



Cleveland Clinic

Akron General
Lodi Hospital

Healthy NEWS

in your community | Winter 2018



Inside:

- Where should you go for care?
- How's your eye health?
- Recipe: Herb & Apple Stuffing
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Where should I go for CARE?

Life can happen in a split second this holiday season. Is your arm broken or just sprained? Is this just a cold or the flu? Don't panic! Knowing the right place to go will have you feeling better fast.



BY BRITTNY QUEDEN, NP



Primary Care

Call your primary care provider (PCP) if you have any new health concerns. They know your health history best.

- Most offices offer same-day appointments.
- See your PCP for wellness visits, sports physicals or to monitor chronic health conditions.
- Keep any regular appointments that your PCP recommends!

To make a primary care appointment with Lodi Community Care Center, call 330.948.5533.



Express Care Online

See a provider live within minutes from the comfort of your own home (or work!) using your smartphone, tablet or laptop for:

- Allergies (seasonal)
- Asthma (adults only)
- Back strains and sprains (adults only)
- Bronchitis (adults only)
- Conjunctivitis (pink eye)
- Cold, cough and flu symptoms
- Minor burns or lacerations
- Painful urination (adults only)
- Rashes
- Sinus infections

- Upper respiratory illness
- Urinary tract infections (adults only)
- Acute vaginitis (adults only)
- Acute cystitis (adults only)

For patients ages 2+. This is a low-cost, out-of-pocket option (some insurance may cover it). For more information about this, visit clevelandclinic.org/ECO.



Express Care

When you should head to Express Care:

- Cold, cough and flu symptoms, viral infections
- Sinus infection
- Earache
- Sore throat
- Conjunctivitis (pink eye)
- Skin rashes (poison ivy, ringworm, shingles, scabies, impetigo)
- Minor aches and pains (without serious injury)
- Headaches
- Urinary tract infections (ages 4+)
- Sexually transmitted infections (ages 15+)
- Nausea, vomiting
- Diarrhea
- Minor injuries (sprains, strains, minor joint pain)
- Insect bites and stings (including tick bites)
- Minor burns
- Skin injuries not requiring stitches
- Sports physicals (ages 13+)

Express Care's not the right choice for wounds needing stitches or excessive bleeding. For patients ages 2+. This is a low-cost option (most insurances are accepted).

Cleveland Clinic Wadsworth Express Care Clinic

1 Park Center Dr.
Wadsworth, Ohio 44281
330.344.4620

Monday-Friday: 6 a.m. – 9 p.m.
Saturday: 8 a.m. – 4 p.m.
Sunday: 8 a.m. – 4 p.m.

Cleveland Clinic Wooster Family Health & Surgery Center

Express Care Clinic
1740 Cleveland Rd.
Wooster, Ohio 44691
330.287.4500

Monday – Friday: 6 a.m. – 9 p.m.
Saturday: 8 a.m. – 4 p.m.
Sunday: 8 a.m. – 4 p.m.



Emergency Department

However, if it's a medical emergency, always call 911 or go to the nearest emergency department. Lodi Hospital's Emergency Department is open 24/7 and located at Lodi Hospital, 225 Elyria St., Lodi, Ohio 44254.

5 of the Healthiest Winter Foods

The weather outside may be frightful, but you can keep your diet healthy and delightful. Boost your immune system and stay healthy by including these five superstar foods.

1. Berries

Fresh berry prices typically skyrocket in these winter months, so stock your freezer with frozen varieties. Berries are rich in antioxidants which help prevent damage to cells.

2. Dark Leafy Greens

Dark leafy greens, such as spinach, kale, chard and collards are abundant in the winter months. These greens are rich in vitamins A, C and K which help boost the immune system.

3. Citrus

Citrus fruits such as grapefruit, oranges, lemons and limes are an excellent source of immune-boosting vitamin C. They also contain flavonoids, plant compounds that may promote heart health.

4. Potatoes

Potatoes sometimes get a bad rap for being a white starch, thrown into the same category as white rice or white bread. But potatoes are loaded with nutrients and immune boosting vitamins such as vitamin C and B6. Potatoes are also rich in potassium, a nutrient that many Americans do not get enough of, especially during the winter.

5. Winter Squash

Winter squash comes in many varieties such as butternut, acorn, delicata and spaghetti squash. One cup of cooked winter squash contains 214 percent of the recommended daily value for vitamin A and 33 percent of vitamin C. Try some butternut squash soup or spaghetti squash in place of pasta this winter.



How's your eye health?

The eyes play an important role in mobility, function and enjoyment of life. For this reason, it is important to maintain good ocular health, which is at least 20/20 or better with or without correction, and the eyes are disease-free.

The best step you can take is to visit your doctor for regular check-ups and for any eye problems. You should visit your optometrist or ophthalmologist for an eye exam once every year. And, see your ophthalmologist if you experience eye infections or symptoms of disease such as loss of or blurred vision, light flashes, eye pain, redness, itching, swelling and irritation around the eye or eyelid.

Need an appointment? Patients in Lodi now have access to the state-of-the-art equipment and specialized care of Cleveland Clinic's Cole Eye Institute, ranked as one of "America's Best" ophthalmology programs and No. 1 in Ohio by *U.S. News & World Report*.

Mohinder Gupta, MD, and Ryan Meffley, OD, are supporting the eye clinic at Lodi Hospital.

Dr. Gupta specializes in general ophthalmology, cataract surgery, glaucoma surgery and LASIK. He also performs eye surgeries at Lodi Hospital.

Dr. Meffley offers routine eye exams, as well as refraction for glasses and contact lenses.

TO SCHEDULE AN APPOINTMENT, CALL 330.948.3642.



Mohinder Gupta, MD



Ryan Meffley, OD



For your good health

LODI HOSPITAL OFFERS PROGRAMS AND EVENTS THAT ARE FUN AND EDUCATIONAL TO HELP YOU STAY HEALTHY.

FAMILY AND FRIENDS CPR

Learn the lifesaving skills of adult, child and infant CPR, as well as choking rescue. This is not a certification course. Please RSVP. Class size limited.

When: Thursday, March 7

Time: 5-7 p.m.

Where: Lodi Hospital, Boardroom

Cost: Free

Call: 330.948.5544

SAFE SITTER

Teaches babysitters safety, childcare, life and business skills. First aid and rescue skills focus on prevention, injury management and choking rescue. Designed for students that have completed grade 5 through grade 8. A graduation ceremony will be held at the end of the day for students and their families. Please bring your lunch. Class size is limited.

When: Saturday, April 6

Time: 8:45 a.m.-2:45 p.m.

Where: Lodi Hospital, Conference Room

Cost: \$45 (includes manual, supply bag, completion card and other goodies)

Call: 330.948.5544 (register by March 22)

HEALTH SCREENINGS IN LODI AREA

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Hospital, Main Lobby

Cost: \$15 (complete lipid profile)

Call: 330.948.5544

Flavorful Herb and Apple Stuffing

This stuffing is a fabulous addition to any holiday meal — whether you bake it separately or use it to stuff the bird. The apple, onion, celery and sage will flavor your turkey beautifully.



INGREDIENTS:

½ large yellow onion, chopped

2 red apples (not delicious), chopped into bite-sized squares and tossed with 1 to 2 tablespoons lemon juice to prevent browning

¾ cup chopped celery

½ cup chopped fresh sage (or 2 ½ tablespoons dried sage)

1 teaspoon poultry seasoning

½ to 1 teaspoon ground black pepper

2 teaspoons regular bouillon granules

2 tablespoons very low sodium bouillon granules

½ pound whole grain bread, such as 12-grain bread, cut into chunks (it's best to cut bread into chunks and allow to stand uncovered overnight to dry out slightly)

1½ cups hot water

DIRECTIONS:

1. Combine onions, apples, breadcrumbs, celery, fresh sage, bread, poultry seasoning and black pepper in a large mixing bowl.
2. Mix together regular and low-sodium bouillon granules with hot water until well dissolved; pour over dressing mixture. Mix well until bread is evenly wet.
3. Bake separately in a dish, uncovered, at 350 degrees for 1 hour.

Note: Plan to stuff the bird? Wash interior of turkey, then dry with paper towel. Stuff just before baking, and bake immediately. Follow baking directions for stuffed turkey, which requires extra time.

NUTRITION INFORMATION | Makes 8 servings

Calories 107 (13% calories from fat) | Fat 1.6g | Protein 3g | Saturated fat less than 0.5g
Carbohydrates 22g | Fiber 3g

Recipe developed by Kristine Napier, MPH, RD, LD. Reprinted with permission from Nutrio.com.



Roberto Lebron, MD

Welcome, Dr. Lebron

Roberto Lebron, MD, a family medicine physician, recently joined Cleveland Clinic Akron General. Dr. Lebron, who is bi-lingual and speaks fluent Spanish, specializes in helping patients of all ages stay well through preventive medicine, including annual wellness visits and immunizations. Additionally, he assists patients in managing their chronic conditions, including diabetes, high cholesterol and hypertension.

Dr. Lebron sees patients at his office, which is located at Lodi Hospital, 225 Elyria St., Suite 201 in Lodi. To schedule an appointment, please call 330.948.5734. Same-day or next-day appointments are available for urgent visits.