

Health Information from the
Family Health Center Closest to You

Weight and Health:

A Balancing Act



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Checkup**

■ It's in Your Neighborhood:
State-of-the-Art Imaging

Half of American adults, and nearly a quarter of American children and adolescents, are overweight — for one in 50 of us, by more than 100 pounds. Excess weight at any age increases risks of stroke, heart disease, diabetes, joint problems, kidney disease, sleep apnea and fatigue. It interferes with healing after injury or surgery, and shaves years from our lives.

But focusing solely on the scale is not the answer. Studies show overall fitness to be more important than weight. And being thin is not necessarily being healthy. Here are some tips for striking a healthy balance:

Infants Give them a good start. Laboratory research suggests that early feedings of high-carbohydrate formula or cereals and juices may trigger a metabolic pattern that encourages obesity. Follow your pediatrician's advice.

Children Turn off the TV and computer. Encourage physical activity; consider exercising as a family. Overweight children are at high risk for the same weight-related diseases as adults. A new study says eating whole grains, fruits and vegetables, and limiting white bread, white rice, sweet cereals and sugary foods may be better than traditional dieting.

Adolescents Encourage fitness, but help teens live with their body type. Fight pressures for girls to be thin and boys to be "bulked-up." One study shows kids teased about

body type — regardless of size — are two to three times more likely to contemplate suicide, especially if both family and peers tease. Plan healthy dinners, ban high-calorie snacks, and have a physician supervise nutritional supplement use to avoid blood pressure and kidney problems.

Men Keep fitness — as well as portion control — in mind. Studies suggest that exercising one hour five times a week may reduce inflammatory markers that herald heart disease, a prime concern for men. And avoid "biggie" portions — new research shows that obesity negatively impacts memory and learning in men more than women.

Women Suburban sprawl means more hours in the car — but make time for exercise. One study finds that women in poor physical condition are three times more likely to die prematurely than fit women. Another shows that briskly walking an hour or two each week decreases breast cancer risks. And exercise will energize you.

So keep an eye on the scale after the "growing years." Start to eat well and exercise before weight becomes an issue. And remember, it's never too late to start good habits. To consult family health center specialists about weight-related health concerns, call the Cleveland Clinic Appointment Center, 7 a.m. to 11 p.m., 365 days a year, at 216/444-CARE (444-2273) or 800/223-2273.

So Many Diets — Which One's for Me?

ATKINS. SOUTH BEACH. THE ZONE. Amazon.com lists more than 30,000 diet books. How do you choose the best one for you?

Losing weight is as simple as eating fewer calories than your body needs. Any diet will do that. But not all diets are safe. Before you decide on a weight-loss plan, ask these questions:

IS THERE SOUND SCIENCE BEHIND IT? A healthy, safe diet plan should be based on scientific research — ideally published in a scientific journal — and developed in conjunction with a registered dietitian. Even a medical doctor or scientist may not be an expert on nutrition.

WOULD REGISTERED DIETITIANS SUPPORT IT? Make sure that the plan is consistent with the American Dietetic Association's position on weight management (visit www.eatright.org).

DOES IT INCLUDE ALL FOOD GROUPS? While some diets legitimately restrict fat or carbohydrates, avoid plans that completely eliminate them. Each food group contributes essential nutrients.

DOES IT HAVE ADVERSE EFFECTS? Diets that severely restrict carbohydrate intake can lead to dangerous electrolyte imbalances, heart problems, dehydration and even organ failure. If you try such a plan, have a health professional monitor your progress.

IS THE DIET SAFE AT MY AGE? Senior citizens and young people are more vulnerable to dietary changes. Check with a doctor before starting on a weight-loss program or supplements.

SHOULD I SEEK PROFESSIONAL ADVICE? If you want to lose a few pounds for your high school reunion, a diet book that meets the above criteria may be all you need. But 95 percent of people who lose pounds on a diet regain them — and sometimes more — within a few years. To learn healthy eating habits that you can maintain for life, it's best to see a health professional.

For appointments with Beachwood physicians and registered dietitian Peggy Zeller, R.D., call **216/839-3000**.

Safe Weight-Loss Plans

Registered dietitians can design a safe, nutrient-rich diet that considers your lifestyle, energy needs, and food preferences, to make it easier to stick with the plan. They'll base it on one of the following approaches:

Traditional — Reduces overall caloric intake while incorporating foods with fiber and fluid, so you feel satisfied. Weight is lost slowly (one-half to one pound per week).

Moderate protein — Limits carbohydrates. May slightly increase protein, but uses low-fat choices. Offers faster short-term weight loss than traditional plan, with similar long-term results.

Protein-sparing modified fast — Severely restricts carbohydrates and calories for rapid weight loss. Recommended only for life-threatening obesity, and requires a physician's supervision.

Diabetes: A Complicated Illness

IF YOU HAVE DIABETES, YOU PROBABLY KNOW that heart disease is a common complication and leading cause of death. But diabetes can cause or worsen a variety of other health problems.

Kidney disease

Although common among diabetics, up to 300,000 adults with type II diabetes may not know they have kidney problems, studies show. That's because type II diabetes doesn't always produce classic symptoms: protein in the urine and/or the eye condition diabetic retinopathy.

What you can do: Have your urine tested regularly. If you have type II diabetes, ask to have your glomerular filtration rate (GFR) — the rate at which your kidneys filter wastes in the blood — monitored.

Vision loss

Diabetes can lead to serious eye problems: diabetic retinopathy, glaucoma and cataracts. Diabetic retinopathy — affecting more than 5 million Americans — develops when high blood-sugar levels damage vessels in the retina. Left untreated or discovered too late, retinopathy can lead to blindness.

Treatment for diabetic eye conditions may involve laser or traditional surgery, glasses and/or medication.

What you can do: Get annual eye exams.

Foot problems

Diabetes can damage nerves in your legs and feet, reducing sensitivity to heat, cold and pain (diabetic neuropathy). It also affects blood flow to the extremities, delaying the healing of sores and cuts (peripheral vascular disease). Either condition can lead to serious complications, including amputation, from common foot problems like athlete's foot, corns, fungal infections, calluses and bunions.

What you can do: Wash feet daily, apply moisturizer and get professional nail care. Because most foot problems begin with an unnoticed injury to the skin, inspect feet daily for ingrown toenails, sores and blisters; get regular foot and footwear checks by a medical professional; and avoid going barefoot and wearing open-toed shoes.

You can prevent many diabetic complications by getting regular checkups and following your doctor's advice on diet, exercise and medication to control blood glucose and blood pressure.

For appointments with **Kenneth I. Goodman, M.D.**, and family medicine colleagues or internists at Beachwood, call **216/839-3000**.



Kid's Korner

Antibiotics Use Sparingly

Parents desperate to make a sick child comfortable needn't be alarmed if antibiotics are not prescribed. Federal health officials have asked physicians to prescribe antibiotics only when necessary, and are now asking parents to cooperate.

Overprescribing antibiotics like penicillin has triggered an alarming rise in antibiotic-resistant germs, the Centers for Disease Control report.

Antibiotics can only cure illnesses caused by bacteria (like Strep throat, bacterial pneumonia, and some ear and sinus infections). They are powerless against viral illnesses, including colds, the common flu, most cases of bronchitis, and pneumonias caused by RSV (respiratory syncytial virus). So if your child is miserable with the flu or bronchitis, ask about over-the-counter decongestants, pain relievers or cough suppressants to make them comfortable.

And when your child does need an antibiotic for a bacterial illness, remember to give it for the entire period prescribed, to knock out the infection completely.

For appointments with Beachwood pediatricians and family medicine specialists, call 216/839-3000.

Imaging in Your Neighborhood

THE CLEVELAND CLINIC — one of the leading academic radiology centers in the world — offers state-of-the-art technology and board-certified imaging specialists at Beachwood Family Health and Surgery Center. Total body CT (CAT scans); MRI; ultrasound; mammography; bone-density testing; echocardiography, stress echo, dobutamine stress echo and cardiac stress testing; upper and lower GI studies; and genital and urinary imaging are available, along with general pediatric and adult radiology. Call 216/839-3000.

Disruptive Behavior Not Necessarily ADHD

NOT EVERY KID WHO CAUSES A COMMOTION IN CLASS or at home has attention-deficit hyperactivity disorder (ADHD). Children with bonafide ADHD display significant inattention, impulsivity and/or hyperactivity in more than one setting. Symptoms must be present by age 7 and have no other cause.

Family stress is a common trigger of disruptive behavior. Inconsistent parenting, a chaotic home life, divorce and conflict can all be stressful for kids, who function better with a consistent routine. Excessive exposure to aggression on TV and in computer games can trigger unruly behaviors as well.

Anxiety — whether separation anxiety or a generalized anxiety disorder — may masquerade as ADHD. So can subtle learning disabilities; a bright child who can't easily process spoken instructions gets quickly frustrated at school.

To see Beachwood pediatrician Steven Wexberg, M.D., call 216/839-3000.



Board-certified pediatrician Steven Wexberg, M.D., has a special interest in ADHD and behavioral problems.

Ahhh... Aquatherapy for Arthritis

If you've got arthritis, you may find jogging, biking or working out in the gym too stressful on bones and joints. Aquatherapy, or warm water exercise, can help you stay fit safely, according to the Arthritis Foundation.

Warm, buoyant water encourages free movement by supporting joints and relieving pain and stiffness. Meanwhile, resistance from water helps strengthen muscles, increase flexibility, improve coordination and balance, and increase circulation.

Aquatherapy also benefits people with sports and work-related injuries and other orthopaedic conditions. People with multiple sclerosis, fibromyalgia and other conditions affecting movement can exercise without walkers, crutches, wheelchairs or braces. Aquatherapy also aids stroke rehabilitation, and recovery from surgery.

Cleveland Clinic physical therapists offer aquatherapy at the Mandel JCC pool, at 26001 S. Woodland Road in Beachwood. For aquatherapy, traditional physical therapy, or a special sports rehabilitation program offered by athletic trainers, call 216/378-6240.



Board-certified internal medicine specialist Steven E. Feinleib, M.D., sees arthritis patients along with his Beachwood colleagues. For appointments, call 216/839-3000.

Appointments

Cleveland Clinic Beachwood

26900 Cedar Road

Beachwood, OH 44122

216/839-3000 or 800/801-2273

Monday through Thursday: 8 a.m. to 8 p.m.

Friday: 8 a.m. to 5 p.m.

Saturday: 8 a.m. to noon

Cleveland Clinic and Hillcrest Hospital Rehabilitation and Sports Health

(Mandel Jewish Community Center)

26001 S. Woodland Road

Beachwood, OH 44122

216/378-6240

Monday through Thursday: 7:30 a.m. to 7 p.m.

Friday: 8:30 a.m. to 5 p.m.

Cleveland Clinic Cancer Care Center at Beachwood

To see our medical oncologists about cancer diagnosis or treatment, please call

216/839-2990

To speak with a nurse about cancer symptoms or concerns, Monday through Friday from 8:30 a.m. to 4:30 p.m., please call the Cleveland Clinic Cancer Answer Line:

216/444-7923 or 800/862-7798

Cleveland Clinic Beachwood Surgery Center

26900 Cedar Road

Beachwood, Ohio 44122

216/839-3500

The Cleveland Clinic Beachwood Surgery Center offers state-of-the-art outpatient surgical care in a convenient community setting. Our staff is committed to ensuring patients' comfort and satisfaction. Outpatient procedures are performed in seven sophisticated operating suites. After spending a limited time in the postoperative care area, patients are discharged to complete their recovery in the privacy and comfort of home.

CLEVELAND CLINIC Nurse on Call

*To speak with a nurse, 8 a.m. to 11 p.m.,
Monday through Friday, about your adult
and pediatric health concerns, call*

216/444-1234

800/801-2273

Other Family Health Centers

Brunswick 330/225-8886

Chagrin Falls 440/893-9393

Creston 330/435-5400

Elyria 440/366-8822

Independence 216/986-4000

Lakewood 216/521-4400

Lorain 440/204-7400

Solon 440/519-6800

Strongsville 440/878-2500

Westlake 440/899-5555

Willoughby Hills 440/943-2500

Wooster 330/287-4500

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Cleveland Clinic Beachwood Staff Profile

Rebecca C. Tung, M.D., board-certified in dermatology, specializes in skin cancer, dermatologic surgery, Mohs micrographic surgery, laser surgery, chemical peels, sclerotherapy and cosmetic surgery. A graduate of Northwestern University Medical School in Chicago, she completed her residency in dermatology at The

Cleveland Clinic, staying on for a fellowship in dermatologic surgery and cutaneous surgery. Dr. Tung will work with Ann Kookan, M.D., who just joined Beachwood's staff and specializes in general dermatology, including skin cancer, acne, eczema and nonsurgical cosmetic procedures.



For appointments, call 216/839-3000

Advanced Techniques Available through our Breast Center

A new mastectomy technique allows women with certain small breast tumors to choose mastectomy while preserving the nipple for a more natural-looking reconstruction. The technique was developed by Beachwood Breast Center surgeon Joseph Crowe, M.D., at The Cleveland Clinic. The alternative is lumpectomy, followed by radiation treatment. For consultations, call **216/839-3000**.

Send me the following free information:

Fact sheets:

- Partial Knee Replacement

Brochures/Pamphlets:

- Pain Management
- Brain Tumor Institute
- OB/GYN Services
- Gamma Knife Center

Newsletters:

- Cancer Perspectives*
- Family Matters* (colorectal cancer)
- Keeping Your World in Sight* (eye care)
- Images* (plastic surgery)
- Heart*
- Pain Management*
- Skin Smart*

Video:

- The Strength of the Human Spirit* (surviving cancer)

Send completed coupon to: The Cleveland Clinic Foundation
P.O. Box 943
Wooster, OH 44691

or call toll-free: 800/545-7718

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Go to www.clevelandclinic.org/fhc and click on "Family Checkup newsletter" to request this free information online.

Women's Health



Menstrual Suppression: Consider Long-Term Impact

The FDA recently approved a new birth control pill designed to reduce the frequency of a woman's periods from monthly to quarterly, but medical experts are divided on its long-term impact.

The "menstrual suppression" pill Seasonale contains the same combination of low-dose estrogen and progestin as other oral contraceptives, but involves 12 straight weeks of active pills followed by one week of inert pills.

Clinical trials found menstrual suppression to be as effective in preventing pregnancy as traditional oral contraceptives, with similar risks. The new method also holds promise for reducing the severity of symptoms and menstrual frequency for women with endometriosis, PMS, or painful, heavy or lengthy periods.

Yet scientific experts raise these concerns:

- The very slight potential risk of cervical cancer, as seen with traditional oral contraceptive use for five or more years
- The decrease in women's testosterone from oral contraceptive use that impairs libido, energy, muscle tone and brain function
- Unknown long-term effects on fertility and bone health

To consult Beachwood family physician **Laura Lipold, M.D.**, whose specialty interests include gynecology and women's health, call 216/839-3000. To consult OB/GYN specialist **Tara M. McElroy, M.D.**, call 216/839-3100.

For consultations with **James M. Goldfarb, M.D., M.B.A.**, a board-certified specialist in infertility and reproductive endocrinology, call 216/839-3150.

IVF: New Safeguards

A new technique offered through the Cleveland Clinic's In Vitro Fertilization (IVF) Laboratory may offer reassurance when couples face increased risks of miscarriage or birth defects.

A board-certified infertility specialist assesses and counsels the patient before proceeding with in vitro fertilization. Later, in the laboratory, a single cell can be removed for genetic analysis. This process is known as preimplantation genetic diagnosis, or PGD. Only embryos likely to have normal chromosomes are later transferred to the mother's uterus.

The technique is especially helpful for carriers of certain genetic diseases and women who have suffered recurrent miscarriages or are over 38.



More Drugs Aid Fight Against Breast Cancer

Thanks to advances in mammography, surgery, and medical and radiation therapies, most women today survive breast cancer, say Cleveland Clinic Breast Center specialists.

State-of-the-art imaging, diagnostic procedures, surgery and radiation therapy are offered through the center, along with the latest medical interventions. Medical oncologists now draw from several "families" of drugs for treatment and prevention.

The hormone therapy tamoxifen (Novaldex) prevents breast cancer in women at high risk, and recurrence of estrogen-sensitive breast tumors when taken for five years after surgery. Letrozole (Femara) — from another hormone therapy family — has been found to drastically cut breast cancer recurrence after tamoxifen therapy is complete. Letrozole, anastrozole (Arimidex) and exemestane (Aromasin), all from the same family, are used if tamoxifen is tolerated poorly or stops working.

The new chemotherapy agents paclitaxel (Taxol, Onxal) and docetaxel (Taxotere) belong to another family of drugs that works through slightly different pathways to fight breast cancer. And the monoclonal antibody drug trastuzumab (Herceptin) can target breast tumor cells that express a certain protein, making them more sensitive to chemotherapy.

To consult medical oncologists **Gary Schnur, M.D.**, **Vinit Makkar, M.D.**, or the surgical and imaging specialists at the Breast Center, call 216/839-3000.

**Women can make appointments at
Cleveland Clinic Beachwood OB/GYN
Specialties by calling 216/839-3100.**