

Sunday, September 4, 2022

Health Talk



BEHAVIORAL HEALTH

Corey Maddox, M.A., LICDC

Q: In regard to alcohol, what does it typically take to become intoxicated?

A: While one drink is 12 oz. of beer, 5 oz. of wine, or 1.5 oz. of liquor -- It is also important to consider the potency of the drink. Consuming a beverage with a "heavy pour" is quite different than consuming a beverage with a "splash" of alcohol. Regarding beer, light beers may range from 4.2-5% alcohol content (ABV) while craft beers can reach over 10% ABV per drink. The legal limit for intoxication is a blood alcohol content (BAC) of 0.08. On average, most men eclipse this after 5 drinks (within a 2-hour period) while most women eclipse this mark after 4 drinks (within a 2-hour period). If you or someone you love to feel that alcohol consumption is becoming a problem, I would encourage you to seek therapeutic and potentially medical intervention.

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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LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: With Halloween Coming Up, I wanted to wear special color contact lenses. I've heard these are not safe, is this True?

A: Using decorative lenses, without a proper prescription from an eye doctor can cause serious harm to your eyes. You can safely buy multiple versions of specialty contact lenses from eye some eye doctors' offices, online, or by mail order with a valid prescription. It is not recommended that you purchase decorative contact lenses from costume shops, online stores, beauty salons, drug stores, flea markets, or anywhere that doesn't require a prescription. When decorative contact lenses are sold without a prescription, proper fitting, and education from an eye doctor, there may be a higher chance of contact lens-related eye problems. Decorative lenses purchased without a prescription may not fit properly, leaving the eye more susceptible to scratches on the outer layer of the eye, or getting an ulcer (an open sore) on the cornea- the clear covering over the front of the eye. The result of a scratch or sore can be scarring, infection, and permanent vision reduction or loss, lasting well beyond October 31st!

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Did You Know?



According to the American Cancer Society, breast cancer mainly occurs in middle-aged or older women. In fact, the median age at the time of a breast cancer diagnosis is 62. Though it's possible for women far younger than 62 to be diagnosed with breast cancer, the ACS reports that only a very small number of women younger than 45 are diagnosed with the disease each year. Despite the average age of onset being over 60, breast cancer is highly treatable. The World Health Organization notes that breast cancer treatments routinely achieve survival probabilities of 90 percent or higher. However, those



AUDIOLOGY

Dr. Jane Kukula, AuD

Q: What is an over the counter hearing aid?

A: Over the counter hearing aids (OTCs) is a new category of hearing aids recently approved by the Food and Drug Administration (FDA). The FDA has spent the past 4 years defining OTC hearing aids and recently published the final rules defining just what is an OTC. Now the ball is in the hands of the hearing aid manufacturers to develop these products, submit their designs to the FDA for approval and then manufacture them. It is not likely that we will see these devices come to the market place any sooner than 6 months, maybe longer.

Over the counter hearing amplifiers are available and have been for many years. Many of you may have tried these with minimal success. The new category of OTCs is expected to do a better job but again, they don't exist right now so we really don't know what how they will function. We anticipate that there will be two categories of OTC aids at two different price points.

The OTC hearing aids are intended for those with mild to moderate hearing loss and will not require you to have a hearing evaluation. While it's not required, we still recommend that you have your ears checked to ensure that the hearing problem isn't something simple such as the build up ear wax. As things develop, we will keep you posted. If you have any questions, let us know. As we always, good hearing starts with a hearing check. Life Sounds Great!

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probabilities decline considerably in lower-income countries where access to screening and other medical services is limited. For example, the WHO notes that five-year survival rates for breast cancer routinely surpass 90 percent in high-income countries like the United States and Canada. However, those rates are as low as 40 percent in South Africa, where early detection of the disease is less likely than it is in wealthier nations. That disparity in survival rates underscores the need for greater resource allocation in lower-income countries, but also highlights the effectiveness of screening and other measures in high-income countries where women are taught to report any abnormalities with their breasts.



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: I have been diagnosed with a rotator cuff tear, but I don't recall injuring my shoulder. How did this happen?

A: The development of rotator cuff damage is multifactorial, relating to a combination of age-related changes in the rotator cuff tendon, genetic factors and injury. The widely held belief that rotator cuff tears are the result of specific injuries or overuse is overly simplistic and fails to recognize the importance of aging and genetic elements. In fact, it is these last two elements that play a more significant role in the risk of developing rotator cuff disorders which is why rotator cuff injuries that require surgery are quite rare in patients under the age of 40 despite the fact that patients in this cohort are often in engaging in the highest risk activities.


A study published in the July 2021 issue of The Journal of Bone and Joint Surgery by Yanik et al. examined the UK Biobank, a large genetic database in the United Kingdom, in an effort to explore links between specific genetic markers and the development of rotator cuff disorders. While preliminary, they did discover an association between something called the CREB5 gene and rotator cuff disease. The conclusion of this finding is not that patients who carry this gene are destined to undergo rotator cuff surgery and those who don't will not, but rather adds to the body of evidence that there is something occurring at a deeper cellular level that contributes to rotator cuff problems and not injuries alone. It also lends some credibility to the theory that at some point detection of these markers may allow us to identify patients at highest risk for rotator cuff problems and perhaps develop strategies to prevent them.

To learn more about rotator cuff disorders visit ohioshouldercenter.com

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Sunday, September 11, 2022

Health Talk




SHOULDER ARTHROSCOPY
Eric M. Parsons, M.D.

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A: The development of rotator cuff damage is multifactorial, relating to a combination of age-related changes in the rotator cuff tendon, genetic factors and injury. The widely held belief that rotator cuff tears are the result of specific injuries or overuse is overly simplistic and fails to recognize the importance of aging and genetic elements. In fact, it is these last two elements that play a more significant role in the risk of developing rotator cuff disorders which is why rotator cuff injuries that require surgery are quite rare in patients under the age of 40 despite the fact that patients in this cohort are often in engaging in the highest risk activities. A study published in the July 2021 issue of The Journal of Bone and Joint Surgery by Yanik et al. examined the UK Biobank, a large genetic database in the United Kingdom, in an effort to explore links between specific genetic markers and the development of rotator cuff disorders. While preliminary, they did discover an association between something called the CREB5 gene and rotator cuff disease. The conclusion of this finding is not that patients who carry this gene are destined to undergo rotator cuff surgery and those who don't will not, but rather adds to the body of evidence that there is something occurring at a deeper cellular level that contributes to rotator cuff problems and not injuries alone. It also lends some credibility to the theory that at some point detection of these markers may allow us to identify patients at highest risk for rotator cuff problems and perhaps develop strategies to prevent them.

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BEHAVIORAL HEALTH
Hayle Fisher, M.A., LPC, BC-TMH

Q: I recently learned that my teen has been self-harming. What should I do?

A: First and foremost, if you believe your teen is currently at risk to herself or others, we recommend you immediately take her to the emergency room to be assessed for the appropriate level of care or call 9-1-1. However, if immediate actions are not deemed to be necessary, the phone number 440-953-8255 is another resource that will lead you to a 24/7 Crisis Hotline that is free and available for mental health emergencies. We also recommend scheduling a follow up appointment with a therapist to further discuss Crisis Safety Planning to ensure your teen and family have a plan in place if your teen expresses self-harm ideation in the future.

Overall, experiences of self-harm are not only stressful for the teen but can also be stressful to the family unit as well. Providing a safe, nonjudgmental space to discuss the self-harm openly with your teen can help improve communication skills and further reinforce safety planning interventions as a family. Additionally, as parents, it is just as important to take time for yourself to mindfully process your own emotions. Exploring and acknowledging potential feelings of fear, anxiety, guilt, shame, and sadness are a normal part of the process.

If you believe therapeutic services could be beneficial to help you navigate parenting a teen struggling with self-harm, please call us at Premier Behavioral Health Services so we can provide further support.

Hayle Fisher, M.A., LPC, BC-TMH
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AUDIOLOGY
Rachael Olinger, AuD

Q: When should I consider custom hearing aids?

A: There are a plethora of styles of hearing aids to choose from; battery powered, rechargeable, custom hearing aids, behind the ear hearing aids, power hearing aids, etc. But what style is right for you? Let's take a closer look at custom hearing aids to evaluate if they would be an appropriate fit for you. Custom hearing aids tend to be easier to use because they fit the shape of your ear. If you suffer from severe arthritis in your fingers or neuropathy, custom hearing aids would be a great option because they require little effort when inserting the device. Also, they tend to be a little bigger which means they are easier to manipulate. You might also be a good candidate for custom hearing aids if you spend a lot of time outside where there is a lot of wind-noise (golfing, bike riding, or hiking). Additionally, custom hearing aids are less prone to damage from sweat since they are fit snug in your ear. Keep in mind that your hearing loss also strongly influences the style of hearing aid that your hearing healthcare provider will recommend. While custom hearing aids are a great fit for many patients, some patients will experience occlusion, or a feeling that you are "talking in your head". Many people acclimate to this, but it can be extremely bothersome to other patients. It is always best to consult with your managing audiologist and discuss what style of hearing aid is best for you.

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LASIK, CATARACTS & LENS IMPLANTS
Michael E. Rom, M.D.

Q: What is Diabetic Retinopathy?

A: Diabetic Retinopathy is a serious eye disease of the retina caused from patients who have diabetes. The retina, which creates the picture for our brain, located at the back of the eye is made of several small blood vessels. When the blood sugar is too high, blood vessels can swell and leak. Or they can close, stopping blood from passing through. Sometimes abnormal new blood vessels grow on the retina. All of these changes can steal your vision.

Patients can have diabetic retinopathy and not know it. This is because it often has no symptoms in its early stages. As diabetic retinopathy gets worse, you will notice symptoms such as seeing an increasing number of floaters, having blurry vision, having vision that changes sometimes from blurry to clear, seeing blank or dark areas in your field of vision, having poor night vision, and/or noticing colors appear faded or washed out losing vision. Diabetic retinopathy symptoms usually affect both eyes.

Treatment options include controlling your blood sugar, which in turn keeps your eye's blood vessels healthy. As the disease progresses, injections such as anti-VEGF can help to reduce swelling of the macula, slowing vision loss and perhaps improving vision. Steroid medicine is another option to reduce macular swelling. This is also given as injections in the eye. Your doctor will recommend how many medication injections you will need over time. If you've been diagnosed with diabetes, regular eye exams are extremely important!

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Smart food choices for kids

Nutritious foods are a valuable commodity in the fight against childhood obesity. Obesity is a serious medical condition that affects people of all ages - children and adolescents included. Children who gain extra pounds may develop health issues like high blood pressure, diabetes and high cholesterol later in life. The Centers for Disease Control and Prevention says obesity affects about 14.4 million children and adolescents in the United States.

Combatting obesity may come down to helping children make smarter food choices through the

years. These strategies can inspire kids to choose healthy foods.

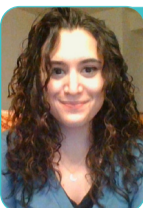
- Offer items that are colorful. People tend to eat with their eyes and noses, and a colorful meal that looks good may encourage kids to dive in.
- Parents can set a positive example by choosing healthy foods as well.
- Involve kids in cooking meals, as they might be more inclined to eat healthy dishes they helped to prepare.
- Make "junk food" at home so you can control the ingredients and portion sizes.



- Tie foods to desired results. Let children know that eating lean proteins may improve sports performance or that certain fruits and vegetables can make their hair and skin look good.
- Praise children when they choose healthy foods.

Sunday, September 18, 2022

Health Talk



BEHAVIORAL HEALTH

Sydney Stec, LPC

Q: I am noticing that I am blowing up at trivial things, and irritable a lot of the time. It is starting to affect my relationships and I just cannot control my anger. What do I do?

A: Controlling our emotions can be complicated, and it can be frustrating when they damage the relationships we care about the most. An important first step is to understand exactly where the emotion is coming from, and what may be potentially triggering it. For example, is there environmental stress that may be contributing to the anger, or is it internal? Very often, emotions feels as if they come up out of nowhere, but when we take the time to observe how our thoughts, feelings, and behaviors connect and affect one another, it can help us to be more understanding and less reactive to those feelings. As intense as emotions may be at times, ultimately it is our responsibility to be mindful of them. Everyone's feelings are valid, but we are all responsible for how we respond to those feelings. If you are interested in learning techniques to better regulate your emotions, PBHS offers both individual therapy and group therapy sessions in which you can learn coping strategies. Our IOP programs can help you to not just identify your emotions and regulate them, but also develop distress tolerance, core mindfulness, and interpersonal effectiveness skills. If you are interested in receiving services, please do not hesitate to reach out to our office to schedule an appointment.

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AUDIOLOGY

Rachael Olinger, AuD

Q: How do I know if behind-the-ear (BTE) or receiver-in-canal hearing aids will work well for me?

A: As discussed last week, there are several different styles of hearing aids. Last week we briefly touched on custom hearing aids, or hearing aids that fit specifically to your ear. This week let's talk about a different style; BTE or RIC hearing aids. These hearing aids are great for someone who wants a device that they can put on and forget about. These devices are lighter and will leave your ear feeling more "open", which is different than the custom devices which have the potential to make you feel "occluded", or a little plugged up. Additionally, BTE/RIC devices come in a rechargeable option! This alleviates the need for battery replacement every few days which has been great for patients as well. Keep in mind that BTE/RIC device tend to be smaller in size which requires more dexterity to manage the devices. Manipulating these devices could be difficult for someone who has neuropathy or severe arthritis in their hands or fingers. Again, the style of hearing aid is largely influenced by your hearing loss as well. So please discuss your option or the most comfortable fit with your managing audiologist.

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Did You Know?

A comprehensive review of research published between 1990 and 2020 studying the link between physical activity and mental health outcomes determined that nearly 90 percent of all peer-reviewed, published research reported a positive, statistically significant relationship between exercise/physical activity and mental health. Conducted by the John W. Brick Mental Health Foundation, the review found that 1,029 of the 1,158 experimental studies examined reported significant positive

relationships between physical activity and mental health outcomes. General physical activity, a broad descriptor referring to the amount of daily or weekly physical activity people engage in irrespective of type, had the greatest number of positive studies of any type of physical activity, followed by cardiovascular and aerobic activity and yoga. Authors of the review concluded that their findings illustrate that exercise and movement can now be considered mainstream elements of mental health care.



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: I was recently diagnosed with cataracts and need to undergo surgery to remove them. I have glaucoma and have heard I might be able to reduce the amount of drops I use following cataract surgery. Is this true?

A: There are many procedures or devices that can be performed at the same time you are undergoing cataract surgery to reduce or eliminate the need for glaucoma eye drops. One of these options is the Kahook Dual-Blade.

The Kahook Dual Blade is a safe and effective glaucoma treatment that allows the surgeon to make precise incisions within the eye. In a normal and healthy eye, fluid moves through the trabecular meshwork, a pathway that eventually travels out of the eye and into the bloodstream. For patients with open-angle glaucoma, fluid does not drain efficiently from the eye, causing pressure to build up to dangerous levels (high IOP). The Kahook Dual Blade makes small incisions within the trabecular meshwork to allow for a more normal aqueous outflow, alleviating IOP pressure.

Most patients that have the Kahook Dual Blade procedure see a significant IOP drop. Because of this, most of these patients can reduce or eliminate their need for eye drops for glaucoma.

Michael E. Rom, M.D.

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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.

To learn more about rotator cuff repair surgery visit ohioshouldercenter.com

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Sunday, September 25, 2022

Health Talk



AUDIOLOGY

Rachael Olinger, AuD

Q: What if I am looking for something other than a "traditional" hearing aid?

A: You have asked the right Audiologist, my friend! At Advanced Audiology Concepts, we offer a device known as the Lyric. This device is considered an extended wear hearing aid which means that it is a device you wear 24/7- when you shower, when you sleep, when you work out, etc. There are some candidacy requirements that need to be met, but it is a great alternative to traditional daily-wear hearing aids. The Lyric fits nice and snug in the ear for a comfortable fit while providing great sound clarity. The device does not require a change of battery, but instead you come into our office about every 4-6 weeks, and we place a new one in your ear canal. So easy! One of the great benefits of having the device changed every couple of weeks is that you will always be receiving the newest device without needing an upgrade! With traditional daily wear hearing aids, if a new device comes on the market, you are required to repurchase that device if you would like to upgrade. Not with the Lyric- you are always eligible for an upgrade with the Lyric once you have started the program. If you think this is a device that would fit your lifestyle, give us a call to discuss it further.

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LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: I'm turning 70 next month, what do I need to do for my eye health?

A: While getting older may sound like cause for concern, it doesn't have to be. In fact, there are plenty of things you can do to safeguard your eye health! September is Healthy Aging Month, a time to celebrate the seniors in our lives and reflect on the importance of healthy aging. Aging doesn't have to mean a decline in health; by taking steps to stay active and eating well, we can all enjoy healthy aging. This month, take some time to learn about the best ways to stay healthy as you age and share that information with your loved ones. There's no better time than September to start making improvements for a healthier future!

- Staying Active
- Eating a balanced Diet
- Getting Enough Sleep

Staying Active:

Older adults should stay active to protect their vision as recent studies suggest. Exercise has been shown to help keep our eyes healthy as we age by reducing the risk of developing conditions like cataracts and glaucoma.

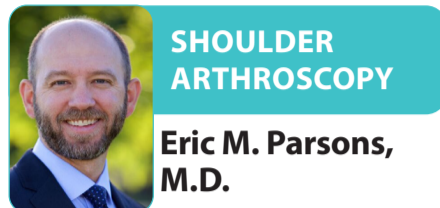
Eating a Balanced Diet:

As you get older, it's more important than ever to make sure you're eating a balanced diet. Eating a variety of nutrient-rich foods is essential for keeping your eyes healthy and preventing age-related eye diseases. By incorporating plenty of fruits, vegetables, and whole grains into your diet, you're providing your body with the nutrients it needs to function at its best.

Getting Enough Sleep

As we age, getting the right amount of sleep becomes increasingly important for our overall health and well-being. A lack of sleep can not only lead to problems such as fatigue and irritability, but it can also have a negative impact on our eye health. Research has shown that those who slept fewer than six hours per night were twice as likely to develop age-related macular degeneration as those who slept for seven or eight hours.

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SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

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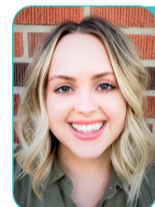
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BEHAVIORAL HEALTH

Kaitlyn Peterson, M.A., LPC

Q: My teen recently started going to therapy, however, they are not happy about it and are very resistant to attend each time an appointment rolls around. Should I still force them to go?

A: For many, engaging in therapy can feel extremely uncomfortable as it places the individual in a position of vulnerability, and they do not know what to expect from the process. If a teen is adamant that they will not attend, "forcing" them to go may be counterproductive and in this case, it may be appropriate to press pause and address barriers that are making them feel unsafe or unable to participate. Exploring what concerns your teen is having specifically about attending sessions can open the door to problem solving conversations and the opportunity to model the prioritization of mental health. If your teen expresses fear or anxiety about attending their sessions, simply validating that this is a normal response to something that is new or unknown can be a powerful starting point instead of dismissing their concerns. Additionally, helping to increase the teen's sense of control over the session itself can help increase their autonomy and reduce resistance. They may not have a choice of whether or not to go to therapy, but their input as to what they would like to work on and how they want to spend that time would be highly regarded.

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Have your problems addressed by medical professionals in "Health Talk"! Send your question to: advertising@news-herald.com