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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.

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’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.

For more information on where you should go when, visit clevelandclinic.org/wheretogo.
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 than 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.
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
- ¼ 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
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Calories 107 (13% calories from fat) | Fat 1.6g | Protein 3g | Saturated fat less than 0.5g
Carbohydrates 22g | Fiber 3g


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.