

Sunday, April 2, 2023

Health Talk



LASIK, CATARACTS & LENS IMPLANTS

Michael E. Rom, M.D.

Q: How Do Environmental Factors Affect My Eyesight?

A: Environmental factors such as pollutants, toxic gasses and chemicals, bacteria, smoking, and ultraviolet radiation can all harm different parts of your eye

1. UV Rays: Prolonged exposure to the sun's UV light can cause damage to the structure of the eye, most often the cornea (the front of the eye) or the retina (the back of the eye). UV radiation raises the risk of developing sight-threatening eye conditions like corneal diseases, cataracts, and macular degeneration.

2. Dust and other particles. Airborne debris can impact the cornea and induce ocular itching and blurred vision. Eye pain can indicate a corneal abrasion or an eye injury

3. Pollution: Ongoing exposure to air pollution can lead to a number of eye problems, including dry eye syndrome, blurred vision, ocular burning and eye-watering

4. Smoke: In addition to raising the risk of developing serious eye diseases, cigarette smoke (first-hand and second-hand) can irritate your eyes. Smoke, from a forest fire and other fires, can contain many harmful pollutants, including carbon monoxide and nitrogen oxide gasses, dust, and other tiny particles. When this smoke comes into contact with your eyes, these small particles and fumes can dissolve into your years and coat the eyes' surface, triggering inflammation, irritation, and blurred vision

Our eyes are in direct contact with the environment, so it's no wonder that environmental factors can either cause or contribute to certain eye conditions, including two of the most common eye conditions worldwide.

- Cataracts are the most common cause of reversible blindness in the world. While aging and genetics are the top 2 reasons people get cataracts, exposure to the sun's UV rays also increases the risk. Sunglasses that block 100% of UV rays lower that risk

- Dry Eye symptoms can be triggered by a dry climate, strong winds, air conditioning, indoor heating, and poor air quality. Minimizing exposure to these environmental triggers coupled with treatments prescribed by your eye doctor can relieve dry eyes

Michael E. Rom, M.D.
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SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: Does the timing of rotator cuff surgery affect the success of the operation?

A: A number of studies over the last several years have consistently demonstrated that earlier surgical intervention for rotator cuff tears leads to better outcomes. What is defined as "earlier" may vary from study to study, but the general consensus is that surgical delay is never associated with a more favorable result. At the same time, there really is no such thing as emergency rotator cuff surgery.

A research paper published in the current issue of the Journal of Shoulder and Elbow Surgery by Gutman et al. examined the impact of surgical timing on the outcomes of rotator cuff repair after acute rotator cuff injury. Patients who underwent surgical repair within 3 weeks of their injury enjoyed the best results in terms of pain relief and function, while those who delayed their surgery beyond just 4 months saw a comparative drop in function.

Many rotator cuff problems are not associated with a specific traumatic event but are rather the accumulation of chronic, degenerative changes and wear and tear. This study specifically analyzed the effect of surgical delay in acute injuries.

Nevertheless, it is another piece of compelling medical evidence that patients benefit most from rotator cuff repair surgery that is performed as soon as is reasonably possible.

To learn more about rotator cuff surgery visit ohioshouldercenter.com

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BEHAVIORAL HEALTH

Alyson Phelan, MA, TRCC

Q: If I start therapy, will I need to go forever?

A: This is a common question for those who consider seeking help for common behavioral health challenges like depression, anxiety and addiction. It's intimidating to start something new when you struggle with a mood disorder and even more daunting to think of opening up about deeply personal things to a person you don't know. Add on top of that the fear that once you start there's no end in sight and it's enough to turn you off the process altogether.

It is impossible to say exactly how long a person will need to engage in behavioral health services as every situation is unique and every person's needs are different. Here at PBHS, we understand that the relationships we build with our patients are one of the most meaningful and important relationships of a lifetime. We also understand that collaboration is meant to be only as long as needed to achieve the goal of helping you create a life worth living. With that in mind, we create a treatment plan with you that is customized to your personal goals and objectives and we discuss just how long it may take to get you where you want to go.

If you believe you would benefit from behavioral health services, please reach out to me. Together we will talk and design a treatment plan that meets your behavioral health needs and gets you back to the business of living your life in the most effective, and the quickest way possible.

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AUDIOLOGY

Dr. Kimberly Gill, Clinical Audiologist

Q: What should I expect when I have my hearing tested?

A: Having your hearing tested is the first step in the right direction of better hearing! At your initial visit with an audiologist, we'll look at your health and hearing history, your ears will be checked for ear wax, your middle ear system will be evaluated, and then you will sit in a sound booth where your hearing sensitivity is assessed. The hearing assessment will determine the softest volume you can hear various tones and will test how well you hear speech. We will explain the results to you and suggestions will be made for what to do next.

If hearing aids are recommended, we determine together what works best for your lifestyle and budget. We'll go over styles of hearing aids, technology, and price for what would best meet your needs. Sometimes, hearing aids can be programmed and tried right in the office or borrowed to take home that same day for an at home trial.

Once you decide if hearing aids are for you, they'll be ordered then fit to you. All hearing aids come with a 45 day right to return with minimal fees involved. Get started now, call 440-205-8848 to schedule an evaluation. Life Sounds Great!

The Hearing Center Advanced Audiology Concepts

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Did you know?



The American Cancer Society estimates that there will nearly 83,000 new cases of bladder cancer diagnosed in the United States in 2023. The majority of those instances will be diagnosed in men, as ACS estimates indicate fewer than 20,000 women in the United States will receive a bladder cancer diagnosis in 2023. About nine in 10 people with bladder cancer are over

the age of 55, and the ACS reports that the average age of diagnosis is 73. However, individuals are urged to speak with their physicians about their risk for bladder cancer, especially if they have a family history of the disease or a personal history with cancer, particularly if their treatment involved radiation therapy aimed at the pelvis.

Sunday, April 9, 2023

Health Talk



AUDIOLOGY

**Dr. Kimberly Gill,
Clinical Audiologist**

Q: What type of hearing aids are available these days?

A: Hearing aids have come a very long way over the years! While they used to be big and bulky, they're now available in small, sleek styles. Some even connect via Bluetooth to your cell phone, tablet or TV. This means your phone calls, music and TV shows will be sent right to your ears for improved conversation and enjoyment with better hearing and speech understanding.

A receiver-in-the-canal (RIC) aid sits on top of the ear with a wire that loops around and into the ear canal. A traditional behind-the-ear (BTE) aid attaches to an earpiece and fit very severe hearing losses.

In-the-ear (ITE) aids fit into the ear without anything on top or behind the ear. In-the-canal (ITC) or completely-in-the-canal (CIC) aids are smaller and are great for mild to moderate hearing losses. Most of these have Bluetooth connectivity and are available with a disposable or rechargeable battery.

Get started with a hearing test, call 440-205-8848 to make an appointment. Following the evaluation, we can go over the various models and devices appropriate for your hearing and lifestyle needs. Life Sounds Great!

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The many benefits of curling up with a good book

The characteristics of an ideal day of relaxation differ for everyone. Some people might envision a day spent boating on a favorite lake, while others may want to plant their feet firmly in the sand of a local beach. Regardless of what serves as the focal point of a day of relaxation, it's not uncommon for individuals to crack open a good book at some point during their day of R&R.

Books can serve as a great form of escapism, but they offer much more than that. In fact, curling up with a good book can benefit readers in ways that might surprise even the most devoted bookworms.

- Reading helps readers understand the world. Avid readers might crack a book as a way to escape the world without realizing that this pursuit also is helping them to understand their world better. A 2015 study published in the journal Social Cognitive and Affective Neuroscience found that reading fiction enhances social cognition by facilitating greater



activation of parts of the prefrontal cortex involved in building perspectives.

- Reading can be therapeutic for adults with depression. A 2017 study in Clinical Psychology Review examined bibliotherapy, which involves the use of selected reading materials to support a patient's mental health. The study found that bibliotherapy can effectively reduce depressive symptoms in adults over a long period of time.
- Reading can help readers live longer. Perhaps the most significant benefit of reading relates to its apparent connection to living longer. A 2016 study published in Social Science & Medicine observed a 20 percent reduction in mortality for individuals who read books compared to those who did not read books. Curiously, reading books was more effective at reducing mortality than reading periodicals like magazines.
- Reading can prevent long-term decline in cognitive function. Cognitive decline is a common concern for aging individuals and their families, but a 2021



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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SHOULDER ARTHROSCOPY

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

Q: I have been diagnosed with a rotator cuff tear that requires repair. What are my chances of returning to sports after surgery, specifically golf?

A: The recovery from rotator cuff repair requires patience, as the repaired tendon tissue must be allowed to undergo some biologic healing before it can safely be stressed. Patients are placed into a specialized sling which they are expected to wear for 4 to 6 weeks after surgery. The sling can be removed for bathing and changing clothes and for appropriate physical therapy, but no purposeful, active movement of the shoulder is permitted as this can compromise the healing process. The optimal approach to physical therapy following rotator cuff repair remains a topic of ongoing research without widespread consensus. Most research favors a very slow progression of therapy, with a brief period of complete rest followed by several weeks of passive movement of the shoulder where the patient does not assist in the movement of the arm.

Once patients enter the strengthening phase of their rehabilitation, typically 3 months following surgery, it is often safe to begin some very light golf activity such as putting and some chipping. Greater caution may be advised when surgery involves the lead arm in the golf swing (the left arm for a right handed golfer), as the lead arm is stretched to a greater extent in the backswing and more active as a power supplier in the downswing.

A meta-analysis, which is a large study pooling the results of multiple smaller studies on a particular topic, was published in the American Journal of Sports Medicine in July of 2016 by Klouche et al. It examined 25 studies and over 800 patients who had undergone rotator cuff repair to determine how successful the patients were at returning to sports following

study published in International Psychogeriatrics found that reading can protect cognitive function later in life. The study found that frequent reading activities were associated with a reduced risk of cognitive decline for older adults at all levels of education. Millions of people consider curling up with a good book to be an ideal recreational activity. Though cracking a book can be a perfect pastime, reading provides a host of additional benefits, perhaps making it an even better way to relax than avid readers realize.

surgery. The studies collectively showed an 84.7% rate of return to sports following surgery demonstrating that the vast majority of patients have an excellent prognosis to get back to sports such as golf after rotator cuff repair.

While it may be frustrating for the avid golfer to miss even a small portion of the golfing season recovering surgery, given the predictable symptom relief and the high rate of success getting back to sports like golf, rotator cuff repair is typically a good long term investment in the health of the affected to shoulder.

To view of a video of Dr. Parsons performing rotator cuff repair visit ohioshouldercenter.com

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BEHAVIORAL HEALTH

**Brianna Babyak,
M.Ed., LPC, NCC**

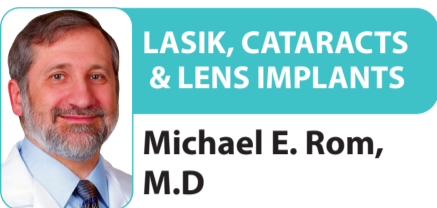
Q: My husband recently lost his job. He has been extremely depressed since it happened. He is lashing out at me and it's affecting our relationship. What can I do to help him? He is not motivated to seek other employment.

A: Hello, thank you for your question. Unemployment stress may have a very negative impact on the household. Your husband may benefit from mental health services to help him process his emotions during this difficult time. It is normal to experience feelings of grief when losing a job. Many individuals seek out counseling during life transitions. You may be of support to your husband by suggesting individual counseling services to help him navigate this time of uncertainty. Benefits of being involved in therapy include a reduction in symptoms, improved mood, improved daily functioning, improvement in relationships, skill building and acquisition, and ability to cope with stressors.

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Sunday, April 16, 2023

Health Talk



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.

Michael E. Rom, M.D.

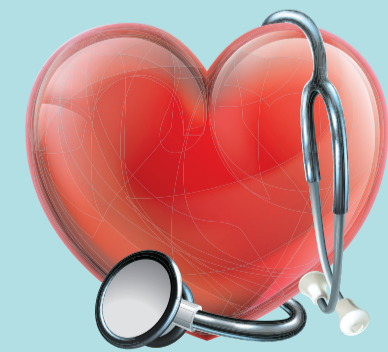
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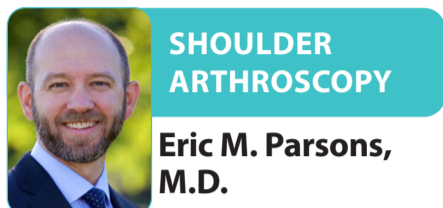
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Did You Know?



Heart disease and cancer are two of the leading causes of death around the world, and there may be a link between these two diseases. Certain lifestyle habits may increase the risk for both cancer and heart disease, say the experts at Hackensack Meridian Health. In addition, some research has shown that heart disease, a history of heart attack or a diagnosis of heart failure leads to an increased risk

for developing cancer. A 2019 study published in the European Journal of Heart Failure indicated "emerging evidence supports that cancer incidence is increased in patients with cardiovascular disease and heart failure." Patients with heart failure commonly die from cancer as well. Circulating factors related to heart failure promote tumor growth, which could explain the link between heart disease and cancer. Another surprising bit of information is that cancer can occur in the heart, though such instances are very rare. According to the Mayo Clinic, cancer that begins in the heart is most often sarcoma, which originates in the soft tissues of the body.



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

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large study pooling the results of multiple smaller studies on a particular topic, was published in the American Journal of Sports Medicine in July of 2016 by Klouche et al. It examined 25 studies and over 800 patients who had undergone rotator cuff repair to determine how successful the patients were at returning to sports following surgery. The studies collectively showed an 84.7% rate of return to sports following surgery demonstrating that the vast majority of patients have an excellent prognosis to get back to sports such as golf after rotator cuff repair.

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To view of a video of Dr. Parsons performing rotator cuff repair visit ohioshouldercenter.com

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BEHAVIORAL HEALTH

Sydney Stec, LPC

Q: I've been going to therapy for a while now and I've learned a lot, but I still feel like I'm struggling. Is there anything else I can do?

A: PBHS offers a variety of services that may help in this area, such as individual therapy, neuropsychological evaluations, medication management, and Intensive Outpatient Programming (IOP). Individual therapy can be useful in helping you to uncover links between your behaviors, feelings, and relationships, and start you on the path of learning more adaptive patterns of responding to stress in daily life. However, there are instances in which symptoms are too intense to cope with just individual therapy alone, which may mean you would be a good candidate for group therapy, or IOP.

The benefit of IOP is that you receive the benefit of learning coping strategies in a group setting, at a much more rapid

pace than traditional therapy. Since IOP is not inpatient, when you return home after IOP sessions you're able to practice the coping skills and strategies learned in treatment withing real life settings like work or school. At PBHS, our IOP is focused on Dialectical Behavioral Therapy (DBT) which focuses on teaching your skills like mindfulness, interpersonal effectiveness, emotional regulation, and distress tolerance. If you feel that you are interested in any of our services, please reach out to us to make an appointment.

Sydney Stec, LPC Premier Behavioral Health Services

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AUDIOLOGY

Dr. Kimberly Gill, Clinical Audiologist

Q: Why am I losing my hearing as I get older?

A: This is a great question! As we get older, it may seem that everyone can't hear well anymore. In reality one in 5 adults over the age of 80 suffers from hearing loss. Age-related hearing loss is called Presbycusis, a nerve type of hearing loss that results from damage or loss of some of the tiny hair cells (hearing nerve endings) in the inner ear. It's common for those prone to presbycusis to start losing hearing when in our 40s. It happens very slowly over the years so sometimes people don't realize how much they're missing until they start missing a lot of information!

Symptoms of hearing loss may include the inability to hear high pitch tones which mean it's difficult to hear women and children's voices more so than a man's deep voice. Certain consonants like s, f, and p may sound unclear which mean speech sounds muffled or garbled. Birds chirping or microwaves beeping may also sound muted or maybe not heard at all! Often others' speech appears faint, you may feel as if everyone is speaking softly.

If you're experiencing any of these symptoms, it's an excellent idea to have your hearing checked by a licensed audiologist. Call 440-205-8848 to schedule an appointment. Life Sounds Great!

The Hearing Center Advanced Audiology Concepts

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

Sunday, April 23, 2023

Health Talk



SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: I recently visited a physician for shoulder pain and was recommended a platelet rich plasma (PRP) injection instead of cortisone. Is this better and is it a good idea?

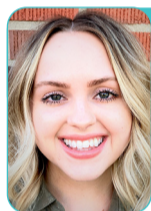
A: The treatment of shoulder pain, most commonly involving the rotator cuff, is multidimensional and often involves consideration of pain relieving injections into the area. Corticosteroid, or "cortisone," injections have been the mainstay of such interventions for decades and have been found to be safe and effective for this purpose. Research remains ongoing to help better our understanding of the impacts of cortisone injections on the rotator cuff tendon and help inform practitioners and patients about what is appropriate in terms of dose and frequency of such injections. Suffice it to say that the results of this research remains somewhat inconclusive but indicates that use of cortisone injections for rotator cuff problems is not a one-size-fits-all approach and needs to be individualized for each patient.

At the same time, there continues to be tremendous interest in exploring alternatives to traditional cortisone shots for rotator cuff problems. Chief among these alternatives is platelet rich plasma. PRP is a blood product collected from the patient or a donor (from a blood bank) which theoretically is rich with a concentration of platelets that may provide some benefit in terms of healing or reduction in inflammation. Unfortunately, up to this point the research on PRP has yielded mixed results on its effectiveness in this setting. A study published in the December 2020 issue of The Journal of Bone and Joint Surgery by Jo et al, randomly assigned patients with rotator cuff pain to receive either a cortisone injection or a PRP injection. This sort of randomized controlled trial is the gold standard in medical research to help minimize bias within a study. The investigators concluded

that PRP injections provided no superiority in terms of symptom relief from rotator cuff disorders than did cortisone shots. When considering the significantly higher costs of PRP treatments this should lead to further caution in adopting them as a treatment alternative in rotator cuff disease.

To learn more about rotator cuff disorders visit ohioshouldercenter.com

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BEHAVIORAL HEALTH

Kaitlyn Peterson, M.A., LPC, BC-TMH

Q: What does IOP stand for? How do I know if it is right for my teen?

A: IOP stands for Intensive Outpatient Program; this is a type of therapy that consists of multiple group sessions per week for a total of 9 hours weekly therapy. Individuals typically participate in the program for approximately 8 weeks as it is intended to provide step-down care for patients who are transitioning out of hospitalization/partial hospitalization or who need more support than individual therapy can offer. Our Adolescent IOP program is designed to provide care for teens struggling with depression, anxiety, OCD, self-harm, suicidal ideation, school avoidance, substance use, impulsivity, poor self-image, and impaired relationships. The program is heavily geared toward helping participants develop coping skills in four key areas: Core Mindfulness, Distress Tolerance, Emotion Regulation, and Interpersonal Effectiveness. Treatment goals include helping teens increase effective coping skills, achieve a sense of behavioral and emotional control, decrease life-threatening behaviors, and achieve sobriety (if applicable). Please contact us and ask to speak with one of the Adolescent IOP Coordinators for more information.

Kaitlyn Peterson, M.A., LPC, BC-TMH
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AUDIOLOGY

Dr. Kimberly Gill, Clinical Audiologist

Q: Why do I hear ringing in my ears?

A: What you're describing is called Tinnitus and is commonly described as a ringing in the ears, but it also can sound like roaring, clicking, hissing, buzzing and sometimes even music. Tinnitus is when a person hears sounds that no one else hears. It's very common; more than 50 million people in the United States experience some degree of tinnitus. It's a symptom of several medical conditions including hearing loss and ear infections or can happen after exposure to loud sounds or taking certain medications. Even a buildup of ear wax on the eardrum can cause it.

Sometimes tinnitus can be cured, for example, if the cause is an ear infection or ear wax buildup. But for most people, tinnitus cannot be cured, but there are several sound therapy treatments to help relieve the sounds and provide respite. Hearing aids often provide relief by making sounds louder and tinnitus less noticeable. Sound generators or maskers are devices that produce soothing sounds to your ears to reduce awareness of the tinnitus. Modifications to the environment can also help. Using an app on your phone or a sound machine can make tinnitus less noticeable.

An audiologist can assist with evaluation of hearing and of the tinnitus itself! For an appointment call 440-205-8848. Life Sounds Great!

The Hearing Center Advanced Audiology Concepts
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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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Did You Know?

Sun damage from ultraviolet radiation can occur in the eyes. Various eye disease and conditions are linked to UV exposure from being outdoors in the sun or even the use of indoor tanning beds. A condition called "surfer's eye" can occur from UV exposure. According to the National Eye Institute, pterygium ("surfer's eye") is a growth of fleshy tissue that extends from the sclera (white of the eye) to the clear tissue called the cornea, which covers the iris and pupil. It may feel irritating and, if it grows large enough, can cover part of the cornea and affect vision. Pterygium sometimes start as a pinguecula. This is a yellowish, raised growth on the conjunctiva. It usually occurs



on the side of the eye nearest the nose. A pinguecula may contain deposits of protein, fat or calcium, says the American Optometric Association. Both pterygium and pinguecula are believed to be caused by a combination of exposure to UV light, wind and dust.



Sunday, April 30, 2023

Health Talk



BEHAVIORAL HEALTH

Mena Afsarifard, M.A., LPC

Q: What would it look like to join the group at PBHS?

A: Joining the IOP (Intensive Outpatient Program) group at PBHS starts with an intake appointment, where the clinician would gain some background information and determine if you would be a good fit for the skills specific program. The group setting allows for a safe place to process and learn specific skills in emotion regulation, distress tolerance, interpersonal effectiveness, and mindfulness strategies. This 24-session program is a great way to learn coping skills to build a life worth living and effectively show up for yourself and others.

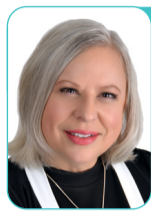
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AUDIOLOGY

Dr. Jane Kukula, AuD

Q: Can I go swimming with hearing aids on?

A: Traditionally, the leading cause of damage to hearing aids has been moisture. The battery door, charging contacts, receivers and the microphones are all weak points for moisture to enter. This leads to the need for repairs, which can become costly. However, with the new Phonak Audeo Life rechargeable hearing aids, water is no longer a worry! These hearing aids are the first waterproof rechargeable hearing aids. The internal components of the hearing aid are coated in a protective seal to prevent moisture from entering. They have been thoroughly tested in swimming pools, fresh water, and salt water. You will now have peace of mind when boating, fishing, swimming, stepping in the shower, or getting caught in the rain. The Phonak Audeo Life hearing aids also make charging easy and portable. The newly designed charging system uses induction charging. There are no battery contacts on the outside of the hearing aid, reducing the change of moisture entering. The charging case can hold three days of charging power without being connected to a wall outlet. This means you can leave the cords at home when traveling. You can grab the charger case and go! The Phonak Audeo Life rechargeable waterproof hearing aids will improve your hearing and give you peace of mind with easy charging. If you're interested in experiencing the convenience of waterproof hearing aids, schedule a hearing evaluation today at (440) 205-8848. Life Sounds Great!

The Hearing Center Advanced Audiology Concepts
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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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SHOULDER ARTHROSCOPY

Eric M. Parsons, M.D.

Q: I recently visited a physician for shoulder pain and was recommended a platelet rich plasma (PRP) injection instead of cortisone. Is this better and is it a good idea?

A: The treatment of shoulder pain, most commonly involving the rotator cuff, is multidimensional and often involves consideration of pain relieving injections into the area. Corticosteroid, or "cortisone," injections have been the mainstay of such

interventions for decades and have been found to be safe and effective for this purpose. Research remains ongoing to help better our understanding of the impacts of cortisone injections on the rotator cuff tendon and help inform practitioners and patients about what is appropriate in terms of dose and frequency of such injections. Suffice it to say that the results of this research remains somewhat inconclusive but indicates that use of cortisone injections for rotator cuff problems is not a one-size-fits-all approach and needs to be individualized for each patient.

At the same time, there continues to be tremendous interest in exploring alternatives to traditional cortisone shots for rotator cuff problems.

Chief among these alternatives is platelet rich plasma. PRP is a blood product collected from the patient or a donor (from a blood bank) which theoretically is rich with a concentration of platelets that may provide some benefit in terms of healing or reduction in inflammation. Unfortunately, up to this point the research on PRP has yielded mixed results on its effectiveness in this setting. A study published in the December 2020 issue of The Journal of Bone and Joint Surgery by Jo et al, randomly assigned patients with rotator cuff pain to receive either a cortisone injection or a PRP injection. This sort of randomized controlled trial is the gold standard in medical research to help minimize bias within a study. The investigators concluded that PRP injections provided no superiority in terms of symptom relief from rotator cuff disorders than did cortisone shots. When considering the significantly higher costs of PRP treatments this should lead to further caution in adopting them as a treatment alternative in rotator cuff disease.

To learn more about rotator cuff disorders visit ohioshouldercenter.com

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Did You Know?

The number of people in the world affected by hunger continues to rise despite a global commitment to end hunger, food insecurity and all forms of malnutrition by 2030, according to the Food and Agriculture Organization of the United Nations. Ensuring access to safe and sufficient food for all people or eradicating malnutrition has proven a substantial, if preventable, challenge. The State of Food Security and Nutrition in the World (SOFI) indicates that, in 2020, between 720 and 811 million people faced hunger. Due to the global pandemic, the prevalence of undernourishment rose in 2020 to 9.9 percent from 8.4 percent the year prior. Worldwide, the

Central African Republic, Yemen, Afghanistan, and the Democratic People's Republic of Korea (North Korea), are among the countries with the highest three-year averages of undernourishment. Even though the United States and Canada have lower rates of undernourishment when compared on a global scale, food insecurity is still a concern domestically. According to Save the Children, 17 percent of all U.S. children are living in food-insecure households that cannot provide nutrition at some points during the year. Plus, a Household Food Insecurity in Canada study conducted by researchers at the University of Toronto found 15.9 percent of households across all provinces experienced food insecurity in 2021.

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