gathering

Parties with family and friends, concerts, movies, and sporting events now fill calendars, much as they did before the world learned of COVID-19. Even though the novel coronavirus that arrived in late 2019 remains a concern, the vast number of people who have been vaccinated and boosted, or have developed antibodies, has allowed people to return to a more normal life.

While COVID-19 once was a major safety concern for party hosts and hostesses, it's not the only safety issue that can affect social activities. When hosting any gathering — whether it's an intimate cocktail party or a backyard bash — hosts can heed these safety guidelines.

Pace/control alcoholic beverages

The National Highway Traffic Safety Administration says every day 32 people die in drunk-driving crashes in the United States. That equates to one person every 45 minutes. These deaths are all preventable, and one of the simplest ways is to limit opportunities for people to drive drunk. Party hosts are responsible for monitoring guests' drinking. Spacing out drinks and limiting access to alcohol can keep guests from becoming overly intoxicated. Stop serving alcoholic beverages two hours before the party ends so there's little opportunity to drive intoxicated. Provide alternative transportation to those guests who still may be unsafe to drive.

Make safety products available

Even though COVID-19 is no longer first and foremost on the minds of people, it has not completely vanished. New variants of the virus are still developing, and many of these spread much more easily than prior versions, even if they produce milder symptoms. Recommendations to stop the spread continue to be relevant today. Wipe down surfaces, mask up if you will be in close contact, improve ventilation, and encourage regular handwashing or use of hand sanitizer in the party space.

Opt for single-serve foods

Communal buffet dishes mean crowds are scooping from the same pan or pot. To reduce the potential spread of any unwanted pathogens, consider offering pre-portioned items that guests can grab and go. Food already portioned out on to small plates or in cups can reduce the risk of cross-contamination for those with food allergies.

Minimize entry points

Avoid the pitfalls of an invite-only event becoming a free-for-all, which can occur when teens or young adults host parties. Have one entry and put a responsible adult in charge of checking invitations at the door. Similarly, have a plan in place should any guests get out of hand.

Safety should be a concern at any party, large or small. Some simple strategies can ensure everyone has a safe and fun time.



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