

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

FALL 2005

THE CLEVELAND CLINIC
FOUNDATION 

Help for Chronic Back Pain

If you're over age 60 and are experiencing chronic back pain, you owe it to yourself to seek specialty care. At the Cleveland Clinic Mature Spine Center, we can help you stay active and independent. Mature Spine Center patients are initially seen by a specially trained certified adult nurse practitioner, who has more than 20 years of experience managing older adults with back pain. She takes the time to explain medical information in plain language and makes sure all your questions are answered. You will also have access to some of the nation's best orthopaedic and spine physicians. Once the source of your pain is discovered, we'll plan a course of treatment to minimize pain and improve your function and mobility. For an appointment, call **216/444-BACK (2225)**.



There's Hope After Stroke

The key to a successful recovery

Although strokes and their after-effects can be frightening, the chances of successful recovery are improving all the time. According to the American Academy of Physical Medicine and Rehabilitation, early rehabilitation is vital to a stroke patient's recovery.

The Cleveland Clinic offers a comprehensive outpatient stroke rehabilitation program to help stroke survivors return to their daily activities and live as independently as possible. Here are some reasons to choose rehabilitation at The Cleveland Clinic:

- **Rapid recovery.** Our stroke patients spend an average of 21 days in rehabilitation—five days fewer than the national average—while still improving their level of function.
- **Convenience.** All stroke rehabilitation services are centralized at the Cleveland Clinic's main campus.
- **Behind-the-wheel driver's training program,** one of the few in the area.
- **Expertise of an entire team** that includes physiatrists, psychologists, rehabilitation nurses, speech-language therapists, physical therapists, occupational therapists, social workers and registered dietitians.



- **NDT-trained therapists.** Neurodevelopmental treatment (NDT) is an advanced therapeutic approach designed for people with neurological challenges, including stroke.
- **Leading-edge equipment,** including an Olympic-size therapeutic pool, a body-weight-supported ambulation trainer and the Saebot-Flex program to improve hand and arm function.
- **Access to Cleveland Clinic medical specialists,** if necessary.

Early rehabilitation following stroke is essential to a stroke patient's recovery. To schedule a consultation, please call **216/445-7342**. •

Need a physician? Call the Cleveland Clinic Appointment Center at
216/444-2273 or 800/223-2273.



Now What?

Finding hope in an osteoporosis diagnosis

You've just found out you have osteoporosis. What do you do? First of all, don't panic. Yes, your bones are weak—but your determination to strengthen them doesn't have to be. In fact, you have many tools at your disposal. Try these tips from the National Osteoporosis Foundation (NOF) to get started.

- With your doctor's approval, engage in regular weight-bearing exercise such as walking.
- Make sure to loosen up your muscles by stretching.
- Make sure you get your recommended daily amounts of calcium and vitamin D. For adults over age 50, the NOF recommends 1,200 mg

of calcium and between 400 and 800 IU of vitamin D daily.

- Take steps to fall-proof your home, such as making sure stair rails are secure, ensuring rugs are anchored and smooth, and installing grab bars and non-skid tape in the tub and shower.
- Talk with your doctor about medication. From drugs that slow bone loss to drugs that increase the rate of new bone formation, several medications are available that can strengthen bones and reduce the risk of fracture.

For additional bone-building advice, or for information about osteoporosis, visit nof.org.

Eat Up

Spice up mealtime with five simple solutions

Trouble chewing and loss of appetite are just two of the many reasons seniors might not be eating well, according to the U.S. Food and Drug Administration. To make mealtime palatable once again, try incorporating these tips into your next meal:

Can't chew? Look for substitutions. Instead of fresh fruit, try fruit juice and soft, canned fruits, such as applesauce, peaches and pears.

Can't get to a grocery store? See if your local supermarket delivers, or check with a community group for volunteer help.

Don't feel like cooking? Keep canned or frozen fish, meat, fruits,

vegetables, dinners and soups on hand for a quick yet nutritious meal.

Trying a new food? Look for foods with labels that reveal something healthy about the food, such as "cholesterol-free" and "a good source of fiber."

Have no appetite? If meals taste bland because of medications or taste problems, add flavor with spices, herbs and lemon juice. Or make mealtime a social time by dining with family and friends.



For nutrition fact sheets, grocery shopping advice, tips of the day and more, visit the American Dietetic Association's Web site, eatright.org.

Sources: U.S. Food and Drug Administration; National Institute on Aging

Mending a Broken Heart

Debunking the myths about cardiac rehabilitation

If you've suffered a heart attack or have a heart condition, you don't have to face returning to normal life alone. With the help of a rehabilitation specialist, cardiac rehabilitation will enable you to develop healthy habits, strengthen your heart and help you get back to living again.

In fact, cardiac rehabilitation is the safest course to recovery for heart patients. Yet, only a third of those who have heart attacks enter a formal rehab program—even though the exercise and support in these centers could extend life and improve its quality for most patients.

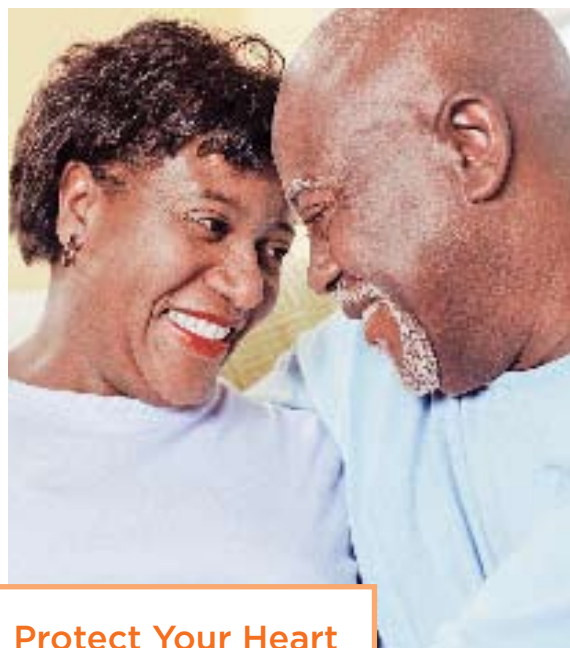
Here are some of the myths that keep many people out of rehab.

Myth 1 • "I'm not in good enough shape."

You don't have to get in better shape before beginning a rehab program. Experts will create an individualized program to help you get in better shape—no matter what shape you're in.

Myth 2 • Exercise is dangerous.

Actually, a supervised rehabilitation facility is one of the safest places you can be. If you experience chest discomfort or heart rhythm abnormalities, professionals are on hand to provide immediate assistance.



Protect Your Heart

For more information about cardiac rehabilitation, call your local Cleveland Clinic Health System hospital.

Myth 3 • Rehab is only for heart attack survivors.

On the contrary—just about anyone with heart disease can benefit from cardiac rehab programs.

Myth 4 • Cardiac rehabilitation is just exercise.

Not true—cardiac rehab focuses on all the risk factors for the progression of heart disease. Participants usually receive counseling from a dietitian, assistance with smoking cessation, instruction on stress management, and help with coping with depression, which affects up to 20 percent of patients after a heart attack.

Myth 5 • Cardiac rehab is a "guy thing," usually for the young.

Women need cardiac rehab just as much as men—even though about 20 percent fewer women enroll. And, in older age, research suggests that if exercise is safe, it can improve endurance and physical functioning. ●

Numbers to Know

1.5 million

Number of Americans who suffer from a heart attack each year

11.5

Average number of years of life lost prematurely because of a heart attack

500,000

Number of Americans who will have a recurrent heart attack this year

52

Percentage cardiac rehabilitation increases a heart attack patient's chances of survival by at least three years following a heart attack

Sources: American Heart Association; Centers for Disease Control and Prevention; Mayo Clinic in Rochester, Minn.; National Heart, Lung, and Blood Institute

The Greater Cleveland YMCA has joined the Circle! Get membership discounts and free water aerobics. Visit www.ymcacleland.org to find the location nearest you or call **216/566-YMCA (9622)**.

Much to Gain

Lose weight safely and successfully

Whether you need to lose 30 pounds or 200 pounds, you may now have a real solution to your weight problem and be able to reclaim your life and health. At the Cleveland Clinic's Weight Management Center, overweight individuals follow medically supervised weight-loss programs, with a success rate higher than the national average. Even high-risk patients can lose weight under the close guidance of a physician and dietitian.

For patients who cannot maintain long-term weight loss, bariatric surgery offers a more permanent solution. Bariatric surgery, also known as gastric bypass or weight-loss surgery, is a proven safe and effective treatment option for people who are more than 100 pounds over their ideal body weight.

At The Cleveland Clinic, an entire team of professionals, led by board-certified surgeons, works to provide superior care. Clinic bariatric surgeons perform

the Roux-en-Y gastric bypass and LAP-BAND procedures and specialize in treating patients considered high risk. Most patients are candidates for a minimally invasive laparoscopic procedure, which helps to reduce risks and complications.

It's no secret that excessive weight leads to numerous health problems. But the good news is that no matter what your age, weight loss can:

- help extend your life
- lower your risk for many serious, life-threatening diseases, including diabetes, heart disease, stroke and cancer
- give you back the quality of life you deserve

To schedule an appointment at the Clinic's Weight Management Center, call **216/444-6568**. For a free fact sheet on bariatric surgery, call **216/445-2224**, or for more information, visit www.clevelandclinic.org/bariatricsurgery. •

Why Choose The Cleveland Clinic for Bariatric Surgery?

- Skilled, experienced surgeons who have performed thousands of bariatric surgical procedures
- High success rates and low complication and mortality rates
- More than 95 percent of surgeries are performed using minimally invasive techniques
- Solid follow-up and support programs
- Around-the-clock access to physicians for urgent problems
- Ability to handle complex cases
- Easy access to additional medical specialists
- An entire team of professionals devoted to your success

