

Sunday, December 4, 2022

# Health Talk



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

**Q:** My husband was recently diagnosed with glaucoma. Will a yearly eye exam be enough to monitor the progression of the disease?

**A:** Glaucoma is one of the leading causes of blindness for people over the age of 60, but it can develop at any age. Sometimes, glaucoma can develop without any symptoms or warning signs, and can only be detected during an eye exam. This is why glaucoma is called the “silent thief of sight” and why eye exams are crucial to keeping your eye health on the right track.

Glaucoma occurs when there is damage to the optic nerve. An eye injury can lead to the development of glaucoma, but many glaucoma patients have no prior eye trauma.

The main symptoms of glaucoma include:

- Blind spots in one or both eyes
- Tunnel vision
- Headaches
- Blurred vision
- Eye pain
- Eye redness
- Halos around lights

Your eye doctor can perform several tests to monitor and diagnose glaucoma. The most common tests include checking eye pressure, performing a dilated eye exam to look at the optic nerve health and visual field testing.

If you are under 60 and don't have glaucoma, an annual eye exam is sufficient. If you're over 60 and have a family history or have been diagnosed with glaucoma, biannual eye exams are recommended to check for glaucoma or monitor the progression of the disease. If diagnosed, your eye doctor might prescribe eye drops to control eye pressure or recommend surgical options to control eye pressure.

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## Did You Know?

Data from the Centers for Disease Control and Prevention indicates that rates of anxiety and depression rose dramatically after the onset of COVID-19. According to the CDC, the range of average monthly percentages of adults in the United States reporting symptoms of anxiety between January and December of 2019 was 7.4 percent to 8.6 percent. Between April 2020, or roughly three weeks after the World



**BEHAVIORAL HEALTH**  
**Anthony McMahon, Ph.D.**

**Q:** How do I talk about the fact that I am receiving mental health services?

**A:** My first reaction to this question is to challenge the premise: are you sure you need to disclose this? Should you make this public knowledge? Even in private conversations with loved ones, are you sure that it is necessary or relevant? If it is, I recommend taking an approach in which you prioritize talking about it in a way that is both accurate and easy to understand, yet also fair and sensitive to your sense of self-respect. In fact, this is an excellent topic to “Cope Ahead” for with your therapist, as they can help you craft ways of speaking about your mental health treatment that can give you a sense of empowerment and reduce the likelihood of feeling shame or embarrassment. One important rule of thumb to consider is your delivery of the information – if you speak as though you ought to feel ashamed, others will be more likely to treat it as a shameful thing. Similarly, if you speak as though this is a typical, uncontroversial thing many adults do, others will be more inclined to see it that way.

PBHS offers a variety of services including individual psychotherapy, medication management, and Intensive Outpatient Programs (IOP). If you believe that these services could help, please call us to schedule an appointment.

**Anthony McMahon, Ph.D.**  
**Clinical Psychologist/  
Director of Adult Services  
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Health Organization declared a global COVID-19 pandemic, and August 2021, the average submonthly percentages of U.S. residents reporting symptoms of anxiety was between 28.2 percent and 37.2 percent. That means the rate of anxiety rose by about four times between April 2020 and August 2021. A similar spike was prevalent among U.S. adults reporting symptoms of depression during that same period. Though percentages



**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!

**The Hearing Center  
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were between 5.9 and 7.5 percent between January and December 2019, they rose to between 20.2 and 31.1 percent between April 2020 and August 2021. These figures are important to keep in mind as the world tries to move on from the pandemic. Despite individuals' best efforts, rates of anxiety and depression could remain significantly higher than they were in 2019, underscoring the need for accessible education about each disorder.



**SHOULDER ARTHROSCOPY**  
**Eric M. Parsons, M.D.**

**Q:** I have been diagnosed with a rotator cuff tear and am contemplating surgery. What can I expect in terms of outcome if I have the surgery versus leaving the tear untreated?

**A:** There has been ample research examining the natural progression of a rotator cuff tear and how patients fare should they choose to neglect the tear and avoid surgery. While the shoulder pain and weakness that accompany a rotator cuff tear can be temporarily improved with nonsurgical methods such as physical therapy and judicious use of pain relieving injections, the best available medical evidence consistently shows superior outcomes in patients who elect to have rotator cuff repair surgery.

A study published by Jain et al. out of Vanderbilt University was published in the November 2019 issue of The American Journal of Sports Medicine. It compared two groups of patients diagnosed with a rotator cuff tear. One group received a standard nonoperative approach of physical therapy, the other group underwent rotator cuff repair surgery. The results of the study demonstrated that the surgical repair group had consistently superior results in terms of pain relief and shoulder function at 3, 6, 12, and 18 months following the initiation of treatment.

This research adds to the growing body of literature drawing the same conclusion. Namely, should you be diagnosed with a rotator cuff tear you are generally best served by having it fixed surgically. When factoring in that neglecting a rotator cuff tear for a period of time also can have deleterious effects on the outcome of later surgery, being proactive in these cases is advisable.

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

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Sunday, December 11, 2022

# Health Talk



## BEHAVIORAL HEALTH

**Sydney Stec, MA, LPC**

**Q:** I feel like the week goes by so quickly, and I do not have time to do anything I need to do. Is there anything I can do to fix this?

**A:** Life can seem overwhelming with so many responsibilities, and it is understandable to have a tough time feeling connected to our lives. A key component of DBT is the concept of mindfulness. The idea involves working to be present and aware of your life, rather than in your own head. Now, mindfulness isn't necessarily 'meditation', though it can be. Mindfulness more involves taking a moment to refocus on the present and experience it by fully participating in the present moment, whether that's through grounding exercises or by using other mindfulness based techniques such as WHAT and HOW skills, which are core components of DBT therapy. One option involves focusing on your connection between your body and you breath, or your connection to the world with awareness. If concern is racing thoughts, another technique may be useful includes being more mindful of your thoughts and learning to let them go rather than holding onto them or fixating on them. If you feel that you would benefit from learning new skills to cope with anxiety and ruminating thoughts, please reach out to use at Premier Behavioral Health Services. We offer assessments, individual therapy, medication management services, and IOP programs.

**Sydney Stec, MA, LPC  
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## AUDIOLOGY

**Dr. Jane Kukula, AuD**

**Q:** Why do I have more trouble hearing in restaurants than I do at home?

**A:** Hearing in noisy places can be difficult and frustrating. The first and best thing you can do hear in noisy places is to keep both ears hearing. Wear two hearing aids when you have difficulty hearing in both ears.

Second, studies show that those who use hearing aids with directional microphones do better in noisy places than those who use hearing aids without them.

Third, the restaurant you choose and where you sit affects how well you hear in noise. Her are a few suggestions for dinning out.

1. Choose a quiet restaurant.
2. Go to restaurants at less busy times. For example, have lunch at 1:00 instead of noon.
3. When you are being seated, ask to be seated along the wall or in a corner away and from the kitchen.
4. Avoid dark restaurants. You will be better able to pick up lip clues and facial expressions.
5. Restaurants with carpeting, drapes and tablecloths absorb sound and create a quieter atmosphere.
6. If the music is too loud, ask to have it turned down.
7. Pick restaurants that don't have a bar, or those where the bar is in a separate room.
8. Last but not least, simply ask for a quiet table! There's bound to be at least one.

Planning ahead and carefully choosing where to go will help ensure a pleasant evening. Start with a hearing evaluation, call 440-205-8848. Life Sounds Great!

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## LASIK, CATARACTS & LENS IMPLANTS

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

**Q:** I'm a diabetic, and don't have problems with my vision, so why do I need my eyes examined?

**A:** This is a common question among diabetic patients if they have no problems with their vision, but the goal of diabetic eye care is to prevent vision loss before it occurs. Diabetes is the leading cause of blindness in American adults, and diabetic retinopathy is the most common eye disease among diabetics. Although you might be seeing well, it is not uncommon to have a vision-threatening problem with your retina. Studies show that diabetics are most likely to keep their vision if treatment is started before vision loss has actually occurred. If it has been more than one year since your last exam, you should have your eyes examined even if you are seeing well.

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## SHOULDER ARTHROSCOPY

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

**Q:** I have been diagnosed with a rotator cuff tear and am contemplating surgery. What can I expect in terms of outcome if I have the surgery versus leaving the tear untreated?

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nonsurgical methods such as physical therapy and judicious use of pain relieving injections, the best available medical evidence consistently shows superior outcomes in patients who elect to have rotator cuff repair surgery.

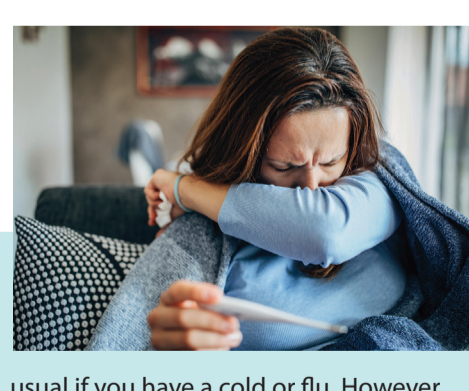
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This research adds to the growing body of literature drawing the same conclusion. Namely, should you be diagnosed with a rotator cuff tear you are generally best served by having it fixed surgically. When factoring in that neglecting a rotator cuff tear for a period of time also can have deleterious effects on the outcome of later surgery, being proactive in these cases is advisable.

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usual if you have a cold or flu. However it is important to increase fluid intake to avoid dehydration. Fluids also help keep the lining of the nose and throat from drying out.

**8. Vitamin C, zinc, eucalyptus, garlic, and others are not proven cold remedies.**

True: Various herbs, minerals and other products have gained a reputation as cold remedies but there are no scientific studies that support such assertions.

**9. One should avoid caffeine or alcohol while experiencing a cold.**

True: Alcoholic and caffeinated beverages can lead to dehydration, which is the opposite of what the body needs to recover.

## Test your knowledge of the common cold

Sniffles, cough, sore throat ... these can be symptoms of any number of conditions, but are often a byproduct of the common cold.

Colds are the result of more than 200 different viruses, according to Johns Hopkins Medicine. Adults experience an average of two to three colds per year, and rhinoviruses cause most of them. The American Lung Association states that colds are minor infections of the nose and throat. Despite typically producing only mild illness, colds account for more visits to the doctor than any other condition in the United States.

People will experience many colds in their lifetimes, and this true or false quiz can test their knowledge about them.

**1. Colds are highly contagious.**

True: Colds most often spread when droplets of fluid that contain the cold virus are transferred by touch or inhaled.

**2. Cold weather or being chilled causes colds.**

False: While many colds occur during seasons when the weather is cold, transmission is likely higher then due to people staying indoors, and thus closer to one another, when temperatures dip. But the cold air itself has nothing to do with the cold.

**3. Antibiotics are a known remedy for a cold.**

False: Antibiotics treat bacterial infections, while colds are viral. That means antibiotics will be ineffective at helping a person recover from a cold.

**4. Rhinoviruses that cause colds also**

**can trigger asthma attacks.**

True: These rhinoviruses also have been linked to sinus and ear infections.

**5. Colds are sometimes serious for people.**

True: People with weakened immune systems, asthma or conditions that affect the lungs and breathing passages may develop serious conditions, even pneumonia, from colds that linger.

**6. Colds can't be caught from shaking hands.**

False: Colds can be transferred through touch, including shaking hands. It's recommended to wash hands often with soap and water for at least 20 seconds or to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

**7. You feed a cold and starve a fever.**

False: Harvard Medical School says there is no need to eat more or less than



Sunday, December 18, 2022

# Health Talk



## AUDIOLOGY

**Dr. Jane Kukula, AuD**

**Q:** My mother has hearing aids and does well with them except when in big groups. Is there something we can do to keep her part of the conversation during holiday gatherings?

**A:** Keeping your mother in the conversation and part of the party is probably the best gift you can give her. It can be very lonely to be among your loved ones and left out of the conversation. Here are a few suggestions from the Better Hearing Institute.

1. Be attentive: Stay vigilant if you see that she is quiet, bring her back into the conversation.
2. Turn down the volume: Loud background music or the roar of the TV can make it especially hard to hear at the dinner table.
3. Keep the room well lit: Providing good lighting will make it easier for her to see facial expressions and the mouths of those speaking.
4. Get her attention: Use her name, so that she can look at you before you share information or ask a question.
5. Face the person: Facing your mother so she can see your facial expressions and lipread
6. Speak clearly: Do your best to speak slowly, clearly and at a comfortable volume, and use slight pauses between phrases.
7. Stay close: When you're not sitting around the dinner table, be sure to stay close to her.
8. Seek her out: Sometimes the best thing you can do for her is to seek her out and enjoy a one-on-one conversation in a quiet corner, a quiet room, or during a quiet walk.

Also, consider seating her at the head of the table, which can make it easier for her to see the other guests' faces. Better yet, use a round table if possible. Life Sounds Great! Enjoy every moment.

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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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## SHOULDER ARTHROSCOPY

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

**Q:** I ruptured the biceps tendon in my shoulder. I was told surgery was not necessary. Is that true?

**A:** You were given good advice, as most ruptures of the biceps tendon near the shoulder leave patients with few if any symptoms within a matter of weeks. The portion of the biceps muscle-tendon unit that resides in the shoulder is referred

to as the proximal biceps tendon or long head biceps tendon and it is frequently torn in middle-age or older patients, most often males, typically after a lifting maneuver. The tendon will begin to fray like an old piece of rope or shoelace with age, leading to the eventual failure.

What confounds patients is how normal their arm function remains after such an injury, as they view the biceps muscle as a powerful lifting force in their upper arm. It turns out that there exists a fair amount of redundancy in this area and two other muscles, the brachialis and brachioradialis, provide more than enough flexing power for our functional needs, including heavier lifting. Some patients may appreciate a small loss (less than 10%) in strength, but the vast majority cannot detect any difference in their arm function after the injury. Many patients will also report that they had experienced pain in the front of their shoulder before the injury, a result of tension felt through the frayed, partially torn tendon. After a brief period of bruising and swelling, this pain will reliably disappear once the tendon gives way, as the tension through the tendon is relieved.

What is most noticeable, however, is the cosmetic change in the area of the biceps muscle, which contracts and becomes more prominent, referred to as the "Popeye" muscle. While most patients are unbothered by this, some may seek a surgical solution if they are unsatisfied with how their arm appears. There can be some minor cramping in the biceps muscle with prolonged lifting moves which also rarely presents problems but in theory could be another reason to consider surgery.

As all surgery involves inherent risk of complication and the overall benefit to the patient of surgical intervention for this injury is minimal, as detailed above, seldom is there a patient with a rupture of the proximal biceps tendon near the shoulder that should be managed with surgery. A short course of simple pain relievers and perhaps a few visits to a physical therapist will predictably lead to high levels of satisfaction after this injury.

To learn more about the biceps tendon and other shoulder conditions visit [ohioshouldercenter.com](http://ohioshouldercenter.com).

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## BEHAVIORAL HEALTH

**Shannon Matsko, LPCC-S**

**Q:** I have always felt I could use some help to manage the anxiety that I feel, but it doesn't feel right to have a stranger telling me what to do with my life. Is that what is involved in counseling, or are there different options?

**A:** That is actually a very common misconception about counseling. Many believe that being involved in counseling involves a professional giving you answers on exactly what needs to be done in your life. This is not the case. Being involved in counseling services can look many ways, depending on the clinician you are working with and the theoretical orientation that they utilize to perform therapy. However, no matter what approach the clinician takes-it is never meant to be about dictating the lives of our clients or giving our personal opinion on what to do. A clinician's role in treatment can look like: facilitating in processing a circumstance, teaching coping skills, providing alternative perspectives, assisting in problem solving and providing validation and support. If any of this sounds appealing to you-counseling could be worthwhile to get involved in.

At Premier Behavioral Health Services, we utilize Dialectical Behavioral Therapy within all our services. DBT is a specific type of therapy that impacts the way the clinician leads treatment and provides a variety of coping skills to be incorporated into the treatment. Treatment starts out with an assessment to gather information so that a treatment plan can be put together. This treatment plan is devised based off the clinicians' expertise and what specific goals the client has entered treatment with. Treatment is a conjoined effort to assist the client in creating a life worth living. If you are interested in seeking out services, please contact PBHS.

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Sunday, December 25, 2022

# Health Talk



**LASIK, CATARACTS & LENS IMPLANTS**

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

**Q:** What are ophthalmologists and what do they do?

**A:** Ophthalmologists provide comprehensive eye care, which includes diagnosing and treating eye diseases, vision problems and performing surgeries. In addition to providing routine eye care, ophthalmologists also play a vital role in detecting serious eye diseases.

Ophthalmologists complete four years of undergraduate school followed by four years of medical school and then spend an additional three or more years in residency training. This extensive training means that ophthalmologists are experts in diagnosing and treating problems with the eyes.

But why are ophthalmologists so important to your health?

Your eyes are the window to your health. Just as your primary care physician can detect diabetes or high blood pressure by looking at your blood work, ophthalmologists can detect serious diseases such as glaucoma, cataracts, and macular degeneration by looking at your eyes. In fact, some ophthalmologists now use sophisticated imaging techniques that allow them to screen for diseases such as Alzheimer's disease and cancer.

If you've never seen an ophthalmologist before, you might be wondering what to expect during a visit. During a comprehensive eye exam, your ophthalmologist will test your vision and check for any signs of disease. They will also test your eye muscle function and pupillary response and perform a visual field test to check for blind spots.

Ophthalmologists play a vital role in detecting serious diseases and disorders – some of which have no other symptoms besides changes in vision. If you have any concerns about your eyesight or overall eye health, schedule an appointment with your ophthalmologist today!

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**BEHAVIORAL HEALTH**

**Brianna Babyak**

**Q:** I am anticipating conflict with my family during the holidays. If I were to begin therapy, could I learn ways to navigate relationships with my family?

**A:** That is a great question. The holidays can be a source of stress for many individuals for a variety of reasons. There are skills available to help you navigate family conflict during the holidays or for anytime. At PBHS we utilize Dialectical Behavioral Therapy (DBT). One of the four modules of DBT include interpersonal effectiveness skills. You may decide to work on interpersonal effectiveness skills to help you with this problem when working with one of our clinicians at PBHS. These skills are designed to assist you with obtaining objectives, building and maintaining relationships, and identifying when it is time to establish boundaries or end a relationship.

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**AUDIOLOGY**

**Dr. Jane Kukula, AuD**

**Q:** I didn't appreciate my hearing until I developed hearing trouble. Do most people appreciate their hearing?

**A:** Quite often we take our ability to hear for granted. When it is compromised, temporarily or permanently, we begin to realize how much we depend on our sense of hearing. Reduced hearing sensitivity can result in wide range of physical and emotional conditions including: irritability, negativism, anger, fatigue, tension, stress, avoidance or withdrawal from social situations and loneliness. Newer studies also show that it can lead to dementia, increase the risk of falling and clinical depression.

There are numerous solutions for those with hearing issues, the first step in finding those solutions is to begin with a baseline hearing test. This testing will be the guide to finding the correct course of treatment. If hearing instruments are recommended, there are many choices to fit lifestyle and hearing needs. Today's technology is opening many new avenues to improve listening experiences, connection to technology and so much more.

Discover the importance of being able to confidently participate in all conversational situations, watch and understand television, hear on the telephone and listen to music. We have so much to gain by hearing well. Start with a hearing evaluation, call 440-205-8848. Life Sounds Great!

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



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