

Are you suffering from back pain? Call **216/476-4935** to schedule a consultation or for free information about vertebroplasty.

Relieving the Pain of Spinal Fractures

It's a sad but familiar story. An active older person develops osteoporosis and suffers one or more painful compression fractures as weakened vertebrae collapse. The standard remedies—powerful pain-killers and strict bed rest—don't bring relief.

Painful osteoporotic spinal compression fractures affect an estimated 270,000 Americans, and as many as 40 percent of postmenopausal women in the United States have low bone mass, putting them at risk for fractures.

Fortunately, an innovative option, vertebroplasty, is now available at Fairview Hospital. Vertebroplasty is a minimally invasive outpatient surgical procedure that can help relieve the pain of compression fractures that don't respond to bed rest and pain-killers. Cleveland Clinic Foundation radiologists Eunice Moon, M.D., and Jon Davidson, M.D., both perform vertebroplasty at Fairview Hospital.



Eunice Moon, M.D., (pictured) and Jon Davidson, M.D., offer spinal fracture treatments at Fairview Hospital.

“More than nine out of 10 vertebroplasty patients eventually enjoy significant pain relief,” Dr. Moon says. “How quickly this happens depends on the age of the fracture. A recent break will heal more quickly, while an older fracture usually requires a little more time.”

According to Dr. Davidson, the results have been wonderful. “Many of our patients feel better immediately following surgery, with almost complete resolution of pain, and most of them can safely go home in about six hours,” he says. “Not only are the results excellent, but vertebroplasty also boasts a very low complication rate.” ●

New Joint Unit Established

Patients who have had total knee or hip replacement surgery require specialized post-operative care. In response to this need, Lakewood Hospital has established a new total joint replacement unit. Judi Wagner, R.N., clinical nurse manager of the new unit, initiated the concept. “Patients considering this procedure are encouraged to attend the monthly total joint class taught by a certified orthopedic nurse,” she says. “Following surgery, patients receive direct attention for this specific procedure. Our goal is to help each patient achieve the best outcome possible.”

Is joint replacement surgery right for you? Call **216/529-7065** to schedule a consultation.



Judi Wagner, R.N., (middle) initiated the concept of a monthly total joint class.

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

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Warding Off Depression



Find activities that challenge you mentally and physically

Isolation, loneliness and boredom. Any one of these factors can lead to depression in seniors, but a combination of all three packs a real punch. Seniors may become depressed due to a variety of circumstances, including the death of a spouse or friends, children and grandchildren moving away, retirement or physical conditions that inhibit the ability to participate in activities and interact with others.

Take Action to Beat the Blues

The good news is that there's plenty seniors can do to help ward off the blues. "I recommend three antidotes: exercise, socialize and optimize," says Mark Frankel, M.D., medical director of geriatric and behavioral medicine at Lutheran Hospital and for the Cleveland Clinic Health System—Western Region. "You need to stay active, you need to keep involved in life, and you must keep your mind challenged."

Behavioral health professionals estimate that anywhere from 15 percent to 57 percent of older adults experience some form of depression. More alarming, researchers have found that even mild depression can suppress an older person's immune system.



Mark Frankel, M.D., offers seniors solutions to fight depression.

Powerful Tools

There's a lot of wisdom in the saying "You rest, you rust." Structure and planned activities can be powerful tools against depression by challenging you physically and mentally. Consider anything from volunteering, traveling or trying out a new sport, to taking a college course, working part time or joining a club to learn a different skill.

One way to take Dr. Frankel's advice is by participating in the many activities sponsored by Senior Circle

Plus and Fairview, Lakewood and Lutheran Hospitals. It's a great way to get involved and stay in touch with other people.

The important thing to realize is that help for depression is available, and early diagnosis and intervention can make a real difference.

If you or a loved one is experiencing depression, call 216/363-2293 to learn about our support groups, counseling services and more. You're not alone—help is available. ●

To become a member of Senior Circle Plus or for a list of member benefits, call toll-free 866/937-2247 or visit www.seniorcircleplus.com.