

HEALTHIER YOU INTERVIEWS

A series of interviews of **Bedford and Richmond Medical Center** staff physicians and providers hosted by Pastor Larry Macon, Jr. of Mt. Zion Church Oakwood Village.

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](#)

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 does not 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 should not 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](#)

Dr. Tobias Long, Plastic Surgery, joins UH LGBTQ and Gender Care Dr. Shubham Gupta, Division Chief, Reconstructive Urology and Director, Surgical Gender Affirmation Program for the UH Urology Institute, 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, and 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, Harrington Heart and Vascular Institute, please call 440-735-3655.

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.

