

An Ounce of Prevention

Annual screenings are your
best defense against cancer
as you age – PAGE 4

Cleveland Clinic gives an Indiana
man life after pain – PAGE 2

Quiz: How much do you know
about your bone health? – PAGE 7

A new alternative to hip
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Long-Distance Healing

Indiana chronic back pain patient finds new life at Hillcrest Hospital

Indiana steel mill inspector Thomas Breese is tough enough. He regularly rotates among all three shifts to get the job done. But when debilitating lower back pain caused his right leg to burn like it was on fire an hour after arriving at work, he was barely able to finish his shift.

“The pain was so intense I couldn’t stand it anymore,” Breese says. “I worked with pain, and slept with pain. It was pain 24/7 and it was taking my life away.”

Off work for months, Breese couldn’t find help at home in LaPorte, Ind. A local neurosurgeon told him he had three degenerative discs and arthritis in his lower back. Breese tried physical therapy and pain medication, without relief. The neurosurgeon suggested Breese stick it out at work and use a wheelchair for the rest of his life. Later, his employer ordered him to see a hand therapist, and he was sent back to work without restrictions.

He was upset, but not as much as his wife, Kathryn, who immediately researched pain management programs nationally. “There has to be someone out there who can help,” she told her husband. She made an appointment at Cleveland Clinic, and the Breeses drove 310 miles to Cleveland.



Thomas Breese

Road to Recovery

Breese received hope from Teresa Dews, M.D., at the Cleveland Clinic Pain Management Center at Hillcrest Hospital. Dr. Dews specializes in interventional pain management and anesthesiology. Her evaluation confirmed his last doctor’s diagnosis. She made her recommendation: a nerve block injection near the facet joint in the spine. Breese’s treatment began that day. If pain was reduced, more nerve blocks would be prescribed.

Breese’s positive response to treatment encouraged Dr. Dews to recommend he receive additional nerve blocks in his hometown, and he received his second and third treatments there. “The second procedure was OK, but the third one was quite painful,” Breese says. “I decided then that Dr. Dews was the only one touching my spine.”

Breese returned to Hillcrest, where Dr. Dews performed radiofrequency ablation. “The procedure involves a small probe inserted near the nerve in the spine,” Dr. Dews explains. “This

heats up the tissues to purposely damage the nerve to decrease pain. Mr. Breese had an excellent response to this, and his long-term prognosis is good.”

The procedure, which requires high-tech fluoroscopy equipment and advanced training, is not commonly performed at most pain management centers.

Although Breese still experiences back pain, he feels significantly better. “I’m back at work and working all three shifts as required,” he says. “I’m also sleeping through the night and able to work in my backyard. Really, there’s nothing I can’t do now.

“Dr. Dews has given me my life back.”

In Pain?

For more information, call the Cleveland Clinic Pain Management Center at Hillcrest Hospital at 440.312.7246.

“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. **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.

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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 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.

“With early detection, more and more cancers can be cured.”

—Charles Modlin, M.D.

Spring Screening

Annual checkups help ensure early cancer detection—and cures

Although some forms of cancer can afflict individuals of any age, some become more prevalent as people get older. Consequently, physicians stress the need for older persons to get cancer screenings and pay extra attention to their overall health.

“Historically, if you were told you had cancer, you thought it was your death sentence,” says Charles Modlin, M.D., director of the Cleveland Clinic Glickman Urological Institute at Huron Hospital. “But that doesn’t have to be the case today. With early detection, more and more cancers can be cured. We have more sophisticated diagnostic tools, treatments and surgical techniques. And a lot of money can be saved in healthcare costs.”

Case in Point

In general, by age 50, men should get screened for prostate and colon cancers, and women for breast and cervical cancers. Smokers should be screened for lung cancer. Some cancers exhibit no or very subtle symptoms until they are in advanced stages, so screenings help with early detection. Also, because of the higher rate of cancers among African-Americans, due to more prevalent risk factors, screenings for prostate cancer should begin by age 40, Dr. Modlin adds. Those risk factors include genetics, lack of accessible and affordable healthcare, smoking, dietary habits, and environmental issues. Early screenings also are warranted for anyone else with such risk factors, he says.



Get Involved

It is essential that patients play a more active role in maintaining their health, Dr. Modlin says. “Patients need to become empowered, knowledgeable and proactive. They need to understand the role and benefits of screenings, the risk factors for cancers, and the tests involved, and have knowledge about the diseases.”

During screenings, an individual’s medical and personal information is gathered for use by physicians to

Charles Modlin, M.D., urges patients to play a more active role in maintaining their health.



determine whether more in-depth examinations are needed for a potential medical problem. People need not be fearful about screenings because of concerns about a cancer diagnosis, he says.

Only a few decades ago, cancers were discussed in hushed tones among patients, physicians and family members. Many feared cancer was contagious, given lack of knowledge about causes and lack of effective treatment. Those days are over,

Dr. Modlin says. “Many types of cancer can be 100 percent curable if detected early,” he says.

The American Cancer Society recommends that all men, beginning at age 50, have an annual prostate screening. African-American men should begin at age 40. **To schedule a screening, contact your primary care physician. If you do not have a physician, please call Medline at 440.312.4533 or go to www.huronhospital.org.**

Screening Process

In preparation for your annual screening, be sure to locate detailed information about your family’s medical history to help your physician understand your healthcare needs.

Savoring Spring

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

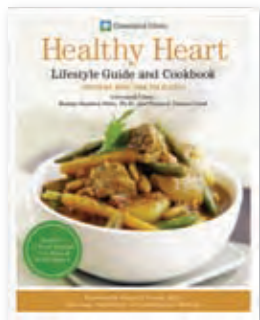
Spring is an ideal time to enjoy the company of family and friends. And what better way to celebrate than to offer a mouthwatering menu? Here are some tips.

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.



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.)

Calories55	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 Health Self-Quiz

Think you know what it takes to build and maintain strong bones?
Take our quiz and find out what more you could be doing

- 1. The name of the disease that robs bones of much-needed mass is called:**
 - a. Periodontal disease
 - b. Dendrocronitis
 - c. Osteoporosis
 - d. None of the above
- 2. What is the most important nutrient for ensuring good bone health?**
 - a. Gingko
 - b. Calcium
 - c. Vitamin A
 - d. Iron
- 3. The proper amount of calcium recommended daily is:**
 - a. 1,000 mg
 - b. 1,200 mg
 - c. 1,300 mg
 - d. It depends
- 4. A common over-the-counter remedy that actually can harm your bones is:**
 - a. Eyedrops
 - b. Nasal spray
 - c. Antacids
 - d. Aspirin
- 5. Push-ups can _____ your bones.**
 - a. Cause micro-fractures in
 - b. Cause arthritis in
 - c. Weaken the ligament connectors to
 - d. Strengthen
- 6. Which activity increases your chances of osteoporosis?**
 - a. Smoking
 - b. Excessive drinking
 - c. Skipping breakfast
 - d. All of the above
- 7. What percentage of adult bone mass is established by age 17?**
 - a. About 20 percent
 - b. About 50 percent
 - c. About 70 percent
 - d. About 90 percent
- 8. Which food item can contain the highest source of calcium?**
 - a. Nonfat milk
 - b. Calcium-fortified tofu
 - c. Chicken noodle soup
 - d. A waffle
- 9. Osteoporosis isn't a terribly serious condition.**
 - a. True
 - b. False
- 10. Measuring bone density is a long and sometimes painful process.**
 - a. True
 - b. False



So, How'd You Do?

1. C—Osteoporosis.
2. B—Calcium. Drink milk for strong teeth and bones. Calcium can be found in numerous foods, from orange juice to spinach, as well as supplements.
3. D—It depends. According to the American Dietetic Association, children and teenagers ages 9 through 18 should consume 1,300 mg of calcium per day, while adults ages 19 through 50 should consume 1,000 mg per day. For people 50 and older, 1,200 mg daily is recommended.
4. C—Antacids. Some antacids contain aluminum, which can block the absorption of calcium in the bones. Look for antacids with calcium phosphate instead.
5. D—Strengthen. As your muscles strengthen from weight-bearing exercise, your bones become more dense to compensate for the muscle growth.
6. D—All of the above. Nicotine and toxins from tobacco smoke can deplete nutrients from bones. Alcohol blocks absorption of

calcium and phosphorus. Skipping breakfast can reduce daily intake of calcium by at least one-third.

7. D—About 90 percent.

8. B—Tofu. A three-ounce serving of calcium-enriched tofu can yield 60 percent of your daily allowance. Milk supplies about 40 percent for a six-ounce cup. A waffle yields about 20 percent. Chicken soup, just 2 percent.

9. B—False. Twenty-eight million Americans suffer from osteoporosis; 80 percent are women.

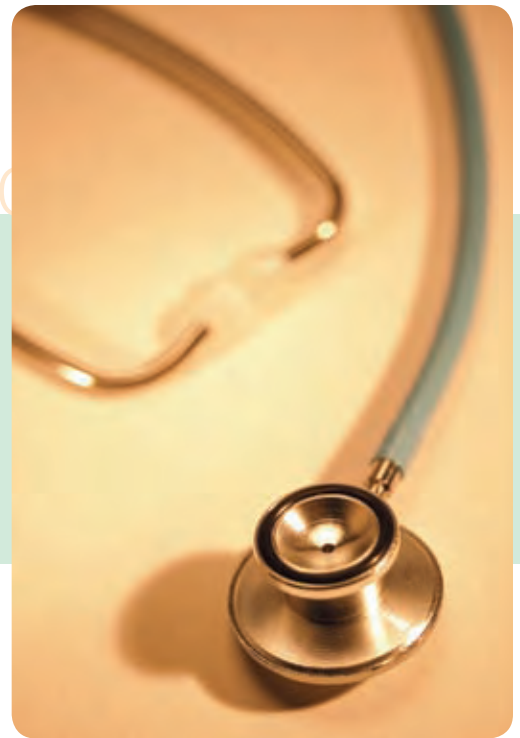
10. B—False. Some methods such as a bone density screening can painlessly measure the bone density from your heel in just a minute.

Get Answers

For more information, call Medline at 440.312.4533
or go to www.southpointehospital.org.

Ask a Doctor

Expert answers to your health questions



Michael Hanna, M.D.,
Internal Medicine,
Hillcrest Hospital

My husband's doctor says he's at risk for a heart attack. How would we know if he has one?

Knowing the signs and symptoms of a heart attack is important because this is a life-and-death emergency. If your husband has any of the following symptoms, call 911 immediately.

- chest discomfort; this may be a sensation of squeezing, fullness, uncomfortable pressure or pain
- discomfort in other upper body areas, such as the arms, back, neck, jaw or stomach
- shortness of breath

- other signs, such as breaking out in a cold sweat or experiencing nausea or lightheadedness

These symptoms may go away and return. But if some do occur, don't take chances. Get help fast!

To request your free heart-healthy kit, go to www.hillcrestheart.org or call Medline at 440.312.4533.



Peter Brooks, M.D.,
Division Director,
Orthopaedic Surgery,
Euclid Hospital

My husband is a weekend athlete in his mid-50s. He has hip pain and is concerned about possible surgery. Are new hip pain treatments available?

If your husband needs hip surgery, he may be a candidate for hip resurfacing, a new alternative to hip replacement surgery, which is available at Euclid Hospital. It is primarily intended for physically active patients younger than age 60 who suffer from hip pain due to osteoarthritis, dysplasia or other conditions.

Rather than replace the entire hip joint, as in a total hip replacement, hip resurfacing shaves and caps a few centimeters of bone within the joint and covers the joint's surfaces with an all-metal implant. In most cases, this procedure results in a shorter recovery time and greater stability, and it has the potential to last longer than traditional hip implants.

For more information on joint surgery, call Cleveland Clinic Orthopaedics at Euclid Hospital at 216.692.7750.



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