

THE CLEVELAND CLINIC  
FOUNDATION 

## Get checked for glaucoma

Did you know that 3 million people in the United States have glaucoma, but only half know it? Most people with glaucoma do not have any symptoms until they have permanently lost a great deal of their vision. Fortunately, early detection can save your vision.

Medicare will pay for an annual eye screening exam for patients who are at risk of developing glaucoma. You may qualify for such an exam if you are a Medicare beneficiary who:

- is an African-American aged 50 or older
- has a family history of glaucoma
- is diabetic
- has not previously been diagnosed with glaucoma

The exam includes a check of your vision and the pressure inside your eyes. The experts at the Cleveland Clinic Cole Eye Institute are specially trained to diagnose and treat glaucoma.

**For a FREE copy of a new consumer guide designed to help patients make informed decisions about treatment for glaucoma, call 216/444-8919 or 800/545-7718.**

**To schedule a screening exam, call 216/444-2020 or 800/223-2273, ext. 42020.**



## Reducing pain during knee replacement surgery

If you need total knee replacement surgery, epidural anesthesia—the same safe and effective form of anesthesia commonly used during childbirth—may be an option.

Epidural anesthesia involves a Novocaine-like medication delivered via a catheter placed in the lower back. The anesthesia provides pain control below the waist, rather than to the entire body. The catheter remains in place for up to a week after surgery, so that patients receive pain-relieving medication during recovery.

Other benefits of epidural pain relief include avoiding the unpleasant side effects of narcotic pain

medication, quicker recovery and prevention of “pain recruitment” where, once pain occurs, subsequent bouts of pain become harder to manage. By using epidurals, the first round of pain never begins.

Delivering epidural anesthesia requires highly skilled anesthesiologists. At The Cleveland Clinic, a team of specially trained and experienced anesthesiologists works exclusively with the orthopaedic surgeons.

**For more information, call the Department of Orthopaedics at 216/444-2606, or 800/223-2273, ext. 42606, or Cleveland Clinic Orthopaedics at Euclid Hospital at 216/692-7780.**

**Be Healthy! Make an Appointment**

For appointments at The Cleveland Clinic, call 800/223-2273.

## Breast cancer?

A breast cancer diagnosis can be frightening, but there are a number of things you can do to help cope with the disease and ensure proper care.

For instance, never feel pressured to make a decision quickly—you have the right to take the time you need to get a second opinion, find a health care team you are comfortable with and come to the decision that is right for you.



Do not be afraid to ask for help from family, friends and from your doctor. If you don't understand something your doctor says, keep asking questions.

Although breast cancer cannot be prevented, it can be successfully treated when detected early. There are more than 2 million breast cancer survivors in the United States today.

**For cancer-related questions, call the American Cancer Society at 800/ACS-2345 to speak with a specialist 24 hours a day, seven days a week. You also may call your Cleveland Clinic Health System hospital.**

## Hospice Q and A

**Q:** What does the hospice admission process involve?

**A:** One of the first things the hospice professional will do is contact the patient's physician to make sure he or she agrees that hospice care is appropriate for the patient at that time. The patient will be asked to sign consent and insurance forms, similar to those patients sign when they enter a hospital. The so-called "hospice election form" is used to ensure that the patient understands the care is aimed at pain relief and symptom control rather than a cure.

**Q:** How difficult is caring for a dying loved one at home?

**A:** It's never easy and sometimes can be quite hard. At the end of a long, progressive illness, nights especially can be very long, lonely and scary. However, hospices have staff available around the clock to consult by phone with the family and make night visits if appropriate.

**For more information about hospice care, call Hospice of The Cleveland Clinic at 216/444-9819 or 800/263-0403.**



## Day tripper

There are many ways to spend the day seeking relaxation, adventure or entertainment without an overnight stay. Day trips include:

- Cleveland Botanical Garden—The newly renovated garden features an exquisite conservatory and 10 acres of outdoor gardens. 216/721-1600
  - Cleveland Lakefront State Park—Six park areas offer greenery and natural relief from the city skyline. 216/881-8141
  - Cleveland Museum of Art—One of the finest, most comprehensive collections of art in the world. 216/421-7350
  - A-Lure Walleye Fishing Charters—Fishing on Lake Erie's central basin. Fish guaranteed! 440/257-9544
  - Goodtime III—A 1,000-passenger luxury cruise ship offering two-hour narrated tours, and lunch and dinner cruises. 216/861-5110
  - Amish Culture Tours—The Holmes County Chamber of Commerce offers information on a variety of tours. 330/674-3975
- Senior Circle Plus offers a variety of trips already planned for you. Call your Senior Circle Plus office or visit [www.cchs.net/seniorcircle/privileges](http://www.cchs.net/seniorcircle/privileges) for calendars of events.**

# Guide to great grandparenting

**S**o, you're going to be a grandparent! The role brings many new and exciting opportunities—and some responsibilities, according to the American Association of Retired Persons (AARP).

A lot has probably changed since you were a parent. New information and philosophies about pregnancy, childbirth, education and discipline have changed the way parents deliver, raise and nurture their children today.

If you want to ready your own home for the new arrival, think twice about dragging your child's old crib or high chair from the attic. Safety standards have changed, and old equipment may no longer be considered safe.

Don't feel guilty if your happiness at hearing the news of impending grandparenthood also is tinged with sadness. Many people associate becoming a grandparent with growing old. It's normal to have mixed feelings. But rest assured, when your grandchild arrives, you'll be thrilled to be a grandparent. And today, grandparents don't have to wear bifocals or have gray hair to earn the title!



## Surviving a stroke

**M**odern medicine has come a long way in the research and survival of stroke victims, but it is often quick recognition of symptoms and action by the stroke sufferer that lead to a recovery. For example, by getting to the hospital quickly, you may be a candidate for intravenous tPA, the only FDA-approved treatment for sudden onset stroke.

Signs and symptoms to watch for:

- sudden onset of numbness or weakness in the face or limbs
- confusion
- trouble speaking
- trouble seeing
- difficulty walking
- dizziness
- loss of balance or coordination
- severe headache

To increase your chance of surviving a stroke, take these four steps within the first three hours of the onset of symptoms:

- Recognize stroke signs, noting when they occur.
- Call 911 immediately and describe your symptoms.
- Get to the nearest hospital as quickly as possible.
- If traveling via ambulance, request early assessments and care on the way to the hospital.

All Cleveland Clinic Health System hospital emergency rooms offer rapid evaluation and treatment of stroke patients, and the emergency room personnel are well-prepared to administer tPA.

## Don't get stressed

When the pressures of our increasingly complicated world start to affect your happiness and well-being, try one or some of the following tips to help bring normalcy, calm and good health:

- Get organized—Plan ahead and make lists of things to do.
- Take breaks—A mixture of activity and rest is best.
- Do it now—Do your least liked task at the beginning of the day. Procrastination breeds stress.
- Know your limits—Be realistic about what you can accomplish in a day.
- Treat your body right—You will be less susceptible to stress when you eat a balanced diet, get enough sleep and exercise regularly.
- Just say “No” to activities you don't enjoy, responsibilities that aren't yours, emotional demands that leave you feeling drained and other people's problems you cannot solve.



## Join the circle

Do you have friends interested in joining Senior Circle Plus?

If so, please send them to our Web site, [www.seniorcircleplus.com](http://www.seniorcircleplus.com), to register online or have them call **866/937-2247** to receive an application in the mail.

**Planning a day trip?  
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## New advances in hearing aid technology

**“D**igital signal processing (DSP) technology has revolutionized the way we fit hearing aids at The Cleveland Clinic,” says Craig Newman, Ph.D., head of the Cleveland Clinic’s Section of Audiology. For patients with sensorineural hearing loss, Dr. Newman uses newer digital instruments that can be programmed and fine-tuned to meet individual needs. The use of directional microphone technology is especially helpful for people that have difficulty hearing background noise. In addition, these instruments can be reprogrammed as the patient’s hearing and communication needs change.

Still, hearing aid fitting is only a partial solution in helping people overcome the consequences of hearing loss. “The need for education and counseling after the hearing aids have been fit is critical to maximizing

long-term patient satisfaction,” Dr. Newman explains. To meet this need, Cleveland Clinic audiologists hold a three-week communication improvement course called Learning to Listen for all their newly fitted hearing aid patients and families.

“Knowing that other people experience the same problems, as well as successes, from hearing aids is comforting. Patients and their families come away from the group sessions with a better understanding

of the complexity of hearing loss and its impact on family dynamics,” notes Sharon Sandridge, Ph.D., coordinator of the Hearing Aid Program.

**For a hearing aid evaluation, please call 216/444-6691 or 800/223-2273, ext. 46691.**

### **Volunteering is good medicine!**

Join our Ambassadors, and make a difference in a patient’s life. For more information about volunteer opportunities at The Cleveland Clinic, call 216/445-6986 or 800/223-2273, ext. 56986.



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