

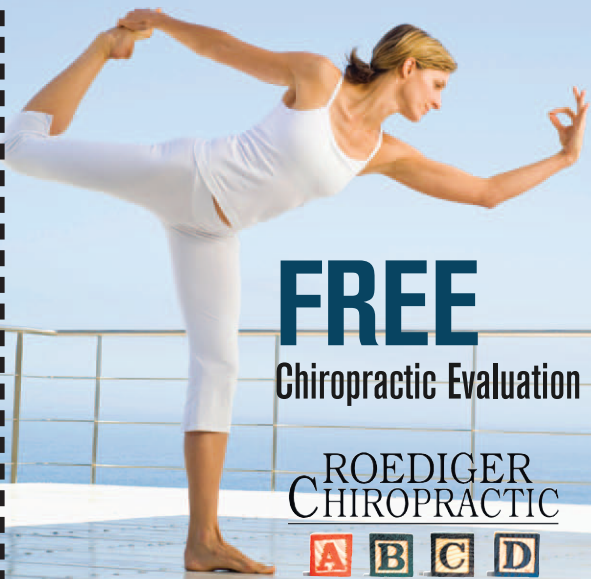
Saturday, August 26, 2023

# MEDICAL

## Directory

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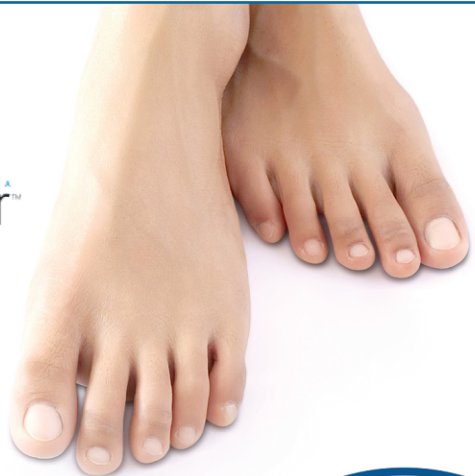
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# The benefits of chiropractic care



Chiropractic care is a form of complementary medicine in which a licensed chiropractic doctor uses his or her hands as well as certain machinery to manipulate joints in the body.

Subluxation is a term used in chiropractic medicine that refers to the misalignment of vertebrae or joints. Subluxation can occur from injury, repetitive motion or certain medical issues, says Verywell Health. When joints do not work properly, range of motion can be compromised and chronic pain may present in the joint or elsewhere in the body.

Chiropractic care can be instrumental in helping a person feel better without having to take pain medications. Chiropractors can treat musculoskeletal pain anywhere in the body, according to the Cleveland Clinic. Adjustments can gently realign joints to decrease pain and increase range of motion. Soft-tissue therapy may be used to relax tight muscles and relieve spasms. A chiropractor also may be able to advise as to exercises and stretches that can maintain joint stability and mobility.

Chiropractic treatment also may decrease tension and boost blood circulation, which could help

reduce stressful feelings in the body. Similarly, such treatment may alleviate tension headaches and migraines by realigning the joints in the neck and back that may be contributing to the headaches.

Healthline reports a possible reduction of osteoarthritis symptoms from chiropractic care as well. When joints are properly aligned, it will reduce how much bones rub together.

One of the more profound benefits of chiropractic adjustment is the potential to reduce reliance on opioid drugs prescribed to relieve pain. Because of the efficacy of opioids, people can easily find themselves addicted to them. When their prescriptions are up, they may turn to illegal opioids to chase the pain relief and high they have grown accustomed to. The National Institute on Drug Abuse says more than 106,000 drug overdoses deaths were reported in 2021, and synthetic opioid deaths (primarily fentanyl) continue to rise, advises the NIDA.

Chiropractic care can help people live fuller lives without pain. Individuals with remaining questions can speak with their doctors about chiropractic medicine.

# Medicare Misconceptions and Myths

Many people have some mistaken beliefs about Medicare and the coverage it provides. Here are some common misconceptions.

**Myth #1: Medicare covers 100% of your medical expenses.**

Original Medicare covers only a portion of your medical costs, amounting to about 80% of your Part B expenses. Prescription coverage is not included, and you will be responsible for premiums, deductibles, coinsurance, and copayments. Medicare Supplements and Medicare Advantage Plans are two different types of coverage that can help keep your out-of-pocket costs in check.

**Myth #2: It is best to get the same coverage as your spouse.**

This is not always true. Just because your spouse is satisfied with their coverage does not mean it is the right type of coverage for you. You

need to consider your medical and prescription needs as well as your financial situation when you choose a plan.

**Myth #3: Medicare Is too complicated. No one understands it!**

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# It's time to talk about Alzheimer's.



[alz.org/ourstories](http://alz.org/ourstories)



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# Manage Heart Health for Stronger Brain Health

**(Family Features)** The same risk factors that contribute to making heart disease the leading cause of death worldwide also impact the rising global prevalence of brain disease, including stroke, Alzheimer's disease and dementia.

The global death rate from Alzheimer's disease and other dementias is increasing even more than the rate of heart disease death, according to the American Heart Association's Heart Disease and Stroke Statistics 2022 Update.

Globally, more than 54 million people had Alzheimer's disease and other dementias in 2020, a 37% increase since 2010 and 144% increase over the past 30 years (1990-2020). Additionally, more than 1.89 million deaths were attributed to Alzheimer's disease and other dementias worldwide in 2020, compared to nearly 9 million deaths from heart disease.

"The global rate of brain disease is quickly outpacing heart disease," said Mitchell S.V. Elkind, M.D. M.S., FAHA, the past president of the American Heart Association (2020-21), a professor of neurology and epidemiology at Columbia University's Vagelos College of Physicians and Surgeons and attending neurologist at New York-Presbyterian/Columbia University



Irving Medical Center. "We are learning more about how some types of dementia are related to aging, and how some types are due to poor vascular health. It's becoming more evident that reducing vascular disease risk factors can make a real difference in helping people live longer, healthier lives, free of heart disease and brain disease."

According to the statistics update, people with midlife hypertension were five times more likely to experience impairment on global cognition and about twice as likely to experience

reduced executive function, dementia and Alzheimer's disease. The risk for dementia associated with heart failure was nearly two-fold.

Experts recommend maintaining a healthy weight, managing your blood pressure and following other heart-healthy lifestyle behaviors that can also support good brain health while studies show maintaining good vascular health is associated with healthy aging and retained cognitive function.

Optimal brain health includes the ability to perform tasks like

movement, perception, learning and memory, communication, problem solving, judgment, decision making and emotion. Cognitive decline and dementia are often seen following stroke or cerebrovascular disease and indicate a decline in brain health.

Consider these steps to live a healthier lifestyle and protect your heart and brain health:

- Don't smoke; avoid secondhand smoke.
- Reach and maintain a healthy weight. Be mindful of your eating habits; eat foods low in saturated fat, trans fat, sodium and added sugars.
- Be physically active. Start slowly and build up to at least 150 minutes of moderate physical activity (such as brisk walking) each week. As an alternative, you can do 75 minutes of vigorous physical activity, or a combination of the two, to improve overall cardiovascular health.
- Get your blood pressure checked regularly and work with your health care team to manage it if it's high.
- Have regular medical checkups and take your medicine as directed.
- Decrease your stress level and seek emotional support when needed.

Learn more about the relationship between heart health and brain health at [heart.org](http://heart.org).

## This Fall, Older Adults Should Protect Their Health

**(StatePoint)** With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

"During the holidays, our lives get very busy with family and friends," said Dr. J.B. Sobel, chief medical officer for Cigna Healthcare's Medicare business. "Before then, please take time to ensure you get the preventive care you need to stay healthy."

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

### Vaccinations

There are a number of vaccines older adults

need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

- Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.

- Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.

- Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the

shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.

- COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 infections.

- RSV. Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

### Health Screenings

The following health screenings are commonly

**THIS FALL >> PAGE 13**



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# Studies Show Private-Equity-Owned Nursing Homes Underperform, Overspend

By Andrea Lawrence  
Foundations Health Solutions

Knowing who owns your local nursing home matters because it could affect your health, according to recent studies that examine the effects of private-equity ownership on nursing homes.

Private-equity acquisition of nursing homes was associated with higher Medicare costs and increases in emergency department visits and re-hospitalizations, according to a Journal of American Medicine Association article published in 2021. The article calls for more oversight of private equity-owned nursing homes.

The White House has cited this study, along with several others, in its recent fact sheet titled “Protecting Seniors by Improving Safety and Quality of Care in the Nation’s Nursing Homes.” Private-equity ownership is on the rise, causing concern from industry experts and regulating bodies alike.

“Too often, the private equity model has put profits before people—a particularly dangerous model when it comes to the health and safety of vulnerable seniors and people with disabilities,” The White House fact sheet states.

Among the sources citing poor outcomes from private-equity-owned nursing homes was a working paper published by the National Bureau of Economic Research (NBER). The paper’s findings state that of the 18,000 nursing home facilities studied over a seventeen-year period, private-equity ownership increased excess mortality for residents by 10 percent. “That suggests an additional 20,150 lives lost as a result of private equity ownership,” the paper states.

JAMA, NBER, and Americans for Financial Reform have all recently published articles and working papers sharing several other data findings that indicate private-equity-owned nursing homes underperform when compared to for-profit nursing homes not associated with private equity. These findings include:

- 50 percent increased use of antipsychotics at private-equity-owned nursing homes (source: JAMA)
- Private-equity-owned nursing homes had a COVID-19 infection rate and death rate that were 30 percent and 40 percent above statewide averages, respectively (source:

Americans for Financial Reform)

- Nursing homes owned by private-equity firms had a 3 percent decrease in hours of frontline nursing staffing (source: NBER)
- Residents at private-equity-owned nursing homes were 11.1 percent more likely to have a preventable emergency department visit (source: JAMA)
- Private-equity-owned nursing home residents were 11.1 percent more likely to experience a preventable hospitalization (source: JAMA)

These negative outcomes aren’t just affecting peoples’ health. They are affecting their pocketbooks too. There has been increased taxpayer spending of 11 percent per resident in private-equity-owned nursing homes, according to the NBER.

“Private equity (PE) investment in US health care has grown dramatically, with \$750 billion in deals from 2010 to 2019,” according to JAMA. “These investments have concerned policy makers because PE firms often create complicated asset, management, and operating structures that may avoid transparency and accountability in patient care.”

While private equity continues to acquire more and more nursing homes throughout the country, experts say it is important for consumers to identify ownership and choose nursing homes that are owned by entities that are not dependent on private-equity money.

“Private equity investors are acquiring buildings at premium pricing and, subsequently, drastically cutting expenses—namely labor—in order to attain unrealistically high profit margins,” said Joe Altieri, Chief Governance Officer of Foundations Health Solutions, a large, nursing home outfit based in Ohio. “Foundations Health is not dependent on private equity to support our operation. It allows us to invest in our physical plants, making more private rooms, and having higher staff-to-resident ratios.”

Foundations Health Solutions, the state of Ohio’s largest nursing home provider, owns nearly 60 of the state’s 800-plus nursing



homes. The company reports higher-than-average Medicare star ratings and lower re-hospitalization rates than its private-equity-owned competitors, Altieri says.

“It’s more than just business for us. We live and work where we own these nursing homes,” Altieri said. “We do the right thing because we answer to our residents and their families. We don’t answer to investors.”

In Northeast Ohio, Foundations operates several skilled nursing facilities and assisted livings, including Mentor Ridge Health and Rehabilitation, The Preserve Senior Living at Mentor Ridge, and Heather Hill Care Communities. These facilities boast top Medicare star ratings and wage scales that are among the highest in their counties. Having a local owner who does not rely on private-equity investments contributes to those locations’ successes, according to Altieri.

Foundations Health Solutions has proudly served local communities for more than two decades. With a Culture of Care that prioritizes finding caregivers who know what it means to put the resident first, Foundations’ teams offer superior care. If you are looking for a quality skilled nursing facility in your neighborhood, visit [wwwFOUNDATIONSHealth.net](http://wwwFOUNDATIONSHealth.net) to learn more.



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If you have been unhappy with your costs or benefits, it would be time to put together a list of priorities for 2024.

**What are your top 3 needs?  
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2023. The original location in Twinsburg, begun from the ground up at the height of the pandemic, has continued to thrive. This allowed Infinity Eye Care to make the leap into Lake County and we could not be more excited!

Infinity Eye Care is a full-service optometry practice and optical offering a wide variety of eye wear for the entire family. Our friendly and knowledgeable staff and fellowship trained doctors will help you through every step of the eye exam process. We accept most vision insurance plans for your

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friendly environment. Our newly updated office offers state-of-the-art technology including retinal imaging.

Dr. Ryan McKinnis, the owner and founder of Infinity Eye Care, has been practicing in the Cleveland Area since 2010. He completed his residency in ocular disease at Ohio Eye Alliance. For the next decade he practiced at one of the country's premier ophthalmologic practices where he gained further proficiency in the treatment of complex ocular disease. His special area of interest is advanced contact lenses, including those that are hard to fit or those that require lenses due to corneal disease. He is a Fellow in the American Academy of Optometry, a Fellow in the Scleral Lens Society, and one of

only several hundred optometrists to achieve the designation of Diplomate in the Section on Cornea, Contact Lens, and Refractive Technology.

To provide a wide variety of hours for our patients, Dr. McKinnis will soon be joined by another residency-trained optometrist! Stay tuned! She joins the team in September!

Infinity Eye Care is now accepting new patients. We look forward to carrying on the tradition of friendly, compassionate care that Dr. Kapusta provided for the Willoughby community for over four decades. We thank those that have stopped by for the warm welcome to the community – we hope to see many more of you soon!

It is the rare individual that seeks out change. While often nerve-racking and intimidating, change does not have to be negative. It is with this thought in mind that Dr. Ryan McKinnis and Infinity Eye Care purchased the longstanding practice of Dr. Mark Kapusta in January

## Minerals and the body

Vitamins get a lot of fanfare, but are minerals worthy of more attention? The body needs both vitamins and minerals to function properly. The National Institutes of Health says that most people can get all the minerals and vitamins they need simply by eating a balanced, healthy diet. For those concerned about not meeting the daily recommended values, a multivitamin can help push vitamin and mineral numbers into the recommended ranges. While vitamins are organic substances, minerals are inorganic substances. There are two types of minerals: macrominerals and trace minerals. Individuals need more macrominerals, which include calcium, phosphorous, magnesium, sodium, potassium, chloride, and sulfur. Only small amounts of trace minerals are needed. These include iron, manganese, copper, iodine, zinc, cobalt, fluoride, and selenium, according to MedlinePlus. The body relies on minerals to help it perform various jobs, such as keeping bones, muscles, the heart, and the brain healthy. Minerals also are important for making enzymes and hormones. Calcium, for example, is a crucial mineral for bone health. Calcium also is useful in regulating blood pressure and cholesterol levels. Iron is a major component of red blood cells that helps to carry oxygen and nutrients throughout entire body.



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I can say from being a test patient, that mine has lasted 5 ½ months; however, I am now starting to get a little movement which is much longer than previously.

The safety warnings are the same as others as to reactions, etc.; i.e.; brow ptosis (drooping) and lid ptosis?

What are some questions that have been raised and some are as follows:

1. What is a "touch up" if needed. There are sometimes with all toxins when a touch-up is needed.

2. What is the price point? Each area is more than the other forms; however, if you amortize this over a period of time, it is probably less expensive.

Any time you are trying something new, please research and speak with your Doctor.



## This Fall

FROM PAGE 5

recommended for older adults.

- Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

- Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.

- Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.

- Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.



## A New Type Of Filler Has Also Entered The Market

### WHAT IS IT: RHA DERMAL FILLERS

This is the latest in dermal fillers and stands for "Resilient Hyaluronic Acid." They are a unique hyaluronic acid in that it is processed so it is almost the same hyaluronic acid as your own! There are also manufactured that the line of fillers that stretch better with your skin.

There are various types which will be applicable to your area of concern; ie; "laugh lines", cheeks, marionette lines, etc. and for that reason may last longer.

The injection is essentially the same as are the risks and benefits of other fillers.

The price point is almost the same and may last longer.

It is worth investigating. Schedule

a consultation in our office to find out more about these new, exciting products.

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## Did You Know?



Cataracts, the clouding of the eye's lens, are a relatively common condition; however, most people know very little about them. Here are five surprising facts you may not know about cataracts:

### **1. Cataracts don't just affect the elderly**

One of the biggest misconceptions about cataracts is that they only affect the elderly. While this is true most of the time, people of all ages can develop cataracts. They can even be present at birth.

### **2. Cataracts are the biggest cause of vision loss in the world**

An estimated 20.5 million Americans aged 40 years and older have a cataract in one or both eyes, making it the leading cause of blindness worldwide, and the leading cause of vision loss in the United States.

### **3. Sun exposure can increase your risk of cataracts**

Most people know about the dangers that UV rays pose to their skin, but did you know that UV rays can also harm your eyes? UV rays speed up the breakdown of

protein in the lens, which causes cataracts to form. The best way to prevent this is by wearing sunglasses to limit UV exposure.

### **4. You can reduce your risk for cataracts**

There is no way to completely prevent cataracts from forming, but you can reduce your risks by wearing sunglasses, eating a healthy diet, exercising, and avoiding tobacco.

### **5. Cataract surgery improves vision for over 97% of people.**

Your eye doctor will probably suggest cataract surgery if you have vision loss that gets in the way of everyday activities like reading, driving, or watching TV. Cataract surgery is the most effective and most common procedure performed in all of medicine with 3 million Americans choosing to have cataract surgery each year, and an overall success rate of 97 percent or higher when performed in appropriate settings.

*There's no reason to live with cloudy vision that impacts your quality of life. Call Ophthalmic Physicians, Inc. to schedule your eye appointment today.*



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