

# Healthwise Connection

Your link to a healthier life™ | Spring 2007

## Above and Beyond

Expert geriatric cancer care  
is just the beginning - PAGE 4

Serious heart treatment  
for women - PAGE 2

Protect yourself against  
bone disease - PAGE 7

Maintain eye health  
as you age - PAGE 8



## No. 1 Heart Program Gets Its Own Impressive Space

In keeping with Cleveland Clinic's reputation as the top heart treatment center in the nation, construction is under way for a state-of-the-art cardiovascular center. The \$1.25 billion dedicated heart care and research center, the Sydel and Arnold Miller Family Pavilion, will consolidate the facilities of the nation's largest, busiest and most accomplished heart program. In the 12 consecutive years of being ranked the country's best heart program by

*U.S. News & World Report*, Cleveland Clinic's cardiovascular team has worked in a labyrinth of buildings, sharing precious work space with physicians from other specialties. When the new facility is finished in 2008, our distinguished cardiovascular care and research will occur in a single facility. **Take a look at our new Web site, [www.clevelandclinic.org/heart/newheartcenter.htm](http://www.clevelandclinic.org/heart/newheartcenter.htm), to get the latest on this impressive project.**

## For Women Only

New cardiovascular center treats your unique heart needs

Few of us know that heart disease is the No. 1 killer of women in this country. In fact, cardiovascular disease kills more women than the next seven diseases combined. In keeping with Cleveland Clinic's world-class reputation for heart care, it opened the Women's Cardiovascular Center in 2006, exclusively focused on preventing and treating heart disease in women by considering their unique needs.

"Women may not be aware of heart disease, so they are not aggressive in treating it," says Leslie Cho, M.D., the center's director. "Physicians are not always in tune, so they treat women less aggressively than men." But not so at Cleveland Clinic, where

we make sure women's heart care is treated just as seriously as men's. Dr. Cho makes the critical distinction that heart disease affects women differently. They may experience unique symptoms and issues because of hormone fluctuations and pregnancy-related issues.

For serious treatment of female heart issues, look no further than Cleveland Clinic's Women's Cardiovascular Center.

**For more information on the Women's Cardiovascular Center or to schedule an appointment, call 216.444.9343 or 800.223.1696, or visit us on the Web at [www.clevelandclinic.org/heart](http://www.clevelandclinic.org/heart).**

## Free Pain Solutions

Is arthritis slowing you down?

Millions annually are forced to curtail enjoyable activities because of hip, knee or shoulder pain. Surgery may be a possibility for chronic pain. But which procedure is right for you? Free *Joint Decision* videos introduce you to others who have pondered these questions and learned how Cleveland Clinic treatment has helped. Clear explanations are offered on how your joints are constructed and for common pain-causing problems. Titles such as *Solutions for Hip Pain*, *Solutions for Knee Pain* and *Solutions for Shoulder Pain* can help you consider if surgery or an alternative treatment is the answer. Don't give in to pain. **Call 800.890.2467 today for your free DVD or VHS video.**



### Complete Care

- coronary artery disease
- heart failure
- valve disease
- pregnancy and heart disease
- arrhythmias

*“The human mind is our fundamental resource.”*

—John F. Kennedy



## Get Out and Play

Healthwise Connection has a new partnership with Playhouse Square that offers exclusive discounts and entertainment benefits to our members. Members can buy discounted tickets for certain Playhouse Square events, depending on ticket availability. Also, members receive a 10 percent discount for select Playhouse Square merchandise. The Wyndham Hotel, within walking distance of Playhouse Square, offers a special \$99 per night rate when presented a Healthwise Connection membership card. Look for details on special Playhouse Square events in future Healthwise Connection newsletters, or visit [www.playhousesquare.com](http://www.playhousesquare.com). **For more information, please call the Playhouse group services department at 216.664.6050.**

Cleveland Clinic Healthwise Connection hospitals include our downtown 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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## Do You Sudoku?

Are you one of the millions who've gotten hooked on the numbers puzzle Sudoku? If so, you could be doing your brain a favor. Working your brain with puzzles and other brainteasers could help keep your mental health in shape as you age.

In fact, according to the Alzheimer's Association, any type of regular mental stimulation might increase your brain's nerve connections and even help generate new brain cells, reducing your risk of Alzheimer's disease and other dementias. Here are some other activities that'll keep your brain young:

- reading books, magazines or newspapers
- tinkering with cars, computers or appliances
- designing and planting a garden
- building a model car or airplane

### Free Puzzles

Want to keep your brain in tiptop shape? Can't get enough Sudoku? Visit [www.krazydad.com/sudoku](http://www.krazydad.com/sudoku) for free games from a Sudoku puzzle creator. Click on a difficulty level and a book number, download it, print out the pages and enjoy.



## Healing Harmony

Cleveland Clinic in tune with geriatric cancer needs

Whether it's gospel, the blues or rock 'n' roll, Cleveland Clinic host Robert McIntyre is celebrated as Cleveland Clinic Taussig Cancer Center's "singing angel." Singing songs from the 1950s and '60s, McIntyre uplifts the spirits of elderly patients battling cancer.

His personal attention in answering questions, giving directions and helping patients and their families get around the hospital is just one example of the caring treatment you will find at Cleveland Clinic. From our world-class doctors to the helpful greeters you meet at the door, top-notch service is exactly what you will get, and our specialized cancer assessments are no exception.

### Getting to the Source

If you are age 60 or older and diagnosed with cancer, you may benefit from a geriatric oncology assessment from the Cleveland Clinic Taussig Cancer Center. An assessment can help identify problems related to diagnosis and treatment that may get overlooked.

"Older cancer patients are especially at risk because of the additional health issues that arise from their diseases, as well as from treatments," says Cleveland Clinic geriatrician Theodore Suh, M.D., Ph.D. "For example, aside from the obvious health threats from the cancer itself, we also see problems related to chemotherapy and radiation treatment, as well as the stress the

disease places on older cancer patients and their families."

In addition, many older adults take multiple medications to control other acute or chronic diseases, which may interfere with cancer treatment. Older adults also may experience more severe side effects from treatment, such as confusion, anemia, weight loss and swallowing difficulties.

The Geriatric Oncology Clinic's specially trained geriatricians offer complete assessments of your health, paying special attention to social and family circumstances. You will leave with a clear understanding of your healthcare needs and a definite care plan that could include consultation

*“I just do what is necessary to provide world-class service.”*

—Robert McIntyre, Cleveland Clinic host

with social workers, nutritionists and physical or occupational therapists.

“Our goal is to improve patients’ overall quality of life, as well as their survival,” Dr. Suh says.

Our physician will explain all of the findings in plain language and give you a written report with instructions and recommendations. A report can be sent to your primary care physician and/or oncologist.

The cost of a geriatric oncology assessment typically is covered by most major health insurance plans, and Medicare and Medicaid.

### Expect the Best

When you visit the oncology clinic, rest assured you will receive the highest quality care from one of Ohio’s largest and busiest oncology centers and one of the most advanced cancer clinics in the world.

Not all of our hosts sing, but if you come across McIntyre, dressed in a bright red suit and top hat, he will greet you with a smile and, perhaps, a song.

Many people might say his service goes above and beyond the call of duty, but he insists that he’s just doing his job: “I just do what is necessary to provide world-class service.”

## When to Get Assessed

**You don’t have to go it alone. If you have cancer and its attending problems, you will find an assessment critical, especially if you:**

- suffer from confusion or memory loss
- find daily activities hard to deal with
- are physically weak
- have difficulties walking or balancing
- experience incontinence
- have osteoporosis or osteoarthritis
- suffer from behavioral changes, such as depression or anxiety

## Here to Help

A geriatric oncology assessment offers you and your family reassurance and a definite plan for care. For more information or an appointment, call the Cleveland Clinic Cancer Answer Line at 866.223.8100.



The Cleveland Clinic Taussig Cancer Center is on Cleveland Clinic’s main campus at the corner of Euclid Avenue and East 90th Street. Parking is available in the garage behind the building and in the garage on the corner of Euclid Avenue and East 93rd Street.

## Savoring Spring

Have fun in the kitchen—and enjoy food, friends and family

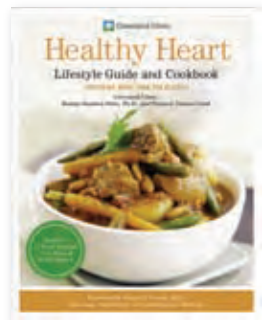
Spring is an ideal time to enjoy the company of family and friends. And what better way to celebrate than to offer a mouthwatering menu? Here are some tips.

**Go cold turkey.** Or cold anything for that matter. Quash the notion that good meals have to be served hot.

**Start a fire.** If you must have a hot dish, take it outside—to the grill, that is—instead of heating your indoor oven.

**Hit the farmers market.** Take advantage of the wonderful, flavorful produce that's in season this time of year.

**Cook smarter, not harder.** Double a recipe and get multiple meals for the price and effort. For instance, serve Tuscan Bean Spread on whole-wheat bread for sandwiches or with a basket of interesting breads or crudités for a party. Makes 3 cups (16 servings).



### 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)**.



## Let your creativity run wild with this Tuscan Bean Spread.

### INGREDIENTS

6 oz. dried white beans or 2 15-ounce cans cannelloni beans, drained	1½ Tbsp. fresh rosemary, chopped
½ tsp. extra-virgin olive oil or olive oil cooking spray	1 Tbsp. fresh oregano, chopped
4 large shallots, chopped	½ tsp. fennel seed
4 garlic cloves, minced	3¾ c. fat-free, reduced-sodium chicken broth or vegetable broth
	⅓ to ½ c. fresh lemon juice

### PREPARATION

1. If using dried beans, put the beans in a large pot with enough water to cover. Bring to a boil, remove from heat, cover and let stand at room temperature for 1 hour. Drain the beans and set aside.
2. Lightly coat the bottom of a nonstick pot with cooking spray. Add the shallots and garlic and cook, stirring, over medium heat until the shallots are wilted, about 5 minutes. Add the rosemary, oregano and fennel. Cook, stirring, for 1 minute more. Add the beans and broth, and bring to a boil. Reduce the heat and simmer for 30 to 40 minutes, until the beans are tender. Remove from heat.
3. When the bean mixture is cool, transfer it to a food processor or blender. Purée, adding lemon juice as needed for the desired consistency.

### NUTRITION FACTS (serving: 3 Tbsp.)

Calories .....55	Cholesterol..... 0 mg	Protein ..... 3 g
Fat ..... 0 g	Sodium..... 116 mg	Carbohydrates ... 11 g
Saturated fat..... 0 g	Fiber ..... 3 g	Potassium.... 245 mg

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

# Bone Strength

If you suffer from steroid osteoporosis, Cleveland Clinic can help

Steroids often are used to manage illnesses such as Crohn's disease, ulcerative colitis, asthma, rheumatoid arthritis and lupus. Physicians try to limit their use because of side effects. These medications can cause steroid osteoporosis, a condition that can involve bone loss, bone fragility and fractures. Devastating results for patients may include back pain from fractures in the spine, height loss and muscle weakness.

Fortunately, rheumatology specialists from Cleveland Clinic's Center for Osteoporosis and Metabolic Bone Disease can treat steroid osteoporosis.

Although anyone taking steroids is at risk, women are more vulnerable to side effects than men. Women begin with less bone mass than men, and they often lose bone rapidly at menopause. Risk factors for osteoporosis include getting older, a small frame and low body weight, or being Caucasian or Asian. A family history of osteoporosis also is a risk factor. You can control preventable risk factors by quitting smoking, stopping excessive use of alcohol (more than two mixed drinks a day) and becoming more active.

**For more information about the Cleveland Clinic Center for Osteoporosis and Metabolic Bone Disease, visit [www.clevelandclinic.org/arthritis](http://www.clevelandclinic.org/arthritis). To make an appointment at the center, call 216.444.2273 or 800.223.2273.**



## Treatment Options

Although taking calcium and vitamin D daily, as well as exercising appropriately, can decrease bone loss, many women require additional medications. You should ask your doctor about medications such as alendronate, risendronate, ibandronate, raloxifene and parathyroid hormone to stop bone loss. A consult on prevention and treatment of bone loss is appropriate when steroids are used.

The American College of Rheumatology calls for bone-density testing if steroid therapy is expected to last more than three months. Testing should be done once a year if you continue steroid therapy using such steroids as cortisone or prednisone. The most accurate test to detect osteoporosis is dual-energy absorptiometry (DEXA). It measures bone loss in the hips and spine, takes only 10 to 15 minutes, and exposes you to less radiation than a standard X-ray.

## Your Personal Health Connection

eCleveland Clinic MyChart is a secure online tool connecting you to your personalized health information at any time, day or night. MyChart gives you reminders to better plan your ongoing healthcare. This tool provides access to medical services, your health summary as released by your doctor, a list of your medications and test results, prescription renewals, and appointment requests. MyChart requires Internet access and an e-mail address. To establish a MyChart account, visit [www.elevelandclinic.org/mychart](http://www.elevelandclinic.org/mychart). For more information, e-mail [mychartsupport@ccf.org](mailto:mychartsupport@ccf.org) or call 216.444.1740.

## On the Road Again

Loss of driving ability can severely inhibit independent living for seniors and deprive them of the freedom they had depended on for a lifetime. But there's hope. Occupational therapists at the Cleveland Clinic's Driver Rehabilitation Program can often help seniors get back on the road. Our comprehensive on-the-road and clinical evaluation assesses driving ability and eyesight, looks at medical charts and doctor recommendations, and considers cognitive, perceptual and physical limitations. The number of therapy sessions depends on the individual. Some require only one or two sessions, while others may require 10 or more. For more information, call 216.445.8472.



## Eye Health—in Focus

Routine exams are essential for seniors

Vision changes are common as you age. If you don't see as well as you used to, comprehensive eye exams through Cleveland Clinic's Cole Eye Institute are a must.

If you're 65 or older, and especially if your family has a history of eye disease or diabetes, we recommend an exam each year. Even if your vision seems good, keep in mind that some symptoms take a while to show up. By that time, it may be too late to repair the damage. Fortunately, early treatment can stop most vision loss.

Common problems older individuals face include diabetes-related eye disease; glaucoma, where nerves are damaged by pressure in the eye; cataracts, in which the eye's lens turns cloudy; and macular degeneration, where nerves in the back of the eye start to break down.

You may tell if you have macular degeneration if you start seeing dark spots or if straight lines appear wavy or broken. To tell if macular degeneration is worsening, you can look at a special Amsler grid magnet we can provide you for free.

With regular Cleveland Clinic eye exams, you can get personalized attention and recommendations to slow conditions such as macular degeneration. Don't put your eyesight at risk. The professionals at Cleveland Clinic's Cole Eye Institute are available to help. **Call 216.444.2020 for an appointment. We are readily available to offer second opinions.**

Free Eye Self-Test

For a free Cole Eye Institute Amsler grid magnet, call 800.890.2467.



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