

# Healthwise Connection

Your link to a healthier life™

| Euclid, Hillcrest, Huron, South Pointe Hospitals

| Fall 2007

## Always On

Nurse-call system highlights  
key upgrades for emergency  
care – PAGE 4

Win a \$100 Gift Card!  
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Here's a look at what's happening at Euclid, Hillcrest, Huron and South Pointe hospitals

### Euclid Hospital

## Celebrating a Century of Caring

You are invited to Euclid Hospital's 100th Anniversary Celebration on Oct. 13. Enjoy cocktails, dinner, dancing and entertainment. Tickets are \$125 per person, with proceeds benefiting community outreach and education programs.

**For more information or to buy tickets, call Barbara DiTurno at 216.692.7790.**

### Huron Hospital

## Care for Women, Children Combined

Huron Hospital's women and children's services relocated to a newly renovated space on the third floor of the hospital in May. The relocation offers the consolidation of services into one area staffed by physicians, nurse midwives, social workers and pediatricians. New services include high-risk obstetrical ultrasound testing and expanded pediatric hours. Huron's prenatal services and perinatal staff have helped the hospital maintain one of the lowest infant morbidity and mortality rates in the nation. **For more information, visit [www.huronhospital.org](http://www.huronhospital.org).**

### Hillcrest Hospital

## Award for Excellence— for the Ninth Time

Hillcrest Hospital was named one of the nation's top 100 hospitals for excellence in clinical outcomes, patient safety, financial performance, efficiency and growth in patient volume by Thompson Top Hospitals. This is the ninth time Hillcrest has earned this prestigious honor. Hillcrest is only one of two hospitals nationwide to earn this honor that many times. **For more information, visit [www.hillcresthospital.org](http://www.hillcresthospital.org).**

### South Pointe Hospital

## Anniversary Event Funds Nursing Scholarships

South Pointe Hospital hosted a 50th Anniversary Gala in May to benefit nursing scholarships for the new Huron School of Nursing Branch Campus at South Pointe. The event raised \$70,000. **Please visit [www.southpointehospital.org](http://www.southpointehospital.org) to explore the hospital's 50-year history, to find answers to your health questions or to learn about hospital services.**

*“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.

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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.**

*“Patients love the rooms.”*

—Gloria Lawson, R.N.

## Grey’s Anatomy Grows Up

Real-life emergency care advances futuristically at Euclid Hospital

If you believe what is depicted on television shows, every emergency department (ED) is a chaotic, jam-packed area with screaming patients, hurtling gurneys and an overwhelmed staff—all in a sterile, white environment

lit by fluorescence and cluttered with medical equipment.

But if you enter Euclid Hospital’s new \$4.8 million ED, you’ll find reality is far different. A sense of calm and serenity pervades the ED, thanks to a new, state-of-the-art nurse-call system. As part of the system, staff members wear signal sensors that work like homing devices or global positioning systems that allow them to locate each other easily.

### The Push of a Button

“Our new nurse-call system is beautiful,” says Marita Volk, M.D., Medical Director of the ED. “It’s no longer necessary for patients to call out, ‘Nurse!’ Plus, patients can simply push a little sad-face button to show they’re in pain. Or they can push another button to indicate that they need to go to the bathroom. This



enables us to respond more quickly and appropriately to their needs.”

With the nurse-call system, ED staff members can know who is in a particular room tending to a patient and can easily contact them via an intercom system. All staff members—from technicians and secretaries to nurses and physicians—wear the sensors, which track their location.



As part of the nurse-call system at Euclid Hospital, staff members wear signal sensors that allow them to locate each other easily.



### Other Key Features

This advanced technology is just one of many improvements made in the expanded ED, which is twice the size of the former ED. Perhaps the most notable feature in the patient rooms is the instrument panel mounted on the wall at the head of the beds. It is full of equipment that can be clipped on and off the panel. Even the telephones

are clipped off for easy use by patients (versus in most EDs, where phones are wall-mounted).

Each room lets in natural light and is decorated in earth tones. “Patients love the rooms,” says Gloria Lawson, R.N. “The first thing they comment on is the flat-screen TV. They can see daylight. They really like their privacy.”

### Need First Aid?

To receive a free book on first aid, please call our physician referral line, Medline, at 440.312.4533 or 800.621.0004.

# 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

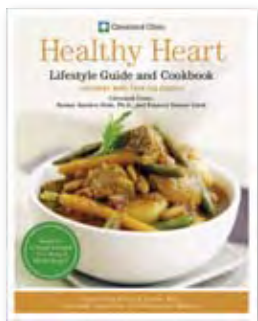
### PREPARATION

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).

# Women and Heart Disease

How much do you know about it? Take this test—you may be surprised

Mark the following statements as fact or fiction, then check your answers below.

**1. Heart disease kills more women annually than breast cancer.**

Fact  Fiction

**2. Taking aspirin is a smart way for women to prevent heart disease.**

Fact  Fiction

**3. In a woman, nausea and vomiting may be a sign of a heart attack.**

Fact  Fiction

**4. More men than women die within the first few weeks following a heart attack.**

Fact  Fiction

**5. Because more women than men die of heart disease each year, heart disease research studies include more women than men.**

Fact  Fiction

**6. A woman who smokes risks having a heart attack seven years earlier than her nonsmoking counterpart.**

Fact  Fiction



## How'd You Do?

**1. Fact.** Each year, heart attacks kill six times as many women as breast cancer. In fact, heart disease is the leading cause of death of American women.

**2. Fiction.** Aspirin may help some women with heart disease, but it is not recommended for most healthy women. The U.S. Food and Drug Administration has not approved aspirin for preventing heart attacks in people who have never had a heart attack or stroke.

**3. Fact.** Just like men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience other common symptoms, particularly shortness of breath, nausea/vomiting and pain in the back or jaw.

**4. Fiction.** Women are twice as likely as men to die within the first few weeks after suffering a heart attack.

**5. Fiction.** Even though more women than men die of heart disease, females make up only 25 percent of participants in cardiac research studies.

**6. Fiction.** Women who smoke risk having a heart attack 19 years earlier than nonsmoking women.

## A Free Kit on Heart Disease

There are many ways for women—and men—to reduce their risk of heart disease. To learn more, visit [www.hillcrestheart.org](http://www.hillcrestheart.org) to request a free healthy-heart kit. Or please call Medline for a physician referral at 440.312.4533 or 800.621.0004.

# Ask a Doctor

Expert answers to your health questions



**Camelia Raiu, M.D.,**  
Geriatrician, Huron  
Hospital

My 75-year-old grandfather has had memory problems for the past few months. Could he have Alzheimer's?

Your grandfather is in the age group in which dementia can be a cause for memory loss. A lot of dementia cases are Alzheimer's disease, but there are numerous other causes of memory impairment. Alzheimer's disease is characterized by progressive memory loss, especially for short-term memory, and other signs of cognitive impairment. For a comprehensive evaluation of the problem, consider getting him an appointment with a geriatrician.



**Modish Lane, M.D.,**  
Gastroenterologist, South  
Pointe Hospital

What are the risk factors for colon cancer? Should I get a screening?

Colon cancer is the fourth most common cancer in men and women in the United States. When colon cancer is caught early, it is often curable.

Your risk of colon cancer is increased if you are older than 50 or have:

- a family or personal history of colorectal cancer
- ulcerative colitis or Crohn's disease
- polyps
- a high-fat diet



## Call Us

If you need help finding a physician,  
please call Medline at 440.312.4533  
or 800.621.0004.

Symptoms of the disease may include blood in the stool, narrower stools, change in bowel habits or general stomach discomfort. It is important to be screened especially if you are 50 or older. If you have any risk factors listed earlier, you may need to begin screening at age 40 or younger. To obtain a screening, consult your physician.



The Cleveland Clinic Foundation

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