

Schedule your screenings and more. For appointments at The Cleveland Clinic, call 216/444-2273 or 800/223-2273, ext. 42273.

Feet First

When it comes to diabetes, make foot care a priority

With education, good diabetes care and proper footwear, most people with diabetes can avoid disease-related foot problems. Because most foot problems in diabetics begin with an unnoticed injury to the skin, simple precautions, such as inspecting your feet daily, wearing proper-fitting shoes and not walking barefoot, go a long way toward keeping feet healthy.

"Many people with diabetes believe foot amputation is inevitable, but that's just not true today," says Peter Cavanagh, Ph.D., academic director of the Cleveland Clinic Diabetic Foot Care Program.



Professionals in the Diabetic Foot Care Program include podiatrists, endocrinologists and orthopaedic surgeons. Patients can access preventive care and education about the relationship between diabetes and foot health.

For a brochure about the Cleveland Clinic Diabetic Foot Care Program, please call 216/444-8919 or 800/545-7718. For an appointment, call 888/931-FOOT (3668).

FREE Video Available

Medical Miracles: New Frontiers in Research aired earlier this year on WKYC-TV 3, but free videotapes of the show are available. Among other things, viewers learned how researchers are using knowledge about bone loss in space to manage osteoporosis and learned about a new drug that helps patients with macular degeneration to see again. Viewers discovered the latest news on stem cell research and learned how researchers are working to both improve kidney dialysis and avoid kidney failure.

To order your free videotape, call 866/819-8326.



Volunteering Is Good Medicine!

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

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NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2004

THE CLEVELAND CLINIC
FOUNDATION



See What You're Missing

Restoring Mobility

When hip and joint pain interferes with your ability to enjoy life, surgery may be an option. The first step is to discuss the risks and benefits of surgery with your doctor, as well as the types of surgery available and whether or not surgery is right for you.

"Joint pain is not a necessary part of the aging process," says Lester Borden, M.D., head of the Adult Reconstruction Section in the Clinic's Department of Orthopaedic Surgery. "Innovative techniques in hip and knee surgery have helped thousands of Cleveland Clinic patients return to active lives of gardening, playing tennis and even low-impact fitness classes."

To learn more about treating hip and joint pain, call for a free copy of our video, "Restoring Mobility," at 216/444-8919 or 800/545-7718.

Cataract surgery greatly improves vision

Cataract surgery is the most common surgical procedure performed in the United States today. Providing cataract patients with excellent vision is a specialty of the highly trained and experienced staff of the Cleveland Clinic Cole Eye Institute.

Cataracts: Fact and Fiction

Cleveland Clinic ophthalmologist Bennie Jeng, M.D., explains that a cataract—a clouding of the normally clear lens of the eye—is most often a natural effect of the aging process. "Other possible causes include genetic disorders or medical problems, such as diabetes, injury to the eye, medications, long-term unprotected exposure to sunlight and previous surgery," he says.

Symptoms of cataracts include painless blurring of vision, glare or light sensitivity, the need for a big change in eyeglass prescription or brighter light to read, double vision in one eye and diminished night vision.

There are many misconceptions about cataracts, Dr. Jeng explains. "Cataracts are not a film over the eye or a type of cancer, and they are not caused by overusing the eyes. Also, they do not spread from one eye to the other or cause irreversible blindness," he says.



No-Stitch Solution

Cataract removal surgery is performed on an outpatient basis. The cataract is usually broken into little pieces with ultrasound waves and removed through an incision so small that no stitches are necessary. A replacement lens is then implanted.

Although surgery is the only way to remove a cataract, some people with mild cataracts find that stronger glasses are all they need to continue functioning comfortably. Surgery should be considered when cataracts cause enough loss of vision to interfere with daily activities, Dr. Jeng says.

Bennie Jeng, M.D., sees patients at the Main Campus and in the Regional Ophthalmology office on Chagrin Boulevard in Beachwood. For an appointment, call 216/444-2020 or 800/223-2273, ext. 42020.

