



## Breathing Easy

Actor Will Smith sang “Happy Birthday” to Olivia Kikel on her seventh birthday, adding levity to an otherwise tense celebration. Her party was taking place in Cleveland Clinic Children’s Hospital, where she and her parents anxiously awaited results of a biopsy from a mass in her tiny chest.

“I’m not really sure she knew who Will Smith was,” says her mother. “But the fact that everyone made such a fuss over her was so nice. One of her doctors even brought ice cream.”

### Not just a sore throat

While the hospital staff did everything they could to comfort the family, Laura Kikel was scared. Earlier that week, she brought Olivia to Urgent Care at the Chagrin Falls Family Health Center for a fever that had come and gone for a week. She’d had a sore throat, but the illness didn’t seem serious.

Among the tests ordered was a chest X-ray. Her lungs weren’t clear, and suspecting pneumonia, the doctor sent the Kikels to Hillcrest Hospital for IV antibiotics. There, further testing revealed a more serious problem. **Donald Ford, MD**, the Kikels’ family physician, delivered the news. It wasn’t pneumonia, but a tumor that was causing her symptoms. He recommended they see an oncologist at Cleveland Clinic main campus.

Olivia was transferred to Cleveland Clinic Children’s Hospital, where Laura and her husband Mark learned the extent of their only daughter’s illness. Pediatric surgeon **John DiFiore, MD**, explained that a CT scan clearly showed a large tumor compressing Olivia’s heart and lungs.

“It’s uncommon to see a tumor like this, particularly in such a young child,” says Dr. DiFiore. He proceeded with a biopsy.

Waiting for the results was difficult, but Laura took comfort in the excellent treatment she knew her daughter was receiving. When the biopsy revealed a noncancerous ganglioneuroma, Dr. DiFiore sent the family home to enjoy their Thanksgiving holiday. They returned on Dec. 1 for surgery.

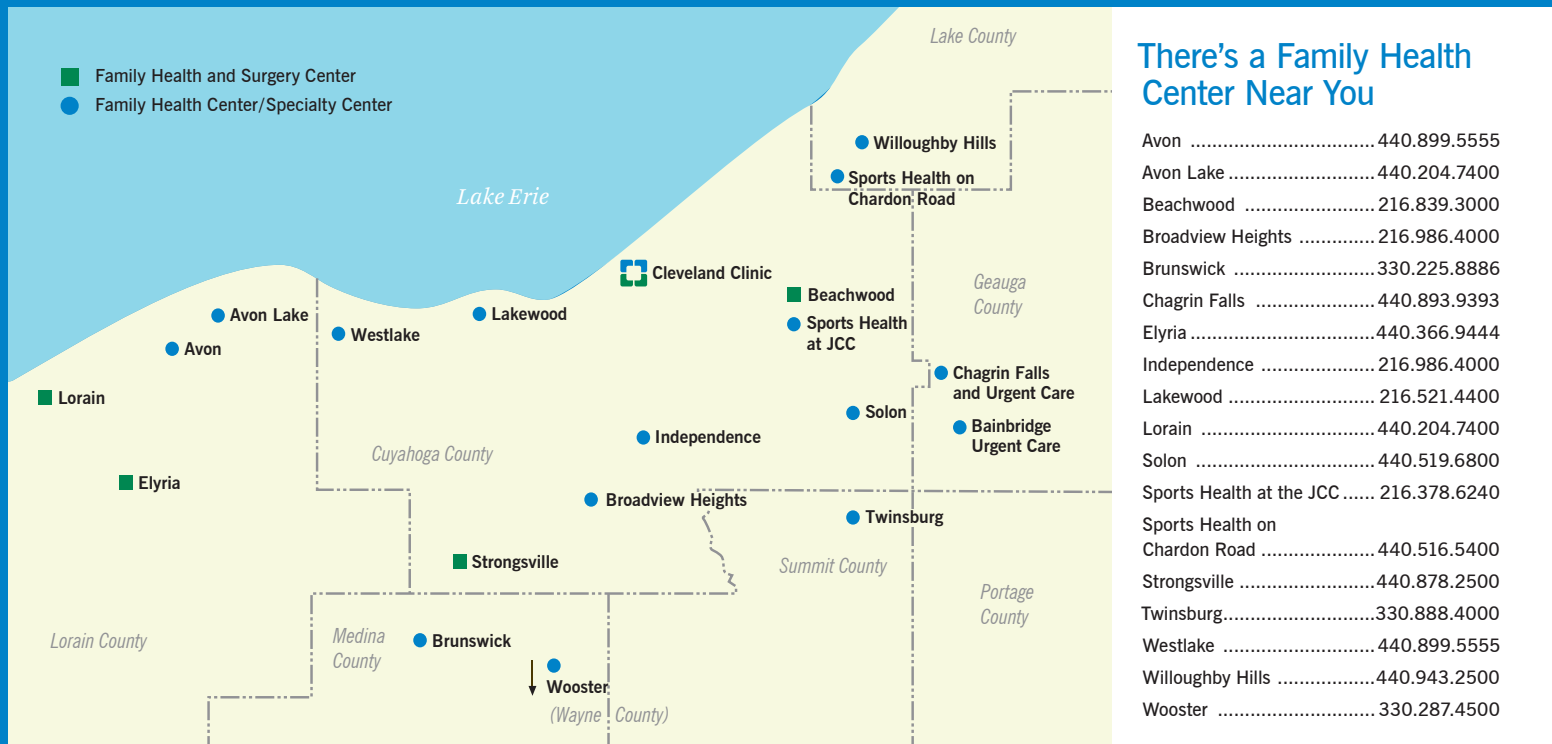
### A delicate procedure

Removing the tumor required a complex procedure that included taking out two of Olivia’s ribs and reconstructing part of her chest wall with prosthetic material. She recovered quickly and returned home within just two weeks.

Dr. Ford, who has been the Kikels’ family physician for several years, says he was impressed with their spirit throughout the ordeal. “I was grateful to be involved and overjoyed at the way things turned out,” he says.

Olivia continues to see Dr. Ford for routine care and visits Dr. DiFiore every six months for checkups. Now in third grade in Chagrin Falls, Olivia participates in dance and drama with no restrictions on her activities.

■ To find a primary care physician or specialist at a Cleveland Clinic Family Health Center near you, call 888.MED.WELL (633.9355) or browse our online directory of physicians at [clevelandclinic.org/staff](http://clevelandclinic.org/staff).



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Call 216.444.CARE to schedule a same-day appointment.

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#### BAINBRIDGE URGENT CARE

17747 Chillicothe Road  
Bainbridge, OH 44023  
(No appointments necessary)

### Beachwood

#### CLEVELAND CLINIC BEACHWOOD FAMILY HEALTH AND SURGERY CENTER

26900 Cedar Road  
Beachwood, OH 44122

**Appointments:**  
216.839.3000 or 866.318.2491

#### CANCER CENTER

**Appointments:** 216.839.2990

#### OUTPATIENT SURGERY CENTER

For more information, visit  
[clevelandclinic.org/asc](http://clevelandclinic.org/asc).

**Appointments:** 216.839.3500

#### PHARMACY

**Pharmacist:** 216.839.3270

#### CLEVELAND CLINIC SPORTS HEALTH AND ORTHOPAEDIC REHABILITATION

26001 South Woodland Road  
Beachwood, OH 44122  
(behind the Mandel JCC)

**Appointments:** 216.378.6240

### Chagrin Falls

#### CLEVELAND CLINIC CHAGRIN FALLS FAMILY HEALTH CENTER

551 East Washington Street  
Chagrin Falls, OH 44022

**Appointments:**  
440.893.9393 or 800.232.0263

#### CHAGRIN FALLS URGENT CARE

551 East Washington Street  
Chagrin Falls, OH 44022  
(No appointments necessary)

### Mentor

#### CLEVELAND CLINIC PHYSICAL THERAPY

7533 Center Street  
Mentor, OH 44060

**Appointments:** 440.205.1714

### Solon

#### CLEVELAND CLINIC SOLON FAMILY HEALTH CENTER

29800 Bainbridge Road  
Solon, OH 44139

**Appointments:**  
440.519.6800 or 800.648.0022

### Twinsburg

#### CLEVELAND CLINIC TWINSBURG MEDICAL OFFICES

2365 Edison Blvd., Suite 100  
Twinsburg, OH 44087

**Appointments:** 330.888.4000

### Willoughby Hills

#### CLEVELAND CLINIC WILLOUGHBY HILLS FAMILY HEALTH CENTER

2570 SOM Center Road  
Willoughby Hills, OH 44094

**Appointments:**  
440.943.2500 or 800.807.2888

#### CANCER CENTER

**Appointments:** 440.943.2500

#### PHARMACY

**Pharmacist:** 440.516.8620

#### SPORTS HEALTH ON CHARDON ROAD

29017 Chardon Road  
Willoughby Hills, OH 44094

**Appointments:** 440.516.5400

# Sticking with Statins

Preventing a first heart attack is good medicine



Can cholesterol-lowering statin medications really prevent heart attack and stroke when your cholesterol levels are normal? The answer is a resounding “yes,” according to Steve Nissen, MD, Chairman of Cardiovascular Medicine in Cleveland Clinic’s Heart & Vascular Institute.

“We have evidence that statins can prevent heart disease and reduce the risk of first heart attack, stroke and probably death from cardiovascular disease,” he says. “Preventing a first heart attack by treating the right people with statins is good medicine and good public policy.”

Commonly prescribed statins include Zocor (simvastatin), Lipitor (atorvastatin), Crestor (rosuvastatin) and Pravacol (pravastatin).

## Treatment criteria shift

Landmark studies performed in the 1990s established that statins clearly prevented heart attacks in people with high cholesterol — specifically, high LDL (low-density lipoprotein, the “bad” cholesterol).

“Some thoughtful people believe we should not be using statins so often to treat people for primary prevention of heart disease,” says Dr. Nissen. “I think they’re wrong.”

But in 2008, another large study turned that thinking upside down. It proved that statins could also help people with normal cholesterol — if they had high levels of CRP (C-reactive protein, a marker for inflammation in the body, including the blood vessels) and other risk factors.

So the FDA approved statin use for men 50 and over and for women 60 and over who have:

- a high-sensitivity CRP of 2.0 mg/L or higher, an LDL cholesterol level below 130 mg/dL, and a triglyceride level below 500 mg/dL
- one or more of these risk factors for heart disease: high blood pressure, low HDL (“healthy” cholesterol) levels, smoking, premature heart disease in the family

## Statin use is increasing

In response, the use of statins among people with normal cholesterol has increased. While the mainstream medical community stands by the 2008 results, a small minority disagrees.

“Some thoughtful people believe we should not be using statins so often to treat people for primary prevention of heart disease,” says Dr. Nissen. “I think they’re wrong.”

“The problem is much more undertreatment than overtreatment, and studies have borne that out. For every patient I see who is on a cholesterol-lowering therapy but prob-

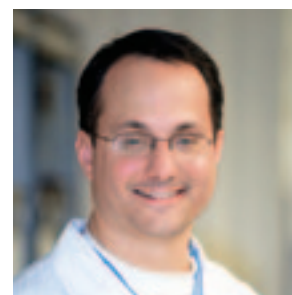
ably doesn’t need to be, I see many more patients who should be treated but are not.”

## Do you need a statin?

Cleveland Clinic heart specialists perform screening tests, complete a history and physical exam, and study individual risk factors before making a recommendation.

Not everyone gets a prescription. “People who are at very low risk and who have marginal levels of cholesterol — particularly if they’re women, whose risk for heart disease is lower — may not meet current criteria,” says Dr. Nissen. In these cases, seeing the doctor regularly, modifying diet and increasing activity may be prescription enough.

For patients who do qualify, Dr. Nissen has this to say: “Statins are safe and effective, and nothing has shaken our confidence in them.” ♦



Talk to a [cardiologist](#) to learn if statins are right for you:

- Joseph Martin, MD, Chagrin Falls, Twinsburg (pictured)
- Saif Andwaruddin, MD, Beachwood
- Kamal Riad, MD, Willoughby Hills
- Mark Pace, DO, Twinsburg



# 'STOP' Sports Injuries in Kids

A new national campaign takes aim at a growing trend

Student athletes account for 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations every year.

The popularity of high school sports is at an all-time high, with more than 7.3 million student athletes. Unfortunately, this group accounts for 2 million injuries, 500,000 doctor visits and 30,000 hospitalizations every year, according to the Centers for Disease Control and Prevention.

## Too much, too soon

"Overuse injuries are responsible for about half of all sports injuries sustained by middle and high school students," says pediatric orthopaedic surgeon **Paul M. Saluan, MD**. Contributing to the spike in injuries, he says, are:

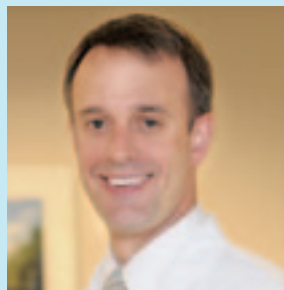
- early specialization in specific sports
- immature bones
- insufficient rest after an injury
- poor training or conditioning

Dr. Saluan, a delegate for the American Orthopaedic Society for Sports Medicine, is part of its national campaign, STOP (Sports Trauma and Overuse Prevention). The program focuses on injury reduction but also highlights how playing safe and aware can lengthen a child's athletic career, improve teamwork, reduce obesity rates, and create a lifelong love of exercise and healthy activity, he says.

## An ounce of prevention...

To prevent injury, Dr. Saluan advises parents to encourage their kids to remain active during the offseason. Deconditioning is a common thread running through all sports-specific injuries because overuse injuries develop when new sports require different repetitive activities. However, he advises against nonstop training, noting that most kids don't need to be pushed to train year-round in a single sport. They just need to play.

"Kids also benefit from rotating through different sports to discover which ones they like. Injuries result when kids are not fully engaged or are unwilling participants in a sport," Dr. Saluan cautions. ♦



Cleveland Clinic physicians are available to evaluate injuries in kids:

### Sports Medicine

- Richard Figler, MD, Beachwood, Solon (pictured)
- Anne Rex-Torzok, DO, Willoughby Hills

### Family Medicine

- Chris Young, MD, Chagrin Falls



## Reversal Surgery Moves Family Forward

Kim Friend says all she ever wanted was a healthy boy and girl. At age 29, with a 3-year-old daughter at home, Kim got her wish with the birth of a son in July 2005.

“Once I had them, I decided to have a tubal ligation as a permanent method of birth control,” she says.

But life changes. Kim and her husband divorced in 2007 and she remarried two years later. Her new husband, Jeremiah, had never been married and had no children of his own.

“He is a wonderful stepfather, but we wanted to have a child of our own too,” says Kim.

She discussed the possibility of tubal ligation reversal with **Charles Brown, MD**, her ob/gyn at Cleveland Clinic Wooster. Dr. Brown referred her to **Cynthia Austin, MD**, Director of In Vitro Fertilization at Cleveland Clinic Beachwood Family Health and Surgery Center.

“She was very accommodating and welcoming, giving us as much time as we needed to answer all of our questions. She explained the likelihood of me becoming pregnant and possible surgery outcomes,” Kim says. The couple decided to give it a try.

On Dec. 18, 2009, Dr. Austin performed the surgery at Hillcrest Hospital. An incision was made directly on top of a previous cesarean incision, and microsurgical techniques were used to open and reconnect the remaining fallopian tube segments.

“Clearly, a tubal ligation reversal was a good decision for Kim and Jeremiah, but it was not their only option,” says Dr. Austin. “The right approach depends on many things, including how the tubes were tied, the patient’s age, the presence or absence of other



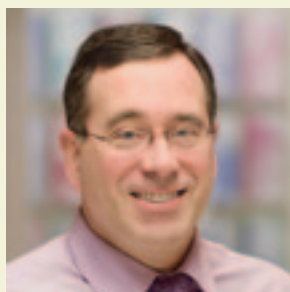
factors that may affect fertility, and the couple's personal preferences. This makes a detailed evaluation and consultation before the procedure so important.”

After surgery, Dr. Austin told the couple that she was optimistic about Kim’s chances for pregnancy. Kim planned to take several months to get back in shape before getting pregnant. Surprisingly, however, she got pregnant just one month after surgery, testing positive on Valentine’s Day.

Baby Lyric Jessi Friend joined the family on Oct. 20, 2010.

Kim says the tubal ligation reversal process was worth the investment and pain. “We are so very blessed with our results. I would recommend Dr. Austin in a heartbeat.” ♦

■ If you would like to set up a consultation with a Cleveland Clinic infertility specialist, please call 216.444.6601 or browse our online directory at [clevelandclinic.org/infertility](http://clevelandclinic.org/infertility).



**Talk to a Cleveland Clinic obstetrician if you are having trouble conceiving:**

### Infertility

- Jeffrey Goldberg, MD, Beachwood, Solon, Twinsburg (pictured)
- Cynthia Austin, MD, Beachwood

Call for appointments with Cleveland Clinic Family Health Center primary care physicians and specialists at:

Beachwood – 216.839.3000 | Chagrin Falls – 440.893.9393 | Solon – 440.519.6800 | Twinsburg – 330.888.4000 | Willoughby Hills – 440.943.2500

## Frustrated by a flabby tummy?

### Plastic surgery can shrink the surplus

Want to unveil a flat, firm abdomen next bikini season? If healthy eating and exercise aren't getting the results you're looking for, plastic surgery might do the trick.

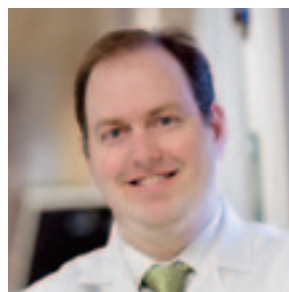
You don't have to experience dramatic weight loss to benefit from a tummy tuck (abdominoplasty). The ideal candidate is anyone who has excess skin or fat in the abdominal area, laxity of the abdominal muscles or a combination of the two.

Tummy tuck surgery is a good option for you if:

- You are physically healthy and at a stable weight
- You have realistic expectations
- You are a nonsmoker
- You are bothered by the feeling that your stomach is too large

#### How does it work?

Tummy tuck surgery involves tightening the abdominal muscles, removing excess skin and repositioning the belly button. Some women opt for liposuction at the same time to remove excess fat.



See a Cleveland Clinic [plastic surgeon](#) to discuss your options:

- Raymond Isakov, MD, Beachwood, Solon (pictured)
- Francis Papay, MD, Beachwood

A traditional tummy tuck requires just two incisions: The first is made above the pubic hairline and extends from one hip to the other; the second surrounds the belly button. Patients looking for less dramatic changes may be candidates for a partial or mini abdominoplasty, which eliminates the incision around the belly button.

#### Results

Whether you have a partial or complete tummy tuck, the overall result will be a flatter, firmer abdominal contour that is more proportionate with your body type and weight. Your new slimmer profile should be fully realized within a week or two following surgery. ♦

- To learn more about tummy tuck and other procedures available through the Cleveland Clinic Cosmetic & Plastic Surgery Center, visit [clevelandclinic.org/RenewYou](http://clevelandclinic.org/RenewYou).

## ♀ WOMEN'S HEALTH

## A Hair Shy?

Noticing extra hair on your brush? Spending time teasing to cover bald spots that weren't there last week? Get to the root of the problem.

"Anything that affects your body can affect hair growth. A change in your hair can be a sign of something bigger going on in your body — short or long term," says Cleveland Clinic dermatologist and hair loss expert **Wilma Bergfeld, MD**.



For example, weight loss plans may leave you short of certain nutrients important to your hair, such as iron, zinc, protein, vitamin D and essential fatty acids. Drugs such as amphetamines, antidepressants, ibuprofen, lithium and oral contraceptives are associated with shedding.

Stress is another trigger. Managing the challenges of a new job, the death of a loved one or divorce can take a toll on your body. "Interestingly, there's a three-month delay between an actual life event and the onset of hair loss or regrowth," says Dr. Bergfeld.

#### Improvement is possible

"Hair follicles are among the fastest-growing cells in the body," says Dr. Bergfeld. "If you can eliminate triggers, hair will regrow. It's important to see a dermatologist with special interest in hair loss to find out what can be done."

Many women find significant improvement with drugs that balance hormone levels. Hair transplants offer another alternative.

"The trick is to pick a surgeon who is known for doing hair transplants in women, since they are more difficult than in men," says Dr. Bergfeld. ♦

- Talk to a Cleveland Clinic dermatologist if you are concerned about hair loss. For a complete list of hair loss specialists, visit [clevelandclinic.org/RenewYou](http://clevelandclinic.org/RenewYou).



## Eating Right with Diabetes

The rise in diabetes has lots of folks wondering which foods are on and off the table. Cleveland Clinic nutritionists say that while there's no "diabetic diet," a healthy lifestyle is more important than ever to reduce the health problems caused by the disease.

"Think vegetables, fruits, whole grains, lean meat, low-fat dairy and vegetable oils when planning meals," says **Andrea Dunn, RD, LD, CDE**, nutrition therapist at Cleveland Clinic Westlake.

### CAN I EAT SUGAR?

Sugar is just one part of the total carbohydrates you have to watch to keep your glucose level stable. You can eat small amounts of sugar if it is part of a healthy meal plan, and if you check your blood glucose levels regularly.

### DO I HAVE TO STOP EATING BREAD?

Bread and other carbohydrates can be eaten in healthy portions. It is the amount of carbohydrates you eat and how much you have at one meal or snack that impacts your diabetes. Learning about what foods contain carbohydrates, the amount of carbohydrates in food, and spreading carbohydrates throughout the day can help stabilize blood glucose levels. A registered dietitian can help you plan the right amount of carbohydrates for your needs.

### SHOULD I DRINK JUICE INSTEAD OF POP?

A  $\frac{1}{2}$  cup serving of juice has the same amount of carbohydrates as  $\frac{1}{2}$  cup of soda pop. While the juice might contain more nutrients, it can raise your blood glucose the same amount as the soda pop. Switch to water or another zero-calorie beverage for your main beverage and drink juice in limited amounts.

### SINCE MEAT AND FAT DON'T HAVE CARBS, CAN I EAT ALL THE MEAT I WANT?

Having type 2 diabetes elevates your risk for heart disease two- to fourfold. Lowering fat intake, especially saturated fat, and eating more plant-based foods is better for your health.

### I TAKE DIABETES MEDICATIONS. DO I STILL HAVE TO WATCH WHAT I EAT?

Lifestyle — what you eat and how you exercise — is the cornerstone for good health, no matter if you have diabetes or not. Take control of what you eat and how you move, and follow your doctor's advice for medications and monitoring.



See a Cleveland Clinic [physician](#) to discuss recommendations:

- Ye Zhu, MD, Willoughby Hills (pictured)
- Homa (Nayyer) Varghai, MD, Beachwood
- Tracy Goldman, DO, Solon

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## Sleep tight with this information on bedroom parasites

They may be tiny — typically only 4 to 5 millimeters long as adults — but bedbugs have been big news lately. Larger cities, including Cincinnati, Columbus and Dayton, have seen rising numbers of the parasites.

The good news is that these bugs, which feed on human blood, do not carry disease. On very rare occasions, a bite can cause a dangerous reaction, and the waste they produce can trigger problems for asthma sufferers. However, for most people, bedbugs are an itchy, persistent nuisance rather than a health threat.

Bites may be red and swollen, similar to mosquito bites or spider bites. They are tough to distinguish from other types of bites, but they typically will be found on parts of your skin that are exposed during sleep. They also may be formed in clusters or lines. If you find bites, clean them thoroughly to reduce the risk of infection. Anti-itch creams may help with the symptoms, or ask your doctor to prescribe stronger antihistamines or corticosteroids if necessary.

### Where they thrive

Bedbugs dwell in mattresses and bedding, but they also are commonly found on couches and other furniture — anywhere their “food” sits still on a regular basis. They are common in crowded dwellings such as apartment buildings, college dorms and nursing homes.

A few tips can help prevent them from spreading:

- Vacuum mattresses and furniture on a regular basis.
- Keep the area around beds and furniture clean and clutter free. Don't give bedbugs a place to hide.

- Seal cracks and crevices, where bedbugs often seek refuge.
- Wash all bedding and clothing in the hottest water possible.
- Use “heat treatment.” Bedbugs are sensitive to heat, so use a steamer on the places they nest (professional exterminators also can do this).
- Use nonchemical pesticides on your own, or work with a professional exterminator to use chemical pesticides.
- If you have been in a place you know has bedbugs, check yourself carefully. Bedbugs can travel — both on your clothes and in your suitcase.

### Find the right exterminator

If you can't get rid of bedbugs on your own, you may need to call a professional. Bedbugs are resistant to many common pesticides, which is why some exterminators (and would-be exterminators) have tried extremely strong and sometimes untested chemicals to get rid of infestation. Seek out a reputable exterminator who has experience with bedbugs. Ask for a clear explanation of the dangers of the chemicals they use, and take all safety precautions seriously. ♦

- If you have suspicious bites, contact your primary care physician.

Call for appointments with Cleveland Clinic Family Health Center primary care physicians and specialists at:

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## ‘Why can’t I remember ... ?’

It’s one thing to forget where you left the car keys. It’s quite another not to remember your way home.

One is the kind of normal, innocent absent-mindedness where the pressures of a busy day can distract your attention from the simple things. The other is abnormal and affects your ability to function routinely day to day. It could portend more serious memory difficulties. And that’s when you need to see the doctor.

“A preliminary evaluation begins by asking questions to determine the nature and extent of the memory loss,” explains Cleveland Clinic geriatrician **Amanda Lathia, MD**. “You occasionally may misplace an object, but you usually can retrace your steps and find it. Or maybe you can’t come up with the word you were looking for, but later you remember it. That’s all normal.

“However,” Dr. Lathia adds, “if you have substantial trouble with instrumental activities — such as cleaning, cooking, shopping, laundry, medication management, transportation, finances and using the telephone — there are bigger issues to explore.” About 45 percent of dementia cases stem from Alzheimer’s disease, where memory loss is a key feature.

### Take action

Treatments for memory loss differ widely, but the goal is the same: to preserve cognition for as long as possible.

#### Dr. Lathia offers four suggestions for preserving memory:

- 1 Physical exercise, such as walking 30 minutes a day at least three times a week.
- 2 Mental stimulation to keep the brain active. “Watch ‘Jeopardy’ instead of a soap opera,” Dr. Lathia advises.
- 3 Socialization to avoid withdrawing and depression. Spend time with family. Go out to eat.
- 4 A diet plan rich in fruits and vegetables, whole grains, lean meat and fish.

Medicines such as Aricept® may be prescribed for memory, but they appear only to slow — not stop — the disease. But more research is giving way to renewed optimism in the treatment of memory loss, Dr. Lathia says. ♦



See a physician who specializes in geriatric medicine for assessment of memory problems:

#### Geriatrics

- Ami Hall, DO, Willoughby Hills (pictured)

#### Internal Medicine

- Janet Buccola, MD, Chagrin Falls
- Shazia Goraya, MD, Beachwood
- Nidhi Sohdi, MD, Twinsburg

## Call 911: No time to waste with stroke



For every minute brain cells are deprived of oxygen during a stroke, brain damage increases. The chances for survival and recovery improve when treatment begins within the first few hours.

Know the warning signs of stroke:

- sudden loss of speech
- slurred speech
- sudden loss of vision
- blurry or double vision
- sudden paralysis

About 795,000 Americans have a stroke every year. It is the nation’s leading cause of disability and the No. 3 killer. Immediate treatment at a facility that has earned The Joint Commission’s Certificate of Distinction for Primary Stroke Centers ensures the best possible outcome for stroke victims. To earn this distinction, healthcare facilities must meet rigorous standards regarding staffing, emergency procedures, technology, 24-hour-a-day access to state-of-the-art treatments and continuous education of staff involved in the care of stroke patients.

Cleveland Clinic offers five Primary Stroke Centers throughout Northeast Ohio to provide consistent, high-quality stroke care and treatment designed to meet the unique and specialized needs of stroke patients. Primary Stroke Centers are located on main campus and at Euclid, Hillcrest, Lakewood and Marymount hospitals. ♦



# BEYOND GOOGLE:

Cleveland Clinic website has more than you imagine

What happens after you click on Google and land on Cleveland Clinic's website? There's more to the site than first meets the eye.

#### Your search is our command

You can use our search engine, located at the top right corner of the home page, to locate a wealth of information on specific diseases and treatments, including expert medical advice from some of the top physicians in the world.

If you're looking for a doctor, our "Find a Doctor" tab at the top of the page is the easiest route. You can search for a specific doctor's name, or find a specialist by disease or through an institute, department or location.

#### Location, location, location

We're nearby no matter where you live in Northeast Ohio, with locations including our main campus in University Circle, 16 family health centers and 9 regional hospitals. We have additional facilities in Weston and West Palm Beach, Florida; Las Vegas, Nevada; Canada; and Abu Dhabi in the United Arab Emirates. Our site provides easy-to-read maps and driving directions from your door to ours to make the journey to any of our campuses a snap. You can even take an interactive 360-degree visual tour of our main campus right from your home or office.

#### Schedule an appointment

Whether you need to request an appointment or ask a question, you'll find the help you need when you click the "Appointments" tab. You can set up the appointment right there. We've even added an online chat feature to our scheduling page and offer same-day appointments.

#### The good stuff: fun and free

Cleveland Clinic's website is chock-full of free health information accessible through the tab at the top of the home page.

**Health chats** — Regularly scheduled live web chats hosted by Cleveland Clinic physicians and health educators answer your pressing health questions and concerns. Topics range from Treating Varicose Veins to Kids, Headaches and School Attendance.

**Interactive tools** — We've included short quizzes, risk assessments, health modules and calculators to make taking care of yourself more fun. To help alleviate stress, we have even created audio-instructed breathing exercises and a two-minute relaxation module.

**Healthy living features** — You can subscribe to our monthly *Be Well eNews* for articles such as the truth about base tans, the word on cholesterol, preserving intimacy and featured recipes.

#### Updated Daily

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# Too Tired to Tango

The National Sleep Foundation estimates that only about four in 10 adults get a good night's sleep nightly or almost every night. And while you may notice that you don't function at your best when you're tired, chronic insomnia can be more than a nuisance. It is linked to significant health problems including high blood pressure, diabetes and heart disease.

Cleveland Clinic sleep experts recommend a total sleep time of seven to nine hours for the average adult. Sleep patterns change as people age, but the amount of sleep they generally need does not.

There are four symptoms usually associated with insomnia:

- Difficulty falling asleep
- Waking up too early and not being able to get back to sleep
- Frequent awakenings
- Waking up without feeling refreshed

## Take this quiz to find out if you may be short on sleep

Epworth Sleepiness Scale — use the following scale to choose the most appropriate number, as it best applies to you.

- 0 = would never doze  
 1 = slight chance of dozing  
 2 = moderate chance of dozing  
 3 = high chance of dozing

Situation	Chance of Dozing			
Sitting and reading	0	1	2	3
Watching TV	0	1	2	3
Sitting inactive, in a public place (e.g., a theater or meeting)	0	1	2	3
As a passenger in a car for an hour without a break	0	1	2	3
Lying down to rest in the afternoon when circumstances permit	0	1	2	3
Sitting and talking to someone	0	1	2	3
Sitting quietly after a lunch with no alcohol	0	1	2	3
In a car, while stopped for a few minutes in traffic	0	1	2	3
YOUR TOTAL:				

## Interpreting your results

A score equal to or higher than 10 is an indication of significant daytime sleepiness, which can be a sign of a serious sleep disorder. However, some people with serious sleep problems may have normal scores.

Check with your doctor if sleepiness is affecting your ability to function during

the day. Many common sleep problems can be treated with behavioral treatments and an increased attention to proper sleep hygiene. ♦

■ For information on Cleveland Clinic Sleep Disorders Centers or to schedule an appointment, visit [clevelandclinic.org/sleep](http://clevelandclinic.org/sleep) or call 216.444.2165.

## Family Checkup Coupon

To receive our fact sheets, brochures or newsletters, simply

**Send this completed coupon to:**

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 9500 Euclid Ave. / AC311  
 Cleveland, OH 44195

**Or call toll-free:** 800.890.2467

**Or visit us on the Web:**

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

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

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## I would like the following FREE information:

### Fact Sheets:

- ☐ Women's Health Guidelines ☐ Headache  
☐ Adult Health Guidelines ☐ Sleep  
☐ Retinal Diseases ☐ Ptosis  
☐ MyChart, your personalized medical record ☐ Mature Spine

### Newsletters:

- ☐ *Competitive Edge* (sports health)  
☐ *Be Well eNews* (email newsletter)

### Brochures/Pamphlets:

- ☐ Body Contouring ☐ Genetic Healthcare  
☐ Pediatrics ☐ Laser Vision Surgery  
☐ Digestive Disorders ☐ Healthwise Connection  
☐ Preventive Cardiology ☐ Women's Heart Center and Rehabilitation ☐ Bariatric Surgery

### Videos:

- ☐ Shoulder Surgery ☐ Knee Surgery  
☐ Bariatric Surgery ☐ Hip Surgery

Name	Age (optional)
Street Address	
City/State/ZIP	Daytime Telephone Number
<input type="checkbox"/> Send me <i>eFamily Checkup</i> at this email address: _____ <input type="checkbox"/> Please add me to your Family Health Center mailing list. <input type="checkbox"/> Please remove me from your Family Health Center mailing list. <input type="checkbox"/> Please add my friend to your Family Health Center mailing list: _____	
Name	Age (optional)
Street Address	
City/State/ZIP	Email Address





The Cleveland Clinic Foundation  
*Family Checkup*  
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ONE OF  
AMERICA'S  
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## Resources for You

### Would you like to subscribe to eFamily Checkup?

Text the word CHECKUP to 59925 to subscribe.

### Nurse on Call

To speak with a registered nurse about any health concerns, contact our 24-hour Nurse on Call or simply call your Cleveland Clinic Family Health Center office after hours and you'll be automatically connected to Nurse on Call – 216.444.1234 or 800.801.2273.

### Access Your Medical Record Online

Cleveland Clinic continues to expand and improve electronic medical records (EMRs) to provide faster, more efficient and accurate care as patient data is whisked through a highly secure network. All you need is Internet access and an email account. Learn more at [clevelandclinic.org/mychartinfo](http://clevelandclinic.org/mychartinfo).

### Make Bill Payments Online

All Cleveland Clinic facilities now have a secure, online "Quick Pay" option. Use any Internet browser to go to [myaccount.clevelandclinic.org](http://myaccount.clevelandclinic.org) and choose "Make a quick payment online."

### Health Information Resource Center

Contact a health educator who can provide you with written health information on a diagnosis, treatment or procedure. Health educators are available Monday through Friday, 8 a.m. to 5 p.m. – 216.444.3771 or 800.223.2273 ext. 43771.

### Cleveland Clinic Cancer Answer Line

To speak with a Taussig Cancer Institute nurse about symptoms or concerns, call our Cancer Answer Line, Monday through Friday, 8 a.m. to 4:30 p.m. – 216.444.7923 or 866.223.8100.

### Heart and Vascular Institute Resource Nurse

Ask our resource nurses about any heart condition or about how to find the right specialist, get a second opinion or make an appointment, Monday through Friday, 8:30 a.m. to 4 p.m. – 216.445.9288 or 866.289.6911.

## East Side Bulletin Board

### Watch Us Grow

**Twinsburg Medical Offices** has added urology, infertility, endocrinology, orthopaedics and cardiology. For a full listing of services now offered at the Twinsburg Medical Offices, as well as updates on the progress of the Twinsburg Family Health and Surgery Center opening in June 2011, visit [clevelandclinic.org/twinsburgcarenow](http://clevelandclinic.org/twinsburgcarenow).

### Cleveland Clinic Beachwood Family Health and Surgery Center

has expanded its cardiovascular space, staff and services to provide you with unmatched quality and comprehensive medical care that's close to home.

Clinical Cardiology

Cardiac Imaging

Interventional Cardiology

Electrophysiology & Heart Rhythm Disorders

Pediatric Cardiology

Vascular Medicine

Same-day appointments are available. Call 216.839.3000 today to schedule an appointment with a cardiovascular specialist.

### Walk with a Doc

Join a Cleveland Clinic physician for a 1.5- to 3-mile walk and an informative talk every Saturday morning at a location near you.

Beachwood Place Mall food court, 8:30 a.m.

Great Lakes Mall food court, 9 a.m.

Twinsburg Recreation Center, 8:30 a.m.

### Need Holiday Cards?

Cleveland Clinic Children's Hospital cancer patients have created festive holiday cards, available at all Cleveland Clinic pharmacies and main campus retailers for just \$12. Each box of 12 includes six unique designs. Proceeds support the Children's Hospital art therapy program. For more information, contact Michele Kline at [klinem@ccf.org](mailto:klinem@ccf.org) or 440.516.8385.

### Quick Medical Attention Available

Cleveland Clinic Express Care at Willoughby Hills offers adults 18 and over walk-in convenience for treatment of common health problems.

Saturdays & Sundays, 11 a.m. – 7 p.m.

Monday, Wednesday & Friday, 5 p.m. – 9 p.m. For more information visit [clevelandclinic.org/expresscare](http://clevelandclinic.org/expresscare).

### Enroll Your Child in Fit Youth

Participate in Fit Youth – a 12-week weight management program for kids – and spend time weekly with a pediatric psychologist, registered dietician, exercise physiologist and pediatrician to learn to make healthy lifestyle changes. For more information visit [clevelandclinic.org/fityouth](http://clevelandclinic.org/fityouth).

### Beachwood

Teens 12 - 16, Jan. 24 - April 11; 216.378.6240 Prompt #7

### Willoughby Hills

Children 6 - 9, Jan. 4 - March 22 440.516.8690