

Learn more about our
new Web guide to
health care—page 1

Simple steps to bone strength

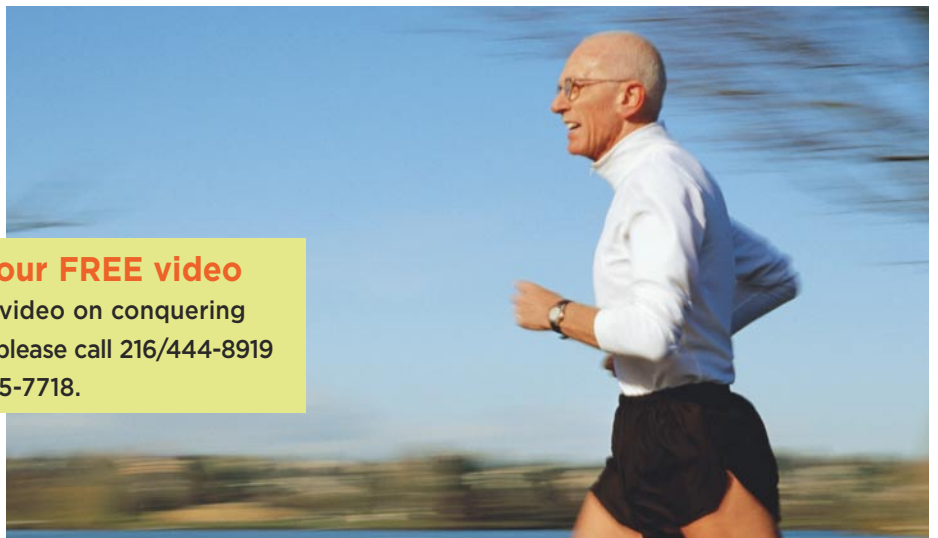
Currently, 10 million people in the United States have osteoporosis and an additional 34 million have low bone mass, placing them at increased risk for the disease. Osteoporosis occurs as a result of weakened bones that have lost calcium and thickness. Although the disease often causes no symptoms, it is responsible for more than 1.5 million fractures per year.

Prevention is the best method of slowing the development of osteoporosis. Here are some tips:

- Eat a diet rich in calcium.
- Participate regularly in weight-bearing exercises, such as walking.
- Undergo annual bone-density screenings to monitor bone loss

Order your FREE video

For a free video on conquering bone loss, please call 216/444-8919 or 800/545-7718.



and detect disease before a fracture occurs.

Although there is no cure for osteoporosis yet, your doctor can prescribe medication to strengthen bones.

Additionally, a minimally invasive outpatient procedure, called kyphoplasty, can relieve pain and may restore loss of height due to a recent or acute compression fracture caused by osteoporosis.

Cleveland Clinic: No. 1 in heart care

Did you know that the best heart care in America is right here in Cleveland? That's what *U.S. News & World Report* says. For the ninth year in a row, the Cleveland Clinic Heart Center has been ranked America's number-one cardiac center in the publication's annual "America's Best Hospitals" survey. What does this mean to you, the patient? If you come to the Cleveland Clinic Heart Center, it means that you can enjoy the comfort of knowing that you are being cared for by America's



most competent and experienced cardiac specialists. It means that you have access to the most advanced treatments and technologies, many unavailable elsewhere. It means you are more likely to have a better outcome, because it has been proven that, in heart care, more experience means better results. These are differences that can mean all the world when it's your heart and your life that are at stake. For more information, call **800/545-7718** or visit **www.clevelandclinic.org/heartcenter**.

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NEWS AND HEALTH INFORMATION FOR SENIORS

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THE CLEVELAND CLINIC
FOUNDATION

Choosing quality health care

A first-ever Web guide

The Cleveland Clinic offers a detailed Web guide to help consumers make informed decisions about treatment options. The site provides information on the criteria most often used to measure quality in health care, data on how The Cleveland Clinic compares to other health care centers, patient satisfaction data, and quality measures for numerous specific diseases and conditions. We believe that informed patients are able to make better choices about their providers and participate better in their own care. Access the guide on the Web at www.clevelandclinic.org/quality.



Women: Don't suffer with pelvic support problems

Childbirth and aging are the two most common causes of pelvic support problems, also called prolapse. This condition occurs when the tissues that support the pelvic organs (such as the bladder, uterus and rectum) are damaged or stretched. The symptoms can include a feeling of pelvic pressure or heaviness in the pelvic region, as well as pain. Some women describe it as feeling as though "something is falling out." Incontinence or recurrent bladder infections also can occur with prolapse.

The Cleveland Clinic Glickman Urological Institute has a dedicated clinic for women with this condition. Urological Institute physicians offer a variety of treatment options, including non-surgical therapies and minimally invasive, laparoscopic techniques, many of which have been pioneered at The Cleveland Clinic.

"Our patients are enjoying tremendous success as a result of using new repair techniques," says Raymond R. Rackley, M.D., co-head of the Section of Female Urology and Voiding Dysfunction at the Urological Institute. "Incorporating new techniques and approaches, we've greatly reduced the recurrence rate, typically between 25 percent and 40 percent, as well as avoided complications associated with more traditional repairs."



Sandip Vasavada, M.D., also co-head of the Section of Female Urology and Voiding Dysfunction, views the advances as exciting for "both the patients and those of us who research and apply these techniques."

To evaluate patients with complex prolapse problems, Clinic urologists may use magnetic resonance imaging (MRI), a reliable, noninvasive alternative to traditional studies.

Clinic urologists see patients at the Clinic's main campus and at several convenient suburban locations. **To schedule an appointment, call 216/444-5600 or 800/223-2273, ext. 45600.**

Appointments

For appointments at The Cleveland Clinic, call 800/223-2273.