

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

JUNE 2021



If you are not receiving our monthly calendar, and would like visit www.uhhospitals.org/agewell to register.

DIABETES

4-Part Diabetes Self-Management Education Classes

Ahuja Medical Center

Rosenberg A/B
3999 Richmond Road
Beachwood, OH 44122

Wednesday, June 2

5:30 - 7 p.m.
Understanding Diabetes

Wednesday, June 9

5:30 - 7 p.m.
Meal Planning

Wednesday, June 16

5:30 - 7 p.m.
Medications

Wednesday, June 30

5:30 - 7 p.m.
Managing Diabetes

To register for this free event, please call 216-593-1767
Masks are required for all attendees and social distancing will be maintained in the classroom.

Diabetes Self-Management Classes

Participants attend one **Nutrition for Diabetes Class** and one **Diabetes Self-Management Class** in any order then follow up with a diabetes educator.

Bedford Medical Center

88 Center Road
Conference Room-Lower Level
Bedford, OH 44146

Nutrition for Diabetes

Tuesday, June 1

5 - 7 p.m.

Tuesday, July 13

10 a.m. - 12 p.m.

Diabetes Self-Management

Tuesday, June 15

5 - 7 p.m.

Tuesday, July 27

10 a.m. - 12 p.m.

Doctor referral is required - check with your insurance for coverage.

Call 440-735-4700 to register

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.

For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Individual Sessions Offered Monday through Thursday. Late afternoon and evening hours available on Tuesdays and Wednesdays.

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

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.

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.

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.

Diabetes Support Group

Tuesday, June 1

4 - 5 p.m.

Portage Medical Center

Pavilion-outdoors/covered
6847 North Chestnut Street
Ravenna, OH 44266
Call .330-297-2575 to register

EXERCISE CLASSES

Walking Programs

June 1 - August 31

Tuesdays | 7:30 - 8:30 a.m.

Red Brook Metro Park

4338 Lake Road

Ashtabula, OH 44004

For more information, call

Lori Slimmer 440-593-0373

Tuesdays | 8:00 - 9:00 a.m.

June 1 - September 28

Conneaut Township Park

Lower Pavilion

480 Lake Road

Conneaut, OH 44030

For more information, call

Dawn Dale 440-593-0372

Thursday, June 24

8 - 9 a.m.

Ashtabula Towne Square

3315 North Ridge Road East

Ashtabula, OH 44004

For more information, call

Dawn Dale 440-593-0372

Physically Distanced Group Exercise Classes

Avon Health Center

1997 Healthway Drive

Avon, OH 44011

All 45 minutes 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

Beginner Pilates Posture is often the first thing people notice about a person and those who carry themselves with poise display grace and confidence. Learn the basic fundamentals of Pilates and establish proper form that will benefit you for a lifetime.

Saturday, June 19 10:30 a.m.

Outdoor Summer Solstice

Yoga. In collaboration with SEWA International, Cleveland Chapter, we are partnering to celebrate the longer summer days with a mixed level yoga class on our tennis court. This is a full sun spot so be sure to wear a hat and sunscreen. Bring water and your own mat.

Saturday, June 19

8:30 - 9:45 a.m.

BodyCombat

This high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up calories. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

Sunday, June 6 10:30 a.m.

Iron Yoga

Yoga class incorporating breath, postures which flow from one to the other with the addition of light dumbbells.

Friday, June 11 8 a.m.

Friday, July 9 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, June 12 11 a.m.

Saturday, July 17 11 a.m.

HEALTH EDUCATION

Treatment for Overuse Sports

Injuries. If you have a nagging injury that is affecting your participation in a sport or activity you love, join UH Sports Medicine experts [Michael LoPresti, MD](#), [Jared Levin, MD](#) & [Jock Taylor, MD](#) from **Parma Medical Center** and learn more about treatment options for

overuse injuries. Learn how to treat injuries like: plantar fasciitis, tennis elbow, rotator cuff tendonitis and common knee repetitive use problems.

[Treatment for Overuse Sports](#)

[Injuries](#) Call 440- 845-6400 to schedule an appointment with a physician at **Parma Medical Center's** Center for Orthopedic Surgery

Chiropractic Treatment of

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

Health & Wellness Series

Middlefield Senior Center

15820 Ridgewood Drive

Middlefield, OH 44062

Call 440-632-0611 to register

Wednesday, June 9 2 - 3 p.m.

Mental Health

Wednesday, June 16 2 - 3 p.m.

Eat Good to Feel Good

Wednesday, June 23 2 - 3 p.m.

Aging Gracefully

Wednesday, June 30 2 - 3 p.m.

Physical Activity in Older Adults

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, 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

UH Mobile Health Screenings Program from **Ahuja Medical Center**.

Warrensville Heights Family YMCA
4433 Northfield Road
Warrensville Hts., OH 44128

Wednesday, June 23

9 a.m. - 3 p.m.

Screenings available:

- Mammograms
- Blood pressure
- Blood glucose
- Body mass Index
- Bone density
- Total cholesterol

For Information or to schedule your 3-D mammogram, please call 216-342-2168

Hernia Screening

Portage Medical Center

Professional Center
6847 North Chestnut Street
Ravenna, OH 44266

Saturday, June 5

8:30 a.m. - 12 p.m.

Registration required at
330-297-2576

UH Mobile Health Unit 3-D Mammogram Screening

Thursday, June 10

9 a.m. - 2:30 p.m.

UH West Avenue Family
Medicine & Akron Urgent Care
Parking Lot
145 West Avenue, Tallmadge
Please call 216-896-1768 for
registration or information

Blood Pressure Screenings

Monday, June 7 8:30 – 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

Monday, June 10

10:00 a.m. – 12 p.m.

Geauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

Recognizing the Symptoms of a Hernia

Join us for a free screening.

Ashtabula Health Center

Suite 200

3315 North Ridge Road East
Ashtabula, OH 44004

Appointment is required

Space is limited

No walk-ins accepted

Call 440-755-7749 to schedule
an appointment

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.

Interviews can also be found on
UH Bedford and Richmond
Medical Center Facebook
pages.

Hospice Care vs Palliative Care

Dionne Suttell, BSN, RN, CHPN

Hospice/Palliative Care
Coordinator at Bedford and
Richmond Medical Centers
discusses the differences
between these types of care.

[Hospice Care vs Palliative Care](#)

Hearing Loss

Alejandro Rivas, MD talks about
the impacts of hearing loss

[Hearing Loss](#)

NUTRITION & WEIGHT LOSS

Gardening for Lifelong Health Planting Your Garden (outside)

Wednesday, June 9

3 - 4:30 p.m.

UH Geauga Medical Center

1 West Multipurpose Room
13207 Ravenna Road
Chardon, OH 44024

Call 440-214-3180 to register

Lunch & Learn to GO Cooking Demo & Educational Program

*(In collaboration with Geauga Dept.
on Aging)*

Wednesday, June 23

11:00 a.m. – 12:00 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** 440-735-4700.

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 at **Parma Medical Center** 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.

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.

SMOKING CESSATION

Virtual Smoking Cessation

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

SUPPORT GROUPS

- **Alzheimer's Assoc. Caregiver Support Group**
- **Beyond Stroke Support Group**
- **Breast Cancer Support Group**
- **Ostomy Support Group**
- **Parkinson's Support Group**

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.

Hope and Healing Support Group for Grieving Adults-

Please call 330-241-6282

Stroke and Brain Injury Support Group

(Virtual on Zoom)

Fourth Thursday of each Month 12:00-1:00 p.m.

We welcome patients and families to join these free virtual sessions offering emotional and peer support and educational guest presentations for stroke survivors and their families. For details, contact Dr. Opaskar's office- 440-827-5088

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 INTERVIEWS

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 or for an appointment with [Richmond Residents Clinic](#), call (440) 585-6385 [UH Regionals Residency Clinics](#)

Sinus Problems.

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

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. [Wound Care Clinics](#)

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

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

See All UH Virtual Events and Health Talks [Click Here](#)

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 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](#). [How to 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. [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

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](#)

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](#)

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 your 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.

***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 [facebook](#)

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