

Joint Decision

Hip replacement alternative
benefits young, active adults

– PAGE 4

Wellness program enhances
cancer treatment – PAGE 2

Peruse our health talks, tours
and classes – PAGE 7

Diabetes Center takes a three-
prong approach to care – PAGE 8

At Fairview Hospital's new Cancer Wellness Program, patients begin treatment by meeting Jean Ellsworth-Wolk, R.N., an advanced practice oncology certified nurse, to discuss their fitness and nutritional goals.



The Way to Wellness

New program at Fairview helps cancer patients in their treatment journey

Treatment for cancer often takes several months. During that time, Fairview Hospital's new Cancer Wellness Program can help patients improve their quality of life by integrating exercise, nutrition services, physical therapy and other complementary therapies into their cancer treatment plans.

"The concept of wellness for cancer patients is grounded in solid research," says Jean Ellsworth-Wolk, R.N., an advanced practice oncology certified nurse and Fairview's Cancer Wellness nurse coordinator. "Cancer survivors are living longer than ever before, and they want to actively contribute to enhancing their health during and after their treatment."

Participation in the Cancer Wellness Program begins with a meeting with Ellsworth-Wolk. The patients' physicians help her design an individualized program for patients to determine and achieve their fitness and nutritional goals. She also can make appropriate referrals to address other concerns—emotional, physical and spiritual—related to the effects of a cancer diagnosis.

Once a patient's fitness and nutritional goals are established, Ellsworth-Wolk coordinates with a team of Fairview Hospital's trained professionals, who provide fitness training, physical or occupational therapy, nutrition education, and social and spiritual support at the hospital. In the future,

complementary therapies such as yoga, massage and acupuncture, which have been shown to boost wellness and a sense of well-being, will be available.

Fairview Hospital's Cancer Wellness Program, which is open to all cancer patients at any time during their treatment, is based at the Cleveland Clinic Cancer Center at Fairview Hospital, adjacent to the hospital.

For more information about Fairview Hospital's Cancer Wellness Program, call 216.476.0683.

“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.

Healthwise Connection- your link to a healthier life™ is a registered trademark of The Cleveland Clinic Foundation.

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.

“Not every hip replacement patient is a candidate for hip resurfacing. It is much more suitable for highly active individuals.”

—Bernard N. Stulberg, M.D.

Resurfacing, Not Replacing

New hip surgery offers pain relief for active adults

Mark Bell, 54, of Columbus, pursued physically challenging sports for decades, including grueling triathlons. He took up serious cycling in 1983. As a result of these long-term demands on his body, Bell developed severe osteoarthritis in his hip.

“My primary care doctor sent me to physical therapy,” he says. “I also went to a chiropractor for three months, but it just got worse. Then I had an MRI [magnetic resonance image] and saw a back surgeon who gave me two steroid shots. X-rays revealed bone on bone in my left hip.”

He subsequently saw three more surgeons, who all said he needed total hip replacement.

Bell researched the Internet, learned about hip resurfacing and discovered

Bernard N. Stulberg, M.D., Director of the Joint Reconstruction Center of the Cleveland Orthopaedic and Spine Hospital at Lutheran.

Dr. Stulberg, the first physician in Ohio to perform hip resurfacing, says the most frequent problem with total hip replacement is the debris that occurs from wear between the metal and plastic parts.

“Hip resurfacing differs from total hip replacement in two important ways,” he explains. “First, both components are made of metal. By eliminating the plastic cup used in conventional total hip replacement and making both parts out of metal, the resurfacing hip system can last much longer. The second difference



Mark Bell of Columbus enjoys the pain-free mobility he achieved from hip resurfacing surgery.

is that since the head of the femur is simply reshaped and resurfaced rather than removed, hip resurfacing is very bone-conserving.”

Bell opted for hip resurfacing surgery.

Having performed hip resurfacing for five years, Dr. Stulberg has learned that the procedure is not for everyone. “Because of anatomical constraints, not every hip replacement patient is a candidate for this procedure,” he says. “It is much more suitable for highly active individuals. I prefer to



offer this option primarily to patients younger than age 55 who might benefit from it.”

Back in Action

Again competing in long-distance cycling races, Bell is one such highly active individual. He is thrilled with his pain-free mobility and looks forward to many years of rubber meeting the road.

To learn if you are a candidate for hip resurfacing, call 216.363.3300 to schedule an appointment.



Bernard N. Stulberg, M.D., Director of the Joint Reconstruction Center of the Cleveland Orthopaedic and Spine Hospital at Lutheran, was the first physician in Ohio to perform hip resurfacing.

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 | |

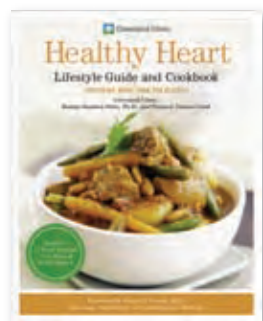
PREPARATION

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.

Calendar of Events

Get informed, get fit—or just have some fun! We cordially invite you to attend any or all of the educational opportunities listed below.

Free Health Talks

Fairview, Lakewood and Lutheran hospitals sponsor free talks and events about a variety of health issues of importance to you and your family. For up-to-date information, go to www.fairviewhospital.org, www.lakewoodhospital.org or www.lutheranhospital.org and click “Calendar of Events.”

Tours

If you are interested in one of our trips, please call JKL Tours at 440.942.5350 for an individual flier with detailed information. All trips depart from the Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River.

New York City: TV Tour

Wednesday, July 11, through Friday, July 13

Calling all TV fans! Visit many landmark TV studios. This trip includes dinner at Tavern on the Green and Broadway tickets to *Beauty and the Beast*.

Island Getaway to Put-In-Bay

Friday, July 20

Come enjoy summer vacation as we visit one of Ohio’s greatest assets, South Bass Island. Lunch is included.

Always ... Patsy Cline at the Carousel

Wednesday, Aug. 22

See a touching musical that follows the little girl with the big voice and the bigger heart at the fabulous Carousel Dinner Theatre in Akron.

Niagara-on-the-Lake Bed and Breakfast Tour

Thursday, Aug. 30, through Saturday, Sept. 1

Take a European-style adventure as we visit one of Canada’s most charming towns, Niagara-on-the-Lake.

Carolina’s Outer Banks and the Spanish Mustangs

Tuesday, Sept. 11, through Saturday, Sept. 15

Travel back in time as history comes to life at Colonial Williamsburg. We also will stay on the oceanfront at Virginia Beach, tour the Outer Banks of North Carolina, visit Currituck Beach Lighthouse and stop at Kitty Hawk.

Branson: Fall Foliage Extravaganza

Monday, Oct. 15, through Saturday, Oct. 20

Here is the Branson trip that has it all with the best shows and newest attractions.

The registration deadline is Aug. 1.

Cookery

If you have a flair for food, join one of our cooking demonstration classes to learn tips to add finesse to your meals. All classes are held at the Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River.

Cooking with Herbs

Monday, July 2, 7-9 p.m.

Cooking with herbs (and spices) can enhance even the simplest of foods and reduce sodium intake. The instructor’s cookbook will be available to purchase.

\$15; \$7 for food. Fee is payable to the instructor.

Please call 877.234.FITT (3488) to register.

Fruit for Dinner

Monday, July 23, 7-9 p.m.

If you are looking for tasty ways to zip up your dinner, why not try using fruits and fruit sauces? You will get a chance to taste several foods in class and receive recipes to take home.

\$15; \$7 for food. Fee is payable to the instructor.

Please call 877.234.FITT (3488) to register.

Awash in Squash

Monday, Aug. 6, 7-9 p.m.

Whether you grow your own or just know someone who does, summer squash is prolific. There will be plenty of samples to try and recipes to take home.

\$15; \$7 for food. Fee is payable to the instructor.

Please call 877.234.FITT (3488) to register.

Preserve It

Monday, Aug. 20, 7-9 p.m.

From canning basics to freezing, you will learn how to safely store many fruits and vegetables. There will be plenty to sample in class and recipes for home.

\$15; \$7 for food. Fee is payable to the instructor.

Please call 877.234.FITT (3488) to register.

Dance Classes

Thursdays, July 12 through Aug. 30

All classes are held at the Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River.

Swing/Jitterbug, 6-6:45 p.m. Learn upbeat dances with kicks, swivels and turns while enjoying the sounds of big-band music.

Social Ballroom, 6:45-7:30 p.m. Learn the basics to the fox trot, waltz, cha-cha or swing for your next party, cruise or wedding.

Latin Dance, 7:30-8:15 p.m. Learn Cuban motion and the basics of the tango, mambo, cha-cha, salsa, meringue and rumba. Dancing is fun and a great opportunity to meet fun people.

Line Dance, 8:15-9 p.m. Have fun and get exercise while moving to country, Latin and pop music.

\$55 per person per eight-week session.

To register for these classes, please call 440.263.3101.

Fitness Classes

All classes are held at the Fairview Hospital Wellness Center, 3035 Wooster Road, Rocky River.

Fitpaths

Tuesdays and Thursdays, 9-9:50 a.m.

This multilevel class offers aerobic and strength training for adults ages 50 and older. \$35 for a 10-class card for nonmembers; \$30 for 10 classes for Healthwise Connection members.

Fitpaths Too

Tuesdays and Thursdays (ongoing), 10-10:50 a.m.

Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River

This multilevel class is for active adults ages 50 and older.

\$35 for a 10-class card for nonmembers; \$30 for 10 classes for Healthwise Connection members.

Continuous Care

Lakewood's Diabetes Center bridges the gap between hospital and home

The number of people in the United States diagnosed with diabetes is skyrocketing. According to the American Diabetes Association, someone is diagnosed with diabetes every 21 seconds. In Northeast Ohio, one in 14 people has diabetes, which is twice the national rate. Unfortunately, many people with diabetes are undiagnosed. Diabetes can cause blindness, heart disease, stroke and lower-limb amputation if left untreated.

In response to the pressing need for diabetes education and treatment in Northeast Ohio, Lakewood Hospital created a comprehensive Diabetes Center. The center bridges the gap between Lakewood Hospital's inpatient and outpatient diabetes programs, offering the ultimate continuum of care.

Ways We Can Help

The center comprises three components: educational (inpatient and outpatient), clinical and community outreach.

A certified diabetes educator and a dietitian staff the outpatient education area, and an inpatient diabetes educator works



Diabetes educator Elaine Harper, R.N., BSN, CDE, provides individual consultations and teaches group classes at Lakewood Hospital's Diabetes Center.

with hospitalized diabetes patients. In addition to rooms for individual consultations, there is a large classroom for group classes.

On the clinical side, there are two endocrinologists.

Community outreach is an important aspect of the Diabetes Center's mission, says Dan Zezena, Director of the center. "By collaborating with various community agencies, we can increase awareness of diabetes to help prevent or delay the onset of diabetes complications," he says. A nurse handles community outreach.

The center is on the fifth floor of the Lakewood Hospital professional building, 14601 Detroit Ave., Suite 540.

Starry Night to Benefit Diabetes, Arts

Billed as one of Lakewood's biggest and best street parties ever, Lakewood Hospital's 2006 inaugural Starry Night event exceeded expectations with 400 people in attendance and more than \$41,000 raised for two great causes: the Lakewood Arts Festival Scholarship Fund and the expansion of Lakewood Hospital's diabetes services, leading to a new, comprehensive Diabetes Center that will open this summer. This year's event will be Aug. 3. For tickets, call 216.529.7009. For more information, visit www.lakewoodhospital.org.

Make the Call

For more information about the Diabetes Center at Lakewood Hospital, please call 216.529.7599.



The Cleveland Clinic Foundation

Healthwise Connection
9500 Euclid Avenue/W14
Cleveland, OH 44195

