



Health & Wellness

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How to find time to exercise

A new year marks a great time to embrace change. Many people do just that by making resolutions designed to improve their lives in the year and years ahead.

Resolutions regarding personal health are annually among the most popular changes people hope to make at the dawn of a new year. In fact, a quick scan of annual lists citing the most popular resolutions found that pledges to eat healthier and exercise more can be found at or near the top of such lists.

Though such lists might not have been compiled using the most scientific of methods, it's no secret that getting healthier and looking better is a goal many people strive for upon the arrival of January 1. Unfortunately, a 2015 report from U.S. News & World Report suggested that 80 percent of resolutions fail, oftentimes as early as February. For those who don't just want but need to get healthier, failure to live up to a resolution to exercise more can have potentially devastating consequences.

If exercising more is a goal in the year ahead, the following are a few strategies to make that happen.

- Exercise in the early morning. As the day progresses, unforeseen challenges or forgotten commitments have a way of devouring time initially earmarked for exercise. Exercise first thing in the morning before any commitments to work and family hijack the time you have committed to exercising.

- Take on less responsibility. Professionals and parents often cite commitments to work and family as the primary reasons they aren't getting enough exercise. While those are perfectly reasonable excuses to skip a workout, men and women who recognize the long-term benefits of routine exercise may be compelled to take on less responsibility at work while also making an



effort to divvy up responsibilities at home more equitably.

According to the U.S. Centers for Disease Control and Prevention, ongoing exercise can reduce risk for cardiovascular disease, type 2 diabetes, metabolic syndrome, and some cancers. The CDC also notes that routine exercise strengthens bones and muscles while improving mood. Taking on more responsibility at work might be great for your career, but that may prove a Pyrrhic victory if your long-term health is jeopardized. Parents can discuss with their spouse how to better share responsibilities

at home so both moms and dads can get regular exercise.

- Embrace more efficient exercise routines. Rather than working a single muscle group at a time, which can be both time-consuming and boring, men and women can adapt their workout routines to focus on multi-muscle exercises. Work with a personal trainer to make your workout as efficient as possible.

- Schedule your routine each week. Each week is different, so while it may be ideal to establish a workout routine in which you exercise at the same time each day, that's not always going to be possible. Failing to exercise on a day you had intended to workout can compromise your motivation to workout in the future, so sit down at the beginning of each week to examine your commitments for the days ahead and schedule times to exercise in the next seven days. This can keep you on track and help you avoid the disappointment of missing a workout because life got in the way.

Finding time to exercise is not always so easy, but even the busiest men and women can likely still include workouts in their daily routines.

Your teeth were meant to last a lifetime

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 commu-

nication 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 consid-

erations 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 Mon-Thur 9-6, or their website 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.



Katherine A. Thokey
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Treating Pelvic Pain in Women

Pelvic floor pain?

Specialized physical therapy may provide relief.

Many women suffer with pelvic pain and pelvic floor muscle problems. The pelvis is a complex area that includes the female reproductive organs, colon and bladder. These organs are housed in the bony pelvis and supported by muscles, ligaments and connective

on the pelvic floor muscles, scarring from tears associated with delivery or the separation of abdominal muscles. Pain may also occur after a hysterectomy or other abdominal surgery, or because of endometriosis or irritable bowel syndrome. Other contributors



tissue. The “pelvic floor” is a hammock of muscles that connects from the pubic bone in front to the tailbone in back. The pelvic floor muscles support the pelvic organs and assist with bladder and bowel continence and sexual function. Problems with any of these organs or systems can cause pain and bothersome or significant symptoms.

To evaluate pelvic pain, obstetrician/gynecologist Christine Slotta, MD, asks a variety of questions, uses a wide range of diagnostics and completes a physical exam. In addition to medical treatment to relieve the pain or dysfunction of some conditions, Dr. Slotta may recommend physical therapy as an alternative to medications or surgery.

Causes of pain and dysfunction Pelvic floor pain has many possible causes. It may occur after childbirth because of months of increasing strain

to pelvic floor pain include posture, body alignment, chronic orthopedic problems with the hips or low back and decreased core strength. And this list is not all-inclusive.

Pelvic floor muscle problems can result from muscles that are either too weak or too tight. Weak pelvic floor muscles can cause incontinence and pelvic organ prolapse. Tight muscles can lead to pain, urinary urgency and frequency, constipation or pain with intercourse.

Physical therapy may help Physical therapist Emily Hoffmann, PT, has had special training and is dedicated to providing care for women with all types of pelvic floor pain and problems.

“I don’t treat disease. I work with the neuromuscular system to relieve the pain and impairments that result from pelvic floor dysfunction,” Emily

CONTINUED ON PAGE 5

Holly's Hearing Aid Center

Hearing loss has many causes, symptoms and effects when untreated over time. In fact, well over 30 million Americans, of all ages, report having some degree of hearing loss. Many of these people could reconnect themselves to the sounds they love if

they chose to use hearing aids. Our goal is to help anyone who feels they may be experiencing the negative impact of hearing loss in their daily life take the first step.

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PELVIC PAIN FROM PAGE 4

explains. "Women should know that that it is not normal, for example, to leak urine or have pain with intercourse just because they have had a baby or reached menopause. Physical therapy can help manage pelvic floor pain and other issues."

Treatment

Before the first physical therapy session, patients fill out a questionnaire with detailed questions about their condition and medical history. To ensure comfort and privacy, Emily meets the patient behind a closed door. There, she conducts an educational consultation and discussion and completes a physical examination.

She screens for posture and alignment, strength and flexibility and general movement. She also performs an internal assessment of the pelvic floor muscles if needed and with the patient's consent.

"These issues are so personal, and the care I provide is always private, always sensitive

and always respectful of the patient's level of comfort," says Emily.

Treatment usually focuses on educating the patient about the anatomy of the pelvic floor, lifestyle changes, pelvic floor exercises, muscle stretching and core strengthening. Internal and external manual therapies such as massage and trigger point release, as well as biofeedback, are often used.

"For patients diagnosed with pelvic floor pain or dysfunction, it's important to consider physical therapy before more invasive testing or surgery," says Dr. Slotta. "It has saved many patients from unnecessary surgery, and it is so satisfying to see the positive results that patients – who think there is no hope for their problem – find with Emily."

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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.

Please give us a call if you would like an evaluation and to discuss further treatment options!

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Preventing Diabetes

by Patricia Nugent

According to the Centers for Disease Control, as of last year 9.3 percent of Americans, or 29.1 million, suffer from diabetes. And that number is projected to nearly double by 2025.

Although this silent killer has no cure, pre-diabetes can be reversed. Pre-diabetes is a condition that occurs when blood sugar levels are higher than normal, but not high enough for a Type 2 diabetes diagnosis.

Here in Lake County, there are an estimated 63,000 residents over age 18 who are pre-diabetic. As with most chronic diseases, diabetes is far easier to prevent than it is to treat. And prevention is at the heart of an initiative introduced by the Lake County YMCA: the Diabetes Prevention Program.

Its goal is to help identify individuals with pre-diabetic symptoms and help them make lifestyle changes in diet and activity to avoid the onset of Type 2 diabetes. "This national program, in partnership with the YMCA USA and Centers for Disease Control, is one of 200 in the country," says Margaret Warner, Lake County YMCA Senior Health Living Director. "Our first group of eight people began meeting in August, and they are already seeing positive results."

To qualify for the program, you must be over 18 years of age, have a BMI of 25 or over and have a diagnosis of prediabetes via a blood test



or previous diagnosis of gestational diabetes, she says.

The group meets for an hour in the classroom every week for the first four months, then every other week, then monthly for one year. "As a trained lifestyle coach, my goal is education and fostering group support," she says. "Each week there is a weigh-in, and we go over their physical activity and food trackers." The folks in this initial group range in age from 30 to 65, and come from all walks of life.

The Lake County YMCA encompasses 3 locations throughout the county. The cost of the Diabetes Prevention Program is \$420, which can be covered by insurance or the Lake County YMCA. You do not have to be a member to participate in this program.

Wondering if you are at risk for Type 2 diabetes? Take an easy quiz on the organization's website, LakeCountyYMCA.org, or call 440-352-3303.



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What is the difference between carpal tunnel and arthritis?

By Scott M. Zimmer, MD

Carpal tunnel syndrome and arthritis of the hand and wrist are two of the most common complaints I see as a hand and upper extremity surgeon. The two are vastly different but diagnosed based on a history of symptoms, examination and X-rays.

Carpal tunnel syndrome occurs when there is increased pressure on the nerve that gives sensation to most of the hand except your small finger. Symptoms include numbness, aching in the fingers and up the forearm, and pain that wakes you up at night. It is very important to see a hand specialist if numbness, tingling, or radiating pain in the hand are occurring because nerve damage

can occur if left untreated for a long time.

Osteoarthritis is the loss of cartilage between the two bones that make up a joint. As the cartilage wears out, increased friction occurs triggering pain, swelling, and decreased motion.

Treatment of both conditions starts with the correct diagnosis and non-surgical treatments such as bracing or anti-inflammatory medications. Cortisone injections are very effective and can control arthritis symptoms for years prior to needing surgery.

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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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Flu-fighting tips to keep you and others healthy



Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Throughout much of North Ameri-

ca, flu season peaks between December and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention. The flu is contagious and can sideline people for

extended periods of time. The CDC says that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Foods

Food can be used to fend off the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the body's immune system and help fight off the flu in its early stages.

Flu shot and medications

Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situ-

ations, antiviral medications — which are usually prescribed to treat the flu and lessen symptoms — can reduce the chance of illness in people exposed to influenza.

Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off.

Stop germ proliferation

Germs can be spread easily between persons through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people.

Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill.

Rest and restore

Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus.

People of all ages should take steps to protect themselves from the flu.

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What is Regenerative Medicine?

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KNEE PAIN

SHOULDER PAIN

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Adult Day Centers Offer Options for Senior's

By: AVALON Adult Day Center

Most seniors today would like to remain socially active and age in place in their own community homes. Unfortunately this can often become a challenge for Caregivers and Senior's alike due to age related issues. Many Senior's are faced with cognitive and physical limitations thus causing them to be unsafe when left alone. Some senior's are simply lonely and would like to engage in stimulating activities and conversations with others of the same peer group.

Until recently there have not been many options for Caregivers and Senior's that wish to age in place which is often the reason for prematurely seeking institutionalized placement in Assisted Living Communities and other Long Term Care type facilities. While homecare can be a helpful component to seniors aging in place; it does not provide for group companionship and peer interaction which often



leads to decreased depression, increased self esteem and well being. AVALON Adult Day Care Center and other Day Centers are able to bridge to this gap.

Did you know that Adult Day Centers are one of the most cost effective solutions available to stretch ones budget to help seniors reach the goal of remain-

ing in their community homes longer. Most cost less than full time homecare assistance.

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Here's your chance to ask questions and learn all about Medicare now, before the time comes for you to sign up. Join Laura Mutsko of Mutsko Insurance Services for her class, Getting Started with Medicare, being offered at libraries, community centers and local colleges. Laura is a Certified Senior Advisor and Licensed Insurance Agent. She will cover all the basics about Medicare, Medicare Advantage Plans, Medicare Part D Prescription Plans and Medicare Supplements.

Classes are scheduled for the following dates and times:

Thursday, February 15, 2018
Chagrin Falls Community Education
 7:00 pm – 8:30 pm
 400 E. Washington St., Chagrin Falls, OH 44022
 440-247-5375

Monday, March 12, 2018
Eastlake Library
 6:00 pm – 8:00 pm
 36706 Lake Shore Blvd., Eastlake, OH 44069
 440-942-7880

Thursday, March 22, 2018
Concord Community Center
 6:30 pm – 8:00 pm
 7671 Auburn Rd., Concord, OH 44077
 440-639-4650

Monday, April 9, 2018
Willoughby Hills Library
 6:00 pm – 7:30 pm
 35400 Chardon Rd., Willoughby, Hills, OH 44094
 440-942-3780

For a complete list of upcoming classes visit www.mutskoinsurance.com/seminars.

Preregistration is required. These events are only for educational purposes and no plan specific benefits or details will be shared. Some venues may charge a nominal fee.

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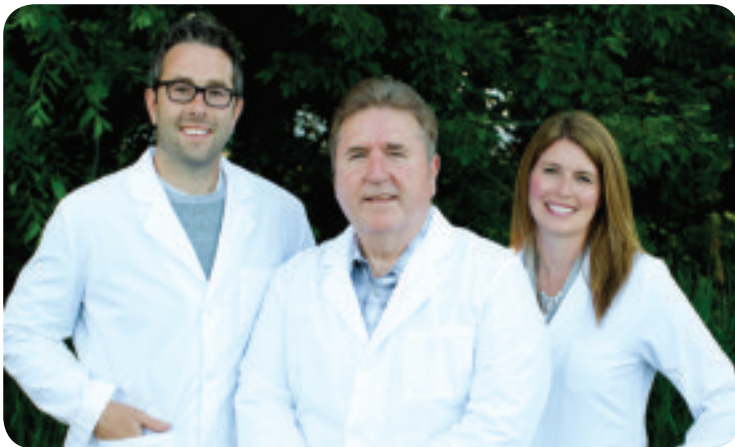
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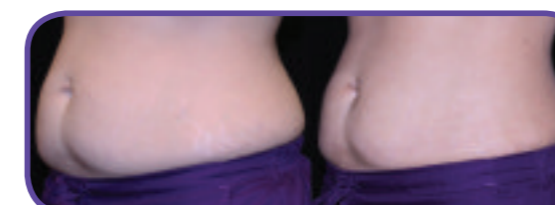
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Side effects of snoring include higher risk for Alzheimer's



Snoring may seem like a pesky yet minor problem, but it can be much more serious than some people know.

Although snoring is a common problem among all ages and genders, the National Sleep Foundation says that men are

twice as likely to snore as women, and snoring can worsen with age.

The aging process can lead to a relaxation of the throat muscles, resulting in snoring. Furthermore, the NSF says anatomical abnormalities of the nose and throat, illness and other factors may also contribute to snoring. Drinking alcohol, which can have an effect similar to muscle relaxants, in the evening can make snoring worse.

While many people may think snoring is a mere nuisance, it actually may be a symptom of obstructive sleep apnea. Over time, apnea can be associated with high blood pressure and increased risks of heart attack, stroke or death, advises WebMD.

Now there is new evidence that those with obstructive sleep apnea may be at a higher risk of developing Alzheimer's disease as well.

A new study published in the journal Neurology found that people with

sleep apnea tended to develop memory problems and other signs of cognitive impairment earlier than people without such sleep disorders. Richard Osorio, MD, a research assistant professor of psychiatry at the NYU Center for Brain Health, found that, among 2,000 people studied, those who reported having sleep apnea or snoring tended to develop signs of mild cognitive impairment, including memory lapses and slower speed on cognitive skills, about 12 years earlier on average than those who didn't report any sleep-related breathing issues. Mild cognitive impairment often precedes dementia related to Alzheimer's disease.

Some researchers believe snoring and sleep apnea may contribute to a buildup of the toxic protein in the brain called beta-amyloid, which is a hallmark of Alzheimer's disease and other dementias.

If snoring has become problematic, men are urged to visit a doctor or sleep specialist to see which therapies can be instituted to help improve sleep and overall health.

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How Aging Adults Can Maintain Their Mental Acuity

Aging is associated with or linked to a host of mental and physical side effects. For example, many adults expect their vision to deteriorate as they grow older. Such a side effect can be combatted with routine eye examinations that may indicate a need for a stronger eyeglass prescription, a relatively simple solution that won't impact adults' daily lives much at all.

While physical side effects like diminished vision might not strike much fear in the hearts of aging men and women, those same people may be concerned and/or frightened by the notion of age-related cognitive decline. Some immediately associate such decline with Alzheimer's disease, an irreversible, progressive brain disorder that gradually destroys memory and cognitive skills, ultimately compromising a person's ability to perform even the simplest of tasks. But age-related cognitive decline is not always symptomatic of Alzheimer's disease.

Learning about Alzheimer's and how to maintain mental acuity can help aging



men and women better understand the changes their brains might be undergoing as they near or pass retirement age.

Is Alzheimer's disease hereditary?

The National Institute on Aging notes that only a very rare form of Alzheimer's disease is inherited. Early-onset familial Alzheimer's disease, or FAD, is caused by mutations in certain genes. If these genes

are passed down from parent to child, then the child is likely, but not certain, to get FAD. So while many adults may be concerned about Alzheimer's because one of their parents had the disease, the NIA notes that the majority of Alzheimer's cases are late-onset, which has no obvious family pattern.

Can Alzheimer's disease be prevented?

Studies of Alzheimer's disease are ongoing, but to date there is no definitive way to prevent the onset of the disease.

How can I maintain mental acuity as I age?

Researchers have not yet determined a way to prevent Alzheimer's disease, but adults can take certain steps to maintain their mental acuity into retirement.

- Exercise regularly. Routine exercise may be most associated with physical benefits, but the NIA notes that such activity has been linked to benefits for the brain as well. For example, a 2011 study

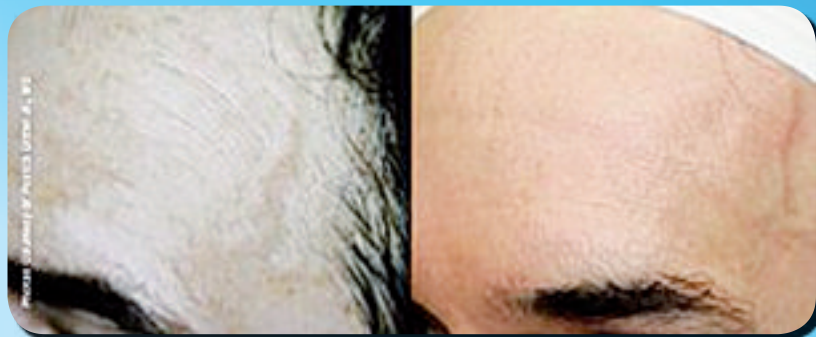
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AGING ADULTS FROM PAGE 19

published in the journal Proceedings of the National Academy of Sciences of the United States of America found that aerobic exercise training increases the size of the hippocampus, leading to improvements in spatial memory. The NIA also notes that one study indicated exercise stimulated the brain's ability to maintain old network connections and make new ones vital to cognitive health.

- Read more. Avid readers may be happy to learn that one of their favorite pastimes can improve the efficiency of their cognitive systems while delaying such systems' decline. A 2013 study published in the journal Neurology by researchers at Chicago's Rush University Medical Center found that mentally active lifestyles may not prevent the formations of plaques and tangles associated with Alzheimer's disease, but such

lifestyles decreases the likelihood that the presence of plaques or tangles will impair cognitive function.

- Stay socially connected. Maintaining social connections with family, friends and community members also can help women prevent cognitive decline. Epidemiologist Bryan James of the Rush Alzheimer's Disease Center studied how social activity affected cognitive decline, ultimately noting that the rate of cognitive decline was considerably lower among men and women who maintained social contact than it was among those with low levels of social activity.

The idea of age-related cognitive decline strikes fear in the hearts of many men and women, but there are ways for adults to maintain their mental acuity well into their golden years.

Protect Against RSV

Keeping newborn babies safe is a priority for mothers, fathers and other caregivers. Various ailments can afflict newborns, and one many new parents may be unfamiliar with is respiratory syncytial virus, or RSV. According to Hackensack Meridian Health, RSV is the leading cause of hospitalization of babies

younger than one year of age in the United States. RSV produces symptoms similar to the common cold or the flu and can include runny nose, cough and trouble breathing. In severe cases, particularly in infants, a baby may need to be hospitalized if his or her breathing is greatly compromised. Examples of severe infections include bronchiolitis (an inflammation of the small airways



in the lung) and pneumonia. RSV also can affect adults, but healthy adults are usually only affected by mild symptoms, says the U.S. Centers for Disease Control and Prevention. In such instances, recovery can take between one and two weeks. Researchers are looking into immunizing pregnant women against RSV as a way to help protect babies from the virus.

What should you look for in an orthopedic surgeon?

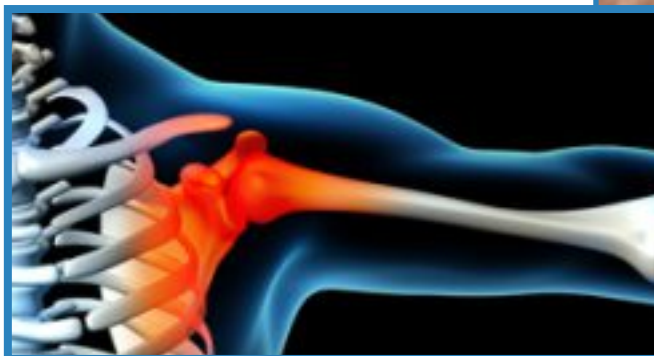
When you need orthopedic surgery, research is important. You will want to find a highly recommended surgeon with the strongest skills and most experience in the specific area of surgery that you need. Extensive data has shown a direct correlation between the number of times a surgeon performs a procedure 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 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.

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Safe ways to deal with sinus pressure

Sinuses are bony, hollow, air-filled cavities inside the face and skull. They are located in the low-center of the forehead, behind the eyes and in bones behind the nose. Cedars-Sinai Medical Center says the sinuses lighten the skull and produce a mucus that moisturizes the inside of the nose. Unfortunately, when colds or the flu strike, sinuses may become one of the first spots affected by these illnesses.

When the sinuses are working properly, mucus will drain into the nasal passages or out the back of the throat. Most of this drainage goes unnoticed. However, the American Sinus Institute says that factors such as allergies, illness, weather changes, dehydration, and dry air can make the sinus mucus thicker and drainage more difficult. This is when problems like infection, stuffiness or throat irritation may occur.

In order to combat sinus congestion and drainage concerns, people may try certain strategies that include flushing the sinuses and thinning the mucus.

It is imperative to use safe flushing methods to keep the sinuses healthy.

Neti pots are among the more popular methods to flushing sinuses. These small teapot-like devices with elongated snouts have become a fixture in many medicine

cabinets. Because they are drug-free alternatives, they can be handy for those worried about antihistamines making them drowsy or reacting with other drugs. Neti pots and other nasal irrigation systems use saline to moisten and clear out nasal passages to promote drainage of sinus cavities. However, according to the U.S. Food and Drug Administration, using these devices improperly can increase one's risk of infection. CBS News says that neti pots have even been linked to the deadly *Naegleria fowleri*, which is otherwise known as the "brain-eating" amoeba.

The key to preventing infection is to only use previously boiled, sterile or distilled water to irrigate. Tap water is not adequately filtered, says the FDA, and may contain low levels of organisms that can stay alive in nasal passages and potentially cause serious infections.

Those who are concerned about nasal irrigation safety may be wise to skip neti pots and use pre-packaged, sterile saline solutions that are bottled for the purpose of alleviating congestion.

However, when prepared water is used in a clean neti pot or other device, these methods can be perfectly safe.

Sinuses can get clogged for many reasons. To free up breathing,

people are urged to consult their physicians to learn more about how to safely irrigate their nasal passages.



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Generations Behavioral Health – Geneva, is a short term behavioral health hospital specialized in providing stabilization of behavioral problems associated with depression, anxiety, grief, loss, confusion, distress related to health declines, behaviors related to dementia, and more, for people age 50 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.

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Air quality and heart health



According to the U.S. Environmental Protection Agency, studies have shown that air pollution can trigger heart attacks and strokes. The threat posed by air pollution is greater among people who have or have had coronary artery disease, angina, heart attack, bypass surgery or an angioplasty, heart failure, stroke or transient ischemic attack, or blockages in the arteries of the neck or legs. People who have internal cardiac defibrillators also may

be at greater risk of heart attack or stroke due to air pollution. While it's common to assume that air pollution is only a problem for people who live in large cities, the American Heart Association warns against making such assumptions, noting that air pollution can be traced to a host of sources, including wildfires and cooking with wood stoves, that can be found outside of major cities. The AHA also notes that researchers believe pollution has inflammatory effects on the heart that can cause cardiovascular problems.



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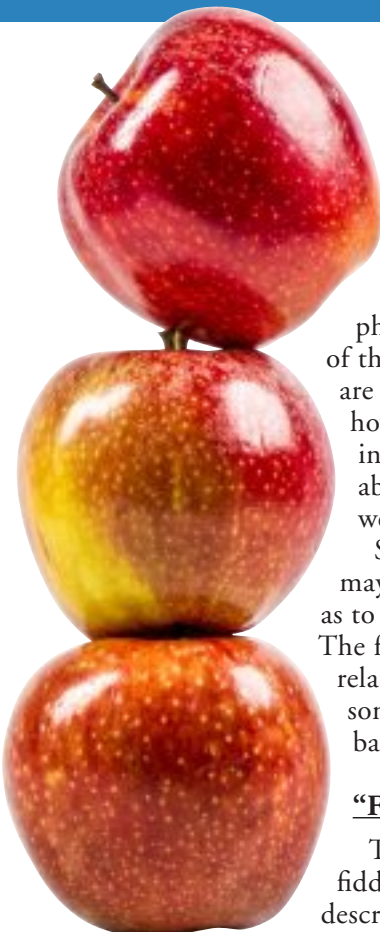
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Health sayings and their origins



Language is shaped by many different influences. Over time, certain phrases become part of the vernacular and are spoken to signify how one acts or feels, including phrases about health and well-being.

Some phrases may inspire curiosity as to their origins. The following health-related phrases have some interesting backstories.

“Fit as a Fiddle”

The phrase “fit as a fiddle” is often used to describe someone who is

very healthy and full of energy. But what does fitness have to do with an instrument, anyway? Actually, very little. According to The Phrase Finder, “fit” didn’t originally mean healthy. It was actually used to represent the words “suitable and seemly.” Therefore, something that is fit as a fiddle would mean it was suitable for its purpose. Now “fit” frequently refers to one’s physical shape, and the phrase has evolved.

“Survival of the fittest”

Again, the word “fittest” initially did not represent physical strength or well-being. Rather, in this phrase, attributed to Herbert Spencer and later to Charles Darwin, fittest referred to those who were best suited to their

environment, or more plainly, those who were best able to survive. Today, it can mean anyone who is able to rise above the odds against them or beat the competition.

“Strong as an ox”

The idiom “strong as an ox” has long represented a person who is unusually strong and able to persevere. Because oxen are large beasts of burden that were used instead of horses by American settlers before railroads were created, anyone compared to an ox would have to be someone capable of strong physical labor and ability.

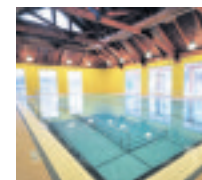
“An apple a day keeps the doctor away”

Many believe this phrase to

be a helpful rhyming device to remember to eat healthy food to maintain good physical health. However, according to Snopes, the first known version of this proverb comes from Wales in 1866 and stated, “eat an apple on going to bed, and you’ll keep the doctor from earning his bread.” Other sources trace the phrase to ancient Rome. Apples can have many health benefits, but no research has confirmed that eating an apple daily will safeguard individuals from any particular illness. A 2015 study published in JAMA Internal Medicine did find that people who ate an apple required fewer prescription medications than those who did not.



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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.



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



Simple Solutions to Combat Winter Skin Sensitivity



(Family Features) The winter season is here, and it's important to get in the habit of taking care of your skin. Cold weather brings low humidity levels and dry air, which can suck the moisture from your skin, and without proper care, skin can become dry, cracked and irritated, causing discomfort.

This winter, focus on a regimen that helps protect and hydrate skin so you can spend time enjoying the benefits of winter like family game night, snow days and snuggling by the fire.

Prepare your family for cold weather with these simple tips that can be easily incorporated into your family's daily routine, keeping skin feeling soft and healthy all winter long.

Hydrate Inside and Out. Staying hydrated during the hot, summer months is a given, but it is also important to remember that cold winter air can leave your skin parched. Use a humidifier to keep skin hydrated during the dry months and be sure to lather on moisturizer. Natural moisturizers like coconut oil and shea butter can act as protective barriers against harsh elements, sealing in moisture. In addition to hydrating on the outside, it is just as important to stay hydrated on the inside. By drinking water throughout the day, your skin can stay healthy and moisturized.

Switch to a Mild Laundry Detergent. Many common detergents can be abrasive to sensitive skin, especially when it is more vulnerable to irritation during the harsh winter months. Wash bed linens, towels and clothes with a mild detergent like all

Free Clear year-round, especially during the winter months. As the No. 1 recommended detergent brand by dermatologists, allergists and pediatricians for sensitive skin, all Free Clear includes no dyes, fragrances or irritating residues. Using the power of stainlifters to fight tough stains, it is also safe for the whole family to use, keeping laundry clean while being gentle on skin.

Avoid Toxins, Specifically Allergens and Irritants. Products that contain toxins, allergens and irritants should be avoided during months when skin is most sensitive. Choose moisturizers and skin care products that don't contain common irritants, and opt for mild cleansers and moisturizers that are specifically labeled for sensitive skin. Castor oil is another moisturizer alternative that is natural and can be used on both the face and body.

Layer Up. Lock in moisture and protect your skin from wind, rain and snow by wearing layers whenever you venture outside. The skin on your neck, face and hands is thinner than other areas of the body and therefore more sensitive to the effects of winter weather. Thermals, scarves and gloves can keep you warm and protect your skin from the cold, dry air. For those with sensitive skin, avoid synthetic fabrics and itchy materials like wool, and wash clothes with a dermatologist-recommended detergent like all Free Clear.

By implementing these best practices for skin sensitivity, you can minimize redness, dryness and discomfort to help skin stay healthy and glowing throughout the winter season. Visit all-laundry.com to learn more.

ED or Urgent Care?

The question of "ED or urgent care?" comes up more often than anyone would wish. Because it can be difficult to decide what to do in the heat of the moment, University Hospitals offers these guidelines to help you make the best choice for you or your loved one.

Urgent care – Most UH urgent care offices are open 9 a.m. – 9 p.m. Monday – Friday, 9 a.m. – 5 p.m. weekends and 9 a.m. – 3 p.m. on holidays. Consider urgent care when you need care quickly for minor illnesses or injuries such as earache, sprains or allergies.

Emergency room (ER) – UH ERs are open 24/7 with new processes in place to help reduce the wait time at most locations. The ED is the best option for accidents or illnesses that



are sudden or severe such as a very high temperature, severe vomiting or a large cut or wound.

In the event of a life-threatening emergency, call 911.

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5 Facts You Need To Know Before You Buy Hearing Aids

Approximately 37.5 million Americans suffer from hearing loss. Below are a few things to consider when considering your hearing health:

1. Go to a professional for a thorough ear and hearing exam. They can “rule out” if it could be something as simple as earwax. More importantly, they can find out if the hearing loss could be a more serious medical condition.

2. One size doesn't fit all. Going to a professional ensures that you get the perfect device specifically for you, your budget and your lifestyle.

3. Cheaper isn't better. Healthy hearing is more than just a “piece” of plastic. You hear with your brain. There is an adjustment period. You need a professional to walk you through the process and to make any necessary programming changes specifically to you and your needs.

4. To keep hearing your best you need follow up care. Regular cleaning and checkups are important to not only hearing your best, but to extend



the life of your investment.

5. Look for a reputable company. There are many hearing aid dispensers

that do not have the expertise or experience for fitting the correct device. Make sure your investment includes a

lifetime of care and that they will be around to take care of all your hearing healthcare needs, now and for the life your hearing device.

Your hearing health is an intricate part to your total overall health. Seek help by a professional who will walk you through the steps to a healthier and happier you.

For more information on healthy hearing and hearing aids, contact Hear Wright at 800-640-9107.

Mary Beth Wright received her Master's Degree in Audiology from Purdue University in 1985. She is Clinical Director of Hear Wright. Mary Beth has been so dedicated in helping the hearing impaired, she has been involved with speaking and training others at hearing care conferences throughout the United States, Canada, and Europe.

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“Keys” to Stroke Recovery

Intensive therapy at the Center for Comprehensive Rehabilitation brought the music back.

On January 24, 2017, pianist Deborah Inks, just 62, began to experience right-sided weakness. Her husband, Earl, a Lake Health team member, insisted she go to the TriPoint Medical Center ER, where she was diagnosed with a stroke. At TriPoint, designated as a Primary Stroke Center by The Joint Commission, the appropriate treatment was quickly put in place by a team of nurses and physicians, including neurologists who specialize in stroke care. Initially, Deborah's symptoms worsened to the point where she struggled with even basic movements of her hand and arm.

After four days of care and evaluations by physical, occupational and speech therapists at TriPoint, Deborah faced hospital discharge. How and where could she obtain continuing therapy that would help her recover and return to normal? Was it even possible? Her life and livelihood of teaching and playing the piano were on the line.

Faced with many choices for rehabilitation care, Deborah chose to continue

her recovery at Lake Health's Center for Comprehensive Rehabilitation (CCR). There, in a private, bright and comfortable room, she would receive a level of intense rehabilitation that she would not have had access to at home, at an outpatient center or at a nursing facility.

“CCR provides a high level of rehabilitation care close to home,” says CCR medical director Nicholas Detore, MD.

Targeted therapy

The CCR team completed a thorough evaluation and created a plan to meet Deborah's specific rehab needs. Physical therapist Nancy Ditzel coached Deborah in leg, arm and body exercises to improve her standing and balance, recover strength and coordination, and gain endurance to complete daily tasks.

Speech therapist Allison Matchinga helped her overcome mild deficits in chewing and speech with tongue twisters and drills.

Occupational therapist Liz Kratovich and therapy assistants Angela Longo

and Ellen Nelson focused on restoring the fine motor skills Deborah needed to manage daily life and play the piano. Angela challenged her with hand and finger dexterity and flexion, finger isolation, pinch, grasp and grip strength exercises.

Boosting dexterity, Anjela Pawlikowski, RN, helped Deborah recall an easy crochet stitch technique. Nurses' aide Tiffany DeFini continually encouraged her.

The therapists suggested Deborah's family bring in her electronic keyboard. Practice would help her hands and fingers. As Deborah played in her room, at first quietly, other patients began to hear and enjoy the practice sessions.

“Deborah was so motivated and kind,” says Allison. “She and her music supported and encouraged other patients.”

Because of repetition and intense rehabilitation, today Deborah is back to giving piano lessons, playing for her church services and accompanying concerts.

“I never understood the full scope of everything therapy could offer until I experienced it first hand with my wife,”

says Earl.

“I am thankful for my faith in God and for everyone at TriPoint and CCR who played a part in my successful recovery,” says Deborah.

You should know:

The Center for Comprehensive Rehabilitation (CCR) is a small rehabilitation unit so patients receive personal care.

For stroke survivors who qualify, national guidelines recommend admission to an inpatient rehabilitation unit such as CCR because of the potential for better outcomes than in a less-intensive rehabilitation facility.

Lake Health's monthly Stroke Survivor Support Group is open to stroke survivors, families and friends. For more information, call the Best of Health Line at 800-454-9800.

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Resolve To Put Down Devices And Reduce Screen Time



down time spent watching TV, using a computer, using mobile devices, or playing video games. Some people may be surprised to learn just how much time they're spending staring at screens, and that realization may be just what they need to make changes.

- Use a standard alarm clock.

By not using their smartphones as alarm clocks, people can avoid the temptation to begin looking at social media or emails even before they've wiped the sleep from their eyes.

- Make a list of goals. Rather than reaching for a phone, Digital Detox experts suggest keeping a list of goals and experiences in one's pocket that they can refer to when they're tempted to look at their screens. Then they can engage in a real-world experience instead of simply looking at their phones.

- Schedule media hours. Set aside blocks of time when media use is allowed, and resist the urge to activate devices throughout the rest of the day.

- Put away the phone or tablet. Simply moving a device out of sight may reduce the temptation to send a text or hop onto an app.

- Remove superfluous apps. Delete apps that take up too much of your time. Having to go the extra step to view Facebook on a web browser, for example, may reduce the likelihood that you will do so.

- Go screen-free. Resolve to leave home without a phone for a few hours to enjoy unencumbered screen-free time.

Electronic devices can be addictive. But over time and with some concerted effort, men, women and children can cut back on screen time.

Electronic devices have infiltrated nearly every aspect of daily life. And thanks to the portability of today's smartphones and tablets, many people are rarely without access to the internet or other digital applications.

A 2016 Nielsen Company audience report found that adults in the United States devoted about 10 hours and 39 minutes each day to consuming media. The analytics firm Flurry says users are spending nearly half of that time on mobile devices, particularly using mobile apps. Active Healthy Kids Canada reported in 2014 that children between the ages of three and five spent an average of two hours per day in front of screens, while the statistics group eMarketer estimates that adults in Canada spent an average of nine hours and 41 minutes a day using media in 2016.

The Canadian Paediatric Society states that exposure to digital media is a concern and can affect children and families. Exposure to screens can be habit-forming, and early overexposure increases the likelihood of overuse later in life. Reducing screen time has become a mantra in many households across North America and may also be something adults hope to do in the future. The following are some ways to cut down on screen time.

- Keep a journal. A journal can help men and women log their screen time over the course of a few weeks. Jot

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