

Healthwise Connection

Your link to a healthier life™

| Euclid, Hillcrest, Huron, South Pointe Hospitals

| Summer 2007

A Good Outlook

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Here's a look at what's happening at Euclid, Hillcrest, Huron and South Pointe hospitals

Hillcrest Hospital

Expanding Excellence: Building Tomorrow's Healthcare Today

Hillcrest Hospital is planning a five-year, \$163 million campus expansion and renovation. The project, launching later this year, includes:

- expansion and redesign of the Emergency Department and Level II Trauma Center
- a new patient bed tower, including 72 private rooms
- state-of-the-art operating rooms and surgical areas
- Level III Neonatal Intensive Care Unit and Maternity Unit enhancements
- renovations and improvements to the hospital's main bed tower
- expanded parking

Euclid Hospital

New Emergency Department Features Sci-Fi Technology

Packed with the latest high-tech equipment, Euclid Hospital's new \$4.8 million Emergency Department seems like the set of a science-fiction movie. A new nurse-call system, the only one of its kind in Northeast Ohio, uses sensors to track the location of all employees, enabling them to provide more efficient care to patients.

South Pointe Hospital

Emergency Department Named for Maria and Sam Miller

South Pointe Hospital recently received a major gift of \$250,000 from Cleveland real estate developer Sam Miller and his wife, Maria, to upgrade the hospital's Emergency Department. Their generosity will be recognized through the naming of The Maria and Sam Miller Emergency Services Department. The Millers' gift is the largest given by individual donors in the hospital's 50-year history.

Huron Hospital

Patients Come First

Huron Hospital calls all patients who have been discharged to make sure they have returned home safely, ask about their hospital experiences and address any concerns they may have. Eighty percent of patients rate us excellent on quality of care and an additional 11 percent rate us very good. Their positive comments reflect the outstanding care and compassion given by our physicians, nurses and staff.

“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.

“It is the mind that makes the body.”

—Sojourner Truth, abolitionist

To Your Mental Health

South Pointe offers older-adult behavioral medicine

South Pointe Hospital has been providing quality behavioral medicine services since 1999. In December, a new 18-bed Geriatric Psychiatric Unit was opened, under the medical direction of Upma Dhingra, M.D., a board-certified geriatric psychiatrist. This expansion of inpatient services allows us to better meet the healthcare needs of the community.

The unit’s clinical staff is trained to work specifically with older adults. It serves as an excellent resource when adapting to changes the aging process presents.

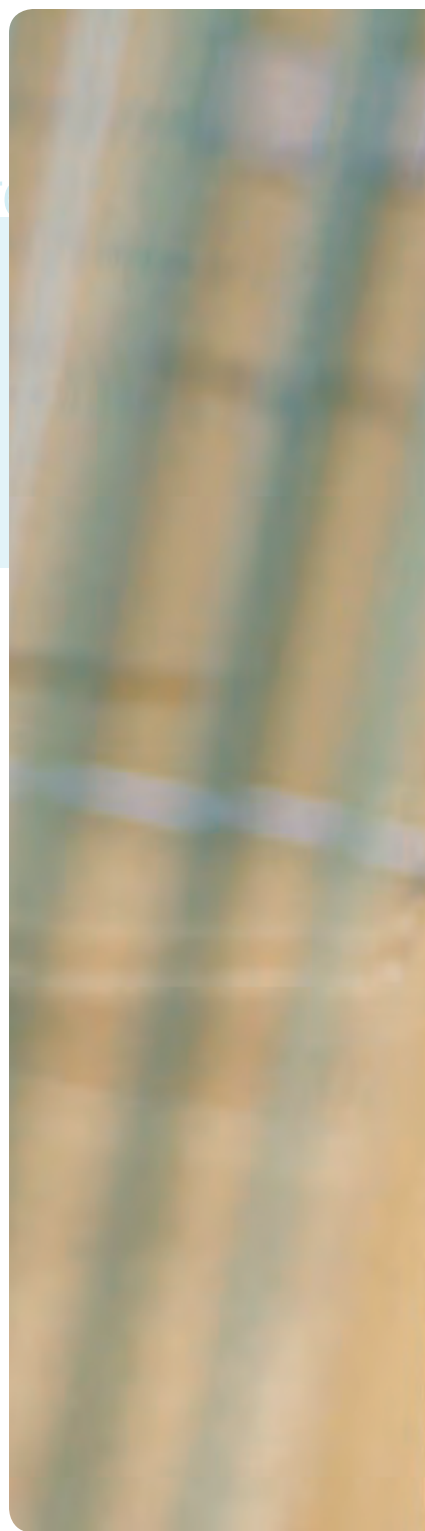
A grand-opening event was held at the hospital on Dec. 19. Approximately 75 guests shared refreshments and toured the new unit. Many thanks go to Warrensville Heights Mayor Marcia Fudge and her staff for their assistance with the opening of the Geriatric Psychiatric Unit.

Services for Many Ages

Behavioral medicine at South Pointe Hospital includes a variety of services to help adolescents, adults and older adults. The professional teams include psychiatrists, nurses, social workers and recreational therapists who are specially trained to deal with chemical dependency and mental health issues. The clinical staff provides holistic health assessment, diagnosis and treatment.

South Pointe’s services include a 20-bed inpatient Adult/Geriatric Psychiatric Unit under the medical direction of Gary Wilkes, M.D., a board-certified psychiatrist; outpatient therapy for individual and family counseling; and an intensive outpatient chemical dependency program.

For more information about South Pointe Hospital’s Geriatric Psychiatric Unit, please call the 24-hour referral line at 216.761.7990.





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Upma Dhingra, M.D., a board-certified geriatric psychiatrist, is medical director of South Pointe Hospital's new 18-bed Geriatric Psychiatric Unit, which opened in December.

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 | |

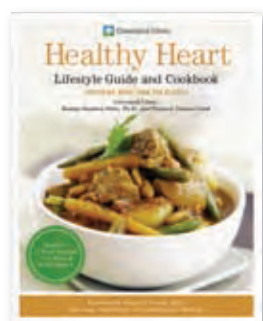
PREPARATION

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.

The Truth About Orthopaedics

Test your knowledge of the latest in bone health

Mark the following statements as fact or fiction, then check your answers below.

1. If you have a shoulder replacement, you need to take pain medications for several weeks afterward.

Fact Fiction

2. Orthopaedic surgery can make you taller.

Fact Fiction

3. If your hip deteriorates so much that non-surgical aids cannot help, your only hope is a hip replacement.

Fact Fiction

4. Pain can be relieved with injections of snail poison.

Fact Fiction

5. If both of your knees are shot, you can no longer engage in any strenuous activity.

Fact Fiction



So, How'd You Do?

1. Fiction. Patients who undergo shoulder replacements are typically on narcotics for just a few days following surgery. After that, simple over-the-counter medications usually do the trick.

2. Fact. Since orthopaedic surgery can straighten legs, it actually can make a person taller.

3. Fiction. A new procedure, called hip resurfacing, offers an alternative to total hip replacements for young, active seniors. Since this approach preserves more natural bone, it reduces postoperative risks of dislocation and inaccurate leg length.

4. Fact. The deadly venom that snails use to paralyze their prey is now used to treat pain. The drug is injected into a small pump implanted in the abdomen. The pump releases tiny amounts of the drug into the spine, where it blocks nerve cells from sending messages to the brain.

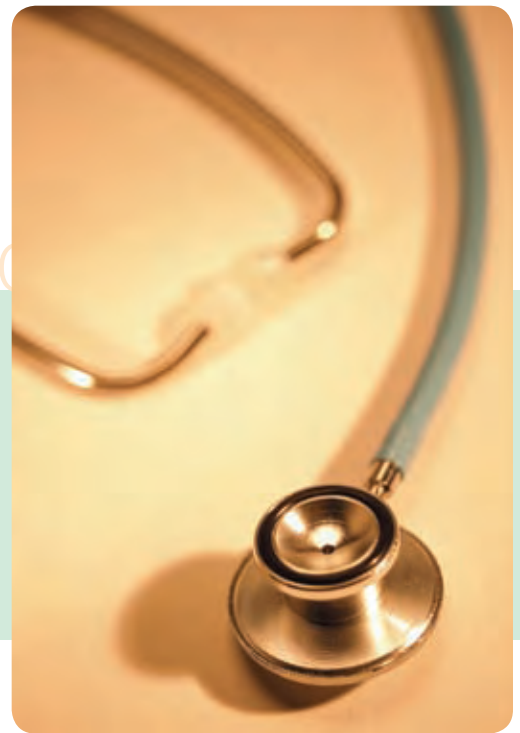
5. Fiction. Thanks to knee replacements, patients who can barely walk may become active individuals who dance, play sports and enjoy other lively pursuits.

Knees and Hips Need Help?

If you have orthopaedic-related problems, call The Center for Orthopaedics at Euclid Hospital at 216.692.8668.

Ask a Doctor

Expert answers to your health questions



Teresa Dews, M.D., FIPP,
Medical Director, Cleveland
Clinic Pain Management
Center, Hillcrest Hospital

What is chronic pain?

Chronic pain is considered a disease in its own right. It also can be the effect of a disease or cancer treatment, or the residual effect of an injury. It can include lower-back problems, arthritis, cancer, repetitive stress injuries, headaches or fibromyalgia, as well as nerve injury from diabetes, shingles, infections, operations, amputation or neurological conditions.

Pain that lasts longer than six months is characterized as chronic. The pain may come and go or it might be present every day. Chronic pain is

sometimes invisible to others, but it can absorb a person's capacity to function. Persistent pain can be very stressful for the body and the soul and requires careful, ongoing attention to be appropriately treated.

If you are experiencing pain, ask your physician to refer you to Cleveland Clinic's Pain Management Center at Hillcrest Hospital. To schedule an appointment, please call 440.312.7246.



Yolanda Thigpen, M.D.,
Obstetrics and Gynecology,
Huron Hospital

I am concerned about breast cancer. What can I do?

Be proactive and take preventive steps. The use of regular mammograms and clinical breast exams and awareness about changes in the breasts are important parts of every woman's breast health plan. These are the best approaches to detecting breast cancer early, when treatment is most successful. This combined approach is clearly better than any one test.

Breast physical exams without mammograms would miss many breast cancers that are too small for a woman or her doctor to feel but can be seen on mammograms.

To schedule an appointment for an evaluation with Yolanda Thigpen, M.D., call 216.291.1220.



The Cleveland Clinic Foundation

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