

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SPRING 2005

THE CLEVELAND CLINIC
FOUNDATION 

Heart Attacks: Know What to Do

If you think you or someone you know may be having a heart attack, take action immediately. Many heart attacks occur with one or more silent or mild symptoms, including:

- pain or discomfort in the center of the chest or throat, or in one or both arms or shoulders
- shortness of breath
- sweating, nausea and/or lightheadedness

The National Heart, Lung, and Blood Institute urges bystanders to call 911 or take the person to the nearest emergency room. Do not go to an urgent care center. Hospital ERs are the only facilities equipped to handle heart attacks.

Also, Cleveland Clinic Heart Center specialists advise giving the person an aspirin to chew. Try to get to the ER within the first 60 minutes of a heart attack, when today's powerful treatments are most effective. For an appointment at the Cleveland Clinic Heart Center, call 216/444-6697 or 800/223-2273, ext. 46697.



A Reason to Smile

Look and feel better with dental implants

If you are one of the millions of Americans who suffers from tooth loss, there's reason to smile again. Dental implants offer a permanent solution to missing teeth and are much more comfortable than dentures. Today's dental implants offer numerous benefits:

- They look, feel and function like natural teeth.
- They maintain the natural shape of your jaw and face, which can change after you lose teeth.
- They won't decay like natural teeth.
- They will preserve your other teeth, which means no grinding or

crowning of your natural teeth for bridges, and no clasps for removable partial dentures.

- They help restore biting and chewing—comfortably.
- They eliminate bone loss in your jaws, which is inevitable after tooth loss.
- They won't slip like dentures.

Whether you've lost teeth because of disease, decay or trauma, Cleveland Clinic dental specialists can give you the opportunity to look and feel better. For a free brochure or consultation, call 216/445-4382 or toll-free at 800/223-2273, ext. 54382. •

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

Preventing Colon Cancer

Have you had a colonoscopy lately to screen for colon cancer? More than 90 percent of people with colorectal cancer are diagnosed after age 50. Yet despite this statistic, less than half of American seniors get tested for the disease.

Fortunately, the death rate for colon cancer has been decreasing for the past 15 years because of early diagnosis and improved treatments. But with nearly 147,000 new cases of colorectal cancer last year, the disease is still one of the most prevalent forms of cancer. To reduce your risk for this disease, be sure to:

Eat smart. Limit your intake of foods high in fat, and include plenty of fruits, vegetables and whole-grain foods in your diet.

Exercise regularly. The American Cancer Society recommends at least 30 minutes of physical activity five or more days a week. For busy days, try fitting in three 10-minute bursts of activity throughout the day.

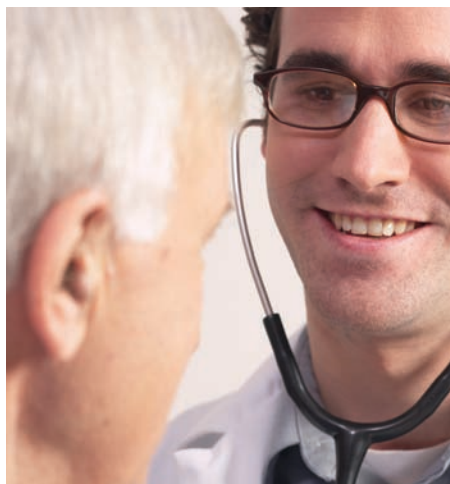
Get screened. Beginning at age 50 (or earlier if you're at high risk), have a fecal occult blood test every year and a flexible sigmoidoscopy every five years. If an abnormality is found, a colonoscopy should be done. ●

Sources: National Cancer Institute and the American Cancer Society



Catch Cancer Early

Take time to schedule your screenings today. They could save your life. To locate a Cleveland Clinic Health System physician, log on to www.cchspo.com/phys_dir/, or call your local Cleveland Clinic Health System hospital.



Living with Epilepsy

Adults over age 55 who are living with epilepsy, as well as their caregivers, may be interested in a new information and support series. Every Tuesday, beginning January 25 and continuing through October 18, the Living Well with Epilepsy program will discuss topics such as medications, safety, resources, surgical options and more. Participants

can register for any or all of these free sessions. Most meetings will be held at the Fairview Hospital Wellness Center in Rocky River and are presented by the Fairview/Lutheran Foundation and the Epilepsy Association.

To register for this free program, call **216/579-1330** or **800/653-4300**, or e-mail info@epilepsyinfo.org. ●

As a member of Senior Circle Plus, you have access to many benefits, including health screenings. Call **866/YES-CCHS (937-2247)** for details, or view individual hospital calendars on our Web site at www.cchs.net/seniorcircle/privileges.

Contents Under Pressure

Keys to controlling high blood pressure

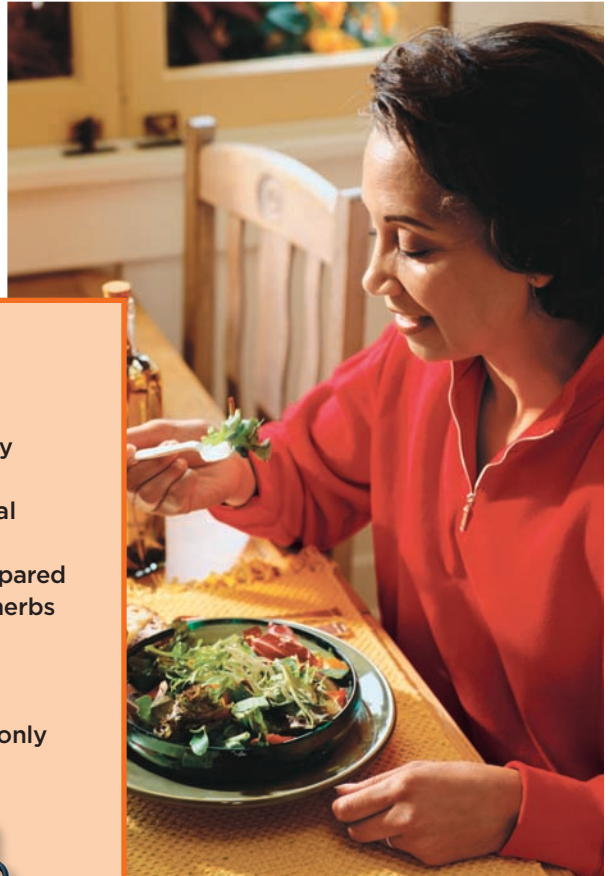
Hypertension, also known as high blood pressure, has nothing to do with being nervous, tense or hyperactive. You might be a peaceful, relaxed person and still have the condition.

Consider This

According to the American Heart Association, one in four U.S. adults has high blood pressure. But nearly one-third of these people are unaware they have it because there

Fortunately, the risk for these conditions can be reduced or prevented if high blood pressure is treated and controlled early. Clinical trials show that by lowering blood pressure (BP) to acceptable levels, you can reduce your risk for a stroke by 35 percent to 40 percent, a heart attack by 20 percent to 25 percent, and heart failure by more than 50 percent.

Americans, middle-aged and elderly adults, heavy drinkers and those who are overweight. Consult your doctor to determine how often your BP should be checked.



Keep It Under Control

While there isn't a cure for high blood pressure, consider making these lifestyle changes to achieve and maintain a healthy blood pressure:

- Maintain a healthy weight and manage stress through physical activity and a heart-healthy diet.
- Decrease sodium (salt) intake by reading package labels of prepared food. Taste food first before reaching for the salt shaker, and try herbs and spices as healthy alternatives to salt.
- Drink alcohol in moderation.
- Quit smoking.
- Discuss BP medications with your doctor. They should be used only as a last resort, when lifestyle changes are not enough.

How's Your Pressure?

Normal blood pressure: Less than 120/80

Pre-hypertension: 120/80 to 139/89

High blood pressure: 140/90 or higher

Source: American Heart Association



are no symptoms. In addition, the cause of high blood pressure is unknown in about 90 percent to 95 percent of cases. Often referred to as “the silent killer,” it's a major risk factor for stroke, heart attack, heart failure, kidney failure and blindness.

Taming High Blood Pressure

The first step in prevention is to have your BP checked every two years, or more often based on your most recent reading, past readings and risk factors, such as a history of diabetes or heart disease. The condition is most prevalent in African

If high blood pressure is discovered, you and your physician will determine the best treatment for you, from lifestyle modifications to medication. It's also possible that you might have “white-coat hypertension,” which means your blood pressure rises when you're at the doctor's office. Your doctor might prescribe home monitoring, helping you to measure and log your true BP levels over a specified period of time. ●

Tune In!

The *Senior Connection* radio show airs every Monday and Friday at 8 a.m. and Saturday at 6 a.m. on WERE-AM 1300.



Walk This Way

Prevent falls with unique rehab program

Injuries related to falls are the fifth-leading cause of death in people over age 75, and 50 percent of elderly adults who fall and break their hips are permanently unable to return to independent living, requiring nursing home care or other caregivers' assistance.

Many seniors take medicines to help strengthen their bones in order to prevent fractures. But for some, it is more important to prevent the falls that cause the injuries.

Cleveland Clinic specialists in physical medicine and rehabilitation perform comprehensive evaluations of seniors who are at risk for falls due to advanced age, muscle weakness, joint problems or balance difficulties.

An individualized treatment plan is created, sometimes including an exercise program, to address correctable risk factors. These plans are proven to reduce fracture risks, often while restoring the patient's confidence and independence. For those patients who are too frail to exercise, environmental changes, adaptive equipment and caregiver education can help reduce the risk of injury.

For a free fact sheet on fall prevention, call 216/444-8919 or 800/545-7718. ●

Is It More Than Aging?

We expect to slow down a little as we age. But if you or someone you love is experiencing severe signs of aging, an evaluation by specialists at the Cleveland Clinic's Aging Brain Clinic may be in order.

Some symptoms may be the result of a mix of medications, cerebrovascular disease, or a chemical or metabolic disorder. Others, such as difficulty with balance and walking, tremors, impaired memory or thinking, or urinary incontinence, may be due to Parkinson's or Alzheimer's disease, or to a little-known disorder called normal pressure hydrocephalus, or NPH. The good news is that some, if not all, of the symptoms of NPH can be reversed.

Many conditions and diseases associated with aging are treatable. For a free brochure on the Aging Brain Clinic, call 216/444-8919 or 800/545-7718.