

## Wayside Wellness Fair Featuring a Keynote by Dr. Mark Hyman

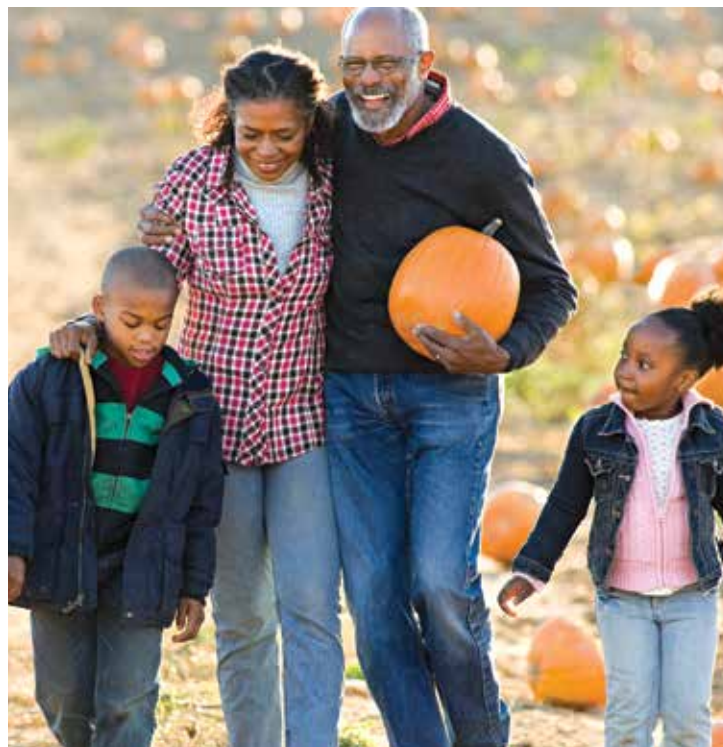
Join us for this special program featuring health and wellness information tables, free health screenings and speakers on wellness topics, including a keynote by nationally-known health expert, bestselling author, and speaker, Mark Hyman, MD, "Separating Fat from Fiction: The Slippery Science of Fat." Many of us have long been told that fat makes us fat, contributes to heart disease, and generally erodes our health. Now a growing body of research is debunking our fat-phobia, revealing the health and weight-loss benefits of a higher fat diet rich in eggs, nuts, healthy oils, avocados and other delicious super-foods. Sponsored by Wayside Furniture, celebrating 80 years in business.

**When:** Sept. 27  
**Time:** Wellness Fair from 3-7:30 p.m.; Keynote begins at 7:30 p.m.  
**Where:** Akron Civic Theatre, 182 S. Main St., Akron  
**Cost:** Free. Tickets required – available at Wayside Furniture; Mustard Seed Market & Café; Akron Civic Theatre box office; Cleveland Clinic Akron General Health & Wellness Centers; and the information desk at Akron General's main lobby.  
**Call us:** Information, 330.535.3179; Tickets, 330.253.2488

## Akron General Women's Board Gala – Cinematic Extravaganza

An annual marquee, black-tie community event. Guests will enjoy a VIP cocktail hour, sumptuous dinner and live music by Special Request. Raffle tickets are available for a 1 in 300 chance to win \$10,000 cash. Call to purchase a ticket. The drawing will be held at the Gala, but the winner need not be present. All proceeds from the event and raffle will benefit the construction of a leading-edge Emergency Department at Akron General.

**When:** Nov. 11  
**Time:** 6-11 p.m.  
**Where:** Hilton Akron/Fairlawn, 3180 W. Market St., Akron  
**Cost:** Event ticket \$150 or VIP \$250, Raffle tickets \$150 each  
**Contact us:** 330.344.6888, foundation@akrongeneral.org



## Joyful Tastes of Life

Sample the season's best tastes to benefit hospice care at Cleveland Clinic Akron General Visiting Nurse Service. Enjoy fabulous food, wine and craft beer from some of the area's best restaurants, distributors, wineries and microbreweries, as well as a silent auction and live music. Raffle tickets are also available now for a chance to win a three-night escape for two to New York City (\$1,700 value), \$500 cash or an Apple® iPad Air.

**When:** Oct. 19  
**Time:** 6-9 p.m.  
**Where:** St. George Family Center, 3204 Ridgewood Road, Akron  
**Cost:** Event tickets \$60 each, raffle tickets \$10 each or six for \$50  
**Call us:** 330.344.6888  
**Online:** akrongeneral.org/joy

## IN THIS ISSUE

▶ *Attend our free cardiovascular screening - page 3*

▶ *Beat breast cancer through screening - page 8*

▶ *The 6 health issues men worry about most - page 7*

▶ *Resources to help fight addiction - page 9*

## SPECIAL EVENTS

### Akron General Muffins for Mammograms®

Now in its 25th year, Akron General will once again hold its annual Muffins for Mammograms® fundraiser in October to distribute breast health information along with muffins during National Breast Cancer Awareness Month. Proceeds pay for mammograms for women who are uninsured or under-insured. This year's event will be held **Wednesday, Oct. 11**, and same-day sales of blueberry and double chocolate muffins will be available for \$15 per dozen from 7-10 a.m. at five different locations:

- Cleveland Clinic Akron General
- Health & Wellness Center, Bath
- Health & Wellness Center, Green
- Health & Wellness Center, Stow
- Lodi Hospital

Advance orders of \$150 or more will be accepted via order form or online at [akrongeneral.org/muffins](http://akrongeneral.org/muffins) and will be delivered to all locations within Summit County. Advance delivery orders must be placed by Sept. 25. For questions about ordering muffins, please call 330.344.7170.

If you know a woman who needs more information about a free mammogram through Muffins for Mammograms, or prescreening qualifications, call 330.344.BRST (2778).

Muffins for Mammograms® is a trademark of Main Street Gourmet, LLC. All money raised by or through, or donated to, the Muffins for Mammograms program is managed and distributed by Cleveland Clinic Akron General Foundation to provide mammograms to women in the community.

### Healthy Strides: Come Walk with Us

Akron General joins Summit

Metro Parks to present

Healthy Strides. During

the Metro Parks annual

Fall Hiking Spree, the

community is welcome to participate in a casual one- to three-mile

walk, preceded by a brief informative talk by Akron General physicians

and caregivers. Topics change each session based on leader's specialty.

Registration not required. All hikes will be on Hiking Spree trails.

**When:** Sept. 2

**Time:** 10 a.m.

**Where:** Springfield Bog Metro Park, Prairie Trail  
1400 Portage Line Road, Springfield Township

**When:** Sept. 13

**Time:** Noon

**Where:** F. A. Seiberling Nature Realm/Campfire Area  
1828 Smith Road, Akron

**When:** Sept. 17

**Time:** 10 a.m.

**Where:** Silver Creek Metro Park/Pheasant Run Area  
5000 Hametown Road, Norton

**When:** Oct. 7

**Time:** 2 p.m.

**Where:** Furnace Run Metro Park, Old Mill Trail  
4955 Townsend Road, Richfield

**When:** Oct. 11

**Time:** Noon

**Where:** Firestone Metro Park, Redwing Trail  
2620 Harrington Road, Akron

**When:** Oct. 22

**Time:** 10 a.m.

**Where:** Munroe Falls Metro Park/Lake Area, Indian Spring Trail  
521 S. River Road, Munroe Falls

**Cost:** Free

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### WAKR Senior Luncheon

Akron General sponsors the popular WAKR Senior Luncheon series.

Enjoy lunch, entertainment and health information. Reservation

required. Tickets may be purchased at the WAKR station (1795 W.

Market St., Akron) or by sending a check made payable to WAKR

Senior Lunch to WAKR, 1795 W. Market St., Akron, OH 44313

with a self-addressed, stamped envelope.

**When:** Dec. 6

**Time:** 11 a.m.-1:30 p.m.

**Where:** The Tangier, 532 W. Market St., Akron

**Cost:** \$14

**Call us:** 330.869.9800



## HEALTH EDUCATION EVENTS

### Cleveland Clinic Akron General Arthritis Expo South

Join us for this free program, co-sponsored by Cleveland Clinic Akron General and the Arthritis Foundation, Great Lakes Region, Northeastern Ohio. Orthopedic specialists will explain the latest information on joint pain, joint replacements and upper extremity joints and hands. A nutritionist will share practical anti-inflammatory food options that can help with arthritis symptoms. Browse vendors and educational exhibits. Online pre-registration required due to limited space.

**When:** Sept. 14  
**Time:** 12:30-4 p.m.  
**Where:** Health & Wellness Center, Bath  
**Cost:** Free  
**Call us:** 216.285.2836

**Register online:** [clevelandclinic.org/ArthritisExpoSouth](http://clevelandclinic.org/ArthritisExpoSouth)

### Cleveland Clinic Akron General Wellness Fair

Join us at this free, family health fair that supports a healthier lifestyle for you, your family and community. Includes a wide variety of health and wellness information tables, activities for children and adults, raffles and screenings for blood pressure, Body Mass Index, total cholesterol, blood glucose, vision and more. Enjoy one-on-one time with our physicians and a free day of workout – use the equipment or try an exercise class. A Super Saturday group exercise event will be offered on the same day. Men, 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.

**When:** Sept. 30  
**Time:** 8 a.m.-noon  
**Where:** Health & Wellness Center, Green  
**Cost:** Free  
**Online:** [akrongeneral.org/wellnessfair](http://akrongeneral.org/wellnessfair)

### Advance Directives Workshop

Learn about the importance of creating your advance directives – including a Living Will and Durable Power of Attorney for Health Care – legal documents that go into effect only if you are incapacitated and unable to speak for yourself. Registration required.

**When:** Oct. 12  
**Time:** 5:30-7 p.m.  
**Where:** Health & Wellness Center, Bath  
**Cost:** Free  
**Call us:** 330.668.4683

### Diabetes Awareness Fair

Learn more about diabetes prevention and management at this free health fair geared toward those with diabetes or at risk. Visit a variety of health and wellness information tables, and take advantage of screenings for blood glucose and more. A professional chef and certified diabetes educator will also lead a cooking demonstration to help you prepare for the holidays. Speak with some of our expert providers during a moderated panel discussion and Q&A session. Reservations required.

**When:** Nov. 1  
**Time:** 5-6 p.m., health information tables and screenings  
6-7 p.m., panel discussion  
**Where:** Health & Wellness Center, Green  
**Cost:** Free  
**Register:** 330.344.2462 or [akrongeneral.org/diabetesfair](http://akrongeneral.org/diabetesfair)

### 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.

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

### Cardiovascular Screening & Hands-Only CPR Training

Screening to help identify and educate underinsured and uninsured adults at high risk for heart disease, atrial fibrillation (Afib), stroke, peripheral vascular disease (PVD), abdominal aortic aneurysm (AAA) and carotid artery disease. Health professionals will also check Body Mass Index (BMI) and blood pressure, explaining the importance of knowing your health numbers. Cholesterol and diabetes screenings will be offered. You will leave with a plan to improve your health. A 20-30 minute appointment is necessary. Four-hour fasting is necessary for AAA screening. All screenings will be based upon national guidelines. Registration opens on **Sept. 1** and is required.

In partnership with the American Red Cross, hands-only CPR and automated external defibrillator (AED) training will also be taught every half hour throughout the screening hours. This is not a certification course.

**When:** Nov. 11  
**Time:** 8 a.m.-noon  
**Where:** Akron General Heart & Vascular Center  
**Cost:** Free  
**Call us:** 330.344.2462

## Health & Wellness Express

Akron General's medical mobile unit is available to go out in the community and provide services such as on-site clinics, biometric screenings and much more. We can work with organizations of all types including, but not limited to, schools, municipalities, community-based organizations and corporations.

**Call us:** 330.344.4BUS (4287)

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## Heartburn Information Sessions

Join us for a lecture and discussion led by our team of experts. The physicians will present information about GERD (heartburn), acid reflux and Barrett's esophagus, as well as available treatment options, including incisionless and minimally invasive surgery.

**When:** Sept. 20

**Time:** 6 p.m.

**Where:** Health & Wellness Center, Green, Conference Room

**When:** Nov. 8

**Time:** 6 p.m.

**Where:** Health & Wellness Center, Bath, 2nd Floor Meeting Room

**Cost:** Free

**Call us:** 330.344.BURN (2876)

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## NUTRITION, WEIGHT-LOSS MANAGEMENT AND FITNESS

### 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:** Sept. 21, Nov. 2

**Time:** 7-9 p.m.

**Where:** Lodi Hospital

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

**Call us:** 330.948.5546

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### Dining with Diabetes

A cooking series for those with diabetes or at risk. Includes cooking demonstrations, taste testing and healthy meal planning, all presented by certified diabetes educators and a professional chef.

**When:** Oct. 11 and 18

**Time:** 6-8 p.m.

**Where:** Akron General, Atwood Classroom

**Cost:** \$10 for both nights

**Call us:** 330.344.2462

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## Good Health in Store: Supermarket Tours for Diabetes

A registered dietitian helps individuals with diabetes learn how to enjoy a variety of foods as part of a healthy diet. Provides 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. Reservations are required.

**When:** Nov. 8

**Time:** 10:30-11:30 a.m.

**Where:** Miller's Market, 711 Wooster St., Lodi

**Cost:** Free

**Call us:** 330.948.5546

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## Diabetes Education

Would you like to learn to take better care of your diabetes? You can now receive personalized education on your diabetes from a nurse educator and dietitian closer to home. The Akron General Diabetes Center now offers ADA-recognized diabetes education at three locations in Summit County. A doctor's order is needed and your insurance will be billed.

**Where:** Akron General  
Health & Wellness Center, Green  
Health & Wellness Center, Stow

**Call us:** 330.344.7791 with questions or 330.344.5760  
if you have a doctor's order.

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## LifeStyle Program – 10 Weeks to a Healthier Body

A life-changing 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, an online meal planning program and personal training sessions. Transform your body and learn the skills you need for long lasting change.

**Call us:** 330.665.8022

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## 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.

**Cost:** \$49 for three months

**Call us:** 330.665.8022

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## Bariatric Weight-Loss Surgery Information Sessions

Led by bariatric surgeons, these sessions give an overview of the different types of weight-loss surgeries offered and the support provided by Akron General's accredited Level 1 Bariatric Center. The risks, benefits and possible outcomes of surgery are also discussed. Post-operative patients share their stories as well.

**When:** Sept. 14, Oct. 17, Nov. 9  
**Time:** 6 p.m.  
**Where:** Akron General, Boardroom  
**Cost:** Free  
**Call us:** 330.344.1950  
**Online:** [akrongeneral.org/bariatric](http://akrongeneral.org/bariatric)

## Bariatric Support Group

Features guest speakers, such as dietitians, exercise physiologists, mental health therapists and plastic surgeons, who discuss topics pertinent to a successful recovery following bariatric surgery. This group is geared toward post-operative patients, but pre-operative patients are welcome to attend.

**When:** Sept. 14, Oct. 17, Nov. 9  
**Time:** 6 p.m.  
**Where:** Akron General, Conference Center Auditorium  
**Cost:** Free  
**Call us:** 330.344.1950  
**Online:** [akrongeneral.org/bariatric](http://akrongeneral.org/bariatric)

## NuFit: Nutrition and Fitness Education for a New You!

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. Bring a friend and enjoy a healthy snack! Reservations are encouraged.

**When:** Sept. 5 (Stow), 12 (Bath), 26 (Green)  
**Nutrition:** The Wonders of Nuts and Seeds  
**Fitness:** The Wonders of Group Exercise  
**When:** Oct. 3 (Stow), 10 (Bath), 24 (Green)  
**Nutrition:** Prebiotics and Probiotics  
**Fitness:** Fitness Solutions for Knee and Back Pain  
**When:** Nov. 7 (Stow), 14 (Bath), 28 (Green)  
**Nutrition:** Winter Root Vegetables  
**Fitness:** Effective Exercise for the Busy Person  
**When:** Dec. 5 (Stow), 12 (Bath), 19 (Green)  
**Nutrition:** Holiday Eating Tips and Strategies  
**Fitness:** How to Stay Fit During the Holidays  
**Time:** 6-7 p.m.  
**Where:** Health & Wellness Center, Bath  
Health & Wellness Center, Green  
Health & Wellness Center, Stow  
**Cost:** Free  
**Call us:** 330.665.8100 (Bath)  
330.896.5000 (Green)  
330.945.3100 (Stow)

## Nutrition Services

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

**Call us:** 330.665.8022 (Health & Wellness Centers)  
330.948.5546 (Lodi Hospital)  
330.344.6122 (Akron General)

## Game Changer: The Ultimate in Personal Transformation

Motivating seminar about how to achieve permanent weight loss. Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, as well as discovering the secret that leads to lasting change and understanding how to make it happen. Call for more information.

**Where:** Health & Wellness Centers  
**Cost:** LifeStyles members Free, Guests \$49  
**Call us:** 330.665.8140 (Bath and Stow)  
330.896.5006 (Green)

## 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.

### Phase II Monitored Programs

Monitored exercise, strength and education program. Generally covered by insurance.

**When:** Three days per week  
**Time:** Several class times available  
**Where:** Health & Wellness Center, Bath  
Akron General  
**Call us:** 330.665.8088 (Bath)  
330.344.7640 (Akron General)

### Phase III Maintenance Programs

One-hour sessions of this supervised six-month, self-pay program. Monthly enrollment.

**When:** Mondays, Tuesdays and Thursdays  
**Time:** 7:30 a.m., 9:30 a.m., 10:45 a.m., 1:30 p.m.  
**Where:** Health & Wellness Center, Bath  
**When:** Mondays, Tuesdays and Thursdays  
**Time:** 1:30 p.m.  
**Where:** Health & Wellness Center, Green  
**When:** Tuesdays, Thursdays and Fridays  
**Time:** 9:30 a.m.  
**Where:** Health & Wellness Center, Stow  
**When:** Call for dates and times  
**Where:** Lodi Hospital  
**Cost:** \$65/month; Lodi \$31/month  
**Call us:** 330.665.8088 (Bath/Green/Stow)  
330.948.5502 (Lodi)

## Corporate Wellness Programming

Is your company looking for a way to reduce costs while improving the health, happiness and productivity of employees? Akron General's Community Access & Wellness Services can help. We are experts in designing wellness programming specific to your employees' needs.

**Call us:** 330.665.8175

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## RightFit Senior Wellness Program

A FREE wellness program designed to help adults ages 65 and older improve their health at a comfortable pace. Includes two weekly low-intensity fitness classes and monthly NuFit lectures about the latest nutrition and fitness topics. Call for more information.

**When:** Mondays and Thursdays  
**Time:** 2-3 p.m.  
**Where:** Health & Wellness Center, Green

**When:** Tuesdays and Thursdays  
**Time:** 1-2 p.m.  
**Where:** Health & Wellness Center, Stow

**When:** Tuesdays and Thursdays  
**Time:** 2-3 p.m.  
**Where:** Health & Wellness Center, Bath

**Cost:** Free  
**Call us:** 330.665.8272  
**Online:** [akrongeneral.org/RightFit](http://akrongeneral.org/RightFit)

## COMMUNITY BENEFITS

### Quit Smoking

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

**When:** Tuesdays, Aug. 22-Sept. 26, additional class on Sept. 14  
**Time:** 5:30-7 p.m.  
**Where:** Akron General, Heart & Vascular Center  
Cardiac Rehab Classroom, Room 1544

**When:** Tuesdays, Oct. 3-Nov. 7  
**Time:** 1:30-3 p.m.  
**Where:** Akron General, Heart & Vascular Center  
Cardiac Rehab Classroom, Room 1544

**When:** Wednesdays, Oct. 18-Nov. 22, additional class on Nov. 10  
**Time:** 6:30-8 p.m.  
**Where:** Lodi Hospital, Lower Level, Boardroom

**Cost:** Free  
**Call us:** 330.344.2462 (Akron)  
330.948.5532 (Lodi)

## Look Good...Feel Better®

Akron General's McDowell 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

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## Speakers Bureau Topics

What do you know about hypertension, stroke, diabetes and cancer? Let our health professionals come to your group or nonprofit organization to present on these topics, which have been identified as significant health issues in the most recent Community Health Needs Assessment conducted by Akron General. This is one way we are working to improve our community's health. Please allow at least three weeks for scheduling.

**Cost:** Free  
**Call us:** 330.344.7101

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## 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 the AxxessPointe – Akron General Women's Health Clinic. No insurance is necessary and Medicaid is welcome. Akron General accepts Buckeye, CareSource, Molina, Paramount and UnitedHealthcare Community plans.

**Where:** Akron Health Center  
676 S. Broadway St., Akron  
**Call us:** 330.344.6800



# The 6 health issues men worry about most

Todd Breaux, MD, Cleveland Clinic Glickman Urological & Kidney Institute

If you're male, you probably felt like Superman until you hit your late 30s. That's when health issues first started nagging at you. Or when you first heard your friends complain about an achy knee or back. But as you got older, your health concerns began to shift.

Here are some common health problems for men, along with tips for screening and prevention:

## 1. Prostate cancer

As men age, the prostate enlarges and tends to cause changes to urination including a slower stream, getting up at night to urinate and having to rush to the bathroom during the day. Talk to your doctor about which medication may be available to help these symptoms and whether they may be related to a more serious condition like prostate cancer.

While it is true that one in six men will be diagnosed with prostate cancer, the majority of these are non-aggressive and do not even require treatment. For that reason, new guidelines have recently been released by the American Urological Association (AUA) aimed at decreasing the number of unnecessary biopsies.

The AUA recommends routine screening for men ages 40-54 who are African American or have a father or brother who has had prostate cancer. For men ages 55 to 69 years, the decision to undergo PSA screening involves a thorough discussion with your physician.

## 2. Heart disease (including high blood pressure and high cholesterol)

If heart disease runs in your family or if your blood pressure or cholesterol levels are high, your doctor will recommend medications to lower your blood pressure and cholesterol levels. Ask your doctor whether a daily aspirin might help, too. Your doctor will keep tabs on your cholesterol and blood pressure and can order a cardiac stress test if concerns about heart disease arise.

## 3. Erectile dysfunction and testosterone levels

ED is very common, especially for men who have diabetes or have had their prostate removed. Because men with ED are 1.6 times more likely to suffer a heart attack or stroke, it's important to discuss your cardiovascular risk factors with your doctor before asking for an ED medication. If you have symptoms of low testosterone levels, talk to your doctor.

## 4. Weight management with age

As your metabolism slows down, it's more important than ever to right-size your meals and eat smaller portions of healthier food. Exercise also becomes increasingly critical for maintaining flexibility and mobility. Keeping your waistline trim by eating well and exercising will help you avoid weight-related problems like type 2 diabetes and arthritis.

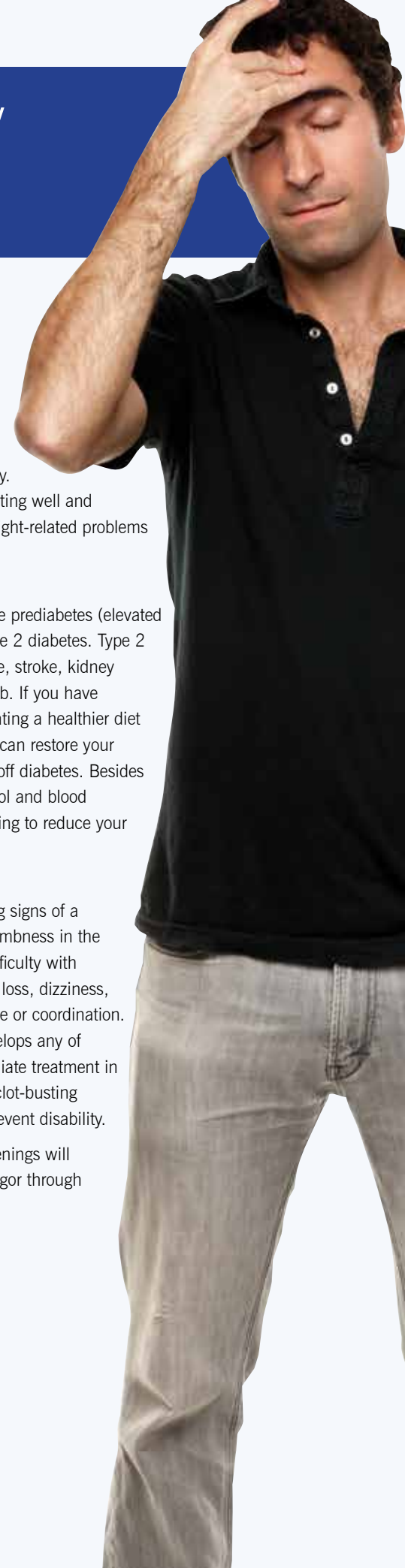
## 5. Diabetes

Nearly 79 million Americans have prediabetes (elevated blood sugar), the precursor to type 2 diabetes. Type 2 diabetes can lead to heart disease, stroke, kidney failure, vision loss and loss of limb. If you have prediabetes, studies prove that eating a healthier diet and increasing your activity level can restore your blood sugar to normal and stave off diabetes. Besides controlling your weight, cholesterol and blood pressure, it's critical to quit smoking to reduce your diabetes risk.

## 6. Stroke

It's important to learn the warning signs of a stroke. They are: weakness or numbness in the face, arm or leg(s), confusion, difficulty with speech or comprehension, vision loss, dizziness, or problems with walking, balance or coordination. If you or someone you know develops any of these problems, call 911. Immediate treatment in the emergency department with clot-busting medication can save lives and prevent disability.

Regular doctor visits and timely screenings will help you maintain your health and vigor through the years.





## Early detection and regular screenings key to beating breast cancer

October is National Breast Cancer Awareness Month, a time to raise awareness about a disease that will affect about one in eight American women during her lifetime, according to the American Cancer Society. Breast cancer awareness begins with an emphasis on prevention and early detection. Regular breast cancer screenings can help detect breast cancer sooner, sometimes before symptoms appear. Women between the ages of 20 and 39 should have a clinical breast exam by a healthcare professional every one to three years. Women ages 40 or over should have a yearly clinical breast exam by a healthcare professional, as well as a yearly mammogram.

### Be aware of any changes

In addition to clinical screenings, women can also perform monthly breast self-exams (BSEs) at home by following these steps:

- Lying down, place your right arm behind your head. Use the finger pads of your left hand to feel your entire breast, from your ribs to your collar bone, for any unusual lump or thickening of the tissue. Include the area near your armpit, as well. Check your left breast in the same manner.
- Standing in front of a mirror, perform the same procedure. Then, with both arms raised over your head, look for changes in contour, a swelling or dimpling. Squeeze each nipple to check for discharge.

Check with your healthcare provider if you notice any changes in your breasts that cause concern. Changes may include development of a lump, discharge other than breast milk, swelling of the breast, skin irritation or dimpling or nipple abnormalities (like pain, redness, scaliness or turning inward). Remember, BSEs are not meant to replace clinical exams or mammograms. If you do notice any changes, call your doctor to schedule an appointment.

### Know your risk

There are certain risk factors that can increase your chances of developing breast cancer. Having an elevated risk does not mean you will develop breast cancer; however, it is important to be aware and to talk to your physician if you have one or more of these risk factors:

- Gene mutations in your family, such as BRCA1 or BRCA2
- A personal history of breast cancer
- A mother or sister diagnosed with breast cancer
- Increased age
- Menstruating or menopause at an early age
- Having a first child at age 30 or later, or never having given birth
- Previous radiation therapy to the breast/chest for pediatric cancer
- Dense breast tissue identified through mammograms
- Drinking alcoholic beverages
- Obesity after menopause
- Lack of physical activity

Women who inherit the BRCA 1 or 2 gene have a significantly higher risk of developing breast cancer. About 12 percent of women in the general population will develop breast cancer sometime during their lives. By contrast, about 55 to 65 percent of women who inherit the BRCA1 mutation and about 45 percent of women who inherit the BRCA2 mutation will develop breast cancer by age 70.

If you or someone you know has had an immediate (mother, sister, daughter) or secondary family member (grandmother, aunt, cousin) with breast cancer, you should talk to your doctor about your risk.

### Talk to your doctor (and loved ones)

During October, and all year long, take proactive steps against breast cancer by scheduling an appointment with your doctor to review your personal risk factors and any appropriate screenings you should have. Don't forget to encourage other women in your life to do the same, too. Visit [akrongeneral.org/reflections](http://akrongeneral.org/reflections) for more information about breast cancer.



# ADDICTION RESOURCES

## National Prescription Take Back Day

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

**When:** Oct. 28

**Time:** 10 a.m.-2 p.m.

**Where:** For disposal locations, visit [rxdrugdropbox.org](http://rxdrugdropbox.org).

## DAWN (Death Avoided with Naloxone) Clinic

A FREE community-based drug overdose education and Naloxone distribution program. Naloxone is a medication that can reverse opioid/opiate overdose (like heroin or fentanyl) by blocking the effects of opioids on the brain and restoring breathing within two to eight minutes. Naloxone has no potential for abuse, and if given to a person not experiencing opioid overdose Naloxone is harmless. Naloxone does not reverse overdoses caused by non-opioid drugs. Call for more information. Walk-ins and/or appointments welcome.

**When:** Thursdays

**Time:** Sessions held at 9 a.m., 10 a.m., 11 a.m.

**Where:** Edwin Shaw Rehabilitation Hospital, 2nd Floor

**Cost:** Free clinic and kit, including Naloxone

**Call us:** 330.436.0950

## Drug Deactivation Pouches

In an effort 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 one of many partners in the Detera Project which involves the Summit County Community Partnership distributing 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 Medication Properly (DUMP)

Unused medications? Don't flush them down the toilet or throw them in your trash. Summit County Public Health has established a disposal program for residents to safely dispose of unused pills, capsules or liquids. Simply take the unwanted medicine to one of the DUMP box locations in the county. No questions asked. Call for locations and more information or visit [scphoh.org](http://scphoh.org).

**Call us:** 330.926.5600

## ADM Addiction Helpline

The Addiction Helpline of the Summit County Alcohol, Drug Addiction and Mental Health Services Board assists individuals who are looking to recover from an addiction to alcohol, drugs or gambling. Callers will be asked a few questions – treatment preferences, insurance coverage, location – to assist the staff in determining which local treatment providers could best meet their needs. The caller will be given options based on individual circumstances. Once the caller makes his or her selection, the Helpline staff will connect him/her to that agency. Don't wait. Call today.

**Call us:** 330.940.1133

## Chemical Dependency Services for the Treatment of Addiction

Specially trained medical providers work in collaboration with counselors to provide a comprehensive approach to treatment. Licensed counselors provide assessment, treatment and recovery services while addressing lifestyle and behavioral issues in a group setting. Day and evening sessions available. Medicated Assisted Treatment (MAT) is available for opiate/opioid and alcohol addiction if medically appropriate and in conjunction with counseling. Referrals are accepted from Cleveland Clinic providers or therapists, and community agencies. Self-referrals are accepted through the ADM Addiction Helpline at 330.940.1133. For more information about our services, call 330.436.0950.





# What's the optimal waist size for good health?

Ideally, a woman's waist size should be no more than 32 inches, and a man's no more than 37 inches. When waist size creeps above that, the risks for heart disease, heart attack, cardiovascular death and stroke rise.

When a woman's waist exceeds 35 inches and a man's exceeds 40 inches, the risk for heart disease spikes as blood pressure, cholesterol, inflammation and the likelihood of diabetes increase.

Your body mass index (BMI) also helps us determine your cardiovascular risk. Doctors also take your height into account. Being exceedingly tall or short can impact your optimal waist size.

## SCREENINGS

### 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 screenings.

- 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](http://lodihospital.org) for a screening location near you

### Pink Ribbon Project

Akron General provides free mammograms and Pap tests for uninsured women who qualify for the Ohio Breast and Cervical Cancer Project, also known as the Pink Ribbon Project. Coordinated by Summit County Public Health, the program gives women age 40 and older cervical cancer screening services and clinical breast exams, and women age 50 and older mammography services, clinical breast exams and cervical cancer screening services.

**Call us:** 330.926.5750

### Free Mammograms

Akron General's McDowell Cancer Institute offers one free screening mammogram annually for women who are uninsured, courtesy of 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)

### Bone, 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.

- Time:** 8:30-11 a.m.
- When:** Sept. 5 & 16; Oct. 3 & 21; Nov. 7 & 18; Dec. 5 & 16
- Where:** Health & Wellness Center, Stow
- When:** Sept. 9 & 26, Oct. 14 & 24; Nov. 11 & 28; Dec. 9
- Where:** Health & Wellness Center, Green
- When:** Sept. 12 & 23; Oct. 10 & 28; Nov. 14 & 25; Dec. 12 & 23
- Where:** Health & Wellness Center, Bath
- Cost:** \$12 to \$58 depending upon the combination of tests
- Call us:** 330.665.8175
- Online:** [akrongeneral.org/screenings](http://akrongeneral.org/screenings)



## AQUATICS

### Red Cross Swimming Lessons

Our Learn-to-Swim program is designed for children 6 months to adults. Students will progress through the levels at their own pace, mastering the skills in one level before advancing to the next. Each level of the class includes training in basic water safety and helping others in an emergency, in addition to stroke development. Call for full details.

**When:** Sessions run Sept. 11-Oct. 21 and Nov. 6-Dec. 16

**Where:** Health & Wellness Center, Bath  
Health & Wellness Center, Green  
Health & Wellness Center, Stow

**Call us:** 330.665.8131 (Bath)  
330.896.5007 (Green)  
330.945.3131 (Stow)

### SEALS (Swimming Elite at LifeStyles)

A non-competitive swim program for youth members 8 years and older with Red Cross Level 5 ability or greater.

**When:** Sessions run Sept. 11-Oct. 21 and Nov. 6-Dec. 16

**Time:** Mondays and Wednesdays, 6:30-7:30 p.m.

**Where:** Health & Wellness Center, Green

**Cost:** Varies

**Call us:** 330.896.5007 (Green)

### Red Cross Water Safety Instructor (WSI) Course

Learn to teach Red Cross Swim Lessons. Participants must be at least 16 years old on the first day of class and possess strong swim skills.

**When:** Dec. 21-22, 28-29

**Time:** Thursdays and Fridays, 9 a.m.-5 p.m.

**Where:** Health & Wellness Center, Green

**Cost:** \$210 LifeStyles members; \$250 Guests

**Call us:** 330.896.5007 (Green)

## RECREATION

### Return to Recreation: A Community Program

Sports, craft classes, community outings, social events and general recreational activities hosted by the Recreational Therapy Department at Edwin Shaw Rehabilitation Hospital. Activities can be adapted or modified to meet your needs. Some activities require a small fee. Call for dates.

**Where:** Edwin Shaw Rehabilitation Hospital – call for location of Nov. and Dec. activities

**Cost:** \$15 per person or \$25 per couple, yearly membership

**Call us:** 330.436.6904

## Parents' Night Out

Enjoy a night out while LifeStyles entertains your children. Participants will enjoy open swim in the recreation pool, open climb on our rock wall, open gym activities 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:** Sept. 16, Oct. 21, Nov. 18, Dec. 16

**Time:** 6-11 p.m.

**Where:** Health & Wellness Center, Bath  
Health & Wellness Center, Green  
Health & Wellness Center, Stow

**Cost:** LifeStyles members \$25, Guests \$30

**Call us:** 330.665.8131 (Bath)  
330.896.5007 (Green)  
330.945.3131 (Stow)

## Winter Break Camp

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

**When:** Dec. 21, 22, 26, 27, 28 & 29

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

**Where:** Health & Wellness Center, Bath  
Health & Wellness Center, Green

**Cost:** LifeStyles members \$35/day, Guests \$40/day

**Call us:** 330.665.8139 (Bath)  
330.896.5007 (Green)

## Youth Day

Out of school for the day? Hop on over to LifeStyles for a fun-filled day of games, swimming, rock climbing and more. Bring a lunch, a friend and have the best day off of school! To register, stop by the front desk.

**When:** Oct. 13, Nov. 27

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

**Where:** Health & Wellness Center, Bath  
Health & Wellness Center, Green

**Cost:** LifeStyles members \$30 for first child,  
\$25 for additional children, Guests \$35

**Call us:** 330.665.8139 (Bath)  
330.896.5007 (Green)

## MATERNITY

Call **330.344.BABY (2229)** or visit [akrongeneral.org/welcomebaby](http://akrongeneral.org/welcomebaby) for dates or to register for any of the following maternity classes. Please ask your doctor for a Maternity Services Packet.

### 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. Informational seminars will be held in the surgical waiting area.

**When:** Nov. 5

**Time:** 1-3 p.m.

**Where:** Akron General main lobby

**Cost:** Free

### Boot Camp for New Dads

A unique workshop taught by veteran dads.

**Cost:** \$27

### Infant/Child CPR and Safety

Every parent should know what to do in case of an emergency. This one-session, basic class gives you the confidence and security to act quickly and effectively. A registered nurse instructor provides the latest education in this essential course. All students receive a participation card upon completion. Class is not a certification.

**Cost:** \$22

### 'Just the Facts' Express Prep Class

One-day, condensed, complete childbirth series designed for those with challenging schedules. Less time spent on relaxation and breathing than the more comprehensive sessions. Includes a tour.

**Cost:** \$53 per couple

### Breastfeeding Beyond the First Six Weeks

Preparing to return to work or purchasing a breast pump? This class covers advanced breastfeeding aspects, such as pumping, storing breast milk and returning to work. Class will also have several breast pumps for hands-on information.

**Cost:** \$12

### Breastfeeding Essentials Class

Prepare yourself to breastfeed and learn how to have a successful experience.

**Cost:** \$17

## Childbirth Preparation for First-time Parents

Learn valuable techniques for relaxing, breathing during labor, managing discomfort, timing contractions and understanding how your coach can play a role during labor. Provides you with the basics on physical and emotional changes that occur during pregnancy, as well as what to expect during the childbirth process itself. This class also includes information on breastfeeding advantages and a tour. Choose from a four-week series or a condensed two-session weekend series.

**Cost:** \$71 per couple

## Baby Care for Beginners – A Guide to the First Six Weeks

Expectant parents, grandparents and others can practice feeding, bathing, diapering, swaddling and holding a baby. Class includes a guide for baby care, developmental milestones, safety, home preparation and when to call the doctor.

**Cost:** \$39 per couple

## Breastfeeding Support Group: Baby Roos and Mommies Too!

Offers encouragement and sound advice to help mommies succeed at breastfeeding and postpartum care, and includes baby weight checks. A board-certified lactation consultant helps guide the discussion and answers questions and concerns. Free parking.

**When:** Tuesdays

**Time:** 12:30-2 p.m.

**Where:** Akron General, 2400 Nursery (ask Information Desk for directions)

**Cost:** Free

## Free Maternity Tours

Schedule a tour today of our childbirth suites, private postpartum rooms, nurseries and much more.

## SUPPORT GROUPS

Akron General Visiting Nurse Service offers the following FREE programs designed to support and assist grieving persons through the grief process. All programs meet at the Justin T. Rogers Hospice Care Center, unless otherwise noted. To register, please call **330.668.4662**.

### Second Chapter

A special series for widows and widowers who may need that extra support, even though it's been a year since the death of their loved one.

**When:** Sept. 16, 23 and 30

**Time:** 10 a.m.-noon

### Rebuilding Faith after a Loss

A crisis of faith is a common experience after the loss of a loved one. This group session will support those who are moving along the journey of grief as they begin to incorporate the question of faith back into their lives.

**When:** Oct. 11

**Time:** 2-3:30 p.m.



## Live near Medina?

Cleveland Clinic Medina Hospital continues to offer education programs and services for the entire family, including childbirth classes, baby basics and breastfeeding.

**To view the event calendar and to register, visit [clevelandclinic.org/medinamaternity](http://clevelandclinic.org/medinamaternity).**



# MyChart® Your Interactive Health Record

Beginning Sept. 30, all Akron General and Lodi Hospital patients will have access to MyChart, a secure, online health management tool that connects patients to portions of their electronic medical record. Akron General and Lodi are adopting the same electronic medical record used across the Cleveland Clinic system, which will help streamline and coordinate patient care across all locations, from Akron to Cleveland and everywhere in between.

For patients, MyChart allows you to:

- Receive test results, including labs, radiology, procedures and pathology
- Request appointments or cancellations
- Securely message your provider's office
- View ambulatory progress notes
- View current health issues
- Renew prescriptions
- Review past appointment information
- Track immunizations
- Access preventive care information
- Through MyChart® • Caregiver, view your child and dependents' medical records
- View, download and transmit your health summary

Some patients may already have a Cleveland Clinic MyChart account, as it has already been available in our outpatient practice locations, as well as other Cleveland Clinic locations. If you have an existing Cleveland Clinic MyChart account, then you will automatically begin receiving Akron General and Lodi updates moving forward.

If you are a current patient and would like to sign up, please visit [clevelandclinic.org/mychart](http://clevelandclinic.org/mychart) for more information.

*MyChart® is a registered trademark of Epic Systems Corporation.*

## Interfaith Service of Remembering

Memorial service to remember and honor the deceased members of our community. RSVP required by Oct. 5.

**When:** Oct. 15  
**Time:** 3-4 p.m.  
**Where:** Bath United Church of Christ  
3980 West Bath Road, Bath

## Men and Holiday Grief

Help for men facing the holidays without their loved one.

**When:** Nov. 6, 13 and 20  
**Time:** 5:30-7:30 p.m.

## Reducing Holiday Stress

Discuss stress-related concerns for the bereaved during the holiday season. Learn how to balance the reality of grief with the expectations of the holidays. Hear about options for coping with this potentially difficult time of year.

**When:** Nov. 8  
**Time:** 2-4 p.m. or 6-8 p.m.

## Kids and Holiday Grief

Support for children ages 5-11 who have experienced a significant loss, such as a parent, sibling or grandparent.

**When:** Nov. 10 and Dec. 8  
**Time:** 5-7 p.m.

## TeenLife Holiday Grief Support

Support for young adults ages 12-16 who have experienced a significant loss, such as a parent, sibling or grandparent.

**When:** Dec. 1  
**Time:** 5-7 p.m.

## Grief, Loss and Holiday Pain

The grieving process can be especially difficult during special holidays or dates of significance. This session will provide tips to help you through the holiday season. It will also offer tips for family and friends when dealing with a bereaved person.

**When:** Dec. 13  
**Time:** 2-4 p.m. or 6-8 p.m.

## Heads Up! No Boundaries

A traumatic brain injury support group for patients who have suffered a brain injury and for their families. Call for additional dates and location of December sessions.

**When:** Sept. 1: Adapted Tennis  
Sept. 22: TBI Survivor, Musician Cristabelle Braden will speak and perform  
October-December: Two Fridays per month  
**Time:** 1-3 p.m.  
**Where:** Falls Village, Gym, 1st Floor, 405 Tallmadge Road, Cuyahoga Falls  
**Cost:** FREE  
**Call us:** 330.436.6904

## Akron Area Depression and Bipolar Support Alliance

A self-facilitated peer support group hosted by Akron General for patients and adult family and friends. New visitors are welcome to observe and join the conversation as they are comfortable.

**When:** Sept. 18; Oct. 2 and 16; Nov. 6 and 20; Dec. 4 and 18  
**Time:** 6:30-8 p.m.  
**Where:** Health & Wellness Center, Bath, 2nd Floor, Copley Room  
**Cost:** Free  
**Call us:** 330.665.8171

## SAFETY

### Red Cross Babysitting Course

The purpose of this course is to provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants.

**When:** Nov. 27  
**Time:** 9 a.m.-3 p.m.  
**Where:** Health & Wellness Center, Green  
**Cost:** \$55 LifeStyles members; \$75 guests  
**Call us:** 330.896.5007

### 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 who have completed fifth through eighth grade. A graduation ceremony will be held at 2:45 p.m. for students and their families. Please bring your lunch. Class size is limited. Register by Sept. 18.

**When:** Oct. 7  
**Time:** 8:45 a.m.-3 p.m.  
**Where:** Lodi Hospital, Conference Room  
**Cost:** \$45 (includes manual, supply bag, completion card and other goodies)  
**Call us:** 330.948.5544

## Apple-Nut Zucchini Bread

This mouth-watering sweet bread packs nutrition and flavor with a nutty crunch. Enjoy it with a meal or as a satisfying snack. Makes 3 loaves (24 servings).

2 cups all-purpose flour	1 (14 oz.) can crushed pineapple in juice, undrained
2 cups whole-wheat flour	1½ cups granulated sugar
2 tsp. baking soda	1½ cups packed brown sugar
1 tsp. baking powder	1 Tbsp. vanilla extract
2 tsp. ground cinnamon	2 cups shredded zucchini
½ tsp. ground nutmeg	1 cup shredded apple
1 cup egg substitute	1 cup chopped walnuts
2 large egg whites	

Preheat oven to 350 degrees. Spray three 8 x 4-inch loaf pans with cooking spray. Combine flours, baking soda, baking powder, cinnamon and nutmeg in a large bowl; mix well. Combine egg substitute and egg whites in a medium bowl; beat with electric mixer until frothy. Pour egg mixture into flour mixture. Add pineapple, sugars and vanilla extract; mix well. Fold in zucchini, apple and walnuts. Divide batter among loaf pans. Bake 45 to 55 minutes or until toothpick inserted in centers of loaves comes out clean. Cool 10 minutes. Remove bread from loaf pans and cool completely before slicing. Bread can be frozen whole or sliced.

**Nutritional information per serving:** 210 calories, 5 g protein, 45 g carbohydrates, 2.2 g fat, 0 mg cholesterol, 2 g fiber, 106 mg sodium.



*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.

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# Cleveland Clinic

## Akron General

1 Akron General Ave., Akron, OH 44307  
[akrongeneral.org](http://akrongeneral.org)

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### Sports Health Coaches Clinic

Learn valuable injury and prevention strategies while covering the requirements set by the Ohio Department of Education to fulfill the Pupil Activity Certification. Online pre-registration is required.

**When:** Oct. 24  
**Time:** 6:30-8:30 p.m.  
**Where:** Cuyahoga Valley Christian Academy, 4687 Wyoga Lake Road, Cuyahoga Falls

**When:** Nov. 2  
**Time:** 6:30-8:30 p.m.  
**Where:** Health & Wellness Center, Green

**Cost:** \$20 at door  
**Call us:** 330.665.8200  
**Register online:** [sports-health.org/patienteducation](http://sports-health.org/patienteducation)

### Uninsured? Having trouble paying your hospital bill?

You may be eligible for financial assistance.

Call: **330.344.2000** or **866.440.0257** (toll-free)  
Visit: [akrongeneral.org/financialpolicy](http://akrongeneral.org/financialpolicy)

## LOCATION KEY

Join us at the convenient location listed for each event:

### Akron General

1 Akron General Ave., Akron 44307

### Challenge Golf Course

1596 Flickinger Road, Akron 44312

### Edwin Shaw Rehabilitation Hospital

405 Tallmadge Road, Cuyahoga Falls 44221

*Coming soon – new location: 4389 Medina Road, Akron 44333*

### 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

## NEED DIRECTIONS?

Visit [akrongeneral.org](http://akrongeneral.org) or call 330.344.2900 for maps and directions to Akron General locations.