

Health Information from the
Family Health Center Closest to You

Take Care of Yourself

...Whatever Your Role



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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 provides care for a family member, reports 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 specialists at Wooster, call 330/287-4500 or 800/451-9870.

Soft Drink Habit Linked to Type 2 Diabetes

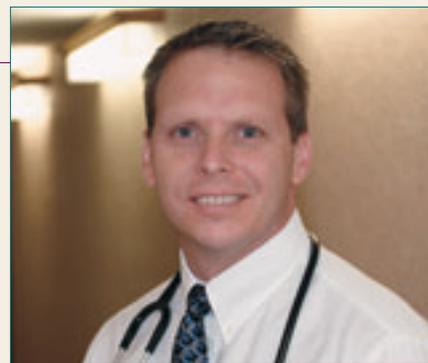
MOST DIETERS KNOW THAT ELIMINATING POP is an easy way to cut calories. A Harvard study published in the *Journal of the American Medical Association* last summer suggests that drinking fewer sugar-sweetened beverages also reduces risks of developing the most common type of diabetes. Type 2 diabetes affects 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.

Wooster internist **Victor H. Velasquez, M.D.**, specializes in preventive health and diabetes, and nurse practitioners **BJ Shook, CRNP**, and **Sue Ellwood, CRNP**, offer diabetes care. Podiatrist **Nicholas Brown, D.P.M.**, is among the many specialists available to treat diabetic complications.



Family physician **Dennis V. Davis, D.O.**, specializes in preventive care, osteopathic manipulation and sports medicine.

Laparoscopic Hernia Repair: Easier on Patients

SMALL-INCISION TECHNIQUES FOR REPAIRING HERNIAS — ruptures in a weakened abdominal wall that let tissue bulge outward — may reduce pain and scarring, and shorten recovery. Cleveland Clinic laparoscopic surgeons can perform these repairs at our Beachwood, Lorain and Strongsville outpatient surgery centers.

Two laparoscopic repairs are available: transabdominal preperitoneal patch repair (TAPP) and total extraperitoneal hernia repair (TEP). Both offer a less invasive alternative to open abdominal surgery, which requires a larger incision.

With TAPP, the surgeon accesses the hernia by going through the abdominal wall and the peritoneum, the membrane that encloses the abdominal organs. A plastic mesh is inserted and is stapled in place to repair the rupture and reinforce weakened areas.

With TEP, the surgeon inflates a small balloon beneath the abdominal wall to create an operating space. Surgical instruments are then inserted to repair the ruptured abdominal wall without penetrating the peritoneum. Mesh is placed at the hernia site, between the abdominal wall muscle and peritoneum, for reinforcement.

In the hands of experienced surgeons, both small-incision repairs are safe and long-lasting. **Richard T. Guttman Jr., M.D.**, offers laparoscopic hernia repair and general surgery at Wooster.





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.

Cleveland Clinic Wooster pediatrician **David A. Burke, D.O.**, is an expert on behavioral issues, and family physician **Raman Dhillon, D.O.**, can address adolescent concerns.

Pediatrician **Adam P. Keating, M.D.**, specializes in developmental and behavioral pediatrics, preventive medicine and sports medicine.

Is Aggressive Statin Therapy for You?

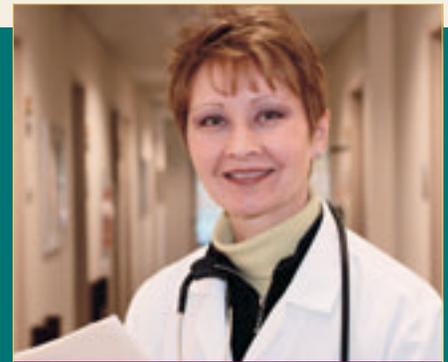
MILLIONS OF AMERICANS TAKE STATINS to reduce cholesterol, the fatty substances contributing to atherosclerosis (plaque build-up) in coronary arteries. Atherosclerosis can trigger heart attacks and strokes, especially in those with known cardiovascular disease, diabetes or multiple cardiovascular risk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

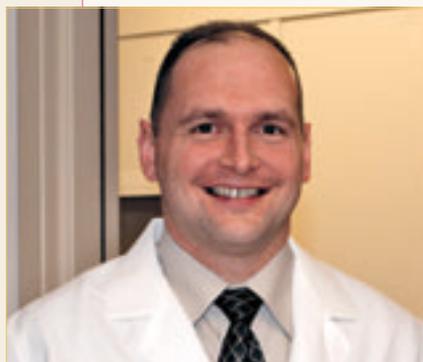
As a result, high-risk patients are now advised to aggressively lower LDL cholesterol levels to 70 mg/dL. To find out whether or not you need more aggressive statin therapy, see your doctor.

Wooster cardiologists **Bennett Werner, M.D.**, and **Kenneth E. Shafer, M.D.**, are available for consultation.



Nurse practitioner **Barbara Tickton, CRNP**, sees cardiology patients at Wooster.

Aging and Balance: Myth vs. Fact



Board-certified Wooster otolaryngologist **Steve Hunyadi Jr., M.D.**, can evaluate dizziness and balance problems.

MANY OF US ASSUME THAT PEOPLE LOSE BALANCE more often as they age. The fact is, balance problems affect only about 9 percent of Americans over 65.

However, the Centers for Disease Control and Prevention report that falls are the lead cause of injury deaths among older adults.

If you're dizzy, your physician can help discover and treat the underlying problem. Certain medications may also affect balance; if you notice a problem, let your doctor know. Changes in medication can help.

Appointments

Cleveland Clinic Wooster Specialty Center

721 E. Milltown Road
Wooster, OH 44691
330/287-4500 or 800/451-9870

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

Audiology
Cardiology
Cardiac Rehabilitation
Cleveland Clinic Cancer Center (Medical
Oncology, Radiation Oncology)
Endocrinology
Gastroenterology
Hematology
Orthopaedics
Otolaryngology (ENT)
Physical Therapy
Podiatry
Radiology (CT, MRI, mammography)
Urology
Lab Services

Cleveland Clinic Wooster Women's Health Center

1739 Cleveland Road
Wooster, OH 44691
330/287-4930 or 800/451-9870

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

Saturday: 8 a.m. to noon

OB/GYN
Perinatology
Screening Mammography
Bone Densitometry
Full Lab Services
Psychology

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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Cleveland Clinic Wooster

1740 Cleveland Road
Wooster, OH 44691
330/287-4500 or 800/451-9870

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

Saturday: 8 a.m. to noon (Internal and
Family Medicine); 8 a.m. to 5 p.m. (Pediatrics)

Family Medicine
Internal Medicine
Pediatrics
Allergy/Immunology
Dermatology
Pediatric Cardiology
Psychology
Pulmonology
Radiology
Sports Medicine
Full Lab Services

Cleveland Clinic Wooster General Surgery

546 Winter Street
Wooster, OH 44691
330/287-4830 or 800/451-9870

Other Family Health Centers

Beachwood 216/839-3000

Chagrin Falls 440/893-9393

Elyria 440/366-8822

Independence 216/986-4000

Lakewood 216/521-4400

Lorain 440/204-7400

Solon 440/519-6800

Strongsville 440/878-2500

Westlake 440/899-5555

Willoughby Hills 440/943-2500

When Is Cystoscopy Recommended?

UROLOGISTS RELY ON CYSTOSCOPY TO DETERMINE the cause of urinary tract problems. These include: frequent urinary tract infections, blood in the urine, unusual cells in urine samples, painful urination, bladder control problems and chronic pelvic pain.

The cystoscope is a slender, lighted tube with optical fibers that transmit images to an eyepiece. The urologist gently inserts the cystoscope into the urethra and guides it slowly up the ureter into the bladder, expanded with sterile saline so that the inner walls can be clearly viewed. The procedure takes about a minute.

Certain urinary tract problems can be treated through the cystoscope. Stones that block the urinary tract can be removed using instruments inserted through extra tubes within the device. Polyps, tumors and growths can also be treated during cystoscopy.



Wooster urologist **Sabry G. Mansour, M.D.**, offers minimally invasive treatment for stone disease and other urologic problems.

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- Metabolism & Weight Management
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- Skin Care

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- Laser Vision Correction
- Pain Management
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Newsletters:

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- *Images* (plastic surgery)

Video:

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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 and click on "Health Resources" and then "Family Checkup" to request this free information online.

WOMEN'S HEALTH



Tamoxifen Alternative

After five years of study, researchers report that a new drug that targets hormone-sensitive breast cancers staves off recurrence better than tamoxifen. Anastrozole (Arimidex) is from a family of medications called aromatase inhibitors. These drugs help women who develop breast cancers after menopause or whose tumors are receptive to the female hormone estrogen by dramatically lowering estrogen levels.

In the study, anastrozole was better than tamoxifen at preventing the recurrence and spread of breast cancers, and caused fewer side effects. Researchers recently found that tamoxifen, the first FDA-approved drug for breast cancer prevention, was less effective in some women than others, depending upon age, risk, history and other factors. However, the aromatase inhibitors are far more expensive. Experts recommend further study to prove that anastrozole increases long-term survival from breast cancer.

Wooster medical oncologist **Lapman Lun, M.D.**, is available to discuss options for breast cancer treatment at 330/287-4600.

Menopause & Exercise

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 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.

Wooster Ob/Gyns **Wayne A. Bare, M.D.**, and **Anthony P. Tizzano, M.D.**, can address concerns about menopause and osteoporosis.

For appointments at our
Women's Health Center, call
330/287-4930.

Depression and Pregnancy

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 FDA has called for clearer labeling of the risks of SSRIs. As "category C" medications, SSRIs hold the potential for possible harmful effects on newborns, but may be used during pregnancy if benefits outweigh risks.

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 disabling postpartum depression once the baby is born.

Our specialists urge women to discuss their individual needs with their physician. Wooster psychologist **Susan Albers Bowling, Psy.D.**, specializes in women's issues, including mood disorders.



Wooster Ob/Gyn **Charles A. Brown, M.D.**, specializes in laparoscopic surgery and infertility.

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