

**It's not too late!
Learn how to reduce
your risk for disease—
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The Road Back

Rehabilitation helps patients get
back to living

For the second time, Rufus C. Foster found himself in the Rehabilitation Center at South Pointe Hospital learning how to walk. He was 79 the first time. Now, at age 80, he was learning to walk once more after suffering a fall in his Shaker Heights home.

Foster, a retired band director from the former John Adams High School, Cleveland Municipal School District, suffered a fall in January 2004, which broke his left femur (thigh bone). "He was doing so well, and then this fluke accident occurred," laments his wife, Mildred, a retired principal of Miles Park Elementary School in Cleveland.

A steel plate was implanted during surgery to set the bone. Foster then received inpatient physical therapy to improve his flexibility and upper-body strength, and to take his first assisted steps.

In early February, Foster left the hospital for further healing before beginning outpatient therapy. The first time he was admitted to the center was in September 2002, after suffering a series of medical problems, including hip replacements and a stroke. At that time, therapy helped him walk with the assistance of a walker.

We Get You Moving

South Pointe Hospital's Rehabilitation Center is equipped with parallel bars, walkers, weights, stationary bicycles and other equipment for use by patients. Physical therapists design an individualized rehabilitation plan for every patient. To refer a patient to the center or for more information about our services, call 440/312-4533.



Rufus Foster and his wife, Mildred, are thankful for South Pointe Hospital's Rehabilitation Center and its part in helping Rufus reach his goal to walk again.

A Drive to Succeed

"This is something I have to go through," Foster says. "I am determined to get well." Part of his determination to walk is fueled by an invitation to conduct a late-summer reunion concert of his former students, set for August.

He says South Pointe physical therapists are helping him reach his goal. "I never thought I would experience something like this, but I have been helped tremendously by the therapists at the South Pointe Rehabilitation Center," Foster says.

And they applaud Foster's drive to succeed. "He has a great work ethic and has exceeded my expectations for his progress," says Rick Burdsall, physical therapist at the center.

One Step at a Time

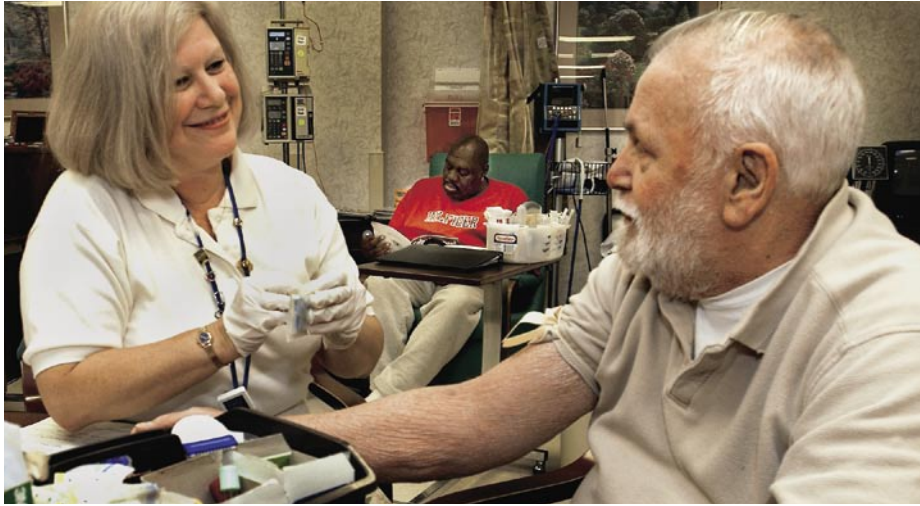
Arun Gupta, M.D., his primary care physician, says Foster's prognosis to walk again is good, with the aid of a walker, continued therapy at the South Pointe Rehabilitation Center and medical treatments.

Foster is determined: "I think positively. You have to make up your mind that you are going to defeat your problem."

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NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2004



Beverly Novak, MSN, CNS, monitors Wallace Hamlin's progress in the Congestive Heart Failure Center.

Learning to Live Well

Knowledge is power in the fight against chronic diseases

More than 90 million Americans suffer from chronic diseases, such as heart disease and diabetes. This is bad news, because these diseases often result in disability, health complications and premature death.

The good news? Often these conditions can be prevented by adopting a healthier lifestyle. In other cases, a person may be able to significantly limit the disability caused by the disease. That's why Euclid, Hillcrest, Huron and South Pointe hospitals have developed programs to educate patients about managing chronic diseases.

Registered nurses, dietitians, pharmacists and other health care professionals throughout the four-hospital group participate in providing these programs. After the fundamentals

of each disease are reviewed, risk-reducing information, laboratory monitoring, medications, exercise training and behavior modification are discussed.

Making Life Sweeter

For diabetics and their families, the region's comprehensive diabetes self-management program begins with an initial assessment of current laboratory data. Understanding diabetes and learning how to manage it can significantly reduce the overall risk of complications.

Patients with vascular disease often have sensitive skin, so Hillcrest has a wound care center. Patients learn disease-management strategies and all aspects of wound management.

Getting Heart Smart

With heart disease as the nation's leading cause of death and the most frequent medical diagnosis for admitted patients, Euclid, Hillcrest, Huron and South Pointe hospitals have developed a comprehensive congestive heart failure center. Here, a team of clinicians provides high-level care to heart failure patients in need of ongoing monitoring.

Patients using anticoagulation medication find the anticoagulation clinics at Euclid, Hillcrest and South Pointe hospitals invaluable.

Becoming a Better You

On the journey to a healthier lifestyle, losing weight and quitting smoking are always at the top of the list. Because these are not easy behaviors to change, help is available.

Smokeless in Cleveland helps people understand why they smoke and the accompanying physical and psychological addictions. Healthy Weigh is a 10-week lifestyle and weight-management program that includes a complete nutrition and health/fitness assessment.

All programs require a physician referral, and patients typically are charged a co-pay for each office visit.

**Want to know more about our healthy living classes and screenings?
Call Medline at 440/312-4533, toll-free 800/621-0004.**