

HEALTH & *wellness*



THE NEWS-HERALD

www.News-Herald.com

What is toenail fungus or Onychomycosis?



William Donahue, Jr.
DPM, FACFAS

Onychomycosis is a fungal infection of the nail. It is the most common disease of the nails and creates about half of all nail abnormalities. This condition may affect toenails or fingernails, but toenail infections are particularly common. It occurs in about 10 percent of the adult population. Onychomycosis accounts for one third of fungal skin infections. The common symptoms of the fungal nail infection include the nail becoming thickened and discolored. Fungus cases are reported to be either white, black, yellow, green or all of the above. If left untreated, the infection will make nail brittle, painful and embarrassing.

Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

There's good news. You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth.

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your hearing loss and any associated conditions before creating a detailed treatment plan just for you.

Call us today at 440-210-9185 — we're ready to help you hear your best so you can live your best.



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William E. Donahue, Jr.,
DPM, FACFAS

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Lunula Laser:
 pain-free, 100 percent safe, proven toenail fungus treatment. Lunula is free from the serious health risks associated with oral fungus medications and is completely painless unlike other laser options. A Lunula treatment is easy and convenient with no downtime afterward. Improve your quality of life with Lunula and enjoy clearer, healthier toenails today.



“As an *audiologist* with lifelong *hearing loss*,

I understand its potential impacts firsthand and am deeply committed to helping people live better by hearing their best.”



— Amanda Barbur
 Au.D., CCC-A
 Doctor of Audiology



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Is your family struggling with a loved one's use of alcohol, drugs or problem gambling?

Lake-Geauga Recovery Centers, Inc. is a non-profit agency providing continuous service to the community since 1971. The Center provides a wide range of services for adults whose lives have been affected by their own or another's use of alcohol, drugs, problem gambling or mental illness. Our goal for treatment services is to help individuals achieve long-term recovery and an improved quality of life. Lake-Geauga Recovery Centers is uniquely designed to utilize multiple levels of care, providing life-changing opportunities for individuals to drastically change their thinking, attitudes, and behaviors about their involvement with alcohol, drugs and problem gambling. We provide numerous outpatient services, and long-term residential treatment for men and women including a specialized program for pregnant women. In addition we operate Recovery Housing for both men and women, providing them a safe, sober, drug and alcohol free living environment after the completion of primary treatment.

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Have you been struggling with anxiety, depression, or addiction and previous treatments have not been effective?

Premier Behavioral Health Services (PBHS) has been serving Northeast Ohio residents since 2008 and specializes in programs proven to effectively manage a variety of concerns. We offer 6 convenient group programs for both adults and adolescents.

Benefits to our programs:

- Significant reduction of symptoms in 6-8 weeks
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- Developing long-lasting, healthier habits
- Strengthening relationships and communication skills
- Improving daily productivity through mindfulness



To find out more information, please call us at 440-266-0770 or visit our website at www.pbhsohio.com

Premier Behavioral Health Services
8701 Mentor Avenue, Mentor
440-266-0770
www.pbhsohio.com

Introducing BrainsWay Deep TMS Treatment for Depression Now Available at Premier Behavioral Health Services in Mentor

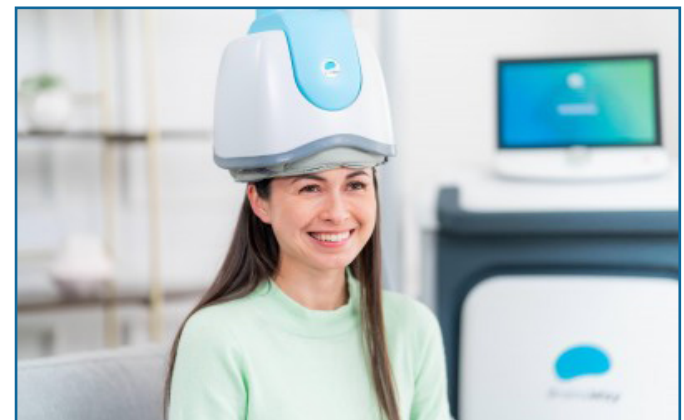


A revolutionary treatment that has changed the field of mental healthcare, Deep TMS has been FDA-cleared to safely and effectively treat Major Depressive Disorder through BrainsWay's patented H-coil technology.

Deep TMS works by utilizing a magnetic field that manages to directly reach wider and deeper brain regions, regulating the neural activity of brain structures related to depression – specifically the dorsolateral prefrontal cortex (DLPFC).

As a non-invasive procedure, BrainsWay is a well-tolerated treatment that does not cause any adverse or long-lasting side effects. It does not require a significant recovery period, and the 20-min treatment can easily be integrated into each patient's day-to-day schedule.

With BrainsWay Deep TMS treatment, patients have access to a revolutionary approach that can help them improve their mental health. This safe, highly effective treatment can alleviate symptoms and provide the relief patients need to experience a significantly greater quality of life.



If you are ready to conquer depression, please see how Premier Behavioral Health Services can help! TMS assessments are filling up quickly. Call for your appointment today @ 440-266-0770.

What Is Your Medicare I.Q.?

If you are turning 65 or going on Medicare this year, it is a good idea to brush up on your Medicare knowledge before it is time to enroll. For example, do you know . . .

- How much you will pay each month for Medicare?
- What out-of-pocket costs you are responsible for?
- The long-term penalty for missing your sign-up deadline?
- How to find the plan with the best prescription coverage for YOU?
- The difference between Original Medicare, a Medicare Supplement and a Medicare Advantage Plan?

You can get clear-cut, straight forward information about Medicare at an upcoming Getting Started with Medicare Seminar. Registration is going on now for the following class:



Monday, April 3, 2023 • 6:00pm – 7:30pm
Willoughby Hills Library
35400 Chardon Rd, Willoughby, Ohio 44094
Registration: 440-942-3362

Check for additional class dates and times by visiting www.mutskoinsurance.com/seminars. You can also call Mutsko Insurance Services at 440-255-5700 or email Laura Mutsko at Lmutsko@mutskoinsurance.com for help with your insurance needs.

These events are only for educational purposes and no plan specific benefits or details will be shared. Pre-registration is required. Some venues may charge a nominal fee. We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

Best Solutions Home Medical Equipment & Supplies

is a family owned company in Wickliffe with a mission to “enhance the quality of one’s life.” We have a staff that treat you with respect and like family.

We offer sales and rentals on various home healthcare items including: Electric Scooters and Power Wheelchairs, Electric Beds, Portable Oxygen Concentrators, Patient Lifts & More. We also offer Lift Chair Recliners from Pride & Golden Technologies - two of the finest built lift chairs with a lifetime warranty on the major components.

Our store hours are Monday thru Friday 9 AM to 5 PM and Saturday 9 to 3. We are one of only a couple stores where you can RENT an item like Wheelchair Ramps, Electric Beds, Power & Manual wheelchairs, Electric Scooters, Knee Walkers, Portable Oxygen Concentrators (that weigh 3-5 pounds) and more.

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LAYTON PHYSICAL THERAPY: Hands-on Therapy, Therapeutic Massage, Yoga, and So Much More...

Layton Physical Therapy believes that healing is not static; it often evolves in stages. Layton has helped people overcome pain and disabilities for 36 years. The initial stage for healing responds well through the use of traditional modalities to facilitate healing in back, joint and musculoskeletal injuries as well as neurological, chronic pain syndrome, and pelvic/spinal dysfunction. Therapists have long used a variety of manual techniques, whether it is for a new diagnosis or a chronic condition. Myofascial release and craniosacral therapy address limitations and imbalances of the connective tissue in the body and are used to restore movement and promote wellness. Layton also offers yoga; including restorative, reiki, therapeutic massage, and structural alignment. Visit laytonpt.com and click on the Facebook link for more information.



She Looked In Horror, As Her Doctor Said ...

“I’m Sorry, We’ve Done All We Can, and You’ll Just Have To Live With The Pain!”

Dear Friend,

ABOUT THIRTY YEARS AGO SOMETHING HAPPENED THAT CHANGED MY LIFE

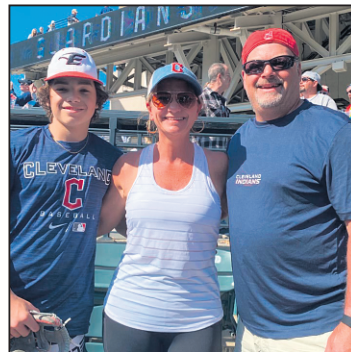
I had just graduated from Bishop Feehan High School, and I was attending college in New Hampshire, where I was playing football. During my second season I started suffering from lower back pain and tingling and numbness in my left leg. I couldn't run, at times it was even difficult for me to stand or sit. The doctors prescribed the typical muscle relaxers, pain-killers, and physical therapy. The doctors told me these treatments would help or make it worse. It made the problem worse. After a few weeks of this the pain was so bad, the doctors at UNH sent me for an MRI. The MRI showed a ruptured disc. I had surgery on my lower back. After surgery, I still had a significant amount of pain in my lower back and leg.

A friend suggested I see a doctor of chiropractic. "A chiropractor" I said, "Are you crazy?" He explained to me that his whole family uses a doctor of chiropractic regularly for all types of health problems. It all started when his mother was suffering from headaches and severe dizziness, after she was shuffled around from doctor to doctor and took over 700 pills in one year only to find out her headaches got worse, and after thousands of dollars worth of tests they told her there was nothing more they could do. A friend of hers suggested she try a doctor of chiropractic, and even though she didn't believe in it, her life was being ruined so she went. After a few treatments her headaches and dizziness were gone. I asked why he went, and he explained to me that his mother didn't want the rest of the family to grow up with the same problems she had since the neurologist said headaches could be hereditary, besides that, he said nearly every professional athlete in the world like Tom Brady, Jordan Spieth, and every professional team now use a doctor of chiropractic to increase their performance.

I decided to give the chiropractor a try even though I was still a bit skeptical. The doctor did an exam, took a couple of x-rays, and then showed me my problem. I started care, and I couldn't believe it, the pain started to improve immediately and the leg pain gradually went away over the next couple of weeks. The funny thing is it actually felt good. Soon after that I noticed my seasonal allergies also disappeared. I was so excited, I'm sure you guessed it; I became a Doctor of Chiropractic myself.

Just last month I was able to help a young man who was having Migraines. The neurologists told him there was nothing they could do. He was having them almost daily, after his first adjustment he didn't have one for a couple of days, now he hasn't had one in over a month.

WHAT SETS ME APART... in the chiropractic field is my use of the Activator Methods Chiropractic Technique (AMCT); a treatment system that utilizes a small hand-held instrument that applies a quick, low-force, gentle chiropractic treatment directly to the source of your pain to alleviate nerve pressure to allow the body to heal itself.



Here's what some of my patients had to say:

"Dr. R. is amazing! I had never seen a chiropractor before, and I realized I waited too long. I had not been walking correctly for years, now after alignments, I'm doing so much better! The staff is very efficient and friendly- and all work together well. Great vibes, great care, great people! Thank you for helping me!" - Julia W.

"Absolutely recommend Dr. Roediger! His office and staff are fun and pleasant to be around with a comfortable environment and atmosphere. And his genuine care to help people is the reason I will continue to receive treatments for my neck and keep my migraines away! You guys rock!!!!" - Nathan F.

"Both my husband and I go for adjustments and find we are more mobile because of it. For anyone who is afraid of Chiropractors, because of how you have been told it is done, Dr. Roediger goes over everything before you commit to anything. The Activator Method is less invasive and more comfortable on my neck and back". - Karolyn M.

Amazing Offer- When you call and mention this article before February 17, 2023, you can receive my new patient exam for \$57. That's a complete initial exam, Para spinal scan, x-rays if necessary. I will correlate my findings and give you a free consult on recommendations for your condition. This exam could cost you \$175 elsewhere. And, "further care" is very affordable if needed, adjustments fee is only \$45. You see I'm not trying to seduce you to come see me with this low start up fee, then to only make it up with high fees after that.

Incredible service at affordable fees ... Please, I hope that there's no misunderstanding about quality of care. You'll get professional care that's affordable. My qualifications ... I attended the University of New Hampshire before finishing my Doctorate at Logan College of Chiropractic in St. Louis, Missouri. I'm Advanced Proficiency rated by Activator Methods International. I've been entrusted to take care of tiny babies to pro athletes that you may know. My mission is to help more people get care, improve their quality of life, and create a healthy lifestyle.

Our office is convenient, friendly, and there is absolutely no half hour waiting to see the doctor. We are located at 401 South St. Bldg 2A, in Chardon. We are across the street from Bass Lake Tavern.

Our phone number is **440-285-0756. CALL NOW FOR AN APPOINTMENT, AND END YOUR SUFFERING!**

- Dr. Tad Roediger, DC

Check us out on Facebook, roedigerchiropractic.com or email at tadroedigerdc@gmail.com

Aim for a Healthy Mouth for a Healthier You!

It's that time of year to make resolutions for the better.

Here are some ways to improve your oral health which will enhance your overall health.



Your mouth is related to your health and your body's ability to fight off diseases and infections. Some small changes in your personal routine can send you in the right direction.

- **Visit** your dentist for an exam and cleaning. Prevention is the best medicine. Schedule recurring visits recommended by your dental health professional as based on your risk factors, such as history of cavities, tendency to build plaque and tartar, gum disease, and age, as well as systemic diseases.
- **Brush** for two minutes, twice daily with a quality electric toothbrush; one with rechargeable batteries, different speed selections, a two minute timer, and a pressure alert is best. You don't need the most expensive, but don't settle for the cheapest. You'll get just that, a cheap attempt at cleaning your teeth. Some electric brushes have been

shown to be 7-10 times more effective at plaque and stain removal as a manual brush. The timer will have you brushing the correct amount of time, as opposed to a manual brush. Let the brush do the work by moving it slowly around all surfaces, not in large sweeping motions as with a manual brush. Change the brush heads every three months to avoid an overabundance of germs and to replace the worn out bristles. The quality bristle has a rounded end. With overuse, any bristle tip flattens and becomes sharp, which can actually damage tooth and gum structure.

- **Clean** between your teeth daily. Disrupt the "biofilm" forming there. That's the layer of microorganisms that sticks to the wet surfaces of your teeth and sets the stage for plaque build-up. Use string floss, water flossers, interdental brushes (picks that look like tiny bottle brushes), rubber tips, etc.

- **Brush** or scrape your tongue. Bacteria and plaque build up here and spread to your teeth. A "dirty" tongue can lead to bad breath, yeast infections, tooth decay, and gum disease.
- **Rinse** with a non- alcohol mouthwash.
- **Eat** foods rich in vitamins and minerals, or take supplements. Not only are they good for the body, but also benefit your teeth and oral tissues. Calcium helps maintain strong teeth. Zinc fights germs. Vitamin C strengthens the oral mucosa. Other vitamins and antioxidant rich foods are recommended as well.
- **Instead** of processed sugary foods, consume whole foods like apples, berries, and other fruits that are high in fiber and antioxidants. They stimulate saliva that aids in oral health and they offer health benefits.
- **Chew** sugarless gum after meals to

stimulate salivary flow that carries minerals to the teeth and washes away food debris and bacteria.

- **Use** xylitol containing products.
- **Stay** hydrated with water, drinking or rinsing often. Avoid constant consumption of acidic and carbonated drinks. Use products for a dry mouth.
- **Consider** using oral probiotics (not gut probiotics- there's a difference) that keep the oral bacteria count in check.

These added habits can help you improve your oral and overall health in 2023 and beyond!

Happy Healthy New Year from the dental office of Debra S. Lowe, D.M.D.



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Hammertoes and curled toes often are the cause of corns and irritations that produce pain when wearing shoes. Traditionally hammertoes were corrected by removing a part of the bone and inserting a pin into the toe. The recovery period was often long and painful.

All of this has changed for the patients of Dr. Wm. Tenney. Dr. Tenney is a Podiatrist in Mentor who uses a minimally invasive (MIS) surgical technique in his office, which allows for the correction of curled and hammertoes without the need to disturb the bone. **No pin** is needed and **no stitches** are used. "All that is required is a few drops of a local anesthetic and in less than 10 minutes patients have straight toes," explains Dr. Tenney. "They are able to put their own shoes on, walk out and go about their business."

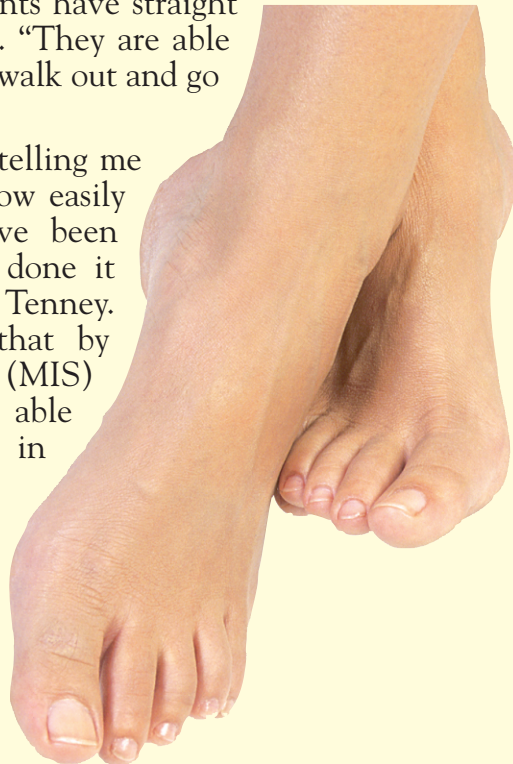
"Patients are constantly telling me that if they had known how easily their sore feet could have been helped, they would have done it years ago," reports Dr. Tenney. "Experience has shown that by utilizing this modern (MIS) procedure, patients are able to enjoy comfortable feet in record time."

**WHY SUFFER? LET US
HELP YOU TO WALK
WITH COMFORT**

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Dr. William Tenney
Podiatrist-Foot Specialist



www.drwmtenney.com

We treat a variety of foot problems including heel pain and bunions

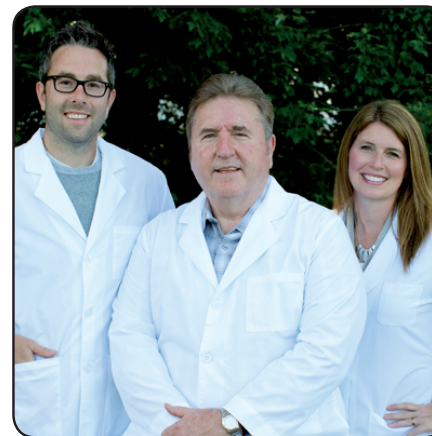
Dr. Tenney, a podiatrist with offices in in Mentor and in Solon, has been helping patients to have comfortable feet for more than thirty years. "We treat a variety of foot problems including heel pain and bunions." Dr. Tenney has a special interest in using modern minimal techniques to permanently eliminate many common foot problems such as corns, calluses and hammertoes quickly, and with little or no discomfort. "I'm always amazed when I hear that a patient has gone weeks or months with a tender ingrown toenail and never realized that it could have been fixed permanently, in a matter of minutes."

Dr. Tenney is proud to say that in his office, telephone calls are answered by a knowledgeable member of his staff and not a machine. Questions will be answered, and appointments will be arranged quickly, usually within a day or two.

For patient convenience, Dr. Tenney offers appointments until 7:00 PM on Tuesdays in the Solon office and on Saturday mornings in the Mentor office. **Reach Dr. Tenney's Foot Center at (440) 974-3338, and visit DrWMTenney.com.** The Mentor office is located on Mentor Avenue across from Malley's Chocolates. The Solon office is located at the corner of SOM and Aurora.



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We consider it a privilege to meet the dental care needs of families in our community. Our primary responsibility is to our patients. We believe in preventive dental care and promote a conservative approach to treating our patients. Patients can expect a comfortable, consistent and compassionate environment at each appointment. We commit to

rendering the highest standard of oral health care and to maintaining a trusting relationship of respect and confidence with our patients.

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Welcome to Maplevue Country Villa



Just a short drive from historic Chardon Square, Maplevue Country Villa is committed to providing a quality therapeutic regimen that is tailored to each person's unique needs. Whether rehabilitation or skilled nursing care is required, our goal is to prepare each person to return home as quickly and safely as possible. Our therapy space features specialized equipment for both strength training and enhancement of physical function. The therapy apartment setup, which includes a kitchen and bedroom, aides our staff in the successful restoration of daily living activities. A dedicated speech therapy treatment room is available for individuals recovering from speech, swallowing, or cognitive disorders.

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Kirtland Rehabilitation and Care



Ronnette Strand admitted from Lake West with a need to regain her stamina back from her triple bypass surgery. Ronnette stated "when I admitted to Kirtland, I was certain that I would be here for the long haul. With the status of my health at that point, I had extreme weakness, no appetite for food, unresponsive, and not in a good

place." Ronnette discharged with a full recovery and a short and aggressive two-week therapy regime.

Ronnette had very positive experiences at Kirtland. She stated "I thoroughly enjoyed the people the most. From the start, I was happy. I was welcomed by the nursing staff and felt comfortable right away in my room. April, the STNA, and Christina S, the registered nurse, were extraordinary in meeting my needs and answering my call light in a timely manner. Regarding therapy, Tom was very informative on workouts while Amy and Christa were intuitive to my therapy goals and how to achieve them. I was encouraged and pushed to achieving my outcome of going home. I strongly encourage this place to others."

Ronnette's positive experience has a great impact on her overall success at home and will follow her while she continues to prosper. Kirtland cares about you!

For more information, call 440-256-8100 or visit kirtlandrehab.com

Hunter Wellness Center

Hunter Wellness Center was founded by Doctor's LaMar and Valerie Hunter in 2016. This practice's mission is to serve the community in a friendly environment by providing the best natural solutions to common health care problems. One of the major areas of focus for Hunter Wellness Center is helping people reverse their neuropathy without the use of drugs and surgery. Peripheral neuropathy most commonly occurs in the hands and feet and has several causes. The team at Hunter Wellness Center have worked tirelessly to develop a system for not only analyzing but also categorizing and reversing neuropathy. Neuropathy can be a complex condition that if left untreated will continue to progressively get worse. However, with the right treatment, reversing it is possible.

Currently Hunter Wellness Center is offering an evaluation for anyone suffering with neuropathy. This initial appointment includes a consultation evaluation x-rays and a report of finding for \$49.



It's Time to Take Care of YOU!



welcome without judgement. We encourage you to remove the urge to compare yourself to others. We are each built differently, have different lives and different "issues in our tissues". There are modifications for every pose, every age, every stage and we encourage you to listen to your body, and with our guidance, only do what's right for you.

Research shows that yoga offers many benefits for most age-related deteriorations in body structure and functions, such as limited range of motion, arthritis and osteoporosis to name just a few. Yoga also helps to lower blood pressure and supports you in numerous ways to deal with stress and anxiety. Yoga offers limitless possibilities for growth in self-awareness. Discover how to reset your body from stress

to "rest and digest." Memory, mood, well-being and attention improves with this practice. You can begin right as you are, where you are!

We will empower you to make lasting changes -- physically and mentally, and keep you motivated to go after your dreams. Many of our students even report that even their golf game has improved!

We have a wonderful and experienced teaching staff who will support you on your path to well-being.

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AD ON THE
BACK PAGE**

When asked about the Pillars of Wellness, I often pause in my response. Not because I am unfamiliar with the 4 to 8 Pillars that are the supports for the conceptual pedestal of wellness, I just don't think that it's the right way to think about wellness. Wellness, in my opinion, is more like a road trip – there are many ways to get there, depending on what path you want to take. Many people tend to focus on areas that they like more than those that they need. For example, a high energy person may choose to focus on Physical Wellness because they like to exercise instead of working on emotional/mental health wellness because it is difficult to be still, clear the mind, and breathe! So, I challenge you to take the less traveled path, go somewhere you are less familiar, maybe even less comfortable. Come join us at the Veale Wellness & Aquatic Center and try something new!

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Cataracts, a natural age-related condition, causes the natural lens inside your eye to become cloudy thus preventing light and images from reaching the retina. Symptoms include blurry or foggy vision, dull or washed-out colors, poor night vision, halos around lights, and needing more light to read. Cataracts develop at different rates in different people, can affect one or both eyes, and most cataracts progress gradually.

Simply having a cataract does not always require surgery. Sometimes a change in eyeglasses or contact lens prescription is



enough to restore adequate vision. Unfortunately, cataracts cannot be prevented and the only way to correct vision impaired by cataracts is with cataract surgery.

Good news: continuous innovations in technology have made this procedure safer than ever and with the advancements in replacement lens technology, cataract surgery can offer an opportunity to correct other vision problems such as astigmatism or presbyopia. Call Ophthalmic Physicians today at (440) 255-1115 to schedule your cataract evaluation.

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OsteoStrong is not a gym, diet, or pill. The system is based on osteogenic loading, which is a brief, intense set of static resistance movements that can bolster bone density, prevent fractures, strengthen tissue, muscle, and improve balance. Applying brief pressure through

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OsteoStrong clients range in age from 8 to 92 and represent everyone from extreme athletes to seniors suffering from painful bone loss. There are over ten thousand OsteoStrong users in eight different countries. The system has helped people with osteoporosis, fibromyalgia, multiple sclerosis, type II diabetes and those dealing with back and joint pain as well as Olympic athletes and fitness competitors. It's even great for golfers looking for longer, better drives.

OsteoStrong is rapidly growing in Ohio. The first center opened June 15, 2015 in Chardon, and within a 7 month period there were 4 additional centers opened in

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We offer everyone a complimentary consultation so give us a call, or visit us at www.OsteoStrong.me

OsteoStrong Chardon

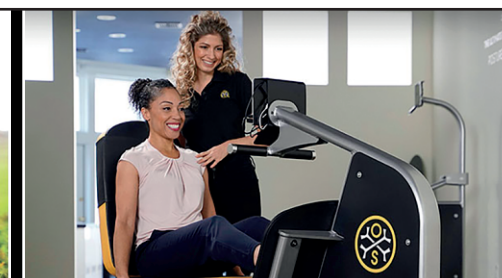
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We also provide the community

with free memory and mental health screenings. An early screening can provide more knowledge about current situations and any risks, thereby enabling a person to take charge of their own brain health. The visit is typically completed in 30 minutes.

It is only through research that the causes of dementia can be fully understood. All programs at the center are at no cost and confidential. Take charge of your brain health. Call (216) 526-1843 or visit insightclinicaltrials.com for more information.

What should you look for in an orthopedic surgeon?

When you need orthopedic surgery, research is important. You will want to find a highly recommended surgeon with the strongest skills and most experience in the specific area of surgery that you need. Extensive data has shown a direct correlation between the number of times a surgeon performs a procedure and the success rate. The more experience the doctor has with the surgery, the better the patient outcomes.

Take the time to research the credentials of the doctors you are evaluating and ensure they are board certified. Check resources such as the American Academy of Orthopaedic Surgeons and the American Board of Orthopaedic Surgeons for extensive information about orthopedic procedures and to verify your surgeon

has been certified. Websites such as Healthgrades.com provide patient reviews of doctors and details on a physician's experience.

Ask for referrals from your primary care physician, other healthcare providers, family and friends. Make a consultative appointment with doctors you are considering to develop a comfort level with them and discuss the surgery and their experience.

The Gobezie Shoulder Institute treats patients with all types of shoulder disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries. Led by internationally recognized Orthopedic Surgeon Reuben Gobezie, MD, the institute provides both surgical and non-operative treatments. Visit clevelandshoulder.com or call our office in Beachwood at 844-746-8537 (844-SHOULDR) to learn more.

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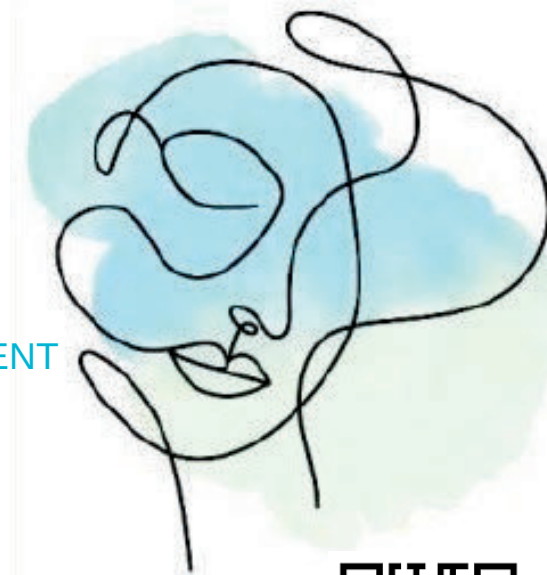
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