

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2006

Joint Relief

**Good news:
You don't have to suffer
with hip and knee pain.
Help is available**

The staff at the Center for Orthopaedic Medicine and Surgery, which is associated with Lutheran Hospital, has seen this scenario unfold many times: A patient starts experiencing leg pain and weakness. It gets worse, leading to impaired mobility. Impaired mobility can lead to loss of social contact. Loss of social contact can lead to depression.

"It becomes a vicious cycle," says William Bohl, M.D., who heads the Center with Mark Berkowitz, M.D. "Many seniors mistakenly think the progressive pain in their legs is just because they're getting older and nothing can be done."

The good news, however, is that if an arthritic knee or hip is the problem, relief is available.

You Have Options

"Total hip and knee replacements have become much more refined over the years," Dr. Bohl says. "Dr. Berkowitz and I perform these



procedures on seniors on a regular basis with excellent results.

"Once the patient completes the necessary physical therapy, it's amazing how a hip or knee replacement can change their entire life. They can once again be mobile. Their renewed ability to walk without pain improves the condition of their heart and lungs. They can get around and interact socially, which greatly enhances their quality of life."

In addition to arthritic joints, the other primary problem the Center sees with senior patients is spine problems due to disc degeneration that causes a narrowing of the spinal cord.

But help is available. The Center for Orthopaedic Medicine and Surgery provides all-inclusive orthopaedic services for these and other orthopaedic problems, including assessment, diagnosis and treatment, for the entire body.

For more information about orthopaedic assessment and treatment, call the Center for Orthopaedic Medicine and Surgery at 216/621-4060. ●



**Fairview Hospital
Lakewood Hospital
Lutheran Hospital**

Cleveland Clinic hospitals

Need a physician? Call our Physician Referral Service toll-free at 866/733-6363.

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. ●

Less Pain, Better Posture

Lakewood Hospital Physical Therapy Center offers yoga and Pilates for chronic pain relief

A host of innovative approaches for pain relief are now available at both Lakewood Hospital's Outpatient Physical Therapy Center in Westlake and at the hospital's physical therapy department—including two you might not have considered before: Pilates and yoga.

"Because many pain syndromes originate from faulty body alignment, we emphasize proper posture," says Mary Stilphen, director of the outpatient facility.

Pilates teaches patients how to control their body core, which is the basis of good posture, says physical

therapist Mary S. Morrison, PT, MHS. "We blend Pilates movements with yoga to bring the body back into alignment," says Morrison. "The combination is very effective at getting the muscles balanced, and we've seen great results in relieving chronic back or neck pain and chronic hamstring problems."

The Center treats neurological patients who require rehabilitation due to a stroke, Parkinson's disease

or multiple sclerosis. Treatment is also available for spine and orthopaedic problem rehabilitation, arthritis, fibromyalgia, male and female incontinence and pelvic pain. ●



Two Convenient Locations

Lakewood Hospital Outpatient Physical Therapy Center:

Westlake Medical Campus, 850 Columbia Road, Suite 110 (just north of Interstate 90).

Call 440/250-5767

Lakewood Hospital's physical therapy department:

Call 216/529-7173

Top Honors

New study ranks Fairview Hospital among the nation's top 100

Fairview Hospital continues to receive national recognition for outstanding medical care. Our latest achievement is being named one of the nation's top 100 Hospitals.

This prestigious award is from Solucient, which for 13 years has conducted a rigorous annual study that examines performance levels in U.S. hospitals in five critical areas: clinical outcomes, patient safety, operational efficiency, financial stability and growth.

The study is based on objective, publicly reported data research, and findings indicate that if all Medicare inpatients received the same level of care as what is provided by the top 100 Hospitals, costs would decline by more than \$7.6 billion.

For more information, visit Fairview Hospital's Web site at www.fairviewhospital.org.



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.