



Medical Directory

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DDS. LTD.

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What is toenail fungus or Onychomycosis?

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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NOMS Podiatric Medicine & Surgery
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1013 Rockside Rd. • Parma



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William Donahue, DPM, FACFAS

Jennifer Zienkowski-Zubel, DPM, FACFAS

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- Bunions
- Sports Medicine



216.459.8616

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nomshealthcare.com

Are You Missing Out on Extra Benefits?



How would you like a Medicare plan that provides help with your groceries, utility bills, and your internet service? One that covers routine dental, vision, and hearing expenses. And it doesn't stop there. It may also cover your co-pays, co-insurance, and deductibles.

If you have both Medicare and Medicaid, it is time you learned if a D-SNP plan will work for you. A D-Snp plan is a Medicare Advantage plan specifically designed to help

with many everyday needs, all while you continue to receive all your Medicare and Medicaid benefits.

Who Qualifies? Regardless of your age, if you are a U.S. citizen, covered by both Medicare and Medicaid and meet the requirements for low-income individuals and families, you may qualify for a D-SNP plan. Coverage and eligibility will vary, depending on income and asset guidelines.

Like to learn more? Call Shireen Cain at 440-255-5700 or email me at SCain@mutskoinsurance.com.

We do not offer every plan available in your area. Currently, we represent seven organizations which offer eighty-four products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Assistance Program (SHIP) to get information on all of your options.

While everyone experiences hearing loss differently, it can lead to cognitive decline, depression, decrease in physical health, and a lack of connection to friends and loved ones. Fortunately, most types are treatable. Advancements in audiology and hearing technology can ensure you continue to hear clearly throughout your lifetime.

At Amanda's Family Hearing, we understand the unique challenges you face. **Dr. Amanda Barbur and Dr. Julia Saxon**, both board-certified audiologists, are committed to helping you live a healthier and happier life. Your journey to better hearing begins with your very first appointment where we assess the extent of your hearing loss and any associated conditions before creating a detailed treatment plan just for you.



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"GETTING STARTED WITH MEDICARE"



Laura Mutsko



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Registration: Holly Ferkol
440-942-3362 X 402

Wed., Sept. 17 • 6-7:30pm
WILLOWICK LIBRARY
Registration: Lora Scibelli
440-943-4151

Sat., Oct. 4 • 2-3:30 PM
ANTIQUES & UNIQUES
30200 Euclid Ave.
Wickliffe
Register: 440-944-0133



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These events are for educational purposes only and no plan specific benefits or details will be proposed. Limited seating. Pre-registration required. Some nominal fees may apply. 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.

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carin.ely@adapthealth.com
Daniel.milia@adapthealth.com

Glenbeigh: Hope and Healing in Northeast Ohio

In the fight against substance misuse, hope and healing are found in places that offer expert treatment, compassionate care and continued support. Glenbeigh is that place—a trusted addiction treatment center dedicated to helping individuals and families reclaim their lives and start anew.

Since 1981, Glenbeigh has served the area, helping those seeking recovery by offering a continuum of care that addresses all aspects of addiction. Our approach is rooted in evidence-based treatment methods combined with a deep respect for the dignity of each person who walks through our doors.

At the core of Glenbeigh's services is **inpatient rehabilitation**, where individuals receive 24-hour care in a safe, structured environment with medical oversight.

Here, patients have access to withdrawal management, individual and group counseling, educational programming and wellness activities that support the mind, body and spirit. This intensive level of care gives patients



the time and focus needed to begin their recovery journey without the distractions or triggers of daily life.

Glenbeigh also offers **outpatient programs** throughout northeast Ohio and western Pennsylvania, which allow individuals to continue treatment while living at home. Outpatient care can serve as a step-down from inpatient treatment or as an entry point for those who do not require a residential setting. These programs provide intensive therapy, relapse prevention education and ongoing support to help people maintain sobriety while navigating work, family and other responsibilities.

Recognizing that substance use affects more than the individual, Glenbeigh provides family education programs. Loved ones are guided in understanding addiction as a disease, learning how to set healthy boundaries and finding ways to support recovery without enabling destructive behaviors.

Glenbeigh's mission extends beyond treatment. Recovery is a lifelong process and through established housing communities, we help individuals sustain recovery for the long term.



Substance misuse does not discriminate—it affects people from every background, every neighborhood and every age group. But recovery is possible, and help is available. Glenbeigh is here to make it a reality.

If you or someone you love wants to learn more, call 800-234-1001 and have a conversation with a specialist to talk about your concerns. The phone call and conversation are free. The help you can receive is priceless.

At Glenbeigh, we believe in the power of treatment, the resilience of the human spirit and the promise of a healthier tomorrow.

Alcohol or Drug Problem?

Glenbeigh
800-234-1001

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**Lake County is looking forward to
quality senior care in Madison.**

Introducing...



Foundations Health Solutions' newest property is coming to River Street in Madison in Spring 2026.

Call 440.659.2276 to get on our waitlist today.

Arcola Creek will offer:

- | | |
|-------------------|------------------|
| ✓ Skilled Nursing | ✓ Hospice Care |
| ✓ Rehabilitation | ✓ Respite Stays |
| ✓ Long-term Care | ✓ Private Suites |





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At FYZICAL Therapy and Balance Center

one of the most common questions we hear from new patients is: "Do I have to go to the physical therapy clinic listed on my doctor's referral?" The answer is simple: No.

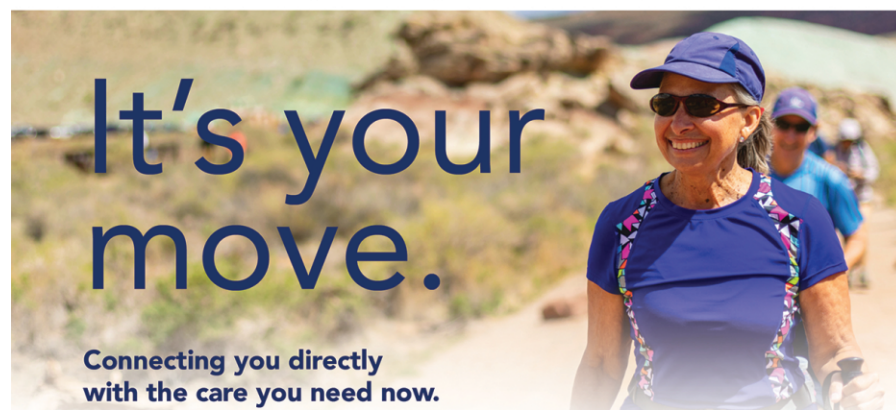
By law, your physician's order for physical therapy can be used at any licensed PT clinic of your choice. You are never required to attend the facility your doctor suggests, and you absolutely have the right to select the clinic that best fits your needs, schedule, and goals.

Unfortunately, some patients are misled to believe otherwise. At times, physician groups may refer exclusively to a clinic they have a financial stake in. What many don't realize is that it is illegal for physicians to pressure or "strongarm" patients into attending a clinic in which they have ownership or financial interest. These practices create a conflict of interest and limit your ability to choose the provider who is right for you.

Your recovery is personal, and your physical therapy should be too. Whether you value one-on-one care, specialty services, or simply a clinic closer to home, you have every right to decide where you receive treatment.

At FYZICAL, we welcome all patients—no matter where your physician's referral came from. If you have questions about using your therapy order with us, our team is here to help guide you through the process.

Remember: the choice is yours.



What does Direct Access mean?

Direct Access means it's your move! As a patient, you have the opportunity to seek the care that you need, now. Direct Access to physical therapy means that you can receive an evaluation and treatment from a physical therapist without a physician's referral or prescription.

What does Direct Access to physical therapy mean for you?

- Immediate evaluation, diagnosis and treatment for your musculoskeletal pain, discomfort or injury.
- Immediate evaluation, diagnosis and treatment for your musculoskeletal pain, discomfort or injury, by your physical therapist without the unnecessary delay caused by visiting another healthcare professional.
- Immediate consultation with your Physical Therapist to

determine if therapy is needed or if further examination by another healthcare professional is recommended.

- Quicker return to work, play, living due to receiving treatment without delay.
- Freedom to choose a Physical Therapist as you would your MD, DO, Chiropractor, Dentist or another healthcare professional.
- Continuity of care as you return to your Physical Therapist of choice for all your musculoskeletal needs including general wellness, relief from injury and injury prevention.

Does insurance pay for Direct Access physical therapy?

Most third-party insurance companies will cover your Direct Access physical therapy visits. Our team will check your benefits and explain your coverage during your evaluation visit.

FYZICAL Mentor (440) 740-8877 • FYZICAL Strongsville (440) 212-7608 • FYZICAL Westlake (440) 385-7278

A New Standard of Care is Coming



Foundations Health Solutions is proud to announce the development of its newest skilled nursing facility, Arcola Creek Health and Rehabilitation, coming soon to River Street in Madison.

Planned as a 99-bed center, Arcola Creek will emphasize comfort and dignity, offering private rooms and a select number of spacious shared suites—perfect for couples or friends who wish to live together while receiving high-quality care.

"We are excited to invest in the future of care in Lake County," said Foundations owner and CEO Brian Colleran. "We are not just developing

a property—we are creating a home where residents and families can feel supported and valued."

This project reflects Foundations' commitment to expanding access to excellence in senior care across Ohio. Locally, Foundations owns and operates Mentor Ridge Health and Rehabilitation and Concord Ridge Health and Rehabilitation, both highly rated for their compassionate staff, clinical excellence, and welcoming environments.

With more than 60 facilities across Ohio, the organization is rooted in a "Culture of Care," where residents' well-being comes first. Arcola

Did You Know?

The significance of exercise is well documented, and that even goes for seniors. But in the case of exercise, can there be too much of a good thing? Should seniors be exercising every day? Seniors can exercise most days, but daily, intense workouts are not necessary. Cedars-Sinai says adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week, which aligns with recommendations from the Department of Health and Human Services. Seniors crunched for time can engage in between 1.25 and 2.5 hours of intense aerobic exercise each week. The Centers for Disease Control and Prevention recommends 150 minutes of moderate-intensity exercise per week. That can translate into 30 minutes of daily exercise for five days, or it can be broken up into other intervals as necessary. Strength and balance training also should be a consideration. Seniors should keep in mind that overdoing intensity or length of workouts may contribute to injury, which can derail efforts to get fit.



Cedars-Sinai says **adults 65 and older should aim for between 2.5 to 5 hours of moderate exercise each week.**

Creek will build on that tradition, bringing the same high standards and community focus to Madison.

The property is expected to open in late spring of 2026 and will employ about 150 people, with hiring set to begin in early spring of 2026. Like all Foundations facilities, Arcola Creek will not use agency nursing staff.

For more information about Arcola Creek, call 440-659-2276. To learn more about Foundations Health Solutions, visit [www.FOUNDATIONSHealth.net](http://wwwFOUNDATIONSHealth.net).

Highland Pointe

HEALTH & REHABILITATION CENTER

NURSING HOME IN HIGHLAND HEIGHTS, OH

The community specializes in long-term skilled nursing care as well as senior rehabilitation services following a prolonged hospital stay or illness. What sets the senior care services apart is the healing approach to help you or your loved one reach their highest point of emotional and physical wellness. The amenities at the facility include private suites with in-suite baths or semi-private suites with a privacy wall and shared bath to give you an at-home feel.

(440) 443-0900

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Did you know?

Parents recognize the important role fun plays in a happy childhood, but

FINDING TIME TO LAUGH AND HAVE A GOOD TIME IS IMPORTANT FOR ADULTS AS WELL.



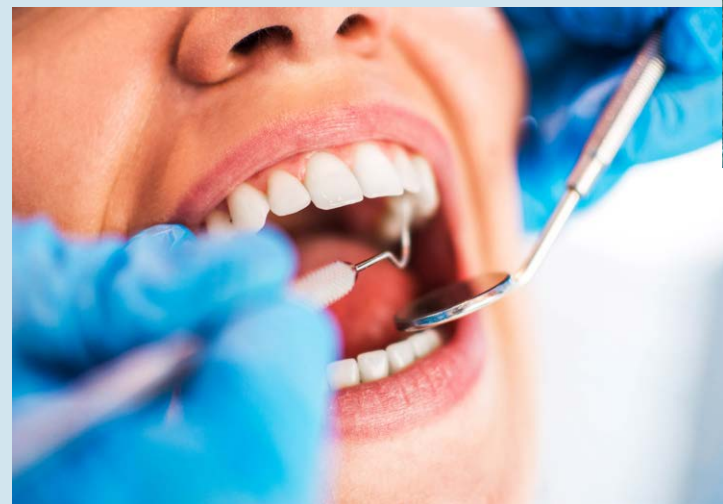
According to the nonprofit HelpGuide.org,

ADULT PLAY CAN HELP to alleviate stress, improve brain function, boost creativity, and strengthen relationships.

Unfortunately, that lesson seems to have been lost on modern adults. A recent survey from the American Psychological Association found that 76 percent of adults felt stress from politics, race relations, violence, and inflation. Such stress has had an adverse effect on respondents' health, contributing to episodes of headache, fatigue and depression, among other things. According to the nonprofit HelpGuide.org, adult play can help to alleviate stress, improve brain function, boost creativity, and strengthen relationships. Sharing laughter and fun with others can encourage empathy, build trust and foster intimacy with others.

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At Ohio Living Breckenridge Village

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your unique journey, supported by customizable

amenities and services that give you freedom from daily chores, foster personal growth, and provide peace of mind knowing that top-tier care is at your fingertips. Utilize Ohio Living Home Health & Hospice to bring in services to your home help you age in place.

Should you need a higher level of care, we have award-winning assisted living and memory care at The Nason Center; and rehab and long-term care are offered at the Fairmount Health Center. Experience comprehensive care from our professional tenured staff that nurtures your physical, mental, and spiritual well-being. Residents in all areas of the community can Immerse themselves in a diverse range of activities to tranquil moments in our Lyons Chapel or eleven libraries.

At Ohio Living Breckenridge Village, the possibilities are endless — it's more than just a residence; it's a thriving community designed for your needs from independent living to assisted living to palliative and hospice care and more - All on one campus.

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Whether you're looking for that special bustier (for that equally special day), mastectomy bras or breast forms after surgery, or for fuller size bras from 32 to 52 and cups from DD to L, we're always here to meet your needs.

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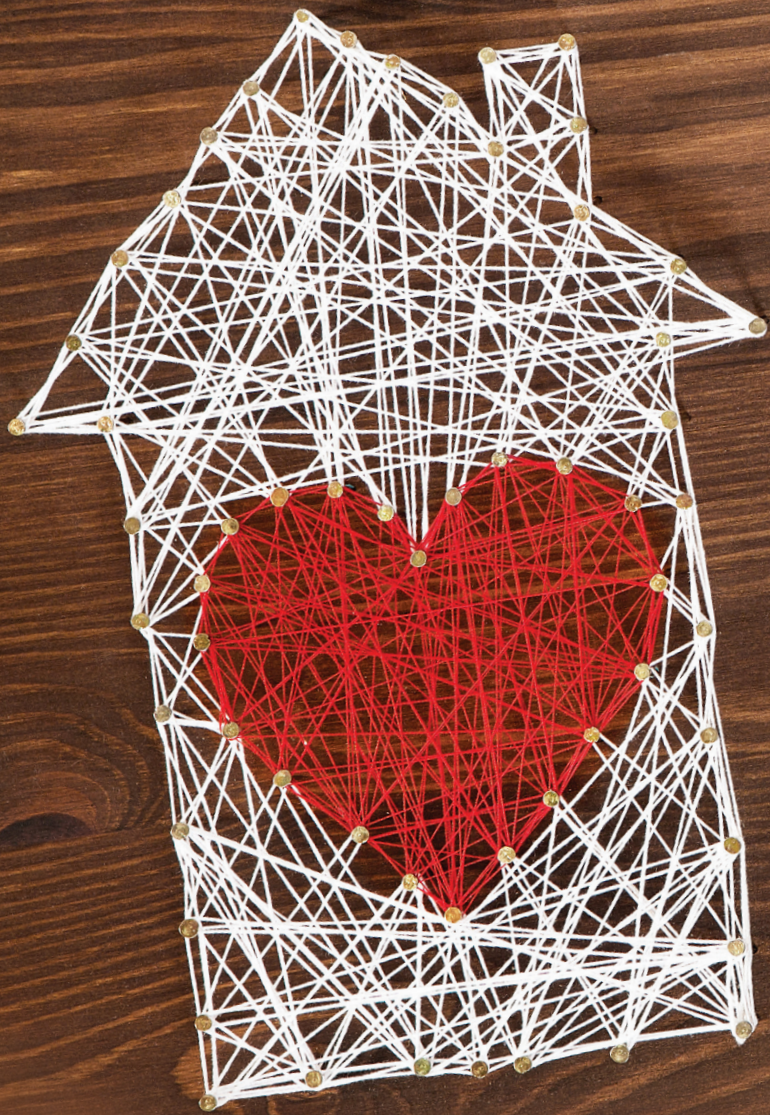
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