

**2016**  
***Lorain County***  
***Medical Society***



**Free  
Health Fair**



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**10 a.m. to 2 p.m.**

The Fitness Center at UH Avon Health  
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**FREE to all in the community.**  
**Registration not required.**

## **LCMS Community Health Fair**

### **Screenings include:**

- Blood Pressure
- Blood Sugar
- Stroke Assessment
- Heart Health
- Bone Density
- Pain Assessment
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- BMI
- Spine Health
- Joint Health
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# A Message from the President and Executive Director

*Dr. Chris Warren and Susannah Selnick*

The 2016-2017 year brings exciting transitions for the Lorain County Medical Society. First of all, the Society graciously thanks Kay Carbone for her years of service as the Executive Director. Kay stepped down in 2016, and the Society is eager to welcome our new Executive Director, Susannah Selnick.

The Society is also looking forward to transitioning into a more technology-driven membership system and a new website. This new system will help us keep track of our members and will allow them greater access to the goings-on of the Society.

The LCMS Foundation is pleased to have our building on Hoag Drive fully rented to wonderful tenants. We welcomed Dr. Priti Nair in August to fill our vacant suite after long-time tenants RWL Architects moved out.

The LCMS Scholarship Foundation again awarded academic scholarships to several students from disciplines including medicine, nursing, occupational therapy, and pharmacy. The Scholarship Foundation prides itself on awarding students who plan to return to Lorain County to pursue their careers in healthcare.

This fall we are excited to once again host our Community Health and Wellness Fair at The Fitness Center at University Hospitals Avon Health Center. The health fair will bring Lorain County physicians and health organizations together to provide free health screenings and other information to Lorain County residents.

We are excited to move forward this year to provide education to our physicians and community, and to continue the legacy of the Lorain County Medical Society.



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**DISCLAIMER** All articles in this supplement were provided by the Lorain County Medical Society. Information in these articles, although thoroughly checked for accuracy, should not be used as a substitute for regular care. Consult your physician for medical advice.

## I Think I Am Having a Heart attack; What Do I Do?

I think I am having a heart attack, what do I do? Go to the emergency room?, call my doctor for an appointment?, or Google heart attack? Heart attacks are one of the most common causes of deaths for Americans in the United States. Nearly 750,000 heart attacks will occur each year. Of the people who don't survive a heart attack, one out of two will die within the first hour. Therefore, prompt attention if there is concern about having a heart attack is very important. Seeking medical care at the local emergency room will help you decide if you are having a heart attack and what treatment is necessary. Although there has been great improvement in cardiovascular care with nearly 40% reduction in cardiovascular deaths in the past 20 years, heart disease is still the number one cause of death and is the reason in about 40% of all deaths.

Heart attack symptoms can be different whether you are a man or a woman. Typically for men, it is some type of chest discomfort



but also can occur in the arm, back, neck or jaw. For women, it is usually not discomfort but rather dizziness, vomiting, cold sweats or unusual tiredness. These symptoms, if new, particularly at night that awaken you, probably need immediate evaluation. This is done by calling 9-1-1, coming to the local emergency room where the ER team can determine if you are having a heart attack and deliver prompt necessary care. If you

are not having a heart attack the ER team can help you make appropriate arrangements for follow up care to determine what cardiac testing and treatment is necessary and beneficial.

Emergency cardiac treatment for those having a heart attack is typically going to the cardiac catheterization lab for a heart catheter test that uses small plastic tubes

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## Common Sense for the Eyelids

### Daniel J. Pierre MD

*Comprehensive and Pediatric*

*Ophthalmologist*

*Cleveland Eye Clinic*

*Consultant at Parschauer Eye Center*

EVERYONE brushes their teeth.

Well, maybe not everyone does this, but at least everyone KNOWS that they ought to. Why? Because dentists (and toothpaste and toothbrush manufacturers) have done a good job at making it common knowledge that a person needs to

take care of their teeth in order for them to stay healthy, functional, and pleasant to see.

To my personal dismay, this is NOT the case with eyelids. Al-

though eyelids are plain to see on everyone's faces, and used once every few seconds constantly throughout the day, and play a critical role in maintaining the tear film on the surface of the cornea—the most important refractive part of the eye—it seems to me that no one really thinks about taking care of them, to make sure that keep the vision are clear as it can be and the eyes are comfortable as they can be.

I often see people who stoically struggle with eye surface dryness, irritation, itching, or otherwise discomfort, accepting it as a 'normal' part of life. They may have tried some method to cover up their symptoms without actually solving the underlying cause, like putting an over-the-counter lubricating eyedrop in a few times a day, just because that's all the common knowledge they have about eye irri-



tation. I would say that this struggle is, for most people, unnecessary, it only they had a little more knowledge about how to take care of your eyelids. The purpose of this article is to make such knowledge a little more common. So, read on!

The eyelids are responsible for making the oil component of the tear film. This helps tears not to evaporate too quickly, but to keep the surface of the eye moist. There are about 40 glands, lined up in a row, in the upper and lower eyelids. Their small openings are located just behind the eyelashes, and just in

front of the eye surface.

Sometimes, for reasons unknown, the glands make low-quality oil, rather than high-quality oil. Low quality oil is stiff (like butter), while high quality oil flows freely (like olive oil). When such stiff oil tries to empty from the gland out of the small opening, it can clog; also, scaly flakes can collect at the base of the eyelashes.

This can cause several problems. The tear film that lubricates the eye surface degrades and collects irritants, leading to dryness. Bacteria

**CONTINUED ON PAGE 10**

## The Quality of Your Medical Imaging is Critical

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## The Mission of the Lorain County Medical Society is to serve its members by:

- Acting as a strong physician advocate within the boundaries of professional integrity, while recognizing and representing the diversity within the medical community;
- Recognizing the health care needs of the community and acting as a patient advocate in response to those needs;
- Providing services that meet the professional needs and interests of the physician community;
- Promoting the positions of the profession and the Society to the public;
- Taking a leadership role in informing the community about health issues;
- Preserving the professionalism in medicine;
- Promoting American ideals of the patient-physician relationship;
- Upholding the Principles of Medical Ethics of the American Medical Association.



# Cathy's Story

When 62-year-old Cathy Peltz heard the words “You need a hip replacement” from her doctor, she was shocked. Like most of us, the assistant in UH Elyria Medical Center’s Information Services department thought she could just take some over-the-counter medication and the pain would eventually go away. “I wasn’t prepared for that news,” said Cathy. “Joint replacement wasn’t on my radar; I needed time to process what it meant for me.”

The pain she had been feeling in her right hip started slowly and progressively got worse. “I limped through most of 2015,” said Cathy. Her friends and colleagues at work noticed that her gait was changing as she tried to compensate for the pain in one hip by leaning more on the other. “They used to say that I had a hitch in my giddy-up.”

In late 2015, she came to the realization that hip replacement surgery was her only option. Cortisone injections had not alleviated the pain that was caused by arthritis in her right hip, so she sought out orthopedic surgeon William Stanfield, MD of the Center for Orthopedics. “Dr. Stanfield came highly recom-

mended by a colleague who previously had her hip replaced by him, and another friend knew him from working in his office.” She continued, “Those recommendations made me feel comfortable placing my care in his hands.”

Cathy’s surgery took place in February, 2016 at UH Elyria Medical Center. She took advantage of a program offered by the hospital’s Center for Bone & Joint Reconstruction that is often referred to as “Joint Camp.” This alternative approach to post-operative rehabilitation utilizes a goal-oriented and team-motivated atmosphere to encourage patients who are undergoing joint replacement procedures to help each other recover. A group of patients – referred to as “guests” at the Center for Bone & Joint Reconstruction at UH Elyria Medical Center – gather for a meal and educational program before surgery. After their procedures, the guests are brought back together for rehabilitation. “I appreciated the joint camp process,” said Cathy, whose sister attended the pre-surgery meal and education session with her. “After surgery, the other patients and I worked together as a team.

We had a truly incredible staff of doctors, nurses, technicians and physical therapists.”

Cathy was discharged to her home just two days after surgery, and was back to work in four weeks. “My recovery went very well, and I owe a lot of that to the physical therapists at UH Rehabilitation Services & Sports Medicine at UH Avon Health Center. They were incredible – both motivating and caring.”

*William Stanfield, MD is a board-certified orthopedic surgeon who specializes in joint replacement, sports medicine and arthroscopic surgery. For an appointment with Dr. Stanfield or any other joint replacement and preservation specialist at UH, please call (866) UH4-CARE.*



## Lorain County Medical Society

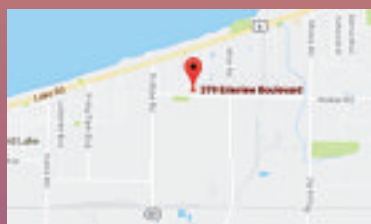
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The physicians of Lorain County Medical Society and staff are here for the members of our community. Please call our office, email us or visit our website.

### Community Benefits & Activities:

- Need a physician? New to the local area? Call us for a referral.
- Scholarship opportunities are available. Visit our website for details.
- Shadow & volunteer opportunities for students in the medical field.
- Seeking employment? We accept resumes for our physician members.
- Health informational handouts are available & educational events are ongoing.
- LCMS Community Health Fair will take place October 1, 2016.

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# Not Your Father's Back Surgery

## *Minimally Invasive Spine Surgery Leads to Faster Recovery*



Most all 20th century back surgery was done via "Open Surgery." In this more traditional approach, the doctor makes an incision that is 5 to 6 in. long and "opens" or moves the surrounding

tissue to access the area needing surgical treatment. Now, thanks to advances in technology and technique, patients can have Minimally Invasive Spine Surgery (MISS), which uses a small (one inch or smaller) incision, along with specialized instruments, to gain targeted access to the problem area in the spine.

The benefits of MISS come from less surrounding tissue disruption

and damage. As Dr. Robert Berkowitz, MISS specialist at The Center for Orthopedics explains, "With this minimally invasive technique, we can get to the affected area with a small tube, and in doing so, dial right into the problem spot. This means less ligament, muscle and bone disruption in the surrounding area, which leads to less bleeding, less pain, and faster recovery time." The MISS procedure can be used to treat herniated discs, spinal stenosis, spondylolisthesis and chronic leg or back pain. Fusion, laminectomy and microdiscectomy surgeries can all be done with MISS, which is a technique also used in cervical (neck) spinal surgery.

Dr. Berkowitz sees MISS as a great option for those suffering from herniated discs. "With minimally

invasive spine surgery on a herniated disc, I will spend 30-45 minutes in the operating room. Essentially, we make an incision less than an inch long, remove the part of the disc impinging on the nerve, and then you go home the same day. Most people have immediate relief of their pain. The bottom line is that those with less pain can start physical therapy sooner and then see a reduction in recovery time."

While patients can appreciate faster recovery, as a surgeon, Berkowitz appreciates the risk reduction associated with MISS. "I have not yet had to give an MISS patient a blood transfusion. Going minimally invasive significantly reduces that risk."

Considering the obvious benefits of MISS, patients might wonder why open surgery is still common practice. One reason is that open surgery makes more sense for those with multi-level problems and diseases. Too many problems would lead to a higher volume of small incisions and at some point the larger incision simply makes more sense. However, for those with one or two level problems or disease, using a smaller

incision is often the better option.

But, according to Berkowitz, even those who are ideal candidates, are not always offered MISS, simply because the practice is not yet commonplace. "In fifteen years time, MISS will be standard care, once the technology and training comes further into the mainstream," he says, "In the meantime, there are surgeons with additional training and experience who do MISS as their standard, and, for many patients, this can be more advantageous than traditional open surgery."

If you're interested in learning more about MISS as a treatment option, call to schedule an appointment with Dr. Berkowitz at The Center for Orthopedics. 330.329.2800.

Robert Berkowitz, MD is a board-certified orthopedic surgeon who specializes in minimally invasive surgery of the spine and was the first surgeon in Lorain County to perform a cervical disc replacement. A visit with Dr. Berkowitz will ensure you treatment with the most current state of the art technology available today for operative and non-operative spine conditions.

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## Lorain County Medical Society Community Health Fair Brings Physicians to the Community with Free Medical Screenings

The Lorain County Medical Society is pleased to once again be offering our Free Community Health Fair. This year's health fair will take place on Saturday, October 1st from 10:00am -2:00pm at The Fitness Center at UH Avon Health Center located at 1997 Healthway Drive, Avon, OH 44011.

We pride ourselves on offering a health fair that is free to the community and offers a wide variety of free medical screenings with Lorain County Physicians.

**This year we are offering the following FREE HEALTH SCREENINGS:**

Vein Screenings by Dr. Nelson

Heart Health Screenings by North Ohio Heart Association

NeuroSpine Care: Does your back pain need surgery?

Joint Health Assessment by Center for Orthopedics

Dr. Kakumanu: Ask Me Anything! General Health Questions

Bone Density Testing by Dr. Kovach

Dr. Malak: Ask me about your pain

Dr. Guay: Ear, Nose & Throat Health Questions

Carpal Tunnel Screening by Dr. Bej

Pulmonary Testing by University Hospitals

Stroke Assessment by University Hospitals

Diabetes Risk Assessment by University Hospitals

Carotid Screenings by University Hospitals

Blood Pressure Check by Mercy Regional Medical Center

Blood Sugar Screening by Mercy Regional Medical Center

BMI Screening from AmBari Nutrition

FREE Chair Massages by Baumbick Chiropractic & Dr. Leo Simoson

This year's health fair will also feature several vendors from local health and wellness related businesses from throughout Lorain County.

Be sure to bring the whole family as we will also have face painting and balloon animals, police cars and fire trucks on display, and several opportunities to win prizes from the WOBL/ WDLW Prize Wheel!

Thank you to our sponsors: Nelson Vein, Mercy Regional Medical Center, University Hospitals, NeuroSpine Care, and North Ohio Heart Association.

For questions, call the Lorain County Medical Society at 440-934-6825.

## The best (and worst) foods for heart health

No one wants to hear from their doctors that they have joined the millions of people across the globe to be diagnosed with heart disease. The Heart Foundation reports that heart disease, which includes diseases of the heart and cardiovascular system and stroke, is the No. 1 cause of death in the United States, affecting both men and women and most racial/ethnic groups. Heart disease also is one of the leading causes of death in Canada, claiming more than 33,000 lives per year.

Many factors contribute to the development of heart disease, including smoking, lack of exercise and stress. Diet and whether a person is overweight or obese also can have a direct link to heart health. Diet, particularly for those with diabetes and poorly controlled blood sugar levels, is a major concern.

A variety of foods are considered helpful for maintaining a strong and healthy heart and cardiovascular system, while others can contribute to conditions that may eventually lead to cardiovascular disease or cardiac arrest. Moderation enables a person to sample a little of everything, but

not to make any one food a habit. The following are some foods to promote heart health and some foods you might want to avoid.

### GOOD

- **Tree nuts:** Tree nuts contain unsaturated fats that can help lower LDL cholesterol (the bad stuff) and improve HDL (the good stuff). Nuts also are a filling source of protein and other healthy nutrients.

- **Whole grains:** Whole grains contain complex carbohydrates for energy, as well as protein and fiber. Fiber can help scrub cholesterol from the blood, lowering bad cholesterol levels.

- **Fatty fish:** Many cold-water, fatty fish, such as halibut, herring and salmon, contain omega-3 fatty acids, which are heart-healthy. Omega-3s also can be found in walnuts, flaxseed and some soy products.

- **Beans:** Beans and other legumes are an excellent source of protein and can be a stand-in for meats that are high in saturated fat. Beans also contain cholesterol-lowering soluble fiber and folate, which can reduce blood homocystein levels. The

**CONTINUED ON PAGE 9**

Make Your Relationship a Priority at ANY Age!

**SPECIAL PRICING THROUGHOUT OCTOBER!**

It's Okay to Talk about it... Vaginal Health.

Have you experienced vaginal dryness and painful intercourse since

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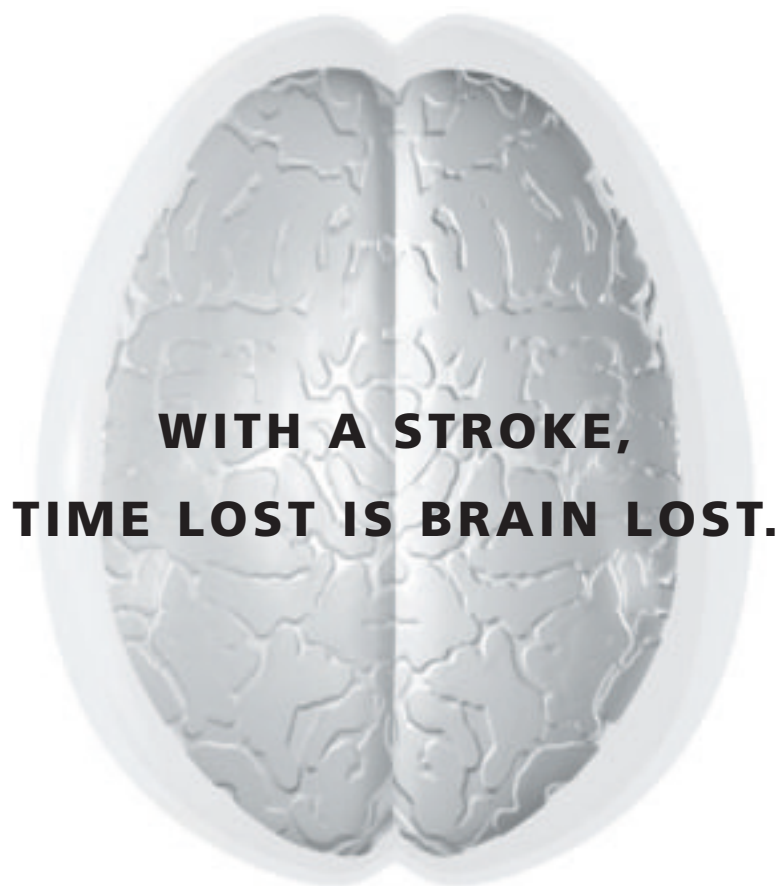
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If you suddenly have or see any of these symptoms, call 9-1-1 immediately:  
 Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at [StrokeAssociation.org](http://StrokeAssociation.org) or 1-888-4-STROKE.



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American Stroke  
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## MONA LISA TOUCH

Dr James Matheson has added a leading edge treatment to his Gyn practice to resolve vaginal health issues often caused by menopause. The Mona Lisa Touch, an in office procedure that is painless and requires no anesthesia, received FDA clearance in 2014. Dr. Matheson is the only physician in the area offering this special laser treatment specifically designed to help post-menopausal woman and breast cancer survivors who suffer from painful vaginal symptoms due to vaginal dryness. At menopause,estrogen levels fall and then remain low,creating a very thin and dry vaginal wall. Many woman experience genitourinary symptoms which can include vaginal dryness and itching, painful intercourse, vaginitis, and painful bladder symptoms. A thin vaginal wall makes a woman more susceptible to bladder and vaginal infections. These problems can greatly impact a woman's quality of life. Many woman are unwilling or unable to use estrogen. Some have tried estrogen with no relief of symptoms or did not like the side effects or messy creams. If a woman has had a stroke, a blood clot or is a breast cancer survivor,she is not able to use estrogen products. The Mona Lisa Touch laser provides an excellent option for these woman. It is safe,painless and is done in the office. Three treatments that last about five minutes each, are done at 6 week intervals. The

laser energy stimulates new collagen, elastin and blood vessel growth. The vaginal tissue becomes revitalized with a greater blood supply which results in more moisture and lubrication. The stronger and healthier tissue is more resistant to infection. Bladder problems such as urgency and incontinence may disappear as well. Most woman notice improvement after the first treatment! The number of cases of newly diagnosed breast cancer has been increasing steadily. As treatment has improved long term survival has increased. Because many breast cancers can be stimulated by estrogen,the use of estrogen is forbidden in women who have had this disease. Many breast cancer survivors have severe vaginal symptoms and are unable to have sexual intercourse because of pain. The Mona Lisa Touch laser is an excellent option for these woman and is a "life changing" treatment for them. Mona Lisa Touch is a real breakthrough for feminine health. It offers a quick and painless remedy for a medical condition with a large unmet need for an effective treatment option. Traditional treatments do not always prove effective, and Dr. Matheson is excited to be able to offer woman this alternative treatment. For more information on the Mona Lisa touch laser, or to schedule an interview with Dr. Matheson, please call 440-967-5433 or visit the website at [riveroflightobgyn.com](http://riveroflightobgyn.com).



# ANAPHYLAXIS

Anaphylaxis is a serious allergic reaction that typically comes on quickly and may cause death. This medical emergency requires immediate treatment and then follow-up care by an allergist.

Anaphylaxis is triggered when the immune system overreacts to a usually harmless substance. Common things that can cause anaphylaxis may include a food such as a peanut, a medication such as penicillin or a sting by a bee. Symptoms usually appear within minutes to a few hours after eating a food, swallowing medication or being stung by an insect.

## Symptoms of anaphylaxis may include:

- **Breathing:** wheezing, shortness of breath, throat tightness, cough, hoarse voice, chest pain/tightness, trouble swallowing, itchy mouth/throat, nasal stuffiness/congestion
- **Circulation:** pale/blue color, low pulse, dizziness, lightheadedness/passing out, low blood pressure,

shock, loss of consciousness

- **Skin:** hives, swelling, itch, warmth, redness, rash
- **Stomach:** nausea, pain/cramps, vomiting, diarrhea
- **Other:** anxiety, feeling of impending doom, itchy/red/watery eyes, headache, cramping of the uterus

Many people may not realize they have an allergy until they experience anaphylaxis. An allergist can examine you and make a proper diagnosis. If warranted, your allergist will prescribe injectable epinephrine to use in an emergency.

If anaphylaxis occurs, the mainstay of treatment for anaphylaxis is injectable epinephrine. If it isn't treated properly, anaphylaxis can be fatal. Sometimes symptoms go away, and then return a few hours later, so it is important to take these steps as soon as an anaphylactic reaction begins and to remain under medical observation for as long as the reaction and symptoms continue.

## HEART HEALTH FROM PAGE 7

Bean Institute reports that consuming beans may reduce cholesterol levels by roughly six to 10 percent.

- **Yogurt:** Researchers in Japan found yogurt may protect against gum disease. Left untreated, gum disease may elevate a person's risk for heart disease. Yogurt contains good bacteria that can counteract bad bacteria and boost immunity.

- **Raisins:** Raisins contain antioxidants that may help reduce inflammation. Inflammation is often linked to heart disease and other debilitating conditions. Fresh produce also is a good source of antioxidants.

## POOR

- **Fried foods:** Many fried foods have little nutritional value, as they tend to be high in saturated and trans fats. French fries are particularly bad because they are carbohydrates fried and then doused in salt.

- **Sausage:** Processed meats have frequently earned a bad reputation among cardiologists, but sausage can be a big offender, due in large part to its high saturated fat content.

- **Red meats:** Enjoying a steak is probably

not as bad as eating a deep-fried brownie, but it's best to limit red meat consumption to about 10 percent or less of your diet. Red meats can have a considerable amount of cholesterol, saturated fat and calories.

- **Added sugars:** Sugar can increase blood pressure and triglyceride levels. Sugar often hides out in foods that you would not associate with the sweetener. Plus, many people unwittingly consume too much sugar simply through sugar-sweetened beverages and ready-to-eat cereals.

- **Salty foods:** Leave the salt shaker in the spice cabinet and opt for herbs for flavoring, advises the American Heart Association. High-sodium diets often are to blame for hypertension, a major risk factor for heart disease.

- **Dairy:** Artery-clogging saturated fat also can be found in dairy products, particularly the full-fat versions. Butter, sour cream and milk can be problematic when people overindulge. Opt for low-fat dairy when possible.



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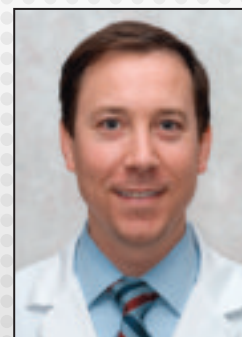
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Paul M. Bedocs, D.O.  
Board Certified



Lalah Bedocs, D.O.  
Board Certified

## HEART ATTACK FROM PAGE 4

and dye to be injected into the arteries of the heart to find the blockage locations. Once identified the cardiologist will determine whether or not it is appropriate to fix with a combination of balloon opening and stent placement. This typically needs to be done within 60 to 90 minutes and the sooner the better to prevent damage. Once damage occurs, it may not return normal function. Time is of the essence.

The best way to treat heart disease is the advice of a man who died many years ago, Ben Franklin, “An ounce of prevention is worth a pound of cure.” Identify what your cardiac risk status is by knowing the risk factors that will contribute to the development of heart disease. The most important is your family history. If parents or grandparents or siblings have had serious cardiac events, such as heart attacks or death early in life, particularly if 60

## EYELIDS FROM PAGE 4

can colonize the backed up oil and produce waste products that irritate lid and surface. The glands will continue to make oil despite the clog, and can cause a backup—a stye. Symptoms of eyelid oil gland dysfunction include irritation, redness, scaly debris, foreign body sensation, dryness.

Fortunately, these issues are usually easily addressed, without the need for prescription medications— just some faithful diligence. The solution targets the source of the problem: the scaly flakes at the base of the eyelashes and the clogged oil glands. I usually recommend two strategies...

The first strategy is to remove the low-quality oil with aggressive lid hygiene—“out with the old.” How would you remove greasy food residue from the dishes after dinner? You would probably use hot, soapy water to scrub them. I will apply the same principles to the eyelid.

First, the heat. Fold a washcloth in half long-ways 2 times to make a strip of cloth. Run it under hot water (It is OK to be a little uncomfortable, but not hot enough to damage the skin). Apply it to the eyelids at the base of the eyelashes for 30 seconds (not squeezing down on the eyelids, but gently closing them). Reheat the cloth with more hot water, and repeat for another 30 seconds—at least 1 hot minute total. This heat will soften up the stiff oil within the glands, much like melting butter. (If you wish to do it 2 or 3 minutes, that is fine, but I usually recom-

or less, then clearly you have been given a genetic inheritance card of risk. Other risk factors that are important, but not changeable to most extents, are age and gender. Men are much more likely to develop heart disease earlier, but women will definitely catch up, particularly after the age of 70.

The other important risk factors for heart disease are hypertension, diabetes, high cholesterol, and smoking. All of these risks should be identified and treated to the maximum capability of the patient and treating physician. Lifestyle is very, very important in the prevention of heart disease. Be active, stay active, and the more you do, the better. Just remember to be kind to your joints. Smoking cessation has incredible benefits and little, if any, harm except for the challenge of the initial discontinuation and sometimes weight gain.

Education is a very important tool for iden-

mend at least 1 minute.)

Second, use the soap and scrub. Immediately after the hot compress, put some baby shampoo (which is “tear free” and allowed to get into the eye) on your pointer fingers and work it into a lather with some water. Then, scrub the base of the eyelash line vigorously with the soapy fingers. Be aggressive. If you get soap in the eye, it is ok—it will not damage the eye. It lets you know you are doing it correctly! The soap helps dissolve the heated oil and the mechanical scrubbing action helps wear away at the clogs.

Do this at process least once a day. For more severe cases, or if a stye is starting to form, you can do it even more aggressively, 2 or 3 times a day. This process helps to remove irritants that can build up on the eye surface that cause these symptoms of discomfort.

The second strategy is to improve the quality of oil your eyelid glands produce.—“in with the new.” If you give your body’s oil glands better building materials, they can produce higher-quality oils. Ingesting omega-3 fatty acid dietary supplements (fish oil or flaxseed oil) can be very helpful. I usually recommend at least 1000mg per day, but you can use up to 4000mg per day for maximum effect! I always recommend checking with your primary care physician before starting to take omega-3 fatty acid supplements; there may be a few reasons he or she might have you avoid them according to your personal health

tifying your symptoms, risks, and options for treatment. Best resources are your family physician and cardiologist to help you through risk assessment, risk factor management and life style changes to avoid cardiac events and enjoy good cardiovascular health. Finally in this era, we all turn to Google to figure out answers to our questions, concerns, heart risk and treatment options. The potential problem with the internet is lots of opinions and sometimes the lack of medical evidence. Evidence Based Medicine has always been the goal from the cardiovascular community, particularly the American College of Cardiology and the American Heart Association.

The websites for accurate, helpful, relevant clinical information regarding heart disease are:

1. [www.cardiosmart.org](http://www.cardiosmart.org)
2. [www.heart.org](http://www.heart.org)
3. [www.partnersforyourhealth.com](http://www.partnersforyourhealth.com)

history. For adults, capsules are fine, but for children, I recommend the lemon-flavored fish oil syrup. They do make gummies-candies that contain omega-3, but they have too much sugar and not enough omega-3 oil in my opinion!

If you faithfully follow the advice above, you can usually expect good results. These strategies works well to:

- Get rid of the scaly appearance at the eyelashes
- Unclog the oil glands and restore normal contribution to the tear film
- Make the eye surface feel less dry and irritated
- Help styes to go away and stay away

But, just like any daily hygiene regimen, if you do not regularly keep up with it, you will not notice an improvement. It works best when done consistently over time, and really does all depend on your motivation to treat your eye symptoms. To help remind yourself of these new daily tasks, make some appropriate practical changes. For example, put the baby shampoo, washcloths, and omega-3 supplements in a place where they are conveniently available and where you will see them.

So now you have a little more knowledge about how to maintain a nice, clean eye surface. If you or a friend are experiencing any of these symptoms of eye irritation, it is a very simple thing to try for a few weeks to see what it does. I have so many patients who tell me how wonderfully well this works for them when they do it faithfully. Perhaps you will one day share their experience!





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