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5 Summer safety tips to help you avoid a trip to the ER.

With summer upon us, people are spending more time outdoors enjoying their favorite warm weather activities. According to Eleni Horattas, MD, Emergency Department Medical Director at Cleveland Clinic Akron General Lodi Hospital, summer brings on more weather-related illness and injury visits to the Emergency Department. Below, she offers tips for avoiding the 5 most common ones.

Dehydration. Drink water before, during and after outdoor exercise or when spending time in the heat. Signs of dehydration include rapid heartbeat, extreme thirst, little or no urine output and being dizzy or lightheaded. Infants, children and the elderly are more susceptible to dehydration. If dehydrated, drink small amounts of fluid frequently, especially those containing glucose (like Gatorade).

Sunburn. Protect your skin with a broad-spectrum sunscreen with a SPF of 30 or higher and wear lightweight, loose-fitting clothing, a hat and sunglasses. Avoid the sun during the heat of the day between 10 a.m. and 4 p.m.

Heat illness. If you experience a heat rash on your skin, headache, dizziness, nausea or vomiting, your body is telling you it's time to move to a cooler place. Extreme symptoms that require urgent medical attention include fever, lack of sweating, confusion, rapid and shallow breathing and a weak pulse.

Trauma. Trauma is more likely to occur when people don't wear proper protection for the activity taking place. Wear a helmet and eye protection when riding a motorcycle, a life jacket when boating and closed-toe shoes when using a lawn mower. Operating vehicles or machinery while impaired by alcohol or drugs puts you at higher risk of serious injury.

Bites and stings. Most bites and stings can be cared for at home by washing the area, removing the stinger with a blunt edge, applying a cool compress and taking an antihistamine or applying a topical steroid. Signs of serious allergic reactions like swelling to the lips or tongue or trouble breathing require immediate medical intervention.

Remember, always dial 911 in an emergency, and allow medical personnel to evaluate the seriousness of your condition.



Eleni Horattas, MD
Emergency Department Medical Director

Tortellini-to-Go Salad

Not too much fat, not too much sugar — but just the right amount of flavor! This pasta salad is a great side dish with grilled foods. It is a summery selection that's ideal for people with diabetes and others who like to keep it light.



INGREDIENTS

- 9 ounces reduced-fat cheese tortellini
- 1 cup broccoli florets
- 1 small carrot, peeled and sliced
- 1 medium ripe tomato, seeded and diced
- 2 scallions, trimmed and finely sliced
- 1/4 cup reduced-fat French dressing
- 1/4 cup reduced-fat cheddar cheese, diced
- Salt and pepper to taste

DIRECTIONS

1. Bring a medium-sized pot of water to a boil.
2. Cook the tortellini according to package directions, and during the final 3 minutes, add the broccoli and carrots.
3. Drain through a colander, rinse under cold water and then set aside to drain well.
4. Combine cooked tortellini, broccoli and carrots with the tomato, scallions and French dressing in a large mixing bowl.
5. Toss gently to coat, and then stir in cheese.
6. Season with salt and pepper to taste, and serve immediately or refrigerate.

NUTRITION INFORMATION

Makes 8 servings. Serving size: 1/2 cup

Calories: 131 | Calories from fat: 38 | Total fat: 4 g
Saturated fat: 2 g | Cholesterol: 18 mg | Sodium: 297 mg
Carbohydrate: 18 g | Dietary fiber: 1 g | Sugars: 1 g
Protein: 7 g

Recipe courtesy of *You Can Eat That! Awesome Foods for Kids with Diabetes* by Robyn Webb. Published April 27, 2023.

Sleep disorder diagnosis and treatment close to home.



Lodi Hospital's Sleep Lab offers diagnosis and treatment of both obstructive and central sleep apnea, narcolepsy, restless legs syndrome/periodic limb movement disorder and other sleep-related conditions. The one-bed sleep lab offers patients a comfortable homelike setting on a nonmedical floor with the safety and security of being in a hospital environment. The Sleep Lab is equipped to serve patients with more complex medical needs by providing a Hoyer Lift, a mobility tool used to assist patients in and out of bed, or hospital bed if needed.

Sleep studies are offered seven days a week starting at 9 p.m. and ending at 6 a.m., however, this schedule can be adjusted to mimic the patient's usual sleeping habits. During the sleep study, heart rate, breathing, blood oxygen levels, brain waves and more are monitored. The results are reviewed by board-certified Cleveland Clinic sleep medicine specialists. Treatment options can then be discussed along with any next steps.

Disorders like sleep apnea interrupt deep restorative sleep and can lead to other dangerous health conditions. Offering testing and treatment at Lodi Hospital means that those suffering with sleep disorders can be seen quickly and taken care of close to home.

Lodi Hospital offers flexible scheduling and can usually see patients within two weeks. Referrals from primary care physicians or sleep disorder specialists are recommended. To schedule an appointment for the Sleep Lab, call 330.948.5532.

Infusion therapies now offered at Lodi Hospital.



For patients who require one-time or ongoing IV therapy for acute or chronic illnesses, the Lodi Hospital Infusion Center is available close to home, offering:

- Infusion pharmacy services for acute and chronic conditions.
- Injection therapies.
- Med Port accessing, flushing and care.
- PICC line care and dressing changes.
- Instruction and assistance when using supplies and equipment as needed.

The Infusion Center is open Tuesday and Friday from 7 a.m. until 5:30 p.m. with plans to add more days as demand increases. Patients can access the Infusion Center through the Emergency Department by checking in with the registration team.

For questions or to schedule an appointment, reach out to the Andrea Owen-Shearer, outpatient infusion nurse manager, at owena@ccf.org or 330.948.5509.

COMMUNITY HEALTH SCREENINGS



Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Our low-cost complete lipid profile screening is only \$15 and includes triglycerides, total cholesterol (HDL/good cholesterol and LDL/bad cholesterol), cholesterol ratio and glucose. Blood pressure and glucose testing are FREE at these events. For the complete lipid profile cholesterol test, a 10-12 hour fast is required. For the glucose test only, a 2-hour fast is required.

Upcoming dates and locations include:

Lodi Hospital

8 - 11 a.m. | Tuesday, Aug. 1

Goodwill Industries - Wadsworth

12 - 2 p.m. | Tuesday, Aug. 1

Drug Mart, Wadsworth

9 - 11 a.m. | Tuesday, Aug. 8

T/A Truck Stop

12 - 2 p.m. | Tuesday, Aug. 8

West Salem IGA

9 - 11 a.m. | Tuesday, Aug. 8

JBF Senior Estates

8 - 11 a.m. | Thursday, Aug. 10

Rittman Recreation Center

9 - 11 a.m. | Monday, Aug. 14

Wayne County Public Library Rittman Branch

12 - 1:30 p.m. | Tuesday, Aug. 22

Sunoco (Richfield)

8 - 11 a.m. | Thursday, Aug. 24

Miller's Grocery

12 - 3 p.m. | Thursday, Aug. 24

Cloverleaf Recreation Center

8 - 11 a.m. | Friday, Aug. 25

Sheetz (Burbank)

9 - 11 a.m. | Tuesday, Aug. 29

Marc's Stores (Medina)

12 - 2:30 p.m. | Tuesday, Aug. 29

Questions?

Call 330.948.5544.

For a complete list of upcoming screenings, visit LodiHospital.org/Events or scan the QR code.

