

# Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH



**APRIL, 2021**

If you are NOT currently receiving this calendar by email, and would like to, visit:  
[www.uhhospitals.org/agewell](http://www.uhhospitals.org/agewell) to register.

The orthopedic and sports medicine program at University Hospitals provides specialized services for the diagnosis and treatment of conditions that affect the muscular and skeletal system, including sports injuries. With a multidisciplinary, collaborative approach to care, our orthopedic specialists, orthopedic surgeons, orthopedic oncologists, pediatric orthopedic specialists, sports physicians, athletic trainers, physical therapists, nutritionists and concussion specialists all work together to design the ideal treatment and recovery plan for each patient.

And with multiple locations throughout northeast Ohio, you don't have to travel far to receive exceptional care.

Here is a sampling of some of our providers, their location and phone numbers that can assist you with your orthopedics needs. Or click to [Find an orthopedic specialist near you](#)



William J. Petersilge, MD  
Ahuja Medical Center  
Phone: 216-844-5595



William Seeds, MD  
Conneaut Medical Center  
Geneva Medical Center  
Phone: 440-997-5427



Christopher Bechtel, MD  
St. John Medical Center  
Phone: 216-844-7200



Jeffrey Shroyer, MD  
Bedford Medical Center  
Richmond Medical Center  
Phone: 440-735-2552



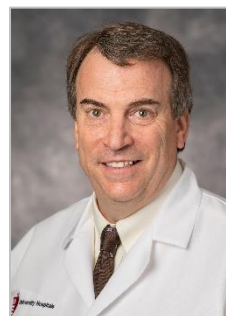
Michael LoPresti, MD  
Parma Medical Center  
Phone: 440 845-6400



Michael Fisher, D.O.  
Samaritan Orthopedics &  
Sports Medicine  
Phone: 419-207-BONE (2663)



Benjamin Silver, MD  
Geauga Medical Center  
Phone: 440-285-5004



Christopher Tisdell, MD  
Portage Medical Center  
Phone: 330-297-6030

## What We Don't Know About Sugar May Be Hurting Us Don't let excess sugar sneak into your diet

By Peter J. Pronovost, MD, PhD, UH Chief Clinical Transformation and Quality Officer

When it comes to ingredients in our food, it's hard to find one as stealthy as sugar.

First, it goes by many different names – dextrose, fructose, maltose are just three of many, all of which end in 'ose' – that aren't always easily recognized as sugar by consumers.

Second, you'd be surprised at how much sugar so-called healthy foods have. Some yogurts have more sugar than a similar-sized portion of ice cream; if you're eating a few handfuls of granola, you can quickly ingest more sugar than in a candy bar.

Third, if you don't read the nutrition facts labels, you'd be shocked at the savory foods that contain sugar, such as soup, ketchup, bread, and pasta sauce. Breakfast is a big source of sugar, often in prepared cereal. Furthermore, one serving of an entrée like sweet and sour chicken for lunch or dinner might have more than double the maximum added sugar we should eat in one day, all in one portion.

It's one thing to eat dessert, or a sweet coffee drink, and know that you've chosen a sugary treat. It's another when you have no idea your main entrée is loaded with it.

Not all sugar is bad. All carbohydrates break down into what we call sugar, and our bodies need these to function properly. Sugar occurs naturally in fruit, as fructose, and in milk, as lactose. And of course, refined carbohydrates are also quickly converted to sugar in our bodies.

Now, though, it's required on updated nutrition facts labels that packaged foods state the grams of **added sugar** in one serving – and that's the sugar you want to be wary of.

Why? Because the average person in this country eats nearly 72 grams of sugar a day, according to a study by the University of California, San Francisco. That translates to about 57 lbs. of sugar per person each year.

Our bodies were not made to handle these huge amounts of sugar. Back in hunter-gatherer days, the main source of sugar was fruit, and that was rare to find, and seasonal. So when fruit was available, people ate a lot of it. But it would probably be a long time before the next time they'd find fruit.

Today, sugar – often in the cheap form of high fructose corn syrup – is essentially mainlined. The effects on our bodies include obesity, diabetes, and other illnesses that are fueled by inflammation.

And yes, while excess sugar fuels obesity for many people, being thin or of average weight doesn't automatically mean you aren't taking in more sugar than is good for you.

Also, eating sugar usually makes you want to eat more sugar.

Cutting back on sugar allows you to enjoy sweeter foods if you do eat them. In fact, if you start reducing, or eventually cutting out, added sugar in your diet you will actually lose your taste or craving for it, because the taste buds actually turn over every 10 days. If you then eat something you used to eat or drink, like a soft drink, you will likely find it overly sweet, almost unpalatable.

You don't need to avoid the naturally occurring sugar in whole fruit. When you eat a piece of fruit, you are also ingesting fiber and other nutrients such as vitamins and minerals, not just sugar, so the effect of sugar on your body is different than added sugars alone.

But when you drink fruit juice – even 100 percent pure fruit juice – the sugar is maximized. You can easily drink 30 grams of sugar in a glass of orange juice. It will give you a quick spike in energy, and then you'll feel a bit of a crash.

Many people are also completely unaware of how much sugar there is in energy drinks and sports replenishment drinks. Unless you are sweating for more than an hour straight, you'd be much better off drinking water.

If you buy tea in a bottle, be sure to look for an unsweetened variety. If it's not, you may easily take in more than 40 grams of sugar. And you won't even know it, or savor it.

It doesn't have to be hard to start cutting back. First, read every label and notice where sugar is an unexpected ingredient – say, tomato sauce – and opt for a brand that has none, or very little. Or switch things up, by adding berries to plain Greek yogurt, instead of buying sweetened, flavored yogurt.

The recommendation is that women should have limit themselves to 24 grams of added sugar a day, a little more if they are super active; men about 30 grams or so. If you like something sweet after a meal, save up your added sugar grams for that, and enjoy it.

Of course, another option is to eat mainly whole, unprocessed foods. No need to read any packaging at all!

Here's something I always find inspiring: how people live in the Blue Zones, which are the parts of the world where people have the longest, healthiest lives, as identified by author Dan Buettner. They include a mountain village in Sardinia, an island in Okinawa, Ikaria in Greece, Costa Rica's Nicoya Peninsula, and areas around Loma Linda, California.

The people living in these places have certain things in common; their diets are 95% whole, plant-based food. **They avoid added sugar, processed foods and flour.** They do eat lots of vegetables, fruits, nuts, beans and whole grains, because those are available where they live. They mostly replace meat with beans, making beans their main protein and adding fresh herbs and spices. They finish dishes with olive oil, and may enjoy red wine with their meals. (You can read "The Blue Zone Cookbook" for more details.)

They also get up and move every 20 minutes, and usually walk to wherever they are going. They socialize and have a strong sense of purpose within their community. They get plenty of sleep and do things to reduce stress.

So start by reading labels to keep track of how much added sugar you are eating in one day, and where it's sneaking in. Then you might want to make some different choices that taste just as good, or better – and definitely are better for your body and health.



## DIABETES

**Diabetes Self-Management Education Class Series** from **Bedford Medical Center**. During the four-class series, participants learn about self-monitoring, meal planning, taking medications, exercising, and tips for setting goals, staying motivated and managing stress. A doctor referral is required. Check with your insurance for coverage. Call 440-735-4700 to register these virtual classes. **Tuesdays, April 6, 13, 20, 27** 10:30 a.m. – 12 p.m.

**Diabetes Self-Management Education Classes Six Week workshop** from **Geauga Medical Center** (In collaboration with Geauga Dept on Aging)

UH EMS Training Center  
602 South Street, Suite C4  
Chardon, Ohio 44024

**Fridays, April 16, 23, 30**  
**Fridays, May 7, 14, 21**  
12:30 - 3 p.m.

To register, call 440-279-2167

**Diabetes Nutritional Counseling** at **Parma Medical Center**. Offering either virtual or in-person Outpatient Nutrition counseling that will focus on providing you with information and support. Whether you were just newly diagnosed with Diabetes or you want to improve your blood sugar levels, we can help. Some of the areas you will be learning about are, meal planning; carbs; portion size; reading labels and general nutrition.

Most major insurance accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

**Diabetes Self-Management Education Classes** from **Portage Medical Center** UH offers tools, classes and support that you can use from the comfort of your home. Helpful strategies, one-on-one support services and virtual classes are ways we can help. To learn more, call 330-297-2575.

### **CINEMA now at UH**

Diabetes increases the risk for heart, vascular and kidney complications. Patients with a diagnosis of diabetes can now schedule a consultation with our Center for Integrated and Novel Approaches in Vascular Metabolic Disease (CINEMA), one of a select few in the country and the only program in Ohio. This new program is comprised of UH cardiologists trained in diabetes, diabetes educators, and nurse coordinator and offers both virtual and in person visits with our multidisciplinary team to develop a personalized treatment plan. CINEMA is not meant to replace diabetes care, but supplement existing care with a team-based approach to ensure every available measure is taken to support diabetic patients manage their wellness efforts. To schedule with CINEMA, or for questions, please call (216) 844-1357 or email [CINEMA@uhhospitals.org](mailto:CINEMA@uhhospitals.org).

**Diabetes Education Program** at **Elyria Medical Center** and **Avon Health Center** provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate. Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association. Offered Monday through Thursday. Late afternoon and

evening hours are available on Tuesdays and Wednesdays. Individual and Group Sessions. Group Sessions at **Elyria Medical Center** will be **May 4, 11 & 18th**

**Elyria Medical Center**  
630 East River Street  
Elyria, OH 44035

**Avon Health Center**  
1997 Healthway Drive  
Avon, OH 44011  
*Individual Sessions only.* For more information call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

**Diabetes Support Group**  
Please call **Portage Medical Center**. 330-297-2576 for information.

## EXERCISE CLASSES

### **Physically Distanced Group Exercise Classes.**

**Avon Fitness Health Center** 1997 Healthway Drive in Avon

All specialty group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 for information and to sign up. Contact Renee Barrett for schedule.  
[renee.barrett@uhhospitals.org](mailto:renee.barrett@uhhospitals.org)

**Pound** Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements.

**Wednesday, April 14** 6:30 p.m.

**Spinning Bootcamp** Build power and strength through a Spinning and Bootcamp combo class. Come and experience "Spinning Bootcamp" class where 20-25 minutes of warm up and indoor

cycling is followed by 20-25 minutes of HIIT-style strength training, cool down, and stretching.

**Saturday, April 10** 9 a.m.

### **Cardio Dance**

A highly aerobic workout based on dance rhythm and moves. This dance fitness class is a low-impact easy to follow workout.

**Thursday, April 15 and May 13**

6 p.m.

### **Avon Fitness Court Boot Camp**

Boot Camp style class incorporating all of the strength and endurance stations on the new City of Avon "Fitness Court." Class meets in front lobby of fitness center, and jog 1/3 mile up to Fitness Court (weather permitting).

**Thursday, April 22** 6:00 p.m.

### **Iron Yoga**

Yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells. **Friday, April 16** 8 a.m.

**Beginning Yoga** Designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included. **Saturday, April 24 and May 22** 11 a.m.

## **HEALTH EDUCATION**

### **COVID-19 Vaccine Update**

(In collaboration with Geauga Dept. On Aging)

**Wednesday, April 7** 1 – 2 p.m.

Bainbridge Senior Center WebEx info to be provided Call 440-279-1313 to register

### **Importance of Accessing Healthcare Services**

(In collaboration with Geauga Dept. On Aging)

**Wednesday, April 21** 1 – 2 p.m.

Bainbridge Senior Center WebEx info to be provided. Call 440-279-1313 to register

### **Dysphagia (Difficulty Swallowing)**

Swallowing difficulties (dysphagia) are more common than you would think. It can lead to significant health problems if not treated. When does it typically occur? How does it affect you? What can you do to improve or prevent it. These questions and more will be discussed during this zoom presentation by a **Parma Medical Center** Clinical Speech Therapist. Space is limited so register early.

**Tuesday, April 27** 1:30 p.m.

[Register here](#) to receive a link to the presentation on zoom.

### **Chiropractic Treatment of Sciatica**

Connor Integrative Health Network brings chiropractic care with Dr. Robert Trager to the **Parma Medical Center**, Medical Arts Building 4. Hear Dr. Trager's expertise in a pre-recorded [virtual health talk](#). To schedule an appointment with Dr. Trager call 216-285-4070

### **Lung Nodule Center**

At **Parma Medical Center** Join doctors Basel Altaqi, MD, Parma Primary Care Medical Director, Neeraj Mahajan, MD, Medical Oncologist and Christopher Towe, MD, Thoracic Surgeon of Parma Medical Center to learn about the common abnormal spots, called lung nodules that show on a lung cancer screening or other chest imaging test. You will learn about the diagnosis and treatment options. Click [here](#) for the pre-recorded virtual presentation. To schedule an appointment at the Lung Nodule Center call 440-743-8520

## **HEALTH SCREENINGS**

### **Blood Pressure Screenings**

**Monday, April 5**

8:30 – 10 a.m.

West Farmington Senior Center  
150 College Street  
West Farmington, OH 44491

### **Hernia Screening**

Do you experience swelling, a bulge or pain in the abdomen, pelvis or groin area? Find out if you have a hernia. To schedule your appointment only screening with general surgeons Richard Ungvarsky, MD and David Linz, MD of **Parma Medical Center**, call 440-743-4932

**Saturday, May 8** 9 - 11 a.m.

Parma Medical Center  
Medical Arts Center 2  
6707 Powers Boulevard, Suite 304  
Parma, OH 44129

## **PAIN MANAGEMENT**

### **University Hospitals Comprehensive Pain Center**

Patients suffering from chronic pain will find many more options at **Parma Medical Center**. The pain center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators and infusion therapy). Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. The multi-disciplinary center also offers physical and occupational therapy, behavioral health and addiction services.

To schedule an appointment with the Comprehensive Pain Center call 440-743-4333

## **PREVENTIVE HEALTH**

Assessments for risk factors for appropriate screening recommendations. Available screenings include: Breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and stroke risk.

To schedule a risk assessment with an RN Patient Navigator at **Bedford Medical Center**, call 440-735-2559.

## **NUTRITION & WEIGHT LOSS**

**Gardening for Lifelong Health Health Benefits of Berries**  
**Wednesday, April 21 3 - 4 p.m.**

UH Geauga Medical Center  
Café 44 / Web Ex Info to be provided. Call 440-214-3180 to register

**Lunch & Learn to GO Cooking Demo & Educational Program**  
*(In collaboration with Geauga Dept. on Aging)* **Wednesday, April 28**  
11:00 a.m. –12:30 p.m.

**Chardon Senior Center**  
Webex info to be provided  
*To register, call 440-279-2126.*

**Outpatient Nutrition counseling,** focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Jennifer Lattur at **Bedford Medical Center**

**Medical and Lifestyle Nutritional Counseling** at **Parma Medical Center**. Offering either virtual or in-person Outpatient Nutrition counseling. Focus will be on behavioral and lifestyle changes. These changes will positively affect your eating habits and overall health to achieve your long-term goals. If you are looking for general healthful nutrition advice or if need to lose weight, gain weight or were diagnosed with high cholesterol, Prediabetes or other health conditions, we can help you get on the road to better health. Most major insurance accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your

insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

**Medical Weight Loss**  
New Directions Medically Supervised Weight Loss program. For more information call 440-743-2995.

**Bariatric Surgery**  
If you are interested in weight loss surgery at **Parma Medical Center** Metabolic Clinic Contact Bariatric Surgeon, Mujjahid Abbas, MD at 216-844-7874, or watch an online informational session click [here](#)

**Virtual/Tele-Nutrition Counseling**  
Outpatient Nutrition counseling, focusing on behavioral and lifestyle changes to positively affect eating habits and overall health to achieve long-term goals. Most major insurance accepted, including Medicare. A referral from your physician may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Jennifer Lattur at **Bedford Medical Center** 440-735-4700.

**Healthy Lifestyle Medical Nutrition Therapy** at **Elyria Medical Center** and **Avon Health Center**. For more information call Kim Horvath, MEd, RDN, LD, CDCES 440-284-5709. Offered Monday through Thursday. Late afternoon and evening hours are available on Tuesdays and Wednesdays. The Healthy Lifestyle program offers nutrition counseling with a registered dietitian or nutritionist. If you need to lose weight, gain weight, or have been diagnosed with high cholesterol, prediabetes, food intolerances or other conditions which may be better managed by diet, let us help to get you on

track. A physician referral is required to participate. Many insurance plans cover this service. Contact your Insurance provider to verify coverage.

## **SMOKING CESSATION**

**Virtual Smoking Cessation Classes** For information, call **Portage Medical Center** 330-297- 2576.

## **SUPPORT GROUPS**

Please call **Portage Medical Center** 330-297-2576 for information about our support groups who are staying connected and providing support in virtual and alternative ways.

- Alzheimer's Association Caregiver Support Group
  - Beyond Stroke Support Group
  - Breast Cancer Support Group
  - Ostomy Support Group
  - Parkinson's Support Group
  - Hope and Healing Support Group for Grieving Adults
- Please call 330-241-6282

## **WELLNESS**

**FREE One-on-One Telephone Health Talk** with a **Portage Medical Center** Community Outreach Nurse

- Blood pressure management
- Diabetes or pre diabetes management/screening
- Mindful, healthy eating
- Mental health wellness
- Recommended screenings by age

Call 330-297-2576 to make a 30 minute appointment. Depending on your topic, you may be referred to a UH specialist who can offer expert knowledge.

## **WOMEN'S HEALTH**

**Bedford and Richmond Medical Centers** are two of the facilities that provide advanced 3-D mammography (Tomosynthesis) at no extra cost to the patient. Tomosynthesis is mammography,

only better. That means that there is a 41 percent increase in invasive cancer detected with 3-D mammography, 15 percent decrease in unnecessary recalls for false alarms and 29 percent increase in the detection of all breast cancers. The American Cancer Society recommends the following timeline for mammograms: Women between age 40 and 44 can start to have mammograms if they choose to. Between the ages of 45 and 54 women should have an annual mammogram. At age 55 or older, women can continue yearly mammograms or switch to every other year, as long as she is in good health. Your doctor may also recommend a mammogram if you have an unusual finding or are at risk. Remember, early detection and treatment do matter.

To schedule your 3-D mammogram at [Bedford or Richmond Medical Centers](#) call 440-585-6222. Or you can schedule at any of our facilities by clicking here: [Schedule your Mammogram Appointment](#)

**No-Cost Screening Mammograms** The Ashtabula and Eastern Lake County Rural Underserved Women's Project is an important initiative offering a variety of breast health related services to women in the communities that [Geneva Medical Center](#) serves. The program is funded from monies raised during UH Geneva's annual Walk for the Cure®. Call Paula at 440-593-0374 to see if you qualify for a no-cost screening mammogram. New financial guidelines have been established. Time is needed to complete the paperwork.

## HEALTHIER YOU

A series of interviews of [Bedford and Richmond Medical Center](#) staff physicians hosted by Pastor Larry Macon, Jr. of Mt. Zion

Church Oakwood Village.

### Pain Management

Sami Moufawad, MD shares information on ways to manage your pain. [Pain Management](#)

### Stroke Prevention

Nicole Jirousek, M.Ed, MSN, RN-BC Clinical Educator at [Bedford Medical Center](#) shares information on strokes. [Strokes](#)

### Voice Changes with Aging

Nicole Maronian, MD specializes in Otolaryngology  
To schedule an appointment with Dr. Maronian, call 440-613-4248. [Voice Changes with Aging](#)

### Obstructive Sleep Apnea

Amy Schell, MD, board certified in otolaryngology and sleep medicine talks about diagnosis and treatment of obstructive sleep apnea. To schedule an appointment with Dr. Schell, call 216-844-6000 [Obstructive Sleep Apnea](#)

### Steps to Keep You Safe

David Rapkin, MD, addresses patients' fear of scheduling procedures or surgeries during COVID-19. [Steps to Keep you Safe](#)

### Common Ailments of the Foot and Ankle.

Jacqueline Donovan, MD specializes in Podiatry  
To schedule an appointment with Dr. Donovan call 440-735-3338. [Common Ailments of Foot and Ankle](#)

### Residency Clinics at UH Regional Hospitals (Bedford and Richmond)

Tamar Bejanishvili, MD discusses the value of medical residents in patient care.  
To schedule an appointment at [Bedford Residents Clinic](#), call (440) 735-2800 and at [Richmond Residents Clinic](#), call (440) 585-6385 [UH Regionals Residency Clinics](#)

**Skin Cancer.** Luke Rothermel, MD Surgeon and Oncologist, answers your questions about skin cancer. To schedule an appointment with Dr. Rothermel, at [Richmond Medical Center](#) call (216) 844-8247 [Answers to Skin Cancer Questions](#)

### Wound Care Clinics at Bedford and Richmond Medical Centers

Craig Frey, DPM discusses why wound care treatment prevents long term complications.

To schedule an appointment with [Bedford Wound Care Clinic](#) call (440) 735-4755

To schedule an appointment with [Richmond Wound Care Clinic](#) call (440) 585-6101 [Wound Care Clinics](#)

### Sinus Problems

Otolaryngologist and surgeon, Kenneth Rodriguez, MD  
To schedule an appointment with Dr. Rodriguez, call 440-844-6000. [Sinus Problems](#)

**Advance Directives** Social Worker, Leslie Robbins, MSW, MA, LSW, CCLS [Advanced Directives](#)

### How to Deal with a Hernia

General Surgeon, John Jasper, MD To schedule an appointment with Dr. Jasper, call 440-831-8255 [How to Deal with a Hernia](#)

### Benign Breast Issues

Medical Director and Surgeon, Lisa Rock, MD. To schedule an appointment with Dr. Rock, call 440-516-8701. [Breast Health](#)

### Breast Cancer Awareness and Early Detection.

Breast Surgery, Megan Miller, MD  
To schedule an appointment with Dr. Miller, call 216-844-3320. [Breast Cancer Awareness and Early Detection](#)



### **Sports Injuries**

Orthopedic Surgery, Michael Karns, MD. To schedule an appointment with Dr. Karns, call 216-844-7200. [Sports Injuries](#)

### **Colorectal Cancer**

Alex Lai, CNP. To schedule an appointment with Gastroenterologist, call 440-735-2552. [Colorectal Cancer](#)

### **Sexual Health: Side effects and Treatment options after cancer**

Urologist, Kyle Scarberry, MD. To schedule an appointment with Dr. Scarberry, call 440-516-8700.

[Side Effects and Treatment Options after Cancer](#)

### **Incontinence**

Kim Kainec, PA. To schedule an appointment with Urology call 440.232.8955. [Incontinence](#)

### **Nutrition and Chronic Disease**

Clinical Dietitian Jennifer Lattur, MS, RDN, LD. To schedule an appointment with Jennifer Lattur, call 440-735-4700.

[Nutrition and Chronic Disease](#)

### **Pelvic Organ Prolapse Urologist**

/GYN, Joseph Henderson, MD, FACOG. To schedule an appointment with Dr. Henderson, at [Bedford Medical Center](#) call 440-232-8955 or [Richmond Medical Center](#) 440-516-8700 [Pelvic Organ Prolapse](#)

### **What Is a Vascular Surgeon?**

Vascular Surgeon, Cherie Phillips, MD. To schedule an appointment with Dr. Phillips, call 216-844- 3800. [Vascular Surgery](#)

### **Breast Reconstruction**

Plastic Surgeon, Donald Harvey MD. To schedule an appointment with Dr. Harvey, call 440-446-8600. [Breast Reconstruction](#)

### **Bariatric Surgery**

General Surgeon, Stephen Masnyj, MD. To schedule an appointment with Dr. Masnyj, call 216-831- 8255. [Bariatric Surgery](#)

### **Stroke Prevention**

Neurologist, Robert Richardson, MD. To schedule an appointment with Dr. Richardson, call 440-735-4264. [Stroke Prevention](#)

**Diabetic Foot Ulcers.** Podiatrist, Windy Cole, DPM. To schedule an appointment with Dr. Cole, call 440-585-6101. [Diabetic Foot Ulcers](#)

**Prostate Cancer** Urologist, Kim Fitzgerald, MD. To schedule an appointment with Dr. Fitzgerald, call 440-232-8955. [Prostate Cancer](#)

### **Adult Vaccines**

Primary Care, Randy Jernejcic, MD. To schedule an appointment with Dr. Jernejcic, call 440-735-2804. [Adult Vaccines](#)

## **HEALTH TALKS ONLINE**

**Guidance for Diabetic Foot Ulcers Management** Join Windy Cole, DPM of the Podiatry Department at [Richmond Medical Center](#) Wound Care Clinic for a presentation on foot care. [Foot Ulcers Management](#) Call 440-585-6101 to schedule an appointment with Windy Cole, DPM

**Seniors Stay Strong** Join our certified exercise expert for aging adults, JoAnn Lavrisha PT, CEEAA of [Richmond Medical Center](#) to learn some strength training exercises. Wear comfortable clothes and shoes. [Seniors Stay Strong!](#)

To schedule an appointment with a physical therapist at [Richmond Medical Center](#), call 440-585-4151. A physician referral is needed for some insurance companies.

**"There's a Bulge" pelvic organ prolapse** Join Joseph Henderson, MD, FACOG, from the Female Pelvic Medicine and Reconstructive Surgery area of [Bedford and Richmond Medical Centers](#) for a presentation on pelvic organ prolapse. [Learn more about pelvic organ prolapse](#)

To schedule an appointment with Joseph Henderson, MD, at [Bedford Medical Center](#) call 440-232-8955 or [Richmond Medical Center](#) 440-516-8700. **"Oh my Aching Back"** a presentation by Christopher Tangen, MD of [Richmond Medical Center Sports Medicine Clinic](#) [Learn more about some of the remedies for back issues.](#)

To schedule an appointment with Dr. Tangen, please call 440-585- 7146. Offices are located at [Richmond Medical Center](#) and in Warrensville Heights

**Cooking Heart Healthy.** Join Joe Horvath, [Bedford and Richmond Medical Centers](#) Executive Chef and Clinical Dietitian Jennifer Lattur as they prepare a healthy take on Salmon Burgers with Chipotle Salad and Breakfast Frittatas. Jen and Joe will share tips on how to prepare a healthy meal and what you should look for when selecting items from the grocery store. [How to prepare Salmon Burgers & Chipotle Salad](#) [Recipe](#) [How to prepare Breakfast Frittata](#) [Recipe](#)

**GERD-Gastroesophageal Reflux Disease – Myths and Facts** Join Dany Raad, MD of [Parma Medical Center](#) for a discussion of different facts and myths around GERD including symptoms, diagnostic tests and treatment options. [Gerd-gastroesophageal-reflux-disease-myths-and-facts](#)

**Abdominal Pain – Is it just gas or something serious?** Presented by: Daanish Kazi, DO who will explain the warning signs, symptoms and treatment for a variety of commonly diagnosed conditions associated with abdominal pain. [Abdominal pain](#)

**Low Back Pain: Cause, Non-surgical and Surgical Treatments** Join Christina Cheng, MD, Orthopedic Spine Surgeon at [UH Spine Institute](#), to learn more about back pain in adults, causes, and nonsurgical and surgical treatment options to get you back to doing the things you enjoy in life. [Low Back Pain](#)

**Orthopedic Injury- Where Should I Go For Care?** Sprained ankle, broken bone or sports injury? You need medical attention, but the injury probably doesn't warrant a trip to the ER. Please join Benjamin Boswell, DO and Sean McNeeley, MD, to learn where to go for care and treatment if you are experiencing an orthopedic injury. Knowing where to go care save you time and money. [Orthopedic Injury](#)

**Resolve Your Sleep Issues** Join experts from [UH Sleep Medicine](#) to learn more about symptoms of sleep disorders, when to consider seeking help from a specialist, UH sleep services including what to expect during a sleep study, and an overview of behavioral sleep medicine, an alternative approach to management of sleep disorders without medication. [Resolve Your Sleep Issues](#)

**Updates to Colorectal Cancer Screenings** presented by Caroline Soyka, DO Learn about new updates in Colorectal Cancer Screenings from Caroline Soyka, DO, Gastroenterologist, at [Geauga Medical Center](#). [Updates to Colorectal Cancer Screenings](#)

**Early Warning Signs of Cancer** Some cancers have few warning signs, but there are signs that shouldn't be ignored. Dr. Jordan Winter, Chief of Surgical Oncology, [UH Cleveland Medical Center](#) and Director of Surgical Services, [Seidman Cancer Center](#). [Early Warning Signs](#)

**Managing Heart and Vascular Health during COVID-19** Join a panel of experts from [Harrington Heart & Vascular Institute](#) for a presentation on symptoms of heart and vascular disease, signs that your condition may be worsening, lifestyle adjustments you can make at home, and the importance of not delaying care, including when to seek help from a health care provider. [Managing Heart & Vascular Health during COVID-19](#)

**Managing Vascular Conditions during COVID-19.** Join a panel of vascular experts from [Harrington Heart & Vascular Institute](#) to learn more about maintaining your vascular health at home, warning signs that should not be ignored, and how to get help for any health concerns. [Managing Vascular Conditions during COVID-19](#)

**Atrial Fibrillation - Update on Treatment Options.** Join a panel of experts from [Harrington Heart & Vascular Institute](#) to learn more about atrial fibrillation, how to reduce your risk of stroke, the importance of lifestyle modifications and the latest treatment options for A-FIB patients. [A-Fib Updates](#)

**Weight Loss Management Options.** Presented by Amani Munshi, MD, Jacob Petrosky, MD and Daanish Kazi, DO. Learn from the UH weight loss and bariatric experts about obesity and its effects as well as non-surgical and surgical options for weight loss.

[Weight Loss Management](#)

**Shoulder Pain** Join Robert Gillespie, MD, UH Orthopedic Shoulder Surgeon, for this free webinar to learn more about shoulder pain in adults, causes, non-surgical and surgical treatment options. [Shoulder Pain](#)

**Getting Relief for Your Chronic Pain.** You no longer need to live with chronic pain and your pain can be managed to get you back to doing the things you enjoy in life.

Join us to learn more about chronic pain in adults, causes, non-surgical and surgical treatments from Lisa Brown, MD, Comprehensive Pain Management at [Geauga Medical Center](#). [Relief from Chronic Pain](#)

**Treatment of Venous Disease** Including Care during COVID-19. Venous disease refers to disorders of the veins and can include deep vein thrombosis (DVT, or "blood clots"), varicose or spider veins, chronic venous insufficiency and leg ulcers. Join a panel of experts from [Harrington Heart & Vascular Institute](#) to learn more about treatment of these conditions. [Treatments of Venous Disease](#)

**What Everyone Should Know about Peripheral Artery Disease PAD.** Join a panel of experts from [Harrington Heart & Vascular Institute](#) to learn more about PAD, from managing risk factors to the latest diagnosis and treatment options. [PAD, What to Know](#)

**Health & Wellness: The Power of YOU.** Join Peter Pronovost, MD for this motivational webinar about practical ways to make health and wellness a priority in your daily life. Learn about steps you can take in 5 key focus areas. [The Power of You](#)

**Innovative Hernia Repair and Treatment Options.** Join Christopher Bohac, MD, a surgeon at the **Comprehensive Hernia Center** at UH a nationally recognized expert in the treatment of hernias. Learn about advanced treatment options that reduce the chance of hernia recurrence and improve overall patient outcomes. [Hernia Repair & Treatments](#)

**Wonder Foods of Wellness - Foods You Should Always Include in Your Supercharged Nutrition Plan.** UH Registered Dietitian Nutritionist, Amy Jamieson -Petonic will review which foods are your best choices and share the science behind it. [Wonder Foods](#)

**How to Treat Your Hip and Knee Pain and Get Active Again.** Learn about hip and knee pain in adults – causes, non-surgical and surgical treatment options from Benjamin Silver, MD, Orthopedic Surgeon, at **Geauga Medical Center**. [Treatment for Hip & Knee Pain](#)

**Knee and Hip Pain and How to Get Active Again.** Millions of people suffer from debilitating pain and stiffness in their hips and knees, limiting their mobility and affecting their quality of life. Join William Stanfield, MD to learn more about how we can help with your arthritis, hip and knee pain. [Get Active Again](#)

**How to Conquer Pain** You no longer need to live with chronic pain. Manage your pain and get back to doing the things you enjoy in life. Learn more about chronic pain in adults, its causes, and non-surgical and surgical treatments from Kutaiba Tabbaa, MD, Director of the Comprehensive Pain Management Center at **Parma Medical Center**. [Conquer Pain](#)

**Ways to Manage a Chronic Cough, Throat Clearing and All That Mucous.** Dr. N. Scott Howard, MD and Speech Pathologist Lex Rakowski will discuss cough, throat clearing and everyone's favorite topic, MUCOUS. If you are plagued with nasal allergies, voice changes, a nagging cough or sticky mucous, you won't want to miss this talk. [Chronic Cough, Throat Clearing](#)

**COPD and Adult Asthma - An Update on Treatment Options** Chronic obstructive pulmonary disease (COPD) and adult asthma can range from mild to very severe. Whether you suffer from constant coughing and wheezing, difficulty breathing or chest tightness, it's critical to get an accurate diagnosis and begin treatment quickly.

Join Dr. Rodney Folz and Dr. Charles Peng to learn more about these conditions, including when to see a specialist and the latest treatment options available to help manage lung health for improved quality of life. An audience question and answer feature is included. [COPD & Adult Asthma](#)

**The A to Zzzs of Obstructive Sleep Apnea.** Sleep apnea is a serious condition affecting more than 22 million Americans. Typical symptoms include heavy snoring, excessive daytime sleepiness or fatigue, difficulty with concentration or memory, among many others. Left untreated, sleep apnea can lead to serious health consequences. UH sleep medicine specialist Michelle Adams, CNP and ENT sleep surgeon Dr. Amy Schell will outline the symptoms and treatment options available to resolving your sleep apnea, including CPAP troubleshooting and alternatives. [Sleep Apnea](#)

**UH LGBTQ and Gender Care** Dr. Shubham Gupta, Division Chief, Reconstructive Urology and Director, Surgical Gender Affirmation Program for the UH Urology Institute is joined by Dr. Tobias Long, Plastic Surgery, to introduce UH's LGBTQ Gender Care services. Topics will include gender affirmation services including hormones, mental health, and surgery. [LGBTQ & Gender Care](#)

**Benign Prostatic Hyperplasia (BPH) The Growing Prostate Problem** presented by Irina Jaeger, MD., a Board Certified Urologist, Division Chief **Richmond Medical Center** and leading expert in BPH. [Learn more about BPH.](#)

To schedule an appointment with Irina Jaeger, MD, at **Richmond Medical Center** call 440-516-8700.

**The Myths, Misconceptions and Treatment of Urinary Incontinence in Women** presented by Urologist/GYN, Joseph Henderson, MD, FACOG. [Learn more about Urinary Incontinence in Women](#)

To schedule an appointment with Joseph Henderson, MD, at **Bedford Medical Center** call 440-232-8955 or **Richmond Medical Center** 440- 516-8700

**Hypertension and Diet Management** Join Dr. Jeremy Johnson from Harrington Heart and Vascular Institute and **Richmond and Bedford Medical Centers** to [Learn more about Hypertension and Diet Management](#)

To schedule an appointment with Dr. Johnson, please call 440-585- 7006. His primary location is at **Richmond Medical Center**

**His & Hers Urologic Health & Aging** Join the UH Urology experts for a conversation about topics that many of us are too embarrassed to talk about, including female incontinence, prostate health, sexual health and more. [His & Hers Urologic Health & Aging](#)

**Men's Sexual Health Playbook** Join UH urologists and men's health experts Nannan Thirumavalavan, MD and Aram Loeb, MD for a discussion on erectile dysfunction (ED) and low testosterone or Low T. [Men's Sexual Health Playbook](#)

**COVID 19 and Congenital Heart Disease** Presented by: Pradeepkumar Charla, MD, MS, James Strainic, MD, John Lozier, MD, Kathleen Clegg, MD. [COVID-19 & Congenital Heart Disease](#)

**Safe Cardiovascular Testing during COVID-19** Join a panel of experts from [UH Harrington Heart & Vascular Institute](#) to learn more about national published guidelines for safe cardiovascular testing during COVID 19. [Safe Cardiovascular Testing During COVID-19](#)

**Managing Heart Failure during COVID-19** Join a panel of heart failure experts from [UH Harrington Heart & Vascular Institute](#) to learn more about heart failure care management at home, warning signs that should not be ignored. [Managing Heart Failure during COVID-19](#)

**Signs and Symptoms of Stroke** Learn the facts about stroke - from Cathy Sila, MD from its sign and symptoms to lifestyle changes you can make to reduce your risk of having a stroke. [Signs & Symptoms of Stroke](#)

**Know Your Risk for Coronary & Peripheral Artery Disease.** Learn more about signs, symptoms, early detection and new treatment options for both CAD and PAD. Presented by James Cireddu, MD [Bedford Medical Center](#). [Learn more about PAD & CAD](#)

To schedule an appointment with Dr. Cireddu of the Harrington Heart and Vascular Institute, please call 440-735-3655. His office is located at [Bedford Medical Center](#)

### **VIRTUAL EXERCISE CLASSES**

The Fitness Center at [Avon Health Center](#) is excited to offer a series of "virtual classes" taught by our certified instructors who will take you through various class formats so you can continue to build strength and endurance by joining one of our at-home classes.

[Slow Flow Yoga](#) - Slow down the body, slow down the mind, and deepen the breath. Create a practice full of intention and purpose as you flow through a series of lengthening and strengthening poses. 45 minutes.

[Senior Fitness](#)– Low impact exercises using common household items as light weights, focusing on the senior population. 12 minutes.

[Pilates](#) - Strengthen and lengthen you abs, oblique and back muscles by developing core stability. 60 minutes.

[Alphabet Boot Camp](#)– 26 exercises/sets for a total body workout, focusing on form with some minimal weights. 30 minutes:

[Core Blast](#)– Exercises focusing on your core – oblique's, upper and lower abs, lower back. 25 minutes.

[HIIT Cardio & Strength](#) – This high intensity interval training class has a nice balance of cardio and strength exercises using minimal equipment or your bodyweight. 30 minutes.

[Deep Stretch Yoga](#)- Slow dynamic stretching at the beginning and longer static and active stretching at the end, this class takes a well-rounded approach to total body stretching. 60 minutes.

[All Legs](#) – Total leg workout utilizing household furniture and weighted items (or weights if you have some). Cardio burn at the end of workout if needed. 45 minutes.

[Pilates](#) With Household Item Resistance – Mat Pilate's class designed to help with stabilizer muscles, form, and posture using household items to help strengthen the whole body. 45 minutes.

[HIIT Tabata Cardio/Tabata Cardio Circuit](#) – This class feature high intensity interval training (HIIT) exercises for strength, and mixes in tabata-style cardio to keep your heart rate up for the duration of this class. 30 minutes.

[Pilates/Barre Fusion](#)– This class fuses the exercises in Pilates that help with core stability and posture with Barre movements that focus on balance and lower body strength and endurance. 45 minutes

[Stair Leg Workout](#) – A lower body workout utilizing the steps in your house, utilizing plyometric movements and some light weights. 25 minutes.

[Back & Glute Tabata](#)– A tabata style body weight workout for your back, glutes, and hips. 25 minutes.

[Power Yoga](#)– The class incorporates dynamic flow of movement, breath and meditation to foster strength, flexibility as well as relaxation. 45 minutes.

[Pilates](#) - Strengthen and lengthen you abs, oblique and back muscles by developing core stability. 60 minutes.

***Disclaimer:** You are responsible for exercising within your limits and assume all risk of injury to your person or property. To the extent permitted by law, University Hospitals, Fitness Center at University Hospitals Avon Health Center and their affiliates disclaim any and all liability in connection with the use of this platform. Always consult your physician before beginning any exercise program.*

*Consult with your healthcare professional to design an appropriate exercise prescription. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider.*

For the most up to date information and activities, check out our pages on 

[Age Well. Be Well](#)

[UH Elyria Medical Center](#)

[UH Parma Medical Center](#)

[UH Avon Health Center](#)

[UH Geauga Medical Center](#)

[UH Richmond Medical Center](#)

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Unsubscribe to the monthly Age Well. **Be Well.** calendar