

# SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2003



## Simply women

Enjoy a day of good health and well-being

If you're looking for a simply wonderful way to treat yourself, reserve Saturday, Sept. 13, on your calendar. That's when Fairview, Lakewood and Lutheran Hospitals will present a special women's health event, Simply Women, Simply Wonderful, at the new La Centre conference and banquet facility in Westlake.

Presenting the latest in health information and fashion, the program begins with a continental breakfast with keynote speaker and award-winning columnist Connie Schultz of *The Plain Dealer*. Breakout sessions will allow women to attend talks that are specific to their health needs and concerns. The day will conclude with a gourmet luncheon and fashion show featuring clothing and accessories by Talbots and hair and makeup by Charles Scott.

The cost of the event is \$15 per person.

**For more information, call (440) 460-4444.**



"I am doing everything possible to head off another heart attack," says Jean Novak, shown here with Cardiac Rehabilitation Nurse Brenda Barge, R.N.

## Get with the guidelines

### Working to prevent recurrent heart attacks

Jean Novak had a heart attack and quadruple bypass last December. She doesn't want to relive the experience any time soon.

That's one reason Fairview Hospital has teamed with the American Heart Association to become one of the area's first "Get With The Guidelines" Coronary Artery Disease Hospitals, designed to reduce the risk of recurrent heart attacks.

Under the program, hospital staff follow a set of proven standards and procedures. Specifically, they start patients on aggressive risk reduction therapies such as cholesterol-lowering drugs, aspirin, ACE inhibitors and beta blockers while they are still in the hospital. In addition, patients may also receive weight management and smoking cessation counseling as well as referrals for cardiac rehabilitation before discharge. Before the advent of the program, these measures normally took place six to eight weeks after the patient's surgery.

Jean, 73, had quadruple bypass surgery at Fairview Hospital on Christmas Eve. Within days of her surgery, the North Olmsted resident was put on a cholesterol-lowering medication, aspirin, and beta blockers.

In addition to being on this new aggressive pre-discharge regimen, Jean continues to participate in Fairview's cardiac rehabilitation program. "By taking these medications right after my surgery and working out in cardiac rehab three times a week, I'm doing everything possible to head off another attack," she says.

According to the American Heart Association, more than 450,000 people suffer recurrent heart attacks each year. This new program, says the AHA, is a critical step in preventing these re-occurrences and saving the lives of coronary patients. Projections indicate that if the American Heart Association's coronary program were implemented, more than 80,000 lives could be saved nationwide.

See "The heart of a woman" on page 2.

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## The walking wounded

**New clinic offers specialized wound care**

**B**elieve it or not, there are hundreds of “walking wounded” in Greater Cleveland. They are individuals who have wounds due to a number of health conditions. Unfortunately, they do not qualify for home care benefits because they are not homebound and can still get around—albeit with some difficulty.

Enter: Lakewood Hospital’s new Wound Care Clinic.

“Our new clinic is geared to those individuals who might otherwise not have access to specialized wound care, as well as many others who need this type of care,” explains Mary Montague, R.N., clinic coordinator.

These wounds can be the result of many different health situations, including surgical wounds that are not healing, pressure ulcers, diabetic foot ulcers and other

ulcers due to poor circulation in the lower extremities.

The Wound Care Clinic staff includes a physician and nurses and therapists who are nationally certified to provide special wound care. In addition to evaluation and treatment, they provide patient education on preventing future wounds. “We work with the patient’s primary physician to supplement the care they are already providing,” Montague says.

A physician referral is needed.

**For more information, please call  
(216) 227-2459.**

### **NEED A DOCTOR?**

**Our Physician Referral Service can help you find the right doctor. Call 1-866-733-6363 for free help.**

## The doctor is in!

**Lutheran’s Health Center celebrates first birthday**

**O**ne year ago Lutheran Hospital opened its new Health Center in response to both a shortage of primary care physicians in the Ohio City neighborhood and a need to offer a fast and convenient treatment option for downtown workers.

The Health Center serves those who don’t have a regular doctor and need to be seen immediately. The center also serves those who are suddenly feeling ill but are unable to get an appointment quickly with their own doctor. In addition, the Health Center is available for individuals who can’t find time to see their primary care physician.

Services include preventive care, employment physicals, routine gynecological care and tests, health screenings, geriatric care, diagnosis and management of general internal medicine diseases and sick visits. Walk-in patients are welcome.

Hours are 9 a.m. to 4 p.m. weekdays and 10 a.m. to noon every other Saturday. Parking is free and convenient.

**Contact the Health Center at (216) 363-2413 for an appointment or more detailed information.**