

Is knee or hip replacement surgery right for you? Discover the latest surgical techniques on Friday, July 16, with Bernard Stulberg, M.D. Call 216/363-2001.

Build Up Your Bone Bank Account

Don't let osteoporosis leave you broke



Ethel Pesek is one of the estimated 10 million Americans who suffers from osteoporosis.

and director of Lutheran Hospital's Osteoporosis and Arthritis Center.

Dr. Long diagnosed Pesek with osteoporosis, but that wasn't going

Ethel Pesek, 84, has been dealing with osteoporosis for more than a decade, but it wasn't until she began experiencing knee pain that she finally consulted Bruce Long, M.D., director of rheumatology at the Cleveland Orthopaedic and Spine Hospital at Lutheran

to slow her down. "I've always been active, so I wasn't going to let this stop me. I wanted to do whatever I could to help myself."

Following Dr. Long's advice, Pesek immediately began walking. She also started taking calcium and an osteoporosis medication he had prescribed. Today, Pesek is delighted that a recent test indicated her bone density has significantly improved.

Know Your Risks

Osteoporosis is a serious concern for postmenopausal women, since they can lose one-third of their lifetime bone mass in the first five years following menopause. Men aren't immune to the condition, either. "Osteoporosis is vastly underdiagnosed," says Dr. Long,

"and most people at risk of osteoporosis are unaware of their danger."

Building Better Bones

Building bone density as much as possible before age 30 is the best defense against developing osteoporosis later. But people of all ages can take steps to improve their bone health, including:

- performing weight-bearing exercise.
- taking in adequate amounts of calcium and vitamin D.
- avoiding excessive alcohol and caffeine consumption.
- stopping smoking.

For a list of upcoming osteoporosis screenings, go to www.lutheranhospital.org and click "Community Events," or call 216/363-2001.

A "Heart-y" Partnership Cleveland Clinic heart surgery now at Fairview

Anne Foerstner, 77, was discouraged when she learned she needed triple bypass surgery. The Lakewood resident had previously undergone a successful double bypass at Fairview Hospital. This time around, however, Foerstner became part



Baldev Sekhon, M.D., with patient Anne Foerstner at a follow-up visit.

of a new program at the hospital's Heart Center.

Already a leader in cardiovascular care, the Heart Center has a new partnership with the Cleveland Clinic Foundation's Department of Thoracic and Cardiovascular Surgery. Supported by a specially trained multidisciplinary team, the Clinic's cardiac surgeons are

now on-site at Fairview's Heart Center, providing the same advanced cardiac surgery techniques offered at the Cleveland Clinic campus.

Foerstner is delighted with the results of her recent triple bypass. "It has definitely improved the quality of my life. I consider it nothing short of a miracle."

To learn more about the Fairview Hospital Heart Center, call 866/777-8737.

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NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2004



Caring for The Greatest Generation

**Lakewood's Outpatient Geriatric Assessment
Center takes a multidisciplinary approach**

The Center helps patients and their caregivers, like Larry Kallhof and his parents, cope with the realities of aging.

Larry Kallhof is the primary caregiver for his parents, who are both in their 80s. His mother has had a stroke and a heart attack, and his father has Alzheimer's. Realizing he needed help, Kallhof turned to Lakewood Hospital's Outpatient Geriatric Assessment Center.

"The assessment procedure was extremely thorough and provided valuable information that's been helpful in caring for my parents," Kallhof says. "The results helped me understand their health conditions and needs, and what to realistically expect."

What's Normal and What's Not?

While some physical, psychological and social changes are a normal part of aging, others are not and can impair one's ability to function. Abnormal changes include memory loss, confusion, weight loss, poor nutrition and personal care habits, sadness or depression, medication safety concerns and a change in personality or mood.

The Center helps older adults and their families understand and deal with these changes, explains Christine Nelson, program coordinator. "Our



main goal is to provide meaningful information and assistance," she says.

A Powerful Tool for Effective Care

According to Patrick Carey, M.D., medical director of SeniorCare Services and the Center, a comprehensive geriatric assessment is an important tool when dealing with older adults experiencing the symptoms of aging. "It's essential to have the expertise of a team of individuals working together to uncover and address the issues an older person is facing," he says.

Kallhof has high praise for the Center's team. "The staff has tremendous skills in dealing with both patients and caregivers. I really appreciate all the help they provide," he says.

**For more information about
Lakewood Hospital's Outpatient
Geriatric Assessment Center, call
216/521-2228.**

At Your Service

The Outpatient Geriatric Assessment Center's team includes:

- a geriatrician.
- an internist.
- psychiatrists.
- occupational therapists.
- social workers.
- a clinical nurse specialist and other nursing personnel.

And our thorough assessment includes everything from a physical examination to a psychiatric evaluation.

To learn more about the Center's services, call us at 216/521-2228.

**For a variety of healthy aging programs
at Lakewood Hospital, call Senior Care Services
at 216/227-CARE (2273).**