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Can cold or flu trigger asthma?

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Minority Men's Health Fair

Cleveland Clinic Akron General is pleased to present our second annual Minority Men's Health Fair to meet the needs of minority men, especially African-American and Hispanic males, in the greater Akron community. These minorities in particular have a higher risk for diabetes, high blood pressure, heart disease and prostate cancer. Attendees will learn more about these topics, as well as smoking cessation, nutrition, exercise and wellness. Free screenings will include blood pressure, cholesterol, blood glucose and more. Men will also have an opportunity to meet with a urologist for a one-on-one prostate education session, then have a free PSA screening – as part of our MENTION It™ campaign, to encourage men to be more proactive about their health. Open to all members of the public. Anyone, regardless of gender, race, ethnicity or any other status, is welcome to register and attend. Register online starting in January at clevelandclinic.org/mmhf.

When: April 11
Time: 5-8:30 p.m.
Where: Akron General, Ambulatory Care Center
Cost: Free
Call us: 330.344.6985

Healthy Strides: Come Walk Indoors with Us

It may be cold outside, but our Healthy Strides program will warm you up with a casual one-mile walk held indoors at our three Cleveland Clinic Akron General Health & Wellness Centers, preceded by a brief informative talk by Akron General physicians and caregivers. Topics change each session based on the leader's specialty. No registration required. Meet at front entrance lobby area.

When: Jan. 11, Feb. 8, March 8
Where: Health & Wellness Center, Bath

When: Jan. 18, Feb. 15, March 15
Where: Health & Wellness Center, Green

When: Jan. 25, Feb. 22, March 22
Where: Health & Wellness Center, Stow

Time: Noon
Cost: Free

22nd Annual Red & White on Thursday Night to Benefit the Arthritis Foundation

One of Northeast Ohio's top food and wine-themed events, it features local and international wines, craft beers and food tastings from the area's best chefs. Now home of *Akron Life* magazine's 330 Flavor Awards, the evening will celebrate the top food and beverage talent of the 330 area. Other highlights include an exclusive VIP lounge featuring specialty cocktails, silent and live auctions, exciting raffles and much more. The event is presented by Akron General.

When: Jan. 24
Time: 5:30-9 p.m.
Where: Quaker Station at The University of Akron,
135 S. Broadway St., Akron
Cost: General Admission \$85 or \$95 at the door;
VIP Tickets \$125 or \$135 at the door

For more information and to purchase tickets, visit
arthritis.org/redandwhite.

Family and Friends CPR

Teaches the lifesaving skills of adult, child and infant CPR, as well as choking rescue. This is not a certification course. RSVP required.

When: March 7
Time: 5-7 p.m.
Where: Lodi Hospital, Boardroom
Cost: Free
Call us: 330.948.5544



NUTRITION AND WEIGHT-LOSS

NuFit: Nutrition and Fitness Education for a New You!

Bring a friend and join us for this FREE program that provides the latest information on nutrition and fitness: new recipes, facts and myths, and tips from our experts. Reservations are encouraged.

When: Jan. 3 (Medina), 8 (Bath), 15 (Stow), 17 (Wadsworth),
22 (Green)

Nutrition: Ketogenic Diet

Fitness: Interval Training

When: Feb. 5 (Stow), 7 (Medina), 12 (Bath), 21 (Wadsworth),
26 (Green)

Nutrition: Healthy Heart Diet

Fitness: Cardio Exercises for a Healthy Heart

When: March 5 (Stow), 7 (Medina), 12 (Bath), 21 (Wadsworth),
26 (Green)

Nutrition: Plate Makeover

Fitness: Benefits of Yoga

When: April 2 (Stow), 4 (Medina), 9 (Bath), 18 (Wadsworth),
23 (Green)

Nutrition: Irritable Bowel Syndrome (IBS) Nutrition

Fitness: Best At-Home Workouts

Time: 6-7 p.m.

Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Health & Wellness Center, Stow
Medina Hospital, Conference Center
Wadsworth Public Library, 132 Broad St., Wadsworth

Cost: Free

Call us: 330.665.8100 (Bath)
330.896.5000 (Green)
330.945.3100 (Stow)
330.721.5992 (Medina)
330.334.5761 (Wadsworth)

Sugar School

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

When: Feb. 7

Time: 7-9 p.m.

Where: Lodi Hospital

Cost: \$20 per person, \$30 per couple

Call us: 330.948.5546

Meal Planning Made Easy

Biometrics is a meal planning program designed by registered dietitians and consulting chefs to help you achieve your wellness goals. This web-based program creates a personalized meal plan based on an appropriate calorie level for you, including a detailed daily meal plan with three meals and three snacks per day, grocery shopping lists and healthy recipes.

Call us: 330.665.8022

Bariatric Weight Loss Surgery Information Sessions

Led by a bariatric surgeon, these sessions give an overview of the different types of weight loss surgeries offered and the support provided by Akron General's accredited Bariatric Center. The risks, benefits and possible outcomes of surgery are also discussed. Monthly support groups are also offered for post-operative patients, but pre-operative patients are welcome to attend. Please call or go online for details.

When: Jan. 10, Feb. 7, March 14, April 11

Time: 6-7 p.m.

Where: Akron General, Boardroom

Cost: Free

Call us: 330.344.1950

Online: akrongeneral.org/bariatric

LiteStyle Weight Management Program – 10 Weeks to a Healthier Body

A life-changing weight management program led by a registered dietitian and certified personal trainer who will show you everything from working out to dining out. This program includes weekly nutrition workshops, meal planning assistance, and small group personal training sessions. Transform your body and learn the skills you need for long lasting change.

Call us: 330.665.8022

Nutrition Services

Struggling with weight loss? Trying to lower your cholesterol or blood pressure? Looking for increased energy and stamina? Our registered dietitians offer nutrition consultations to help you reach your goals for a happier, healthier you.

Call us: 330.665.8022

FITNESS

Healthy Green: Eight-Week Health Challenge

Join us for this free eight-week health challenge with health screenings and weekly health education. First time participants receive access to Akron General LifeStyles in Green. Winners will be determined by participation and weight loss with weekly raffles and prizes. Registration is required. Seating is limited.

When: Wednesdays, April 3-May 22

Time: 6-7 p.m.

Where: Health & Wellness Center, Green

Cost: Free

Call us: 330.721.5992

Healthy Medina: Medina County Meltdown

Join us for this eight-week health challenge, followed by a four-week bridge program focusing on weight loss, with health screenings, weekly health education and access to the Medina Community Recreation Center. Winners will be determined by participation and weight loss with weekly raffles and prizes. Registration is required. Seating is limited.

When: Tuesdays, Jan. 8-Feb. 26

Time: 6 p.m.

Where: Medina Community Recreation Center,
855 Weymouth Road, Medina

Cost: MCRC members \$20, non-members \$35

Call us: 330.721.5992

Delay the Disease – Parkinson's Exercise Class

A life-changing fitness and mobility program designed for people with Parkinson's disease. Led by certified Ohio Health Delay the Disease instructors, the program improves the physical, mental and emotional realities of patients with Parkinson's. Please call for more information or to register.

When: Wednesdays

Time: 2-3 p.m.

Where: Heath & Wellness Center, Bath

Time: 3-4 p.m.

Where: Heath & Wellness Center, Stow

Cost: \$25/year

Call us: 330.869.6014 (Bath)

330.945.3150 (Stow)

Get moving.

Akron General LifeStyles offers a variety of aquatics programs, swimming lessons, lifeguard training and review courses and the latest group exercise classes at all of our Health & Wellness Centers. For more information, stop by their front desk or visit akrongeneral.org/lifestyles.

CHALLENGE GOLF

Frosty Fairway Open

Nine holes of frosty fun on special par-3 course. Registration includes hot dogs, chili, cocoa and other refreshments and prizes. Call to register, be a sponsor of the event or for more information. Proceeds benefit the Challenge Golf program.

When: Feb. 2
Time: 10 a.m.-2 p.m.
Where: Challenge Golf Course
Cost: \$25 includes refreshments
Call us: 330.784.5400

Challenge Golf Course & Driving Range Spring Volunteer Meeting

Anyone interested in volunteering at the Challenge Golf Course is asked to attend the volunteer meeting. Volunteer opportunities include staffing the front desk, operating the range cart and assisting with Challenge Golf classes.

When: March 16
Time: 9 a.m.
Where: Challenge Golf Course
Call us: 330.784.5400

Challenge Golf League Meeting

For people with abilities of all kinds, this league is designed to increase skill level and improve physical functioning, while enjoying the social aspects of golf. Followed by a free golf clinic at 11 a.m. Please call for more information, or plan to attend this introductory meeting.

When: April 12
Time: 10 a.m.
Where: Challenge Golf Course
Call us: 330.784.5400

Challenge Golf Classes

Ideal for individuals who have experienced a stroke, amputation, head trauma, spinal cord injury, orthopedic condition or other illness or injury who would like to resume playing golf or learn for the first time.

When: Fridays, April 26-May 24
Time: 1-2:30 p.m.
Where: Challenge Golf Course
Cost: \$80 for each five-week session; scholarships available
Call us: 330.784.5400

Give back.

Support the vital patient care programs of Akron General – like the Challenge Golf program, now celebrating 30 years – through a donation to the Akron General Foundation. Make a donation by phone at **330.344.6888** or online at **akrongeneral.org/giving**.

Cardiopulmonary Rehabilitation

Monitored exercise and education program for people with cardiac or pulmonary disease. Designed to help participants learn self-management of their overall health with emphasis on prevention, risk factors and exercise. Call for details.

Phase II Monitored Programs

Monitored exercise, strength and education program. Generally covered by insurance. Offered three days per week at Health & Wellness Center, Bath, Akron General and Medina Hospital.

Phase III Maintenance Programs

One-hour sessions of this supervised six-month, self-pay program. Monthly enrollment. Available at our Health & Wellness Centers, Lodi Hospital and Medina Hospital.

Call us: 330.665.8088 (Bath/Green/Stow)
330.344.7640 (Akron General)
330.948.5502 (Lodi)
330.721.5315 (Medina)

Sports Performance Training

90-minute sessions focus on flexibility, agility, speed, power, strength and endurance to make your high school or middle school student a better athlete. Free trial session is provided to any athlete interested in joining. Flexible after-school and weekend training times. Call for more details.

Where: Health & Wellness Centers in Green and Stow
Call us: 330.896.9829 (Green) or 330.945.3150 (Stow)
Online: akrongeneral.org/sportsperformance

Golf Clinic for Military Veterans

Led by PGA Professional Ron Tristano, this clinic for military veterans is ideal for able-bodied beginners or players relearning the game after injury or illness. Equipment will be provided. Please call to register.

When: May 11
Time: 12:30-2 p.m.
Where: Challenge Golf Course
Cost: Free
Call us: 330.784.5400

YOUTH PROGRAMS

LifeStyles Youth Day

Out of school for the day? Hop on over to LifeStyles for a fun-filled day of games, group exercise, swimming, rock wall climbing and more. Bring a lunch, a friend and have the best day off of school! Ages 5 to 14 welcome. Before and after care is available for an additional fee. Please stop by the front desk to register.

When: Jan. 21, Feb. 18 (Bath, Green)
Jan. 21, Feb. 15 & 18, April 19, April 22 (Stow)
Time: 9 a.m.-4 p.m.
Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Health & Wellness Center, Stow
Cost: LifeStyles members \$30, Guests \$35
Call us: 330.665.8139 (Bath)
330.896.5007 (Green)
330.945.3141 (Stow)

Spring Break Camp

We have the camp that will keep your children busy during Spring Break. Campers will enjoy gym games, swimming, rock wall climbing and much more! Ages 5 to 14 welcome. Bring a lunch. Before and after care is available for an additional fee. Please stop by the front desk to register.

When: March 25-April 5 (Bath)
March 25-29 (Green, Stow)
Time: 9 a.m.-4 p.m.
Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Health & Wellness Center, Stow
Cost: LifeStyles members \$150 for first child,
\$140 for additional child, \$100 for three-day option
Call us: 330.665.8139 (Bath)
330.896.5007 (Green)
330.945.3141 (Stow)



Can cold or flu trigger asthma?

People with asthma are no more likely to catch the flu, or influenza, than people without asthma. But when people with asthma get the flu, it can literally take their breath away. Any infection – a cold, virus, the flu, or sinus infections – can trigger an asthma episode. The following tips can help you stay well and hopefully avoid asthma symptoms:

- Get a flu shot every year.
- Ask your doctor or healthcare provider if you should get a pneumonia shot.
- Wash your hands often with warm soap and running water. It is important to lather well and wash for 15 seconds. Rinse well under running water and dry with a paper towel. Use the paper towel to turn off the faucet handle.
- If soap and water is not available, use an alcohol-based hand sanitizer and rub it on all areas of your hands until dry.
- Sneeze or cough into your sleeve, not into your hands. This will prevent germs from spreading. Make sure to wash your hands after using a tissue to clear your nose.

Follow your asthma action plan when you have symptoms. If you need a pulmonologist, call 330.344.6676 for an appointment or visit clevelandclinic.org/respiratory for more information.



MOVE FOR LIFE:

FIGHT HEART DISEASE WITH EXERCISE.



By Zenab Laiq, MD, cardiologist, Akron General

Exercise: every little bit helps

Individuals who are not regularly physically active are at risk for many diseases, including heart disease – the leading cause of death in the United States.

Regular aerobic exercise (five to seven days per week for 30-60 minutes) has been shown to reduce the risk of many illnesses and diseases. The American

Heart Association and American College of Sports Medicine recommend moderate physical activity on most, if not all, days of the week. Every little bit of activity helps.

What is aerobic exercise?

Regular aerobic exercise involves activities that use large muscle groups (arms or legs) such as walking, biking, swimming or dancing. If finding time to exercise is a problem, shorter bouts of exercise can be done throughout the day. Three 10-minute sessions or two 15-minute sessions have fitness benefits similar to one continuous bout of 30 minutes of exercise. If you are just beginning an exercise program, start at a light intensity and gradually increase your exercise time before increasing the intensity. Always warm up and cool down before and after exercise.

What are some benefits of exercise?

- A stronger, more efficient heart muscle and improved lung function
- Strengthens bones, muscles, joints and decreases risk of osteoporosis
- Helps control high blood pressure*
- Helps prevent and control diabetes*
- Improves HDL (good) cholesterol and decreases LDL (bad) cholesterol*
- Improves performance with work-related, recreational and sport activities
- Improves self-esteem, self-image, self-confidence and overall quality of life

**High blood pressure, high cholesterol and having diabetes are all risk factors for developing heart disease – as is physical inactivity, being overweight or obese, smoking and using alcohol excessively.*

How do I increase my activity level?

- Take the stairs instead of the elevator and track your steps on a pedometer.
- Park farther from entrances whenever safe and walk whenever possible.
- Plan exercise as part of your daily routine – schedule it like an appointment.
- Find activities and exercises you enjoy – make exercise fun.
- If you have not exercised in a long time, check with your doctor before beginning a vigorous exercise program.

Talk to your doctor about your risk factors for heart disease. To make an appointment with a cardiologist, call Akron General Cardiology at 330.344.7400 or visit akrongeneral.org/heart for more information.

Weight affects our overall health – from our heart to sleeping habits.



**By Christopher Daigle, MD, and Marita Bauman, MD, bariatric surgeons,
Akron General**



Obesity is more than a weight issue – it's a health issue that can cause serious medical problems. Unfortunately, nearly two-thirds of Americans are overweight or obese. According to the Journal of the American Medical Association, about 35 percent of men and 37 percent of women are obese. Another 40 percent of men and 30 percent of women are overweight.

Being overweight or obese affects more than meets the eye. In fact, there are a number of chronic health conditions that are closely linked to being overweight or obese – everything from diabetes and sleep apnea to serious, life-threatening conditions, including certain cancers, heart disease and an increased risk of stroke.

In addition, your weight can also affect your joints and mobility, making it more difficult or even painful to complete everyday tasks, let alone physically demanding activities. Often, this can lead to an even more sedentary lifestyle, which only increases the likelihood of keeping the weight on or gaining additional weight.

Certain doctors specialize in treating patients who are obese or overweight. Bariatric surgeons are trained to perform surgical procedures that help aid in weight loss.

Some patients are able to successfully lose weight by changing their eating habits, increasing their activity level or taking certain medications, but unfortunately, this is a minority of patients. If lifestyle changes and medical management don't work, your doctor may recommend bariatric surgery.

Doctors most often recommend bariatric surgery to people with a BMI of 40 or greater. Your doctor might also suggest bariatric surgery if your BMI is between 35 and 40 and you have a medical problem that may get better with weight loss, such as diabetes or sleep apnea.

Bariatric surgery typically helps patients lose about two-thirds of their excess weight. In addition, many patients will see an improvement in their cholesterol and blood pressure. Patients with diabetes and sleep apnea can also see those conditions improve or even resolve.

*For more information or to schedule an appointment at
Akron General's Bariatric Center, call 330.344.1950 or visit
akrongeneral.org/bariatric.*



Parents' Night Out

Enjoy a night out while LifeStyles entertains your children. Participants will enjoy swimming in the recreation pool, climbing on our rock wall, gym games and much more. Pizza will be provided during our theater-style projection movie viewing. With all these activities, we promise to send your children home tired!

When: Jan. 12, Feb. 16 (overnight option), March 9, April 13
Where: Health & Wellness Center, Bath

When: Jan. 19, Feb. 16, March 16, April 13
Where: Health & Wellness Center, Green

When: Jan. 12, Feb. 16 (overnight option), March 16, April 13
Where: Health & Wellness Center, Stow

Time: 6-11 p.m.
Cost: LifeStyles members \$15, guests \$20
Call us: 330.665.8139 (Bath)
330.896.5007 (Green)
330.945.3141 (Stow)

Red Cross Babysitting Course

Provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly care for children and infants.

When: Jan. 21, Feb. 18, April 19 (Bath only)
Time: 9:30 a.m.-4:30 p.m.
Where: Health & Wellness Center, Bath
Health & Wellness Center, Green
Cost: LifeStyles members \$55, guests \$75
Call us: 330.665.8131 (Bath)
330.896.5007 (Green)

Safe Sitter

Teaches babysitters in grades 6-8 safety, childcare, life and business skills. First aid and rescue skills focus on prevention, injury management and choking rescue. 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: 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 us: 330.948.5544 to register by March 22

COMMUNITY BENEFITS

Grief Support Groups

Cleveland Clinic Hospice offers free bereavement support groups (listed below) and individual support to assist grieving persons through the grief process. All programs meet at the Justin T. Rogers Hospice Care Center. For more information, please call **330.668.4657**.

- After the Holidays, Now What?
- Growing Through Grief Series
- Kids' Loving Memories
- Healing Journey Support Group
- Just for Men Grief Support Group

Quit Smoking

Akron General is pleased to offer community residents a FREE smoking cessation class using the American Lung Association's Freedom from Smoking program. Taught by Tobacco Treatment Specialists.

When: Tuesdays, Jan. 8-Feb. 12; Feb. 26-April 2; April 16-May 21
Time: 1:30-3 p.m.
Where: Akron General, Heart and Vascular Center,
Cardiac Rehab Classroom, Room 1544

When: Tuesdays, Jan. 29-March 5, additional class on Feb. 21
Time: 5:30-7 p.m.
Where: Lodi Hospital, Lower Level, Boardroom
Cost: Free
Call us: 330.344.7640 (Akron)
330.948.5532 (Lodi)

Alcohol and Drug Recovery Center

The Akron General Alcohol and Drug Recovery Center (ADRC) serves as an outpatient department for patients suffering from drug or alcohol addiction. Assessment, Intensive Outpatient (IOP), Aftercare and Medication-Assisted Treatment (Vivitrol and Suboxone) in conjunction with counseling services are available. No referral necessary. Call to schedule an assessment or with questions.

Where: Akron General Medical Office Building, Fairlawn
3600 W. Market St., Suite 102
Call us: 330.436.0950

Look Good...Feel Better

Akron General's Cancer Institute offers this American Cancer Society's program to help women offset appearance changes due to cancer treatment. Two-hour, hands-on workshops led by a trained cosmetologist cover skin care, makeup application, nail care and style tips. Participants receive personal attention and a complimentary cosmetic kit (for cancer patients only). Free parking. Please call to register and pick a location, date and time convenient for you.

Cost: Free
Call us: 800.227.2345



Urinary incontinence: it's time to talk about it.



By Tonya Thomas, MD, urogynecologist, Akron General

It could happen at any time. A sneeze. A cough. A good, hearty laugh. And then, a leak. Urinary incontinence is a very common issue, affecting 25 to 45 percent of American women. It can be slightly bothersome or totally debilitating. For some women, the risk of public embarrassment keeps them from enjoying activities with their family and friends.

Women experience urinary incontinence twice as often as men because of pregnancy, childbirth, menopause or structure of the female urinary tract. Other factors that can influence the strength of the pelvic floor include genetic factors, diet, weight, bowel function, surgical procedures and medical conditions.

Older women experience urinary incontinence more often than younger women, but incontinence is not inevitable with age. Obesity, which is associated with increased abdominal pressure, can worsen incontinence. Fortunately, weight loss can reduce its severity.

Two of the most common types of urinary incontinence are urge incontinence and stress incontinence.

Urge incontinence, or overactive bladder, is a condition in which the urge to urinate is sudden and extreme, and urine is often expelled before a bathroom is reached. This occurs even when there is a minimal amount of urine in the bladder.

Stress incontinence occurs when an activity, such as a cough or sneeze, increases abdominal pressure on the bladder. Typically, a small amount of urine leaks from the urethra. Women who have given birth are more likely to have stress incontinence.

Getting help means taking the first step. See your doctor. An evaluation begins with a comprehensive history and physical examination, including a pelvic examination. Some patients may require additional diagnostic tests. With treatment, incontinence can be greatly improved, and in turn, so can quality of life.

Dr. Thomas is board certified in obstetrics and gynecology with fellowship training in female pelvic medicine and reconstructive surgery. Call Akron General Urogynecology at 330.344.1382 to schedule an appointment.

Keep Medicines Out of Reach

To reduce the chances of medications getting into the wrong hands, the Outpatient Pharmacy at Akron General is distributing drug deactivation pouches along with dispensed opioid prescriptions. These pouches make it easy and convenient for individuals to destroy unused prescription medicine in their own homes. Akron General is participating in the Summit County Community Partnership's Detera Project, which is working to distribute 40,000 pouches throughout the community. If each pouch is used to capacity, there will be 1.3 million fewer pills available to fall into the wrong hands. Pouches are also available at Acme Fresh Market pharmacies.

Call us: 330.208.5499

Dispose of Unused Medications Properly (DUMP)

You can also safely dispose of unused pills, capsules or liquids by taking them to one of the DUMP box locations in the county. Summit County Public Health has established this disposal program for residents. These free-standing boxes are at most local police stations and are clearly marked. Visit scphoh.org for specific locations and more information. Please follow these guidelines when disposing of prescription and over-the-counter medications.

- Never flush unused medications down the toilet or throw them in the trash.
- Keep medicines in their original container.
- Black out your name and address.
- Secure the container.
- Deposit medicine in the disposal box at participating sites.

Call us: 330.926.5600

SCREENINGS

Glucose and Cholesterol Screenings

Akron General Community Access & Wellness Services provides low-cost glucose and cholesterol screenings throughout the community on a regular basis. Schedules with complete dates, times and locations are available online, at the front desks of the Health & Wellness Centers or by calling. No appointment needed.

When: Jan. 8 & 26; Feb. 12 & 23; March 12 & 23; April 9 & 27
Where: Health & Wellness Center, Bath

When: Jan. 12 & 22; Feb. 9 & 26; March 9 & 26; April 13 & 23
Where: Health & Wellness Center, Green

When: Jan. 19; Feb. 5 & 16; March 5 & 16; April 2 & 20
Where: Health & Wellness Center, Stow

Time: 8:30-11 a.m.

Cost: \$12 to \$58 depending upon the combination of tests

Call us: 330.665.8175

Online: akrongeneral.org/screenings

Free Mammograms

Akron General's Cancer Institute offers one free screening mammogram annually for women who are uninsured – funded by generous donations to the Akron General Foundation. There is no age limit, but you must have a primary care physician who will provide the written order and receive the results.

Call us: 330.344.BRST (2778)

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 tests.

When: First Tuesday of the month

Time: 8-11 a.m.

Where: Lodi Hospital, Main Entrance Lobby

Cost: Complete lipid profile \$15

Call us: 330.948.5544

Online: lodihospital.org for current schedule

MATERNITY

Before Baby Fair

Tour the New Life Center, visit various information booths, enter a raffle for gifts and enjoy refreshments and free parking at this FREE maternity health fair. The mom-to-be can also enjoy a free chair massage! Informational seminars will be held in the surgical waiting area about safe sleep, breastfeeding, and more.

When: May 5

Time: 1-3 p.m.

Where: Akron General Main Lobby

Cost: Free

LAVENDER is for more than your favorite soap.

Lavender is a sensational herb for your mind and body. Its fragrance soothes headaches, improves sleep and can decrease cortisol levels. An herb best suited for bakers, pair lavender with lemon or honey in bran muffins or whole-wheat bread. Also try as an herbal tea or muddled in drinks.

LOCATION KEY

Akron General

1 Akron General Ave., Akron 44307

Alcohol and Drug Recovery Center

3600 W. Market St., Suite 102, Akron 44333

Challenge Golf Course

1596 Flickinger Road, Akron 44312

Health & Wellness Center, Bath

4125 Medina Road, Akron 44333

Health & Wellness Center, Green

1940 Town Park Blvd., Uniontown 44685

Health & Wellness Center, Stow

4300 Allen Road, Stow 44224

Justin T. Rogers Hospice Care Center

3358 Ridgewood Road, Copley 44333

Lodi Hospital

225 Elyria St., Lodi 44254

Medina Hospital

1000 E. Washington St., Medina 44256

Slow Cooker Chicken Tortilla Soup

Yield: 6 servings

- 4 boneless, skinless chicken breasts (about 1 lb. total)
- 2 15-oz cans diced salt-free tomatoes with basil, garlic and oregano, undrained
- 1 can chopped mild green chilies, drained
- 1 15-oz can no-salt added black beans, drained
- 1-½ cups frozen corn
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 2 cups sodium-free chicken broth
- Salt and pepper to taste
- 4 corn tortillas, sliced into ¼ inch strips
- 2 tablespoons chopped fresh cilantro
- ½ cup shredded low-fat Monterey Jack cheese (about 1 tablespoon per serving)
- Lime wedges



Place chicken in slow cooker. Combine tomatoes, chilies, black beans, corn, onion, garlic, cumin and chicken broth in a bowl. Pour mixture over chicken. Cover and cook on high for 3 hours until chicken is tender.

Remove chicken from slow cooker and shred with 2 forks. Return to slow cooker. Adjust seasonings, adding more broth if necessary.

Just before serving, add tortillas and cilantro to slow cooker. Stir to blend.

Serve in soup bowls, topping each serving with cheese and a squeeze of lime juice

Nutritional facts per 1.5 cup serving: 336 calories; 6g fat; 2g saturated fat; 34g protein; 35g carbohydrates; 6g fiber; 5g sugar; 55mg cholesterol; 238mg sodium; 256mg potassium

Maternity and Childbirth Preparation Classes

Visit akrongeneral.org/maternityevents to explore our comprehensive childbirth class offerings (listed below). To register for a tour, or download a labor and delivery packet, visit akrongeneral.org/welcomebaby. Call us at **330.344.BABY (2229)** with your questions.

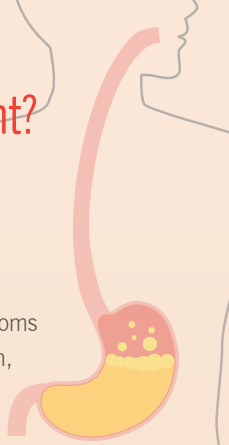
- Baby Care for Beginners – A Guide to the First Six Weeks
- Boot Camp for New Dads
- Breastfeeding Essentials Class
- Breastfeeding Beyond the First Six Weeks (after delivery)
- Breastfeeding Support Group: Baby Roos and Mommies Too!
- Childbirth Preparation for First-time Parents
- 'Just the Facts' Express Prep Class
- Infant/Child CPR and Safety
- Grandparent Information: For Grandparents Only



Heartburn keeping you up at night?

Acid reflux disease, also called Gastroesophageal Reflux Disease (GERD), affects more than one-third of all Americans and is one of the most common digestive conditions that physicians treat. If you have heartburn twice a week or more, you may have GERD. Other symptoms can include chest pain, persistent dry cough, regurgitation, frequent belching or hiccups and a feeling of food getting stuck in the throat.

If you're diagnosed with GERD, there are a variety of treatment options that could help reduce or eliminate your symptoms. Medications, diet and lifestyle modifications are very important in managing GERD. For most people, however, reflux is a chronic condition and stopping medications can cause symptoms to come back, which is why Akron General offers long-term treatment options – incisionless and minimally invasive surgery. Our multidisciplinary team works closely with patients to outline a comprehensive treatment plan for GERD as well as Barrett's esophagus, to treat the cause of your symptoms and reduce the need for long-term medications.



To learn about treatment options, call **330.344.BURN (2876)** or visit akrongeneral.org/heartburn.

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