

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.

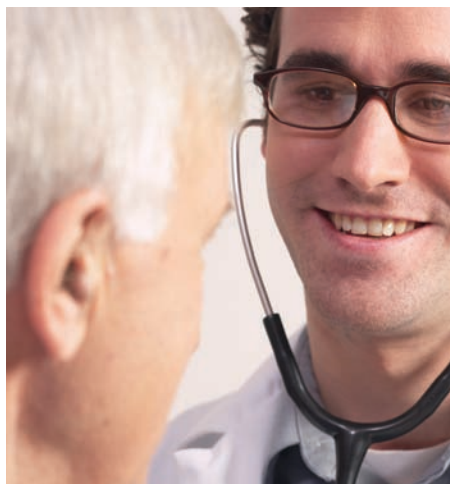
Get screened. Beginning at age 50 (or earlier if you're at high risk), have a fecal occult blood test every year and a flexible sigmoidoscopy every five years. If an abnormality is found, a colonoscopy should be done. ●

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. ●

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SPRING 2005



Secrets to Catching Some Zzzs

Having trouble sleeping? Why don't you try to:

- Keep regular hours. Wake up about the same time every day.
- Go to bed only when sleepy.
- Establish a relaxing pre-bed routine, such as a warm bath or light reading.
- Exercise regularly.

Vigorous exercise should take place at least six hours before bedtime; moderate exercise, four hours.

- Avoid caffeine four to six hours before bedtime.
- Quit smoking.
- Limit your nap, if you take one, to one hour and before 3 p.m.
- Avoid large meals immediately before bedtime.

If these don't help, seek the help of your physician or Marymount's Sleep Center.



Sleep Solutions

Having trouble getting a good night's rest? The Sleep Center can help

The consequences of sleeplessness are severe. The National Sleep Foundation puts the cost of sleep loss at more than \$18 billion a year in terms of lost work productivity. Major industrial and transportation accidents can also be blamed, in part, on human error resulting from fatigue. It's estimated that at least 100,000 car accidents and 1,500 related deaths occur each year because drivers fall asleep at the wheel.

Most sleep loss is due to poor sleep habits and stress; however, millions of people suffer from undiagnosed sleep disorders, including sleep apnea, insomnia and narcolepsy. For the past several years, Marymount has hosted events to

help educate the public about sleep disorders and treatment.

"Most Americans can make a few simple lifestyle changes to ensure their sleep-related health," says Raymond Salmone, M.D., co-director of the Marymount Sleep Center.

"Participating in a sleep study to evaluate nasal function and airway obstruction, such as those offered at the Sleep Center, is a valuable tool for those who suffer from sleep disorders," adds co-director Romeo Craciun, M.D.

Marymount now has sleep labs in three locations: Garfield Heights, Strongsville and Solon. For a free sleep questionnaire and information on sleep services available at Marymount, call 216/587-8093. ●

Need a physician? Call the MED-MATCH physician referral line at 216/581-WELL (9355).

Offering You More

Discover the services available at Marymount Hospital by logging on to our Web site at www.marymount.org.

The More You Know...

For better health and wellness, take advantage of Marymount Hospital's classes, screenings, support groups and more.

Men: It's Test Time

More than 200,000 American men will be diagnosed with prostate cancer this year, and approximately 30,000 will die from the disease.

To combat the disease, Marymount Hospital offers free, quarterly prostate screenings for men over age 50, or earlier for those men with a family history of prostate cancer and African Americans over age 40. Both the DRE (digital rectal examination) and PSA (prostate-specific antigen) tests are offered.

For dates, times and locations, call **216/581-WELL (9355)** and enter "4" at the prompt.

Get Involved

Make a difference in your life and in the lives of Marymount staff and patients—volunteer! To discover volunteering opportunities at Marymount Hospital, call **216/587-8131**.

SCP Day Trips

Interested in meeting new people and traveling to new places? Marymount Hospital offers Senior Circle Plus members discounts on day trips. Call **440/942-5350** for information on upcoming trips, including the Holden Arboretum, the Vintage Ohio Winefest, the Geritol Follies in Toledo, the Painesville Polka Festival and many more.

Take Control

Don't allow diabetes to run your life. For a free brochure on diabetes management and how to gain back control, call **216/587-8138**.

Back by Popular Demand

Our intergenerational computer class is back by popular demand. We are now offering additional "Computers for Scaredy-Cats" sessions. This beginners class reviews the basics, from turning on the computer to navigating the Web and using e-mail.



To request information on support groups, classes and health screenings offered at Marymount Hospital, call **216/587-8138**.

We also have a waiting list for an intermediate computer class that will go into more detail on Microsoft Office applications (labels, letters, spreadsheets and more) as well as advanced Web applications. Based on enrollment, this class will start later this spring. For details or to register for this class, call **216/587-8093**. ●