

# Healthwise Connection

Your link to a healthier life™

Fairview, Lakewood, Lutheran Hospitals

Fall 2007

## A Leg Up

Consider noninvasive options  
for unsightly, painful varicose  
veins – PAGE 4

Win a \$100 Gift Card!  
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Frank Ricaurte, M.D., is Director of the Department of Radiology at Fairview Hospital.



## A New Coronary Exam

Fairview's noninvasive imaging test is precise and painless

Did your stress test spark concern? Do you have a family history of coronary artery disease or heart attack? If so, your physician may want to find out more using a computed tomography (CT) scan.

A coronary CTA (CT angiogram) exam is a heart-imaging test that is undergoing rapid development and evaluation. Now, physicians at Fairview Hospital are using an advanced tool called the 64-row multidetector CT to detect fatty deposits or calcium that can clog and narrow arteries. Left untreated, buildup called plaque can eventually lead to heart attack.

Although the coronary CTA exam does not replace the gold-standard coronary angiogram, it is ideal for patients with low to intermediate risk for narrowed coronary arteries.

### Are You a Candidate?

The answer is quite possibly, if your physician questions atypical cardiac symptoms—unlike the classic symptoms of a heart attack, such as chest pressure that radiates into the left arm. Your physician may suggest a coronary CTA if you or your family has a strong history of severely narrowed coronary arteries. Most commonly, CTA exams can answer questions that surface as a result of unclear test results, particularly a stress treadmill or nuclear perfusion cardiac stress test.

In these cases, the CTA is a relatively fast, painless way to dig for more information. In fact, according to a 2004 article in *The Journal of the American Medical Association*, 40 percent of patients who had invasive coronary angiograms could have

avoided this test if a multidetector CTA exam were performed as the initial clinical diagnostic test.

However, it is important to note that not all patients are good candidates, especially those with frequent abnormal heart rhythm, coronary stents, reduced renal function or heavy coronary artery calcifications. Your physician will decide if your situation is right for the new, less-invasive coronary CTA.

### Explore the Exam

To learn more about the coronary CTA exam, visit [www.fairviewhospital.org/heart](http://www.fairviewhospital.org/heart). Go to "Related Links" and click "Cardiac CTA."

*“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.**

*“The problem will be solved correctly the first time to avoid any recurrence.”*

—James Bekeny, M.D., Medical Director,  
Lakewood Hospital Vein & Vascular Center

## Vanish, Varicose Veins

New treatments deliver results with little downtime or discomfort

If you have painful, unsightly veins on your legs, you are not alone. More than likely, you are suffering from varicose veins. About 25 percent of all women and 15 percent of all men suffer from varicose veins—enlarged, twisted and sometimes painful superficial veins resulting from poorly functioning valves.

Symptoms include leg pain, visibly enlarged veins, mild swelling, skin ulcers and discoloration at the ankles. Typically, varicose veins worsen over time, so medical attention and treatment are essential.

Traditionally, surgical treatment has involved stripping and binding the veins, a solution that many

patients found very painful and which required up to six weeks of recovery. “Fortunately, there are new, noninvasive outpatient procedures that are minimally invasive with little discomfort,” says James Bekeny, M.D., Medical Director of the Lakewood Hospital Vein & Vascular Center in Westlake.

### What You Can Expect

The Lakewood Hospital Vein & Vascular Center offers the most advanced techniques for diagnosing and treating a full range of varicose vein problems in an outpatient setting.

At the first visit, patients receive an evaluation from a board-certified physician who will examine problem areas, discuss symptoms and make treatment recommendations. “An

individualized plan for each patient’s origin of varicosity is developed with the intent to treat the source, not the symptom,” Dr. Bekeny says. “As a result, the problem will be solved correctly the first time to avoid any recurrence.”

There are three options—laser vein ablation, sclerotherapy and phlebectomy—to help eliminate spider and varicose veins. All procedures are done in the office, without anesthesia, using small micropunctures into the skin, with no stitching required. The patient is able to walk out of the office and return to normal activity the same day.

James Bekeny, M.D., is Medical Director of the Lakewood Hospital Vein & Vascular Center, which treats a full range of varicose vein problems in an outpatient setting.

feature story | feature story



## Full Service

The Lakewood Hospital Vein & Vascular Center also offers a wide range of cosmetic services, such as hair removal and treatment of skin conditions including wrinkles, skin blemishes, scars, acne scars and pigment problems. The center is conveniently located at the Westlake Medical Campus, 850 Columbia Road (near Interstate 90). To schedule an appointment, call 877.SPA.LEGS (772.5347).

# 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

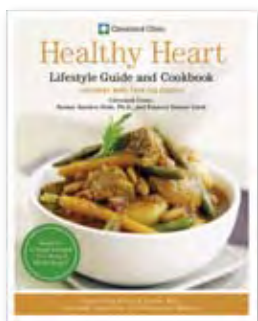
### PREPARATION

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).

# Weight-Management Programs Offer Options

Need to lose weight? Start shedding pounds at Lutheran Hospital

Lutheran Hospital is committed to the health and well-being of the community it serves. During the past decade, research has shown that a lifestyle that incorporates wellness behaviors provides long-term health benefits.

If you need to lose weight, you're not alone. To help you get on the right track, Lutheran Hospital offers a weight-management program that can help fulfill individual needs. The eight-week Better Weigh Group weight-loss program meets one hour a week and provides group support, encouragement and motivation.

Achieving and maintaining a healthy weight is an important first step toward a good quality of life. Call 216.363.2295 for more information about this Lutheran Hospital program.



# Diabetes Care and Education All in One Location

The Lakewood Hospital Diabetes Center gives comprehensive diabetes care by combining clinical and educational components in one convenient location. Our outpatient diabetes education program has been awarded the prestigious American Diabetes Association Education Recognition Certificate for a quality diabetes self-management education program.

Once patients meet with a diabetes educator and a dietitian, they learn the practical things they need to know for managing their diabetes, such as testing their blood sugar, managing their medication regimen, selecting well-balanced meals, participating in regular activity and caring for their feet.

**For more information about Lakewood Hospital's diabetes education program, please call 216.529.5300 or visit [www.lakewoodhospital.org/diabetes](http://www.lakewoodhospital.org/diabetes).**

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# Help When You Need It

Fairview Hospital provides cancer support groups

Living with cancer presents many challenges. Difficult decisions and treatment side effects make coping anything but easy for patients and their family and friends.

Support at every stage of cancer is helpful, enabling participants to draw hope and strength from each other. In addition to providing opportunities to help reduce stress and feelings of isolation, support groups also are a source of increased knowledge about cancer.

Fairview Hospital offers a number of cancer support groups for people with breast, blood, and head and neck cancers. Those who provide care for loved ones with cancer also need support, and Fairview offers a series of educational sessions to help them cope.

**For more information on Fairview Hospital's cancer support groups, go to [www.fairviewhospital.org](http://www.fairviewhospital.org).**

Shia Shapiro is back on the playing field after hip replacement surgery.

## Back in the Game

Hip replacement gives one 74-year-old athlete extra innings

Hip pain can decrease your mobility as you age, diminishing your quality of life. Fortunately, hip replacement surgery can help you get back on track.

Just ask Shia Shapiro, 74. "I've been playing slow-pitch and fast-pitch softball in various leagues since 1954. I started having pain in my left hip in 2005," he says. Wanting to stay in the game, he turned to orthopaedic surgeon Kim Stearns, M.D., at Lutheran Hospital for hip replacement surgery in 2006.

Dr. Stearns explained the source of hip pain. "The cartilage in the socket where the hip and thigh bone meet is tough, slick material that enables



the surfaces to easily slide against one another," he says. "When the cartilage decreases, these bones rub against each other, causing pain."

### 'Better Than Ever'

Hip replacement surgery has become increasingly common as the population has aged, Dr. Stearns says. "There have been major advancements in the procedure over the past 25 years, leading to better results overall," he says. "It's less invasive than in the past, with a shorter hospital stay and recovery period."

Shapiro is delighted with the outcome of his surgery and has high praise for Dr. Stearns. "After I was fully healed," he says, "I was back on the field, better than ever."

**For an appointment to see a hip replacement specialist, call Lutheran Hospital's physician referral line at 216.363.2300 or 866.733.6363.**



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Healthwise Connection  
9500 Euclid Avenue/W14  
Cleveland, OH 44195

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