



Inside:

- Early Detection Saves Lives: Convenient, Expert Colonoscopy Care Close to Home
- Lodi Hospital Brings Caring Canines Program to Patients, Caregivers
- MRI and CT Technology Offered at Lodi Hospital
- Community Health Screenings
- Fall Healthy Recipe: Slow Cooker Steel Cut Oats with Apples and Walnuts

Early Detection Saves Lives: Convenient, Expert Colonoscopy Care Close to Home

Colorectal cancer is a serious disease, but early detection can be a lifesaver. While a colonoscopy might not be on the top of your to-do list, it's an invaluable tool for preventing serious health problems. Experts recommend a colonoscopy every 10 years for people who are at average risk of getting colorectal cancer, with more frequent screenings for those with a family history of the disease.



At Cleveland Clinic Akron General Lodi Hospital, we make colonoscopy care accessible and hassle-free. Our skilled general surgeon Linda Wang, MD, specializes in a range of gastrointestinal (GI) procedures, including those designed to detect early signs of inflammatory bowel diseases, polyps, abnormalities and cancer. These procedures include:

- Screening and diagnostic colonoscopy to examine the colon and rectum.
- Upper endoscopy to evaluate the lining of the esophagus, stomach and upper small intestine.
- Pouchoscopy to inspect the small bowel pouch.
- Sigmoidoscopy to examine the lower colon and rectum.

For your comfort and convenience, all procedures are performed on an outpatient basis.

We understand that scheduling a medical appointment can disrupt your busy life. That's why we offer open access scheduling for routine and follow-up colonoscopies, eliminating the need for a prior office visit. To streamline the process, you'll receive clear instructions and preparation materials directly at your pharmacy. Patients can easily schedule appointments through MyChart, the Cleveland Clinic Appointment Center or their physician's office. Insurance authorization is initiated at the time of scheduling.



To provide even more comprehensive care, Dr. Wang now offers appointments at the Surgery Clinic located within the Lodi Community Care Center. This convenient location offers surgical consultations, follow-up care and management of various conditions, including breast diseases, hernia, gallbladder issues, thyroid problems and skin concerns. Dr. Wang sees patients on Tuesday mornings. To schedule an appointment, please call **216.444.7000**.

SLOW COOKER STEEL-CUT OATS WITH APPLES AND WALNUTS



This is a filling whole-grain favorite for breakfast or an afternoon snack.

INGREDIENTS

- 1 cup steel-cut oats
- 2 apples, cut in small cubes (or 1 cup dried fruit + extra $\frac{1}{2}$ cup water)
- $\frac{1}{2}$ cup chopped walnuts
- 4 cups water
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$ teaspoon pure vanilla extract
- $\frac{1}{3}$ teaspoon ground cloves (optional)

DIRECTIONS

1. Combine all ingredients in slow cooker. Mix so ingredients are evenly distributed. Set slow cooker on low setting, cover and cook for 8 to 9 hours.
2. Spoon into 4 serving bowls.
3. Serve with a splash of milk (or milk alternative), if desired.

NUTRITION INFORMATION (per serving)

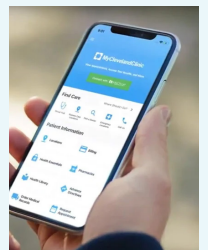
Makes 4 servings

Calories: 280 | Total fat: 12 g | Saturated fat: 1.5 g
Carbohydrate: 42 g | Fiber: 7 g | Sugar: 10 g | Protein: 8 g

Recipe courtesy of Cleveland Clinic Health Essentials content team. Published Sept. 2, 2021.

Download the MyClevelandClinic® App

Connect to your MyChart account through the MyClevelandClinic® mobile app for access to all of the Cleveland Clinic services you know and trust in a single place. Download the app for free in the Apple App store or Google Play store.



Lodi Hospital Brings Caring Canines Program to Patients, Caregivers



For some patients at Lodi Hospital, their physicians may call in a rather unusual but effective healthcare specialist: a dog from the Caring Canines program.

Since the Caring Canines program began in May, patients and caregivers alike have enjoyed the proven benefits of having a pet therapy program, which include:

- Improving patients' moods and creating a calming effect.
- Decreasing depression by offering a sense of emotional connection.
- Reducing stress levels and soothing patient anxiety.
- Lowering blood pressure and improving cardiovascular health.

And much more!

Kaitlin Newcombe, manager of Patient Access and Volunteers at Lodi Hospital, can attest to the positive effects these

special dogs are having on patients. "We have received overwhelmingly positive feedback from patients and family members who receive visits from the canines. It is incredible to see their reactions and how much joy the dogs bring to them."

Lodi Hospital staff members are also benefitting from the Caring Canines program. "Our caregivers work hard to provide top-notch patient care at every encounter, and I am overjoyed to see how much this program has helped to reduce their stress and bring smiles to their faces," she added.

Currently, the Caring Canines program at Lodi has two certified dogs – Buzz (greyhound) and Toby Keith (miniature schnauzer) – with two more beginning soon.

If you are interested in becoming a Caring Canines volunteer or would like to inquire about other volunteer opportunities, call **330.948.3647** or email newcomk3@ccf.org.

MRI and CT Technology Offered at Lodi Hospital



Lodi Hospital's Radiology Department offers state-of-the-art imaging, including CT (computed tomography) and Wide Bore MRI (magnetic resonance imaging).

MRI and CT scans both produce detailed images of the inside of the body, helping physicians diagnose or better understand certain conditions.

The Wide Bore MRI scanner at Lodi Hospital has a wider opening than other MRI systems, creating more space around the patient and reducing feelings of claustrophobia.

Available by appointment only, MRI hours are Wednesday through Friday, 7:30 a.m. to 4 p.m. and outpatient CT is offered Monday through Friday, 6 a.m. to 5 p.m., with some Saturday appointments available.

For more details on the Radiology Services offered at Lodi Hospital, including Digital Mammography and Bone Density Testing, visit LodiHospital.org/Radiology.

To schedule an appointment, call **330.948.1222**. Physician referral required.

COMMUNITY HEALTH SCREENINGS



Lodi Hospital offers lipid profile screenings, cholesterol ratio and blood pressure at locations throughout Medina and northern Wayne counties. Questions? Call 330.948.5544.

Upcoming dates and locations include:

Marc's Stores (Medina) | 12 – 2 p.m.
Sept. 24 / Oct. 29 / Nov. 26 / Dec. 31

Sheetz (Burbank) | 9 – 11 a.m.
Sept. 24 / Oct. 29 / Nov. 26 / Dec. 31

CVS (Lodi) | 12 – 2 p.m.
Sept. 26 / Nov. 28

Litchfield Shell | 8 – 11 a.m.
Sept. 26 / Oct. 24 / Nov. 28 / Dec. 26

Cloverleaf Recreation Center | 8 – 11 a.m.
Sept. 27 / Oct. 25 / Nov. 29 / Dec. 27

Goodwill Industries Wadsworth | 12 – 2 p.m.
Oct. 1 / Nov. 5 / Dec. 3

Lodi Hospital | 8 – 11 a.m.
Oct. 1 / Nov. 5 / Dec. 3

Drug Mart Wadsworth | 9 – 11 a.m.
Oct. 8 / Nov. 12 / Dec. 10

T/A Truck Stop | 12 – 2 p.m.
Oct. 8 / Nov. 12 / Dec. 10

Chatham General Store | 12 – 2 p.m.
Oct. 10 / Nov. 14 / Dec. 12

JBF Senior Estates | 8 – 11 a.m.
Oct. 10 / Nov. 14 / Dec. 12

Drug Mart Lodi | 12 – 2 p.m.
Oct. 14 / Nov. 11 / Dec. 9

Rittman Recreation Center | 9 – 11 a.m.
Oct. 14 / Dec. 9

Rittman Library | 10 – 11:30 a.m.
Oct. 15 / Dec. 17

West Salem Library | 12:30 – 2 p.m.
Oct. 15 / Nov. 19 / Dec. 17

Medina Senior Center | 9 – 11 a.m.
Oct. 17 / Nov. 21 / Dec. 19

Miller's Grocery | 12 – 3 p.m.
Oct. 24 / Dec. 26

T/A Truck Stop (Seville) | 12 – 2 p.m.
Oct. 17 / Nov. 21 / Dec. 19

Westfield Village Hall | 9 – 11 a.m.
Nov. 11

For a complete list of upcoming screenings, visit LodiHospital.org/Events or scan the QR code.

