

# Healthwise Connection

Your link to a healthier life™ | Fall 2007

## Living with Parkinson's

An electrical implant changes  
a life – PAGE 4

Win a \$100 Gift Card!  
Details Inside

How integrative medicine fits  
into your treatment – PAGE 2

Learn the signs of hearing loss—  
and where to go for help – PAGE 7

Cleveland Clinic cares for the  
kids in your family, too – PAGE 8



## Enhance Your Life through Integrative Medicine

Traditional medicine can treat many diseases, but important components of good health are often missing. For many people, modern medicine does little to relieve symptoms such as anxiety/stress, pain, nausea, insomnia or fatigue. Cleveland Clinic's Center for Integrative Medicine offers services to enhance your well-being in its Broadview Heights office as well as in locations throughout the region.

Consultations with Tanya Edwards, M.D., Medical Director of the center,

are a good way to learn how integrative medicine can help you.

Our services include:

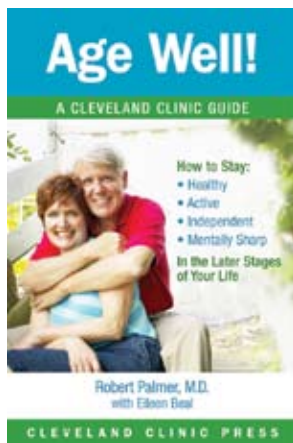
- massage therapy
- acupuncture
- mind/body coaching (relaxation practices)
- guided imagery
- nutritional counseling
- hypnotherapy
- reiki
- holistic weight loss
- tai chi
- yoga

**To learn more about Cleveland Clinic's Center for Integrative Medicine, or to schedule an appointment to see Tanya Edwards, M.D., please call 216.986.HEAL (4325).**

## Get Answers about Your Heart

If you have a heart or vascular problem or are at high risk for heart disease, you may have questions about how to treat or prevent its progression. Or you may have questions about the latest treatments or new therapies on the horizon. Now you can get answers directly from Cleveland Clinic cardiologists and cardiothoracic surgeons through our new Web chats.

These online, interactive chats cover a wide range of topics. **Log on to [www.clevelandclinic.org/webchat](http://www.clevelandclinic.org/webchat) to view a schedule of Web chats and to register.**



## Aging the Right Way

*Age Well!* is one of the newest books available from Cleveland Clinic Press. The guide, written by Robert Palmer, M.D., MPH, who directs the section of geriatric medicine at Cleveland Clinic, outlines nine habits of highly successful agers, stressing that you are never too old to begin making better health decisions. This unique how-to guide explains the aging process and helps you map out a happier, healthier tomorrow for you and your loved ones.

Topics include the biology of aging, eating for life, the aging brain and nervous system, making sense of your senses, senior sexuality and taking care of caregivers. **For more information, visit [www.clevelandclinic.org/geriatrics](http://www.clevelandclinic.org/geriatrics).**

*“Our bodies are our gardens,  
to which our wills are gardeners.”*

—William Shakespeare



## Do Driving and Medicine Mix?

As people age, they face more driving challenges—slowed reaction times, joint impairment and eyesight problems. The National Highway Traffic Safety Administration points to an often-overlooked menace in your medicine cabinet: prescription and over-the-counter medications. Here are four common medicines that can impair driving:

- antihistamines
- antidepressants
- high blood pressure medications
- muscle relaxants

**Want traffic tips from the U.S. Department of Transportation? Visit [www.nhtsa.gov](http://www.nhtsa.gov) and click the “Traffic Safety” tab, or call the Vehicle Safety Hotline at 888.327.4236.**

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Cleveland Clinic Healthwise Connection hospitals include our main Cleveland campus and our network of conveniently located community hospitals: Euclid, Fairview, Hillcrest, Huron, Lakewood, Lutheran, Marymount and South Pointe hospitals, and Cleveland Clinic affiliate Ashtabula County Medical Center.

The information contained in *Healthwise Connection* is for educational purposes only and should not be relied upon as medical advice. It is not designed to replace the independent judgment of a physician about the appropriateness or risks of a procedure for a given patient.

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Photographers: Tom Merce, Don Gerda

## Running in Circles

You know you need to exercise, but you also need to take it easy. What’s the solution? Try a low-impact workout, one that doesn’t put stress on your joints. An elliptical trainer is a good place to start.

An elliptical trainer is an exercise machine that simulates walking and running in a smooth motion—without the impact of your feet hitting the floor like on a treadmill. Plus, some models have handles that alternate back and forth, encouraging you to move your arms in addition to your legs for a full-body workout.

### Shop Around

**Not all elliptical trainers are created equal. And, unfortunately, you get what you pay for. Visit AARP online at [www.aarp.org/health/fitness/work\\_out](http://www.aarp.org/health/fitness/work_out) for tips on choosing quality exercise equipment.**

*"[My Parkinson's symptoms are] tons better and will probably get better down the line."*

—Mike Hooffstetter, Parkinson's disease patient

## Under Control

With Parkinson's in check, a New Mexico man focuses on helping others

Mike Hooffstetter was devastated when, at 46 years old, he was diagnosed with Parkinson's disease. The neurologist in Austin, Texas, kept talking, but "I didn't hear anything else," Hooffstetter says.

That was in 2001. By 2002, Hooffstetter, now 52 and living in Albuquerque, N.M., had quit his job as an information technology

project manager because the disease was progressing rapidly. He was having trouble concentrating at work and the stress of his job was making it worse. A tremor in his little finger led to a tremor in his jaw, then his left hand "going wild all the time," he says, accompanied by a shaky left leg. His neurologists tried hard to find the right combination of medications, but nothing relieved his worsening symptoms.

### Simply Stimulating

Previously, his neurologist had told him about deep brain stimulation (DBS), a procedure in which the electrical activity in the brain is altered, allowing relief from symptoms interfering with normal daily functioning. "I thought she was nuts," he says. "I didn't want anything stuck in my brain." But he began to research DBS because, he says, "I was so miserable."

Hooffstetter considered Cleveland Clinic because it popped up often in his research. When a friend who was a neurologist in Washington, D.C., recommended Cleveland Clinic, he made his decision.

Hooffstetter and his wife, Judith, came to Cleveland Clinic in January 2006. He underwent testing and they both met with Ali Rezai, M.D., who told him he probably could alleviate 80 percent of his tremors. Hooffstetter had the surgery in March 2006.


### 'Tons Better'

Today, Hooffstetter says his tremors have lessened quite a bit. "[The Parkinson's] is tons better and will probably get better down the line," he says. He also has been able to cut down on his medication.

Although he has not gone back to his previous career, Hooffstetter stays very busy as the New Mexico state coordinator for the Parkinson's Action Network. He also works as a volunteer for Hospice, going to the homes of terminally ill patients to relieve their caregivers. "If I didn't have Parkinson's, I wouldn't be doing that," Hooffstetter says. "I probably would have been too busy with my career."



Mike Hooffstetter came to Cleveland Clinic for relief from Parkinson's disease.



Ali Rezai, M.D., has helped more than 1,000 patients manage their Parkinson's symptoms using deep brain stimulation.

## What Is Deep Brain Stimulation?

Deep brain stimulation (DBS) involves the implantation of a tiny lead containing four electrode contacts into a specific target area in the brain. The lead extends through a small opening in the skull and is connected to an extension wire. The extension wire is connected to a programmable impulse generator, or pacemaker, which is implanted under the skin over the chest.

Computerized brain targeting and physiological-mapping technology is used to precisely locate the region of the brain with the abnormal functioning. The patient is awake during surgery but does not feel pain.

Most patients are in the hospital for about three days. The impulse generators are implanted either at the same time as the electrodes or later. The patient is placed under general anesthesia for this part of the procedure.

The impulse generators are turned on within a few weeks after implantation and will need to be adjusted to ensure they work at a proper level. This programming is easy and painless.

DBS technology is a major improvement from the previous practice of thalamotomy and pallidotomy—surgical procedures that destroy small parts of the brain. Unlike these earlier procedures, DBS does not destroy brain tissue and the procedure is fully reversible and adjustable over time.

**Cleveland Clinic's Ali Rezai, M.D., has performed more than 1,000 DBS procedures. To schedule an appointment with him, please call 216.444.2210.**

# Eat, Drink and Be Healthy

Make sure your holidays are happy—without the weight

“Eat, drink and be merry” is the holiday mantra, and most of us hardly can refuse. Thankfully, you might gain only a pound on average during the holidays, but studies have shown that weight rarely comes off.

Here are tips to help you survive holiday gatherings without stuffing yourself like the turkey on the table:

**Plan ahead.** If you know you’re going to eat at a party, have light meals the rest of the day.

**Don’t go empty-handed.** Offer to make a dish for the host or hostess. That way, you know there will be at least one healthy option.

**Think about drinks.** Drinks have calories, too. And holiday beverages are full of them. Try sparkling water with a citrus twist instead of that champagne or eggnog refill, and save 150 calories or more per glass.

**Remember your nutrients.** Make dishes that call for a variety of fruits and vegetables, such as Beef Chili with Butternut Squash, or incorporate them into your own recipes.



## Beef Chili with Butternut Squash

### INGREDIENTS

- 1 lb. ground sirloin
- 1 medium onion, chopped
- 1 red bell pepper, seeded and chopped
- 1 14½-ounce can no-salt-added, diced tomatoes with juice
- 1 small butternut squash chopped into ½-inch dice (about 3½ c.)
- 1½ Tbsp. tomato paste
- 2 tsp. dried oregano
- 1 Tbsp. ground cumin
- 1 Tbsp. chili powder
- 2 15-ounce cans black beans, rinsed and drained
- 3 garlic cloves, minced
- ½ jalapeño, seeded and minced, optional
- ½ c. chopped fresh cilantro, plus 6 sprigs for serving
- 3 scallions, white parts and 3 inches of the green, thinly sliced
- ⅓ c. light sour cream
- ½ c. shredded, low-fat cheddar cheese

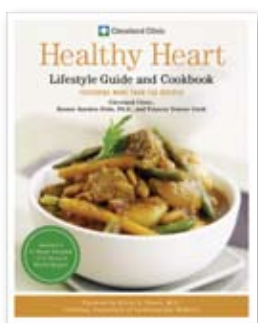
### PREPARATION

1. Sauté the beef, onion, bell pepper and tomatoes in a large Dutch oven over medium-high heat, stirring to break up the meat.
2. Drain the meat and vegetables in a colander and return to the pot. Add the squash, 2 c. water, the tomato paste, oregano, cumin, chili powder, beans and garlic. Bring to a simmer. Continue to cook for about 20 minutes, stirring occasionally, until squash is tender. Add the jalapeño, if using, and the cilantro; simmer for 10 minutes. Add more water if needed.
3. Ladle the chili into soup bowls. Garnish each bowl with a cilantro sprig. Pass the scallions, sour cream and cheese.

### NUTRITION FACTS (per serving; makes 6 servings)

|                     |       |                   |        |                   |        |
|---------------------|-------|-------------------|--------|-------------------|--------|
| Calories .....      | 300   | Cholesterol ..... | 46 mg  | Protein .....     | 26 g   |
| Fat .....           | 6 g   | Sodium .....      | 518 mg | Carbohydrates ... | 44 g   |
| Saturated fat ..... | 2.5 g | Fiber .....       | 14 g   | Potassium .....   | 996 mg |

Source: *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook* © 2007, published by Broadway Books



### Buy the Book

To purchase the *Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook*, please call 800.733.3000 or visit [www.randomhouse.com](http://www.randomhouse.com).



## Now Hear This

Losing your hearing? Cleveland Clinic might have the answer

About 30 million people in the United States have some degree of hearing loss. That's one in every 10 people. Anyone of any age can have hearing loss, although it is more common in older adults.

The following behaviors may indicate hearing loss:

- complaining that people mumble
- frequently asking people to repeat what they've said
- preferring the television or radio to be louder than other people do
- having trouble hearing at the movies or in other public places
- having difficulty understanding people when you cannot see their faces

- having difficulty understanding conversation in a group
- finding yourself straining to hear conversations

Losing hearing can negatively affect a person's quality of life, causing him or her to become frustrated and withdraw from situations that require communication with others. If you are dealing with this issue, you may want to visit an audiologist—a professional who specializes in evaluating and treating hearing loss. An audiologist will use sophisticated tests to determine the type and degree of your hearing loss and its impact on your ability to communicate.

### Help Is Here

Most people with hearing loss can be helped with hearing devices. Hearing aid technology has improved tremendously in the past 10 years. And Cleveland Clinic audiologists can fit patients with the latest technology in hearing aids to meet their individual needs and lifestyles. (You must have a written statement from your physician before being fitted with a hearing device.)

**Cleveland Clinic offers hearing aid discounts to Healthwise Connection members. To schedule an appointment with an audiologist, call 216.444.6691.**



## Child Care

Cleveland Clinic excellence extends to younger generations

As a Healthwise Connection member, you have come to expect excellent service and care from Cleveland Clinic. But did you know that the same concern for your health and the superior care you expect is available to children at Cleveland Clinic Children's Hospital? Cleveland Clinic Children's Hospital is made up of primary care pediatricians as well as pediatric subspecialists who practice at hospitals through the system.

Young children experience a number of illnesses and medical conditions that may not require a specialist. But when a child has difficulty eating, swallowing or keeping food down for extended periods, or has an ongoing tummy ache, there may be a serious digestive disorder that requires an examination by a Children's Hospital gastroenterologist.

### Tummy Aches—and More

Our specialists treat the full spectrum of intestinal and hepatic disorders affecting infants and children, including inflammatory bowel disease (Crohn's disease and ulcerative colitis), gastroesophageal reflux, liver disease, infantile colic, diarrhea, constipation and fecal incontinence. Specialized procedures include removal of polyps, insertion of feeding tubes and treatment of vascular malformations. Children with chronic abdominal pain often are referred for a multidisciplinary evaluation that combines pediatric gastroenterology, psychology and nutritional intervention.

Because of our level of care and the quality of our outcomes, the Children's Hospital's practice is among the largest pediatric digestive disease centers in the United States.

### Learn Online

Visit [www.clevelandclinic.org/childrenshospital](http://www.clevelandclinic.org/childrenshospital) to learn more about Cleveland Clinic's internationally recognized Children's Hospital and the specialists who provide family-centered care in a wide variety of clinical areas.



The Cleveland Clinic Foundation

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