

A close-up 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 with a blurred background of trees.

Best Defense

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High Marks

Fairview Hospital named one of the nation's top performers

Fairview Hospital is one of the nation's top hospitals for clinical excellence and cardiac services, according to a national health care information organization.

Fairview is among the top 5 percent of hospitals in the United States to receive two Distinguished Hospital Awards for Clinical Excellence for meeting high clinical standards in

the categories of overall hospital excellence and cardiac care. This is the fifth consecutive year Fairview has received the award for clinical excellence and the first year the hospital has been awarded for cardiac care.

The recognition comes from a national organization that conducts objective studies of hospitals across the nation and rates them on the level of care they provide. The information is disseminated to consumers, payers and employers. Safety information also is provided to professional medical liability insurance underwriters for hospitals, nursing homes and physicians to help these entities assess risk and verify background information.

Earlier this year, Fairview Hospital also was named one of the nation's Top 100 Hospitals® by Evanston, Ill.-based Solucient®, an information products company serving the health care industry. The award identifies health care benchmarks and recognizes hospitals that demonstrate superior clinical, operational and financial performance in overall service.

"The first element of our mission statement is to be 'the best place to receive care,'" says Jeffrey Leimgruber, chief administrative officer at Fairview Hospital. "We take that commitment very seriously and work diligently every day to fulfill this promise to all who come to our hospital."

In Good Hands

To learn more about the outstanding medical care provided by Fairview Hospital, please visit our Web site at www.fairviewhospital.org.



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.

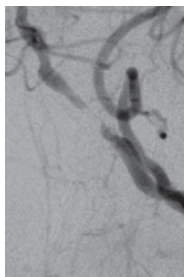
“The Wingspan technology is so exciting because it gives us a viable option for many patients who couldn’t be successfully treated before.” —David Fiorella, M.D.

Warding Off an Attack

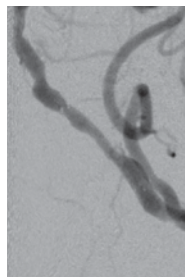
New stent procedure at Lakewood Hospital helps patients at high risk for recurrent stroke

For stroke victims, life changes drastically in mere minutes. Just ask James Redmond, a 58-year-old financial adviser from Cleveland’s West Park neighborhood. He suffered several transient ischemic attacks (TIAs)—or ministrokes—in July, leaving him disoriented, dizzy and unable to speak clearly.

“I’m in good health and this hit me from nowhere,” Redmond says. “I



Before the stent



After the stent is inserted

went from eating dinner with my daughter, Rachel, one minute to collapsing in her driveway the next. It’s been a scary experience.”

A Close Call— and a Second Chance

TIAs are known as “warning strokes” because they help predict whether a major stroke is likely to occur. Fortunately for Redmond, his TIAs shed light on a potentially life-threatening clogged artery in his brain—a condition called intracranial atherosclerosis.

And his good fortune goes beyond a timely diagnosis. He happens to live close to both Lakewood Hospital and Cleveland Clinic, which are among only a handful of hospitals in the country using a revolutionary new stent designed to combat clogged brain arteries.

“The Wingspan Stent System is the first self-expanding stent designed specifically for atherosclerotic disease in the brain,” say Henry H. Woo, M.D., neurosurgeon/neuro-interventionalist who practices at Lakewood Hospital and Cleveland Clinic. “Until recently, all we could do was offer anticoagulants such as Coumadin and aspirin to avoid a stroke. If patients didn’t respond to medical therapy, we could also try using heart stents, but they are stiff and not meant for the more fragile, curvy vessels in the brain.”

Made for the Brain

The Wingspan Stent is placed using minimally invasive techniques, threading it through an artery in the leg. Redmond is one of 80 patients to receive the stent since its inception in October 2005. Fewer than 200

James Redmond and his daughter, Rachel Berry



physicians nationwide are trained to implant the Wingspan Stent.

David Fiorella, M.D., neuroradiologist/neurointerventionalist, who performed Redmond's surgery, says follow-up data are very favorable—showing a 94 percent success rate.

"The Wingspan technology is so exciting because it gives us a viable option for

many patients, like Mr. Redmond, who couldn't be successfully treated before. It's truly revolutionary," Dr. Fiorella says.

But no one is more excited about it than Redmond himself, who is making an excellent recovery. "I'm fortunate to live near hospitals that offer cutting-edge technology," he says. "I have a 19-month-old grandchild and another on the way. I want to be here for that."

Get the Kit

To receive a **FREE** stroke information kit, visit www.lakewoodhospital.org/stroke or call toll-free 877.234.FITT (3488).

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

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

To reserve your seat at any of the following health talks, call toll-free: 877.234.FITT (3488).

Keeping Your New Year's Resolution: Eating Healthy in 2007

Tuesday Jan. 9, 7:30-8:30 p.m.
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
Speaker: Michael Grusenmeyer, M.D.

Total Joint Replacement

Wednesday, Jan. 17, noon-1:30 p.m.
St. Mary's of the Woods
35755 Detroit Road, Avon
Speaker: Raymond Horwood, M.D.

Female Urinary Incontinence

Tuesday, March 6, 7-8:30 p.m.
St. Charles Borromeo
5891 Ridge Road, Parma
Speaker: Fadi Bashour, M.D.

Laser Hair Removal and Spider Vein Treatment

Tuesday, March 13, 7-8:30 p.m.
Avon Women's Health Associates at Avon Pointe
36901 American Way, Suite A, Avon
Speaker: Amy Stephens, M.D.

Living Will and Health Care Power of Attorney Clinic

Tuesday, March 13, 7-8:30 p.m.
Rocky River Don Umerley Civic Center, Memorial Hall, 21016 Hilliard Blvd., Rocky River
Speaker: Marlene Franklin, J.D., ARM, CPHRM.
Learn the law regarding the documents that guide end-of-life decisions. Participants can complete these forms and have them notarized.

Forever Fit Program

Lakewood Hospital's Forever Fit program provides a low-impact, aerobic workout for those 50 and older who seek increased flexibility, endurance and stress reduction. Continuous registration is available at each site.

For more information on any of the Level I, II or III programs listed below, call 216.227.2273.

Forever Fit Level I Classes

Tuesdays and Thursdays, 9 a.m.
Cove United Methodist Church
12501 Lake Ave., Lakewood

Special low-impact workout for flexibility and endurance.

\$25 for 10 classes for nonmembers; \$20 for 10 classes for Healthwise Connection members.

Forever Fit Level II Classes

Mondays and Wednesdays, 8:30 a.m.
Westlake Senior Center
29694 Center Ridge Road, Westlake
Includes weights, Thera-Bands and an increased aerobic workout.

\$35 for 10 classes for nonmembers; \$30 for 10 classes for Healthwise Connection members.

Forever Fit Level III Classes

Mondays, Wednesdays and Fridays, 9:25 a.m.
Bay Dwyer Memorial Center
300 Bryson Lane, Bay Village
Chair aerobics, including exercising in chair and standing, stretching and Thera-Bands.

\$25 for 10 classes for nonmembers; \$20 for 10 classes for Healthwise Connection members.

Other Fitness Classes

Arthritis Exercise Program

Mondays and Wednesdays, 12:30-1:30 p.m.
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
Gain mobility, strength and endurance with gentle land exercises developed for people with arthritis. Sponsored by the Arthritis Foundation, Northeast Ohio Chapter, in cooperation with Lakewood and Fairview hospitals. Continuous registration is available at the start of the class.

\$30 for 10 classes for nonmembers; \$25 for 10 classes for Healthwise Connection members.

For more information, call 216.227.2273.

Fitpaths

Tuesdays and Thursdays, 9-9:50 a.m.
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
This multilevel class offers aerobic and strength training for adults 50 and up.

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

For more information, call 440.356.0670.

Fitpaths Too

Tuesdays and Thursdays, 10-10:50 a.m.
Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River

This multilevel exercise class is for active adults. \$35 for 10 classes for nonmembers; \$30 for 10 classes for Healthwise Connection members.

For more information, please call 440.356.0670.

Tai Chi for the Active Adult

Mondays and Wednesdays, Jan. 8-Feb. 14, 10-11 a.m.

Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
Tai chi emphasizes health of mind and body through breath and movement while producing a state of well-being. Benefits include improved concentration and balance, increased range of motion, lowered blood pressure and reduced stress. Class is limited to eight students.

\$45 for 12 classes. (This is a special price for Healthwise Connection members.)

Registration: Call 877.234.FITT (3488).

Tai Chi Ch'uan - Wu Style

Beginners: Tuesdays, Jan. 2-Feb. 20;
Intermediate: Tuesdays, March 6-April 24, 7-8:30 p.m.

Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
Tai chi ch'uan is a classical form of Chinese exercise characterized by slow, gentle rhythmic movements that promote physical fitness, flexibility and general health.

\$56 for nonmembers; \$52 for Healthwise Connection members

Registration: Call 877.234.FITT (3488).

Yoga for You

Mondays, Jan. 15-Feb. 19, 7-8:30 p.m.;
Wednesdays, Jan. 17-Feb. 28, 7-8:30 p.m.;
Fridays, Jan. 19-Feb. 23, 9:30-11 a.m.

Fairview Hospital Wellness Center
3035 Wooster Road, Rocky River
Learn to increase strength, vitality, flexibility, energy, creativity and sense of balance and well-being. Beneficial for back problems, arthritis, fibromyalgia, multiple sclerosis and more. Instructor is Carole Lesko.

\$60 for six classes. Sign up for six classes and receive one free if you are a Healthwise Connection member. (Valid only for new students.)

Registration: Call 440.477.0270 or send check to Yoga for You, P.O. Box 16118 Rocky River, OH 44116.

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Feel Secure

New treatment for incontinence helps women regain control

Millions of women have a condition known as stress urinary incontinence. The condition causes them to leak urine when they laugh, sneeze, cough or exercise. Lutheran Hospital is one of the first in the area to offer a new treatment option to correct this embarrassing condition.

TVT Secur for Stress Incontinence offers a new minimally invasive

In Control

For a referral to one of our urologists, please call our toll-free physician referral line at 866.733.6363.

approach that can be completed in about 10 to 15 minutes under local anesthesia. The surgeon inserts a piece of mesh tape through the vagina and positions it under the urethra, the tube by which urine exits the bladder. The mesh tape creates a supportive sling or hammock under the urethra, allowing it to maintain its seal to prevent unintentional urine loss.

Patients often are able to go home just a few hours after the procedure. A short recovery period is another advantage of TVT Secur. During this time, patients should experience little interference with daily activities, but they may be advised to avoid heavy lifting and intercourse for four weeks.



Kalish Kedia, M.D.
Chief of Urology

On the Cutting Edge

Kalish Kedia, M.D., Chief of Urology at Lutheran Hospital, was one of only 18 surgeons in the United States first introduced to and trained to perform surgery with TVT Secur. He is the first surgeon to do the procedure in Ohio.



The Cleveland Clinic Foundation

Healthwise Connection
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