



A Better View

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A Message from Our CEO

Dear Friends,

Happy holidays to you and yours!

Everyone here at Euclid, Hillcrest, Huron and South Pointe hospitals wishes you much good health and happiness.

But we all know it takes more than wishing to attain and maintain good health. It takes hard work, eating right, exercising and seeing your doctor when necessary. It also takes commitment and knowledge.

That's where our new Cleveland Clinic Healthwise Connection program can help. Formerly Senior Circle Plus, Healthwise Connection truly is your link to a healthier life. We've expanded eligibility to include everyone older than 50, and we've added important new benefits.

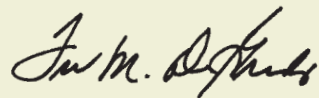
Your free membership continues to give you access to wellness screenings, educational programs, exercise classes and social events designed to make a real difference in your life. Our physician referral service also gives you access to primary care physicians and specialists to ensure that you receive the care you need, when you need it.

But now Healthwise Connection gives you access to national discount cards for savings on prescription medications, eyewear and dental care. New relationships also mean you get savings on home medical equipment and nonmedical home care services.

If you haven't read about all of the program's new benefits, please check them out online at www.clevelandclinic.org/hwc. And if you have friends who haven't joined Healthwise Connection yet, share the gift of good health with them this holiday season and invite them to become a member. They can sign up online or call 800.775.4HWC (4492) to receive an application.

Whatever medical care you or your friends and family may need in the new year, we're here for you. We're proud to be your Healthwise Connection.

Sincerely,



Fred M. DeGrandis
President and CEO
Cleveland Clinic Regional Hospitals

If you haven't read about all of the program's new benefits, check them out at www.clevelandclinic.org/hwc.



Fred M. DeGrandis

“He who has health has hope; and he who has hope has everything.”
—Thomas Carlyle



Beat the Blues

The holidays are upon us and spring is still three calendar pages away. If you’re feeling down in the dumps, it might be more than just “the blues.” Seasonal Affective Disorder (SAD) is a type of depression that can be brought on by the lack of daylight in the fall and winter, and you may be suffering from SAD if you experience:

- Symptoms of depression (weight gain, fatigue, irritability) during the winter for two or more years.
- No symptoms of depression during the summer.
- A drop in energy levels and/or excessive sleeping.

Source: National Mental Health Association

Are You SAD?
If your winter is looking more like a wasteland than a wonderland, talk to your doctor. Need a physician? Visit www.clevelandclinic.org/hwc and click on “Find a Physician.”

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.

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.

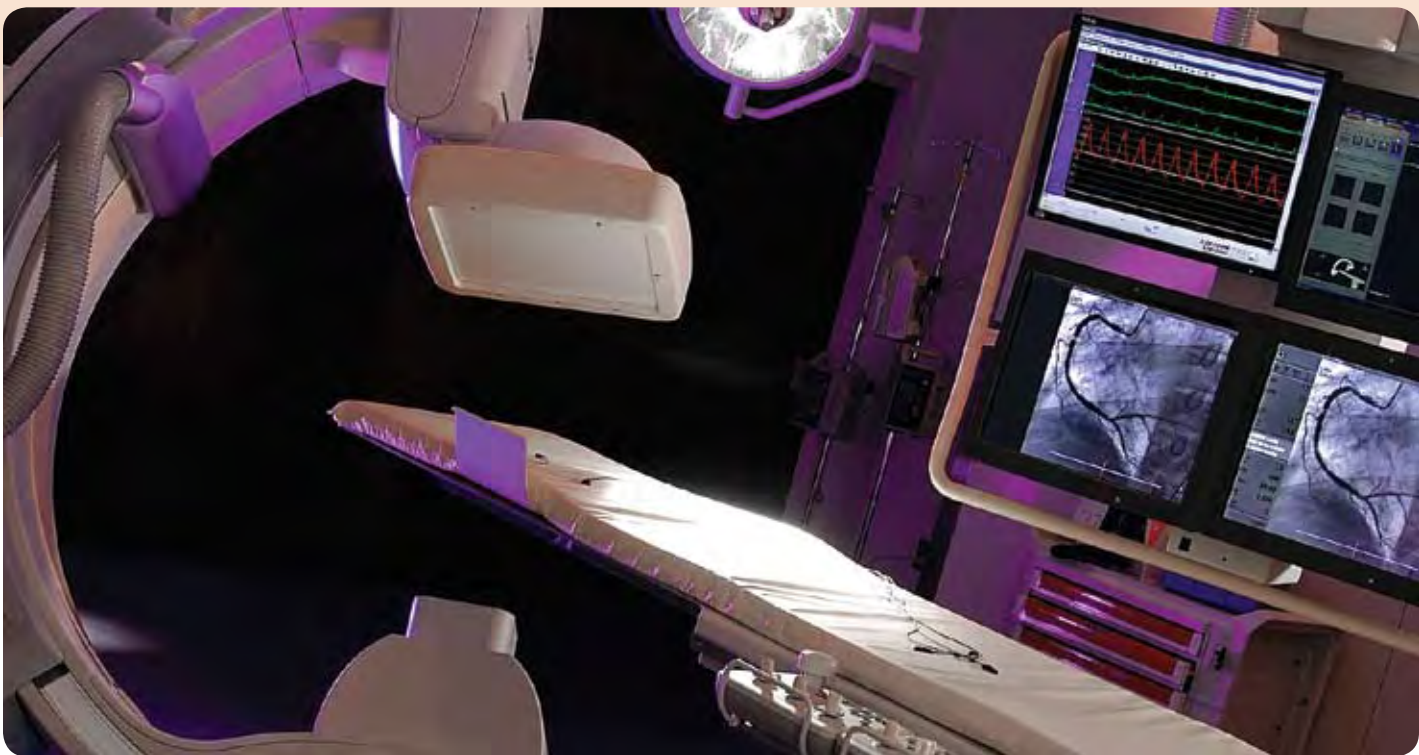
Be a Successful Loser

Congratulations, you’ve reached your goal weight! Keep your momentum up—and the weight off—with the following tips from the American Heart Association:

- Keep a diet and exercise log. Writing down your routine will help you stick to it.
- Plan your meals in advance. You’ll be less likely to stray.
- Stay active. Work out with a friend if you have difficulty staying motivated.
- Don’t give up. Getting off track doesn’t mean you’ve failed. Start again tomorrow!

Winter-Proof Your Skin

To keep your skin properly hydrated during the dry winter months, apply moisturizer within three minutes of getting out of the shower, advises the American Academy of Dermatology.



Study Up

For more information on this procedure or others, visit www.hillcresthospital.org or call 440.312.4599.

Well Equipped

New cardiac catheterization laboratory at Hillcrest Hospital saves lives—and kidneys

Walter Swanson knew his health problems were affecting his heart, but he never imagined the diagnosis and treatment could hurt his kidneys.

The 65-year-old Euclid resident has had diabetes, high blood pressure and high cholesterol for many years. A recent heart attack sent him to

the emergency room, where doctors told Swanson that he urgently needed a cardiac catheterization, a procedure to help doctors detect blockages in his arteries.

During a cardiac “cath,” a thin tube, or *catheter*, is gently inserted into the heart. Dye, or contrast, is injected

“The new laboratory’s system provides state-of-the-art equipment for obtaining images of the heart and treating any blockages.” —Michael Grinblatt, M.D.

into the catheter and a special X-ray image is sent to a computer where doctors can see the cardiac structures, including blockages. But the dye can damage the kidneys if the organs already are at risk from other health problems. Swanson’s kidney function was decreased as a result of a heart failure, a condition in which the heart can’t pump enough blood to the body.

A Better, Safer Option

Swanson’s doctors worried the dye could further damage his kidneys, forcing him onto dialysis.

Fortunately, his longtime physician Michael Grinblatt, M.D., an interventional cardiologist, knew Hillcrest Hospital had a new cardiac catheterization laboratory that just might solve everything.

“The new laboratory’s system provides state-of-the-art equipment for obtaining images of the heart and treating any blockages,” Dr. Grinblatt says. “The images are extremely high quality, three-dimensional and can be produced far more rapidly than with older imaging equipment.”

But the big advantage for Swanson—and others with diabetes, high blood pressure and other kidney-related

disorders—is that the new equipment requires far less dye.

Faster Recovery

Guided by images obtained from the catheterization, Dr. Grinblatt treated Swanson’s blockages during the same procedure. Swanson did not need dialysis and was able to go home the next day.

Shorter hospital stays are among the many benefits of catheter-based interventions. Other benefits are reduced recovery time, less pain, minimal scarring and reduced overall risk. Hillcrest’s new system also reduces the radiation necessary to take X-ray images.

“This lab offers so many advantages to patients as well as staff,” Dr. Grinblatt says. “It is truly cutting-edge technology that will help Hillcrest continue to provide the finest quality cardiac care.”

Swanson was one of the first people to be treated in the lab, Hillcrest Hospital’s third cardiac catheterization suite. “Everything was explained to me beforehand, and I really appreciated it,” he says.



The Heart-Kidney Connection

How does congestive heart failure affect the kidneys? As the heart fails, it reduces the amount of blood sent from the heart to all the organs of the body. This decreased blood supply affects the kidneys’ ability to function normally, causing them to retain more salt and water. This results in fluid retention, which can cause swelling of the ankles, legs and stomach area, and sometimes difficulty breathing because of fluid in the lungs. Treating heart failure often stabilizes or improves the function of the kidneys.

Soup Up Your Diet

Slurp your way to healthier eating

If ever there were a “perfect food,” we would argue that soup is it. It’s delicious, filling and good for both body and soul.

Here are some of the reasons we love it:

It’s low in fat. Broth-based soups generally are lower in calories and fat than cream-based varieties. And you can skim even more fat off the top (literally) by refrigerating the soup and removing hardened fat with a spoon. For every tablespoon of fat removed, you save about 120 calories and 13 grams of fat, according to the American Dietetic Association.

It’s rich in ... well, everything! Our favorite thing about soup is that it can easily cover all of the basic food groups. Looking for essential vitamins and minerals? Go with vegetable. Need protein? Check out chicken noodle. Craving carbs? Try minestrone. No matter what nutrients you need, you can probably find them in a soup tureen.

It’s easy. Not only is soup easy to prepare (many recipes require only a single pot), it’s also easily stored. Just freeze and reheat when desired.



Warm up your winter days with this tasty corn chowder.

INGREDIENTS

- | | |
|--|--------------------------------|
| 1 Tbsp. vegetable oil | 2 Tbsp. fresh parsley, chopped |
| 2 Tbsp. celery, finely diced | 1 c. water |
| 2 Tbsp. onion, finely diced | ¼ tsp. salt |
| 2 Tbsp. green pepper, finely diced | black pepper to taste |
| 1 package (10 oz.) frozen, whole kernel corn | ¼ tsp. paprika |
| 1 c. potatoes, peeled and diced to ½ inch | 2 Tbsp. flour |
| | 2 c. milk, fat-free or low-fat |

PREPARATION

1. Heat oil in medium saucepan.
2. Add celery, onion and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil; reduce heat to medium. Cook covered about 10 minutes or until potatoes are tender.
4. Pour ½ cup of milk into a jar with a tight-fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

NUTRITION FACTS (serving: 1 c.)

Calories 186	Cholesterol..... 5 mg	Protein 7 g
Fat 5 g	Sodium..... 205 mg	Carbohydrate 31 g
Saturated fat..... 1 g	Fiber 4 g	Potassium.... 455 mg

At Risk

Could you have diabetes and not know it? Take this quiz to find out

There are 20.8 million Americans with diabetes—and nearly one-third of them (or 6.2 million people) don't know it! Diabetes is most common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders, but all ethnic groups are susceptible.

Take this test to see whether you are at risk for diabetes. If a statement is true for you, give yourself the points indicated; if it is not true, give yourself a zero. Then add all the points to get your total score.

YOUR SCORE	TRUE	NOT TRUE
1. My weight is equal to or above that listed in the chart at right.	5 pts	0 pts
2. I am younger than 65 and I get little or no exercise during a usual day.	5 pts	0 pts
3. I am between 45 and 64 years of age.	5 pts	0 pts
4. I am 65 years old or older.	9 pts	0 pts
5. I am a woman who has had a baby weighing more than 9 pounds at birth.	1 pt	0 pts
6. I have a sister or brother with diabetes.	1 pt	0 pts
7. I have a parent with diabetes.	1 pt	0 pts
Total Points:	_____	_____

Scoring 3-9 points

You are probably at low risk for having diabetes now. But don't just forget about it—especially if you are Latino, African American, Native American, Asian American or a Pacific Islander. You may be at higher risk in the future.

Scoring 10 or more points

You are at greater risk for having diabetes. Only your health care provider can determine whether you have diabetes. At your next office visit, find out for sure.

Source: Quiz and weight chart are courtesy of the American Diabetes Association



At-Risk Weight Chart

Height without shoes	Weight without clothing
4'10"	129
4'11"	133
5'0"	138
5'1"	143
5'2"	147
5'3"	152
5'4"	157
5'5"	162
5'6"	167
5'7"	172
5'8"	177
5'9"	182
5'10"	188
5'11"	193
6'0"	199
6'1"	204
6'2"	210
6'3"	216
6'4"	221

If you weigh the same or more than the amount listed for your height above, you may be at risk for diabetes.

Diabetes Dialogue

For more information, call the Lennon Diabetes Center at Huron Hospital at 216.761.4286 or visit www.huronhospital.org. Click on "Ask Sue."

Ask a Doctor

Expert answers to your health questions



Theodore Suh, M.D., Ph.D.
Medical Director, GAP at
Euclid Hospital

For no obvious reason, my 75-year-old father seems to be growing weaker and more confused each day. What should I do?

Euclid Hospital's Geriatric Assessment Program (GAP) may have the answers you need. Our team of specialists on aging will thoroughly evaluate your father, taking into account his health issues, social supports and caregiver needs. We then will create a comprehensive care plan that addresses all of these concerns. A GAP appointment is recommended for all frail patients age 65 or older with multiple medical issues, confusion or memory loss, difficulty performing daily activities, weakness, problems resulting from multiple medications, and concerns about living independently.



Patricia Duggan, M.D.
Board-certified Vascular
Surgeon at South Pointe
Hospital

My legs hurt when I walk. Could I have peripheral vascular disease?

Peripheral vascular disease (PVD) is a disease in which leg arteries become blocked and clogged, allowing less oxygen to reach the legs and feet. This causes them to become tired, sore and to "cramp up." Other symptoms include numb and cold skin, leg sores, loss of hair on the feet, foot pain while at rest, and changes in toenails. People with diabetes are more likely to develop PVD. If these symptoms describe your experience, you should be examined for PVD. Early treatment provides the best outcomes.



More Facts on GAP

For more information, visit
www.euclidhospital.org or
call 216.692.8876.

Get a Leg Up on Pain

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



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