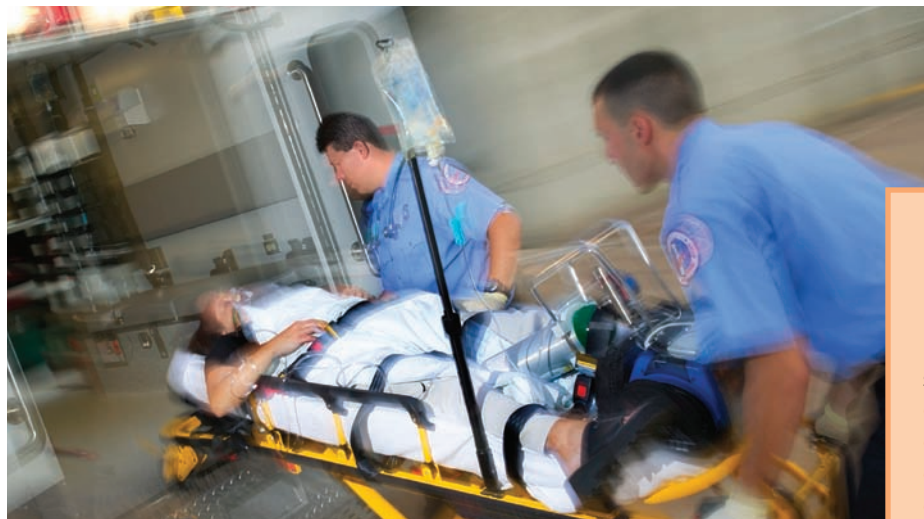


SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2005



Cleveland
Clinic
Health
System™



Fairview
Lakewood
Lutheran

Symptoms to Recognize

Don't ignore these warning signs of a heart attack:

- abnormal sweating
- lightheadedness or dizziness
- nausea or vomiting
- pressure, tightness, squeezing or pain in the chest, arm, shoulder, neck or jaw
- shortness of breath

If you believe you or a loved one is experiencing a heart attack, call 911 immediately.

It's a Heart Attack: Now What?

Chest Pain Center receives national recognition

No doubt about it, chest pain is frightening, and if it occurs, every second counts. Anyone who experiences chest pain or suspects he or she may be having a heart attack needs to take action—fast. Immediate medical attention is the most critical factor in successful treatment.

Every Second Counts

Fairview Hospital's Chest Pain Center is located within the Emergency Department, and the staff specializes in the immediate diagnosis and treatment of chest pain, according to David Pelini, M.D., Fairview's chairman of Emergency Medicine.

"Within minutes of a patient's arrival at the Chest Pain Center, we conduct several tests and cardiac lab studies to pinpoint the true cause of the pain," Pelini explains. "With this early evaluation, we can administer the latest treatments and medications that can stop a heart attack and prevent damage to the heart muscle."

Taking Action

Patients diagnosed with acute coronary syndrome (ACS) don't get enough blood to their heart, which may lead to a heart attack. Fairview Hospital excels in ACS treatment in terms of providing guideline-based medicine to patients. In fact,

CRUSADE, the national database for ACS treatment, ranks Fairview an impressive fourth out of 376 hospitals in the United States.

If you experience chest pain, Fairview Hospital's Heart Center urges you to chew an uncoated aspirin tablet as a protective step; call your doctor if symptoms stop after a short time; if symptoms continue for more than 15 minutes, call emergency medical services.

When it's your heart, experience—and seconds—count. To learn more about Fairview Hospital's Chest Pain Center and its services, call toll-free at 877/234-FITT (3488) or visit www.fairviewhospital.org. ●



Win a \$100 Target gift card! See inside for details.

Bon Voyage!



Planning to travel to an exotic destination this year? Whether you're taking a cruise or long flight, here's how to have a healthy and enjoyable vacation.

- **Pack smart.** Remember to pack all your medications in your carry-on bag, and don't forget over-the-counter antidiarrheal medicine and an antibacterial hand sanitizer. Know what your insurance will cover overseas, too.
- **Get vaccinated.** Find out what vaccinations you might need for your destination by visiting the U.S. Centers for Disease Control

and Prevention's (CDC) Web site, www.cdc.gov, and clicking on "Travelers' Health."

- **Stretch regularly.** Deep-vein thrombosis is a life-threatening condition that can occur when a blood clot forms in the leg or hip, then breaks free and travels to your heart or lungs. If you'll be sitting for extended periods of time, exercise your lower leg muscles and avoid sitting with your legs crossed.
- **Boil it, cook it, peel it or forget it.** The CDC recommends that you only eat thoroughly cooked food or fruits and vegetables you have

Familiarize yourself with travel health warnings before you travel. Visit the U.S. Centers for Disease Control and Prevention online at www.cdc.gov/travel/destinat.htm.

peeled yourself, and only drink water or carbonated drinks in bottles or cans. Avoid ice cubes. ●

Helping Others, Helping Yourself

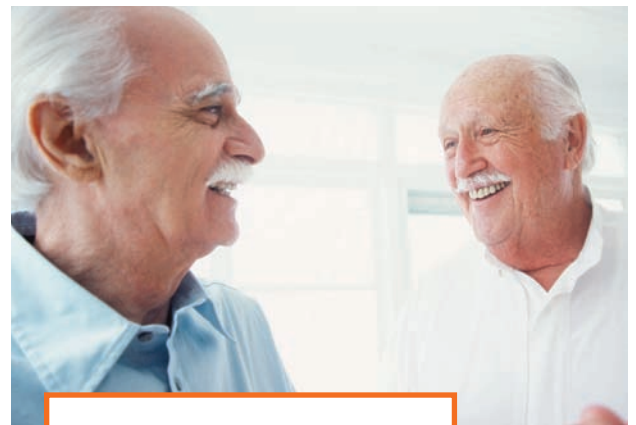
Helping others can be as beneficial for the volunteer as for the recipient. While volunteering boosts feelings of self-worth and accomplishment, studies have shown that it might also increase longevity.

According to the U.S. Administration on Aging, 15 million people—that's about one-third of Americans who volunteer—are older adults. Seniors make ideal volunteers since they have the experience, wisdom and time to help with many activities. So rather than stay home, keep active by helping those in need. Ask

yourself how much time you can realistically donate, which causes are important to you and what skills you can offer.

In addition to hospitals, libraries, museums and local parks, consider the following volunteer opportunities:

- adult homes and nursing facilities
- Big Brothers/Big Sisters



To volunteer at a Cleveland Clinic Health System hospital, call the CCHS hospital near you or log on to www.cchs.net.

- Meals on Wheels
 - neighborhood watch programs
- You can

also check out senior organizations, such as the National Retiree Volunteer Coalition, AARP and Senior Corps, for additional opportunities. ●



Make the Most of These Years

Join your Senior Circle Plus (SCP) friends on day trips and other social events. To learn more about your benefits as an SCP member, call **866/YES-CCHS (937-2247)**, or view individual hospital calendars on the Web at **www.cchs.net/seniorcircle/privileges**.

Me, Myself and I

Rediscover yourself and make these years golden

Adjusting after a spouse has passed away or children have moved is a challenge that many seniors never thought they would face. But living alone doesn't have to mean being lonely. There are many positive steps you can take to live a happy and fulfilling life on your own.

Make friends. Stay in touch with your friends and family, join a religious organization or visit your local senior center regularly. By keeping a busy social calendar, you will always have something to look forward to—and someone else looking out for you.

Keep healthy. Make sure not only to eat balanced meals, but also to make them meaningful. Invite a friend over for dinner, go to your favorite restaurant or take in the sunset while dining on your patio.

Be sure to visit your doctor regularly and exercise daily, too. According to the National Institutes of Health, regular exercise—even something as simple as taking a walk—helps people with osteoarthritis improve their joint health and reduce pain and disability. Exercise will also help reduce your risk for heart disease and other conditions. Talk with your doctor about an exercise routine that's right for you.

Stay safe. Examine the design of your home with injury prevention in mind. Does the bathroom shower have grab bars? Are there electrical cords or clutter in walkways that might cause you to fall? Visit the AARP online at **www.aarp.org/life/homedesign** for home design checklists. And if you're worried

about being injured at home when you're alone, consider installing a personal alarm system in your home that includes a call button you can wear.

Motivate yourself. Rediscover your youthful ambition and go for it. Start painting a masterpiece, write the story of your life to pass down to your children and grandchildren, or become a volunteer or foster grandparent. And keep your mind sharp by continuing to learn new things. Here are some options to consider:

- take an evening class
- learn a new language
- join a book club
- visit local museums
- attend concerts
- travel to new places

You'll find that it is possible to celebrate your senior years and live a fulfilling life. ●

Complete our survey
and enter to win
a **\$100 Target**
gift card!



Happy Feet

Painful foot problems can sideline you from everyday activities, such as going to the grocery store or playing with grandchildren. Fortunately, there are ways to prevent and alleviate foot pain and get you back on track.

While many seniors are active and healthy, others with lower-extremity problems due to diabetes, arthritis, circulation disorders or hip replacements can't function as they used to, according to Kristina Kovach, DPM, a board-certified podiatric surgeon affiliated with the Cleveland Orthopaedic and Spine Hospital (COSH) at Lutheran.

As we age, alignment of the bones and joints of the feet can change; however, there are things you can do to help prevent problems, Kovach explains. These include:

- Wearing proper-fitting shoes. Try switching to wider-toed shoes, and



Kristina Kovach, DPM, a board-certified podiatric surgeon affiliated with COSH, helps patients get back on their feet.

luses, sores or areas of swelling. After a thorough exam and evaluation by your health care provider, treatment options may include modifications in shoes or minor surgery to help prevent the problem from becoming worse.

Don't let foot problems sideline you. For tips on the prevention and treatment of foot problems, call 800/220-8202 or log on to www.lutheranhospital.org.

make sure that the soles aren't worn down.

- Switching from wearing panty hose to cotton socks to prevent painful rubbing and chafing.
- Maintaining

proper foot hygiene, which may require assistance from a spouse, family member or home health nurse.

Warning signs of foot problems include pain or changes in the skin, such as cal-

Lifeline's There When You Need It

If you're concerned about yourself, a family member or a friend who spends time at home alone, Lifeline can help.

Lifeline is a personal emergency response system that enables you to get help in an emergency. To call for help, simply press the waterproof Personal Help Button worn as a necklace



or wristband. This activates a small in-home communication device that automatically dials the Lifeline Response Center. Within seconds, a trained representative will respond and send immediate help.

Over the past two decades, Lifeline has truly been just that: a lifeline to thousands in our community. For details about the Lifeline program of Fairview, Lakewood and Lutheran Hospitals, including how to enroll, call 216/529-7056. Be sure to mention your Senior Circle Plus membership for free enrollment.