

Sunday, February 5, 2023

Health Talk



AUDIOLOGY

Dr. Jane Kukula, AuD

Q: Can hearing loss be prevented?

A: Protecting your ears from loud sound is the key to hearing loss prevention. If your job exposes you to hazardous noises, ensure proper safety equipment is provided and meets state and federal regulations. Hearing protection - earplugs and earmuffs - is essential when working around loud equipment. It's always a good idea to bring along earplugs if you're participating in a noisy recreational activity (e.g., a football game or rock concert). At home, limit your exposure to noisy activities, and keep the volume down on the television, stereo, and especially when it comes to personal listening devices like music players or streaming music from your cell phone. Prevent other types of hearing loss by refraining from inserting cotton swabs or other objects into your ears, blowing your nose gently through both nostrils, and quitting smoking. Studies show those who use tobacco are more likely to suffer from hearing loss. A healthy lifestyle promotes good hearing. Eating right and exercising play a role in keeping your ears healthy. Good nutrition and exercise support healthy organs throughout the body including your ears. Yes, your ears are organs just like your heart, stomach, and liver. Also, activities that have a negative impact on your body such as tobacco and alcohol use can negatively impact your ears and hearing. Regardless of your age, have your hearing tested regularly. Call 440-205-8848 to schedule an appointment. Early detection is key. While noise-related hearing loss can't be reversed, you can still take steps to avoid further damage to your hearing. Life Sounds Great! Enjoy every moment.

**The Hearing Center
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BEHAVIORAL HEALTH

Mena Afsarifard, M.A., LPC

Q: I am not sure if mental health counseling is for me. I feel like talking to someone about my stress won't make it any easier. Why should I reach out for counseling?

A: A mental health counselor can assist and help you identify areas of your life causing you stress and then work on finding skills to address it. Stress is a normal part of life, and everyone experiences it in some form. However, stress that interferes with your daily life or well-being can take its toll. With counseling, you can learn ways to manage the inevitable stressors and improve your ability to deal with it. It is also helpful to learn specific skills to be better equipped to manage stress in the future. Counseling can be beneficial in assisting with healthy stress management.

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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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LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: I Often Hear People Say, "I'm Legally Blind" But What Does That Mean?

A: People often ask about the distinction between being blind and being "legally blind." Because "blindness" can mean several different things, legally blind is the threshold at which someone is considered visually impaired for legal purposes such as for insurance purposes, receiving certain benefits, or being accepted into various programs.

Blind people are "legally blind," but some people who can see with strong prescription eyewear say that they are legally blind without their eyewear. This means that, without eyewear, they would not be able to see well enough to see certain things, drive, and so on. Visual acuity less than 20/200 is considered legally blind, but to actually fit the definition, the person must not be able to attain 20/200 vision even with prescription eyewear. Many people who would be legally blind without eyewear can function well in everyday life with appropriate glasses or contact lenses.

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Prevent poisoning at home



The average home is full of potentially poisonous items. From cleaning products to medications to foods and beverages, a host of items around the house can make a person sick or prove fatal.

In 2020, 55 poison control centers in the United States provided telephone guidance for more than 2.1 million human poison exposures. That equates to one poison exposure reported to the centers every 15 seconds. In 2021, poison control centers across Canada experienced an uptick in calls regarding individuals taking veterinary grade ivermectin in order to treat and prevent COVID-19, according to CTV-News.

WebMD indicates almost all poison exposures occur in homes, and 80 percent of all poisonings affect children between ages of one and four. Accidental poisonings are scary, but largely preventable. These tips can help prevent injury or fatalities.

- **Lock up:** Install locks and childproof latches on cabinets and other places where dangerous substances are kept, including cleaning products and medications.
- **Original containers:** Keep all

substances in their original containers, including medicines. Individuals can accidentally ingest the wrong medication if products are moved into other containers.

- **Install alarms:** Maintain carbon monoxide detectors throughout the house, including near bedrooms and close to furnaces.
- **Discard old food:** Check expiration dates and examine canned or boxed foods for spoilage. Eating food that has spoiled or is not cooked to the right temperature can result in food poisoning.
- **Don't mix chemicals:** Never mix chemical products, which can produce fumes or dangerous reactions.
- **Recognize poisonous plants:** Research which plants may be poisonous if touched or ingested. Philodendrons, dieffenbachia, oleander, and golden pothos are some of the indoor plants that can be dangerous to children and pets.
- **Avoid sprayed areas:** Stay away from lawns and gardens that have recently been sprayed with pesticides or fertilizers.
- **Safely dispose of certain products:** Make sure to properly dispose of chemical products like paints, cleansers, stains, and the like. Check with municipal recycling centers about how to safely discard items.
- **Poisonous animals:** Know which poisonous animals and plants reside nearby. Mushrooms, snakes and insects can be dangerous. Accidental poisonings can be prevented with due diligence.



Sunday, February 12, 2023

Health Talk



BEHAVIORAL HEALTH

Sydney Clark, M.A.

Q: My teen does not do what I ask them to do and is always yelling. How can I get them to communicate with me?

A: It can be very stressful and overwhelming to be in frequent conflict with your teen. Teens are in a developmental stage of wanting to establish autonomy from their parents, so it is natural for there to be disagreements between parents and teens. If you want your teen to communicate calmly, it is important to make sure that you are modeling calm communication for them. It is not reasonable to expect your teen to react calmly if you are raising your voice. Additionally, it is important to spend quality time with your teen doing activities that they choose in order to maintain a bond with your teen, so that they are more likely to be receptive to talking to you. It is also important to be positive and loving towards your teen the majority of the time, rather than being overly critical. Make sure that you listen intently, and act interested when your teen tells you things. Acknowledge and accept your teens emotions and ask them to describe their point of view rather than assuming that you know what it is. It is essential to problem-solve and compromise with your teen, rather than imposing rules on them. Teens are more likely to follow through when they are part of the decision-making process.

If you are still having difficulty communicating with your teen after applying these tips, it can be beneficial to speak to a therapist who can help you identify barriers to communication that you may not be able to identify on your own. A therapist can teach you and your teen new interpersonal skills and can help you come up with a formal plan to improve communication.

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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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LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: I'm young and don't have any issues with my vision. Do I really need to have an annual eye exam?

A: The short answer is, yes! Your eyes are the windows to the world and making sure they remain healthy allows you to live life to the fullest. Many times, patients are unaware of slight changes to their vision. By having an annual eye exam, your optometrist can quickly identify any changes or provide an early diagnosis of eye diseases such as glaucoma, AMD, or diabetic retinopathy, which many times go undiagnosed until vision loss has already occurred. By catching changes in your vision early helps your optometrist develop a treatment plan.

In addition, it's also important for children to have annual eye exams. Many times, children don't notice, or vocalize, changes to their vision.

Common signs of changes in vision include:

- Frequent eye rubbing or blinking
- Headaches
- Eye fatigue
- Holding objects close to your face
- Tendency to tilt head to one side

If it's been more than one year since your last eye exam, reach out to Insight Eye today to schedule an appointment.

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AUDIOLOGY

Dr. Jane Kukula, AuD

Q: I was told I have presbycusis. What is it?

A: Presbycusis (prez-bee-KU-sis) is hearing loss related to aging. It commonly starts in people in their 40's or 50's. As you age, the hearing nerves (haircells) in the inner ear, begin to collapse causing gradual decrease in hearing ability. Presbycusis typically runs in families. If your parents had hearing difficulty later in life, you may also.

There are about 15,000 haircells in each ear. These neural fibers are pitch sensitive and are responsible for transferring sound from the ear to the brain. When they collapse or are damaged, the ear no longer transmits sound correctly. At first, high pitched sounds are affected resulting in a decrease in high frequency hearing causing words to not sound clear. Speech becomes mumbled. Over time more and more haircells collapse, causing greater and greater difficulty understanding speech. This slow gradual decrease in hearing ability creates the sense that it's not you, but that it's the way others talk. Some of the symptoms of presbycusis include muffled speech, difficulty hearing soft talkers and difficulty understanding in noisy places.

Hearing instruments can and do help. They are tuned to match your hearing ability providing amplification specific to your needs. You will likely experience a natural sound quality and clearer speech in quiet and noise. Most hearing devices are small and sleek, and the extended wear aid is invisible when in your ear. When you notice yourself making excuses for mishearing, such as people mumble or talk softly, it's time for a hearing evaluation. Call 440-205-8848 to make an appointment. You will be glad you did. Life Sounds Great!

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

Sunday, February 19, 2023

Health Talk



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

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AUDIOLOGY

Dr. Jane Kukula, AuD

Q: My mother was referred to you for hearing aids. She is reluctant to go because she said hearing aids don't help mild hearing loss. Is this true?

A: There are many myths about hearing and hearing aids and this is just one of them. It is not true. Everyone's hearing needs are different. If your mother is missing out because of hearing, even with a mild loss, then hearing aids will help. Here are some other misconceptions about hearing instruments.

Myth: Wearing two hearing aids is not necessary.

Fact: The ears were designed to work together. Hearing with both ears provides directionality to hearing, improves word understanding in noisy places, and provides natural sound quality.

Myth: Hearing aids restore hearing to normal just as an eyeglass prescription can restore vision to 20/20.

Fact: Just like glasses don't improve things like color blindness, there are some things hearing aids do not cure. Hearing instruments do a great job of improving your hearing, listening abilities, communication and quality of life.

Myth: You can save time and money by buying hearing aids online or by mail order.

Fact: By working with an audiologist, you are purchasing professional care and services to ensure that the correct hearing aid is selected and the proper programming of the hearing aids. Other support provided by audiologists includes:

- Hearing evaluations
- Referral for medical treatment (if needed)
- Hearing aid evaluations
- Verification hearing aid fitting
- Instruction in how to properly use and maintain the hearing aids
- Follow-up care
- Repair services
- Rehabilitation services

Continue to encourage your mom to investigate hearing instruments. She may surprise herself and find that she enjoys hearing better. Have her get started with a hearing evaluation. Life Sounds Great! Enjoy every moment.

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LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: My eyes are so watery and itchy. What is the best eye drops to for relief?

A: Your itchy and watery eyes might be a sign of Dry Eye Disease (DED). Dry eye can present itself similar to allergies, which is why many patients think they are just suffering from allergies instead of dry eye. Your optometrist can perform a series of tests during an eye exam to determine the cause of your watery eyes. During an eye exam, your optometrist can measure tear and lipid production, which is one cause of dry eye.

There are several treatment options for dry eye. The most common is over-the-counter eye drops, also known as artificial tears. If these drops don't provide relief, your eye doctor can prescribe eye drops. The two most popular prescription eye drops are Restasis or Xiidra. In addition to these options, you can also make several lifestyle changes to help find relief for your dry eye symptoms. These include:

- Limit screen time or take frequent breaks from staring at your computer screen
- Use a humidifier to keep the air in your home or office from getting too dry
- Drink plenty of water and get 7-8 hours of sleep per night
- Wear sunglasses when outside; if your dry eye is very bad, try wearing wrap-around sunglasses

If you are experiencing the symptoms of dry eye, call Insight Eye today to schedule an eye exam.

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BEHAVIORAL HEALTH

Alyson Phelan, MA, TRCC

Q: How do I know if I need therapy for trauma?

A: This is an important question. 70% of adults in the United States have experienced at least one traumatic event in their lives. However, not everyone who experiences a trauma will go on to develop a disorder called Post Traumatic Stress Disorder (PTSD). Finding support when a traumatic event occurs is important. One support that may be helpful is behavioral health services such as psychotherapy.

If you have experienced a traumatic event and notice you struggle with distressing memories, nightmares, or flashbacks, or that you tend to avoid things that remind you of something associated with the event, you may benefit from talking to a therapist that specializes in trauma-informed therapy. Other signs this might be helpful include feeling emotionally numb, detached from others, or a general lack of interest in things around you. You might benefit especially from trauma-informed services if you notice you're easily startled, have difficulty concentrating, or engage in self-destructive behaviors such as drinking alcohol excessively or using drugs.

If you believe you would benefit from behavioral health services based on the items listed above, please reach out to me. I am certified in Trauma Responsive Care and would welcome discussing how PBHS may be helpful in creating a life worth living and assist in your recovery from trauma.

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Sunday, February 26, 2023

Health Talk



AUDIOLOGY
Dr. Jane Kukula, AuD

Q: I have a noise in my ear. What is it?

A: Hearing sounds in your ear is called tinnitus. The Better Hearing Institute defines tinnitus as “the perception of a sound that has no external source.” The noise can take on several forms. Some people report ringing, humming, buzzing, clicking, and cricket-like sounds. At times tinnitus may be a combination of sounds or sounds that change in pitch or loudness. It can be constant or intermittent, in one ear, both ears, and/or in the head. Occasionally people with tinnitus hear music, singing, or voices. This differs from someone with a mental illness and may experience hallucinations. With tinnitus, there is neural activity in the brain causing the phenomena. There are many causes and sometimes we are unable to find the reason. The most common causes include hearing loss and exposure to loud sounds. Sometimes it presents following a head injury, or stroke or can be a side effect of a medication and sometimes it is as simple as ear wax on the eardrum. While there is typically no “cure” for tinnitus there are ways to manage it. For most people, sound therapy can be an effective way of managing it. Since tinnitus usually presents with hearing loss, hearing aids can often be used as a tool for sound therapy. Start with a hearing evaluation and tinnitus assessment. From there we determine the most appropriate plan of action for you and your tinnitus. Call 440-205-8848 for an appointment. Life Sounds Great! Enjoy Every Moment.

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

Q: My mother was just diagnosed with glaucoma. Should I be worried that I will develop this eye disease?

A: While glaucoma can be hereditary, there is no guarantee that you will also develop the eye disease. The best way to monitor your chances of developing glaucoma is to have an annual eye exam.

Glaucoma is known as the silent thief of sight. Glaucoma occurs when there is an increase in intraocular eye pressure, which causes the optic nerve to become damaged. Once vision loss occurs, it can't be restored. Without yearly eye exams, vision loss many already have occurred by the time the disease is diagnosed.

There are several treatment options available for glaucoma. When caught early, eye drops can help control the pressure in your eyes. If the disease has started to progress, laser eye surgery may be recommended.


The goal of glaucoma treatments is to prevent vision loss, or stop or slow down vision loss if it has already started. If a family member has been diagnosed with glaucoma, or it has been more than one year since your last eye exam, we recommend making an appointment with your eye doctor for an eye exam and glaucoma screening.

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Did you know?

Parkinson's disease is a progressive and debilitating illness that affects the nervous system. Individuals who have been diagnosed with PD or have a loved one with the condition may have questions about life expectancy after diagnosis. Medical News Today reports that those with PD often can expect close to normal or near-normal life expectancies even with the disease.



**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.


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**BEHAVIORAL
HEALTH**
**Brianna Babyak,
M.Ed., LPC**

Q: I am my mother's caretaker. I love her deeply, but I noticed my fuse keeps getting shorter with her. I feel terrible when I lash out, but I cannot contain it! What should I be doing to remain calm and patient?

A: Hello there. It sounds like you care about your mom and the relationship. It is important for caretakers to practice self-care. Having a healthy outlet to process your emotions such as having a counselor or being involved in one of our Intensive Outpatient groups may be an important first step. You may benefit from learning and implement skills from Dialectical Behavioral Therapy (DBT). Practicing skills such as Core Mindfulness, Emotion Regulation, Interpersonal Effectiveness, and Distress Tolerance will assist you with reducing reactivity and responding more effectively. Please contact us to schedule an appointment.

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with PD who did not have dementia present died, on average, one year earlier than people without PD. The risk of a shortened life is not due to the disease itself, as PD is not a killer like other conditions, such as cardiovascular disease. Rather, the physical symptoms of PD can increase risk for injury. In fact, ParkinsonsDisease.net indicates falls are one major cause of death for those with PD.

However, a 2018 study published in the journal Neurology indicated that survival depends on the type and characteristic of the disorder, particularly in regard to how it affects cognitive function. Those with normal cognitive function have a "largely normal life expectancy." A study conducted by the Mayo Clinic found that if PD occurs with dementia or dementia with Lewy bodies, that could contribute to increased mortality rates. Individuals