Health Tip

If you do nothing else, do this!

Get knee pain relief without surgery

Are bladder control problems keeping you at home?

True or False?
Drink wine for health
There are 209 hospitals in Ohio.

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<th>Specialty</th>
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*Rehabilitation was also a nationally ranked specialty.

Only one is ranked the best by U.S. News & World Report.
Drink Wine for Health: True or False?
Research has linked drinking red wine to heart health. Now, drinking wine is linked to breast cancer. Find out what medical breast specialist Holly Smedira, MD, has to say.

Bladder Control Problems Keeping You at Home?
Bladder control problems, even the most severe, are treatable. Cleveland Clinic offers nonsurgical and surgical options.

Get Knee Pain Relief — Without Surgery
If you have osteoarthritis in your knees, consider a viscosupplement, an injectable treatment derived from rooster combs.

#1 Health Tip: If You Do Nothing Else, Do This!
If you must choose one healthy behavior, this is it. (The best news: It’s free!)

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Robert Laconis was counting on a career in the Navy, but a physical examination revealed something else: The Navy was a dream, and heart failure a reality.

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Find out why Cleveland Clinic uses robots to perform certain complex heart procedures.

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Try this heart-healthy version that’s a good alternative to high-cholesterol beef.

The Dish on Local Food — p.20
Farmer’s markets are all the rage. Learn why eating in season is healthy — for you and the environment.
To **drink** or not to **drink**?

Since researchers found a link between red wine and a reduced risk of heart disease, many women have been enjoying a glass a day. However, women should weigh the benefits and risks for themselves after the surprising finding that all types of alcohol, including wine, increase a woman’s chances of developing breast cancer.

Both heart disease and breast cancer pose big risks to women’s health. Heart disease is the leading cause of death in women. Breast cancer is the second-leading cause of cancer death after lung cancer.

“The fact that drinking wine increases the chances of developing breast cancer is a modifiable and probably hugely underestimated risk factor for women,” says Holly Smedira, MD, a medical breast specialist in Cleveland Clinic’s Center for Specialized Women’s Health.

American researchers at Kaiser Permanente recently conducted a study on the relationship between alcohol consumption and the risk of breast cancer in women. The researchers obtained health information about breast cancer from more than 70,000 women over an eight-year period. They also studied what kind and how much alcohol they normally consumed.

The study found that consuming one to two alcoholic beverages (one glass of wine equals 5 oz.) each day raises a woman’s risk of breast cancer by 10 percent. The risk of breast cancer jumps to 30 percent when women have three or more drinks per day.

However, that increased risk may be offset by a nutrient found in food and many regular multivitamins: folate and folic acid. The recommended daily amount of folate and folic acid (both are forms of vitamin B9) for a woman is 400 mcg. Folic acid, the synthetic form of B9, is mainly found in multivitamins. Folate occurs naturally in leafy, green vegetables; citrus fruits; and dried beans, but the body does not absorb the nutrient as well in the natural form.

“My recommendation for women is this: If you want to drink wine, limit your intake to four glasses or fewer per week, and be sure to take a multivitamin every day,” Dr. Smedira says.

For an appointment with a Cleveland Clinic primary care physician or specialist, please call 800.890.2467.
Both structures will help us improve patient experience by increasing our capacity, which means shorter waits for appointments and faster critical care transfers. Each building is easy to navigate and houses the services a patient needs, making it easier and faster to access treatment. And both feature the latest in clinical technology.

The Miller Family Pavilion will house Cleveland Clinic’s Heart & Vascular Institute. At 1 million square feet, the Miller Family Pavilion is the country’s largest single-use facility for heart and vascular care. The building will feature 278 private patient rooms that are both functional and tastefully designed. Medical equipment is readily accessible but neatly hidden behind doors.

In addition, most rooms feature pullout sofas so family members can stay the night in comfort.

The 200,000-square-foot Glickman Tower is the new home for Cleveland Clinic’s Urological & Kidney Institute. At 12 stories, it is the tallest building on Cleveland Clinic’s main campus. The building will include an expanded dialysis unit featuring scenic views, a rooftop helipad for critically ill patients, and a chapel and meditation room. A variety of stores and dining options will be available for patient and visitor convenience.

Together these buildings, along with the care delivered within, represent a better way to treat patients. Step inside this new experience by taking a virtual tour at meetthebuildings.com.
NEW BUILDINGS FEATURE SOOTHING SPACES

Care of the body, mind and spirit is integral to the design of both the Sydell and Arnold Miller Family Pavilion and the Glickman Tower. From beautiful landscaping to unique works of contemporary art and a rooftop pavilion with breathtaking views of the city, many aspects of health and well-being are addressed by the physical environment.

LANDSCAPE ARTISTRY

Prominent landscape architect Peter Walker, whose work can be seen at the White House, Stanford University and Harvard University, among other widely known sites, developed the concepts that have transformed East 93rd Street between Chester and Euclid avenues into a tree-lined boulevard, called an allée, with six reflecting pools.

INSPIRING ARTWORK

The four-story, skylit great hall is designed as a space for the visual and performing arts. Connecting the Miller Family Pavilion and the Glickman Tower, the hall, generously supported by a gift from a former heart patient, features a major artwork by artist Inigo Manglano-Ovalle that has been commissioned by the Cleveland Clinic Art Program to inspire patients, visitors, employees and the community.

“Key themes for artwork selected for the new environment include diversity, the human condition and spirit, and the notion that artists can work with innovative materials,” says Joanne Cohen, Executive Director and Curator, Cleveland Clinic Art Program. “We want the art to be uplifting, compelling, distracting, transportive and transformative. It should take your mind off the reason you’re here. The art is for the staff as well as the patients, and it’s not all about beauty. We want it to be balanced, eclectic, unusual, and in keeping with the high standards of Cleveland Clinic.”

PANORAMIC VIEWS

A tranquil setting 254 feet above street level, the Kelvin and Eleanor Smith Rooftop Terrace will draw visitors to the top of the Miller Family Pavilion. The space features stunning, panoramic views of downtown Cleveland, University Circle and Lake Erie, and outdoor tables and furniture will allow patients and families to enjoy food and conversation.

SPACE FOR PRAYER AND MEDITATION

The former Cleveland Clinic chapel, located in the main hospital area, seated 30 and served hundreds of individuals of all faiths each week for both group and private prayer and meditation. The new space, named the Catherine and John Gallagher Sr. and Family Chapel, seats 50 and is located on the first floor of Glickman Tower.

“It’s intended to be a space in which anyone from any faith group can feel comfortable,” says the Rev. Dennis Kenny, Director of Spiritual Care. “It is a very striking, centrally located place for people to come and pray.”
Did you know?

Cleveland Clinic has been ranked No. 1 in the nation for heart care by U.S. News & World Report since 1995. Cleveland Clinic's urological and kidney programs are ranked No. 1 in Ohio, and No. 2 and No. 4, respectively, in the nation by U.S. News & World Report.

NEW LOCATION FOR INPATIENT ADMITTING

Cleveland Clinic’s Main Admitting and Registration Desk, and Administrative Service Center, both formerly located at H-10, are now located in the lobby of the Sydell and Arnold Miller Family Pavilion, at desk J1-1.

Innovation Timeline: Then & Now

1921 - Mrs. M.A. Codding of Lodi, Ohio, is the first patient admitted the day Cleveland Clinic opens.

2007 - 400,000 patients receive care at the Heart & Vascular Institute and the Glickman Urological & Kidney Institute.

1934 - Charles Higgins, MD, becomes the first to perform a transureterostomy.

2007 - 350 robotically assisted urological surgeries are performed.

1958 - Cardiologist F. Mason Sones Jr., MD, develops coronary angiography, a procedure that paves the way for bypass surgery.

2007 - Cardiac surgeons perform more than 3,400 open-heart surgeries.

1963 - Surgeons Ralph A. Straffon, MD, Eugene F. Poutasse, MD, and Willem A. Kolff, MD, pioneer kidney transplantation and revascularization, performing one of the first successful cadaver kidney transplants.

2007 - 182 kidney transplants are performed at Cleveland Clinic.

1966 - Willem A. Kolff, MD, develops the kidney dialysis machine.

2007 - More than 13,000 dialysis treatments are performed on Cleveland Clinic’s main campus.

1967 - Cardiac surgeon René Favaloro, MD, pioneers coronary bypass surgery, grafting a vein removed from the leg to diseased coronary arteries to increase blood flow to the heart.

2007 - Cardiac surgeons conduct 115 robotically assisted procedures.

1980 - Cardiac surgeon Delos M. Cosgrove, MD, develops a mitral valve retractor and annuloplasty ring that enables more effective heart valve repair.

2007 - More than 2,100 valve surgeries are successfully completed.


2007 - 69 heart transplants provide seriously at-risk patients with life-saving care.

2001 - Cleveland Clinic cardiologist James D. Thomas, MD, NASA’s lead scientist for ultrasound, watches from Earth as the digital echocardiography laboratory he designed to monitor the effects of long-term space flight on the heart is installed on the international space station.

2007 - Nearly 120,000 electrocardiograms and 52,000 echocardiograms are performed.

2008 - With the opening of the Sydell and Arnold Miller Family Pavilion and the Glickman Tower, Cleveland Clinic introduces two of the most remarkable medical facilities in the world.

Spirit of Giving

The Sydell and Arnold Miller Family Pavilion and the Glickman Tower represent the largest philanthropic project in Cleveland Clinic history. The Miller Family Pavilion is made possible by the generosity of Mrs. Miller and her daughters, Lauren Spilman and Stacie Halpern, who contributed $70 million toward the construction of the gateway in Mr. Miller’s memory.

The Glickman Tower is named after Carl and Babs Glickman, who have given generously to establish the Urological & Kidney Institute and to support construction of its new home.

All told, more than 33,500 donors contributed to this project.
Many women experience the occasional urinary “leak” when they sneeze or cough hard, especially those who have given birth at some time in their lives. For Mary, the problem had taken over her life.

“I struggled with this for 20 years, and it just kept getting worse and worse,” the 63-year-old Parma, Ohio, resident recalls. “I tried all sorts of nonsurgical ways to manage it. It had gotten so bad that I had to carry pads with me in my car, my briefcase, my purse and even my golf bag.”

For the active woman who loves to be on the golf course, it was a major burden. “It had gotten to the point where I could not leave the house without some sort of protection,” she says.

Then one day, Mary read a newspaper article about how surgical options for urinary incontinence had improved to include outpatient procedures. She decided it was time to learn more.

She scheduled an appointment with Courtenay Moore, MD, in the Cleveland Clinic Glickman Urological & Kidney Institute. Dr. Moore directs the Female Sexual Dysfunction Initiative and specializes in pelvic organ prolapse, incontinence, voiding dysfunction and female sexual dysfunction. She is one of only 30 board-certified, fellowship-trained women in the country practicing female urology.

After testing, Dr. Moore told Mary that she was a good candidate for a midurethral sling. Performed vaginally, the outpatient surgical procedure requires a small vaginal and two small groin incisions to insert a sling, which then supports the urethra.

Mary describes her outcome as “utterly and completely successful. I was flabbergasted. If I had known it would work so well, I would have done it years ago.

“It was such a positive experience that I wanted to hug Dr. Moore afterward,” she says with a laugh. A few weeks later, she played her first “dry round of golf” in 20 years and can now laugh, cough and pick up her grandchildren without any problems.

Mary says that embarrassment is part of what held her back from seeking treatment. Her long-time friends have shared most every detail of their lives for years, but until she had her procedure, no one ever discussed urinary incontinence.

“Now, all my friends are interested in learning more,” she says. “I tell them this is a great option to consider.”
Osteoarthritis is a condition in which the cartilage in and around joints has worn away, causing friction and pain with movement. It is caused by injury to the joint, aging and general wear.

Viscosupplements have been around for about a decade and now are a first-line treatment for osteoarthritis of the knee, used in conjunction with other traditional therapies. For people who aren’t candidates for knee surgery or for those who want to avoid surgery, viscosupplements can provide long-term pain relief.

Treatment requires a series of injections. Given a week apart, each injection contains about a half teaspoon of hyaluronic acid, which is naturally present in normal joint fluid and other body tissues.

“It provides some lubrication and shock absorbency to the joint,” says A. J. Cianflocco, MD, a physician specializing in non-operative orthopaedic medicine. “It also has an anti-inflammatory effect, and an analgesic effect for pain relief, and provides nutrition to the cartilage.”

Five types of viscosupplements are available. Dr. Cianflocco says that all work about the same, but he cautions that four of the five are made from rooster combs, making them off-limits to anyone with a chicken or egg allergy. The fifth type, however, is bioengineered so people with egg and chicken allergies have an alternative.

Viscosupplements can sometimes take up to three months to fully work. However, once the treatment starts working, relief usually lasts six months or longer. The milder the arthritis, the better the viscosupplement works. But a viscosupplement isn’t a one-stop solution. Dr. Cianflocco encourages patients to continue other prescribed therapies, including physical therapy; weight control; taking non-steroidal anti-inflammatory agents, acetaminophen (Tylenol), and supplements such as glucosamine and chondroitin sulfate; and even bracing of the joint.

Cleveland Clinic’s orthopaedics program is rated No. 1 in Ohio and No. 3 in the nation by U.S. News & World Report. For an appointment with an orthopaedic specialist, call 800.890.2467 or visit us on the Web at clevelandclinic.org/ortho.

Adapted from Cleveland Clinic Magazine, winter 2007

Crowing about Knee Pain relief

Most people don’t think of a rooster’s spiky head ornamentation for pain relief. But that’s exactly what a viscosupplement, an injectable treatment for osteoarthritis pain, is derived from: rooster combs.

Free Videos/DVDs for Joint Pain

Do you have hip, knee or shoulder pain? Order our free video or DVD to learn how we can help customize solutions for your pain. Call toll-free 866.275.7496.

Joint Replacement Patients Enjoy a Rapid Recovery

Cleveland Clinic rehabilitation physicians and orthopaedic surgeons are working together to send joint replacement patients home faster and more safely.

Traditionally, most joint replacement patients spend up to four days in the hospital, followed by transfer to a rehabilitation unit. The primary goals of Cleveland Clinic’s Rapid Recovery Program are to shorten the length of hospital stay and maximize the number of patients who go directly home.

This approach is, in part, thanks to dramatic changes in surgical care. New medications and anesthesia protocols help patients return home faster. Walking and, thus, therapy is now possible immediately after surgery. Identifying patients that may benefit from immediate physical therapy is a key component.

Says Cleveland Clinic orthopaedic surgeon Wael Barsoum, MD, “When you have a healthy motivated patient looking for a quicker, safe recovery, the Rapid Recovery Program is a good option.”
At first, it was only a heart murmur. But it was enough to keep Robert Laconis out of the Naval Reserves. A cardiologist later diagnosed the murmur as a severely leaking mitral valve caused by mitral valve prolapse. Once hoping for a future in the Navy, Mr. Laconis was now looking at heart failure.

“That was not what I wanted to hear,” says the 48-year-old architect from Florida, now living in South Carolina.

In 2007, Mr. Laconis experienced atrial fibrillation, a heart rhythm disorder. The a-fib was controlled with medication; however, surgery was needed to repair the mitral valve prolapse.

After a referral from his cardiologist and some Internet research, Mr. Laconis and his wife, Lexie (pictured below), determined that the Cleveland Clinic Heart & Vascular Institute had the most experience and the best outcomes. Best of all, it offered robotically assisted minimally invasive valve repair for certain cases.

After sending his medical records electronically to Cleveland Clinic to see if he was eligible for the robotic procedure, Mr. Laconis received a nod from cardiac surgeon A. Marc Gillinov, MD. “I felt pumped up and ready to go,” says Mr. Laconis, who also participated in an online chat with Dr. Gillinov.

Less than a month later, Mr. Laconis underwent robotic mitral valve repair. By the following week, he was out of the hospital, back in his hotel, and making plans to visit the Rock and Roll Hall of Fame and Museum before heading home.

“We have only great things to say about Cleveland Clinic,” says Mrs. Laconis. “We were confident we were getting the best care possible.”

Q&A: Robots and Heart Surgery

**What is robotically assisted heart surgery?**

It’s a minimally invasive procedure in which a heart surgeon uses robotic technology to perform certain complex heart operations.

**Does a robot perform the surgeon’s work?**

No, the surgeon controls the movement of robotic “arms” that grasp and place instruments wherever the surgeon directs them. The robotic arm’s “wrist” movements mimic those of the surgeon. However, they may be more precise than the surgeon’s natural hand and wrist movements. The surgeon is in full control of the robotic arms during the entire operation, so there is no chance of random movement.

**What happens during robotic surgery?**

In robotically assisted heart surgery, endoscopic instruments attached to robotic arms are placed into the body through three small incisions between the ribs. A tiny camera is placed through another incision.

The heart surgeon sits at a computer console and views the heart clearly through two lenses that provide depth perception. Foot pedals allow the surgeon to control the view, and zoom in and out. The surgeon manipulates the robotic arms, which have motion sensors attached to their wrists to communicate their movements throughout surgery.

**What are the advantages?**

This approach offers many advantages over standard surgery, including:

- a shorter recovery and faster return to daily activities
- smaller incisions and minimal scarring
- less trauma to tissues, and less pain as a result
- a shorter hospital stay (three to five days, versus five to seven days)
- less need for pain medications
- a decrease in bleeding (and less need for transfusion)

Join our web chats! During our free online web chats, you can ask Cleveland Clinic experts questions about heart and vascular topics. Visit clevelandclinic.org/BeWellChat for a current schedule.
Here’s Your #1 Health Tip

If you must choose one healthy behavior, start walking — and then tell a buddy!

Walking: By the Numbers

Interested in weight loss? You can easily burn 250 calories by walking briskly (as if you were late for an appointment) for 60 minutes a day. If you cut 250 calories a day from your diet, too, you’ll lose a pound a week.

Can’t devote a solid 30 minutes to walking? Split your routine into two 15-minute sessions or three 10-minute sessions. Walk at lunch and again after work. Or walk in the morning, at lunch and again in the evening.

Consult your doctor before beginning any exercise program, and happy trails!

What’s the Most Important Thing you can do for your health today?

Michael Roizen, MD, Chief Wellness Officer and Chairman of Cleveland Clinic’s Wellness Institute, says “It’s something that virtually everyone can do. Walk 30 minutes and then call a buddy.”

The health benefits of walking are astonishing. “Walking turns on genes that decrease your risk of cancers, lower your blood pressure and lousy cholesterol and decrease insulin resistance. Over the long term, walking also decreases the risk and pain of osteoarthritis,” says Dr. Roizen.

Walking boosts your immune system, and increases healthy cholesterol and the chance your arteries and organs, including your skin, will look and function like they did when you were younger. Walking also improves memory function, bone and muscle strength and balance. Best of all, walking is free.

“I can’t think of many things in your body that walking doesn’t improve, and virtually everyone reading this can do it,” he says. “Plus, calling a buddy during or after a walk keeps you walking. Together, walking and talking can make you up to eight years younger.”

Walking is especially beneficial if you’re feeling blue. Walking encourages your brain to release endorphins, the body’s natural opiates, which can make you feel better right away. It also gets the brain to exude serotonin, another potent mood elevator.

What’s the best way to walk? Simply put on a pair of sneakers, step outside and start walking. Dr. Roizen advises taking a walk around the block, a spin around the office parking lot during lunch, a no-dawdling loop through the grocery store on the way home and another walk around the block after dinner.

“Taking 10 minutes longer to get home to your family or to be away from your desk isn’t selfish,” he says. “Taking care of yourself is a way of showing love for the people who care about you.”

Next issue: Learn how the buddy system can help you make a YOU-turn if you’ve gotten off track.

Optimize your steps! Keep track of daily steps with a pedometer and listen to music or talk with a friend while you walk. You’ll more likely walk the recommended 10,000 steps a day!

Dr. Michael Roizen nudges healthier behaviors on many television shows including Oprah, Good Morning America, PBS fundraisers, and 20/20. His bestselling RealAge and You series of books are available wherever books are sold. Take the RealAge quiz by visiting realage.com, and discover what your “real” age is versus your calendar age.
Tips for Eating Heart Smart

With more than 30,000 items filling the shelves of the average grocery store, it is no wonder that you may feel confused when trying to select heart-healthy choices for your family. Use the following tips the next time you’re shopping:

**EAT YOUR VEGGIES**

It always comes back to the green stuff. But it’s for good reason: The nutrients in vegetables (whether the vitamins, minerals, antioxidants and/or polyphenols) all seem to be disease-fighters in a variety of ways. When it comes to your heart, vegetables can help keep your blood pressure and your weight under control, and they may help keep your arteries younger, especially when they are consumed in place of lower quality foods. As always, look for a variety of colors when choosing vegetables, emphasizing dark green and orange vegetables on a daily basis whenever possible.

**Easy way to do it:** Munch on fresh vegetables dipped in a light dressing for a mid-day snack. For lunch, fill a whole-wheat tortilla with turkey and soy cheese. Top with organic spinach leaves, shredded carrots and cucumber slices. At dinner time, no need to make a separate side dish. Toss vegetables into your favorite pasta sauce, casserole, omelet, soup or pilaf.

**CHOOSE OILS WISELY**

Various oils, including olive and grape-seed oils, are powerful when it comes to heart health. Not only can their mono- and polyunsaturated fats help keep your cholesterol under control, but these foods are also some of the best sources of naturally occurring vitamin E. More recent evidence suggests that these heart-healthy fats may actually help control the fat around the waistline, as well. So even when total fat content is kept equal, those who consume a higher proportion of fats from nuts, seeds and olive oil, and fewer unhealthy fats (especially artery-clogging trans fats), may actually see their body fat drop, especially around the waistline.

**Easy way to do it:** Use canola or olive oil in your cooking. Instead of relying on commercial salad dressings, whisk up a healthy version using a dash of olive oil, a good shake of vinegar and your favorite herbs.

**BE SMART ABOUT LOW-FAT AND FAT-FREE FOODS**

Low-fat and fat-free foods that are high in calories may not be worth their while. Despite the fact that grocery shelves are overflowing with fat-free cookies and reduced-fat potato chips, many people continue to gain weight on these foods because they ignore the fact that they are high in calories. While there is a place in your diet for low-fat or fat-free foods, choose wisely.

**Easy way to do it:** Reach for non-fat or low-fat choices when it comes to the dairy aisle. Select non-fat milk, low-fat yogurt and reduced-fat cheese. But in the snack aisle, resist the urge to fill up on high-calorie, low-fat or fat-free foods. Balance these snacks with smarter snack options, such as nuts and fruit, whole-wheat crackers with low-fat cheese, or hummus with vegetables.

Jennifer Sygo is a dietitian in private practice at Cleveland Clinic Canada (clevelandcliniccanada.com), which offers executive physicals, prevention and wellness counseling and personal healthcare management in Toronto. Adapted from a column originally appearing in Canada’s National Post.

**Nutrition Counseling** Get a customized nutrition plan designed around your medical history, food preferences and circumstances. Through a convenient Web-based program, you’ll be connected to a Cleveland Clinic registered dietitian who will help you set realistic goals and give you solid advice, from menu plans to shopping guides. Visit clevelandclinic.org/BeWellNutrition for details, including cost.
A Heart’s Attraction

Innovative technology uses magnets instead of stitches to keep heart valve in place.

CLEVELAND CLINIC RESEARCHERS ARE INVESTIGATING a replaceable heart valve that uses magnets, rather than stitches, to keep the valve in the proper place. This innovation could mean shorter surgeries, less time for patients on bypass machines and a reduced risk of complications after re-operation to replace a prosthetic valve.

During the last 40 years, significant progress has been made in heart valve design and replacement techniques. Replacement valves now can be expected to last 20 years. But failed valves require replacement surgery. In some cases, heart tissue can interfere with how well a replacement valve works by growing into it, a process called ingrowth.

Led by Kiyotaka Fukamachi, MD, PhD, of the Lerner Research Institute, the Cleveland Clinic team has developed a prototype with two parts: a base magnet and a magnetic ring attached to the replacement valve. Both magnetic pieces are encased in thin stainless steel.

During the initial valve replacement surgery, traditional stitches are used to connect the base magnet to the heart tissue at the opening of the patient’s faulty natural valve. The magnetic ring with the new valve is then “mated” to the base magnet. The two magnets stay connected even under greater-than-normal pressure.

“The tight fit makes it unlikely that tissue ingrowth would occur and thus prevent the safe removal of the valve ring if it ever needed to be replaced again,” says Dr. Fukamachi. “And the coupling method has the potential for long-term durability.”

His team also designed a special separation tool to detach the magnets if necessary. For example, if a patient needed another valve replacement, the surgical team would use the tool to separate the ring from the valve. A new valve would then be “mated” quickly and easily to the existing base magnet.

Dr. Fukamachi reports that early clinical trials have been successful and anticipates this technique to be an improvement over traditional valve replacement surgery. “We’re working hard to reduce the length of surgeries and the amount of time patients spend on heart bypass machines, particularly for our high-risk patients,” he says.
Americans are facing another health epidemic – one not as top of mind as obesity or heart disease. In fact, you may have never heard of age-related macular degeneration, or AMD, yet it is the No. 1 cause of legal blindness in adults.
“As baby boomers age, we will be seeing a virtual epidemic of AMD.”

– Dr. Rishi Singh

Set up an appointment with your ophthalmologist if you:
• notice blurry or distorted vision, especially in the center of your vision
• are a smoker (smoking increases the risk of AMD)
• have a family history of AMD

Call 216.444.2020 for more information or to make an appointment.

“ONE IN THREE PEOPLE 65 AND OLDER has some form of macular degeneration, whether in its earliest forms or an advanced stage,” says Rishi P. Singh, MD, a retina expert at Cleveland Clinic Cole Eye Institute.

One of several types of macular degeneration, AMD occurs when the small central portion of the retina, known as the macula, breaks down and obstructs the eye’s ability to distinguish fine details. Because the disease develops as a person ages, it is often referred to as age-related macular degeneration.

AMD HAS TWO FORMS

Most patients have what is called the “dry” form, in which yellow deposits, called drusen, are present in the macula. These drusen usually do not cause changes in vision. However, as they grow in size and increase in number, they may lead to a dimming or distortion of vision that is most noticeable when reading. In advanced stages, tissue death may lead to blind spots and loss of central vision.

About 10 percent of people with AMD develop the “wet” form of the disease in which abnormal blood vessels grow from under the choroid, the thin membrane that supplies nutrients to part of the retina. The vessels leak blood and fluid into the eye, causing vision distortion that makes straight lines look wavy, and creating blind spots and loss of central vision.

The dry form can change into the wet form, so it is important for people with AMD to monitor their eyesight and see their eye doctor regularly.

PROPER SCREENING IS ESSENTIAL

To be detected, AMD requires a dilated eye exam, which is only done by a trained ophthalmologist. Even if you currently wear glasses, you may not routinely receive a dilated eye exam.

“With AMD, the changes in vision are subtle,” Dr. Singh notes. “You can have 20/20 vision and have macular degeneration. It’s necessary to be examined to know if you truly have the disease.”

TREATING AMD

There is no cure for AMD, but early detection and treatment can delay or reduce its severity. Several options are available, including:

Vitamins Vitamins C, E, beta carotene, zinc and copper have been shown to decrease the risk of vision loss in patients with intermediate to advanced dry AMD. Ask your eye doctor if these vitamin supplements are right for you.

Photodynamic laser therapy This treatment involves the injection of a light-sensitive drug into the bloodstream. After being absorbed by the abnormal blood vessels, the drug is activated with a cold laser, which destroys the unwanted blood vessels.

Anti-vascular endothelial growth factor drugs The results of recent clinical trials of local injections of ranibizumab (Lucentis®) for active wet AMD showed visual stability in 95 percent of patients and visual gain in 43 percent of patients.

Low vision aids People with partial vision can enjoy improved quality of life by using devices with special lenses or electronic systems that magnify nearby objects.

OCT and clinical trials Cole Eye Institute ophthalmologists offer patients the next generation in evaluation devices, called Spectral Domain Optical Coherence Tomography (SDOCT). Essentially optical ultrasound, this highly sensitive technology helps track AMD changes and progression. Also, the latest Phase I and II trials for AMD are available for both newly diagnosed patients and those who have been told there is no hope.

Cleveland Clinic’s ophthalmology program is ranked No. 1 in Ohio and No. 11 in the nation by U.S. News & World Report. For an appointment with a Cole Eye Institute specialist, call 216.444.2020.

Cleveland Clinic Cole Eye Institute
When it comes to delivering radiation, millimeters matter. If treatment is not precisely on target, a tumor may not get the right amount of radiation or nearby tissue and organs may receive radiation they shouldn’t. The fact that organs move naturally during therapy has long frustrated radiation oncologists, who have had to essentially try to treat a moving target—until now.

**GPS for the Body**

The Taussig Cancer Institute is the only one in Ohio to offer the Calypso® 4D Localization System for treating prostate cancer. This unique radiation targeting technology, developed with the help of our radiation oncologists and urologists, works like a global positioning system. It determines the exact position and movement of the prostate during radiation therapy treatment—optimizing radiation targeting and minimizing side effects, such as impotence, incontinence and rectal bleeding.

“This is an exciting breakthrough,” says John Suh, MD, Chairman of Radiation Oncology at Cleveland Clinic Taussig Cancer Institute. “The incorporation of real-time target tracking into radiation delivery increases our confidence that the radiation is being delivered more accurately.”

**How it Works**

The Calypso System offered at Taussig Cancer Institute uses radiofrequency waves that allow accurate alignment of the patient’s prostate before each treatment session. This technology makes it possible to determine the position of the prostate at all times during treatment delivery and make adjustments, as needed, to optimize radiation delivery.

“The Calypso System may not be limited to treating prostate cancer. We’re also investigating how this technology can improve treatment for other types of cancer,” says Dr. Suh.

Cleveland Clinic’s cancer and urology programs are ranked No. 1 in Ohio, and No. 13 and No. 2, respectively, in the nation by *U.S. News & World Report*. To meet with one of our Taussig Cancer Institute physicians and learn if the Calypso System is right for you, call 800.890.2467.

**What’s your prostate cancer risk? Take an online risk assessment to find out. Visit clevelandclinic.org/BeWellTools.**

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**Taussig Cancer Institute Locations**

All locations offer both medical oncology and radiation oncology, unless otherwise noted.

- **Cleveland Clinic Main Campus**
  9500 Euclid Ave./R35
  Cleveland, OH 44195
  216.444.7923

- **Beachwood Family Health and Surgery Center**
  26900 Cedar Road
  Beachwood, OH 44122
  216.839.3000 or 800.801.2233
  Medical oncology only

- **Fairview Hospital**
  18101 Lorain Avenue
  Cleveland, OH 44111
  216.476.7000

- **Hillcrest Hospital**
  6780 Mayfield Road
  Mayfield Heights, OH 44124
  440.312.4500

- **Independence Cancer Center**
  6100 Westcreek Road
  Independence, OH 44131
  216.524.7979
  Medical Oncology
  216.447.9747
  Radiation Oncology

- **Lorain Family Health and Surgery Center**
  5700 Cooper Forest Park Road
  Lorain, OH 44053
  440.204.7400 or 800.272.2676
  Medical oncology only

- **Strongsville Family Health and Surgery Center**
  16761 South Park Center
  Strongsville, OH 44136
  440.878.2500 or 800.239.1098
  Medical oncology only

- **Westlake Family Health Center**
  30033 Clemens Road
  Westlake, OH 44145
  440.899.5555 or 800.599.7771
  Medical oncology only

- **Willoughby Hills Family Health Center**
  2570 SOM Center Road
  Willoughby Hills, OH 44094
  440.943.2500 or 800.599.7771
  Medical oncology only

- **Wooster Family Health Center**
  1740 Cleveland Road
  Wooster, OH 44691
  330.287.4500 or 800.451.9870

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b•Well
“Sixty is the new 40,” says Dr. Zins. “With increasing life expectancy and a growing interest in well-being, my patients want to look as good as they feel.” He and his colleagues in the Dermatology & Plastic Surgery Institute can oblige through an individualized approach, pairing patients with the most appropriate procedures.

“We work as a team to offer the least invasive but most satisfying result to each patient,” he says, “whether that means a full facelift, mini facelift, injectables, lasers or other light-based techniques, or a combination of procedures.”

Cleveland Clinic experts have been pioneers in cosmetic medicine. One procedure, popularized by Dr. Zins, is a neck lift that is achieved through a chin incision only. Through a small incision, Dr. Zins releases the skin from the underlying muscle, removes fat under the chin and jawline, and then tightens the muscle.

“In patients with good skin elasticity, the condition of the neck skin is such that when it is released from the muscle, it contracts on its own. There’s no need to remove skin,” he says. “And the change in the patient’s profile can be quite dramatic.”

Another appealing option is the mini facelift, which disturbs less tissue, is less risky, heals faster, has less swelling and provides a faster return to work than a standard facelift. It can safely and predictably be repeated years later for touch-ups, and doesn’t interfere with the option to have a standard or full facelift performed later.

In the mini facelift, the incision is custom designed to best address the specific areas to be improved, but generally follows a route inside the hair line, down to the edge of the upper ear, neatly along the inside ear cartilage, and down only to the earlobe.

“This procedure can correct sagging cheeks and sharpen the jaw line, resulting in a tighter, rested, more energized look,” says Dr. Zins. Mini facelifts can be combined with other aesthetic procedures such as fat grafts and implants to achieve the desired result. And because the surgery is less invasive, patients experience less pain and have a shorter recovery time.

For an appointment to discuss options for looking your best with a Cleveland Clinic plastic surgeon, please call 800.890.2467. To view our plastic surgery outcomes online, please visit clevelandclinic.org/BeWellOutcomes.

Vein, Vein, Go Away

If you suffer from varicose or spider veins, you’re not alone. In fact, 30 to 60 percent of adults suffer from these sometimes embarrassing and painful conditions. Thankfully, more options are available today than ever before.

“The goals of treatment are to reduce symptoms and prevent complications,” says George Anton, MD, head of the new Cleveland Clinic Vein Center in Mayfield Heights. “Since not all varicose and spider veins require medical treatment, the goal may be simply to improve the appearance of the vein.”

A physician can offer expert evaluation and recommend the best treatment. Here are some of the most widely used options:

**Sclerotherapy** – This procedure, which has been in use since the 1930s, involves injecting a solution such as saline directly into the varicose veins. The sclerosing solution irritates the veins. Over time, the veins turn into scar tissue and fade. Designed to ease discomfort and improve the appearance of veins, sclerotherapy can be performed in the doctor’s office.

**Surgical excision and ligation** – Traditional surgery may be the best treatment when varicose veins are severe and accompanied by bleeding, pain or extreme swelling. Several surgical treatments can be performed in an outpatient operating room.

**Laser vein ablation** – Laser light energy is used to selectively damage or destroy abnormal veins. The treatment usually corrects swelling, pain, achiness, spontaneous bleeding and other common symptoms of varicose veins, with less pain and an immediate return to normal activities compared with traditional surgical options.

**Radiofrequency vein ablation** – This treatment uses radiofrequency energy to selectively damage or destroy abnormal veins. Radiofrequency vein ablation usually corrects common symptoms of varicose veins with less pain than surgery and an immediate return to normal activities.

**Micro-incision phlebectomy** – This minimally invasive procedure uses micro incisions or punctures to remove large varicose veins. Stitches aren’t needed, and patients return to normal activities right away.

To schedule an appointment with a Cleveland Clinic specialist, call 800.890.2467.
Roasted Portobello Sandwiches with Dijon Balsamic Vinaigrette

These sandwiches are perfect for the abundance of fresh basil you'll find at your local farmer's market – or in your own backyard – this time of year. They're easy to assemble on hectic nights, and they're tasty served hot or at room temperature. Portobello mushrooms are a good alternative to higher-cholesterol beef.

Four 4- to 5-inch Portobello mushrooms, stems removed
Olive oil cooking spray
4 thinly sliced red onion
8 thin slices whole-grain artisanal bread
4 thin slices reduced-fat Swiss cheese (4 ounces)
2 jarred roasted red peppers, drained and sliced (about 2 ounces)
4 slices tomatoes
4 fresh basil leaves

VINAIGRETTE
1 tablespoon balsamic vinegar
1 tablespoon Dijon mustard
3 tablespoons chopped fresh basil

1 scallion (white part and 1 inch of the green), finely chopped
1/8 teaspoon ground pepper

BALSAMIC MAYONNAISE
1 tablespoon light mayonnaise
2 teaspoons balsamic vinegar
1 teaspoon Dijon mustard

1. Preheat oven to 450°F.
2. Coat the mushrooms with cooking spray. Mix the vinaigrette ingredients and paint the mushrooms on both sides. Marinate for 15 minutes.
3. Coat the marinated mushrooms and the onion slices with cooking spray. Roast them in the oven until cooked through, about 5 minutes. Coat the bread with the cooking spray and toast in a toaster oven. Place a slice of cheese on four of the pieces of toast. Top with mushroom; slices of onion, red pepper, tomato; and a basil leaf.
4. Combine the mayonnaise, vinegar and mustard. Paint each top slice of bread with a quarter of the Balsamic Mayonnaise. Assemble the sandwiches and serve immediately.

Nutrition Information (Per Serving) Recipe Makes 4 Servings

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Looking for more heart-healthy recipes? You'll find 150 delicious and easy-to-follow recipes, including this one, in the Cleveland Clinic Heart Healthy Lifestyle Guide and Cookbook, which was recently nominated as a finalist in the 2008 IACP Cookbook Awards. The cookbook is available at Random House, Inc., or wherever books are sold.
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CLEVELAND CLINIC HEALTH INFORMATION RESOURCES

Appointments
216.444.2273 or 800.223.2273

Children's Hospital Appointments
216.444.KIDS (5437)

Heart Health Resource Line
For heart-related questions, appointments
216.445.9288 or toll-free 866.289.6911
Monday through Friday, 8:30 am to 4 pm

Cancer Answer Line
For cancer-related questions, appointments
216.444.7923 or toll-free 866.223.8100
Monday through Friday, 8:30 am to 4:30 pm

Women’s Health Advice Line
For women’s health-related questions, appointments 216.444.4HER
Monday through Friday, 8:30 am to 4:30 pm

Sports Health Hotline
For sports-related questions, appointments
Toll-free 877.440.TEAM (8326)

Nurse on Call
For non-emergency medical questions
216.444.1234 or toll-free 866.263.4029
Monday through Friday, 8 am to 11 pm

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American households consume more heavily processed, energy-intensive foods than ever, which isn't good for our bodies, our local economy or the environment. It's widely accepted that the average food molecule travels 1,200 to 2,500 miles to arrive at the dinner table, which translates into tremendous fuel use and carbon emissions.

Buying local food not only benefits local farmers, but it keeps us in touch with the seasons. By eating with the seasons, we are eating foods when they are the most abundant and the least expensive.

“The closer you are to where the food comes from, the fresher and better tasting it’s going to be,” says Andrea Dunn, RD, LD, a dietitian at Cleveland Clinic. She suggests taking advantage of local harvests by drying herbs and freezing or canning produce to prepare for the off-season.

Cleveland Clinic has launched several local food programs. In collaboration with the North Union Farmer’s Market, Cleveland Clinic started a farmer’s market on its main campus, adjacent to the Crile Building. The market offers produce, meats, dairy, eggs and bread, and Cleveland Clinic health professionals provide free health screenings. The farmer’s market is every Wednesday from 11:30 a.m. to 3:30 p.m., through October 22. All are welcome.

Tips for Using Fresh Produce

• Make a fresh salsa with tomatoes, onions, peppers, cilantro and lime juice.
• Cook the above ingredients (minus lime juice), serve over spaghetti squash.
• Dip celery and carrots in low-fat Greek yogurt sprinkled with garlic and onion.
• Grill asparagus, zucchini and peppers; sprinkle with lemon juice before serving.
• Mix berries, melon, peaches and other fresh fruits for a refreshing dessert.
• Blend strawberries, blueberries, ice and low-fat yogurt for a quick smoothie.