

Healthwise Connection

Your link to a healthier life™ | Marymount Hospital | Summer 2007

Joint Decision

Replacement surgery may be the answer to constant hip or knee pain - PAGE 4

Is it leg cramps or arterial disease? Find out - PAGE 2

Local volunteers make an impact —and so can you - PAGE 7

Marymount Hospital staff pray for patients - PAGE 8

Stand Up to Suffering

Your leg pain could be a serious arterial disease

Recurring leg pain experienced by some people in middle age may be the result of peripheral arterial disease (PAD), a condition that is caused by a buildup of a fatty material known as plaque within the vessels that causes them to become blocked, narrowed or weakened.

PAD is a very common condition in the United States, affecting nearly 10 million people and occurring mostly in patients 50 years of age and older. Men are slightly more likely than women to have PAD and also are more likely to experience symptoms.

The most common symptoms of PAD are cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Typically, this pain goes away with rest and returns when you resume movement. Many people attribute this symptom to normal aging or overly ambitious exercise, and do not think to discuss it with their doctors.



“Many people do not realize they have PAD,” says Gregory Schneur, M.D., a vascular surgeon at Marymount Hospital. “It is important to pay attention to any leg pain that occurs because, if left undiagnosed, PAD is associated with the increased risk of heart attack and stroke. Untreated PAD can also lead to leg sores, gangrene and even amputation.”

Risk factors for PAD include smoking, diabetes, high cholesterol, high blood pressure and family history of heart or vascular disease. PAD can be easily diagnosed in a simple, painless way through the use of a physical

exam, ultrasound and magnetic resonance image (MRI).

Many patients with PAD can be treated with medication and lifestyle modifications. Those needing surgery can benefit from new, minimally invasive techniques that lessen pain and shorten treatment time.

For more information on PAD or for help finding a physician who treats it, call the Marymount Physician Referral Line at 216.581.WELL.

“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.

New Knees, New Life

Replacement surgery allows patient to get some sleep, return to work

Before having replacement surgery on both knees at Marymount Hospital, Don Thompson, 70, of Garfield Heights typically walked around his home at 1:30 a.m., unable to sleep because of constant knee pain. The pain had also forced him to give up his participation in a local walking club.

Thompson had osteoarthritis, a common condition causing a gradual breakdown of joint cartilage, or spongy tissue between bones that allows joints to function smoothly. The lack of cartilage causes pain and loss of motion, especially in weight-bearing joints such as hips and knees.





“Having joint replacement at Marymount Hospital was the right choice for me.”

—Don Thompson, knee replacement patient

It is estimated that upward of 32 million American adults have some type of arthritis. Pain, swelling, stiffness and loss of motion are typical indicators of the disease. These symptoms sometimes can be managed with rest, modified activities, anti-inflammatory drugs and cortisone injections.

When All Else Fails

Thompson tried all of these approaches, but could not find relief. After discussing the problem with his physician, he was referred to an orthopaedic surgeon at Marymount Hospital to discuss surgical options.

“His experience is typical,” says John Feighan, M.D., the orthopaedic surgeon. “For many patients, knee replacement can be their only real chance of relief.”

After careful consideration, Thompson decided to have a bilateral knee replacement at Marymount last spring. Repairing both knees at once can result in a longer recovery period, but Thompson wanted to get back to his normal activities as soon as possible.

“The operation went smoothly, and my rehabilitation was conducted both at home and at Marymount, with help from Rehabilitative Services,” Thompson says. “The doctors, nurses and therapists at Marymount helped me get back on my feet quickly.”

Young Again

His new pain-free knees have allowed him to get some much-needed sleep and return to his normal activities, including a part-time job as a service driver for a local car dealer.

“Driving these cars keeps me young,” Thompson says. “Having joint replacement at Marymount Hospital was the right choice for me.”

For a free arthritis survival kit or help finding a physician, call 216.587.8093. To reach Marymount Rehabilitative Services, call 216.587.8108.

After constant knee pain forced Don Thompson to drop out of his local walking club, he looked to the experts at Marymount Hospital, who recommended replacement surgery for both knees.

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

- | | |
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| 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 | |

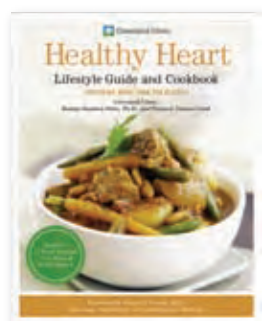
PREPARATION

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.



Want to Volunteer?

To find out more about volunteering at Marymount Hospital, call 216.587.8131; to apply online at www.marymount.org, click the green "Get Involved" tab.

Charles Renz, recently retired, volunteers as an escort at Marymount Hospital.

Make a Difference

Local volunteer helps by giving his time to Marymount

When Charles Renz retired from a career with UPS in April 2006, he knew he wanted to devote time to helping others, but was not quite sure how.

"I always knew that when I retired, I wanted to give back to the community and do some kind of volunteering," he says. "I am so thankful for the life I have experienced and wanted to offer help to others in need."

Renz lives close to Marymount Hospital in Garfield Heights, and decided to

check its Web site for volunteer opportunities. He began volunteering at Marymount in November and currently serves as a volunteer escort. Volunteer escorts are a critical part of the team, providing wheelchair transport to patients and also serving as hospital couriers when needed.

"I enjoy talking with the patients and meeting their needs in a practical way," Renz says. "I also appreciate the time spent with other volunteers and the Marymount staff."

He currently works two half-day shifts a week and, like many volunteers,

often takes advantage of the free meal available to those who work at least four consecutive hours on a shift.

Marymount always is in need of caring volunteers like Renz who are willing to put patients first. Applicants are required to have a brief interview and health screening, including a tuberculosis test. New volunteers also are required to attend orientation and receive training in wheelchair transport techniques, if applicable.

MyPharmacy: Helping You Manage Your Medications

The Marymount Family Pharmacy is a convenient place to get your prescriptions filled and pick up common health and personal care items when you visit the medical office building on our Garfield Heights campus. We strive to deliver quick and accurate prescription services while educating patients on the importance of their medication therapy. The pharmacy is located at Entrance 3 and is open Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 9 a.m. to 3 p.m.

Contact the pharmacy at 216.587.8822 or at www.clevelandclinic.org/pharmacy.

Web site visitors also can sign up for MyPharmacy, an online and secure pharmacy medication profile. Through MyPharmacy, you can review your medication history, request refills and update your demographic information. If you have a medication-related question, you can simply e-mail a Cleveland Clinic pharmacist for an answer.

Cleveland Clinic pharmacies constantly are striving to improve service levels, so please let us know how we are doing by completing the satisfaction survey on our Web site.



Anyone who has prayer requests can submit them on 3-by-5-inch cards. Staff members volunteer to cover these requests.

The Power of Prayer

Marymount offers complementary healing services

At Marymount Hospital, employees are empowered to pray regularly for ailing patients.

Fueled by the upsurge in religious expression in the United States, prayer is now the most common complement to mainstream medicine, far outpacing acupuncture, herbs, vitamins and other alternative remedies, according to Paul Parker, a professor of theology and religion at Elmhurst College outside Chicago.

In a March 2006 Washington Post article, Parker acknowledged, “Judaism, Christianity, Islam, Buddhism—every religion believes in prayer for healing. Some call it prayer, some call it cleansing the mind. The words or posture may vary. But in times of illness, all religions look toward their source of authority.”

Believing that God answers prayers, an ecumenical team of employees at Marymount recently launched new ways to reach patients, family members and employees with the healing power of prayer.

Prayer requests now can be handled promptly through wall-mounted prayer request boards, featuring 3-by-5-inch cards for submitting prayer requests. Staff members volunteer to cover these requests on a rotating schedule. Boards are located in the main hospital corridor, the Intensive Care Unit, the Emergency Department and on patient floors.

Another component of the Marymount Prayer Ministry is the addition of a dedicated prayer line, at 216.584.7803. Employee and volunteer prayer teams are assembled to handle inquiries and requests received on this line. Prayer requests also can be submitted online at www.marymount.org/body.cfm?id=138.

Here to Help

For more information about Marymount's prayer ministry, please contact Gary Foreman at 216.587.8110.



The Cleveland Clinic Foundation

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