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440-255-7938

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Madison
440-428-8246

Newbury Family Practice*

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Newbury
440-564-5656

Middlefield Family Practice

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Middlefield
440-632-0594

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Willoughby
440-953-5740

Willowick Primary Care*

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Willowick
440-833-2095

Willoughby Internal Medicine*

36100 Euclid Ave.
Willoughby
440-953-6294

Mentor Internal Medicine*

9485 Mentor Ave.
Mentor
440-205-5833

Internal Medicine at Perrico Health Campus*

4176 State Route 306
Willoughby
440-918-4690

OB/GYN*

36001 Euclid Ave.
Willoughby
440-602-6710

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Mentor
440-205-5862

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440-602-6735

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440-951-8360

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5105 SOM Center Rd.
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lakehealth.org

*provider-based facility

LOOK AS Young AS YOU FEEL



by Benjamin Margalit/Margalit Studio

Dr. Paul Vanek performed minimally invasive plastic surgery procedures on Debby Dalton to help her achieve this look. Now she appears as youthful on the outside as she feels on the inside.

Debby Dalton wanted to look as young on the outside as she felt on the inside. Here's how plastic surgeon Dr. Paul Vanek used minimally invasive procedures to produce a dramatic result.

by **MaryMalik**
Contributing Writer

Debby Dalton is a beautiful lady, both inside and out. And after talking with her for just a short time, I have a suspicion she always has been. Debby has spent a large part of her nearly 62 years taking care of someone else. Just a few months ago, she decided it was time to take care of herself.

"I had trouble with sagging eyelids for years," says Debby. "I found Paul Vanek, MD, in Mentor several years ago. He corrected the problem but told me that it was a condition that would recur."

"Artistry that changes lives..."

It was when Debby returned to Dr. Vanek a few months ago that she decided

it was time to finally reflect on the outside how she felt on the inside.

"Debby was not happy with her appearance but assumed that it was something she had to live with," says Dr. Vanek. "I assured her that with the latest techniques in facelifts and other procedures, I could address all of her concerns at once. The results are as amazing as she is."

Dr. Vanek educated Debby about the minimally invasive procedures he offers, the short recovery time involved, and the minimal amount of pain she would experience—all of which is vastly different from the plastic surgery options available in the past.

"Dr. Vanek and his entire staff were so professional and reassuring," says Debby. "I was very comfortable with the entire process. I never felt the least bit pressured, or even nervous. From beginning to end I was treated like family. My comfort level

was always their first priority."

Dr. Vanek is board certified in both plastic/reconstructive surgery and general surgery. His vast knowledge, expertise, and continued fascination with the human body push him to offer the most advanced techniques to his patients.

"For facial rejuvenation, which was part



Before: Debby was not happy with her appearance but assumed that it was something she had to live with. **After:** Dr. Paul Vanek was able to address all of Debby's concerns in one procedure—and the results are astounding.

of Debby's surgery, I used a technique called autologous fat transfer where I use the patient's own fat from another area, in Debby's case her abdomen, and transfer it to where it is needed," says Dr. Vanek. "Using the patient's own body fat eliminates any chance for rejection or other issues. The material performs in its new location just as it did before."

Dr. Vanek does offer synthetic fillers for smaller office procedures, along with other cosmetic and topical skin care treatments.

"When I first consulted with Dr. Vanek I was struck by how he listened to me," says Debby. "He wanted to know about my lifestyle, what bothered me about my appearance, and what my goals and expectations regarding any procedures would be. He guided me by starting with the least invasive techniques and together we decided on the right course."

SEE PAGE 15 >

How Does Stress Affect My Physical Health

We all experience an array of daily emotions, both positive and negative. Each one of these feelings or emotions creates an effect upon our bodies, again both positive and negative. When we engage in positive thoughts and behaviors or encounter pleasant events, our brains release “happy hormones” such as serotonin, endorphins, dopamine and oxytocin or “natural pain killers” such as enkephalins. Conversely, when we engage in negative thoughts and behaviors or encounter stressful events, both good or bad, our bodies release “stress hormones” such as cortisol which over time can weaken the body’s immune system, making one more likely to get colds, illness, infections or chronic health issues and pain.

During these times of stress or negativity we may also be less inclined to take care of ourselves. We may not feel like exercising, eating nutritious foods or taking medicines as prescribed. Abuse of alcohol, tobacco or other illicit and prescription drugs may also be a sign of poor emo-

tional health.

Although we all struggle at times, a cluster of these symptoms which present for a couple of weeks may be a sign that your health is compromised and may require attention. Symptoms to watch out for include:

- significant changes in appetite/ eating / weight or sleeping patterns
- loss of interest in pleasurable activities
- loss of interest in sex or sexual problems
- decrease in motivation / energy / grades / work productivity
- extreme tiredness • withdrawal from others and decreased social contacts
- feelings of sadness / unhappiness or increased tearfulness
- overwhelming feelings of anxiety / fear / rapid heartbeat / shortness of breath / sweating / dry mouth/ lightheadedness / dizziness • physical symptoms such as back pain / muscle pain and tension / chest pains / stiff neck / general aches and pains / headaches / stomach issues / con-

stipation / diarrhea • high blood pressure • feelings of hopelessness / helplessness / despair • thoughts of self-harm or suicide • trouble concentrating / slowed thinking and decision making • decreased accomplishments

• increased anger / irritability / frustration / guilt feelings

• self-medicating with alcohol, drugs, gambling or sex

If committed to turning this around, it is important to:

Express Emotions. To hold stress and emotions in our bodies creates what a “Pressure Cooker Effect.” If we do not release our emotions in healthy and effective ways, they will find their own way out as the pressure builds, often resulting in a cluster of the above-mentioned symptoms. Learning and using effective interpersonal skills to express ourselves, exercise and other healthy physical outlets, journalizing and writing, talking with a trusted family-friend or therapist can be very effective ways to help us release pent-

up emotions and stress.

Commit to a Balanced Life. A balanced lifestyle of healthy eating, time with meaningful friends and family, quiet time alone, hobbies, responsibilities and daily accomplishments, tending to our emotional and physical selves, spirituality and gratitude and stimulating our brains daily by learning new things can be very effective in promoting sound emotional and physical health.

Engage in Daily Calming : Activities such as yoga, visual imagery, deep breathing, meditation, tai chi, engaging in rhythmic movements or dance, progressive muscle relaxation involving tensing and relaxing major muscle groups, practicing mindfulness by focusing our attention solely in the moment and massage therapy are an extremely important part of sound emotional and physical health. Most stress experts recommend setting aside at least 10 to 20 and preferably 30 minutes per day for such calming activities.

We can improve our emotional health

SEE PAGE 5 >

The Behavioral WELLNESS GROUP



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CONTINUED FROM PAGE 4

and its impact upon our physical well-being by a) recognizing those symptoms as a sign to start asking why we are having them, b) learning to release stress and emotions in positive ways, c) being committed to having a balanced lifestyle, and d) engaging in daily calming activities to self-soothe.

Although this may be difficult to do individually, reaching out to a primary care physician and/or a mental health practitioner can be helpful. This may include individual therapy, medication management or both. When symptoms tend to be more intense or chronic in nature, an Intensive Outpatient Program is often indicated to learn coping tools to put us on the path to health and wellness. This level of care typically meets for approximately three hours per day, three days per week for six to seven weeks. The emphasis is on learning coping skills to manage emotions, be more effective interpersonally, communication skills, distress tolerance, learning how to stay mindful in

the moment, changing negative thinking patterns, problem-solving skills, goal setting among others.

In conclusion, know the signs that you or someone you care about is struggling with poor physical health as a result of negative thoughts and related feelings, stressful life events or ineffective behaviors and poor coping skills. Reach out and don't suffer or watch others struggle in silence. Know that there is effective help. Learn to take care of yourself! Know that there is nothing in life that you cannot handle! Learn to be resilient! Learn and Know that there is hope!

John A. Glovan, Psy.D.

Director, Health and Wellness Program

The Behavioral Wellness Group

8224 Mentor Ave. #208

Mentor, Ohio 44060

Call 440-392-2222

Or visit

www.behavioralwellnessgroup.com

Mentor Woods is There to Help

Those caring for a loved one with dementia face increasing challenges as the disease progresses. Caregiving responsibility becomes more demanding as their loved one needs 24-hour supervision to ensure their safety and well-being. Eventually, the care needs of their loved one may exceed what they are able to provide. Moving someone special to a care facility is one of the most difficult decisions a family can face.

At Mentor Woods, the staff is there to help. Its secure memory care neighborhood, Woodhaven, is staffed by individuals who have received specialized training in working with individuals with memory loss. The dining experience is customized for each resident based on their abilities and food preferences. The structured recreation program allows residents to be engaged in meaningful activities that focus on reminiscence and spirituality. Residents can garden and enjoy other outside activities in the enclosed courtyard.

**You are invited to visit
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(Historic Square, across from Gazebo)
440-290-4396

Mayfield:
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(Inside Professional/Gallucci Building Next to Starbucks)
440-220-4457

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A+ Rating



¹Johns Hopkins Medicine. (2011). Hearing Loss And Dementia Linked in Study. Retrieved from: http://www.hopkinsmedicine.org/news/media/releases/hearing_loss_and_dementia_linked_in_study
²Norton, A. (2015). Older Adults' Hearing Loss May Be Tied to Earlier Death. HealthDay News. Retrieved from: <http://health.usnews.com/health-news/articles/2015/09/24/older-adults-hearing-loss-may-be-tied-to-earlier-death>

Rechargeable Hearing Solutions

It's been proven that hearing health is directly connected to overall health and well-being. Recent breakthroughs in hearing aid technology have generated a lot of enthusiasm for helping people live happier and healthier lives. Among these advancements are rechargeable battery solutions. Rechargeable battery solutions, also known as ZPower, come with several benefits.

With ZPower, you can enjoy continuous, stable and uninterrupted use throughout your day. Recharge your batteries while you sleep.

With rechargeable solutions, you can also avoid hassle of disposable batteries.

You will only need to replace your bat-

teries once a year at your annual checkup.

A pair of ZPower batteries can take the place of an estimated 200 disposable batteries.

With more than 50 years of experience, Holly's Hearing Aid Center is the place to go to find your trusted hearing professional. They have several convenient locations and offer new patient specials. Come in for a FREE hearing evaluation to find out if rechargeable solutions are right for you. **To find a location nearest you, visit www.hollyshearing.com or call 888-638-8505. Don't wait, appointments for this special offer are on a first come, first serve basis.**



LAYTON PHYSICAL THERAPY: Therapy, Therapeutic Massage, Yoga, and So Much More...



Layton Physical Therapy believes that healing is not static; it often evolves in stages. Layton has helped people overcome pain and disabilities for 30 years. The initial stage for healing responds well through the use of traditional modalities to facilitate healing in back, joint and musculoskeletal injuries as well as neurological, chronic pain syndrome, and pelvic/spinal dysfunction. Therapists have long used a variety of manual techniques, whether it is for a new diagnosis or a chronic condition. Myofascial release

and craniosacral therapy address limitations and imbalances of the connective tissue in the body and are used to restore movement and promote wellness. Layton also offers yoga; including restorative, reiki, therapeutic massage, and structural alignment.

Discover this place of healing and the value of what Layton offers at one of its retreats. The Fall Retreat is October 8, 2016 from 8-3. Call 440-428-0422 or visit laytonpt.com and click on the Facebook link for details.

Mention this ad for a FREE half hour Massage or Yoga Session!

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Madison Location:
2899 Hubbard Rd.
440.428.0422

Painesville Location:
50 Normandy Dr.
440.639.8800

www.laytonpt.com

Donate your old hearing aids!

There are people in the local community who are not able to afford to purchase hearing aids, even economy hearing aids. Perhaps you have old, unused hearing aids just taking up space in a drawer? Did you know that you can donate them?

Never donate your good working back-up set of hearing aids. Those may come in handy one day!

But if you will never use your old set of hearing aids again, please consider donation. At MaryAnn's Family Hearing, donated hearing aids are given to folks who cannot afford them, asking only that they pay for manufacturer reconditioning of the devices so that they are clean and functioning properly when fit, and stay that way throughout the repair warranty period, which is usually one year.

Call 440-357-4327 with any questions regarding hearing aid donation. Thank you!

Call 440-357-4327 with any questions regarding hearing aid donation. Thank you!

MaryAnn Bencin, Audiologist at MaryAnn's Family Hearing

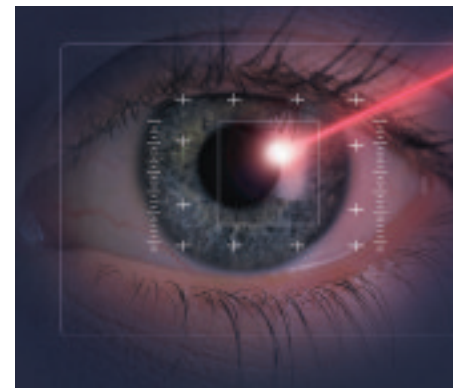


Custom Laser Cataract Surgery – Increased Accuracy and Precision

One of the most exciting developments in cataract surgery in recent years is the use of a femtosecond laser to assist or replace several aspects of manual cataract surgery. With laser cataract surgery, a bladeless, computer-controlled laser allows the surgeon to plan and perform certain parts of the surgery to exact, individualized specifications.

Using real-time computerized imaging system technology, the femtosecond laser provides a more precise circular incision in the cataract improving the placement accuracy of the intraocular lens. The laser also pre-softens the cataract so that there is minimal use of ultrasound energy to remove the cataract which reduces the chance of thermal injury to eye tissues and can cause less inflammation within the eye. The laser can also perform more highly precise incisions for astigmatism correction.

Before choosing custom laser cataract surgery, make sure to discuss all the options available with your eye



doctor. Cataract surgery itself, whether traditional or laser, is a very safe procedure performed thousands of times every day all over the world. Depending on your pre-operative vision and desired visual goals, laser cataract surgery, with new levels of safety and accuracy, can offer precise, customized options for enhanced visual outcomes and predictability.

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Help is Available at Home for Those Living with an Advanced Illness

It can be tricky managing health, especially when coping with ongoing symptoms from advanced heart disease, cancer or another serious diagnosis. The good news is that quality services from trained professionals are available to help adults remain comfortable and independent at home.

Support services that manage troubling symptoms and help reduce or eliminate trips to the ER can be provided in private residences, assisted living communities and nursing homes through the

Western Reserve Navigator program.

The non-hospice palliative care program provides comfort care to manage chronic pain, shortness of breath and many other debilitating symptoms of serious illness.

Western Reserve Navigator complements the medical care an individual is already receiving. Those who are enrolled can receive palliative (comfort) care to manage pain and other troublesome symptoms while continuing to receive the curative care and treatments prescribed by their own family doctor.

They can remain in the program indefinitely, as long as needed. The Navigator care team collaborates with family doctors to keep individuals comfortable and out of the hospital. The Navigator team is comprised of a social worker, an advanced practice nurse, a coordinator of volunteers and specially trained volunteers.

“Our focus is on improving a person’s quality of life,” explained Jennifer Martnick, nurse practitioner and palliative care team leader. “One of our patients, for example, had several chronic illnesses and was supported by WRN for



Jennifer Martnick is an advanced practice nurse and team leader with the Western Reserve Navigator palliative care program at Hospice of the Western Reserve.

eight years. “We were able to help her maintain her independence and achieve a dramatically improved quality of life by successfully managing her symptoms in her own home. In fact, she even wrote a book during that time, something she had always wanted to do! As her chronic illnesses progressed and her life expectancy became more limited, she was able to make a seamless transition into our hospice program, where she is now receiving care.”

Western Reserve Navigator provides many sup-

portive services, including:

- Managing medication
- Coordinating care with the individual’s doctor; managing symptoms
- Assistance with daily tasks (meal preparation, balancing the checkbook, writing letters, walking with a partner, playing games, etc.)
- 24/7 telephone nurse access

What does it cost?

There is no fee charged to the patient for the social worker and volunteer services. If medical services are needed, such as a visit from the advanced practice nurse, the individual’s insurance will be billed. Western Reserve Navigator accepts Medicare, Medicaid and most other commercial insurances. During the first visit and assessment, the team will discuss the patient’s particular insurance and any co-payments there might be for medical services. If financial assistance is needed, a Western Reserve Navigator financial counselor will help create an affordable plan.

For more information about Western Reserve Navigator, call 800-707-8922.

*Sometimes, the helping hand
you need is actually a paw.*



Flynn is a certified therapy dog. He loves his humans, tennis balls and visiting **Hospice of the Western Reserve** patients and families.

We believe that the best medical care doesn’t always come with a prescription. It’s a loving touch. A cold nose. And a helping hand when you reach for one.

If you or a loved one is chronically or seriously ill, **we can help.**

You have a choice in healthcare providers. Choose Northern Ohio’s **most experienced** palliative and hospice care provider -- Hospice of the Western Reserve.



800.707.8922 | hospicewr.org | [/hospicewr](https://www.facebook.com/hospicewr)

Introducing the Lake Health Perrico Health Campus



Thanks to tremendous community generosity and the largest single donation in the history of Lake Health Foundation, the Lake Health Perrico Health Campus opened in June. Located near the Route 306 and Interstate 90 interchange and across from Lakeland Community College, the new 26,000-square-foot facility is home to Lake Health physician offices, physical therapy, diagnostic imaging and lab services.

A new home for new physician groups

Women's Health Specialists, a large obstetrics and gynecology practice formerly located on Chardon Road in Willoughby Hills, provides comprehensive care for women of all ages and is open six days a week.

The campus gives patients the convenience of "one center" care for their ob/gyn physician visit, mammography, ultrasound, bone densitometry, lab and specialized women's physical therapy services – a real plus, according to the Women's Health Specialists physician partners.

"The staff of Women's Health Special-

ists is so grateful for the Perrico family and all of the other donors," says Lake Health's ob/gyn department chair and Women's Health Specialists partner Cynthia Boes, MD. "Their generosity and vision have given us this opportunity to provide state-of-the-art care in this bright and well-designed new facility."

Internal Medicine at Perrico Health Campus is the office of Mihaela Donca, MD; Iram Syed, MD; and Amy Livings-



ton, CNP. The primary care practice, previously known as Willoughby Hills Internal Medicine, moved from its former SOM Center Road location. The office is open Monday through Friday. "This new location offers convenience, comfort and efficiency for our patients and staff," says Dr. Donca. "We are so thankful to the donors whose gifts made this new campus a reality."

Physical therapy

Perrico Health Campus also offers a full range of outpatient physical therapy. Experienced therapists treat musculoskeletal conditions due to injuries, stroke-related deficiencies and other health issues. Offering specialized women's care, Emily Hoffmann, PT, provides physical therapy dedicated to treating pelvic floor pain

and dysfunction.

There is an open gym area and three spacious, private treatment rooms. Patients receive direct hands-on care in the up-to-date facility, which offers a calming environment and the latest equipment and treatments including ultrasound, electrical stimulation, traction and more.

"Our emphasis is on delivering personal care, and patient privacy is a top priority," says John Washick, PT, manager of Physical Therapy at Perrico



Health Campus.

Physical therapy is open Monday through Friday. To schedule an appointment, call 440-975-0027. (The staff formerly was located in the Willoughby FitWorks, then moved temporarily to the Lake Health SOM Center Campus while the Perrico Health Campus was under construction.)

Lab and imaging services

Diagnostic imaging, open five days a week, includes digital and 3D (tomosynthesis) mammography, ultrasound, bone densitometry (DEXA) and x-ray. Patients can schedule appointments by calling Lake Health Centralized Scheduling at 866-652-5253.

The lab is open for blood draws six days a week.



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Focus

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Separate

The brain separates relevant sounds from competing noise.



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LOSS



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SATISFACTION**

BrainHearing™ technology:

Helps both ears work together

Recognizes and preserves natural speech

Separates speech from background noise

Coordinates how sound is best understood by your brain

...instruments with BrainHearing™ technology.

American Hearing Centers

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*Hélène Amieva, "Self-Reported Hearing Loss: Hearing Aids and Cognitive Decline in Elderly Adults: A 25-year Study"; Journal of the American Geriatrics Society.

**2013 Oticon Alta international Satisfaction Study, overall satisfaction for both new and experienced hearing instruments users.

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Created of the finest calcium, minerals and enamel, your teeth were a gift to last a lifetime...with proper care. This care should include regular brushing and flossing, good eating habits and careful protection where necessary such as mouth guards.

But like anything in life, maintenance is needed to keep these powerful tools working for a lifetime. Your teeth contribute to your good health, and

when not working properly can cause heart problems, stomach problems, bad breath and more.

Regular dental visits should include routine exams, fillings where needed, and repair when use, age or injury create problems that need attention. And most everyone wants that perfect smile to compliment their looks. After all, isn't your smile the first thing people see?

So how do you choose a dentist for your family? And how do you avoid the fears associated with going to the dentist?

First you should choose a dentist with experience and well-trained in the latest practices and techniques. Trust is built visit after visit by getting to know the dentist and being confident in the care proposed and

received. Good communication is also key to the care given. For example, if a patient has fear expressed before care is administered, the staff can often take extra measures to make the patient more comfortable. Cost considerations can be discussed beforehand. Plans of care may have options, too, and a good dentist will happily discuss these before proceeding.

New processes like cosmetic invisible aligners to straighten teeth can be a good and cost-effective treatment. Crowns, dentures, implants and porcelain veneers can also enhance your smile and are offered by good, experienced and local dentists right in your own neighborhood. Get to know your local providers and get back in the habit of effective, consistent dental care to make sure your teeth last a lifetime.

Locally contact the dental offices of Katherine A. Thokey, DDS LTD. Her offices are in Madison where she lives and works as one of your neighbors. Dr. Thokey and her staff will work to get to know you and your needs, and bring you optimum dental care. They also offer insurance plans and in-office savings plans for patients without dental insurance elsewhere. Visit them Monday through Thursday from 9-6, or visit katherinethokeydds.com.

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.



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What Should You Look For In An Orthopedic Surgeon?

By Reuben Gobezie, MD, Director,
Cleveland Shoulder Institute

When you are in need of orthopedic surgery, research is important. You'll want to find a highly recommended surgeon with the strongest skills and most experience in the specific area of surgery that you need. Extensive data has shown a direct correlation between the number of times a surgeon performs a procedure and the success rate. The more experience the doctor has with the surgery, the better the patient outcomes.

Take the time to research the credentials of the doctors you are evaluating and ensure they are board certified. Check resources such as the American Academy of Orthopaedic Surgeons and the American Board of Orthopaedic Surgeons for extensive information about orthopedic procedures and to verify your surgeon has been certified.

Websites such as Healthgrades.com and Vitals.com provide patient reviews of doctors and details on a physician's experience.

Ask for referrals from your primary care physician, other healthcare providers, family and friends. Make a consultative appointment with doctors you are considering to develop a comfort level with them and discuss the surgery and their experience. During this consultation, consider using the below questions to help guide your research.

Orthopedic Surgeon, Reuben Gobezie, MD, is an internationally recognized leader in the care of shoulder injuries. He treats patients with all types of disorders resulting from traumatic injuries, arthritis, instabilities, rotator cuff and sports-related injuries through the Cleveland Shoulder Institute with locations in Beachwood and Concord.

10 Questions to Ask During a Surgical Consultation

1. What procedure or treatment do you recommend for me?
2. How will this procedure help my condition?
3. Are there alternatives to this surgical procedure?
4. Do you perform the recommended procedure or refer me to someone else?
5. How many times have you performed this procedure in the past year?
6. What complications do you encounter with this procedure and how often do they happen?
7. Do you follow up with patients after surgery?
8. How skilled is the medical team involved in the procedure and follow up care?
9. What will my care after surgery include?
10. How long does it take for patients to recover from this procedure?

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Beachwood • Concord



Reuben Gobezie, MD

Founder, Chief of Surgery
Cleveland Shoulder Institute

- ◆ Internationally recognized leader in shoulder care
- ◆ Peer ranked as one of the Top 25 Shoulder Surgeons in the US
- ◆ Patient's Choice Award 6 consecutive years
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- ◆ Pioneered minimally invasive shoulder surgery techniques

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Heather Hill Care Communities has achieved the Excellence in Quality award.

This distinct honor is awarded to facilities that attain high customer satisfaction scores, low readmission rates to the hospital, and deficiency free survey through the Ohio Department of Health. The 5-star multi-level care facility has served Geauga County and the Greater Cleveland Area for more than 75 years. Heather Hill Care Communities is the destination for post-acute care. The impeccable quality of care is attributed to the dedicated team of professionals. Heather Hill offers long-term ventilator care, short-term rehabilitation, dialysis services and the Dolan Center for Memory and Aging.

Their mission, “Making a difference...one individual at a time” is Heather Hill’s hallmark for success. You are invited to tour the campus and learn more about assistance that can be provided with any healthcare needs. **Call 440-285-4040, visit 12340 Bass Lake Road Chardon, or view www.heatherhillcare.com**

DEBBY DALTON FROM PAGE 3

It’s important to Dr. Vanek and his staff that patients have a very clear and realistic expectation about what their results will be.

“I still marvel at the human body, it’s resilience, and how it responds to these procedures,” says Dr. Vanek. “But I always want patients to understand that much of the outcome has to do with their particular molecular structure, lifestyle, age, genetics, and other factors.”

In most cases, Dr. Vanek likes to take time before surgery to prepare the patient both physically and mentally. This may require losing weight if the patient wishes, stopping smoking, and certain dietary changes to decrease swelling or pain.

“Subtle changes can make a great deal of difference in the outcome for patients,” says Dr. Vanek. “Debby was the exception. Once I outlined what could be done for her, she wanted to get going right away.”

Three months after her surgery, Debby looks and

feels fabulous and she could not be more pleased with the results.

“I was so ready,” says Debby. “And my recovery was a breeze. I trusted Dr. Vanek completely and I

“I assured [Debbie] that with the latest techniques in facelifts and other procedures, I could address all of her concerns at once. The results are as amazing as she is.”

was at a time in my life where I was excited to look as young as I felt. My advice to people thinking about this is to not wait. Do it while you are young enough to enjoy it, just like I did.”

Paul Vanek, MD, FACS, is located at 9485 Mentor Avenue, Suite 100, in Mentor. For more information or to schedule a consultation, call 440-205-5750, or visit MentorPlasticSurgery.com



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It's Time to Get Started with Medicare

Turning 65 this year? It's time for you to brush up on Medicare. Plan now to attend **Getting Started with Medicare**, a 90 minute informational session presented by Laura Mutsko of Mutsko Insurance Services, LLC on the following dates and times:

Tuesday, September 19, 2017

Morley Library

6:30 pm – 8:30 pm

184 Phelps St., Room A, Painesville, OH 44077

440-255-5700

Thursday, September 28, 2017

Concord Community Center

6:30 pm – 8:00 pm

7671 Auburn Rd., Concord, OH 44077

440-639-4650

Thursday, October 5, 2017

Euclid Library

7:00 pm – 8:30 pm

631 E. 222 St., Euclid, OH 44123

216-261-5300

Monday, October 9, 2017

Willoughby Library

7:00 pm – 8:30 pm

30 Public Square, Willoughby, OH 44094

440-942-3200

All the basics will be covered on how Medicare works and how you can make the most of it. Sessions are educational only: no specific benefits, products or prices will be discussed. Pre-registration is required. Please call the individual location to register. Some venues may charge a nominal fee.

For a complete list of other class dates and times, visit www.mutskoinsurance.com/seminars or call Mutsko Insurance Services, LLC at 440-255-5700.

Lake-Geauga

Recovery Centers offers a wide range of services

Lake-Geauga Recovery Centers, Inc. is a 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 drugs or alcohol, 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. Outpatient services include Assessments, Drug Testing, Individual Counseling, Group Counseling, Dual Diagnosis, Family Group, Medication Assisted Treatment, Hispanic Substance Abuse

Services and Ambulatory Detox. A Grief Support group for those who have lost loved ones due to drug or alcohol abuse is available. The Center operates two Residential Treatment facilities, a women's Supportive Housing facility for pregnant women, and Recovery Housing for men and women. Comprehensive Prevention services are provided to schools, business and the general community. Services are provided through the support of Lake County ADAMHS Board, Geauga Board of Mental Health and Recovery Services and United Way of Lake and Geauga Counties.

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For more information please visit our website at www.lgrc.us or call **440.255.0678**.

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Orthopedic Urgent Care Provides Quick Access to Specialists

~ New Beachwood Location ~

GO Ortho, an urgent care for orthopedic conditions, recently opened a new location in Beachwood at 3755 Orange Place. Patients can avoid costly and time-consuming ER visits by going to GO Ortho first with an ache, break, sprain or other orthopedic injury.

Typical emergency room and urgent care visits for joint, muscle and bone problems result in quick checks by a physician's assistant, nurse practitioner or non-specialist physician and a referral to see an orthopedic specialist. GO Ortho streamlines the process, enabling patients to be imaged, diagnosed and treated by an orthopedic surgeon/specialist right away.

There is also a significant monetary savings to patients since a GO Ortho

visit is charged as a regular orthopedic office visit and not as an emergency level visit that comes with high deductible and/or co-insurance costs. Services at GO Ortho are covered by most insurance carriers.

GO Ortho is equipped with advanced orthopedic imaging to ensure conditions are accurately diagnosed and efficiently and effectively treated. GO Ortho staff are trained to provide sophisticated treatments and can outfit patients in the latest slings, braces and other support devices as well as casting.

To make an appointment, call 844-GO-DR-NOW (844-463-7669). For more information, visit <http://www.godoctornow.com>.

LEADING ORTHOPEDIC SURGEON LAUNCHES OHIO HAND CENTER

Practice offers care for hand, wrist and shoulder conditions in Beachwood, Chardon, Concord and Willoughby

One of Northeast Ohio's leading orthopedic surgeons, Scott Zimmer MD, has opened the Ohio Hand Center, an independent practice with medical offices in Beachwood, Chardon, Concord and Willoughby. The practice offers expert care for hand, elbow and shoulder conditions such as fractures, sports injuries, arthritis of the joints, carpal tunnel syndrome, tennis elbow and many other painful conditions.

Dr. Zimmer has been named as one of the best hand and orthopedic surgeons in Northeast Ohio for more than six years by his medical peers. Prior to launching Ohio Hand Center, Dr. Zimmer directed the Hand and Upper Extremity Center for University Hospitals Geauga Medical Center for

10 years. He is a fellow of the American Society for Surgery of the Hand, a select group of top hand surgeons in the United States.

The combination of advanced experience and a tight network of skilled therapists set this practice apart. From diagnosis to surgery to rehabilitation, the close communication that Dr. Zimmer establishes with patients as well as rehabilitation therapists has led to high satisfaction ratings and patient outcomes.

Services provided by the Ohio Hand Center are covered by most insurance carriers. More information can be found at ohiohandcenter.com. For an appointment, call 844.542.6363 (844.HAND.MD).

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- Trigger finger
- Ulnar nerve - Cubital Tunnel



ohiohandcenter.com
844-542-6363 (844-5-HAND-MD)



Dr. Scott Zimmer is an orthopedic surgeon and founding director of the Ohio Hand Center. A leader in hand, elbow and shoulder surgery in Northeast Ohio for more than a decade, he has been named one of Cleveland's best orthopedic and hand surgeons by his peers in the medical field. Dr. Zimmer graduated first in his medical school class and received advanced training in surgery of the hand, elbow and shoulder at the University of Florida, Shands Hospital.

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Ask Us: What is IOP?

Q: One of my health care providers recommended I consider joining an “IOP.” What is an IOP and why is it necessary? I’ve been seeing an individual therapist for over a year now. Isn’t that enough?

A: We live in an increasingly confusing acronym world (e.g., HMO, Ph.D., IIRC). While they can be useful, they often further complicate our health care system. “IOP” or “Intensive Outpatient Program” is a type of mental health intervention that continues to gain traction with many care providers.

In addition to being cost effective, data support the use of IOP in helping patients make substantial changes to severe and/or chronic mental health conditions, such as depression,

anxiety/panic, disordered eating habits, substance abuse and other addictive behaviors, self-harm, and more. A typical IOP tends to have longer, more in-depth sessions over a relatively short period of time. While this amount of treatment can seem daunting, commitment to the model often allows for faster and more substantial improvement that would be expected from a greater level of care.

If a health care provider has made a recommendation for IOP, there is likely good reason behind it. First of all, there is no such thing as a “silver bullet” treatment approach; what works for one person is not necessarily what works for another. Similarly, it may be that you are not receiving an appropriate level of care. In other words, pain medication may provide some relief from a broken leg, but it will

not be enough to getting you back on that bicycle.

Just as with individual therapy, there are numerous approaches to take with IOP. Premier Behavioral Health Services provides Dialectical Behavioral Therapy (DBT – another acronym!). DBT focuses on using Mindfulness to reduce stress by teaching patients to master skills that they can use outside of therapy. These skills include ways of staying in the moment, rather than worrying about the future or obsessing about the past; getting your



emotions to work for you rather than the other way around; tolerating those situations that create suffering and that don’t have immediate solutions; and creating and maintaining healthy relationships with others.

In the end, therapy can be viewed as a means for obtaining a life worth living, not maintaining a life that is tolerable. Where are you in your life right now? If you think that IOP could be beneficial, or if you have any questions about your treatment options, please call to schedule an appointment within 24 hours of your call.

Premier Behavioral Health Services
8701 Mentor Avenue
Mentor, 44060
440-266-0770

Narcotic-Sparing Surgery

Non-narcotic pain control used before, during and after surgery can improve outcomes and help prevent opioid addiction.

Ohio leads the nation in opioid overdose deaths, easily surpassing even those states with larger populations such as New York and California. And, according to a Kaiser Family Foundation health poll, about four in 10 Americans know someone who has been addicted to prescription painkillers.

Morphine, fentanyl, OxyContin, Percocet, Vicodin and other narcotics have been commonly used to relieve post-surgical pain. But these drugs can have significant side effects. They can affect thinking and breathing and may cause nausea, vomiting, drowsiness and constipation during recovery. They increase complication rates, including blood clots and infections, and result in longer hospital stays. They can even lead

to chronic pain, resulting in dependence and addiction.

The good news is that “narcotic-sparing surgery” uses a combination of pain management therapies before, during and after surgery to minimize these problems. Narcotic-sparing treatments can reduce complication rates and side effects and minimize hospital stays. They can also reduce the need for prescription pain relievers after surgery, helping to avoid addiction and reduce easy access to narcotics by individuals for whom they were not prescribed. Lake Health General Surgeon Patrick Huck, MD, is dedicated to this specialized narcotic-sparing care.

Combining pain relief therapies

Narcotic-sparing surgery is beneficial in colon surgery, complex hernia repairs, gynecologic surgery, orthopedic surgery and cardiothoracic procedures. Depending on the type and extent of the

surgery, there are several ways to block and manage pain.



Preparing patients during pre-surgical appointments, Dr. Huck explains how narcotic-sparing therapies may be different than the patient's former surgeries or expectations. In some cases, non-narcotic pain relievers may be recommended prior to surgery.

During surgery, a myriad of non-narcotic pain control options are available. Local anesthetics, old and new, can be injected to numb the surgical area. Nerve blocks can be used in less compli-

cated, more localized surgeries. Epidural blocks are used to control pain in more extensive and complicated procedures.

“These therapies may be used in combination with small amounts of narcotic medications as indicated by the phrase narcotic ‘sparing,’ but non-narcotic drugs and treatments provide the major pain control,” Dr. Huck explains.

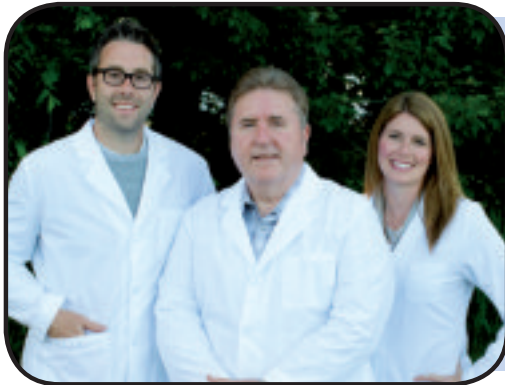
The techniques result in less pain in the days following surgery, so there is no need for prescription narcotics. Patients find adequate pain relief with acetaminophen (Tylenol) and NSAIDs such as ibuprofen, naproxen and Celebrex.

“Narcotic-sparing surgery provides better patient safety and overall patient care. It not only reduces opioid addiction and access, it results in less pain and therefore less need for opioid pain relievers after surgery, a lower complication rate and a shorter hospital stay,” says Dr. Huck.

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GREAT LAKES

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The team at Great Lakes Medical Research collaborate with the nation's leading pharmaceutical companies to provide clinical trials of ground breaking medical therapies. The research team consists of physicians who are board certified in a variety of specialties, registered nurses, allied health professionals, and research coordinators, that have a combined experience of over 350 clinical trials.

**Please call us for an appointment at 440-205-1225
and let us help you on your road to wellness.**

A Closer Look at Dry Eye

FAMILY FEATURES

Dry eye is a common and progressive condition affecting millions of Americans that can prevent them from doing the things they love, whether that's reading, watching movies or doing leisure activities like hiking or bike riding. Fortunately, dry eye symptoms can be treated with remedies such as over-the-counter eye drops.

Causes

Dry eye can be caused by a variety of factors. The first is the production of tears, which plays an important role in eye health by spreading across the cornea, keeping eyes lubricated and helping push away potentially harmful debris. Dry eye can occur when you don't produce enough tears, or the tears you do produce either evaporate rapidly or are of poor quality.

Numerous demographic and environmental factors

can also contribute to dry eye, as well as the use of digital devices, air conditioning, heat blowers and fans. Certain health conditions like diabetes, thyroid-associated diseases and immune system disorders can also play a role, along with extended contact lens use, refractive eye surgery and certain medications.

Symptoms

The symptoms of dry eye can run the gamut from being a minor inconvenience to having a major impact on your daily life and favorite activities. The five key symptoms of dry eye include: dryness, irritation, grittiness, burning and stinging. Other indications may include itchiness, tired eyes, blurred vision, excess tears and redness.

Treatment

One way to help restore moisture to the tear film and reduce the effects of dry eye is with a fast-acting, over-

the-counter eye drop like Rohto Dry-Aid, formulated with Liquidshield™ technology, which works on all three layers of the tear film to mimic a stable, natural tear, while providing soothing relief for up to 12 hours.

"Dry eye sufferers can enjoy their daily lives with Rohto Dry-Aid, which delivers all-day relief from irritating and distracting dry eye symptoms in a refreshing, non-blurring eye drop," said Erick Estrada, Senior Director of Marketing at The Mentholatum Company, which makes Rohto Dry-Aid.

If your dry eye symptoms persist and you find yourself using lubricant eye drops several times a day, consult your eye doctor as this may be an indication you have chronic dry eye.

Learn more about dry eye and potential treatment options at rohtoeyedrops.com.



Photo courtesy of Getty Images

Great Lakes Gastroenterology Committed Since 2004

At Great Lakes Gastroenterology, LLC, the doctors have been committed to serving their patient's needs since it first opened in 2004. Great Lakes Gastroenterology offers a variety of services including Colon Cancer Screening, as well as the diagnosis and treatment of digestive system disorders (esophagus, stomach, colon, small intestine, pancreas, gallbladder) and liver. It offers procedural services, such as colonoscopy and endoscopy, at its outpatient facility, the Endoscopy Center of Lake County

at 9614 Old Johnnycake Ridge Road in Mentor.

Great Lakes Medical Research originated in 2007 as single-specialty gastroenterology research site and expanded to a multi-specialty research site in 2012. It participates in clinical trials that provide many benefits to patients who aren't responding or tolerating conventional treatments. Its research team collaborates with the nation's leading pharmaceutical companies to provide clinical trials of ground breaking medical thera-

pies. The research team consists of physicians who are board certified in a variety of specialties, registered nurses, allied health professionals, and research coordinators. Please call 440-205-1225 option #6.

Currently Great Lakes Gastroenterology operates out of the Mentor Medical Campus, the Lake West Medical Building and timeshare offices in Willoughby, Chardon and Madison. To better serve the needs of patients, Great Lakes Gastroenterology will be combining its two main offices into

a newly renovated building at 8877 Mentor Avenue in Mentor, that is designed to fit the specific needs of patients. Dedicated physicians, Keith A. Friedenber, MD, Sayed S. Khatami, MD, Don Brinberg, MD and Keyur P. Parikh, MD, and the excellent medical staff welcome you to call for an appointment at 440-205-1225 so they can help you on your road to wellness.

Advanced Treatment for Depression

When medications aren't enough, advanced, aggressive treatment may be needed.

Mental illness is just as significant as a physical disease. Diagnostic imaging shows that when a person is depressed, the number of connections in the brain is reduced. This can cause the person to become quite dysfunctional. And, while about 60 percent of patients respond well to medications, in severe depression and some bipolar conditions, medications may not be enough. For them, electroconvulsive therapy (ECT) may be the next step to improve brain connectivity and function.

How it's done

Today's electroconvulsive therapy is unlike that of past decades, and Lake Health has the most advanced



ECT equipment available. Following rigid and proven standards set by the American Psychiatric Association, today's ECT is safe and delivers a controlled and brief electrical current, causing a medically controlled

causing a seizure which is stopped with intravenous medicine after two minutes.

Unlike medications, which affect a relatively small number of brain cells, ECT affects the entire brain: all

seizure.

Using a short-acting anesthetic and muscle relaxer, the patient is asleep and safe from movement or injury during the 10- to 15-minute treatment. Electrodes deliver ultra short-wave electric current for six to eight seconds,

its cells and circuits. A series of 12 treatments is typical, and diagnostic imaging shows that, over the course of treatments, ECT increases neurotransmitters and connectivity in the brain.

"ECT is 85 to 90 percent effective in taking a patient out of depression," says Lake Health Psychiatrist Bahman Sharif, MD, who administers the treatments. "There is such a great need for this therapy, and patient successes have turned even our most skeptical staff into advocates."

Overall, the procedure is well tolerated by most patients, but it produces temporary memory loss. In some patients, this can last longer. Other side effects can include temporary nausea, headache, joint pain or muscle aches the day of the procedure. Patients must be accompanied by a family member.

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6 Things To Share With Your Doctor

It is important to be honest with a doctor about certain health habits, but sometimes it isn't so easy to be forthcoming. Fear of being judged or discussing embarrassing situations may prevent some patients from telling medical professionals the whole story. However, the things people do not share could end up compromising their treatment or prevent doctors from discovering certain ailments.

Rather than omitting information, people need to be frank with their doctors. Honesty is important when speaking with a physician, even when the discussion turns to the following potentially sensitive topics.



1. Smoking: Even if you aren't a daily smoker, mention if you smoke in social situations or grab a drag once in a while. Smoking increases the risk for many illnesses and can compromise how effective some medications can be.

2. Alcohol consumption: Be honest about how much you drink, as alcohol can interfere with medications.

3. Supplement usage: Over-the-counter medicines, herbs and other supplements can affect overall health. A doctor needs to know the entire picture before prescribing treatment.

4. Exercise habits: Don't claim to be a gym rat if you're more of a couch potato. An accurate idea of their patients' fitness levels and habits is a key

diagnostic tool for physicians.

5. Unusual issues: Be forthright with any issues, even those that occur in embarrassing areas of the body. Remember, if you're uncomfortable with your doctor, you can always get a referral for a specialist who treats those areas of the body daily.

6. Drug use: Prescriptions are written in dosages for the intended recipient. Taking drugs that are not prescribed to you, whether it's a loved one's prescription or an illicit drug, affects your body. If you have a medical issue, consult with your doctor so you can get your own legal prescription or begin working toward addressing your addiction.

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 white, black, yellow, green or all of the above. If left untreated, the infection will make nail brittle, painful and embarrassing. Extremely contagious, it can pass from person to person very easily and because of this, it is difficult to clear up. Nail fungus can cause social problems since when having it, an individual will want to hide or cover it up.

There's good news. You can have beautiful, healthy feet again with our FDA cleared Lunula Laser treatment. It's the first and only non-thermal, touchless painless treatment of toe nail fungus to target the fungus and stimulate new, clear nail growth. Contact us today at [216-459-8616](tel:216-459-8616). Donahue Foot and Ankle Center has a convenient location at 8300 Tyler Blvd. in Mentor.



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Integrative Medicine: Answers to Your Questions

What is integrative medicine?

Integrative medicine focuses on the therapeutic relationship between the body, mind and spirit. To prevent and treat illness and to encourage overall wellness, integrative medicine blends modern medicine with a wide variety of evidence-based alternative therapies.

Some integrative medicine therapy examples and benefits

Acupuncture stimulates the nervous system to release chemicals that improve energy and biochemical balance, encouraging the body's natural healing abilities.

Massage can increase circulation, restore motion and flexibility, reduce inflammation, relax muscles, improve sleep and release endorphins to reduce pain.

Music therapy lowers heart rate and blood pressure, relieves anxiety, improves mood and can ease pain.

Naturopathic medicine focuses on prevention and the removal of barriers to health while optimizing wellness.

Reflexology uses pressure on the feet, hands or ears to promote relaxation and stress relief and improve sleep and pain management.

Reiki (healing touch) is done by placing hands on or near the body and may reduce tension, pain, illness and emotional trauma.

What services can Lake Health patients receive?

While drugs treat medical conditions, the healing environment and integrative medicine therapies offered at West and TriPoint medical centers relax patients and help them manage pain.

Lake Health offers music therapy, Reiki and massage



therapy to inpatients, free of charge. Patients can arrange for these therapies through their nurse as available. Services are scheduled on a first-come, first-served basis, although service hours are limited and not all therapies are available every day or on all units.

Wellness Institute services

The Wellness Institute offers outpatient appointments for acupuncture, massage therapy, reflexology, Reiki, nutrition counseling and wellness coaching and has a wide variety of wellness products for sale. A six-week program called "Achieving Mental Wellness Every Day" targets stress management. For more information, call the Wellness Institute, located in the TriPoint Physician Pavilion, at 440-375-8153.

Practitioners offering integrative medicine at Lake Health:

Harold Bowersox, DO, HMD
Mentor, 440-255-5508

Joe Kessler, MD
Madison, 440-428-8222

**Susan Kim, DC, DABCA, CCN,
CSCS, FIAMA**
Concord, 440-375-8153

Jacob Wolf, ND, LAc, Dipl, OM
Mentor, 440-255-5508

What is a Bunion?

A bunion occurs when your big toe points toward the second toe. This causes a bump at the base of the big toe. The medical name for bunion is Hallux valgus.

Bunions occur more commonly in women and sometimes can run in families. People born with abnormal bones in the feet are more likely to develop a bunion. Wearing narrow toed, high heeled shoes may also lead to the development of a bunion. The condition may become painful as extra bone and a fluid filled sac grow at the base of the big toe.

Symptoms of bunions include:

- Red, callused skin along the edge of the big toe
- A bony bump at this site
- Pain over the joint aggravated by pressure from the shoes
- Big toe pointed toward the other toes

A doctor can diagnose a bunion by looking at it. A foot X-ray can show an abnormal angle between



the big toe and the foot and in some cases arthritis.

When a bunion first begins to develop, take good care of your feet and wear wide-toed shoes. This can often solve the problem and prevent the need for any further treatment. It may help to wear felt or foam pads on the foot to protect the bunion or devices called spacers to separate the first and second toes at night. These are available at drugstores. You can also try cutting a hole in a pair of comfortable old shoes to wear around the house.

Call if you would like an evaluation and to discuss further treatment options!

Dr. Howard Waxman, DPM
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Our mother was strongly resistant to moving after her medical condition declined from an accident. When we toured GMC, we were immediately impressed by the highly professional staff members; the lovely apartments and the extensive activity offerings. We crossed our fingers and moved our mom "kicking and screaming". It took about 24 hours for her to be equally impressed with her new home. She is happier than she has been in years! Thank you GMC for all you've done to make our mom comfortable and content." Sue Y. Rosemary W. and Joe M.

- Very Accessible
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- Life long learning



GMC is a caring, friendly, and safe place to live. My sister has found many friends and fun activities there including: craft classes, fashion shows, birthday celebrations, trips to restaurants, Bible study, musical performances and many more. The management and staff are dedicated to creating a comfortable and enjoyable environment for all residents- they really care about each person there Julianne M.

- Trips and events
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Nervous or Afraid of the Dentist?

by Debra S. Lowe, D.M.D.

Transform your dental experience with tranquility.

The staff at Beyond Your Smile wants you to have a healthy mouth and a good quality of life. They understand that many people avoid the dentist due to dental anxiety and fears. The staff is committed to changing dental experiences. That is why they have developed a calming atmosphere and gentle techniques.

The staff at Beyond Your Smile believes patients can achieve optimum oral health if their care is performed with genuine kindness, caring, comfort, and gentleness. Debra S. Lowe, D.M.D., says that as a child, she was terrified to go to the dentist. "By managing my bad experiences, I developed empathy and the ability to help others manage their fears. We help our patients desire and succeed at obtaining dental treatment with a healthy outcome for life. We

strive to provide quality dentistry with gentleness and excellence. Our goal is to make your visit a pleasurable experience," she said.

When you walk in the door you are greeted by tranquil pictures and the relaxing sound of a water fountain. Have a seat and unwind, calm down, and relax. Mood-altering aromas, spa-like music, and the tranquil color scheme help you relax and be comfortable. Pillows and blankets are available for your added comfort. There is even a dental chair with relaxing massage. Patients love it! Studies have shown that tranquil settings can lower your pulse rate and decrease your pain response- some of patients have actually fallen asleep in the chairs!

Patients have made comments. "That was the best 'Novocaine' I ever had. I didn't feel a thing." "This office is filled with Zen. I could fall asleep."

So if you are apprehensive of dental



visits, have had bad experiences, this office is different. Your comfort is our priority!

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Focus on **NUTRITION**

5 ways to add more nutrients to your lifestyle

FAMILY FEATURES

A nutritious diet is crucial for overall health and well-being. While it's OK to indulge from time to time, it's important to make sure you're providing your body with appropriate nourishment.

There are many ways to help you add more of the essential nutrients you need into everyday meals, including these nutritious ideas from CocoaVia.

Sneak in More Fruits and Vegetables.

You can bulk up the nutritional value of nearly any meal by incorporating fruits or vegetables directly into your recipes. Pureeing veggies is a good way to disguise textures or flavors you might typically avoid. For example, celery is a natural flavor enhancer for many types of broth soup. Adding finely pureed celery to the stock will add the flavor without the crunchy bits. You can also slip vegetables like spinach or carrots into smoothies, and depending on the base and fruit, you may never even taste them. Fresh, canned or frozen, fruit can give a boost of nutrition to dishes like oatmeal or pudding. You can also use purees (think applesauce) as a low-fat substitute for eggs and oil in baked goods like cake.

Go Frozen.

Fresh fruits and vegetables provide a wealth of essential vitamins and nutrients, but you may be surprised that their frozen counterparts do the same. Frozen foods are often perceived as less nutritious, but they can contain just as many nutrients as fresh produce. In fact, since freezing often involves picking the food at its peak and then quickly freezing it, freezing can actually help retain vitamins more efficiently than refrigeration or canning; frozen vegetables can actually hold on to nutrients longer than fresh produce and are a great alternative when seasonal fruits and vegetables are unavailable. In many cases, frozen veggies also make it easy to experiment with better-for-you meals because the cleaning and prep work is already done. You can try adding them to soups, stir-fries, casseroles and even pasta dishes.

Cook Quickly.

If you've historically shied away from cooked vegetables, you may find that proper preparation is the secret ingredient. Not only does overcooking veggies deplete their flavor, in most cases it also diminishes their nutritional value. Cook veggies lightly and quickly using methods like stir-frying or steaming to help retain water-soluble nutrients like vitamins B and C.

Get Saucy.

You may think of dishes covered in rich gravy or sauce as unhealthy, and in some cases, you would be right. However,



Photo courtesy of Getty Images

it's actually quite possible to create saucy dishes that taste terrific. Both tomato sauce and pesto add nutrients and can top pretty much anything, from pastas to grilled chicken. Tomato sauce contains lycopene, a bright plant pigment known as a carotenoid that has been linked to a range of health benefits. Pesto is traditionally made with healthy pine nuts and basil, but you can also get creative and prepare this light sauce alternative with options such as arugula, spinach and heart-healthy walnuts or pecans.

Consider Cocoa Flavanols.

Another option to consider adding to your diet is cocoa flavanols. These plant-based phytonutrients are found naturally in cocoa, and research supports that these flavanols work within your body to help maintain healthy blood flow. While chocolate, including dark chocolate and natural (non-alkalized) cocoa powder, can be sources of cocoa flavanols, they are often not a reliable source of cocoa flavanols. The way cocoa is handled matters in the retention of these phytonutrients. However, one easy way to add cocoa flavanols to your routine is by incorporating a daily cocoa extract supplement, such as CocoaVia, which contains the highest concentration available in a cocoa extract supplement today. The supplement can be added to the food or beverage of your choice, like a Chocolate-Chai Smoothie or coffee. Visit CocoaVia.com for more information about cocoa flavanols and ideas for adding them to your diet.

The Truth About Chocolate

While there are many misconceptions about chocolate, especially when it comes to its health benefits, these facts from the experts at CocoaVia set the record straight on some of the most common chocolate myths.

1. Chocolate contains powerful antioxidants.

Chocolate, particularly dark chocolate, does contain cocoa flavanols, phytonutrients which numerous scientific studies have demonstrated have a positive impact on health. However, cocoa flavanols are not antioxidants. While not antioxidants, cocoa flavanols have been shown to have positive effects on health that are linked to their ability to support the health and function of your blood vessels.

2. Chocolate is good for your heart.

Chocolate can be part of a healthy diet, but it is not a health food. Even if chocolate is high in cocoa flavanols, the calories, fat and sugar leave it best-suited as an occasional indulgence.

3. Chocolate containing 70 percent cacao or greater is good for you.

The percentage of cacao is not a reliable indicator of a product's cocoa flavanol content. Unfortunately, there is also no way of knowing exactly how many cocoa flavanols are in a conventional chocolate product because traditional cocoa processing, which includes fermenting, drying and roasting of beans, destroys many of the flavanols naturally present in the cocoa bean.

4. Chocolate is high in caffeine.

Chocolate does contain caffeine, but an average 1-ounce serving of dark chocolate contains less than half the amount of caffeine found in an average cup of black tea. The amount of caffeine in chocolate is in proportion to the percentage of cacao in the product, meaning milk chocolate contains less caffeine than semi-sweet or dark chocolate.

Content courtesy of CocoaVia

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