

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

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A Heavy Risk

New study finds obesity fuels prostate cancer recurrence

Most people know that their weight affects their risk for heart disease and diabetes. But what many men may not know is that it can also affect their risk of developing prostate cancer.

A recent study published in the journal *Clinical Cancer Research* found that men who were obese at the time of their diagnosis for prostate cancer were more likely to have the cancer come back despite the fact that their prostate was removed.

The Obesity Link

Eric Klein, M.D., a prostate cancer expert at Cleveland Clinic, did not

participate in the study but says that while prostate cancer is one of the most curable cancers, obese men seem to have a higher risk of recurrence.

“The findings highlight recent insight into the metabolic effects of obesity,” says Dr. Klein. “It has long been known that extra weight adds to the workload of the heart, but it is now clear that fat cells also secrete substances that can affect the growth of cancer.”

Fortunately, lifestyle changes can help turn things around.

“Most obese men are cured,” says Dr. Klein, who advises that everyone—men and women—should exercise, lose excess weight and eat a healthy diet. “They all combine to make your heart healthier and to lower your risk of cancer.”

Article courtesy of Cleveland Clinic News Service •

Medicare Expands Bariatric Surgery Coverage

In February 2006, Medicare announced that three types of bariatric surgery are now covered—so long as the patient has surgery at a high-volume center that achieves low mortality rates. Medicare-eligible patients who are obese or who have a weight-related health problem can have one of three types of surgical weight-loss procedures: a Roux-en-Y gastric bypass, gastric banding or biliopancreatic diversion with a duodenal switch. To qualify, patients must have a body mass index (BMI) above 35, have failed at other treatments, and have one or more weight-related health problems.

For more information on surgical weight loss, including an easy-to-use BMI calculator, visit clevelandclinic.org/bariatricsurgery or call toll-free 866/544-9619.

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

Eat and Run

How to eat healthy when you're on the go



Finally, you're home after a busy day. It's dinnertime, and rather than reaching for your cookbook, you reach for the phone book to make reservations. But being short on time—or energy—doesn't mean you must forgo a healthy meal at home. You just have to know where to start.

Stock Up

To minimize the time it takes to plan a meal, keep your cupboard stocked with healthy ingredients that can be easily incorporated into various dishes. Load up on items with a long shelf life, such as brown rice, tomato sauce, canned tuna/salmon, beans, olive oil and soup broth. Also have healthy, but perishable items on hand, such as fresh fruits and vegetables, lean meats, low-fat dairy products and whole-grain breads. Just be sure to buy only as much as you'll use.

Plan Ahead

Sometimes the most difficult part of making a meal is deciding what to make. Here are some quick and healthy meal ideas:

Breakfast:

- Whole-grain toast topped with peanut butter, a half of a grapefruit and a glass of low-fat milk
- Low-fat yogurt mixed with whole-grain cereal and a glass of fresh-squeezed orange juice

Lunch:

- A pita pocket stuffed with turkey, lettuce and tomato; a small container of fruit; and a low-fat cheese stick
- A pre-made salad topped with tomatoes, garbanzo beans and low-fat cheese—all tossed with a vinegar-based dressing

Dinner:

- Stir-fried chicken and vegetables over brown rice (tip: buy precooked chicken strips and pre-cut vegetables)
- Whole-wheat or spinach pasta tossed with vegetables and tomato sauce

Source: aarp.org •

Drive-Through Dilemma

If fast food is your only option between errands, never fear. Believe it or not, you can find a healthy meal on almost any order board.

Know your weaknesses. If you just can't resist the Big Mac, skip the golden arches altogether and go somewhere less tempting, like a sandwich shop where you can choose your ingredients.

Don't be fooled. Just because it's called a salad doesn't mean it's healthy. Some fast-food salads can pack more calories than a burger and fries. Consult the nutrition information before ordering.

Customize your order. As a paying customer, you have every right to ask for your order to be specially made. Order a grilled-chicken sandwich with extra lettuce and tomatoes, minus the mayonnaise.

Source: *American Dietetic Association*



Functional Junctions

Keep your joints ready for action all summer long

The sunny season brings with it opportunity for outdoor activity—and injury, if you're not careful. Protect your joints from arthritis all year with these recommendations from the Arthritis Foundation:

Talk to your doctor. You don't have to suffer in silence. Many arthritis treatments are available, so the sooner your condition is diagnosed and treatment begins, the better.

Avoid strain. It may sound like a no-brainer, but it's too important not to mention. Stress to your joints causes painful damage to your cartilage. Use assistive devices such as rolling luggage, and maintain a healthy weight.

Reach for the stars (or at least your toes). Stretching your muscles keeps them loose and flexible. Sign up for a yoga class or perform simple

stretches on your own at home. Hold each position for 10 seconds (don't bounce), release, then repeat.

Get moving. Having arthritis means you should quit working out, right? Wrong. Having arthritis means exercise is more important

than ever. It strengthens the muscles, relieving the pressure on your bones and joints. Take up a low-impact activity such as swimming or fit physical activity into your daily routine by walking after dinner, taking the stairs or washing the car. ●



A Bevy of Benefits

Pop quiz: Which of the following privileges are included in your Senior Circle Plus membership?

- social trips and gatherings
- health and wellness lectures
- discounts on hospital parking, hospital cafeteria dining, hearing



aids, eyeglasses, hospital gift shop purchases, prescription drug membership

- health screenings
- assistance with insurance forms
- exercise programs

If you answered “all of the above,” you're right! Remember to carry your Senior Circle Plus membership card with you at

all times so that you can take advantage of these benefits. Your membership is good at all Cleveland Clinic hospitals.

To learn more about your Senior Circle Plus benefits—and to obtain your membership card, simply call toll-free **866/YES-CCHS (937-2247)** or visit us online: **cchs.net/seniorcircle**. ●

Having Young Eyes Again

New cataract surgery may reduce the need for glasses after treatment

Thanks to new technology, some patients now can reduce their need for glasses after cataract surgery. This is big news for the 50 percent of people over 65 with cataracts.

Traditional cataract surgery involves replacing clouded lenses with intraocular acrylic lenses, which allow for distant vision in both eyes or distant vision in one eye and near vision in the other. After surgery, reading glasses or bifocals usually are needed for near vision.

For some, the AcrySof ReSTOR intraocular lens, recently approved

by Medicare, reduces the need for glasses after surgery. Cleveland Clinic Cole Eye Institute surgeon Allen Roth, M.D., is one of the first specialists in Northeast Ohio to use the high-tech lens.

“It’s a bifocal lens, which means you can see both near and far,” Dr. Roth says. “With the ReSTOR lens, as many as 80 to 90 percent of people won’t need glasses. The remaining 10 to 20 percent will find their need for glasses greatly reduced.”



ReSTOR isn’t for everyone, though. People with astigmatism aren’t candidates, and it generally isn’t for those who only have a cataract in one eye. Patients also must pay the difference in cost between a conventional lens and the new lens and additional testing.

For an appointment at the Cole Eye Institute, call **216/444-2020** or **800/223-2273, ext. 42020.** ●

Take the Sibling Factor to Heart

Your risk of heart attack, stroke or cardiovascular disease may increase by up to 45 percent if you are middle-aged and your sibling has had a cardiovascular event (such as heart attack or stroke), according to a recent National Heart, Lung and Blood Institute study.

For this reason, be sure to include

your sibling’s health when sharing your family history with your physician. The “sibling factor” aside, other risk factors for heart disease and stroke—including advancing age, high blood pressure, high cholesterol, excess weight, smoking, lack of exercise and diabetes—should be considered when assessing your

own overall risk. Your physician can suggest lifestyle changes and treatments that may minimize your risk. To learn more, visit the Cleveland Clinic Heart and Vascular Institute at **clevelandclinic.org/heartcenter**. You may schedule an appointment online or by phone: **216/444-6697** or **800/223-2273, ext. 46697.** ●

Allergy Alert Have seasonal allergies? Get the daily pollen/mold spore counts in the Cleveland area by calling toll-free **1-866/OHIO-AIR (644-6247)**.

The information contained in *Senior Circle Plus* is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician’s medical assessment and medical judgment.