



Cleveland Clinic

Akron General
Lodi Hospital

Healthy NEWS

in your community | Summer 2017



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Tips to keep you out of the emergency department this summer

William Angelos, MD
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Ah, the height of summer – barbecues, swimming pools, campfires and even fireworks. Unfortunately, this is also the height of activity in emergency departments. While the summer months produce more visits than the other seasons, there are important tips that can help to keep you and your family safe this summer, while still enjoying the season.

BEAT THE HEAT

You can prevent heat-related illness by drinking plenty of fluids, including water or sports drinks and staying inside an air conditioned space when temperatures and humidity soar. During a heat wave, it's important to check on family and friends, especially young children and the elderly since they are more susceptible to heat-related illness.

Mild heat-related illness, heat exhaustion, often mimics flu-like symptoms, including clammy or pale skin, nausea, headache, dizziness or weakness. Untreated, heat exhaustion can quickly progress to heat stroke, a life-threatening condition that requires immediate medical attention. Signs of heat stroke include changes in consciousness, a rapid, weak pulse, rapid, shallow breathing, and hot, pale, dry skin (no signs of sweating).

SWIMMINGLY SAFE

Practice the No. 1 rule of swimming safely – keep your eyes and ears alert for any signs of trouble.

- Never leave children unattended near a body of water, even if they know how to swim. If you have a pool at home, a fence and locked gate can prevent accidental drownings, especially for young children.
- Also, never jump or dive into an unfamiliar body of water. The depth can be deceiving and there could be dangerous rocks, undergrowth or plants that could cause injury or drowning.

DON'T GET BURNED

Who doesn't love a good cookout or campfire? As grilling and campfire season pick up, so too do the number of burns seen in emergency departments.

- Make sure your grill is well ventilated and located in a safe area away from the house and foot traffic. If you use propane, be sure to completely close the tank valve when you're finished and regularly check the line for any leaks.
- Keep distance from a campfire and set a boundary line to keep children safe. Never use gasoline, lighter fluid or other combustibles to start a campfire.
- Be sure to extinguish campfires completely by stirring water into the ash until it cools. Day-old campfire coals can remain extremely hot.

SPARK FIREWORKS SAFETY

Although a sight to see, fireworks pose a serious safety risk if not handled correctly.

- Don't strike the match until you know state and local policies on fireworks and have read all label directions and warnings carefully.
- Keep children in sight and out of harm's way. According to the National Council on Fireworks Safety, more than 50 percent of sparkler-related injuries occur in children age 14 and under.
- Light only one firework or sparkler at a time, and never relight a failed firework. Fireworks shouldn't be pointed or tossed at other people or used indoors.
- Keep a source of water nearby. Drench used fireworks in water before placing in the trash.

WHEN TO GO

There is no magic formula to help you decide when an injury or illness necessitates going to an emergency facility. When possible, call your family doctor first and explain your symptoms. Even if it's after hours, nearly all primary care physicians will have an on-call option.

Seek the services of an emergency facility if you experience – or someone





For your good health

Get healthy with Lodi Hospital! Join us for an upcoming event.

FAMILY AND FRIENDS CPR

Learn the lifesaving skills of adult Hands-Only CPR, child CPR with choking, as well as infant CPR and choking.

When: Thursday, Aug. 3
Time: 5 - 7 p.m.
Where: Lodi Hospital, Lower Level, Boardroom
Cost: Free
Call: 330.948.5544

SUGAR SCHOOL

Want to know what to eat to control your blood sugar and lose weight? Sugar School will teach you in just one night! Reservations required.

When: Thursday, Aug. 10
Time: 7 - 9 p.m.
Where: Lodi Hospital
Cost: \$20 per person, \$30 per couple
Call: 330.948.5546

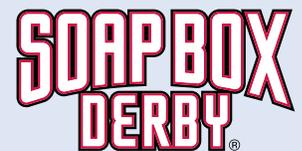
GOOD HEALTH IN STORE: SUPERMARKET TOURS FOR DIABETES

A registered dietitian will help individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. The supermarket tours provide a unique opportunity for hands-on experience reading food labels, determining portion sizes, deciding which foods are best, learning what to avoid and knowing when you can “bend the rules.” The tour is open to everyone.

When: Wednesday, Aug. 16
Time: 10:30 - 11:30 a.m.
Where: Miller’s Market, 711 Wooster St., Lodi
Cost: Free
Call: 330.948.5546

SOAP BOX DERBY SENIOR DAY

Seniors are invited to Derby Downs for Soap Box Derby Senior Day, presented by Cleveland Clinic Akron General.



Ticket includes a trip down Derby Downs in an adult Soap Box Derby car, as well as access to health screenings and information tables. Complimentary lunch will be served between 11 a.m. and 3 p.m.

When: THURSDAY, AUG. 31 **Time:** 10 A.M. - 4 P.M.
Where: SOAP BOX DERBY | 789 DERBY DOWNS DRIVE, AKRON
Cost: \$14

Tickets go on sale July 1 at Akron General Health & Wellness Centers, Akron area AAA branch offices and the Soap Box Derby Headquarters office.

FOR MORE INFORMATION, CALL 330.733.8723 EXT. 20.

you are with experiences – any of the following symptoms:

- Shortness of breath that does not get better with rest
- Bleeding that does not stop after 10 minutes of direct pressure
- Severe pain that comes out of the blue
- Vomiting blood or coughing up blood
- Severe or persistent vomiting or diarrhea
- Stroke-like symptoms, including facial drooping, loss of feeling or control, confusion, severe headache and loss of consciousness
- Unexplainable confusion or drowsiness
- Allergic reaction to a medication or insect bite or sting
- Heart attack symptoms that last longer than two minutes
- Serious injury to the head or a limb
- Broken bone
- Unusual abdominal pain
- Loss of consciousness
- Poisoning
- Suicidal or homicidal feelings
- Any symptoms that you feel may be caused by a serious health or life-threatening condition

KNOW THE QUICKEST ROUTE

Be prepared in case of an emergency by identifying the fastest route to the closest emergency facility ahead of time.

If you feel that the condition in question will worsen en route to the emergency facility or is life-threatening, call 9-1-1 immediately. Local emergency medical services can start treatment during transport if necessary. Remember, if your gut instinct tells you to call 9-1-1, do so and don’t hesitate.

** This information is meant for educational purposes only and should not be considered specific medical advice.*

Taking charge of women's health



Alycia Findlay, MD

Most women spend a lot of their time taking care of others – children, spouses, aging parents, even the family pet. Unfortunately, women sometimes spend so much time worrying about everyone else that they put their own needs on hold, including their health.

“In order to take care of others, it’s important to take care of yourself. An annual physical should be part of your preventive health maintenance. This visit provides an opportunity for providers to discuss your overall health and wellness,” says Alycia Findlay, MD, internal medicine physician at Lodi Community Care Center.

At the time of your visit, your provider will:

- Complete a comprehensive health history including personal and family medical history
- Review current symptoms, complaints and questions
- Obtain vital signs and calculate body mass index (BMI)
- Complete a physical examination
- Make recommendations for screenings and immunizations
- Provide health counseling regarding lifestyle choices

In addition, women should have a well-woman visit once per year. A well-woman examination is an exam offered to women to review elements of their reproductive health. Depending on your age and personal history, the exam usually includes a breast and pelvic examination.

“In addition, there are several important cancer screenings that women should talk to their healthcare provider about, including breast, cervical and colorectal cancer. These screenings have proven to be effective in the fight against cancer,” says Dr. Findlay.



These are baseline recommendations. Based on your personal risk factors and family history, your provider may recommend more frequent or earlier screenings.

- **Breast Cancer:** Women between the ages of 20 and 39 should have a clinical breast exam by a healthcare professional every one-to-three years. Women who are age 40 or over should have a yearly clinical breast exam by a healthcare professional, as well as a yearly mammogram.
- **Cervical Cancer:** Have a pelvic exam and Pap test beginning at age 21. Talk with your doctor about his or her recommendations for further testing and screening for the human papillomavirus, or HPV.
- **Colorectal Cancer:** Screenings should begin at age 50, or earlier if there is a personal or family history of colorectal polyps or a family history of colorectal cancer. Women should have a colonoscopy every 10 years.

Take time to take care of yourself. Routine checkups and screenings are critical for detecting problems early and living a long, healthy life.

To schedule an appointment, please call 330.948.5533.

Fresh Black Bean and Corn Salsa

A quick appetizer that combines good taste with good nutrition. Beans are rich in fiber, which maintains a healthy digestive tract while helping you feel full.



INGREDIENTS

2 (15oz) cans black beans, rinsed and drained
1 1/2 cups whole kernel corn
2 cups fresh tomatoes, diced
1 green pepper, diced
1/2 red onion, chopped
1/4 cup chopped fresh basil or cilantro

DRESSING INGREDIENTS

1 Tbsp red wine vinegar
Juice of 1 lime
2 Tbsp olive oil

1 tsp salt
1/2 tsp pepper

PREPARATION

1. Combine and mix all, except the dressing.
2. Combine dressing ingredients in a separate bowl, stir and pour over bean/corn mixture.
3. Squeeze lime over top, stir and repeat.
4. Serve with 6 whole grain pita chips per person.

Recipe developed by Digestive Health Team at Cleveland Clinic