

Healthwise Connection

Your link to a healthier life™ | Summer 2007

Robotic Surgery

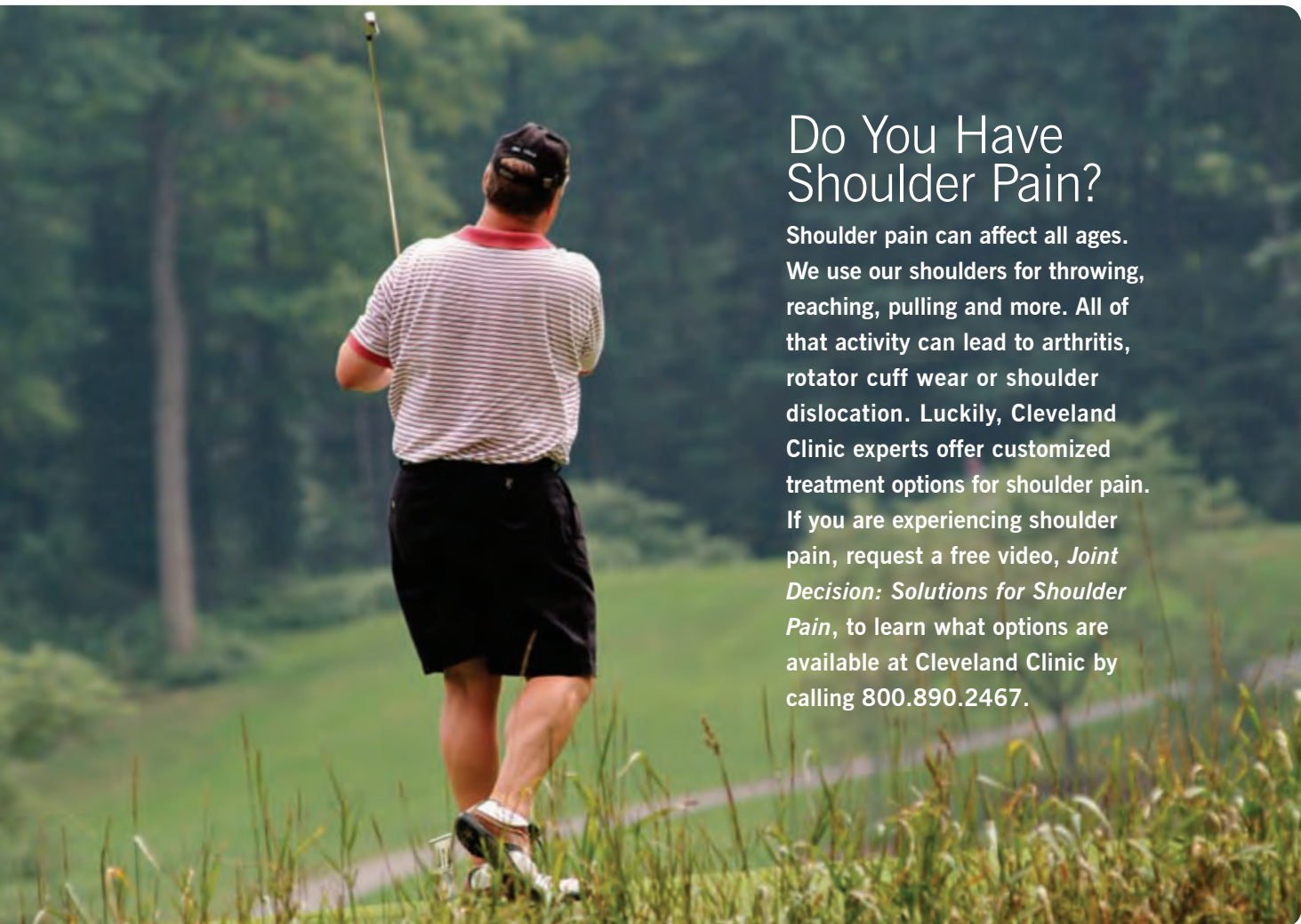
Precise devices help doctors
during delicate procedures

— PAGE 4

Improve your golf game at
Cleveland Clinic — PAGE 2

Regain control of your bowels
—and your life — PAGE 7

One woman finds permanent
relief for debilitating pain — PAGE 8



Do You Have Shoulder Pain?

Shoulder pain can affect all ages. We use our shoulders for throwing, reaching, pulling and more. All of that activity can lead to arthritis, rotator cuff wear or shoulder dislocation. Luckily, Cleveland Clinic experts offer customized treatment options for shoulder pain.

If you are experiencing shoulder pain, request a free video, *Joint Decision: Solutions for Shoulder Pain*, to learn what options are available at Cleveland Clinic by calling 800.890.2467.

Back in the Swing of Things

Cleveland Clinic Sports Health offers custom golf services

Golf Performance Plus is designed to meet the needs of injured and non-injured golfers of all age levels. Services include injury evaluation, biomechanical video swing analysis, customized strength and flexibility programs, and injury prevention conditioning.

Each program is customized to the individual, based on his or her injury, problems identified during the evaluation

and current fitness level. Seniors who believe they are lacking in overall flexibility are likely to see improvements in their game by following a regular stretching program.

Call 877.440.TEAM (8326) for an appointment or for more information about the Golf Performance Plus program.

MyChart: Your Personal Health Connection

MyChart is a secure online tool that connects you to portions of your personalized health record from the privacy of your home at any time, day or night. All that is needed is an e-mail account and Internet access.

To sign up, please ask your physician or log on to www.clevelandclinic.org/mychartinfo.

“Music alone has the power of restoring us to ourselves.”

—James Gibbons Huneker, musician and critic



Say No to Soda

Coke or Pepsi? If you're a soda drinker, you probably have a preference. But next time you're asked, you may want to say neither.

That's because studies have found soda consumption leads to obesity. Americans consume more than 20 percent of their daily calories through beverages, which is more than twice the recommended amount.

The Beverage Guidance Panel suggests switching to water. But if it's flavor you're craving, try unsweetened tea or coffee, or diet beverages.

Look up your favorite drink's calorie count by visiting www.nal.usda.gov/fnic/foodcomp/search.

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, Willie McAllister, Don Gerda. Blossom Festival photo courtesy of The Cleveland Orchestra.

Great Savings for the Blossom Festival

The Cleveland Orchestra is one of Healthwise Connection's newest partners offering you great savings. Experience this world-renowned orchestra in selected concerts at Severance Hall, or come to Blossom Music Center, summer home of The Cleveland Orchestra, in Cuyahoga Valley National Park, just 25 miles south of Cleveland.

Use your Healthwise Connection membership to receive a special introductory discount at the Blossom Festival's Labor Day weekend concerts, Sept. 1 and 2 at 8:30 p.m. Two-for-one pavilion tickets are available to the concert Rodgers and Hammerstein on Stage and Screen. This concert celebrates the music, lyrics and moments from the shows of America's greatest musical team. Hear music from *Carousel*, *Oklahoma*, *The King and I*, *The Sound of Music* and more with projections on a giant screen above the orchestra. Invite your friends, come early for a picnic and stay for fireworks afterward (weather permitting).

To order your discounted tickets for this event, go to www.clevelandorchestra.com, click "Order Tickets," select Sept. 1 or 2, and enter promotional code 3295. Or call the ticket office at 800.686.1141 and mention the promotional code. (Note: Discounted tickets are limited to four per order. The offer is subject to availability.)

Watch for exciting Healthwise Connection discounts to Cleveland Orchestra concerts at Severance Hall beginning this fall—and hear what the world is talking about.

“I was very impressed with Dr. Kaouk and the amount of time he took explaining the procedure in depth to me.”

—Bryan King, prostatectomy patient

The Future Is Now

Robotic surgery eases one patient’s fears, improves results of prostate procedure

Bryan King wasn’t sure what scared him more: being diagnosed with prostate cancer or the radical prostatectomy—removal of the prostate gland—that could leave him incontinent and impotent.

“I knew I had to stop the cancer before it spread to my lymph nodes,” says King, 45, of Las Vegas. “I talked to four or five guys who’d had a prostatectomy and they all had problems with incontinence. I thought, I’m too young to have to deal with that.”



Bryan King traveled from Las Vegas to seek out Cleveland Clinic’s Glickman Urological Institute, where doctors used a specialized robot to remove his cancerous prostate.

Luckily, King, a surgical sales representative, knew about the da Vinci Surgical System, a robotic surgical device that enhances a surgeon’s ability to perform a prostatectomy without damaging surrounding nerves that control urinary and sexual functions.

Finding the Right Doctor

King scouted the Internet for a surgeon who was greatly experienced with the da Vinci system. Of the four he and his wife, Jennifer, located, “I was very impressed with Dr. [Jihad] Kaouk and the amount of time he took explaining the procedure in depth to me,” King says. “I went to him with a list of 30 questions, and he answered them all.”

Jihad Kaouk, M.D., Director of Robotic Surgery at Cleveland Clinic’s Glickman Urological Institute, has been performing minimally invasive laparoscopic robotic surgery since 2002.

“The goal of prostatectomy is to preserve the patient’s potency and urine control,” says Dr. Kaouk,



who performs about four of these procedures a week. “The difficulty of doing a prostatectomy by hand is if you avoid the nerves and don’t remove enough of the prostate, you might leave some cancerous tissue in the body. But if you remove too much of the prostate, you may also damage the nerves.”

How It Works

During a robotic prostatectomy, Dr. Kaouk sits a few feet away from the patient, behind a small console, where he directs a patient-side cart with four robotic arms. Attached to



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the arms are small cameras and flexible, pencil-thin instruments.

Using joysticks and foot pedals, Dr. Kaouk directs the robotic arms to make four small incisions in the patient's abdomen. The tiny cameras transmit 3-D pictures from inside the pelvis, allowing Dr. Kaouk to perform the surgery.

The result: "From the first day after surgery, I've never had to wear [incontinence pads], and I'm maintaining my sexual function," King says. And, he no

longer lives in fear. "I feel lucky that I was able to catch the cancer so early."

Thinking back on King's December 2005 surgery, Dr. Kaouk says, "Operations like that make me feel good at the end of the day. Robotic surgery is the wave of the future, and I am really excited to be part of the evolution of this new technology."

To schedule an appointment at Cleveland Clinic's Glickman Urological Institute, please call 216.444.5600.

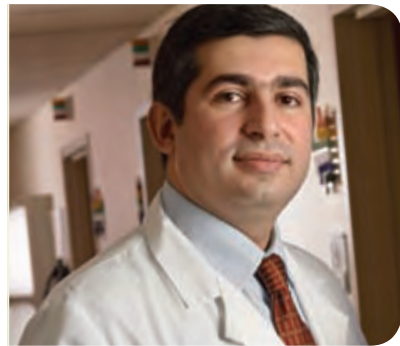


Photo © Roger Mastroianni

Jihad Kaouk, M.D., Director of Robotic Surgery at the Glickman Urological Institute, believes robotic surgery is the wave of the future. "I am really excited to be part of the evolution of this new technology," he says.

Super Foods to the Rescue

Be a hero this summer by cooking up good health

Although it may not be faster than a speeding bullet, broccoli—and other “super foods” rich in antioxidants—may be more powerful than a locomotive when it comes to fighting certain diseases and conditions.

Antioxidants are chemical compounds in foods that protect your body from the harmful effects of free radicals. Free radicals are unstable molecules that have been linked to a number of conditions, including Alzheimer’s disease, cancer, cataracts, heart disease, rheumatoid arthritis and stroke. Some antioxidants to look for are beta carotene, lycopene, lutein and vitamins A, C and E.

So which foods are considered super? Lots of fruits and vegetables qualify, including apricots, blueberries, broccoli, carrots, grapefruit, spinach, squash, tomatoes and watermelon. Other good sources include almonds, egg yolks, fish, milk, poultry and soybean oil. Try this recipe for Rustic Fresh Blueberry Tart—and while you savor every bite, know those blueberries also may be protecting your health.



Rustic Fresh Blueberry Tart

INGREDIENTS

Refrigerated butter-flavored cooking spray	Unbleached all-purpose flour, for dusting
1 quart fresh blueberries	1 sheet frozen puff pastry (½ of a 17.3 oz. package), thawed
2 Tbsp. cornstarch	1 Tbsp. fresh lemon juice
1 Tbsp. grated lemon zest	Frozen light whipped topping, thawed (optional)
⅓ c. sugar substitute	

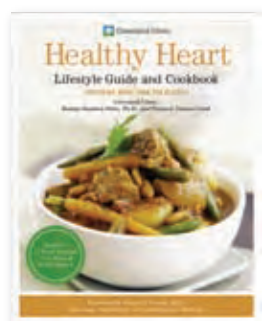
PREPARATION

1. Preheat the oven to 400 F. Coat a nonstick baking sheet with cooking spray.
2. Place the berries in a bowl. Stir in the cornstarch, lemon zest and sugar substitute, making sure that all berries are well coated.
3. On a lightly floured board, roll the puff pastry to a 12-by-14-inch rectangle. Place on the prepared baking sheet.
4. Mound the berries on the pastry, leaving a 1½-inch border. Fold in the four corners. Using wet fingers, bring up the border of the dough over the edge of the berries, pleating as you go to form a rustic free-form oval or rectangle. Sprinkle the berries with lemon juice. Generously coat the top of the tart with cooking spray and bake 40 to 45 minutes or until the berries are cooked and the pastry is golden.
5. Serve warm or at room temperature with a dollop of light whipped topping, if desired.

NUTRITION FACTS (per serving)

Calories 140	Cholesterol 0 mg	Protein 2 g
Fat 6 g	Sodium 70 mg	Carbohydrates ... 20 g
Saturated fat 1.5 g	Fiber 3 g	Potassium 40 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.



Better Bowel Control

Cleveland Clinic has many options to help patients

Fecal incontinence, or difficulty controlling the bowels, is an unpleasant part of daily life for up to 18 out of every 100 people, most commonly women older than 40, although a large number of men also experience it. Although effective treatments are available, many people with this condition do not seek help because they are embarrassed—even to the point of hiding it from their doctors.

Cleveland Clinic's physicians are experts in this condition, and its Digestive Disease Center is ranked

second in the nation by *U.S. News & World Report*.

Cause and Treatments

Many women are surprised to learn that this problem can result from damage caused in childbirth many years earlier, explains Cleveland Clinic specialist Tracy Hull, M.D. However, many treatments are available today that offer most patients improvement from this distressing problem.

Medications can help reduce some symptoms, and Kegel exercises can strengthen pelvic floor

muscles. However, if the sphincter muscle is irreversibly damaged, surgery most likely is required. There are a variety of procedures available, depending on the severity of the symptoms. A Cleveland Clinic specialist can help you explore all of your options.

To schedule an appointment to see a Cleveland Clinic Digestive Disease Center specialist, call 216.444.5404.



Before



After

Gentle Laser Treats Different Skin Conditions

The ELOS laser offers gentle treatment for a variety of problems, including age spots, prominent leg veins and acne scars for many skin tones. It also can tighten skin and remove unwanted light or dark hair. ELOS treatments combine intense pulsed light and radiofrequency for effective, long-lasting treatment. Sessions are no more painful than the snap of a rubber band on the skin, and patients can return to work right after treatment—minus telltale red or raw skin. Five sessions generally are required.

For information or a consultation, please call our Department of Plastic Surgery at 216.444.6900.

A Release from Pain, a Return to Life

One woman's life-changing story of pain management

The technical term for the device that changed Renee Greene's life is a spinal cord stimulator, but she has a different name for it.

Six years ago, at age 47, Greene felt her life was over. Severe, unexplained pain in her feet had rapidly progressed to the point where she could not walk, sleep or enjoy a normal life.

Physicians in her hometown near Shadyside, Ohio, referred her to Cleveland Clinic. After evaluating her, Nagy Mekhail, M.D., Chairman of the Department of Pain Management, recommended a spinal cord stimulator. This tiny device implanted in Greene's hip sends electrical impulses that block the pain in her feet.

To Greene's joy, she experienced immediate pain relief with the stimulator. In 2002, she had a second stimulator implanted to treat pain in her hands and fingers, with equal success.

"No more pain," Greene says. "Now, I go, go all the time. I call this device a miracle, and Dr. Mekhail is my miracle doctor."

To see a Cleveland Clinic pain management specialist, please call 216.445.7370.



Nagy Mekhail, M.D., Chairman of the Department of Pain Management, recommends spinal cord stimulators to some patients.



The Cleveland Clinic Foundation

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