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Ladies Night: Healthy You!

Our team of Cleveland Clinic Akron General experts will answer your questions, share their expertise and provide clinical insights on all things women's health, including menopause, exercise, health screenings, nutrition, heartburn and more.

The evening's discussion will be led by your questions. Event includes health screenings, information booths and a sit-down dinner. Reservations are required.

When: Thursday, Oct. 3

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

Where: Raintree Golf & Event Center, 4350 Mayfair Road, Uniontown

Cost: \$10 (includes meal)

RSVP: akrongeneral.org/healthyyou

Medina Farmers Market

Sponsored by Cleveland Clinic Medina Hospital, the Medina Farmers Market continues its 2019 season with fresh produce from local growers. To find a farmers market near you, visit localharvest.org/akron-oh.

When: Saturdays through mid-October

Time: 9 a.m.-1 p.m.

Where: Public Square, Medina

Cost: Free

Call us: 330.721.5992

LifeStyles Wellness Fair & Community Day

Join us for a health fair and community day, with activities for children and adults.

When: Saturday, Oct. 26

Time: 8:30-11:30 a.m.

Where: Health & Wellness Center, Green

Cost: Free

Online: akrongeneral.org/wellnessfair

SPECIAL EVENTS

7th Annual Cancer Survivorship Celebration

Join survivors, family members, friends and caregivers for an afternoon of celebration. Enjoy lunch and listen to a presentation from a local beekeeper on what bees can teach us about wellness. Participate in a bee-themed art activity hosted by our own art therapist, Amber Gano.

When: Saturday, Sept. 7
Time: 11 a.m.-2 p.m.
Where: Health & Wellness Center, Green
Cost: Free
RSVP: Call 330.344.1603 by Monday, Aug. 26, to register

Women's Board Dinner & Wine Pairing Event

Enjoy a fun, relaxed Four Course Dinner and Wine Pairing at the new Michael Angelo's Winery. Proceeds benefit Cleveland Clinic Akron General Community Outreach Programs.

When: Saturday, Nov. 16
Time: 6:30-10 p.m.
Where: Michael Angelo's Winery, 5515 Broadview Road, Richfield
Cost: A variety of sponsorship and individual ticket levels are available.
RSVP: Purchase tickets at <https://give.ccf.org/womensboard>, call 330.344.6888 or email agfoundation@ccf.org

Wayside Wellness Fair

Join us for the third annual fair offering health and wellness information and free screenings, healthful food and beverage samples, and wellness speakers. Ocean Robbins of "The Healthy Food Revolution" and Joel Fuhrman, MD, of "Advances in Nutritional Science to Live Healthfully Until 100" will speak as well. Presented by Wayside Furniture in collaboration with Akron Civic Theatre and Cleveland Clinic Akron General.

When: Saturday, Sept. 21
Time: 10 a.m.-3 p.m.
Where: Akron Civic Theatre, 182 S. Main St., Akron
Cost: Free. Tickets available at Wayside Furniture; Mustard Seed Market & Café; Akron Civic Theatre box office; Cleveland Clinic Akron General Health & Wellness Centers; and the information desk in Akron General's main lobby.

Call us: 330.535.3179

Come Cook with Us: Hosting a Healthy Holiday Party

Learn the secrets to hosting a healthy holiday party. Local chefs will prepare their favorite healthy party dishes for you to sample and our Clinical Dietitian and Diabetes Educator Kelly Reed will weigh in.

When: Sunday, Nov. 13
Time: 6-7:30 p.m.
Where: Akron Canton Regional Foodbank
Cost: Free
Register: clevelandclinic.org/ComeCookwithUs

Breast Cancer Awareness Month – Muffins for Mammograms

Join Akron General, Main Street Gourmet, the City of Akron, Rubber City Radio and Stewart's Caring Place as they kick off October's Breast Cancer Awareness Month with a variety of events.

Aug. 19-Sept. 11: Pre-order your gourmet blueberry or double chocolate muffins. Orders must be for \$150 or more and will be delivered to Summit County locations only on Oct. 1 between 9 a.m. and noon. Visit Lock3live.com to place your order beginning Aug. 19.

If you miss the pre-order timeframe, stop by these locations on Oct. 1 to purchase muffins:

- Akron General Medical Center's main lobby, 7-10 a.m.
- Lock 3 from 11 a.m. to 1 p.m. Grab lunch at a food truck and finish with a delicious muffin for dessert. Be sure to make time to personalize a Pink Rock to celebrate the lives of breast cancer survivors.

Akron General's Muffins for Mammograms fund supports education, screening and outreach for breast cancer as well as other cancers. All orders will receive breast health educational material.

Muffins for Mammograms® is a trademark of Main Street Gourmet, Inc. and is used under license by Cleveland Clinic Akron General. 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 education, screening and outreach for breast cancer as well as other cancers.

HEALTH EDUCATION EVENTS

Prostate Cancer Coalition

Cleveland Clinic Akron General is proud to announce a Prostate Cancer Coalition in partnership with the One-In-Six Foundation & Stewart's Caring Place. The Prostate Cancer Coalition will be on site to offer free prostate cancer screening blood tests and education material. Please join us in the fight to combat prostate cancer.

When: Wednesday, Sept. 11
Time: 10 a.m.-noon
Where: Urban League, 440 Vernon Odom Blvd., Akron
Cost: Free. No RSVP is needed.
Call us: 330.344.HOPE (4673) for more information

When: Friday, Nov. 1
Time: 4-7 p.m.
Where: Stewart's Caring Place, 2955 W. Market St., Akron
Cost: Free. No RSVP is needed.
Call us: 330.344.HOPE (4673) for more information

When: Wednesday, Dec. 11
Time: 10 a.m.-noon
Where: Urban League, 440 Vernon Odom Blvd., Akron
Cost: Free. No RSVP needed.
Call us: 330.344.HOPE (4673) for more information



Family and Friends CPR

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

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

LIFESTYLES PROGRAMS

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.
- A staff of trained and certified professionals, including degreed exercise specialists, registered dietitians and personal trainers.
- Aquatics and unlimited group exercise classes.
- Access to spa features, including a steam room, sauna and whirlpool.
- Full access to three convenient locations: Bath, Green and Stow.

To learn more about our facilities, visit akrongeneral.org/lifestyles or call 330.344.5646.

Cholesterol and Glucose Screenings

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

- Time:** 8:30-11 a.m.
- Where:** Bath
- When:** Sept. 10 & 28, Oct. 8 & 26, Nov. 12 & 23, Dec. 10 & 28
- Where:** Green
- When:** Sept. 14 & 24, Oct. 12 & 22, Nov. 9 & 26, Dec. 14
- Where:** Stow
- When:** Sept. 3 & 21, Oct. 1 & 19, Nov. 5 & 16, Dec. 3 & 21
- Cost:** \$12 to \$58 depending upon the combination of tests
- Contact:** 330.665.8175 or akrongeneral.org/screenings

Arthritis Wellness Program

The Arthritis Wellness Program is available for members and guests of Akron General LifeStyles. The program improves overall wellness by providing recommended exercises and education for all participants who currently have arthritis or have had joint replacement surgery. Included in the program is an initial wellness consultation with an exercise specialist, an exercise prescription and assessments at three and six months. This is a supervised program which includes a blood pressure check and pain assessment each day that a participant exercises. The exercise specialists are also available to make any adjustments to the exercise program and/or review exercises with the participant.

- Where:** Health & Wellness Center, Bath
- Cost:** Free for LifeStyles members, \$57 monthly for guests

For more information or to join this program, call Ann Jankowski, fitness manager, at 330.665.8106, or jankowa@ccf.org.

Game Changer: The Ultimate in Personal Transformation Seminar

Don't miss this motivating seminar on achieving permanent weight loss. Learn about boosting metabolism, taking charge of hormones, fueling your body, exercising smart, burning fat, discovering the secret that leads to lasting change and understanding how to make it happen.

Where: Bath
Date: Sept. 18, Oct. 23, Nov. 13
Time: 6-7:30 p.m.
RSVP: 330.665.8140 or crabies@ccf.org

Where: Green
Date: Sept. 19, Oct. 17, Nov. 21
Time: 6:30-8 p.m.
RSVP: 330.896.5006 or hovana@ccf.org

Where: Stow
Date: Sept. 25, Oct. 30, Nov. 27
Time: 6-7:30 p.m.
RSVP: 330.665.8140 or crabies@ccf.org

Cost: Free for members, \$49 for guests

Ignite! Turkey Burn

Turkey Burn features samples of LifeStyles' most popular group exercise classes. Each format is 8-15 minutes and includes a mix of cardio, strength, core and stretch. Spark your interest in group exercise and get your workout in before the big day. Bring a yoga mat and a friend.

When: Thursday, Nov. 28
Time: 8-9:30 a.m.
Where: Health & Wellness Center, Bath
Cost: Free
Call us: 330.665.8130

NuFit Nutrition and Fitness Education for a New You!

Join us for this free program that provides information about the latest topics in nutrition and fitness, recipes, facts and myths, and tips from our experts. Bring a friend! Reservations are encouraged.

When: Sept. 3 (Stow), Sept. 5 (Medina), Sept. 10 (Bath), Sept. 19 (Wadsworth), Sept. 24 (Green)

Nutrition: Virtual Grocery Store Tour
Fitness: Functional Fitness

When: Oct. 1 (Stow), Oct. 3 (Medina), Oct. 8 (Bath), Oct. 17 (Wadsworth), Oct. 22 (Green)

Nutrition: Healthy Holiday Eating
Fitness: The Benefits of Walking

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

Nutrition: Diabetes Nutrition 101
Fitness: Exercises for the Aging Adult

When: Dec. 3 (Stow), Dec. 5 (Medina), Dec. 10 (Bath), Dec. 17 (Green), Dec. 19 (Wadsworth)

Nutrition: Nutrition and Goal Setting
Fitness: Fitness and Goal Setting

Time: 6-7 p.m.

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

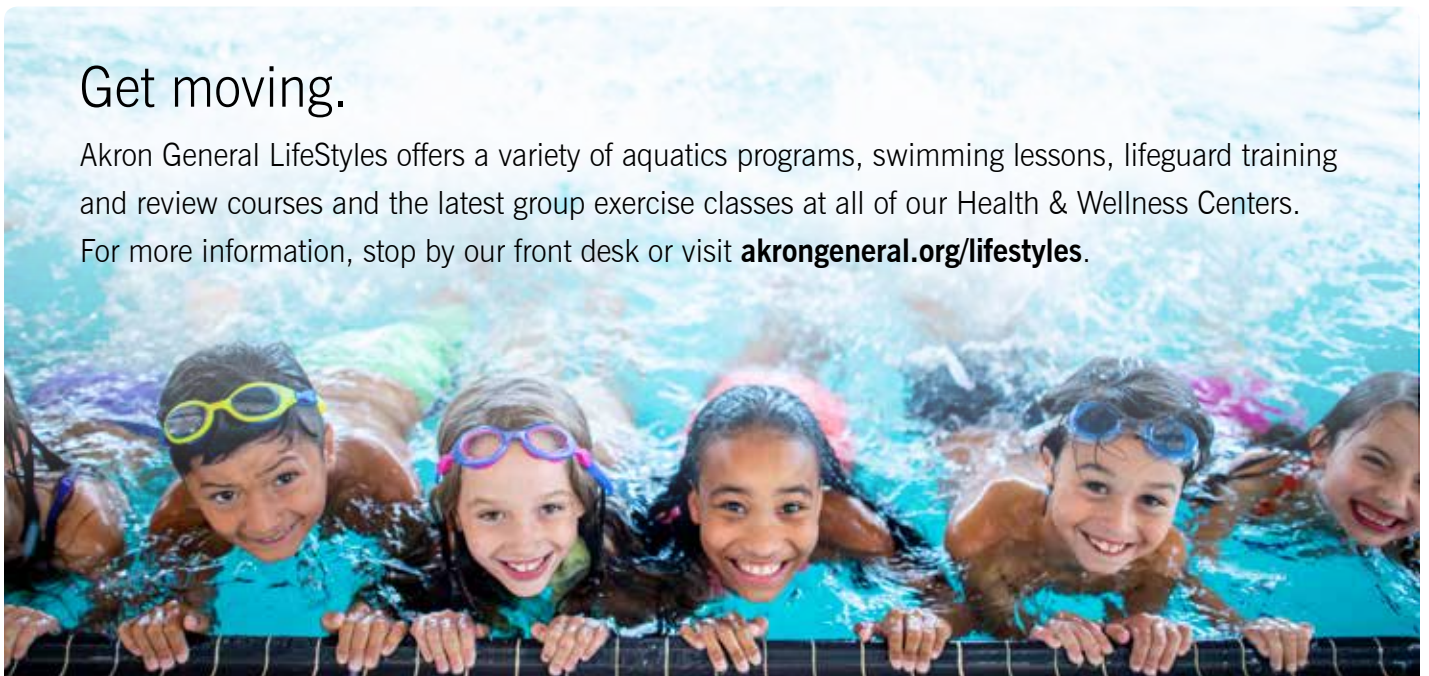
Call us: 330.665.8100 (Bath)
330.896.5000 (Green)
330.721.5992 (Medina)
330.945.3100 (Stow)
330.334.5761 (Wadsworth)

Cost: Free

Contact: akrongeneral.org/nufit

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 our front desk or visit akrongeneral.org/lifestyles.



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.

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

When: Sept. 21, Oct. 19, Nov. 16, Dec. 14

Time: 6-11 p.m.

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

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

Overnight option:

LifeStyles members:

\$40 for first child; \$35 for each additional child

Guests:

\$45 for first child; \$40 for each additional child

NUTRITION, WEIGHT LOSS AND FITNESS

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

LifeStyle Weight Management 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

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 meal plan with three meals and three snacks a day, grocery shopping lists and healthy recipes.

Call us: 330.665.8022

Healthy Green

Join us for this eight-week challenge focusing on your health and well-being in addition to weight loss and exercise with health screenings and weekly health education. Winners will be determined by participation and weight loss with prizes for the top point earners. Registration is required. Seating is limited.

When: Wednesdays, Sept. 18-Nov. 6

Time: 6 p.m.

Where: Health & Wellness Center, Green

Cost: Free

Call us: 330.344.1442

Healthy Medina: National Treasure Edition

Join us for this eight-week health challenge and learn more about the clues to finding the treasure – your health! This challenge will focus on managing stress, weight management and exercise with health screenings, weekly health education, group exercise classes and access to the Medina Community Recreation Center (MCRC). Winners will be determined by participation and weight loss with weekly raffles and prizes for the top three point earners! Registration is required. Seating is limited.

When: Tuesdays, Sept. 10-Oct. 29

Time: 6 p.m.

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

Cost: \$20 MCRC Member / \$35 Non-Member

Call us: 330.721.5992

Dining with Diabetes Cooking School

This two-session program is open to anyone with diabetes, at risk for diabetes or who wants more information on diabetes. Learn how to prepare meals that are healthy and use less fat, salt and sugar without sacrificing flavor. There will be a variety of main dishes, sides and desserts to taste. You will receive helpful information on living healthy with diabetes.

When: Wednesdays, Sept. 11 and 18

Time: 6-8 p.m.

Where: Cleveland Clinic Akron General, Atwood classroom (ground floor)

Cost: \$10 for both sessions

Contact: 330.344.7791 or visit akrongeneral.org/events and search keyword "Dining with Diabetes"



Hurt Exercising or Playing a Sport? Walk-In Care Now Available



By Rachel Hummel, DO, primary care sports medicine specialist, Akron General

Sports and exercise-related injuries can happen at any time – while jogging, doing aerobics, swimming laps or playing hoops, to name a few. Cleveland Clinic Akron General now offers a walk-in clinic for patients to get care for injuries that need to be seen quickly, but with more convenience than going to an emergency department.

Sports & Ortho Injury Care at the Stow Health & Wellness Center (4300 Allen Road, Suite 410, Stow) provides quick treatment from a primary care sports medicine specialist without an appointment for patients age 7 and up.

Injuries that can be treated at the clinic include:

- Broken bones that haven't punctured the skin
- Strains or sprains of the leg, hip, knee, foot or ankle
- Joint, bone or muscle injuries
- New back pain

With X-ray and magnetic resonance imaging available on site, patients can get a thorough evaluation and treatment plan and get back to their lives as soon as possible. Sports physicals are also available.

The walk-in clinic is open Monday through Friday, 8 a.m. to 4 p.m. It is closed on holidays. Most insurance plans are accepted.

Of course, patients who have chest pain, shortness of breath, dizziness, a severe headache or other serious problems should continue to seek care at the nearest emergency department or call 9-1-1.

Dr. Hummel is the director of Sports & Ortho Injury Care at the Stow Health & Wellness Center. For questions about this walk-in clinic, call 330.344.2663 (BONE).

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, and Akron General.

Phase III Maintenance Programs

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

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

Healthy Strides: Come Get Your Steps In!

It may be chilly outside, but our free 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 the front entrance lobby area.

Where: Health & Wellness Center, Bath
When: Thursdays, Sept. 5, Oct. 3, Nov. 7
Time: 1 p.m.

Where: Health & Wellness Center, Green
When: Thursdays, Sept. 12, Oct. 10, Nov. 14
Time: 1 p.m.

Where: Health & Wellness Center, Stow
When: Thursdays, Sept. 19, Oct. 17, Nov. 21
Time: 12 p.m.

Cost: Free

Healthy Strides in Medina

Join us for a casual 1-2 mile outdoor walk preceded by a brief informative talk by a Cleveland Clinic caregiver or other local expert. Topics change each session based on the leader's specialty. No registration required. This program is in collaboration with Medina County Parks.

When: Saturday, Sept. 21

Time: 9-10 a.m.

Where: C.L. Mudge Park, 4985 Windfall Road, Medina

Cost: Free

Call us: 330.721.5992

How You Can Reduce ACID REFLUX SYMPTOMS



**By Marita Bauman, MD, bariatric surgery,
Akron General**

One in five Americans has had heartburn, or gastroesophageal reflux disease (GERD), at one time or another.

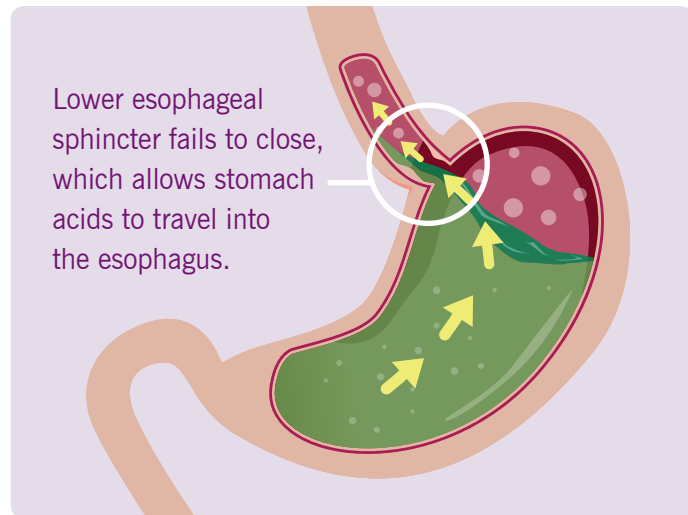
While some patients need medication to control it, many others find they can get relief from just making a few lifestyle changes.

GERD happens when a person's lower esophageal sphincter, which controls the opening between the esophagus and stomach, fails to close after food passes through, and stomach acids travel backward up the esophagus.

Things that can make GERD more likely to occur include excess stomach weight, fatty foods, large meals, and intake of alcohol, cigarettes, caffeine, chocolate and peppermint.

Here are a few steps that give many sufferers relief:

- Lose weight. This can be hard but it's the single most effective thing you can do to reduce reflux. Ask your doctor for advice on the best diet for you!
- Eat smaller, less fatty meals, especially late in the day, as fat and large meals both cause the sphincter to open.
- Reduce alcohol intake and don't smoke.
- Don't eat for three hours before bed if reflux hits you hardest at bedtime. Sleeping on a 6- to 8-inch incline wedge pillow can help as well.



- Take acid-reducing medications about a half hour before eating. Some patients take them at bedtime, which often doesn't provide any benefit.
- Talk to your doctor if none of these steps helps reduce your reflux symptoms.

To make an appointment with Dr. Bauman or another Cleveland Clinic Akron General specialist in the treatment of heartburn, call 330.344.1950.

BEREAVEMENT SUPPORT GROUPS

Monthly Drop-in Support Sessions

Explore a different topic related to grief each month, and learn from and support each other. No registration required.

When: Tuesdays, Sept. 17, Oct. 15, Nov. 19, Dec. 17
Time: 2-3:30 p.m.
Where: Justin T. Rogers Hospice Care Center Community Room

Intensive Grief Groups

This is an eight-session group for those who wish to become more informed about the grieving process, get support and receive tools for handling normal grief responses.

When: Thursdays, Sept. 26-Nov. 14
Time: 2-3:30 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. No registration required.

When: Mondays, Nov. 4-18
Time: 5:30-7 p.m.
Where: Justin T. Rogers Hospice Care Center Community Room

MATERNITY

Maternity and Childbirth Preparation Classes

Visit akrongeneral.org/maternityevents to explore our comprehensive childbirth class offerings (listed below), register for a tour, or download a labor and delivery packet. Please call 330.344.BABY (2229) with 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

COMMUNITY BENEFITS

Akron Area Depression and Bipolar Support Alliance

The DBSA support group is a self-facilitated peer support group. Participants offer to host meetings, but it is not any one person's responsibility to facilitate meetings. All new participants are welcome to observe and join the conversation as they are comfortable. Please refer to the participation guidelines for more information.

When: Sept. 16, Oct. 7 & 21, Nov. 4 & 18, Dec. 2 & 16
Time: 6:30-8 p.m.
Where: Health & Wellness Center, Bath, 2nd Floor, Library Conference Room
Cost: Free
Call us: 330.665.8171

Alcohol and Drug Recovery Center

The Akron General Alcohol and Drug Recovery Center 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, Fairlawn, 3600 W. Market St., Suite 102
Call us: 330.436.0950

National Prescription 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, Oct. 26
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 the 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 also are available at Acme Fresh Market pharmacies.

Call us: 330.374.0947

CHEST PAIN: When Is It An Emergency?



**By Joseph Lahorra, MD, cardiac surgery,
Akron General**

Not all chest pain is the same. Some types of chest pain should send you to the emergency room immediately. But some shouldn't.

If you have pain, pressure or discomfort in the center of your chest or in your arms, back, jaw, neck or stomach – along with shortness of breath, a cold sweat, nausea, fatigue or lightheadedness – for at least five minutes, call 9-1-1.

These symptoms may signal a heart attack, also known as myocardial infarction. You may need immediate treatment in order to save heart muscle.

But when chest aches and pains are fleeting, it's often something different. Here are a few examples of times when it isn't an emergency:

- Momentary chest discomfort, which is often described as a lightning bolt or electrical shock. Heart pain is unrelenting, typically lasting for several minutes. Momentary chest discomfort is more likely to be caused by musculoskeletal injury or inflammation, or nerve pain (such as a cracked rib, a pulled muscle in the chest wall or shingles.)
- Pinpoint chest discomfort that worsens with positional changes in breathing. Heart pain usually radiates. Pinpoint pain that changes with breathing is more likely to be from the lungs.
- Chest discomfort that gets better with exercise. Heart-related pain typically worsens with exercise. Sharp chest pain that improves with movement is more likely to have other causes, such as acid reflux.

Keep in mind that symptoms of heart attack or angina can vary greatly from person to person. Some people experience no symptoms at all. Others experience crushing chest pain. Still others may feel only arm discomfort.

If you can find a comfortable position and your pain comes and goes, it's probably not an emergency but it's probably worth making an appointment to see a doctor.

But when in doubt, the best advice is always to go to an emergency department.

For an appointment with Dr. Lahorra or another Cleveland Clinic Akron General heart specialist, call 1.800.HEART50 (1.800.432.7850).



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

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 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

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. These classes are taught by respiratory therapists and tobacco treatment specialists, Paul Bailey and Kathy McCowan.

Classes will be held six consecutive Tuesdays.

When: Sept. 10-Oct. 15, or Oct. 29-Dec. 3

Time: 1:30-3 p.m.

Where: Cardiopulmonary Classroom, Heart and Vascular Center, Room 1544, Akron General

Cost: Free

Call us: 330.344.7640 to RSVP

YOUTH PROGRAMS

LifeStyles 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 and a friend and have the best day off of school! Please stop by the front desk of any Health & Wellness Center to register.

When: Sept. 2 (Bath), Oct. 11 (Bath & Green), Nov. 5 (Stow), Nov. 27 (Stow), Nov. 29 (Stow), Dec. 2 (Bath)

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

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

Cost: LifeStyles members, \$30 for first child, \$25 for additional children; guests, \$35

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

Online: akrongeneral.org/lifestylescamp

Winter Break Camp

Kids can spend their winter break enjoying 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 of any Health & Wellness Center to register.

- Time:** 9 a.m.-4 p.m.
When: Dec. 23, 26, 27 and Jan. 2, 3 (Bath & Stow); Dec. 23, 27, 30 and Jan. 2, 3 (Green)
Cost: LifeStyles members, \$35/day; guests, \$40/day
Call us: 330.665.8139 (Bath), 330.896.5007 (Green), 330.945.3141 (Stow)
Online: akrongeneral.org/lifestylescamp

Sports Performance Training – Middle & High School Athletes

Ninety-minute sessions focus on flexibility, agility, speed, power, strength and endurance to make your high school and 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 or visit our website for more details.

- Where:** Health & Wellness Centers in Green and Stow
Call us: 330.896.5043 (Green) or 330.945.3183 (Stow)
Online: clevelandclinic.org/akronsportsperformance

Indian Butter Chicken (Without the Butter!)

Makes 4 servings

Butter chicken without the butter? A big, delicious yes, please! The popular Indian dish is often made with butter, cream or both, but it's the combination of spices and tomato that delivers its compelling signature flavor. Our heart-healthy version skips the heavy dairy and focuses on spices and flavor. Your family or guests will enjoy every satisfying bite!



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| 12 ounces boneless, skinless chicken breasts | ¼ teaspoon plus ⅛ teaspoon kosher salt | 14.5 ounce can fire-roasted diced tomatoes |
| ½ cup 0% fat Greek yogurt | 2 tablespoons canola oil | 1½ cups cooked brown rice, for serving |
| 2 teaspoons garam masala | 1 yellow onion, chopped | ¼ of a green cabbage, shredded, for serving |
| 1 teaspoon ground cumin | 2 tablespoons grated fresh ginger | ½ cup fresh cilantro leaves, for serving |
| ¼ teaspoon cayenne pepper | 2 cloves garlic, finely chopped | |

Directions:

Cut chicken into 1-inch pieces and put into a medium bowl. Add the yogurt, garam masala, cumin, cayenne and ¼ teaspoon of the salt. Stir well to coat. Cover and let marinate in the refrigerator overnight.

Heat the oven to 350°F. Put the chicken into a baking dish or ovenproof skillet and spread into a single layer. Roast for about 25 minutes, or until cooked through.

Meanwhile, in a medium saucepan, heat the oil over medium-high heat. Add the onion and the remaining ⅛ teaspoon salt. Stir to coat. Cover tightly and cook for 5 minutes, stirring occasionally. Reduce the heat to medium and cook 5 to 7 minutes more, stirring often, until very tender.

Remove the lid. Stir in the garlic and ginger and cook, stirring, for 2 minutes. Add the tomatoes and ¾ cup of water. Cover tightly and simmer for 5 minutes. Using a handheld or regular blender, puree the sauce until smooth and creamy. If it's a little thick, add another ¼ cup of water. Return the sauce to the saucepan over low heat.

Add the chicken and any juices in the dish to the sauce. Stir well to combine.

Divide the chicken and sauce among bowls. Top with the brown rice, cabbage and cilantro.

Nutritional Information (per serving): Calories, 284; Total fat, 10g (1g saturated fat); Protein, 23g; Carbohydrate, 26g; Dietary Fiber, 3g; Sugar, 4g; Added Sugar, 0g; Cholesterol, 43mg; Sodium, 539mg

Staying Well During the Holidays

The holiday season can be busy! Don't let these common health missteps cut into your fun:

- **Eating too much salt:** Heart patients and dialysis patients, among others, are highly sensitive to the salt in many foods that are staples at holiday parties. They often overeat, and their bodies can't process the extra salt, so they retain extra fluid.
- **Missing medications:** Don't let parties, company and travel cause you to forget to take all your doses!
- **Deep cuts:** Knife accidents are more common during the holidays, as people bring out cutlery they don't use very often to cut turkeys or hams. Take a slow, steady approach when you're the chef.
- **Falls:** Parties can be fun but they often mean people are standing much more than normal. Don't get so fatigued that you lose your balance and fall. Beware of icy sidewalks too!
- **Food poisoning:** With lots of food being prepared at once, it's easy for safety precautions to get overlooked. Avoid anything that's been sitting out too long or may be undercooked.

If you do need medical help, clevelandclinic.org/wheretogo can help you decide if an emergency department or an urgent care center is the best choice for you, and show you locations and wait times.

Before Baby Fair

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

When: Sunday, Nov. 3

Time: 1-3 p.m.

Where: Akron General Main Lobby

Cost: Free



 **Cleveland Clinic**
Akron General

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

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