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Healthy Akron

Bring your friends and coworkers to an eight-week challenge to improve your health and well-being near the heart of downtown Akron! Healthy Akron is a Community Health Initiative and a signature program of Cleveland Clinic Community Outreach to improve population health. This program includes health screenings at the beginning and conclusion of the program to assess improvements. Prizes will be awarded to those who have made the most progress. Participants from all communities are welcome to participate. You must commit to completing the entire program.

When: Thursdays, Feb. 6-March 26

Time: 6 p.m.

Where: Helen Arnold Community Learning Center,
450 Vernon Odom Blvd., Akron

Cost: Free

Call us: 330.344.1442

Minority Men's Health Fair

Cleveland Clinic's Minority Men's Health Fair is designed to meet the needs of minority men, especially African-American and Hispanic males, who are at increased risk from diabetes, high blood pressure, heart disease and prostate cancer. The event will include information on smoking cessation, nutrition, exercise, wellness and more. Free screenings will include blood pressure, cholesterol and blood glucose. The health fair is open to all members of the public.

When: Thursday, April 23

Time: 5:30-8:30 p.m.

Where: Akron General Medical Center Ambulatory Care Center

Cost: Free

Details: clevelandclinic.org/mmhf

Family and Friends CPR

Learn the life-saving skills of adult, child and infant CPR, as well as choking rescue. This is not a certification course. RSVP required as class size is limited.

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

NUTRITION, WEIGHT LOSS AND FITNESS

Come Cook with Us: Heart Healthy Fare

Learn the secrets to cooking heart healthy meals. A local chef will prepare several dishes and our heart and vascular dietitian will weigh in.

When: Wednesday, Feb. 12
Time: 6-7:30 p.m.
Where: Akron-Canton Regional Foodbank
Cost: Free
RSVP: clevelandclinic.org/ComeCookwithUs

Healthy Strides

Come Get Your Steps In! It may be chilly outside, but our Healthy Strides program will warm you up with a casual one-mile walk held indoors at our three 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: Thursdays, Jan. 9, Feb. 6, March 5
Time: 1 p.m.
Where: Health & Wellness Center, Bath

When: Thursdays, Jan. 16, Feb. 13, March 12
Time: 1 p.m.
Where: Health & Wellness Center, Green

When: Thursdays, Jan. 23, Feb. 20, March 19
Time: Noon
Where: Health & Wellness Center, Stow

Cost: Free

Sugar School

Want to know what to eat to control your blood sugar and lose weight? Lodi Hospital's Sugar School will teach you in just one night. Learning quick and easy ways to control your blood sugar is the first step toward feeling better and living a longer, healthier life. Sugar School is a fun, interactive class focusing on what to eat, how to eat and the best times to check blood sugar levels. A physician's referral is not needed. Insurance will not be billed.

When: Thursday, Feb. 6
Time: 7-9 p.m.
Where: Lodi Hospital
Cost: \$20 per person or \$30 per couple
RSVP: 330.948.5546 by Jan. 31

Cardiopulmonary Rehabilitation

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

Phase II Monitored Programs

Monitored exercise, strength and education program. Generally covered by insurance. Offered three days per week at our Bath Health & Wellness Center, 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)

LifeStyles Offers Nutrition, Meal Planning and Fitness Programs for Adults

- **NuFit:** free program that provides information about the latest topics in nutrition and fitness; new recipes, facts, myths and tips from our experts.
- **RightFit:** Free wellness program to help adults ages 65 and older improve their health at a comfortable pace.
- **Sugar Detox*:** 10-day sugar detox program will help reset your metabolism and hormones so you can end your cravings, lose weight and reverse disease.
- **Meal Planning Made Easy*:** Access to an online meal planning program is designed by registered dietitians and consulting chefs to help you achieve your wellness goals.
- **Nutrition Services*:** Keto, vegan or paleo? Are you confused on what program is best? Meet with a registered dietitian to find the right nutrition plan for your body. Nutrition Packages and family or couple sessions also available.
- **LiteStyle*:** A life-changing program led by a registered dietitian and certified personal trainer to help you lose weight and keep it off. Next start dates are Jan. 20 and May 4.

* Many nutrition programs are free or discounted with a membership to LifeStyles. Call 330.344.5646 to learn more about membership.

Details: akrongeneral.org/nutrition

CHALLENGE GOLF

Frosty Fairways 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 or for more information. Proceeds benefit the Challenge Golf Program.

When: Saturday, Feb. 22
Time: 10 a.m.-1 p.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$30 includes refreshments and prizes
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 this meeting. Volunteer opportunities include staffing the front desk, operating the range cart and assisting with Challenge Golf classes.

When: Saturday, March 14
Time: 9 a.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
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 the introductory meeting.

When: Saturday, April 4
Time: 10 a.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
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 24-May 22
Time: 12:30-2 p.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$80 for each 5-week session; scholarships available
Call us: 330.784.5400

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: Saturday, May 2
Time: 12:30-2 p.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: Free
Call us: 330.784.5400

Swing into Spring Golf Clinic

Ideal for beginners or novices to learn and/or improve their golf game.

When: Thursdays, April 23-May 14
Time: 5:45-7 p.m.
Where: Challenge Golf Course, 1596 Flickinger Road, Akron
Cost: \$80 for four small group classes
Call us: 330.784.5400

To find more events, visit events.clevelandclinic.org

Use keyword **AKRON** to start your search or use the city to find events close to home.



YOUTH PROGRAMS

Safe Sitter Classes

This Lodi Hospital class teaches babysitters safety, childcare, and life and business skills. First aid and rescue skills focus on prevention, injury management and choking rescue. Designed for students who have completed 5th through 8th grade. Scholarships available.

When: Call for class dates
Where: Lodi Hospital
Cost: \$45
Call: 330.948.5544

Sports Performance Training – Middle & High School Athletes

Ninety-minute sessions focus on flexibility, agility, speed, power, strength and endurance to make your middle school or high school student a better athlete. Free trial session is offered. Flexible after-school and weekend training times. Program also runs during the summer with day and evening training times.

Where: Health & Wellness Centers in Green and Stow
Call us: 330.896.5043 (Green) or 330.945.3183 (Stow)
Details: clevelandclinic.org/akronsportsperformance
Email: CCAGsportsperf@ccf.org

Youth Speed and Agility Summer Camp

Young athletes, ages 7 to 11, can learn the basics of speed and agility training in this camp. Participants will learn proper running form, jumping mechanics, agility skills and basic bodyweight movements. This program will allow athletes to improve balance, flexibility and overall body control to prepare them for any sport in a fun, educational environment. Contact location for schedule and pricing.

Where: Health & Wellness Centers in Green and Stow
Call us: 330.896.5043 (Green) or 330.945.3183 (Stow)
Details: clevelandclinic.org/akronsportsperformance
Email: CCAGsportsperf@ccf.org

LifeStyles Youth Days & Spring Break Camps

Kids out of school for the day or the week? Hop on over to LifeStyles for a fun-filled day of games, swimming, rock climbing and more. Bring a lunch and a friend and have the best time off of school! Please stop by the front desk of any Health & Wellness Center to register.

When: Multiple dates available
Time: 9 a.m.-4 p.m.
Where: Health & Wellness Centers in Bath, Green and Stow
Cost: Fee for members and guests. Open to the community.
Call us: 330.665.8139 (Bath), 330.896.5007 (Green) or 330.945.3141 (Stow)
Details: akrongeneral.org/lifestylescamp

Get moving.

Akron General LifeStyles offers a variety of aquatics programs, swim lessons, lifeguard training and group exercise classes at the Health & Wellness Centers in Bath, Green and Stow.

For more information, visit akrongeneral.org/lifestyles or call **330.344.5646**.





Diabetes and Your Eyes: How to Protect Your Sight



By Weston Tuten, OD, Cleveland Clinic Cole Eye Institute optometrist

People with diabetes are at a greater risk of conditions that can lead to vision loss and even blindness. Over time, high blood sugar can damage small blood vessels throughout your body, harming your kidneys, the nerves in your hands and feet, and your eyes.

Specifically, studies link high blood sugar with:

- **Diabetic retinopathy** – damage to the retina, the light-sensitive lining at the back of your eye
- **Cataracts** – clouded lenses
- **Ischemic optic neuropathy** – damage to the optic nerve, caused by poor blood flow
- **Glaucoma** – high pressure in the eye that can damage your optic nerve

That's why annual comprehensive dilated eye exams are especially important for people with diabetes. Eye exams include checking the optic nerve and retina at the back of your eye and measuring your eye pressure. If an issue is detected, we can take steps to protect your vision.

Depending on the diagnosis, watching and waiting may be recommended, or eye drops, laser treatments or injections may be used to slow the disease.

The best way to protect your eyesight if you have diabetes? Keep your blood sugar under control, eat a healthy diet, exercise and see an ophthalmologist promptly if you notice a change in your vision – including blurriness, distortion or floaters.

To schedule an appointment with Dr. Tuten in Medina, or another Cole Eye Institute specialist in Akron, Green or Medina, please call 330.864.8060.

Holidays Over but Still Suffering with Heartburn?



By Marita Bauman, MD, general surgery, Akron General

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 Cleveland Clinic Akron General offers long-term treatment options — incisionless 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 <https://my.clevelandclinic.org/locations/akron-general/specialties/heartburn-center>.

Parents' Night Out

Enjoy a night out while we entertain your children! Kids can enjoy swimming, gym games, dinner and a movie. Pizza and snacks will be provided during our theater-style projection movie viewing. With so much to do, we can almost promise to send your children home tired. Open to ages 4-12 years old.

When: Multiple Saturday evenings available

Time: 6-11 p.m.

Where: Health & Wellness Centers in Bath, Green and Stow

Cost: LifeStyles members: \$15 for first child; \$5 for each additional child. Guests: \$20 for first child; \$10 for each additional child

Call us: 330.665.8139 (Bath), 330.896.5007 (Green) or 330.945.3141 (Stow)

Details: akrongeneral.org/lifestylescamp

Red Cross Babysitting & Super Sitter Courses

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to care for children and infants safely and responsibly. The Super Sitter two-day course includes Pediatric CPR, AED and first aid training. Open to ages 11 and older.

When: Multiple dates and times available

Where: Health & Wellness Centers in Bath and Stow

Cost: Fee depends on type of course. Open to the community.

Call us: 330.665.8131 (Bath) or 330.945.3131 (Stow)

Details: akrongeneral.org/lifestylescamp

BEREAVEMENT SUPPORT GROUPS

Monthly Drop-in Support Sessions

Monthly Drop-in Groups provide grief and bereavement support to promote healing and renewed hopefulness for those who have experienced the loss of a loved one.

When: Tuesdays, Jan. 21, Feb. 18, March 17, April 21

Time: 2-3:30 p.m.

Where: Justin T. Rogers Hospice Care Center Community Room

Intensive Grief Groups

In-depth comprehensive grief and bereavement program to process the experience of loss and encourage growth through education, support and activities.

When: Weekly on Thursdays (8-session group: Jan. 9-Feb. 27 | May 7-June 25)

Time: 2-3:30 p.m.

When: Weekly on Thursdays (6-session group: March 12-April 16)

Time: 6-7:30 p.m.

Where: Justin T. Rogers Hospice Care Center Community Room

Call us: 330.668.4672 to register



Men Facing Grief

This is a three-session group designed for men to learn about the process of grief, draw strength from one another and develop tools to work through loss.

When: Mondays, March 9-23
Time: 5:30-7 p.m.
Where: Justin T. Rogers Hospice Care Center Community Room

Grieving Family Memory Walk

Many are affected by the death of someone close to them, but may not like the idea of sitting in a group to talk about their experience. This walk is designed for those who prefer to grieve through activity and offers a time to share memories, socialize, enjoy nature and get some light exercise on the trails of Liberty Park. All ages are welcome.

When: Saturday, April 18
Time: 2 p.m.
Where: 9999 Liberty Road, Twinsburg

COMMUNITY BENEFITS

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. Assessments, Intensive Outpatient, 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, 3600 W. Market St., Suite 102, Fairlawn
Call us: 330.436.0950

National Prescription Drug Take Back Day

Akron General encourages all residents to use the U.S. Drug Enforcement Administration National Prescription Drug Take Back Day as an opportunity to dispose of unwanted, unneeded and expired prescription medicines.

When: Saturday, April 25
Time: 10 a.m.-2 p.m.
Where: For disposal locations, visit ohiorxdisposal.com

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 at home. Akron General is participating in Summit County Community Partnership's Deterra 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.

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

Details: Visit scph.org/medication-disposal for specific locations and more information

Call us: 330.926.5600

Join LifeStyles 50% off enrollment fee, plus one month free!*

330.344.5646 | akrongeneral.org/winterpromo



Akron General LifeStyles' staff is dedicated, attentive and educated – and ready to work with you.

Membership provides you with award-winning programs and features, including access to 200+ state-of-the-art exercise machines, an indoor/outdoor track, gymnasium, rock wall and more. Our staff of trained and certified professionals, including degreed exercise specialists, registered dietitians and personal trainers, is available to work with you. Enjoy a variety of aquatics instruction and unlimited group exercise classes. Relax with our spa-like area which includes a steam room, sauna and whirlpool. All membership types provide you with full access to all of our convenient locations in Bath, Green and Stow.

* Winter promotion ends Jan. 31. Call or go online for additional information and current promotion.

SCREENINGS

Walk-In Cholesterol and Glucose Screenings

Low-cost cholesterol and glucose screenings are available throughout the community. Pick up the annual schedule at the front desks of the Health & Wellness Centers.

Time: 8:30-11 a.m.

Where: Weekdays throughout Akron

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

Call us: 330.665.8175

Details: akrongeneral.org/screenings

MATERNITY

CenteringPregnancy®

Akron General is pleased to offer CenteringPregnancy® programming, thanks to grant funding the Ohio Department of Medicaid provided to Full Term First Birthday Greater Akron collaborative. Clinical-led programs focusing on health and well-being will be held in partnership with AxessPointe at the Akron General Women's Health Clinic, 676 S. Broadway St., Akron. CenteringPregnancy® is group care that brings women together during pregnancy for healthcare in a supportive learning environment. Centering empowers patients and enhances the relationship they have with their provider for the best possible experience and healthiest outcomes for both mom and baby.

Learn more: 888.975.9188

Just the Facts Express Class

This one-day, condensed, complete childbirth class is designed for those with challenging schedules and features less information about relaxation and breathing than typical classes. Tour of the New Life Center is included.

When: Saturday, Jan. 4 (also, Saturday, March 7)

Time: 9 a.m.-4:30 p.m.

Where: Akron General Medical Center

Cost: \$56; includes 1 free support person.

Call us: 330.344.BABY (2229)

Childbirth Preparation Class – Full Weekend

Whether you plan a natural delivery or prefer the use of medication or epidural anesthesia, this class is designed to help mom and labor partner prepare so they have a positive birthing experience. This weekend class series includes lecture and relaxation components with learning and visualization tools. Tour of the New Life Center is included.

When: Saturday, Feb. 1, and Sunday, Feb. 2 (both days required)

Time: Saturday, 9 a.m.-3:30 p.m.; Sunday, 9 a.m.-1 p.m.

Where: Akron General Medical Center

Cost: \$75; includes 1 free support person

Call us: 330.344.BABY (2229)

Pregnant and Uninsured

Prenatal care is critically important to the health of your baby and you. If you are pregnant and uninsured, make an appointment at AxBessPointe, Akron General Women's Health Clinic. No insurance is necessary and Medicaid is welcome. Akron General accepts Buckeye, CareSource, Molina, Paramount and United Healthcare Community Plans.

Where: Akron Health Center, 676 S. Broadway St., Akron
Call us: 888.975.9188

Women's Wellness Education

Women, particularly those who may be pregnant, are encouraged to talk with a physician about their health and well-being and to receive health education, counseling and referral for medical appointments. An Akron General physician will be available to respond to women's questions or concerns at these times/community locations. No appointment necessary. Walk-ins are welcome.

When: Wednesdays, Jan. 22, Feb. 26, March 25, April 22
Time: 8:30 a.m.-12:30 p.m.
Where: Reach Opportunity Center at Summit Lake, 390 W. Crosier St., Akron

When: Tuesdays, Jan. 28, Feb. 25, March 24, April 28
Time: 8:30 a.m.-12:30 p.m.
Where: Joy Park AMHA Homes

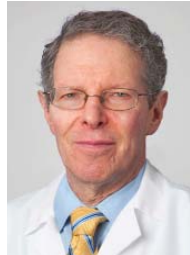
Funded by a grant from the Women's Endowment Fund of Akron Community Foundation



Walk-in Care Available for Sports, Ortho Injuries

Get quick treatment for minor muscle, bone or joint injuries at the Stow Health & Wellness Center's Sports & Ortho Injury Clinic. No appointment needed. Open weekdays from 8 a.m.-4 p.m. Most insurance plans accepted.

Some Prostate and Breast Cancer Patients Can Cut Radiation Treatments Dramatically



By Mitchel Fromm, MD, Chairman of Radiation Oncology, Akron General

Selected patients with early-stage prostate or breast cancer may be able to be treated in far fewer radiation therapy visits at Cleveland Clinic Akron General than in the past due to new radiation therapy technology.

In certain cases, patients are decreasing the number of radiation therapy treatments for breast cancer from 20 or more to five. Prostate cancer patients are reducing treatments from as many as 44, down to just five. Some patients with other types of cancer can also experience significantly reduced numbers of treatment visits as well.

What's making all this possible? A \$6 million investment by the healthcare system in two new linear accelerators, as well as more advanced treatment planning technology, improved imaging and patient immobilization.

The technology allows us to deliver radiation therapy to malignant tumors more intensely, more precisely and more rapidly – while sparing surrounding tissue, with no additional risks or unwanted side effects.

Not only do patients require fewer appointments, but the appointments are shorter. The difference may not be much, but for children and for other patients who are in pain, a few minutes can be significant.

One patient who was able to undergo the shorter course of therapy is Sally (not her real name), age 73. Diagnosed with early breast cancer, she learned that such a short course was available to some patients after reading about it in a local newspaper and through a mailing her daughter received at work.

"I really appreciated not having to come in every day for weeks at a time," says the Medina resident. "It saved us a lot of driving."

Sally adds, "I'm feeling well now and I am thankful for the good care that I received."

If your physician has advised that you might need radiation therapy, ask him or her if this shorter course is an option for you. You can also call the Radiation Oncology Department at Cleveland Clinic Akron General for more information at 330.344.6448.

TAVR a Less Invasive Way to Open Blocked Heart Valves for Some Patients



By Ankur Kalra, MD, Heart & Vascular Institute, Akron General

For patients who need to have a valve in their heart replaced due to narrowing, open heart surgery used to be their only option. However, a new much less invasive procedure known as transcatheter aortic valve replacement, or TAVR,

is now available at Cleveland Clinic Akron General.

Symptoms that could indicate a person has a narrowing of their aortic valve (which means the heart has to pump extra hard to keep up) include shortness of breath, lightheadedness, chest discomfort and fatigue. The condition can be fatal if left untreated over time.

In TAVR, the faulty valve is replaced via a catheter and new valve is inserted in the upper thigh and threaded up to the heart instead of going through an open incision. The approach is indicated in patients who have a medium or high risk of not doing well with open heart surgery because they have other serious medical conditions, such as emphysema or past heart surgery.

However, some recent studies have shown that patients who have a low risk of having problems with traditional surgery can benefit from TAVR too, meaning it is now becoming available to a wider range of patients.

Before deciding the right approach for each patient, Akron General interventional cardiologists and cardiac surgeons conduct a thorough review of the person's overall health. If they decide TAVR is the right choice, the procedure is usually done with the patient awake but under sedation. Occasionally the surgeons will be unable to access the heart through the leg if the blood vessels aren't large enough, and they will then insert the

catheter through the shoulder or chest instead. This usually requires the patient to be sedated completely.

The TAVR procedure typically lasts 45 minutes to one hour. Most patients leave the hospital the next day, or the day after that.

Most people notice relief from their symptoms shortly after the procedure, but they usually are advised to take it easy for about a week so the insertion site can heal properly. While your insertion site is healing, ask your heart specialist when to begin Cardiac Rehabilitation, a monitored exercise and education program designed to improve recovery after heart surgery. It is offered at Akron General (330.344.7640) and the Bath Health & Wellness Center (330.665.8088).

If you are interested in learning more, call 330.344.7400 to make an appointment with an Akron General heart specialist.



Baba Ghanoush

Makes 10 servings of ½ cup each

Serve this healthy appetizer with 100% whole wheat pita at your next party and watch how fast it disappears. The creamy consistency and appealing flavors make it the hit of any gathering.



- 2 large eggplants (about 2 pounds)
- ½ cup tahini
- ½ cup fresh parsley, chopped
- 6 tablespoons lemon juice
- 2 garlic cloves, crushed into a paste
- 1 teaspoon salt
- Pinch cayenne pepper

Directions:

Place eggplant on baking sheet, prick and bake in a preheated oven at 450°F for 25 minutes or until skin is browned and inside is soft.

Cool, cut in half lengthwise and drain off excess liquid and loose seeds. Scoop out the pulp and place in food processor.

Add remaining ingredients and blend until smooth and well mixed.

Garnish with additional chopped parsley and serve with pita or flat bread.

Nutritional Information (per serving): Calories, 100; Cholesterol, 0 mg; Total fat, 7g; Saturated fat, 1g; Sodium, 240mg; Carbohydrate, 9g; Protein, 3g; Fiber, 4g; Sugars, 2g

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**.



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



Full Term First Birthday

Cleveland Clinic Akron General is a proud member of Full Term First Birthday Greater Akron, a collaborative working to improve birth outcomes and infant vitality in the community. The vision: All Greater Akron moms will be empowered to deliver at full term so every baby has a fighting chance to celebrate a first birthday. To learn more, call Akron General at 330.344.7101. For pregnancy-related medical care, especially if you are uninsured, call AxessPointe, Akron General Women’s Health Clinic, at 888.975.9188.

19-REG-5039

My Good Health Calendar is published as a community service for the friends of Cleveland Clinic Akron General. Call **330.344.2100** to subscribe for FREE. If you would prefer to be removed from the Akron General *My Good Health Calendar* mailing list, please call **330.344.2100** and leave your name and address. *My Good Health Calendar* comes from a wide range of medical experts. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider. Images from © Getty Images. © 2020 Akron General.

1 Akron General Ave., Akron, OH 44307
akrongeneral.org



My Good Health CALENDAR AND WELLNESS TIPS

You may be eligible for financial assistance. Call: **216.445.6249** or **866.621.6385** (toll-free). Visit: clevelandclinic.org/financialassistance

Uninsured? Having trouble paying your hospital bill?