



Health &

WELLNESS



INSIDE

Great Expressions	page 2	Vanek Dr. Paul M.D. Inc.	page 16
Katherine A. Thokey D.D.S.	page 3	Dr. Howard Waxman	page 18
Lake County ADAMHS Board	page 4	Beyond Your Smile	page 18
Mapleview Country Villa	page 5	Advanced Audiology Concepts Inc.	page 19
Painesville Dental Group	page 6	Allied Dermatology and Skin Surgery	page 19
Cleveland Shoulder Institute	page 7	Donahue Foot & Ankle Center	page 20
Lake County Y	page 8	Geneva Village Skilled Nursing & Rehab	page 21
Burton Health Care	page 9	Heather Hill Care Communities	page 22
Generations Behavioral Health	page 10	Premier Behavioral Health Services	page 23
Smith Vein Institute	page 11	Ophthalmic Physicians Inc.	page 23
Beacon Health	page 11	Fioritto Dental Associates	page 24
Layton Physical Therapy	page 12	Kirtland Rehabilitation and Care Center	page 25
Kinetico Inc.	page 12	Lake Foot Care Center	page 25
Options Chiropractic Inc.	page 13	Addiction Outreach Clinic	page 26
Dr. Rusty Albrecht	page 13	Heather Hill Care Communities	page 27
Center For Advanced Vein Care	page 14	Ohio Living Breckenridge Village	page 28
Gates Mills Club	page 14	Podiatry Inc.	page 29
Lake-Geauga Recovery	page 15	Maryann's Family Hearing	page 30
Mutsko Insurance Services	page 15	Mentor Woods Continuing Healthcare	page 31
		Lake Health Inc.	page 32

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Lake Health House Calls Program Provides Personalized, In-Home Care For High-Risk Patients

Getting to a doctor's office appointment can be difficult for individuals who are elderly or living with a debilitating condition such as congestive heart failure. Many go without medical care and as a result require costly emergency intervention and hospitalization. To ensure patients stay healthy, Lake Health nurse practitioners are reviving an old practice: providing care where patients need it most—in their homes.

The Lake Health House Calls program offers personalized in-home primary care and palliative care to patients managing a chronic disease or recovering from a recent illness or hospitalization. The goal of these house calls, explained Michele Pirc, director of Advanced Practice Providers at Lake Health, is to reduce hospital readmissions and improve patient outcomes.

"Because we're able to spend a significant amount of time with patients at their homes, including assisted living and long-term care facilities, we can deliver a level of care not possible in an



office setting," she explained. "Depending on a patient's needs, we can provide everything from prescribing medications and removing stitches to ensuring they understand their treatment plans and discharge instructions."

Pirc said having the opportunity to

see patients in their home environment also provides a better understanding of the services they need.

"We can evaluate their living conditions and identify safety concerns, such as fall risks. We also meet with family members and other members of the

caregiver team, which helps us see the big picture. That way we can ensure our patients are receiving not just proper medical care but also social services as well," she said.

On call 24-hours a day, nurse practitioners collaborate with each patient's primary care provider and an interdisciplinary team of physical therapists, occupational therapists, dietitians, social workers and case managers to provide effective and seamless care. With a focus on illness prevention and maintaining quality of life, nurse practitioners provide supportive services to manage pain; schedule diagnostic tests and therapies; educate patients about taking medications properly; and facilitate communication among all members of the health care team including the patient and family. Home visits are ongoing until the patient's health improves and he or she can comfortably resume regular doctor's office visits.

"Caring for elderly and chronically ill

CONTINUED ON PAGE 9

Dr. Thokey has been providing dental care for our community since she graduated from Case Western Reserve School of Dentistry in 1994. Dr. Thokey was born and raised in the Cleveland/Lake County area and is currently living in Madison with her husband and two dogs. Besides dentistry, Dr. Thokey enjoys gardening, antiques and collectibles.



Katherine A. Thokey
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Beacon Health provides comprehensive health services to adults with mental illness and substance use disorders

Beacon Health uses a personalized approach to ensure it meets the psychological and emotional needs of its clients. Its staff maintains the dignity and respect of its clients while working through an individualized wellness program to improve the quality of their lives and of those in the community. There's a growing need for mental health and substance use disorder services in Lake County. People who never thought they would need help now may have lost their job and/or insurance and need support. Unfortunately, people don't always know where to go for help.

Beacon Health operates as a county-wide "one-stop" outpatient mental health and substance abuse treatment facility. We provide crisis hotline services, psychiatry, medications, nursing, counseling, support groups, employment assistance, case management, community education and advocacy, and forensic/criminal justice services. We also have specialized treatment teams to serve senior citizens, dually diagnosed patients and those with a mental illness who are in jail because of an offense directly related to their mental illness. Our



certification requires that all clients must be at least 18 years of age. Beacon Health is certified by the Ohio Department of Mental Health and the Ohio Department of Alcohol and Drug Addiction Services and has maintained national accreditation from CARF for over 15 years.

We are fortunate to receive a diverse mix of funding support from the Lake ADAMHS Board and United Way of Lake County. We also are paneled with the largest insurance companies in Northeast Ohio to include Medicare and Medicaid.

Beacon Health services are available at 9220 Mentor Avenue in Mentor. Anyone with questions can call 440-354-9924 or visit our website at www.beaconhealth.us. All inquiries and services are kept strictly confidential, and fee for services are billed on a sliding fee basis.

DEPRESSED? OVERWHELMED? DRINKING TOO MUCH? FAMILY VIOLENCE? DRUG ABUSE?

Need a sense of direction?

Start Here. Looking for help with issues like depression, mood disorders, alcohol or drug abuse, or family violence? Live in Lake County? Then we invite you to call our Compass Line. You'll talk with a trained triage specialist who can help you sort through your feelings, evaluate your options, and get connected quickly and firmly with the right local resources. It's free. It's confidential. It's a great place to start.



THE COMPASS LINE

350-2000 or 918-2000 (both 440)

Lake County Alcohol, Drug Addiction and Mental Health Services Board





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The Lake County ADAMHS Board



The Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board oversees a network of mental health and addiction recovery services for Lake County residents. ADAMHS Boards are established by state statute – there's one in every Ohio County. The Lake County ADAMHS Board enjoys a well-earned reputation as one of Ohio's best.

Looking for help? Not sure where to start?

The ADAMHS Board's Compass Line is a user-friendly entry point for those who find themselves in need of services, but aren't sure where to start. A call to the Compass Line at 918-2000 or 350-2000 (both 440) puts you in touch with a trained triage specialist who will help you sort through issues, explore options, and get you connected firmly and quickly with help resources.

For more information about the ADAMHS Board, its network of providers, and the Compass Line visit www.HelpThatWorks.us.

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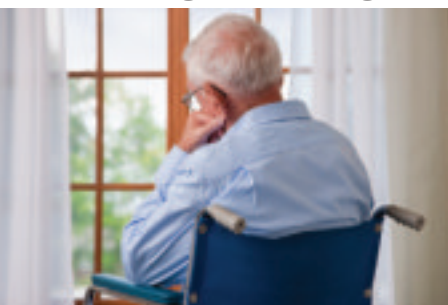
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Generations Behavioral Health – Geneva Serving People Age 55 and Older



Generations Behavioral Health – Geneva is a short-term psychiatric hospital specialized in providing stabilization of behavioral problems associated with depression, anxiety, grief, loss, confusion, medication adjustments, distress related to health declines, and more, for people age 55 and over. Our staff is dedicated to working closely with each patient and their loved ones as they provide guidance through each step of an individualized treatment plan. Our philosophy recognizes that everyone is unique with a rich history of life experiences. Our environment and programming are tailored to meet the specific needs of seniors in a comfortable, state-of-the-art facility.

Additionally, we offer a Senior Assessment Program to provide outpatient diagnosis and treatment recommendations. It incorporates the assessments from a psychiatrist, social worker, pharmacist and more to develop a formal plan of care recommendation to be forwarded to the patient's primary care physician.

Call 440-491-0155 for assistance.
www.generationsbehavioralhealth.com

Mammography: Answers to Your Questions

How often should you have a mammogram? Do you have dense breasts? Is 3D mammography right for you?

A lot has been said and written recently about how often women should have mammograms and explaining dense breasts and 3D mammography. Rosalinn Santacruz, MD, a Lake Health diagnostic radiologist and fellowship-trained breast imager, offers her answers and advice.

Mammograms: When and How Often?

For women with an average risk of breast cancer, the American Cancer Society recently recommended yearly mammogram screening from ages 45 to 54 and every two years after age 55. The US Preventive Services Task Force recommends screening begin at 50 and continue every two years to age 74. Why? To minimize the risk for false positive results, which may cause anxiety and require further, unnecessary testing and procedures.

"Because mammography is still the best screening to catch breast cancer at the earliest possible stage, I support beginning at 40 and continuing every year," says Dr. Santacruz. "That allows the best opportunity to catch tiny cancers that can be easily and effectively treated."

Everyone agrees that screening should begin

earlier and continue annually for women with a family history of breast cancer or other risk factors.

The Big Deal About Dense Breasts

On the opposite end of the spectrum, the main reason for false negative results following a mammogram – the presence of cancer that isn't detected early on when it's most treatable – is dense breast tissue. The breast is made up of two types of tissue: fibroglandular tissue and fatty tissue. Breast density is categorized by the amount of fibroglandular tissue in the breast simply for the purpose of interpreting a mammogram. From least to most dense, the categories are: predominantly fatty, scattered fibroglandular, heterogeneously dense and extremely dense.

Why is that important? Because fatty tissue appears gray on a mammogram, but fibroglandular tissue and cancer both appear white on a mammogram. So fibroglandular tissue can hide or mask cancer. The more fibroglandular – or dense – breast tissue you have, the more risk you have that cancer can hide on a mammogram. Because of increased risk, there has even been legislation in some states, like

CONTINUED ON PAGE 7



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MAMMOGRAPHY FROM PAGE 6

Ohio, requiring women be notified if they have dense breasts. Which brings us to 3D mammography.

3D Mammography

Three-dimensional mammography, known as tomosynthesis, is done at the same time and with the same machine as a standard two-dimensional mammogram. It uses the x-rays to collect dime-thin images – or slices – across the breast. Computer software then creates a 3D image of the breast which can be examined layer by layer, allowing the radiologist to “close in on” and more clearly examine any suspicious dense areas that could be cancer.

Because 3D mammography helps radiologists clearly examine suspicious areas, there are fewer false positives, fewer callbacks and reduced unnecessary additional testing and biopsies. In addition, there is a greater potential for earlier detection of cancer in women with dense breasts. But it’s not just for women with extremely dense breasts.

“Tomosynthesis has improved the rate of early cancer detection for all women: even for those with fatty breasts and still more for those with scattered or heterogeneously dense breast tissue,” Dr. Santacruz explains. “Although some health insurance plans don’t cover the additional charge for 3D mammography, if you can afford the small out of pocket cost, I highly recommend it.”



You should know:

- Annual digital mammography remains the optimal screening modality for early detection of breast cancer.
- Digital mammography is available at West and TriPoint medical centers and the Mentor Campus.
- TriPoint and West medical centers offer 3D mammography.

Mentor Ridge Health & Rehabilitation Center

The picturesque landscape in historic Kirtland Hills offers a pristine setting for health and healing. At Mentor Ridge Health and Rehabilitation Center, our private and spacious suites are designed to promote comfort and safety while enjoying healthy living. Rehabilitation services are provided by our experienced team of physical, occupational, and speech therapists who work with each individual to accomplish physiological and personal goals.

With two beautiful dining rooms and a quaint Bistro to select from, you may enjoy the exquisite meals prepared by our executive chef. Mentor Ridge Health and Rehabilitation Center also has an ultramodern, state-of-the-art Outpatient Rehabilitation and Aquatics Center offering private and customized aquatic therapy.

We are committed to the highest level of quality and customer service in supporting our mission “Making a Difference, One Individual at a Time...” We are confident you will discover that Mentor Ridge Health and Rehabilitation Center represents the next generation of destination healthcare.



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KNEE PAIN



SHOULDER PAIN



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WHAT PATIENT'S SAY

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TIPS FOR STARTING AN EXERCISE ROUTINE

- Set some goals for yourself. (Think, “SMART”: Specific, Measureable, Attainable, Realistic, and Time-driven)
- Develop a support system within your family and/or friends.
- Find an exercise “buddy.” You’ll depend on, and be accountable to each other.
- Exercise for the sheer enjoyment of it. Be aware of how good it feels to move your body.
- Vary your routine. It will help with boredom, and it’s good for your body.
- Look at exercise as a lifetime commitment. You’re in it for the long-haul.
- Write it down. Over time, you’ll see your improvements, and you’ll be proud of all you have accomplished.

The key to a successful exercise routine is to enjoy what you are doing. When people have fun when they exercise, they do it longer! Be patient with yourself. You’ll see results after a couple of months. And always remember that the payoff is much greater than the cost.

Looking and Feeling Your Best for the New Year

By Debra S. Lowe, D.M.D., Comprehensive Dentist

Many of us take our mouths and smiles for granted. We think perfect hair, skin, makeup, fingernails, or clothes make for the perfect impression. Or there are those who are self-conscious, but just don’t know what to do. We here at the office of Debra S. Lowe, D.M.D. of comprehensive dentistry, can help. Do you realize that the smile is probably the first and most noticed feature when you greet someone? It can be a “deal-maker or a deal-breaker.” Not only does the appearance matter, but also whether or not there is a bad odor. Bad breath means there is something wrong. It can be very offensive. The mouth, as the first organ of the digestive tract, is the gateway to the body and your overall health. Nutrition is extremely important for good health, child development, and to aid in fighting disease. If teeth are broken, missing or hurting, you cannot get the proper nutrition you need. You may not notice it, but it is occurring. For those with concerns or those of you who just want to be sure to maintain your good health, we can help. We provide a very in-depth exam of both the teeth and the supporting gum and bone tissue, not to mention the oral cancer screening. We will be sure to diagnose the proper level of cleaning and gum therapy that you may need for good health. Treatment plans are based on an individual’s needs, not cookie-cutter. Of course, everyone gets our gentle approach. We have empathy for all who may have fearful tendencies. We will work with you to provide you a relaxed, comfortable experience, in our spa-like atmosphere. We process insurance and help maximize your benefits. We offer Care Credit payment plans. Treatment options include whitening, veneers, crowns, bridges, implant restorations, Cerec restorations, clear aligner orthodontics, tooth colored fillings, digital x-rays with 80% less radiation than traditional. Emergencies welcome.

If you think we can help you, call (440) 954-8300.

Understanding Insurance Benefits for Hearing Aids

The good news is that more insurance plans now have hearing aid coverage! You should check your 2017 policy for this benefit.

The slightly bad news is that it is not always easy to understand insurance benefits.

Say for instance that you have a \$5,000 hearing aid benefit. Chances are that there is a deductible and co-payment to be met by the insured and/or insurance might only pay 80% up to \$5,000. Or perhaps you have a \$3,000 benefit with provider restrictions. Some plans have you purchase hearing aids from a source other than your local audiologist, and then pay a fee to your audiologist to service the hearing aids for a limited time, after which the patient pays for service.

Progress is being made! The healthcare industry has begun to acknowledge hearing loss as the disability it truly is. Take advantage of this progress and access your benefits! Let us know if we can help! Call MaryAnn's Family Hearing at 440-357-4327

Submitted by MaryAnn Bencin, Audiologist at MaryAnn's Family Hearing

HOUSE CALLS FROM PAGE 3

patients in their home environment is ideal. It's where they're most comfortable and that can expedite healing," explained John Baniewicz, M.D., vice president for medical affairs and chief medical officer for Lake Health. "For older patients, in particular, in-home care can help them maintain their independence while alleviating stress for caregivers who would otherwise have to drive them to medical appointments."

In-home care is especially beneficial for patients with congestive heart failure—a condition in which the heart fails to pump blood effectively. The condition requires diligent management and close monitoring, and can often worsen at home after discharge from the hospital. Lake Health recently launched a new program that follows congestive heart failure patients for 90 days following discharge to ensure they stay healthy. Between home visits, patients are monitored around-the-clock using innovative telehealth technology designed to detect complications before they become severe and require hospitalization.

According to the Centers for Disease Control, congestive heart failure is the leading cause of hospital readmissions for those over the age of 65. The primary reasons for re-hospitalization include patients not taking medications as prescribed, failure to follow a dietary plan and not rec-

ognizing the early signs of congestive heart failure—such as fluid build up.

For 79-year-old Mentor resident Mary Leitch, the House Calls program has provided peace of mind and helped her better manage her congestive heart failure and a throat condition that makes it difficult for her to swallow. Leitch received her first house call with nurse practitioner Lindsay Cooper in April following a visit to the emergency department at West Medical Center.

"Lindsay is amazing. She has been so kind to me and my husband, Don—spending lots of time at our home to make sure I'm feeling better and I'm taking care of myself," Leitch said. "Lindsay made sure I understood how to take my medications properly and what tests and treatments I need to help me eat and drink easier. My husband and I now feel more confident about how to handle my health issues."

On a professional level, Cooper said the House Calls program has enhanced her ability to care for patients like members of her own family.

"Sitting down at their kitchen table with them, I'm able to get to know patients and their families on a more personal level," she said. "Being at their home I can be solely focused on them and giving them the care they need to achieve better health. That's what makes my job so rewarding."

For more information about Lake Health's House Calls program, call 440-255-5571.

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Lake-Geauga Recovery Centers, Inc. is a private non-profit agency providing continuous service to the community since 1971. The Center provides a wide range of services for adults whose lives have been affected by their own or another's use of alcohol or other drugs, problem gambling or by mental illness. Our goal for treatment services is to help our clients achieve long-term recovery and an improved quality of life. Health & Wellness services include Assessments, Drug Testing, Individual Counseling, Group Counseling, Educational Programs, Family Group, Medication Assisted Treatment, Hispanic Recovery Services and Ambulatory

Detox. The Center operates two Residential Treatment facilities (Lake House for men and Oak House for women), a women's Supportive Housing facility (Nevaeh Ridge) for pregnant women and women with children under age 5 and Recovery Housing for men in Chardon and Painesville and a women's Recovery House in Mentor. The Center also offers Prevention services and Grief Support for those who have lost loved ones through drugs or alcohol. Lake-Geauga Recovery Centers, Inc. 9083 Mentor Ave., Mentor, OH 44060 www.lgrc.us 440.205.2671 www.facebook.com/lakegeaugarecoverycenters

The Bright Side of Therapy at Ohio Living Breckenridge Village

Did you know that "light" not only brightens our path but, also has the ability to heal?

The concept of using light to heal the body dates back before Hippocrates. There is significant research demonstrating that red and infrared light, when concentrated, can promote healing of skin, soft tissue, ligament, tendon, bone, and cartilage as well as wounds. It can also decrease inflammation and relieve pain making therapy progress faster and be more effective. Blue light actually triggers the release of nitric oxide, which can be used to quickly kill bacteria, fungi, and other pathogens in wound infections, resulting in less use of antibiotics.

Ohio Living Breckenridge Village short-term rehab or out-patient therapy services now offer the benefits of light therapy. Through the use of the Dynatron Solaris Plus, the healing powers of light can be incorporated



into your treatment, allowing you to heal faster and shorten your rehab.

With limitations in insurance coverage and the increase in co-pays, this new application can not only ensure you get the most from your therapy visits but, decrease your recovery time.

Call us today at 440-942-4358 to learn more about this cutting edge technology!

Patient Case Study – Mary Davis

Finding relief from chronic pain with new regenerative medicine therapies
Non-surgical treatment helps patient get relief from shoulder pain

Mary Davis had been dealing with pain in both of her shoulders for more than a decade. Though she had surgery on her right shoulder for a rotator cuff tear, a few years later, she began to experience significant pain and limited range of motion once again.

“MRI scans of both shoulders showed extensive tearing, retractions and damage,” Mary said. “My only surgical option would be total shoulder replacements.” Wanting to avoid surgery, Mary’s physician, Reuben Gobezie, MD, recommended regenerative medicine, a non-surgical, outpatient therapy.

“Regenerative medicine in orthopedics is a trail-blazing treatment that replaces injured tissues with new, functioning tissues – regenerated from an individual’s own adult stem cells,” said Dr. Gobezie, a renowned Orthopedic Surgeon and founder of Regen Orthopedics.

The treatment stimulates previously damaged tissue to regain structure and recover. As her body responded to the stem cells and healed, Mary’s pain subsided and her range of motion increased.

“A few weeks from having the procedure, I noticed that holding my wiggly 4-month-old granddaughter did not stress my shoulders,” Mary said. “I no longer have pain picking up a gallon of milk or laundry soap. I could not be more pleased.”

HOW DOES IT WORK?

This biologic therapy activates the body’s natural healing process through injections of the body’s own healthy stem cells in order to stimulate tissue regeneration and natural healing in injured areas. Healthy regenerative cells are present within fat tissues, bone marrow and adipose connective tissue. Since the cells are collected from a patient’s own tissue, they do not pose a threat for rejection when transplanted to the injured site.

Regenerative therapies are particularly useful for patients who no longer find relief from traditional treatments like cortisone injections. Using ultrasound guidance for precise placement,



a physician injects the cells into the injured tendon, ligament, nerve, muscle, bone or joint. All of this is done in one outpatient visit.

“I had the stem cell procedure right there in the doctor’s office, and everyone was great to make me as comfortable as possible,” Mary said. “I first began to notice improvement with both the chronic pain and limited range of motion about two weeks post procedure, and things have continued to significantly improve.”

“More and more patients are looking for ways to avoid ongoing steroid treatments or surgery and regenerative medicine can be an excellent alternative,” said Dr. Gobezie.

For more information about regenerative medicine and therapies available in Northeast Ohio, visit www.regenorthopedics.com.

Regenerative medicine therapies assist patients with a number of painful conditions, including (but not limited to):

- Osteoarthritis
- Meniscus Tears
- Rotator Cuff Injuries
- Muscle Strains
- Tennis Elbow
- Achilles Tendinitis
- Other Forms of Tendinitis or Tendinosis
- Ligament Sprains
- Plantar Fasciitis
- Compression Nerve Injuries
- Nonunion Fractures



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Dr. Tamara Lempel

Tooth decay is the most common chronic disease among children in the United States, according to the Centers for Disease Control and Prevention (CDC). This all too common disease can lead to diabetes and serious heart problems, including heart disease and increased stroke risk. For children, tooth decay is 5 times more common than asthma, and according to the Academy of General Dentistry more than 51 million school hours are lost each year due to dental-related illnesses.

While tooth decay is one of the most common diseases in young children, it is also one of the most preventable. We want to keep kids healthy and avoid missing any school, or play, time because of dental issues that could have been prevented. This way, kids and their parents can focus on building

a bright future instead of spending unnecessary time in the dentist's chair.

Since February is Children's Dental Health Month, Great Expressions Dental Centers is spreading the word about simple ways to prevent tooth decay and other oral health issues in children. When kids learn and develop good dental habits early, it can mean better health later in life.

Parents, help your children brush up on oral health with these tips:

1. Brush with a fluoride toothpaste for two minutes, two times a day. This simple step can help prevent children from getting cavities.

2. Maintain a regular routine by brushing at the same time each day, making a child more likely to remember, or at least not be shocked when they're reminded it's time to brush.

3. Show them the proper way to clean between their teeth by flossing.

4. Visit the dentist regularly for family checkups.

And if your kids are nervous about seeing the dentist, there are many

books that can help them learn about the what to expect in their visit, such as *Berenstain Bears Visit the Dentist*, or *Have You Ever Seen a Moose Brushing His Teeth?*

5. Give your child healthy snacks, like vegetables and fruits, instead of sugary snacks like candy.

6. Drink water with fluoridation to help prevent tooth decay and cavities.

Sometimes kids are averse to brushing their teeth, so here are some tips to help you and your child:

1. Find a toothbrush with cartoon characters that your child enjoys.

2. Explore different toothpaste options until you find one that he or she likes.

3. Sometimes, using warm water instead of cold will help with a child's sensitivity while brushing.

Following these steps is a simple way to help prevent dental issues in the future. As a way to encourage kids to participate in these good oral hygiene practices, Great Expressions Dental Centers

is holding its 2nd annual "Grin and Win" Facebook contest. Parents have a chance to submit a photo of their child's smile for a chance to win a weekly movie bundle to AMC movie theatres, or the monthly grand prize of a free bike! Visit www.facebook.com/greatexpressions to enter.



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The nursing center also provides a sub acute unit for short term rehab and post hospital care. A wing has been dedicated solely for those needing this transitional care. Burton Health Care & Rehabilitation Center provides post surgical care for many orthopedic procedures such as hip/knee replacements and fractures. "Our teams goal is focused on getting people back to their normal living environment as soon possible", says Erin Kostos, Administrator, for Burton Health Care Center. "Our industry used to be known as the place you went to live out the rest of your life, but that's changing," said Kostos. "We're sending more and more patients home to lead full lives." In addition, the short-term therapy unit can provide extended medical care, wound care and cardio/pulmonary rehabilitation.

Burton Health Care Center accepts Medicare and many private insurances. Burton Health Care Center is proud of our Veterans Administration (VA) contract and making a difference in the lives of those who have made a difference in ours. Burton Health Care Center is eight miles from Parkman, ten miles from Mesopotamia, twelve miles from West Farmington, fifteen miles from Southington, eighteen miles from Bristolville and twenty miles from Lake County.

For more information on Burton Health Care Center or to schedule a tour, contact 440-834-1084 or visit www.BurtonHealthCare.com.



Healthy Veins = A Happier Healthier You!

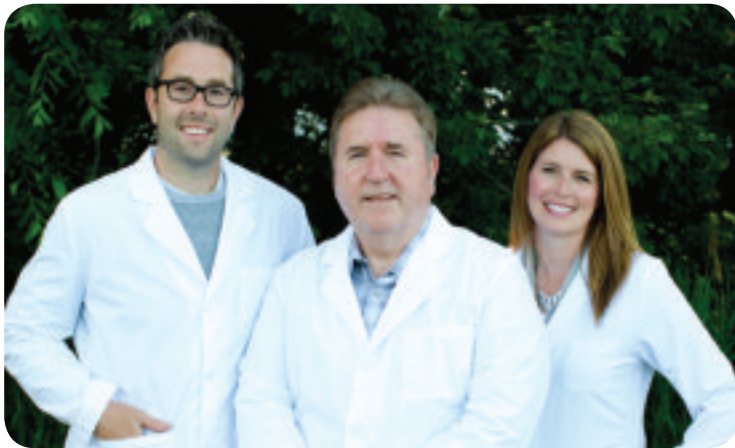
Your veins play an integral part of your health, but most people don't think about them until they appear above the skin in the form of varicose veins or another vein condition. However, you may experience symptoms such as swelling, leg cramps, and restlessness, without realizing they are due to a vein disorder. When you have a vein condition, you cannot live life to the fullest. That is why it is crucial that people of all ages prioritize their vein health. At Center for Advanced Vein Care, we are vein health experts. Our vein doctors can provide you with consultation and treatment for your vein condition, so you can get back to fully living your life.



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Parameters	Data	Target Range	Rating
BMI	27	18 to <27	70
Diastolic BP	87 mmHg	60 to <81 mmHg	60
Fat Mass	23	17.6 to <20.6	60
HbS	120	120 to <150	80
Core Stability	2 # of Passes	Pass all 4 tests	50
Core Strength	2 # of Passes	Pass all 4 tests	50
MSQ	64	0 to <10	8
Pulmonary BP	2	0 to <3	80
U-rat Analysts	3 Phase of Decay	0 to <3 Phase of Decay	70
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The importance of annual health exams

Annual health exams are a key component of maintaining a healthy lifestyle. A person may not see the need to visit the doctor if he or she is feeling well, but not every disease or condition manifests itself in a way that men and women can detect. According to the Unity Point Clinic, nearly one-third of the 133 million Americans living with a chronic disease are unaware of the presence of their conditions. Routine physical exams can detect serious illnesses before they do much damage.

No two physical exams will be exactly alike, but many will share some general features.

Health history

A crucial element of a physical exam will include a thorough health history if the physician doesn't already have one on file. The doctor will take time to ask questions about family history of illness, health habits, any vices (smoking, drinking alcohol, etc.), exercise schedule, and diet. If there is a possible hereditary health condition running through your family, the doctor may suggest certain testing and make note of potential signs to look for in the future.

Current ailments

After discussing a patient's history, the doctor may ask if they are having any problems they can-

not explain. These can include changes in eating or sleeping patterns; aches and pains; lumps or bumps and other abnormalities. Again, the presence of symptoms may be indicative of illness or physical changes, but not all diseases produce obvious symptoms.

Vital signs

A doctor will check a patient's vital signs during the physical. Areas the doctor will look at include but are not limited to:

- **Heart rate:** This measures the speed at which the heart is pumping. Normal resting heart rate values range from 60 to 100 beats per minute.

- **Blood pressure:** A blood pressure cuff (sphygmomanometer) will measure systolic and diastolic pressure. Systolic pressure measures the force with which the blood is pushing through the arteries. The diastolic blood pressure is the pressure in the arteries between beats, when the heart rests. The systolic (top number) should be below 120, while the bottom should be less than 80, ac-

CONTINUED ON PAGE 15

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Center for Advance Vein Care specializes in the treatment of Varicose Vein Disease and bulging veins along with their associated symptoms and complications including leg swelling, restless leg syndrome and leg cramps. They also provide care for cosmetic concerns related to vein disease, including the treatment of spider veins, thread veins, facial and hand veins.

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What is toenail fungus or Onychomycosis?



William Donahue, Jr.
DPM, FACFAS

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 whit, 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.

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HEALTH EXAMS FROM PAGE 14

ording to the Mayo Clinic.

- **Respiration rate:** The doctor will measure the number of breaths taken in a minute. WebMD says between 12 and 16 breaths per minute is normal for a healthy adult. Breathing more than 20 times per minute can suggest heart or lung problems.

- **Pulse oximetry:** Johns Hopkins School of Medicine says pulse oximetry is a test used to measure the oxygen level (oxygen saturation) of the blood. It is a measure of how well oxygen is being sent to the parts of your body furthest from your heart. Normal pulse oximeter readings usually range from 95 to 100 percent. Values under 90 percent are considered low.

Physical exam

The examination will also include physical components. The doctor will perform a visual inspection of the skin and body for any abnormalities, such as the presence of skin cancer. The physician may feel the abdomen to check that internal organs are not distended. Females' physical examinations may include breast and pelvic exams.

Comprehensive testing

In addition to the exam at the office, the physical may include an electrocardiogram, or EKG, to check electrical activity of the heart; blood count and cholesterol checks through bloodwork; body mass index testing; X-rays or MRIs and bone-density tests.

Physical exams remain an important part of staying healthy. Consult with a doctor for more preventative maintenance tips.

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Joel Decoskey was working at a rubber mill when his glove suddenly stuck to the sticky material, pulling his left arm into the machine. His arm was badly burned and crushed, resulting in exposed tendons and third-degree burns progressing to tissue loss to the bone. Dr. Paul Vanek began a series of limb-saving procedures, including tissue expansion, skin grafting and nerve releases. "I was never the kind of guy to go to a doctor, but Dr. Vanek is fantastic. He's got an excellent bedside manner. He really takes care of his people."

But over the years, Joel's developed difficulty with flexibility, range of motion and neurologic pain. So Dr. Vanek performed cutting-edge **autologous fat grafting**. Fat cells harvested from his stomach were placed into his arm scars and skin grafts, and around injured nerves.

"We process fat in real-time and know that it contains stem cells from our own tissues available in peripheral fat," explains Dr. Vanek. "It stimulates regenerating tissue, so it's the ultimate in bioengineering." Dr. Vanek has performed this remarkable procedure on patients with breast cancer, Achilles tendon and diabetic wounds, knees, hips and sites of previous surgery. Dr. Vanek says, "Our goal is to get people back to doing what they want to do and not be restricted by their injury or illness. We want to get people back to their lives."
as printed in Best of Health magazine

Dr. Paul Vanek MD is affiliated with an amazing team of medical specialists and orthopedic surgeons to perform this revolutionary procedure. Call his office for more information
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Two Thumbs Up

Why suffer? A variety of treatments can provide relief from thumb arthritis

Did you know that thumbs are more prone to develop arthritis than the other joints in the hand, and women are much more likely to develop thumb arthritis than men? Because the thumb is critical in nearly every grip, function and maneuver of the hand, the pain and disability of thumb arthritis can keep you frustrated by hundreds of everyday tasks.

Both osteoarthritis and rheumatoid arthritis can affect the thumb. While inflammation, an injury or joint instability can cause arthritis, it is most often due to simple aging. The cushioning cartilage in the basal joint – the joint at the fleshy part of the thumb near the wrist – breaks down and wears away. Arthritis brings pain, swelling, decreased range of motion and decreased grip strength. Over time, it can result in swollen and disfiguring bony protrusions.

Arthritis is different in every indi-

vidual, but an orthopedic physician specially trained in hand care can provide a variety of treatments to best relieve your specific condition and symptoms.

Medications, Splints and Exercise

Initially, your doctor may prescribe ice or heat, rest and over-the-counter pain relievers such as aspirin, acetaminophen (Tylenol) or non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen. For some arthritis sufferers, glucosamine and chondroitin supplements are effective in improving symptoms. If those don't provide relief, prescription pain relievers such as Celebrex and Mobic, known as COX-2 inhibitors, may help. At the top of the scale are corticosteroid injections into the joint, which can offer temporary but significant relief of arthritis symptoms.

It's likely your doctor will also prescribe a glove-like splint to be worn at night, during the day, around the

clock or during activities that strain the joint, depending on the severity of your symptoms. The splint supports and positions your thumb correctly, resting it and allowing for natural pain relief.

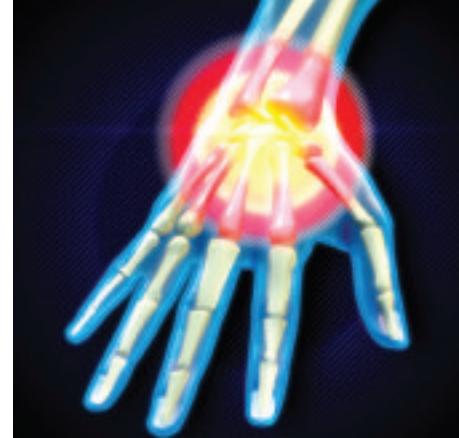
Hand exercises may also be prescribed to improve range of motion and help relieve pain.

"Thumb arthritis is a very common condition, and most people are readily treated with splints and pain relief medications," says Lake Health orthopedic surgeon and hand specialist Michael Weisburger, MD. "But for more severe symptoms and extensive joint damage, surgical options have good success rates."

Surgical Options

Minimally invasive arthroscopic surgery can be used to remove arthritic spurs and clean the joint area. Recovery usually takes six weeks and involves splints and therapy afterwards.

But for more extensive joint care,



thumb, hand or wrist bones can be removed, trimmed, fused or realigned. In one common total joint replacement technique, Dr. Weisburger removes the arthritic bone and reconstructs the joint with tendon grafts.

The recovery from extensive thumb surgery takes about three months, but increased strength and mobility continues for up to a year. During the recovery, splinting along with mobility and strengthening exercises and/or therapy are prescribed. After that, instead of

CONTINUED ON PAGE 19

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Addiction Outreach Clinic is an outpatient opioid addiction treatment clinic in Willoughby, OH. www.addictionoc.com

THUMBS UP FROM PAGE 18

bone-on-bone irritation, the patient experiences the cushioning of the tendon graft and the ability to accomplish daily tasks without pain and disability.

You Should Know:

- You have a higher risk for thumb arthritis if you are female, over 40, have had a thumb injury or perform repetitive tasks with your hands.
- Diagnostic imaging can show bone spurs, worn cartilage and the loss of joint space resulting from thumb arthritis.



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4 Ways to Stretch Your Health Benefits

(Family Features) Often, employees enroll in medical insurance plans for protection against unpredictable events, sudden illness or serious health concerns that may result in expensive medical bills. Getting the most from your benefits requires understanding coverages and deductibles, as well as taking advantage of voluntary benefits, like dental, vision and hearing, to stay healthy and save money.

Avoid surprises. About 91 percent of adults in the United States are confused about what their benefits cover, according to a recent Harris poll. The best starting point is to review your plan so you understand the care and services covered. If you have a high-deductible plan, you will need to pay for most or a percentage of the health costs until reaching the individual or family deductible. Be prepared to pay any copayments or deductibles the plan requires before receiving care. Also, before scheduling appointments, ask for a cost estimate for the appointment, tests or service.

Preventive dental and vision. Many voluntary plans, such as dental and vision, offer preventive exams, such as routine cleanings and vision exams, that are fully covered. That's because these preventive exams help to maintain and improve overall health and help

reduce health costs. Voluntary coverage is affordable and many plans offer added incentives. For example, coverage for LASIK, dental, vision and hearing benefits can increase from one year to the next for those who continue to enroll and use their benefits. Members could earn monetary rewards to use for dental, vision, LASIK, orthodontia and hearing benefits, care materials and services simply by using their benefits and keeping the benefits paid out under a specified amount.

Medical screenings. Routine health screenings, such as mammograms, immunizations, colonoscopy procedures and prostate cancer screenings, which may be covered fully or in part by your medical coverage, can help you stay healthy and lower health care costs.

Get paid to save. Many employers encourage employees to save money by matching a percentage of the amount the employee contributes to the plan. If available, enroll in a Health Savings Account or Flexible Spending Account to set aside money to pay for health care costs.

Remember that these accounts are not a substitute for the coverage provided by voluntary benefits.

Learn more about the questions to ask when reviewing benefit plans at ameritasinsight.com.



Cook up the perfect pizza for your Super Bowl party

(MS) — Make this delicious meal for your guests, whether you serve it at a home or tailgate party.

SPECK AND ARUGULA PIZZA

Serves: 4

Pizza Topping:

- Flour, for dusting
- 1/4 cup extra virgin olive oil, divided
- 1 garlic clove, crushed
- 1/2 teaspoon fresh rosemary, chopped
- Kosher salt and freshly ground pepper, to taste
- 1/2 cup partly skimmed ricotta cheese
- 1 cup mozzarella cheese, grated
- 2 cups baby arugula
- 1 small shallot, thinly sliced
- 1/2 lemon, juiced
- 4 slices Black Kassel Speck, cut in half lengthwise

Pizza Dough:

- 1 3/4 to 2 cups all-purpose flour
- 1 cup cake and pastry flour
- 2 1/4 teaspoons instant or bread-machine dry yeast (or 1 envelope)
- 1 teaspoon salt
- 1 1/4 cup very warm water

Directions:

1. To make pizza dough, stir together all-purpose flour, cake flour, yeast and salt in a mixer fitted with a dough hook; make a well in the center. Add water. Mix on medium speed until all flour is incorporated into dough; add remaining flour as needed to have soft, slightly sticky dough. Alternatively, you can mix by hand. Turn out on a well-floured surface. Let rest covered for 10 minutes. Divide into thirds.
 2. Place a pizza stone or upside-down baking sheet in the oven and preheat to 450 F. Gently flatten dough into a circle or rectangle on a lightly floured surface, creating a rim. Transfer to a cornmeal-dusted pizza peel or another upside-down baking sheet; slide dough onto the hot pizza stone or baking sheet. Bake for 8 minutes.
 3. Meanwhile, combine 2 tablespoons olive oil in a bowl with garlic, rosemary and salt and pepper to taste. Remove pizza from oven. Brush with olive oil mixture and top with ricotta and mozzarella. Return pizza to oven, baking until cheese is golden and bubbly, about 6 more minutes.
 4. Toss arugula and shallot slices in a large bowl with lemon juice, olive oil and salt and pepper to taste. Top the pizza with arugula salad, speck and shaved Parmesan cheese.
 5. Cut into wedges or squares with scissors; serve immediately.
- Tip: As an alternative to speck, you can try Black Kassel Old Forest, Picante or Mustard Seed salami. You can also buy store-made pizza dough and simply layer on the toppings.

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Did you know?

Dented cans have long been a source of confusion and concern for shoppers. They may be discounted and seem like a good deal, but some of those dented cans may not be safe to eat. Damaged cans may be harboring food that contains botulism and other toxins. According to the United States Department of Agriculture Food Safety and Inspection Services, if a can of food has a small dent but is otherwise in good shape, the food should be safe to eat. However, deeply dented cans should be discarded. Dented cans of food that are safe will have smooth dents or dents that are not on the seams of the can. A person should avoid sharp dents, dents in the seam and dents where the seam and the can meet. In addition, if the can is bulging or swollen, it should be avoided. Dents in a seam can let in air and bacteria. Deep dents may have left pinholes, again where bacteria can enter. When in doubt, avoid dented cans.



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How to Tell if You Have Flu, Cold or Stomach Flu, and What to Know

(StatePoint) While each year millions in the U.S. are sickened during flu season, many can't distinguish between symptoms of the seasonal strain of the flu, a cold and the "stomach flu." Knowing the difference, and how to properly treat each virus, can speed recovery.

Similar Yet Different

While cold symptoms come on slowly and are limited to the head and upper respiratory system, flu symptoms affect the whole body and come on quickly. Telltale signs of the flu are fever and body aches. However, these are also symptoms of stomach flu, which isn't related to a flu virus at all. Common viruses that wreak havoc on the digestive system include the norovirus and the rotavirus. Ironically, an immune system weakened by seasonal flu can leave you vulnerable to these so-called stomach flu viruses.

What You Need to Know

Although high fever and body aches occur with both seasonal flu and viruses that attack the gastrointestinal system, these symptoms are more prevalent and severe in seasonal flu cases, and are accompanied by fatigue and headache. The norovirus and the rotavirus both get the misnomer "stomach flu" from primary symptoms being watery diarrhea, abdominal cramps, and nausea or vomiting. Fever and body aches can also occur but are milder.

No matter what the cause of a fever, it's best to monitor your temperature. See a healthcare professional if a fever

is too high or lingers for days.

Treatment

For seasonal flu, the homeopathic medicine Oscillocochinum has been clinically shown to shorten both the severity and duration of symptoms. When patients took it within 24 hours of the onset of symptoms, nearly 63 percent showed "clear improvement" or "complete resolution" within 48 hours. The key is to act quickly when symptoms surface, nipping them in the bud in a way that won't interact with other medications or cause unwanted side effects like drowsiness.

For stomach flu, stop eating solid food for a few hours. This will help settle your stomach. Then -- stick to foods that are easy to digest, such as toast, gelatin, bananas, rice and chicken -- avoiding fatty or spicy options. Stop eating if nausea occurs. Additionally, ibuprofen may upset the stomach, and anti-diarrheal medications may slow down the elimination of the virus. Trust the body's natural process.

No matter what ails you, Vitamins D and C are important when you are recovering, helping to boost immunity. Remember, antibiotics do not treat viruses and their overuse contribute to the spread of the superbug, a strain of bacteria that becomes resistant to antibiotic drugs.

More information and tips about the flu can be found at Oscillo.com.

Seasonal illnesses such as the flu, cold and gastrointestinal viruses are not only painful, they can be dangerous. Take precautions to stay healthy, and remember to treat symptoms right away.

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3 Ways Seniors Can Control Prescription Costs

(Family Features) For 55 million Americans enrolled in Medicare, the New Year means any new Medicare Advantage or prescription drug plans, or any changes to your existing plans, take effect. If you signed up for coverage, it's important to understand how your prescription drug costs may be affected.

Even if you did nothing to alter your coverage, some features of your plan may have changed for 2017. Getting a handle on Medicare Part D prescription drug coverage is important to your health as well as your pocketbook.

"A survey by Walgreens showed that in order to manage prescription drug costs, some people have delayed filling a current prescription or occasionally skipped prescribed doses to stretch medication," said John Lee, senior director of Medicare at Walgreens. "This is a real concern as it can pose significant health risks, so it's vital to evaluate your medical situation, have a plan that best fits your needs and then understand how to get the most value from your plan and pharmacy."

The survey shows that even though prescription drug costs are among the top concerns for Medicare beneficiaries, approximately one out of every five beneficiaries lacks a good understanding of their insurance plan. Roughly the same percentage falsely believes that all pharmacies charge the same copay and one-third of respondents didn't know they can switch pharmacies at any time, including outside of the annual enrollment period. The survey reinforced the need to educate beneficiaries about how plans and coverage can and do change from year to year. To make the most of your benefits and find potential cost savings for your prescription medications under your Part D coverage, here are three easy steps to get started:

Use a less expensive brand or generic. The brand-name drug your doctor prescribed can do wonders for your symptoms but be worrisome for your budget. Many brand-name drugs have generic or other brand substitutes. First, make sure your doctor considers generic options. If those options aren't available,



there may be lower-cost brand-name drugs used to treat the same condition. Ask your pharmacist if you have that option then talk with your doctor to see if switching brands makes sense in your situation. Finally, whatever your prescription may be, a 90-day supply from your pharmacy can be less expensive out

of pocket than refilling every 30 days.

Verify whether your plan has a preferred pharmacy network. Many prescription drug plans have a preferred pharmacy (preferred cost share) network where you can pay a lower out-of-pocket copay for the exact same drug. Wal-

CONTINUED ON PAGE 25



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Seniors' Knowledge of Medicare Part D Rx Options



COSTS FROM PAGE 24

greens is in the preferred pharmacy network for many of the largest Medicare sponsors and, effective January 2017, offers copays as low as \$0 on generic medications for select plans. Filling a generic medication at a non-preferred pharmacy could

cost you \$3, \$5 or even \$10 for the same drug.

Seek Medicare's Extra Help program and other ways to save. Medicare offers an Extra Help program to help people with limited income and resources pay Medicare prescription drug program costs, like premiums, deductibles and coinsurance. Make sure you're taking full advantage of your insurance coverage, which may cover non-prescription items, like vaccinations and certain over-the-counter medications.

Medicare beneficiaries seeking help navigating prescription drug costs can find additional resources and a list of Medicare plan sponsors at walgreens.com/medicare.

What Guidelines Mean to You



New cardiovascular prevention guidelines are helping doctors provide the **best treatment** focused on **four important areas**:

1

OBESITY

1. Obesity treated like a disease
2. Weight-loss strategies based on body mass index
3. Diet, exercise still best bets



2

CHOLESTEROL

1. Cholesterol "number" no longer main factor in treatment
2. Overall health status is now main treatment factor
3. More people may benefit from statins



3

LIFESTYLE

1. 40 minutes of exercise 3-4 days a week
2. Eat lots of fruit, veggies
3. Reduce sodium in diet



4

ASSESSMENT OF RISK

(for heart disease, stroke and other cardiovascular diseases.)

1. Calculators that assess risk used to start doctor discussions
2. Risk in African-Americans and risk for stroke calculated for first time
3. More thorough risk assessments for women



Here's what you need to know about the guidelines, released Nov. 12 by the American Heart Association and American College of Cardiologists:

1. IT ALL STARTS WITH DOCTOR-PATIENT **DISCUSSIONS**.
2. THOSE DISCUSSIONS DRIVE **PERSONALIZED** TREATMENT FOR EACH PATIENT.
3. DOCTORS SHOULD LOOK AT THE **OVERALL** HEALTH OF EACH PATIENT.

The guidelines were written based on years of scientific research to develop the best approaches to preventing heart disease and stroke—the leading causes of death in the world.

Heart.org

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The differences between hot and cold therapies

Inflammation can affect anyone, and those who have battled it likely have nothing positive to say. But while few people may associate inflammation with something good, inflammation is actually a process by which the body's white blood cells and the substances those cells produce protect the body from infection at the hands of bacteria, viruses and other foreign organisms.

While inflammation is protective by nature, sometimes an inflammatory response is triggered by mistake. When that happens, the body's immune system, which is designed to protect the body, begins to damage its own tissues. The resulting symptoms of this faulty immune system response may include joint pain, joint stiffness, loss of function in the joints, and swelling of the joints. None of those symptoms are comfortable, and people suffering from them may be on the lookout for ways to alleviate their pain and suffering.

While anyone battling persistent

inflammation should speak with their physicians to explore their treatment options, a preliminary search of how to best treat inflammation will no doubt turn up information about heat therapy and cold therapy. The following breakdown should not replace a physician's advice, but it can help patients battling inflammation better understand both treatment options.

Heat therapy

According to the Merck Manual, a reference book for physicians and patients alike, heat works against inflammation by increasing blood flow and making connective tissues more flexible. Heat also can be used to combat edema, a condition characterized by an excess of fluid in the tissues of the body. Upon application, heat can temporarily reduce pain and alleviate stiffness in the joints. Heat also may temporarily relieve muscles spasms.

The Cleveland Clinic notes that heat can be effective at relieving pain associ-



ated with worn-away cartilage in the joints because it eases chronically stiff joints and relaxes tight muscles. In addition, moist heat can relax painful neck spasms linked to nerves or blood vessels in the head or pain emanating from muscles in the neck. Heat can be applied via hot packs, infrared heat, paraffin baths, and hydrotherapy.

Cold therapy

Cold therapy, sometimes referred to as "cryotherapy," can relieve pain associated with inflammation that has developed recently. Cold can help numb tissues and relieve muscle spasms and can also be used to alleviate pain associated with injuries. The Merck Manual notes

CONTINUED ON PAGE 28



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THERE IS HOPE



Resources For Seniors

(NAPS)—If you or someone you care about is among the over 64 million adults age 60 and older in the U.S., here's a resource you need to know about: the Eldercare Locator. Funded by the Administration on Aging, a part of the Administration for Community Living, it's the National Association of Area Agencies on Aging's largest and longest-running national, direct-to-consumer program.

Where to Turn

The Locator's Call Center at (800) 677-1116 is an essential, trusted gateway to help older adults, caregivers and health professionals navigate the maze of aging programs and services, as well as to assist them in identifying and accessing the resources that match their needs best.

The Eldercare Locator website, www.eldercare.gov, lets visitors search for local resources and services, check benefits and download and print informational materials, among many other helpful features.

For more complex situations, skilled certified eldercare counselors provide

additional assistance with home and community-based services, long-term care decisions, senior transportation, benefits eligibility and caregiver issues. Callers may also receive support from a Spanish-speaking Certified Information Specialist or counselor.

Free Brochures

In addition, the Eldercare Locator publishes a variety of useful brochures that can be viewed or ordered online.

They include:

- "Before You Give Up the Keys: Create a Roadmap for Transportation Independence"
- "Brain Health: You Can Make a Difference!"
- "Employment Options: Tips for Older Job Seekers"
- "Housing Options for Older Adults: A Guide for Making Housing Decisions"
- "Prescription Drug Options for Older Adults: Managing Your Medicines"
- "Home Improvement Scams: Tools to Reduce Your Risk"
- "Staying Connected: Technology Options for Older Adults" and many more.

What to Know about Your Drinking Water

(StatePoint) Recently there has been growing concern about the quality of the water we drink, outside and inside our own homes. Homeowners across the country realize that potential contaminants can compromise the quality of water that comes out of the tap at home, work or other community sources.

At a time when safe tap water is not necessarily a given, consider investing in an easy-to-use and maintain water filtration system that can be used at-home or on-the-go to improve water quality.

For example, LifeStraw, first introduced for people in developing countries without access to safe water and for victims following natural disasters, now makes a range of water filters and purifiers designed for uses like emergency preparedness, outdoor recreation, travel and everyday hydration.

The refillable LifeStraw Go water bottle features a built-in filter, and removes 99.9999 percent of waterborne bacteria (including E. coli and salmonella) and 99.9 percent of waterborne chlorine, organic chemical matter, bad taste, and muddiness.

As an added bonus for the charitably-minded, consider that improving your own water quality can have a global impact, too. One in 10 people globally lack access to safe water, according to the World Health Organization and UNICEF. Through the "Follow the Liters" humanitarian program, for each LifeStraw purchased, one school child in a developing community in Africa receives safe drinking water for an entire school year. For more information, visit lifestraw.com

To learn more about drinking water quality, visit the US Environmental Protection Agency at epa.gov.



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Prevent stairway injuries

Stairs are a necessity in many homes. While stairs serve a practical purpose, they also have the potential to be dangerous.

According to the National Safety Council, more than one million injuries result each year from stairway falls. Staircase and stairway accidents constitute the second leading cause of accidental injury, second only to motor vehicle accidents. Each year, there are 12,000 stairway accident deaths. The Canadian Mortgage and Housing Corporation states that a large portion of Canadians who visit hospitals after a fall on or from stairs or steps in their homes are seniors (men and women age 65 years or older).

However, many stairway falls can be prevented with some simple planning.

- **Install sturdy handrails.** A common contributor to stairway falls is a failure to use handrails. Sturdy handrails can decrease fall rates. Even if a person slips, he or she may be able to prevent the fall by grabbing on to the handrails and regaining some of his or

her balance.

- **Rely on highlighters or friction strips.** According to a study titled "Safety on stairs: Influence of a tread edge highlighter and its position," by Richard J. Foster, fall risk may be reduced by using a highlighter positioned flush with the tread edge. This helps make stairs more visible, particularly for those with impaired vision.

- **Improve lighting on staircases.** Failure to see steps may contribute to falls as well. Staircases should be well lit so that residents and guests know where to step. Subtle foot-level lighting can be installed to make it easier for people who frequently use steps at night.

- **Use slip-resistant materials.** Slip-resistant surface material acceptable for normal floors should work on stair treads. Loose rugs should not be placed at the top or bottom of the landing. Outdoors, rough finishes are recommended, particularly on stairs that are subject to getting wet.

- **Improve step geometry.** If slips and falls frequently occur on a particular



staircase, consider the relationship between the rise and the run, advises the Canadian Centre for Occupational Health and Safety. The National Building Code of Canada says that, within a staircase, treads should have a uniform run and tread depth that does not vary more than 0.5 to 1 cm. Steep steps with high risers and/or short treads can increase the risk of falls.

- **Clear away clutter.** One easy way to prevent falls is to keep stairs free of clutter. This means removing shoes, toys and other belongings that may be left on stairs or landings.

THERAPIES FROM PAGE 26

that ice bags or cold packs can be used to apply cold. In addition, fluids that cool by evaporation, including ethyl chloride, may be applied topically. Some medicines may interact with ethyl chloride spray, so inflammation sufferers should consult their physicians before applying such sprays.

According to the Cleveland Clinic, ice can be used to calm flare-ups and numb pain associated with chronic, inflammatory arthritis. Ice also can ease inflammation and numb pain linked to pulled muscles or injured tendons. Pain and inflammation resulting from the stretching or tearing of ligaments in the joints may also be eased by applying ice to the affected area.

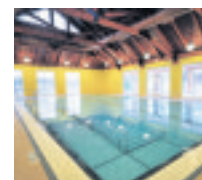
Heat and cold therapies can effectively combat symptoms associated with inflammation, but such treatments should always be discussed with a physician before being instituted.



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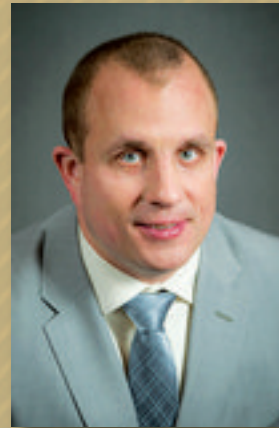
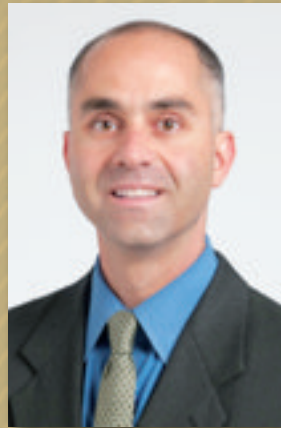
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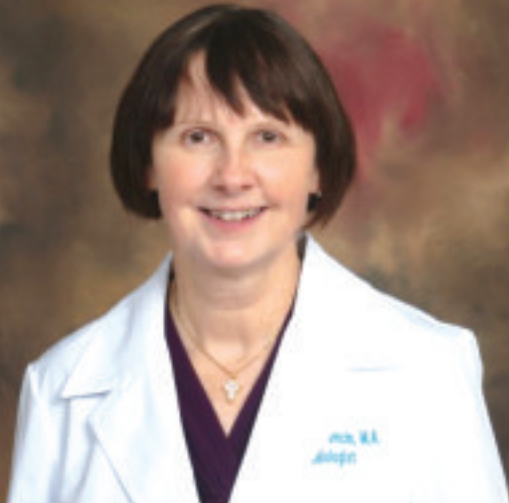
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