

# Healthwise Connection

Your link to a healthier life™

Ashtabula County Medical Center

Fall 2007

## Joint Decision

Replacement surgery may  
be the answer to constant  
hip or knee pain – PAGE 4

Win a \$100 Gift Card!  
Details Inside

Rest easy at our Sleep  
Disorders Center – PAGE 2

Find wellness activities that  
are right for you – PAGE 7

Breast cancer treatment now  
available to all – PAGE 8



Yisa Sunmonu, M.D., (left) and Gary Mellick, D.O., Co-Directors of ACMC's Sleep Disorders Center, are proud to offer more space for sleep studies to residents of Ashtabula County.

## Helping You Improve Your Rest

Sleep Disorders Center now more comfortable for patients

The most advanced sleep center in Ashtabula County, the Sleep Disorders Center at Ashtabula County Medical Center, has undergone many changes recently. After moving across the street from the main ACMC building to a calmer, quieter environment with two bedrooms for sleep studies, two new rooms were added to the center, giving the location a total of four rooms in which to conduct sleep studies.

The new, improved center will provide an unprecedented level of care to county residents, with sleep tests available around the clock, seven days a week.

Sleep studies can help diagnose the causes of problems such as interrupted sleep or excessive snoring. About 40 million Americans suffer from sleep disorders and another 20 million have trouble sleeping occasionally, says Yisa Sunmonu, M.D., Medical Co-Director of the center. Ailments include sleep

apnea, restless legs syndrome, narcolepsy and insomnia. These can interfere with daily activities, including working and driving. If left undiagnosed and untreated, sleep disorders can lead to hypertension and other serious medical conditions—sometimes even death from blood clots.

### What You Can Expect

During a sleep test, patients spend a night at the Sleep Disorders Center, where trained polysomnographers monitor their heart rate, oxygen levels, breathing patterns and the number of times they wake during the night. After scoring the sleep study, the technician forwards the results to the center's medical directors for diagnosis.

"There are several treatments for sleep disorders, depending on the severity of the condition," says Gary Mellick, D.O., Medical Co-Director. "They range from dieting and losing weight to sleeping in an elevated position."

Other options include wearing a mask that forces air into your lungs or having surgery. The medical directors of the ACMC Sleep Disorders Center and the patient's physician will discuss these options with the patient and recommend the treatment that best meets his or her needs.

Each bedroom in the center is designed to be comfortable and homelike, and is equipped with a double bed (not a hospital bed), television with VCR, a place to store belongings and even art on the walls. Showers also are available so you can get ready for work or home the next morning.

**Talk to your doctor about the benefits of a sleep study at Ashtabula County Medical Center, or call the ACMC Sleep Disorders Center at 440.997.6744 to learn more about the facilities and services available.**

*“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.**

*“The surgery was the most perfect thing I ever did.”*

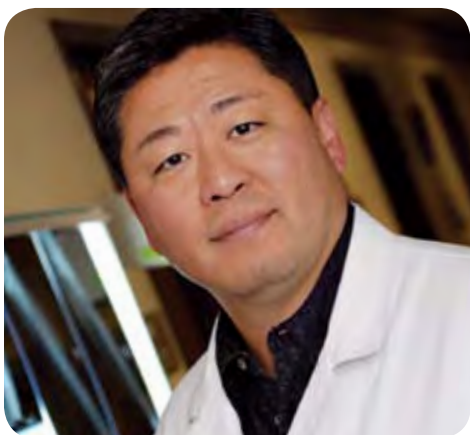
—Robert Mannion, knee replacement patient

## Breathing New Life into a Worn-Out Knee

Patient regains ability to mow lawn, travel

A month after having total left knee replacement surgery at Ashtabula County Medical Center, Robert Mannion, 70, of Plymouth Township was out and about again—mowing his lawn on his tractor and planning to travel.

“I’m following up with a real good diet,” Mannion says. “In the 20 days after my surgery, I lost 14 pounds with very little effort at all. I plan on losing 50 to 60 more pounds, because I know that will be good for my right knee, too.”



Recognizing the seriousness of joint replacement, Mario Lee, M.D., offers conservative treatments before considering surgery.

### Seeking Help

It is clear that knee replacement changed Mannion’s whole life. “Three or four years ago, I was experiencing a lot of problems,” he says. “I was walking and my knee was clunking. I wasn’t able to get into my car the way I’d like to.” The cause: severe knee arthritis.

Mannion came to ACMC to visit orthopaedic surgeon Mario Lee, M.D., who has been practicing in Ashtabula since August 2006.

“His quality of life was definitely compromised,” Dr. Lee says. “We began treating him conservatively, as you would with most patients—such



as using assistive walking devices, anti-inflammatory medications, weight loss, physical therapy, cortisone shots. But once he failed conservative treatment, he knew he was ready for knee replacement surgery. This is not something to be taken lightly.”

### Major Surgery

Joint replacement surgeries are major procedures. During a total knee replacement, a long incision is made on the front of the kneecap to detach the muscles. Then the surgeon replaces the three compartments of the knee with metal and plastic components. Physical therapy



Robert Mannion has recovered well from knee replacement surgery.

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is required after the operation to help muscles heal.

“Robert had the surgery and did well in our skilled rehab unit afterward,” Dr. Lee says. “I am transitioning him to outpatient physical therapy to continue his recovery. His recovery is ahead of schedule. It’s amazing how fast his progress has been.”

Recovery from total knee replacement surgery can take anywhere from six weeks to two months. Mannion says he has not experienced any pain, but Dr. Lee recommends over-the-counter painkillers such as Tylenol or Aleve if needed.

### Blessed

“I can’t say enough about Dr. Lee,” Mannion says. The happy patient planned to travel on three mission trips over the summer, to West Virginia, Mississippi and Africa.

“I want him to enjoy all of the hobbies he should enjoy in his retirement,” Dr. Lee says. “He does a lot of work with his church, a lot of mission work. I wanted him to regain his full function.”

Mannion’s life definitely has taken a turn for the better. “The surgery was the most perfect thing I ever did,” he says. “I think God has really blessed

us with a new doctor who has such integrity in watching over his patients. I have never had a doctor come in morning and night to see me, and that’s something Dr. Lee did. He is very concerned about his patients. They’re number one.”

Dr. Lee replies, smiling, “I didn’t even pay him to say that.”

**For an appointment with Mario Lee, M.D., call 440.997.6910. Along with his regular office hours, Dr. Lee also sees patients on the first Saturday of every month from 9 a.m. to noon.**

# 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

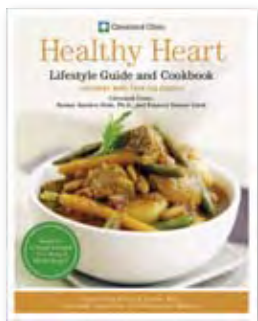
### PREPARATION

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).

# ACMC Community Calendar

Classes and activities available to you

## September

### Stroke Support Group

Sept. 20, 3 to 4 p.m., Skilled Nursing Unit Dining Room, ACMC third floor

Join stroke survivors and their friends and family members to discuss the effects of stroke.

*Free. Call Denise McNabb at 440.997.6298 for more information.*

### Red Cross Blood Drive

Sept. 26, 1 to 6 p.m., Education Center  
*Walk-ins welcome.*

### Physician Forum

Sept. 27, 6 p.m., ACMC Solarium

ACMC's doctors speak to you about important health issues.

*Free. Call 440.997.6208 to register.*

## October

### Computers for Seniors

Oct. 3, 10, 17 and 24, 4 to 5 p.m., Lewis Building basement

Advanced-level Internet class for seniors who completed ACMC's basic computer classes in the spring.

*Free. Call Christina Vallance at 440.997.6604 for availability and reservations.*

### Autism Support Group

Oct. 4, 6:30 p.m., Education Center

Parents and grandparents of autistic children come together to discuss coping and educational techniques.

*Free. Walk-ins welcome.*

### Mother/Daughter Breast Health Tea

Oct. 6, 11 a.m. to 1 p.m., Lodge and Conference Center at Geneva-on-the-Lake

An educational luncheon featuring a panel of speakers on breast cancer, breast self-exam demonstrations, free chair massages, giveaways and gifts.

*Small fee required. Call Christina Vallance at 440.997.6604 to register.*

### Stroke Support Group

Oct. 18, 3 to 4 p.m., Skilled Nursing Unit Dining Room, ACMC third floor

Join stroke survivors and their friends and family members to discuss the effects of stroke.

*Free. Call Denise McNabb at 440.997.6298 for more information.*

### Physician Forum

Oct. 25, 6 p.m., ACMC Solarium

ACMC's doctors speak to you about important health issues.

*Free. Call 440.997.6208 to register.*

## November

### Autism Support Group

Nov. 1, 6:30 p.m., Education Center

Parents and grandparents of autistic children come together to discuss coping and educational techniques.

*Free. Walk-ins welcome.*

### Tastings of the North Coast

Nov. 4, times TBA, Lodge and Conference Center at Geneva-on-the-Lake

Join us for the ACMC Foundation's annual fundraising event, featuring food and wine from local eateries.

*Varying sponsorship levels available. Call Norah Anderson at 440.997.6605 for more information.*

### Stroke Support Group

Nov. 15, 3 to 4 p.m., Skilled Nursing Unit Dining Room, ACMC third floor

Join stroke survivors and their friends and family members to discuss the effects of stroke.

*Free. Call Denise McNabb at 440.997.6298 for more information.*

### Physician Forum

Nov. 15, 6 p.m., ACMC Solarium

ACMC's doctors speak to you about important health issues.

*Free. Call 440.997.6208 to register.*

### Red Cross Blood Drive

Nov. 28, 1 to 6 p.m., Education Center  
*Walk-ins welcome.*

## December

### Autism Support Group

Dec. 6, 6:30 p.m., Education Center

Parents and grandparents of autistic children come together to discuss coping and educational techniques.

*Free. Walk-ins welcome.*

### Healthwise Connection Holiday Party

Dec. 7, noon, ACMC Solarium

Join us for Christmas festivities, a luncheon and a screening of a favorite holiday film.

*Free. Reservations required. Call Christina Vallance at 440.997.6604.*

### Stroke Support Group

Dec. 20, 3 to 4 p.m., Skilled Nursing Unit Dining Room, ACMC third floor

Join stroke survivors and their friends and family members to discuss the effects of stroke.

*Free. Call Denise McNabb at 440.997.6298 for more information.*

## Year-Round

### Healthwise Connection Daily Dinners

Weekdays, 4 to 6 p.m., ACMC Cafeteria

*\$4 each with member card. Call 800.775.4HWC for more information.*

### Healthwise Connection/YMCA exercise classes

Warm-Water Arthritis Class: Mondays, Wednesdays and Fridays, 10:30 to 11:30 a.m. or 2 to 3 p.m., YMCA

XYZ Senior Fitness Class: Mondays, Wednesdays and Fridays, 10 to 11 a.m., YMCA

*Fee required. Call 440.997.5321 or visit the YMCA to register.*





Sue Niemi, R.N., teaches a class about the importance of getting checked regularly for breast cancer, including how to perform a proper breast self-exam.

## Attend a Breast Health Event

Learn more about breast health at APMC's Mother/Daughter Breast Health Tea on Oct. 6. Held during Breast Cancer Awareness Month in October, this 11 a.m. event at The Lodge and Conference Center at Geneva-on-the-Lake features a light lunch, health screenings, free chair massages and informational seminars on breast cancer.

Let's bring mothers and daughters together to discuss this important health issue—and learn how to protect your loved ones. A small admission fee is required. Place your reservation today by calling Christina Vallance at 440.997.6604.

# Better Breast Health

APMC programs make mammograms, awareness available for everyone

Many women realize their worst fear when they learn they have breast cancer—and one out of seven will. Although it has been proven that the more frequently women are checked for breast cancer, the more often it is caught in a stage that does not require drastic surgery or painful treatments, many women do not have the resources to be examined regularly for the disease.

“Just by being a woman, we are at risk,” says Sue Niemi, R.N., a nurse at Ashtabula County Medical Center and a 20-year breast cancer survivor. “Our risk increases as we get older. Mammography is the best way we know today to diagnose breast cancer. The second best tool is self-examination.”

### Generous Grant

APMC recently received a grant from the Susan G. Komen for the Cure Northeast Ohio Affiliate to assist women with unmet breast health needs in our area. APMC will receive nearly \$10,000 for its portion of the grant, and the funds will be allocated

for breast health education and assistance to women who cannot afford mammograms.

Limited funding will be made available through the grant for uninsured women to receive subsidized mammograms in APMC's Radiology Department. Candidates will need a referral from their physicians and will need to be approved for the funding. APMC and Cleveland Clinic have agreed to waive the professional fee (for interpretation of the mammogram by radiologists) for all diagnostic imaging exams performed at APMC as part of the Susan G. Komen grant. This includes screening and diagnostic mammograms and diagnostic ultrasounds.

APMC also is targeting women for a breast cancer check program, to teach them about monthly breast self-exams, yearly clinical breast exams and other specific issues. Niemi teaches the course. “Life is so precious, and if there is something we can do to make our bodies healthier, we should try it,” she says.



The Cleveland Clinic Foundation

Healthwise Connection  
9500 Euclid Avenue/W14  
Cleveland, OH 44195

