

Healthwise Connection

Your link to a healthier life™ | Marymount Hospital | Fall 2007

Living with Diabetes

Regaining control is easy
with the right tools – PAGE 4

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Suffer No More

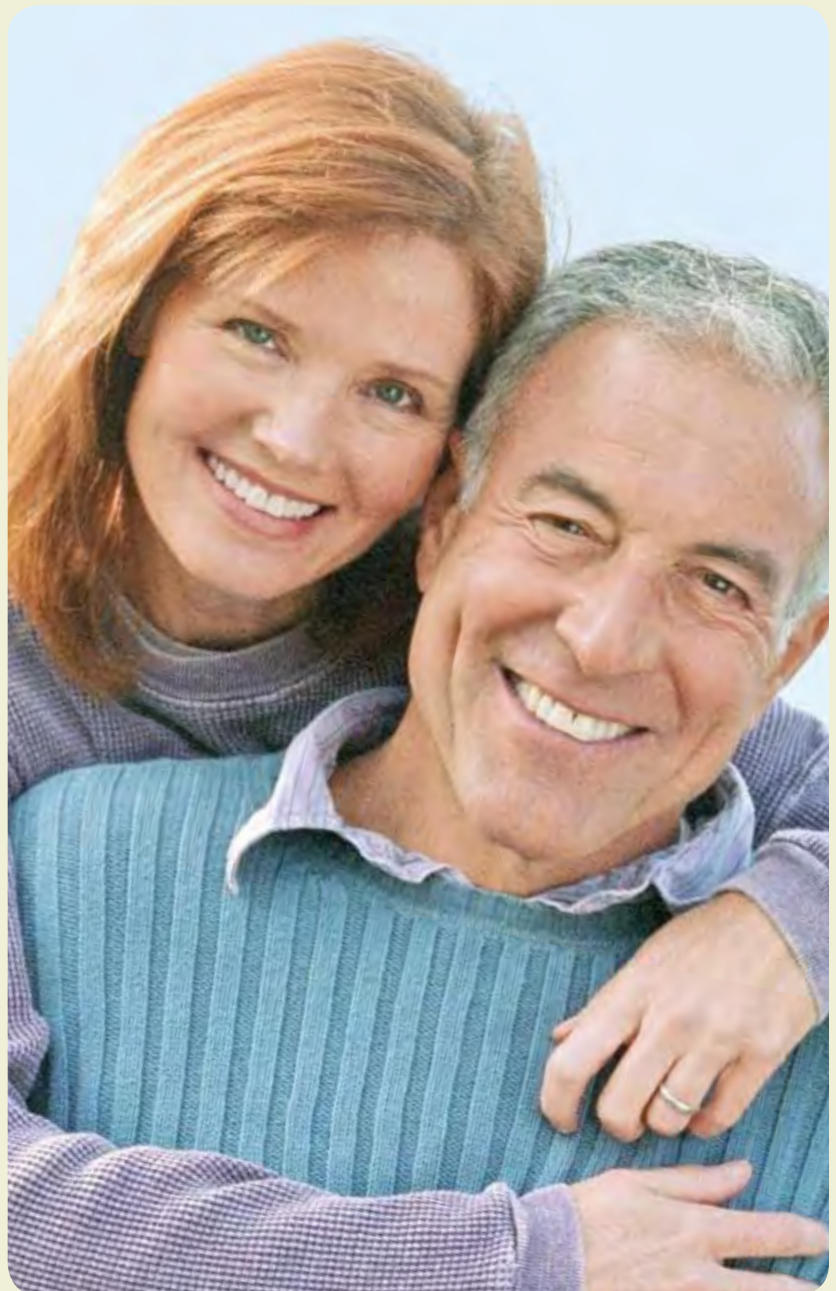
Marymount can help
you relieve chronic pain

Do you have pain that has not gotten better with time and medical treatment? Pain that lasts longer than the course of natural healing and is associated with a particular type of trauma to the body is considered to be chronic pain.

The International Association for the Study of Pain defines pain as an unpleasant sensory and affective experience induced by the exposure to harmful stimuli such as injury or disease. It is important to note that pain is subjective in nature and is defined by the person experiencing it. The medical community's understanding of chronic pain has grown to include the impact of the mind in processing and interpreting pain signals.

Solutions

Pain due to injuries or chronic illness is common and can be addressed through proven pain management techniques. Marymount's Pain Management Center helps patients identify the source of their pain, and then helps them return to productive lifestyles as soon as possible.



The center uses an interdisciplinary approach for the evaluation and treatment of pain by combining care from local specialists with the world-class expertise of pain management specialists from Cleveland Clinic's Department of Anesthesiology. This collaborative approach delivers comprehensive, specialized care in one convenient location.

For more information about the Pain Management Center at Marymount Hospital, call 216.587.8830. If you need a referral to a Marymount physician who can assist you in obtaining these services, contact our Physician Referral Line at 216.581.WELL (9355), or you may select a physician online at www.marymount.org through our Find a Physician section.

*“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 and click the “Traffic Safety” tab, or call the Vehicle Safety Hotline at 888.327.4236.

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 for tips on choosing quality exercise equipment.

“It’s been great to work with caring professionals at Marymount.”

—Bill Mauk, diabetes patient

In Control

Diabetes Center gives patients tools to manage their disease

When Bill Mauk of Macedonia was diagnosed with type 2 diabetes nearly nine years ago, he and his family members were surprised. He had no apparent symptoms of diabetes and there was no family history of the disease. However, Mauk did have several common risk factors that eventually resulted in his diagnosis in middle age, including being overweight, having a largely sedentary lifestyle and having high blood pressure and high cholesterol.

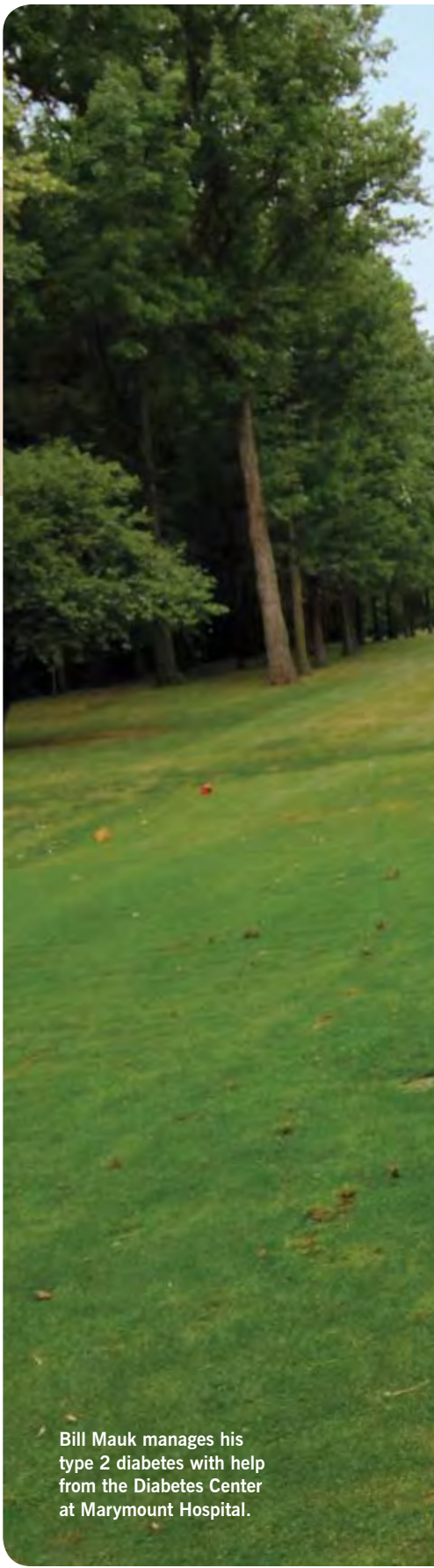
Getting Help

During a routine annual physical, Mauk was told his blood test showed highly elevated blood sugar. A series of tests confirmed the diagnosis of type 2 diabetes, and Mauk was placed on two medications to regulate his blood sugar. He was also advised to change his diet and start exercising.

Follow-up tests were not encouraging, showing that despite medication and lifestyle changes, Mauk still had persistent problems with hyperglycemia, or high blood sugar. His doctor eventually referred him to the Diabetes Center at Marymount Hospital for diabetes management classes.

Staff at the center taught Mauk how to modify his diet and administer his medication through a pen injection system, and shared with him the most recent advances in the care and treatment of diabetes.

“Nothing can compare with the knowledge and expertise offered by the Diabetes Center staff,” Mauk says. “It’s been great to work with caring professionals at Marymount who take the time to get patients up to speed.”



Bill Mauk manages his type 2 diabetes with help from the Diabetes Center at Marymount Hospital.



feature story | feature story

About the Center

Mauk is one of many people helped through the Diabetes Center at Marymount Hospital. Launched in 2005 and newly recognized by the American Diabetes Association, the center serves hundreds of people each year with screenings, diabetes management classes and individual consultations, helping people live fuller, more productive lives despite their disease. A blood test performed by your doctor is the only way to properly diagnose diabetes, and a regular checkup is an important way to monitor your risk for the disease.

For more information about diabetes or classes at the Diabetes Center at Marymount Hospital, call 216.587.8246. If you need help finding a physician to treat your diabetes, please call the Marymount Hospital Physician Referral Line at 216.581.WELL (9355).

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

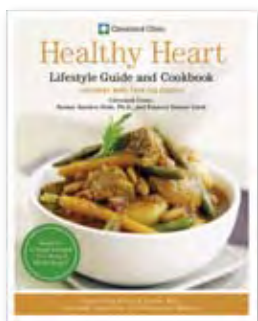
PREPARATION

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.

Get a Good Night's Rest

You can—at Marymount's Sleep Center

Do you toss and turn at night? Have trouble falling or staying asleep? Do you have a spouse who snores and keeps you awake? You are not alone. Millions of Americans have sleep disorders that make it hard for them to sleep well at night or stay awake during the day. This problem can interfere with work and family life, and can contribute to dangerous car accidents.

The Sleep Center at Marymount Hospital provides diagnostic testing, consultation and treatment for patients with all types of sleep disorders. Most medical services for sleeping problems are covered by insurance. A comprehensive sleep study will help diagnose your sleep problem so it can be corrected and you can get the good night's sleep you deserve.

Convenient Locations

Having a sleep study involves staying overnight at one of our three convenient Sleep Center locations: Garfield Heights, Solon and Strongsville. For more information, call the Sleep Center at 216.587.8151, Monday through Friday from 9 a.m. to 5 p.m.

If you need a referral to a Marymount physician who can assist you in obtaining these services, you may contact our Physician Referral Line at 216.581.WELL (9355), or you may select a physician online at www.marymount.org through the Find a Physician section.



A new building facade and larger exterior signage greets patients at Medical Center, Broadview Heights.



Serving Broadview Heights

Emergency care, imaging and lab work are available close to home

Backed by the resources of Marymount Hospital, Medical Center, Broadview Heights provides neighboring communities with an Emergency Department, including care for acute trauma as well as family illness and occupational health. Recently expanded general radiographic services, including mammography, computed tomography and magnetic resonance imaging, are offered. A full-service, College of American Pathologists-accredited laboratory also is available.

Medical Center, Broadview Heights is at 2001 E. Royalton Road in Broadview Heights (Route 82/Interstate 77), and operates 7 a.m. to 10 p.m., 365 days a year. The center may be contacted at 440.717.5800.

All About Convenience

Marymount Family Pharmacy

At Marymount Family Pharmacy, patients can fill prescriptions and buy over-the-counter medical items and home health supplies in one convenient location. The pharmacy greets patients and visitors just inside Entrance Three of the Marymount Medical Office Building. Marymount Family Pharmacy is open Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 3 p.m.

Patients also can take advantage of a secure online pharmacy and medication profile called MyPharmacy that allows you to track and reorder medications online. To sign up for My Pharmacy, visit www.clevelandclinic.org/pharmacy. To reach the Marymount Family Pharmacy, call 216.587.8822.



The Cleveland Clinic Foundation

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