

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SPRING 2005

When Every Second Counts



Stroke Center Team receives accolades

Stroke victims need quick evaluation, diagnosis and treatment to reduce the severity of a stroke, and Lakewood Hospital's Stroke Center team has received numerous awards for providing all three at exceptional levels.

The team's most recent nod comes from the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), which named Lakewood Hospital a Primary Stroke Center. This prestigious designation recognizes the Lakewood team's exceptional efforts to achieve long-term success and better outcomes for stroke care. Very few hospitals in Ohio share this distinction for outstanding stroke patient care.

"To receive this recognition, we underwent a comprehensive on-site evaluation to ensure we meet all of JCAHO's stringent criteria, as well as the guidelines of the American Stroke Association and the Brain Attack Coalition," neurologist Arthur Dick, M.D., explains. "Our team passed this rigorous test with flying colors."

Your Stroke Care Team

Lakewood's stroke care begins with emergency medical services and the



The specially trained team of Lakewood Hospital's Stroke Center has been recognized for its exceptional quality of care for stroke patients and their families.

hospital's emergency department. "Every second counts in a stroke situation," says Otis Hastings, M.D., emergency department chairman. "The more quickly we can make the diagnosis and begin treatment, the better chance a stroke patient has for recovery and a good quality of life."

The stroke center team includes specially trained physicians and nurses as well as physical, occupational and speech therapists and rehabilitation specialists.

Our Commitment to You

"Our overall mission is to help stroke victims have the best quality of life possible," says neurosurgeon

Michael Mervart, M.D. "We use state-of-the-art radiology and biometric support services to help diagnose the cause and location of clots so we can begin correct treatment early. In addition, we monitor and provide treatment for stroke patients in our special Neuro Integrated Care Unit."

Outstanding healthcare professionals. Great teamwork. State-of-the-art equipment. Exceptional medical treatment. You'll find them all at Lakewood Hospital's Stroke Center.

To learn about Lakewood Hospital's nationally renowned Stroke Center and the services it provides, call 216/529-7020. ●

Need a physician? Call the Medline physician referral line at 216/363-2300 or toll-free at 866/733-6363.

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.

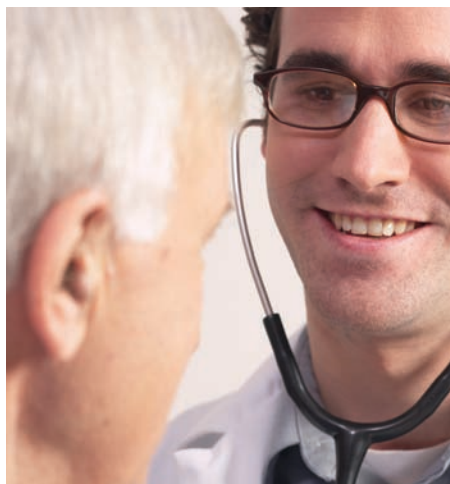
Get screened. Beginning at age 50 (or earlier if you're at high risk), have a fecal occult blood test every year and a flexible sigmoidoscopy every five years. If an abnormality is found, a colonoscopy should be done. ●

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

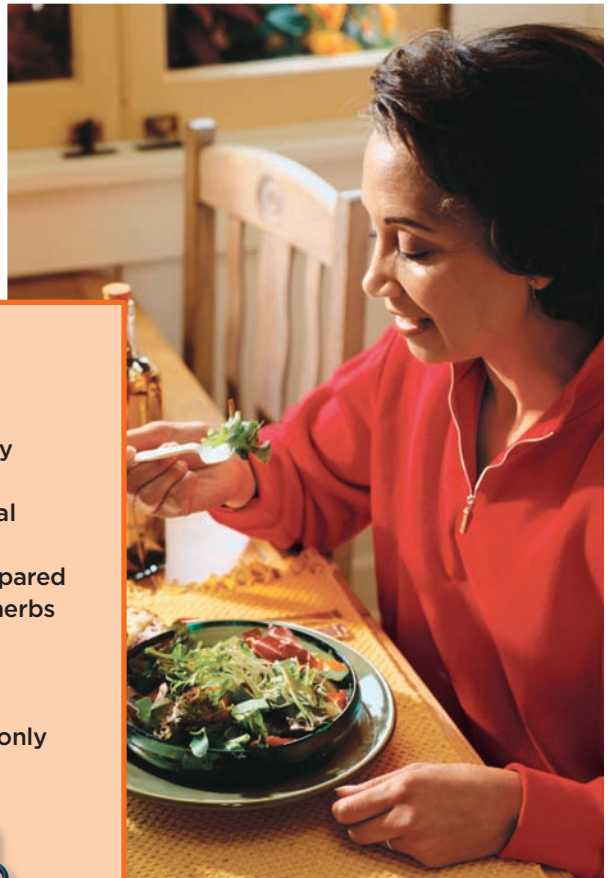
Hypertension, also known as high blood pressure, has nothing to do with being nervous, tense or hyperactive. You might be a peaceful, relaxed person and still have the condition.

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. ●

Offering You More

Discover the services and wellness classes available at our hospitals by logging on to www.cchswest.org and clicking on "Calendar of Events," or by calling **216/476-4926**.

Sweet Dreams

Restful sleep is vital to well-being



Sleep is a human necessity to help our bodies repair, regenerate and recover from the stress of daily life. For millions of people, however, sleep is a frustrating problem. In fact, one out of three Americans suffers from some type of chronic sleep disorder, according

to Doug Laher, director of Lutheran Hospital's new Sleep Center.

"Sleep disorders include insomnia, snoring, sleep apnea, narcolepsy and restless leg syndrome," Laher explains. "First and foremost, we focus on diagnosing the specific cause

of the disorder through a comprehensive evaluation of an individual's sleep patterns."

That typically calls for an overnight stay at the center, in a private room much like a hotel suite.

"We use a polysomnogram, in which a series of monitoring devices is attached to various parts of the individual's body. The devices record the person's brain waves, heart rate, breathing patterns, and muscle and leg movements," Laher says.

Once the root of the problem is diagnosed, treatment can begin. The treatment regimen, which can range from oral medication to non-invasive equipment to be used at home, can be administered either by the center's pulmonologist or by the patient's referring physician.

It's easy to take a good night's sleep for granted, but if you or someone you love isn't getting that all-important rest, call Lutheran's Sleep Center at **216/363-2460**. ●

Building for the Future

Fairview Hospital has embarked upon a \$17 million renovation and expansion project that will result in significant improvements to its Skilled Nursing Unit, Acute Rehabilitation Unit and Birthing Center. The front of the hospital will also receive a complete face lift, echoing the contemporary appearance of the hospital's ParkView addition, which opened in 2000.

The nursing and rehabilitation units will relocate to the floors overlooking the Cleveland Metroparks and will receive technology upgrades. Also, a new 24,000-square-foot women's pavilion will be constructed on top of the hospital's existing outpatient surgery area and will incorporate upgrades and energy-saving technology.

