

A photograph of two men smiling warmly. The man on the left is younger, wearing a blue jacket and a patterned knit hat with orange and red stripes. The man on the right is older, wearing a white sweater and a green knit hat with orange stripes. They are outdoors in a natural setting with trees in the background.

## Stroke Smarts

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## Back to Normal

New bladder procedure helps women regain control

Marymount Hospital is one of the first hospitals in Northeast Ohio to offer a new procedure to treat pelvic organ prolapse, a common but rarely talked about female health problem. The condition occurs when the muscles and tissues supporting the female pelvic organs begin to weaken and press against the vaginal wall, causing pain and limiting overall physical activity.

### Women's Health First

To find a Marymount physician who can perform this new procedure, please call the Physician Referral line at 216.581.WELL (9355).

Women who have had multiple births or especially large babies are at greatest risk for pelvic organ prolapse. The following symptoms typically begin at menopause:

- pressure and pain in the lower back
- falling sensation in the lower abdomen
- bladder control problems
- constipation
- painful sexual activity

Women can now benefit from a new surgical technique that uses a web-shaped piece of surgical netting to lift the pelvic muscles back into proper position and hold them securely in place. This relieves pressure on the bladder and other pelvic organs, letting them function normally.

“It’s truly a remarkable innovation,” says Kalish Kedia, M.D., urologist from Marymount Hospital and one of the few surgeons in Northeast Ohio trained in the new procedure. “It’s highly effective, much less invasive than previous pelvic-restoration techniques, requiring minimal incisions and a very short recovery time.”

Surgery using the new technique is performed through the vaginal wall under regional or spinal anesthesia and typically requires an overnight hospital stay. A woman can expect to return home the next day and begin to return to normal activities within three to five days.



## 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](http://www.clevelandclinic.org/hwc) and click on "Find a Physician."

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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:

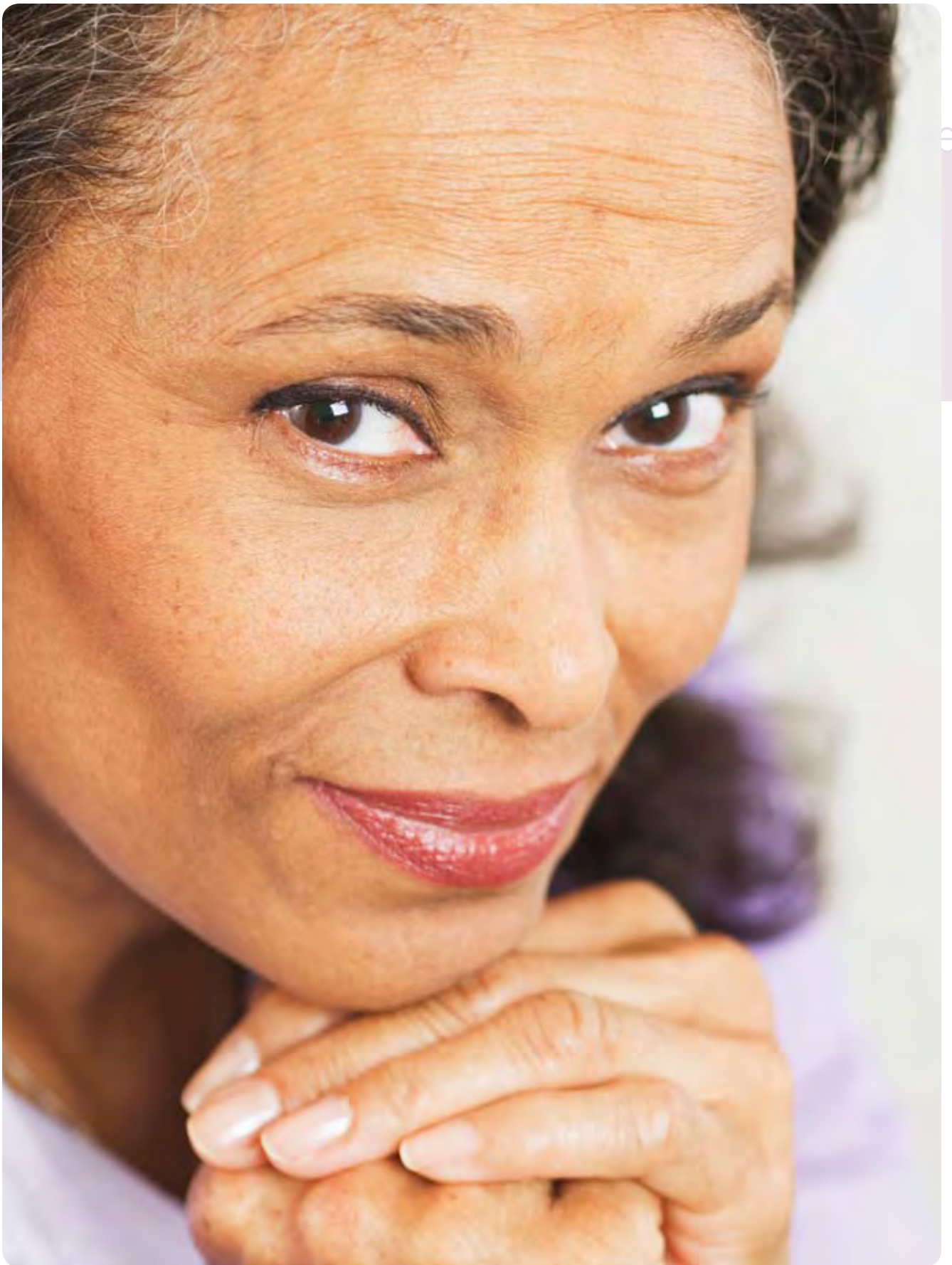
- Keep a diet and exercise log. Writing down your routine will help you stick to it.
- Plan your meals in advance. You'll be less likely to stray.
- Stay active. Work out with a friend if you have difficulty staying motivated.
- Don't give up. Getting off track doesn't mean you've failed. Start again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

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*“Stroke is highly treatable if the necessary measures are taken in a timely manner.”*

—A. Romeo Craciun, M.D.

## Think Fast

If it happened to you or someone you love, would you recognize the signs of a stroke?

Someone in America has a stroke every 53 seconds, according to the American Stroke Association, and more than 16,000 people will die of stroke this year. Stroke is our nation’s No. 3 killer, and a leading cause of serious disability. Yet many people do not realize that stroke is a medical emergency that requires rapid evaluation and treatment in an emergency room.

“The treatment of stroke has been revolutionized over the past 10 years,” says A. Romeo Craciun, M.D., a Marymount Hospital neurologist.

### Stroke 101

To learn more about stroke prevention and treatment, visit Marymount’s Web site at [www.marymount.org/health](http://www.marymount.org/health) for health information articles and resources. Or call us at 216.587.8093 for a free stroke awareness kit.

“Stroke is highly treatable if the necessary measures are taken in a timely manner. Even more important is the patient’s responsibility to know the warning signs and manage any risk factors to prevent stroke from occurring altogether.”

### Risk Factors

Age, gender, family history and ethnicity are all factors in determining a person’s risk of having a stroke. High blood pressure, heart disease, diabetes, smoking and history of ministroke also are considered risk factors.

Marymount Hospital continues to be at the forefront of stroke care in Northeast Ohio. The hospital was recently certified again as a primary stroke center by the Joint Commission on Accreditation of Healthcare Organizations. The \$25 million expansion under way at Marymount will almost double the size of the Emergency Department and add enhanced imaging services—both vital components in the successful treatment of stroke.



## Know the Signs

**It is important to go to the hospital at the first signs of stroke and receive prompt treatment. Be sure to call 911 immediately if you or a loved one experience any of these warning signs:**

- sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- sudden confusion or trouble speaking or understanding speech
- sudden severe headache with no known cause
- sudden difficulty walking, dizziness or loss of balance or coordination

# 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



## Leaps and Bounds

### Hospital Campus Grows to Meet Community Needs

After years of planning, Marymount Hospital is pleased to announce the opening of our new Emergency Department, Intensive Care Unit and Imaging Department in Garfield Heights.

The expansion greatly increases our capacity to treat patients needing emergency and critical care, with 28 new ICU beds, 32 new emergency-area exam rooms and enhanced imaging services, including a new CT scanner.

An additional senior care facility, Villa St. Joseph, also has been constructed by the Sisters of St. Joseph, Third Order of St. Francis. It complements the existing Marymount Place senior living community. Villa St. Joseph will be a 114-suite nursing and memory care center offering skilled and intermediate care, rehabilitation and memory care services for both nursing home and assisted living residents. Marymount's skilled nursing unit will move to Villa St. Joseph when it opens.

#### Special Care for Seniors

To learn about Villa St. Joseph, call 216.587.8800 or visit [www.villageatmarymount.com](http://www.villageatmarymount.com).

## Special Centers Offer Tailored Care

As Marymount grows, individual centers have been created to meet your specific health care needs, including:

**The Diabetes Center**, which was recently recognized by the American Diabetes Association. It helps you learn to manage diabetes through classes and individual consultations. Call 216.587.8246 for an appointment.

**The Women's Health Center** offers services and programs designed to help women take charge of their health. Massage therapy is now offered to relieve discomfort caused by cancer treatment, menopause, postoperative recovery or work-related stress. Call 216.584.4354 for an appointment with a licensed massage therapist for a 30-, 60- or 90-minute session.

# The More the Better

Medical Center, Broadview Heights offers emergency, diagnostic services

To better meet the needs of our patients, Marymount Hospital has expanded services available at our Broadview Heights satellite location.

Medical Center, Broadview Heights, formerly known as Marymount South, provides neighboring communities with an Emergency Department staffed by board-certified emergency medicine physicians. The site also features a new CT scanner, along with general radiographic and mammography services that offer greater, faster diagnostic capabilities.

Medical Center, Broadview Heights also features multi-specialty physician offices offering family practice, internal medicine and OB/GYN care. A full-service, CAP-accredited (College of American Pathologists) laboratory also is available.

**Medical Center, Broadview Heights**  
**2001 E. Royalton Road; Broadview Heights, OH**  
**HOURS: 7 a.m. to 10 p.m., 365 days a year**  
**440.717.5800**



## Marymount Hospital Rehabilitation Services helps patients move forward

Marymount Hospital Rehabilitation Services, formerly known as the Human Motion Center, has relocated within Broadview Heights. Rehabilitation Services offers assessment, treatment and rehabilitation of bone and muscle injuries. Our team of surgeons, nurses and rehabilitation specialists works with each patient to develop an effective individual treatment program. Rehabilitation Services also offers occupational therapy, physical therapy, aquatic therapy, sports medicine and a CARF-accredited (Commission on Accreditation of Rehabilitation Facilities) work-hardening and work-conditioning program.

**Marymount Hospital Rehabilitation Services**  
**2525 E. Royalton Road; Broadview Heights, OH**  
**(near the post office, about three-fourths of a mile west of the I-77 and Rt. 82 interchange)**  
**440.717.1370**



The Cleveland Clinic Foundation

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