

Health Information from the  
Family Health Center Closest to You

## Take Care of Yourself

## ...Whatever Your Role



- **Free Health Talks**  
Call 216/444-3641
- **A Healthier Weigh**  
Our dietitians teach an eight-week weight management program at the Mandel JCC in Beachwood starting Feb. 1. Call 216/444-3046 for details
- **Open MRI Offered in Twinsburg**
- **Hearing Health Updates**  
One-hour interactive seminars the first Thursday of the month, 10 – 11 a.m. Call 440/519-6950

[clevelandclinic.org/fhc](http://clevelandclinic.org/fhc)

Welcoming New Patients

**As a parent** Your behavior makes a lasting impression. Your healthy habits can help prevent teen smoking, alcohol abuse and obesity. If you're overweight, National Institutes of Health studies show your children are at high risk too. Try preparing low-fat, high-fiber meals on weekends for use during the week. Keep healthy grab-and-go snacks plentiful to avoid munching on junk food. Turn off the TV, take young kids sledding or skiing, and bring teens with you to the gym.

**As a spouse** Studies show that people in happy, stable marriages live longer, healthier lives. Set aside quality time for talking, listening and enjoying your partner's company. For better or worse, married couples tend to mirror each other's health conditions, according to research published in *Social Science and Medicine*. Use this to your advantage: Start a weight-loss program for two. Exercise side by side. Plan healthy meals together.

**At work** Pay attention to fatigue. If you're always tired despite a good sleep and have trouble functioning all day, see your doctor. The NIH reports that chronic fatigue syndrome most often affects women aged 30 to 50, and can cause muscle aches, headache and mild fever. While there's

no specific treatment, depression and other related problems that aggravate symptoms can be managed.

**As a caregiver** At least one in four American households cares for a family member, according to the Family Caregiving Alliance. Caregivers need plenty of R&R (rest and respite breaks). Remember that people generally want to take care of themselves, even if they don't show it, so encourage independence. And watch that elderly loved ones on fixed incomes don't skimp on prescriptions. An NIH study shows that cutting back on medicine can increase heart attack or stroke risks by 50 percent.

**On your own** If you're watching your weight, snack on six small meals a day to control appetite and calorie intake. This also can lower cholesterol, according to a University of Cambridge study. Schedule daily 30-minute workouts on your calendar, even when exercising alone. Try early in the morning, before the day gets busy.

**Take care of yourself** To make an appointment with Solon or Chagrin Falls Family Health Center specialists, call the Cleveland Clinic Appointment Center, 7 a.m. to 11 p.m., 365 days a year, at 216/444-CARE or 800/223-2273.

## Tattoos Raise Hepatitis Concerns

THE INCREASED POPULARITY OF TATTOOING and body piercing provides new avenues for infections to spread through the general population.

Hepatitis B and C, two viral liver infections, are usually transmitted by blood or body secretions; breaking the skin encourages transmission. “Homemade” tattoos and self-piercings invite extra risks, especially when needles are not properly sterilized.

Hepatitis B and C infections can lead to chronic hepatitis, and in some patients, to cirrhosis. The Centers for Disease Control and Prevention estimate that 4 million Americans contract hepatitis C each year. Eighty percent have no signs or symptoms, and about 10,000 die from it.

To reduce risks of hepatitis, the American Academy of Family Physicians recommends the hepatitis B vaccine; precautions during tattoos and body piercings; condom use during sex; avoiding drugs; and not sharing personal items, such as razors or toothbrushes, with infected people.

Solon and Chagrin Falls family medicine and internal medicine specialists are available for consultation.

## Soft Drink Habit Linked to Type 2 Diabetes

MOST DIETERS KNOW THAT ELIMINATING POP is an easy way to cut calories. A Harvard study published in the *Journal of the American Medical Association* last summer suggests that drinking fewer sugar-sweetened beverages also reduces risks of developing the most common type of diabetes. Type 2 diabetes affects 154 million Americans, causing a host of health problems, and raising risks of heart disease, kidney failure and death.

In the Nurses’ Health Study, 51,603 female nurses tracked diet, weight, physical activity and health issues over eight years; 741 developed type 2 diabetes. Analysis revealed that the risk of diabetes was 80 percent greater among those drinking one or more sugared sodas a day than for those drinking one or less a month. Even factoring in smoking, alcohol consumption, diet, physical activity, weight and other differences, the diabetes risk was 1.3 times higher among daily pop drinkers. Daily pop drinkers also gained an average of 17 pounds vs. 6 pounds.

Drinking sugar-sweetened fruit punches daily vs. once a month nearly doubled risks of diabetes, but orange, pineapple and apple juices did not raise risks.

Limiting consumption of pop — the primary source of added sugar in the American diet — may help curb our epidemic of obesity and type 2 diabetes. The researchers suggest that rapid absorption of sugar from beverages may spike the body’s glucose and insulin levels, leading to diabetes. Experts call for further research.

Cleveland Clinic Solon internist **Harvey Rosenbaum, M.D.**, has a special interest in diabetes.

## Reading What You’re Eating

Cleveland Clinic dietitians applaud new FDA requirements for detailed food labels, particularly the Nutrition Facts Panel. But deciphering it can be confusing. For instance, foods labeled “fat-free,” “reduced fat,” “light” or “low-carb” may actually have more calories because of ingredients added to enhance taste or texture.

Total calories are what count. Also check how many calories come from fat; keep saturated fat, trans fats and cholesterol intake low. And pay attention to serving size, and to how much you actually eat.

The food label can help you meet daily requirements for dietary fiber, vitamin A, vitamin C, calcium and iron. Using a 2000-calorie diet as a frame of reference, it lists percent daily values (%DV). Tracking %DV means you won’t have to give up favorite foods to eat healthy — if a food is high in fat, simply balance it with low-fat foods the rest of the day to keep total fat below your 100%DV.

Cleveland Clinic registered, licensed dietitian **Peggy Zeller, R.D., L.D.**, is available for consultation at Solon, and helps teach our eight-week weight management program at the Mandel JCC in Beachwood. Call 216/444-3046 for details.





## KIDS KORNER

### SSRIs: Monitor Kids, Teens Closely

Depression, once thought to plague only adults, affects about 5 percent of children and teens, the American Academy of Child & Adolescent Psychiatry reports. Medications called SSRIs (selective serotonin reuptake inhibitors, such as Prozac, Zoloft, Paxil, Celexa and Lexapro) have helped countless young patients recover from depression. SSRIs are most effective in children and teens when combined with “talk” therapy by a mental health professional.

However, the U.S. Food and Drug Administration warns that SSRIs can increase suicidal thoughts or behaviors in 2 to 3 percent of the children and adolescents who take them. As a result, all young patients on SSRIs need close monitoring for worsening depression or suicidal thinking. The risks are greatest during the first month (especially the first week) of treatment, or when the dosage changes.

Cleveland Clinic family health center pediatricians and family physicians advise parents to ask severely depressed children on SSRIs whether they may be thinking of hurting themselves. Raising the issue won't give the child or teen ideas, they say, and may provide critical feedback. Any concerns about severe depression call for prompt evaluation by a child psychiatrist.

Lon pediatrician **Andrea Spurduto, M.D.** (right), has a special interest in preventive medicine. Pediatrician **Svetlana B. Pomerets, M.D.**, has a special interest in caring for internationally adopted and immigrant children.

## Is Aggressive Statin Therapy for You?

**MILLIONS OF AMERICANS TAKE STATINS** to reduce cholesterol, the fatty substances contributing to atherosclerosis (plaque build-up) in coronary arteries. Atherosclerosis can trigger heart attacks and strokes, especially in those with known cardiovascular disease, diabetes or multiple cardiovascular risk factors.

Guidelines for cholesterol-lowering therapy are constantly evolving, thanks to ongoing research. A large study led by the Cleveland Clinic Heart Center is among several studies prompting new treatment guidelines for high-risk patients. They show that using statins to aggressively lower LDL, the “bad” cholesterol, can literally stop atherosclerosis in its tracks, further reducing risks of heart attack and death.

Clinic researchers measured cholesterol and coronary plaque growth in 654 patients who received either aggressive 80-mg doses of Lipitor (atorvastatin) or standard 40-mg doses of Pravachol (pravastatin). Aggressive statin therapy slowed plaque growth to essentially zero. The associated drop in LDL cholesterol fell significantly below the previous 100-mg/dL target.

Cleveland Clinic Solon internal medicine specialists **Keith A Fuller, M.D.**, and **Todd H. Rich, M.D.**, are available for consultation, as is family physician **Julia Son, M.D.**, at Chagrin Falls.

### Fighting the “Freshman 15”

Did your college freshman look a bit rounder at winter break? Many first-year students fall prey to the “Freshman 15,” gaining an average of 15 pounds.

The Centers for Disease Control and Prevention report that obesity more than doubled among 18- to 29-year-olds between 1991 and 2001, from 7 percent to 14.8 percent. Excess pounds cause joint and bone problems in young people, and adolescent obesity can trigger early-onset diabetes.

A full course load may mean freshmen spend too much time at the computer, and unwind with too much television. Add poor food choices in the cafeteria and it's a recipe for weight gain.

Encourage college students to take every opportunity to walk the campus, work out at their health center and enjoy sports and phys ed classes. Encourage wise food choices and reasonable portions. Simple carbohydrates like pasta, rice, potatoes and baked goods may seem like home cooking but won't satisfy hunger for long. Protein-rich foods stick to the ribs, while fruits and vegetables provide nutrients and variety.

Support your adolescent's efforts by remembering that weight loss begins at the grocery store. Buy nutritious snacks and fix healthy meals when they visit. Forgo takeout and the microwave. Try throwing a salad together and collecting recipes for quick, healthy yet tempting meals.



Chagrin Falls family physician **Lyla J. Blake-Gumbs, M.D.**, has a special interest in adolescent medicine.

## Appointments

### Cleveland Clinic Solon

29800 Bainbridge Road  
Solon, OH 44139  
440/519-6800 or 800/648-0022

Monday through Thursday: 8 a.m. to 8 p.m.

Friday: 8 a.m. to 5 p.m.

Saturday: 8 a.m. to noon

Sunday appointments available for urgent problems  
8:30 a.m. to 12:30 p.m. Call 216/444-1234.

### Cleveland Clinic Chagrin Falls

551 E. Washington Street  
Chagrin Falls, OH 44022  
440/893-9393 or 800/232-0263

Monday through Thursday: 8 a.m. to 8 p.m.

Friday: 8 a.m. to 5 p.m.

Saturday: 8 a.m. to noon

### Chagrin Falls Urgent Care Center

440/893-9393

(No appointment necessary)

Monday through Friday: 8 a.m. to 8 p.m.

Saturday: 8 a.m. to 4 p.m.

## CLEVELAND CLINIC

## Nurse on Call

*To speak with a nurse, 8 a.m. to 11 p.m.,  
Monday through Friday, about your adult  
and pediatric health concerns, call*

**216/444-1234 or 800/801-2273**

*Cleveland Clinic Family Checkup* is published by the Division of Marketing to provide up-to-date health information and news about Cleveland Clinic Family Health Center services. The information contained in *Cleveland Clinic Family Checkup* is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician's medical assessment and medical judgment.

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## Cancer Answer Line

*To speak with a nurse about any cancer symptoms and concerns from 8:30 a.m. to 4:30 p.m., Monday through Friday, call*

**216/444-7923 or 866/223-8100**

## Open MRI at Twinsburg Imaging Center

The Cleveland Clinic Health System's new Imaging Center in Twinsburg, Ohio, offers "open" MRI. Open imaging is recommended for children, overweight individuals and those susceptible to claustrophobia. High-quality images are interpreted by Cleveland Clinic-trained radiologists within 24 hours. Same-day appointments are available. To schedule imaging sessions, call 800/720-1194 or 216/445-7050.

## Other Family Health Centers

Beachwood 216/839-3000

Brunswick 330/225-8886

Elyria 440/366-8822

Independence 216/986-4000

Lakewood 216/521-4400

Lorain 440/204-7400

Strongsville 440/878-2500

Westlake 440/899-5555

Willoughby Hills 440/943-2500

Wooster 330/287-4500

## Cleveland Clinic Solon

### Staff Profiles

Internist **Mitchell Ballin, M.D.**, serves as a hospitalist for Cleveland Clinic Solon and Chagrin Falls patients admitted to Hillcrest Hospital. His specialty interests are internal medicine and international health. He graduated from Sackler School of Medicine in Tel Aviv, Israel.



Family physician **Kendalle Cobb, M.D.**, specializes in preventive medicine, women's health, adolescent medicine and patient education. A graduate of George Washington University School of Medicine, she completed her advanced training at Boston University and Kaiser Foundation Hospital in Fontana, Calif.

**For appointments,  
call 440/519-6800.**

#### Send me the following free information:

##### Fact Sheets:

- Diabetes Management
- Heart Health
- Metabolism & Weight Management
- Knee Replacement
- Laser Hair Removal
- Outpatient Surgery Centers
- Pain Management
- Skin Care

##### Brochures/Pamphlets:

- Cosmetic Dentistry
- Laser Vision Correction
- Senior Circle Plus
- Women & Heart Disease

##### Newsletters:

- Competitive Edge* (sports health)
- Heart*
- Images* (plastic surgery)

##### Video:

- Joint Solutions: Knee Pain

#### Send completed coupon to:

The Cleveland Clinic Foundation, P.O. Box 943, Wooster, OH 44691  
or call toll-free: 800/545-7718

Name \_\_\_\_\_ Age (optional) \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Daytime Telephone Number \_\_\_\_\_

Send me *Family Checkup* via e-mail: \_\_\_\_\_ e-Mail Address \_\_\_\_\_

Please add me to your Family Health Center mailing list

Please remove me from your Family Health Center mailing list

Please add *my friend* to your Family Health Center mailing list

Name \_\_\_\_\_ Age (optional) \_\_\_\_\_

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ e-Mail Address \_\_\_\_\_

Go to [www.clevelandclinic.org/fhc](http://www.clevelandclinic.org/fhc) and click on "Health Resources" and then "Family Checkup" to request this free information online.

## Menopause: Exercise Rebuilds Bone Mass

A COMBINATION OF AEROBIC WEIGHT-BEARING EXERCISES and resistance training helps rebuild bone mass after menopause, a study shows — whether or not women are on hormone therapy.

Bone density diminishes when the body stops producing female hormones at menopause. As levels of hormones like estrogen decrease, risks of hip, spine and wrist fractures increase.

Hormone supplements, once routinely prescribed for symptoms like hot flashes, also helped to prevent bone loss. But the large Women's Health Initiative study raised alarm when it linked hormone therapy to increased risks of certain cancers, heart attacks and strokes.

The NIH Bone, Estrogen and Strength study looked at exercise in 320 postmenopausal women aged 45 to 65, some of whom were on hormone therapy.

Half the women exercised; half did not. Resistance exercises involved 20 to 25 minutes of back extensions, leg presses, squats, pull-downs, dumbbell presses and rowing. Aerobic weight-bearing exercise involved 7 to 10 minutes of skipping, jogging and jumping rope.

After one year, bone density in the hip and knee improved markedly among all the women who exercised. Benefits were more marked for those on hormone supplements. However, the calcium supplements that all women took may have helped them reap the benefits of exercise.

At Solon, family medicine specialist **Jessica Strasburg, M.D.**, specializes in preventive medicine and women's health, and rheumatologists **Rochelle Rosian, M.D.**, and **Alla Model, M.D.**, treat osteoporosis. Solon Spine Institute specialists **Russell DeMicco, D.O.**, and **Richard Schlenk, M.D.**, see women with osteoporosis-related back problems.

## WOMEN'S HEALTH



Women can make appointments  
at Solon by calling **440/519-6800**  
or at Chagrin Falls by calling  
**440/893-9393.**



Ob/Gyn **Michael Bloomfield, M.D.**, and nurse midwife **Shellie Hawk, CNM**, see patients at Cleveland Clinic Solon.

## Depression and Pregnancy: Difficult Decisions

MANY WOMEN STRUGGLE WITH DEPRESSION throughout their lives, including during pregnancy. Depression is often treated successfully with SSRIs (selective serotonin reuptake inhibitors) such as Prozac, Paxil, Celexa, Zoloft and Lexapro. SSRIs can be lifesavers. But women should ask a physician's help in weighing the benefits of staying on SSRIs vs. discontinuing them during pregnancy.

The U.S. Food and Drug Administration has called for clearer labeling of the risks of SSRIs. As "category C" medications, SSRIs hold the potential for possible harmful effects on newborns. However, category C medications may be used during pregnancy if the benefits of treatment outweigh any potential risks.

Agitation, irritability and feeding difficulties have been reported in some newborns and may signal withdrawal from SSRIs, experts suggest. Some women can safely discontinue SSRIs during pregnancy under their physician's care. Others may need to restart SSRIs during their third trimester to avoid postpartum depression. (Women with a history of depression are at significant risk of serious, disabling depression once the baby is born.)

Cleveland Clinic family health center specialists urge women to discuss their individual needs with their physician. Solon Ob/Gyn **Vicki Reed, M.D.**, is available for consultation.

THE CLEVELAND CLINIC  
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