

SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2003

THE CLEVELAND CLINIC
FOUNDATION 

A SELECT group

Trial focuses on
cancer prevention

The Cleveland Clinic is enrolling men to participate in the Selenium and Vitamin E Cancer Prevention Trial (SELECT) for prostate cancer. The study will follow 32,400 men for seven to 12 years, depending on time of enrollment.

African-American men age 50 and older, and Caucasian or Asian men age 55 and older, with no personal history of prostate or other cancer may be eligible for enrollment.

SELECT is sponsored in the United States by the National Cancer Institute and is being conducted through the Southwest Oncology Group.

For more information, call toll-free 1-866-2SELECT, or visit www.swog.org and click on the "SELECT" link.



Soft and smooth

Pursue great-looking skin

As our skin ages, it may start to show signs of roughness, irregular pigmentation, or pre-cancerous and cancerous lesions. In addition to protecting your skin from the sun and eating a well-balanced diet, consider using topical nonprescription and prescription products specially developed for aging skin.

Prescription products

Tretinoin (Retin-A and Renova) exfoliates the skin, helps even out pigmentation and minimizes fine lines. Many patients benefit from using tretinoin at bedtime, followed by a cream or lotion containing glycolic acid, and then sunscreen in the morning. (Tretinoin makes the skin more sensitive to the sun's UV rays.)

Hydroquinone is a bleaching agent used to treat hyperpigmentation, such as age spots and dark patches related to hormone therapy.

Over-the-counter products

Creams and lotions made with **alpha hydroxy acids** (glycolic, lactic, tartaric and citric acids) may help reduce fine lines and enlarged pores, and diminish irregular pigmentation and age spots. Side effects include mild irritation and sun sensitivity, so be sure to apply sunscreen every morning.

Salicylic acid, which is commonly used to exfoliate skin, has been studied for its effect on photoaged skin. Using products that contain salicylic acid can help improve the skin's texture and color. Salicylic acid also helps improve acne-prone skin.

NEED A DOCTOR?

To schedule an appointment with a Cleveland Clinic dermatologist, call (216) 444-5725 or 1-800-223-2273, ext. 45725.

Win a \$100 Target gift certificate! See inside.



Complete our survey
and you could win
a \$100 Target gift
certificate!



Arresting the sight thief

Halting age-related macular degeneration

Age-related macular degeneration (AMD) is a major cause of vision loss among older Americans. Treatment options are limited, although Cleveland Clinic Cole Eye Institute professionals continue to explore the causes of and new treatments for AMD.

A national study suggesting that nutrition plays a role in prevention has prompted many ophthalmologists to recommend a high-dose combination of antioxidants and zinc for some patients.

NEED A DOCTOR?

For an appointment with a Cole Eye Institute ophthalmologist, call (216) 444-2020 or 1-800-223-2273, ext. 42020.

If you have intermediate to advanced AMD, ask your doctor if this combination might help you:

- 500 mg of vitamin C
- 400 IU of vitamin E
- 15 mg of beta-carotene
- 80 mg of zinc as zinc oxide
- 2 mg of copper as cupric oxide

In the study, disease progression was slowed by 19 to 25 percent in patients at intermediate or high risk of advanced AMD. The combination of vitamins and minerals did not affect early AMD or restore lost vision. This therapy isn't recommended for those who smoke or recently quit; high doses of beta-carotene are linked to slightly higher rates of lung cancer.

Senior Health Day

Get the information, screenings you need

Join us 10 a.m. to 3 p.m. Wed., Sept. 17, for Senior Health Day. Cleveland Clinic specialists will offer health screenings and prescription reviews, conduct health-related talks, and distribute valuable information on a variety of topics, including alternative medicine, diabetes, pain management, macular degeneration and heart disease.

This FREE event will be held on the Skyway that connects the Crile (A) building, the 100th Street parking garage and the main hospital building. **For details, call (216) 444-3641 or 1-800-223-2273, ext. 43641.**



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 1-800-223-2273, ext. 56986.



Symptoms? What symptoms?

Early prostate cancer usually symptom-free

An estimated 198,000 new cases of prostate cancer are discovered every year. But, if detected early enough, this sometimes slow-growing cancer is highly treatable.

That's why it's important to ask your doctor about regular screenings that may include a digital rectal examination and a PSA blood test. Although many men think it's safe to skip testing because they have no symptoms, nothing could be further from the truth. Prostate cancer often has no symptoms until it reaches the advanced stages. That's why regular screenings are worth the effort.

Depending on the test results, your choices may include the following: surgery, radiation, chemotherapy, hormonal manipulation or watchful waiting. It's important to know that during watchful waiting, your condition is carefully monitored.

The following may be associated with prostate cancer: painful urination (dysuria), painful ejaculation, urgent need to urinate, frequent urination, urination at night (nocturia), urinary dribbling, especially immediately after urinating, urinary hesitancy, feeling that bladder is full after urination, urinary incontinence due to overflow from a distended bladder, weak or interrupted urinary stream.

Skin and sun

Skin cancer is the country's most common cancer—accounting for nearly half of all cancers in the United States. The American Cancer Society estimates that 58,800 new cases of malignant melanoma—the deadliest type of skin cancer—will be diagnosed in this country in 2003.

What can you do to protect yourself from skin cancer?

The Skin Cancer Foundation recommends these practical ways to reduce your risk of skin cancer and still enjoy a bit of sunlight:

- Avoid unnecessary sun exposure during the hottest part of the day—between 10 a.m. and 4 p.m.
- Wear sunscreen with an SPF of at least 15 that blocks both UVA and UVB rays. Apply sunscreen liberally, uniformly and frequently. But don't let SPF give you a false sense of security making you think you can stay in the sun longer.
- When outdoors, wear protective clothing—a wide-brimmed hat, long sleeves, pants and UV-protective sunglasses.
- Examine your skin head to toe at least once every three months.



Member benefit

Senior Circle Plus offers discounts for hearing aids and hearing screenings. Just be sure to show your membership card at your local Cleveland Clinic Health System hospital.

For information on any of our CCHS hospitals and services, please **call 1-866-496-8224** for your free copy of our Cleveland Clinic Health System Guide or **visit www.cchs.net**.

Join the circle

YES, sign up my friend for a free membership in Senior Circle Plus!

name _____

address _____

city/state/ZIP _____

e-mail _____

birth date _____

social security # _____

Which hospital will you be visiting? _____

Mail to: Senior Circle Plus
c/o Academy Communications
1446 SOM Center Road
Cleveland, OH 44124-2121

To receive applications in the mail, **please call toll-free 866-YES-CCHS (937-2247), or join online at www.seniorcircleplus.com**.



The heart of a woman

Heart attacks happen to women, too

Ask a roomful of women about their biggest health threat, and you're more likely to hear "breast cancer" than "heart disease."

But the fact is that nearly twice as many women die of heart disease and stroke as from all forms of cancer, including breast cancer.

YOUR RISKS

You can't control all the risk factors for heart disease, but you can alter your lifestyle to eliminate or modify these risk factors:

- Cigarette smoking
- High cholesterol
- High blood pressure
- Physical inactivity

What are the signs?

A heart attack often sends warning signals such as uncomfortable heaviness, fullness, squeezing or pain in the center of the chest lasting more than a few minutes. You may have pain spreading to the shoulders, neck or arms, or chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath.

Women may have other less common warning signs, such as atypical abdominal, chest or stomach pain; nausea or dizziness; shortness of breath and difficulty breathing; unexplained anxiety, weakness or fatigue; palpitations, cold sweat or paleness.

Not all symptoms will occur in every attack, so it's important to pay attention to the ones you have. If you or someone you love notices these warning signs, call 9-1-1 right away.

Traveling right

● If you exercise regularly when you're at home, make sure to fit in some time on the hotel treadmill or plan a walking route into your sight-seeing schedule to make sure you stay active.

● If you're traveling internationally, the Centers for Disease Control advises that you avoid eating or drinking at street vendors and that you avoid raw or undercooked meat and seafood, raw fruits and vegetables

(unless you peel them), tap water and ice cubes—all of which may contain bacteria that can lead to traveler's diarrhea.

● Drink at least as much water as you do on a normal day—more if you're taking a long flight or train ride since immobility can contribute to constipation. Travelers are often unaware of their fluid losses as they spend more time outdoors and in the heat.

Forgetting is part of aging

Don't fret. Your forgetfulness is not a sign that you're on the road to Alzheimer's disease. The time to worry is when you don't even remember why you were doing something in the first place, says Molly Wagster, Ph.D., of the National Institute on Aging. Here are some tips to help increase your mental prowess:

Do a puzzle. Recent research shows that people who engage in "mentally stimulating activities" are less likely to develop Alzheimer's disease, Wagster says.

Work in the garden. It uses "all your senses in the process," says Lawrence C. Katz, Ph.D., and Manning Rubin in *Keep Your Brain Alive*.

Take a walk. Recent studies on older animals have shown that physical exercise can increase cognitive function, Wagster says.

Heal at home

A great way to recover from a debilitating illness or injury is at home with the help of a home healthcare agency.

Generally, according to the National Association for Home Care, home health may be an option if you have limited ability to leave home and need skilled care, such as nursing or physical therapy. Services must be ordered by a physician.

If you feel you could benefit from home healthcare, ask your doctor to **contact Cleveland Clinic Home Health at (216) 444-HOME (4663) or 1-800-263-0403.**

Services are available through all Cleveland Clinic Health System hospitals and outpatient clinics, give us a call today.