

STAR BEACON

February 2019



Winter

HEALTH WATCH



Make Your Move to Carefree Living!

Lakeview Towers
Senior Citizen High-Rise
Call for Availability

Gulfview Towers
Senior Citizen High-Rise
Call for Availability

South Ridge Village
Elderly and Disabled.
Call for Availability



- State of the art security cameras
- 24-hour emergency maintenance
- Close to shopping
- Public Transportation Available
- Elderly admission preference
- Very large one-bedroom apartments
- Close to hospital and social services

Apply in person at: A.M.H.A - 3526 Lake Ave. in Ashtabula OH 44004
between 8:00 a.m. and 4:30 p.m. Monday-Friday, or for more information

Call 440-992-3156

We act in accordance with the Federal Fair Housing Act. It is illegal to discriminate against any person because of race, color, religion, handicap, familial status or national origin

- Free utilities at elderly apartments (electric, gas, water and sewer)
- Specially-designed apartments for the disabled
- Rent is figured at 30% of adjusted monthly income
- Your medical expenses reduce your rent
- If your income changes, your rent can be reduced
- Award-winning high-performing housing authority

Selecting the best
**physical
 therapy**
 and post-hospital
rehabilitation
 has never been
 easier.



*Your choice for
 the best care and
 convenience.*

ALL PRIVATE ROOMS

Short & long term care
 Physical, speech & occupational therapies
 24/7 skilled nursing care • Flat screen TV's • Wi-Fi



**Andover
 Village**

**Skilled Nursing
 & Rehabilitation**

24/7 Respiratory Services • Ventilator Care • Dialysis Care

486 South Main Street, Andover, OH 44003 • 440.293.5416



Four-Star Quality Rated
 Centers for Medicare & Medicaid Services

AndoverVillageSNR.com



**Concord
 Village**

**Skilled Nursing
 & Rehabilitation**

Newly constructed, state-of-the-art facility!

10955 Capital Parkway, Concord Township, OH 44077



Five-Star Quality Rated
 by Centers for Medicare and Medicaid Services

440.709.1111 • **ConcordVillageSNR.com**



**Geneva
 Village**

**Skilled Nursing
 & Rehabilitation**

Voted #1 in Ashtabula County in resident satisfaction!

1140 South Broadway, Geneva OH 44041 • 440.466.5809



Four-Star Quality Rated
 Centers for Medicare & Medicaid Services

GenevaVillageSNR.com



Understanding the jargon of health insurance

The world of healthcare can be confusing to navigate.

Before the prevalence of health maintenance organizations and various other health and wellness insurance groups, obtaining medical assistance involved going to the doctor and then paying the bill.

But today people must navigate copayments, coinsurance, deductibles, and savings plans, which can make it difficult to understand what's going on with your insurance company.

Healthcare is standardized in some areas of the world and publicly financed with little to no out-of-pocket costs for participating citizens. Elsewhere, access to health insurance is provided through employers or government

assistance programs or individually purchased.

Understanding some health insurance-related jargon is a great way to better educate oneself about the industry.

Network provider

This is a healthcare provider who is part of a plan's network. Many insurance companies negotiate set rates with providers to keep costs low. They will only pay out a greater percentage to network providers.

PPO

A preferred provider organization is a type of insurance plan that offers more extensive coverage for in-network services, but offer additional coverage for out-of-network services.

Navigating health insurance is easier when policy holders under-



Understanding some health insurance-related jargon is a great way to better educate oneself about the industry.

stand some common industry jargon.

HMO

A health maintenance organization offers services only with specific HMO providers. Referrals from a primary care doctor often are needed to see specialists.

HSA

A health savings

account enables you to set aside pre-tax income up to a certain limit for certain medical expenses.

Benefit period

The benefit period refers to the duration of time services are covered under your plan.

It is usually a calendar year from the point of start to end. It may

begin each year on an anniversary date when you first received coverage.

Coinsurance

This is a percentage of the cost of services rendered in specific areas outlined by the health plan that you are responsible for after a deductible is met.

For example, a plan may cover 85 percent of costs, with patients responsible for the remaining 15.

Copayment (copay)

A copayment refers to the flat rate you pay to a provider at the time you receive services. Some plans do not have copays.

Deductible

The amount you pay for health services before the insurance company pays.

You must meet a set limit, which varies by plan and provider, before insurance will kick in and cover the remaining costs during the benefit period.

Many plans have a \$2,000 per person deductible. This deductible renews with each calendar year.

Long-term care insurance

A specific healthcare plan that can be used for in-home nursing care or to pay for the medical services and room and board for assisted living/nursing home facilities.

Non-network provider

A healthcare provider who is not part of a plan's network. Costs may be higher if you visit a non-network provider or if you are not covered at all.

Understanding health savings accounts

What is an HSA?

HSAs are like any other savings account, except they can be used for medical, vision and dental expenses. HSAs are tax-advantaged, meaning that income can be deposited into an HSA before it is taxed. HSAs can only be opened and used in conjunction with a high-deductible health

insurance plan, or those with a deductible of at least \$1,300 for an individual or \$2,600 for a family.

HSA details and eligibility requirements

Although HSAs have contribution limits, they're advantageous in that the savings accumulated can be used to pay for non-covered, qualified

medical expenses, such as copays, vision and dental care and even deductibles.

HSAs may be established through an employer-sponsored insurance plan or through a bank or other financial institution. To qualify, a person must be under the age of 65 and have a high-deductible health insurance plan.

What are the advantages/disadvantages of HSAs?

HSA account holders can control how their saved money is spent, and there's no risk of losing the money at the end of the year because it rolls over. Taxes are not paid on money going into the HSA. In addition, employers can contribute to HSAs, and account holders do not lose

their balances when they change jobs.

Disadvantages include the challenge of setting aside money to put into the HSA, especially if finances are tight.

A retirement saving vehicle

HSAs can be used as a way to invest in retirement. The resource NerdWallet, which

offers financial tools and objective advice to help people understand their options and make the best possible decisions, says an HSA is a good retirement savings option, especially for high-income earners who can't make deductible contributions to a traditional IRA or any contributions to a Roth IRA.

The importance of knowing your family medical history

When visiting a physician for the first time, patients may notice an extensive section on family history on one of the requisite forms they fill out before meeting the doctor.

Though it can be hard to remember family members' conditions, doctors have good reason to ask about their patients' family's medical histories.

Family medical histories can be vital to one's own health care. The National Center for Biotechnology Information states that family history might be one of

the strongest influences on a person's risk for developing cancer, heart disease, stroke, diabetes, and more. While you cannot modify your genetic makeup, knowing your family's medical history can help you take the steps necessary to protect yourself.

Family history reports can serve as warning signs for illnesses. These clues can help doctors prescribe certain screening tests at earlier ages to catch potential diseases when they are most treatable.

The U.S. National Library of Medicine says that healthcare



Though it can be hard to remember family members' conditions, doctors have good reason to ask about their patients' family's medical histories.

professionals may recommend more frequent screenings and screening at an earlier age for people at an increased risk of certain cancers. Doctors may recommend biannual check-ups to stay apprised of

any changes in health that may signal a risk.

A thorough health care professional will record your family medical history and ask you to update it routinely in an effort to ensure you get the best,

most effective care possible.

The Centers for Disease Control and Prevention suggests:

Talk to family

Make a list of close family members and discuss any conditions or issues they might have had and at what ages.

Learn about chronic diseases

Speak to your relatives about chronic diseases like diabetes or high blood pressure, being sure to ask how severe such issues were and if any required hospitalization.

Plot your ancestry

Learn about your ancestry and if any medical issues are more common among people who share that ancestry.

Record everything you learn

Keep the information where it can be easily accessed and updated. For example, My Family Health Portrait is a free web-based tool to organize family health information and share it with doctors.

Family history plays a key role in how doctors will approach patients' treatment and preventive care.

The **OPIOID CRISIS** is the most important health issue facing U.S. employers today.



Begin on the frontlines to change our community. Speak to your employees on the facts:

1. **500%** increase of opioid misuse over the last 7 years
2. The risk of opioid misuse and addiction can begin in as early as **72 hours** of use.
3. Taking a **10 day supply** as directed creates a **20% risk** of becoming a long-term user.
4. The amount of Fentanyl needed to kill you is much **smaller than a penny**.
5. **75% of all heroin users** began with prescription pain pills.

FIND
YOUR PASSION.

KNOW
YOUR PURPOSE.



OWN
THE FUTURE.

HOME TO ASHTABULA COUNTY'S ONLY ACCREDITED NURSING DEGREE PROGRAM AND THE COUNTRY'S FIRST ATHLETIC TRAINER TO PHYSICAL THERAPIST ASSISTANT TRANSITION PROGRAM, KENT STATE ASHTABULA OFFERS A VARIETY OF HIGH QUALITY AREAS OF STUDY FOR IN-DEMAND CAREERS.

Through work done in the state-of-the-art Robert S. Morrison Hall for health and sciences, our students are finding their purpose to save and transform lives. Earn your degree in Nursing, Occupational Therapy Assistant Technology, Physical Therapist Assistant Technology, Radiologic Technology or Respiratory Therapy.

**KENT STATE**
UNIVERSITY

ASHTABULA

WWW.KENT.EDU/ASHTABULA

Practice healthier gaming techniques

Gaming continues to grow in popularity, and with new ways to engage in social or individual game play available thanks to various technological devices, the frequency with which gamers engage in these recreational pursuits only increases. In fact, a 2018 report by Limelight Networks found that gamers spend an average of 5.96 hours each week playing games.

Excessive gaming can pose a threat to gamers' overall health. The following physical and mental wellness tips can help gamers ensure they get to play without sacrificing their health.

Remember to blink

Staring at screens for

long periods of time can cause serious eye strain.

Sometimes, when immersed in the intensity of game play, a gamer may forget to blink his or her eyes, and this can lead to tired, dry eyes.

As with other screen usage, follow the 20-20-20 rule. Per the Canadian Association of Optometrists, every 20 minutes, take a 20-second break and focus your eyes on something at least 20 feet away.

Take frequent breaks

Gamers should get up out of their seats and take breaks at regular intervals.

This gives their eyes and ears a rest and allows them to stretch and reset their posture.



Excessive gaming can pose a threat to gamers' overall health. Following physical and mental wellness tips can help gamers ensure they get to play without sacrificing their health.

Sitting for long periods of time can affect circulation and have adverse effects on the neck and spine as well.

Get some fresh air

Individuals should use break opportunities to go outside and get some fresh air and sunshine, if possible.

The light and the clean air can improve energy levels and possibly help restore focus when it comes time to return to the game. Spending too many consecutive hours in a dark room can impact the brain and may affect how people learn, according to research led by Michigan State neuroscientists.

Dim lights can make it hard to retain memories, while bright light boosts information retention and mood.

Stretch hands and wrists

Maintaining overall good posture and stretching hands and wrists can offset complications of carpal tunnel syndrome, a condition that can affect mobility in the wrists

and lead to inflammation and pain.

Recognize addiction

People can get addicted to gaming just as they would to any other activity or substance. Novelty addiction is prolonged time spent on video games, the internet or smartphones.

Research indicates these novelties can trigger various psychological responses in the brain, and people grow accustomed to chasing those triggers. Incorporate other activities into one's day so that gaming is not the end-all.

People can enjoy gaming in a safe and healthy way by incorporating various wellness strategies into their gaming routines.

Recommendations for screen time

"Screen time" is defined as the amount of time spent each day using devices with screens, such as TVs, gaming consoles, smartphones, and tablets.

Although how much screen time people engage in is entirely up to them, there are health risks associated with excessive screen time.

People may not realize just how much

screen time they engage in each day. Nielsen reports that American adults spend more than 11 hours per day watching, reading, listening to, or simply interacting with media, which is up from nine hours, 32 minutes just four years ago. Common Sense Media's 2017 report shows American children age eight and under use screens for an average of 2 hours

and 19 minutes per day. That time increases as kids age.

In terms of healthy screen time limits, the experts have weighed in.

The latest guidelines from the American Academy of Pediatrics suggest that children under 18 months should avoid screen time, other than video chatting. Ages 18 months to two years can use high-quality

programs or apps if adults participate with them. Children between the ages of two and five should limit daily screen time to an hour; age six and up should follow consistently imposed limits.

Doctors may be hesitant to prescribe screen limits for adults. But people can use certain health clues to determine if it's time to cut back. If screens (and their blue

light) are adversely affecting sleep, reducing screen time might be necessary to avoid negative side effects.

Screen time should not come at the expense of physical activity, as that can contribute to obesity. People are urged to take frequent breaks from screens to mitigate potential eye strain and headaches.

The Department of Health Government

of Western Australia recommends adults age 18 and older minimize time spent sitting or lying looking at screens, and to break up long periods of sitting as often as possible.

People who routinely use screens for hours each day should weigh the benefits and detriments to the amount of time spent with devices and tailor their usage accordingly.

Learn how to sleep like a child again

Many adults lament that even if they were solid sleepers in their younger years, by the age of 50, their quality of sleep has unraveled.

Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life.

The National Sleep Foundation recently updated its sleep recommendations per age group to include categories “may be appropriate” and “not recommended.”

This includes a range of hours that may be adequate for certain

adults. Adults between the ages of 26 and 65 are advised to get seven to nine hours of sleep per evening. However, six hours or 10 hours also may be acceptable.

People over the age of 65 need roughly seven to eight hours of sleep each night, though between five and six hours also may be fine.

Generally speaking, anything under five hours is not recommended based on data reviewed by sleep experts.

Many older adults do not get enough sleep due to insomnia, states Jack Gardner, MD, a neurologist certified in sleep medicine. They’re concerned about health issues, may have sleep



Adults can learn strategies to get more restorative and lengthy sleep.

apnea, can experience pain or frequent urination, or may be taking medication that impedes sleep. Dr. Leila Kheirandish-Gozal, director of clinical sleep

research at the University of Chicago, says that, over time, insufficient sleep can impact metabolism, mood, memory, and heart function.

Various strategies can

help people get more sleep and enjoy better sleep quality.

Create a luxury bed environment

Splurge on the largest mattress you can afford and one that is comfortable for both parties (if married/coupled). A roomy bed routinely invites sleep. If you have a restless partner, try two separate beds pushed against each other.

Consider white noise

The sounds of the house or outdoors may be keeping you up.

Many people find that the gentle hum of a fan or a white-noise machine with a calming sound effect makes it

easier for them to dose off than complete quiet. It can also block out extraneous noises.

Keep electronics out of the bedroom

It can be challenging to disconnect from electronics, but it is essential to falling asleep.

Even a back-lit text coming through in the wee hours can be enough illumination to disrupt sleep.

See your doctor

If medications or illnesses are keeping you up, a change in regimen may provide the relief you need.

Older adults can learn the steps to sleeping more soundly and easily.

Best bets for nighttime snacking

Calorie-conscious individuals may wonder if eating at night or after a certain time can derail their diets and fitness regimens. The jury is still out on whether eating at night can pack on the pounds or not, with various health recommendations contradicting one another. However, if one does choose to snack at night, there may be a smart way to do so.

The U.S. Department of Agriculture’s Weight Control Information

Network says that a calorie is a calorie no matter when it is consumed.

That means it doesn’t matter if calories are consumed in the morning, afternoon or evening.

It is how many are consumed and the amount of physical activity individuals perform that will affect their weights. Conversely, the Academy of Nutrition and Dietetics says they’re not sure if a calorie is a calorie no matter

when it is consumed. Their research and data from the University of Pennsylvania School of Medicine’s Center for Weight and Eating Disorders indicates that when food is consumed late at night the body is more likely to store those calories as fat and gain weight rather than burn it off as energy. Certain animal studies show that food is processed differently depending on the time of day it was consumed.

But what is a person

to do when hunger pangs hit at night and one fears that their rumbling stomach may interrupt their sleep? According to the nutrition and fitness experts at MyFitnessPal, powered by Under Armour, stick to a snack that is between 100 and 200 calories. Choose a food that is high in protein, fiber or healthy fats, which will be more likely to keep a person satiated throughout the night. Apples and peanut butter, string

cheese and fruit, or whole grain crackers and Greek yogurt can be healthy, satisfying nighttime snacks. Avoid sugary, calorie-dense foods, which may be hard to digest and can compromise sleep quality.

More studies may be necessary to determine the relationship between body weight and snacking at night. In the meantime, nighttime snackers should choose healthy foods when reaching for a late night bite to eat.



Individuals may wonder if eating at night or after a certain time can derail their diets.

Daily steps to keep your heart healthy

Heat disease is a formidable foe. According to the Centers for Disease Control and Prevention, heart disease accounts for nearly 25 percent of all deaths in the United States each year.

Issues relating to the heart affect both men and women, and an estimated 15 million adults in the U.S. have coronary heart disease, the most common type of heart disease.

Such statistics are disconcerting, but they can serve as a wake-up call that compels people to prioritize heart health. Fortunately,

heart disease is often preventable and people can employ various strategies to reduce their risk.

Stop smoking right now

One of the best things to do to protect the heart is to stop smoking. The Heart Foundation indicates that smoking reduces oxygen in the blood and damages blood vessel walls. It also contributes to atherosclerosis, or a narrowing and clogging of the arteries.

Eat healthy fats

When eating, choose polyunsaturated and unsaturated fats and



Heart disease is often preventable and people can employ various strategies to reduce their risk.

avoid trans fats as much as possible. Trans fats increase one's risk of developing heart disease by clogging arteries and raising LDL (bad) cholesterol levels. Read food labels before

buying anything at the store.

Keep your mouth clean

Studies show that bacteria in the mouth involved in the development of gum disease

can travel to the bloodstream and cause an elevation in C-reactive protein, a marker for blood vessel inflammation. Brush and floss twice daily, and be sure to schedule routine dental cleanings.

Get adequate shut-eye

Ensuring adequate sleep can improve heart health. One study found that young and middle-age adults who regularly slept seven hours a night had less calcium in their arteries (a sign of early heart disease) compared to those who slept five hours or less or those who slept nine hours or more.

Adopt healthy eating habits

Changes to diet, including eating more fruits, vegetables, whole grains, and lean protein, can help you lose and maintain a healthy weight, improve cholesterol levels and reduce blood pressure — leading to a healthier heart.

Embrace physical activity

Regular moderate exercise is great for the heart. It can occur at the gym, playing with the kids or even taking the stairs at work.

A healthy heart begins with daily habits that promote long-term heart health.



EARLY INTERVENTION

(EI) is designed to meet the developmental needs of infants and toddlers (birth to age 3) with developmental delays or disabilities and their families. A major focus of Early Intervention is to assist the parent to teach skills that are typically developed during the first three years of life (physical, cognitive, communication, social/emotional and self-help skills) in natural environments. EI services provide vital supports so that children with special needs can thrive and grow.

For questions or information, call 440-992-2111



**ASHTABULA COUNTY
BOARD OF
DEVELOPMENTAL
DISABILITIES**

Imagine

Believe

Achieve

Harbor Medical Clinic

Tired of your healthcare system?

See a Doctor at YOUR convenience

The way of the Future:

Independent Physicians

Accepting Patients 2 years and older

513 Goodwill Drive

Ashtabula, OH 44040

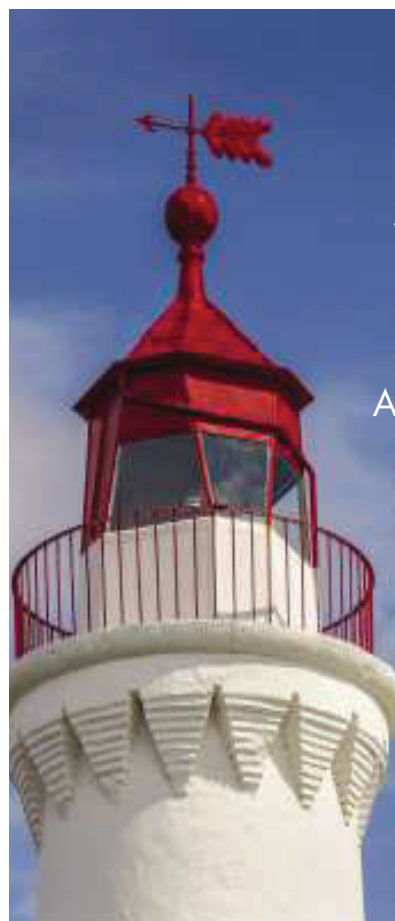
440-964-7574

Hours 8am -1pm M-F

Walkin/Appointments

Dr. James Lambros

Patient Doctor Period



The effects of caffeine on the body

Caffeine is a vital component of many people's daily routines. A morning cup of caffeinated coffee provides the boost people need to get out the door and on their way each morning.

The history of caffeine and its use in beverages is mired in mystery and myth, though the U.S. National Library of Medicine notes that the historical origins of caffeinated tea and coffee are relatively recent. The USNLM indicates that coffee did not become widespread in Europe until the 18th and 19th centuries, remaining something of a luxury until somewhat

recently. And while England's love of tea is widely known, caffeinated tea did not become common in Britain until the 18th century.

While it might have taken its time to take root in many cultures across the globe, there's no denying the prevalence of caffeine in the 21st century. A bitter substance that occurs naturally in more than 60 plants, caffeine can be found in coffee beans; tea leaves; kola nuts, which are used to flavor sodas; and cacao pods, which are vital to the creation of many chocolate products.

Many people get their caffeine from beverages,



Caffeine has various effects on the body, some of which are beneficial.

es, and the amount of caffeine such people consume may depend on which beverages they choose. For example, the USNLM says that an eight-ounce cup of coffee typically contains anywhere from

95 to 200 milligrams of caffeine. A 12-ounce can of soda is considerably less caffeinated, containing about 35 to 45 milligrams of caffeine on average. The extra boost people get from sodas might be

due to sugar, as sodas are notoriously high in sugar.

Caffeine has various effects on the body, some of which are beneficial. Caffeine is a diuretic, which means it can help the body get rid of extra salt and water by increasing the need to urinate. Caffeine also stimulates the central nervous system.

But not all side effects of caffeine consumption are beneficial. Because it increases the release of acid in the stomach, caffeine can sometimes contribute to upset stomach or heartburn. In addition, caffeine can interfere

with the absorption of calcium in the body, though the organization American Bone Health notes that such interference may only occur among heavy coffee drinkers who consume upwards of four cups of coffee per day.

The USNLM notes that most people can consume up to 400 milligrams of caffeine per day without suffering any ill effects. But exceeding that amount may contribute to a number of unwanted side effects, including restlessness, insomnia, headaches, dizziness, dehydration, anxiety, and rapid or abnormal heart rhythm.



The region's only quality-certified cancer care, right here in Mentor.

Mentor's own Lake Health/University Hospitals Seidman Cancer Center was the second in the State to earn certification from the Quality Oncology Practice Initiative (QOPI). This is the stamp of approval from the American Society of Clinical Oncology for outpatient oncology practices. In addition, our cancer center is accredited by the American College of Radiology (ACR). Developed by practicing oncologists and quality experts, it recognizes continuous quality improvement in patient-centered cancer practices like ours. We offer comprehensive, one-stop treatment for cancer patients, delivered by physicians and staff who care deeply about each patient and family. When you see the ACR seal, you can rest assured that this facility meets standards for radiation safety and image quality.

For more information and directions, visit lhuhsidmancancer.org

440.205.5755
9485 Mentor Ave., Suite 3
Mentor, Ohio 44060



A JOINT VENTURE OF LAKE HEALTH AND UNIVERSITY HOSPITALS



The right foods can fight inflammation

The human body and its immune system excels at fighting foreign invaders like bacteria and viruses. Signaling chemicals called interleukins tell cells whether they are needed to fight illness or they should wait in the wings.

While these immune defenders are doing their jobs, soreness, fatigue and swelling can occur — the natural side effects of an immune system response — but will soon dissipate.

However, many people deal with immune systems that are consistently revved up, even when no invaders are present. This is the problem with many

chronic diseases and immune system dysfunction.

Unfortunately, the inflammation that is a hallmark of immune defense becomes a daily problem that may result in chronic pain and other complications.

What many people may not realize is that the foods that they are putting into their bodies may exacerbate inflammatory responses, while others may help keep inflammation at bay.

People with rheumatoid arthritis, Crohn's disease, Hashimoto's, and other chronic illnesses may find that turning to the right diet can tame inflammation and other symptoms.



People may find that turning to the right diet can tame inflammation and other symptoms.

Recently, many health experts, including Dr. Barry Sears, founder of the Inflammation and Research Foundation and author of the "Zone Diet," and Dr. Andrew Weil, who offers the Anti-Inflammatory Food Pyramid, have

begun to tout certain foods that are purported to reduce inflammatory response over an extended period of time.

As beneficial as some foods can be, it's important to note that individuals are unique

and certain foods may produce a particular response in some but not in others.

Systematically isolating certain foods can help paint a picture of foods that can be problematic. But generally speaking, refined carbohydrates, sugar-sweetened beverages, fried foods, and processed meats may increase inflammation, advises Harvard Health Publishing. Conversely, certain foods and beverages that have been identified as reducing inflammation for many people. These include:

- tomatoes
- olive oil
- green leafy vegetables and cruciferous vegetables
- nuts, like almonds and walnuts

- fatty fish
- berries
- avocados
- green tea
- peppers
- grapes
- turmeric
- dark chocolate

Including these foods in one's daily diet may help to relieve the pain, bloating and fatigue associated with inflammation.

It is important to speak with a doctor before making any dietary changes.

Discuss any inflammation issues you have been having and which foods might help.

Generally speaking, a diet full of diverse, antioxidant-rich foods can provide relief for those with various levels of inflammation.

How certain nutrients affect your body

The effects of proper nutrition on the body are profound. When paired with routine exercise, a diet that's rich in nutrients can lay the foundation for a long, healthy life.

Many people are aware that their bodies need nutrients like protein and carbohydrates every day, but they may not know just what these and other important nutrients do for their bodies.

Proteins

The online medical resource WebMD notes that the body uses protein to build and repair tissues. An important component of every cell in the body, protein provides the body with amino acids that help cells in the body perform various functions. Breastcancer.org notes that proteins help the body create hormones and enzymes and keep the immune system

healthy. A diet that's low in protein may make people more susceptible to illness and result in longer recovery times.

Carbohydrates

The Cleveland Clinic notes that carbohydrates, or "carbs," are the body's main source of energy. Carbs are found in most foods, but not all carbs are the same.

Foods that contain complex carbohy-

drates, which include quinoa and oatmeal, are loaded with fiber. It takes awhile for the body to break that fiber down, helping people feel full and stabilizing their blood sugar levels.

Simple carbohydrates, which include processed foods such as sugar-sweetened beverages and dairy desserts, are quickly digested, which raises blood sugar levels and contributes to feelings

of inflammation.

Water

The body is about 60 percent water, which performs a host of important functions. Water aids in digestion, absorption of nutrients and circulation, and also facilitates the transportation of nutrients through the body. Water also helps the body get rid of waste. WebMD notes that water also helps to energize muscles,

which might suffer from fatigue if the body's fluid balance is not maintained. Water also helps the body maintain a healthy temperature.

People consume protein, carbs and water every day.

And while they might not know it, people who continue to do so are helping their bodies perform essential functions that dramatically improve their health.

Pros and cons of joint replacement surgery

To people outside the medical field, joint replacement surgery might sound like a solution that's considered only after all other options have been exhausted.

But joint replacement surgery has become very common, even though some studies have suggested certain procedures are being performed unnecessarily.

A 2014 study published in the journal *Arthritis and Rheumatology* found that one-third of patients who undergo knee replacement surgery may not be appropriate candidates for the procedure because their symptoms are not severe enough to merit aggressive intervention like surgery.

The decision to undergo surgery is always a patient's to make.

Weighing some pros and cons of joint replacement surgery can help patients make the most informed decisions possible.

Pros

The Cleveland Clinic notes that many patients who have undergone joint replacement surgeries have experienced dramatic improvement within a relatively short time after undergoing the surgery.



Weighing some pros and cons of joint replacement surgery can help patients make the most informed decisions possible.

Much of that improvement is related to pain. Another benefit to joint replacement surgery is the recovery time.

Within six weeks, those same patients are typically walking comfortably with very little support.

The Cleveland Clinic says that roughly 85 percent of knee implants will last 20 years, and that life expectancy figures to grow as technology advances.

Cons

As beneficial as joint replacement surgery

can be, it's not without downsides.

Cost is one such disadvantage.

How much a patient pays for the surgery depends on his or her coverage, but AARP notes that the average knee replacement surgery costs \$31,000.

Another potential disadvantage to going under the knife, especially for those who are borderline candidates for replacement surgeries, is the likelihood that surgery won't have a significant impact on quality of life.

EXPERIENCE EXCEPTIONAL CARE

Ashtabula County Nursing and Rehabilitation Center

- PRIVATE ROOMS
- Short-term recovery or long-term care
- Registered Nurses on duty 24 hours a day for the highest quality Skilled Nursing care
- In-patient and out-patient Physical, Occupational and Speech Therapy
- Ventilator and Complex Respiratory Care, including chronic, stable and dependent ventilator patients



Contact us today to find out more about the comfort and care we provide.



**5740 Dibble Road, Kingsville
440-224-2161**

AshtabulaCountyNursing.com

Dialysis can fill the gaps of kidney function

The kidneys perform a host of essential functions in the body. When the kidneys cannot do their job, kidney failure will have to be mitigated with treatment that often includes dialysis. Some people may be familiar with the term “dialysis,” but not fully understand the process.

Anyone with chronic kidney disease or those caring for a loved one facing the situation can get the facts.

Role of the kidneys

The kidneys are responsible for ridding

the body of unwanted toxins, waste products and excess fluids by filtering the blood, offers Fresenius Kidney Care.

Every day, the kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water, states WebMD.

When the kidneys fail, they cannot do this properly and the important chemical balance of the body can be disrupted.

Over time, waste and toxins can build up in the body and that can potentially prove life-threatening.

The kidneys also are responsible for making a hormone that tells bone marrow to make red blood cells. These cells are essential for carrying oxygen from the lungs to areas of the body.

When the kidneys fail

The National Kidney Foundation says people with chronic kidney disease, or CKD, that reaches end stage renal disease (kidney failure) require life-preserving treatment

Kidney function tests will keep track of the progression of the disease and alert

doctors to when CKD has reached a point where intervention is necessary.

This is when dialysis is often recommended.

Understanding dialysis

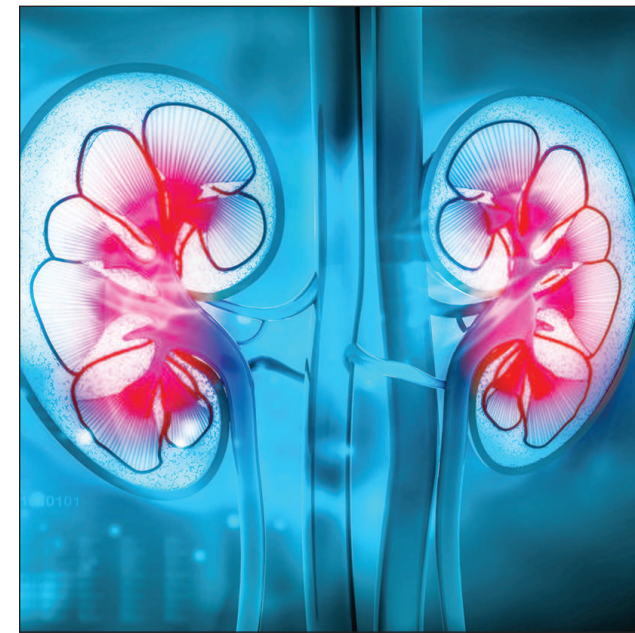
There are two types of dialysis:

Hemodialysis

This is a system by which the blood is put through an external filter, cleaned and then returned to the body.

It can occur at a dialysis facility or at home.

A doctor has to access blood vessels with a fistula or graft to enable this artificial kidney, hemodialyzer, to work.



The National Kidney Foundation says people with chronic kidney disease, or CKD, that reaches end stage renal disease (kidney failure) require life-preserving treatment.

Peritoneal dialysis

According to WebMD, during this process, the blood is cleaned inside of the body by way of a

special fluid, known as a dialysate, and put in the abdomen through a catheter to absorb

waste from blood that passes through vessels in the abdominal cavity.

The fluid remains there for several hours before being drained into a bag.

This is called an exchange, advises NKF. This type of dialysis is typically done at home.

Dialysis can take up to four hours to complete and may occur two to three times per week. It can help replace some of the function of healthy kidneys but cannot cure kidney disease. Dialysis will have to continue for life unless a patient receives a kidney transplant.

Learn more about dialysis at www.kidney.org.



Serving Ashtabula County with *quality* rehabilitation and skilled nursing care.



AUSTINBURG
NURSING & REHABILITATION
CENTER

Conveniently located between, Geneva, Ashtabula, and Jefferson. Right off of I-90

Call for a tour today!
440.275.3019

2026 State Route 45 • Austinburg, OH



**Breathe Healthier with
the help of our air
purification products**

J&S HEATING & Cooling

Rock Creek (440) 563-3985 OH LIC. #12168
Prompt Professional Service Since 1976



While cell phone safety often focuses on protecting data, smartphone users also should consider keeping their phones clean to remove the potentially harmful microbes that accumulate on phones every day.

How to sanitize a mobile phone

The most germ-addled item in your home may not be the toilet or the kitchen sponge.

Mobile phones pick up bacteria wherever they go. In addition, users touch their phones an average of 47 times a day according to the national average determined by a Deloitte research survey, introducing new contaminants to the device each time they do so.

Researchers at the University of Arizona found that cell phones carry 10 times more bacteria than many toilet seats, and there may be as many as 17,000 bacterial gene copies on the average high-school-

er's phone.

While cell phone safety often focuses on protecting data, smartphone users also should consider keeping their phones clean to remove the potentially harmful microbes that accumulate on phones every day.

Avoid excess moisture when cleaning cell phones, advises the home and lifestyle experts at The Spruce as moisture can damage internal components. Most cell phone screens have an oleophobic coating that repels oils from hands and fingers. Harsh cleansers or abrasive materials on the glass can prematurely remove this coating and/or scratch

the surface.

While you clean at your own risk, many tech experts suggest a spray mixture of distilled water and isopropyl alcohol applied to a microfiber cloth to remove surface contaminants.

Don't directly wet the phone. There also are pre-packaged cleansers sold for electronics usage. Invest in an antimicrobial cover to provide an added layer of protection for the phone.

Other ways to keep a phone clean are to wash your hands before use and to try to keep the phone away from areas that may be vulnerable to germs, such as bathrooms.

SIGNATURE HEALTH SERVICES

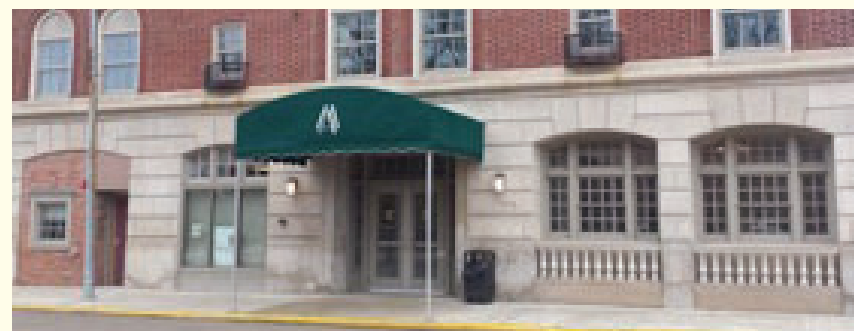
**Walk In Assessment Clinic Open Daily
Monday thru Friday**

Treatment Services Offered

- Medication - Assisted Treatment for Opiate, Heroin and Alcohol Addicted Adults
- Primary Medical Care children, adolescents and adults
- Psychiatry for children, adolescents and adults
- Wellness Checks
- Individual and Group Therapy
- Lab Services
- Pharmacy
- Integrated Medicine
- Child Advocacy Center

MEDICAID APPROVED

"When you need help now."



**Signature™
HEALTH**

For an appointment call
440-992-8552

Ashtabula
4726 Main Ave.

Conneaut
327 Mill Street.

Questions to ask when your doctor prescribes a new medicine

Though few people may want to take medicine each day, prescription drugs prolong lives and help people manage conditions that might otherwise make it difficult to live life to the fullest.

A 2017 survey from Consumer Reports found that 55 percent of people living in the United States take a prescription medicine.

The survey also found that those who take prescription drugs use an average of four such medications.

That figure might alarm some people, especially aging men and women whose bodies might be more susceptible to conditions that are often treated with medication.

There's no denying that prescription drugs can save lives. But men and women have a right to explore their options when doctors prescribe them medications, and asking the right questions when doctors suggest medication can help men and women decide if prescription medicine is their best option.

When discussing medications with a physician, it's imperative that men and women be forthcoming about any other medicines they might be taking under the guidance of other



Smart patients can help medicine do its job by learning about their medications and discussing them openly and honestly with their physicians.

doctors.

In addition, men and women should tell their physicians about any over-the-counter medicines or vitamins and supplements they are

taking.

Sharing such information can prevent potentially serious complications from arising.

Medicine saves lives every day.

Smart patients can help medicine do its job by learning about their medications and discussing them openly and honestly with their physicians.

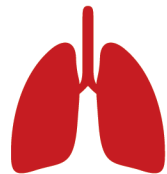
Medicine questions to ask

To help men and women make the best decisions regarding their healthcare, the National Institute on Aging advises people to ask their physicians these questions when being prescribed a new medicine.

- What is the name of the medicine, and why am I taking it?
- Which medical condition does this medicine treat?
- How many times a day should I take the medicine, and at what times should I take it?
- If the prescription instructions say the medicine must be taken “four times a day,” does that mean four times in 24 hours or four times during the daytime?
- How much medicine should I take?
- Should I take the medicine on its own or with food? Should I avoid certain foods and beverages when taking this medicine?
- How long will it take this medicine to work?
- Will this medicine cause problems if I am taking other medicines?
- Can I safely operate a motor vehicle while taking this medication?
- What does “as needed” mean?
- When should I stop taking the medicine?
- What should I do if I forget to take my medicine?
- Can I expect any side effects? What should I do if I have a problem?
- Will I need a refill, and how do I arrange that?

University Hospitals Wellness Seminars

Please join us for our free wellness seminars and take an active role in making smarter health choices. UH experts will provide health tips on the following topics:



MARCH
Healthy Lungs



APRIL
Peripheral Artery
Disease (PAD)/
Wound Care



MAY
Stroke
Prevention

Participating Locations:

UH Ahuja Medical Center
UH Bedford Medical Center
UH Conneaut Medical Center

UH Geauga Medical Center
UH Geneva Medical Center

UH Portage Medical Center
UH Richmond Medical Center

Dates and times may vary by location. Seating is limited and registration is required. For more information or to register for UH Wellness Seminars, call **440-876-8064**.



University Hospitals

Additional Events:

Health Expo Screening Event

Saturday, March 2
10 a.m. – 1 p.m.

UH Ashtabula Heath Center
Ashtabula Towne Square
– Center Court
3315 North Ridge Road East
Ashtabula, Ohio 44004

Register: **440-998-0680**

Women's Health Expo

Saturday, March 16
9 a.m. – 1 p.m.
Doors open at 8 a.m.

LaMalfa, 5783 Heisley Road
Mentor, Ohio 44060

Hernia Screenings

Saturday, March 23
9 a.m. – 12 p.m.

UH Richmond Medical Center*
27100 Richmond Road, Suite 150
Richmond Heights, Ohio 44143

Importance of Colorectal Screenings

Tuesday, March 26
6 p.m.

Middlefield Library
16167 East High Street
Middlefield, Ohio 44062

Heart Health Expo Screening Event

Saturday, March 30
9 a.m. – 1 p.m.

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Ohio 44122

Hernia Screenings

Saturday, April 13
9 a.m. – 12 p.m.

UH Ahuja Medical Center
3999 Richmond, Road
Beachwood, Ohio 44122

Hernia Screenings

Saturday, April 27
9 a.m. – 12 p.m.

UH Evans Middlefield
Health Center
15976 East High Street
Middlefield, Ohio 44062

For more information on these additional events or to register, call **440-876-8064**.

BETTER OPTIONS. BETTER CARE.

YOUR GUIDE TO ASHTABULA COUNTY'S LARGEST PHYSICIAN NETWORK.

Ashtabula County Medical Center

ACMC Healthcare System

An affiliate of



ACMC physicians and providers see patients on a full-time basis in Ashtabula County, so you don't have to leave home to receive the care you need and deserve.

To schedule an appointment, call (440) 997-6969.

If you are unable to get to your appointment, ACMC's **Health Express** shuttle is a free transportation service available to patients of ACMC and the physicians of The Ashtabula Clinic. The shuttle runs Monday through Friday, 8:30 am to 4:30 pm, on a first-come, first-served basis. Service is limited to patients who are able to board the shuttle unassisted by the driver. To schedule a ride, call (440) 992-1917 or 1-800-292-5707 at least 48 hours in advance of your appointment.

Allergy/Immunology

Akhil K. Chouksey, MD

Cardiology

Ali Al-Assaad, MD*

Perry Fleisher, MD*

Navneet Kumar, MD*

Ben Meola, NP

Electrophysiology

Mohamed Kanj, MD*

Express Care

Heidi Alfien, FNP

Marci Bialas, PA

Tanya Burdick, FNP

Ivy Corlew, FNP

Jennifer Glaettli, FNP

Kristyn Heagerty, PA

Loreen Ibala, FNP

Allison Megyesi, FNP

Susan PerDue Schultz, FNP

Kathleen Shontz, FNP

Marie Stocker, FNP

Family Medicine

Glenn Beck, DO

Catherine Bishop, DO

Emily Brown, FNP

Emily Cheich, DO

James Chillcott, MD

Suk Choi, MD

Laxman Cingireddi, MD

Nathaniel Franley, MD

Cheryl Katavich, PA

John Lee, DO

Peggie Reinhardt, FNP

Jennifer Stauffer, FNP

Andi Tirounilacandin, MD

Elaina Williams, DO

Gastroenterology

Jerry Anne Berg, NP

David Novak, MD

David Weirnerman, MD

High Risk OB

Mohammad Rajabi, MD*

Internal Medicine

Ravi Chimalakonda, MD

Robert Dlwgosh, MD

Edward Wiese, MD

Long Term Care/Rehab

Catherine Bishop, DO

Sherly Kodiyan-Ouseph, NP

Abdul Shahed, MD

Neurology

Preetha Muthusamy, MD

Stephen Selkirk, MD

OB/GYN

Rodica Gavrilu, MD

Dan Lazarescu, MD

Ahmed Shahata, MD

Oncology

Shinoj Patali, MD

Mohammad Varghai, MD*

Ophthalmology

Alexander Taich, MD

Orthopaedics

Mark Verdun, DO*

Brandon Raudenbush, DO

Mackenzie Werner, PA

Otolaryngology (ENT)

Steve Hunyadi, MD

Michael Papsidero, MD

Pain Management

Cynthia Campbell, NP

John Hill, MD

Pediatrics

Sathish Adigopula, MD

Jude Cauwenbergh, DO

Reham El Gammal, MD

Doris Miller, MD

Pediatric Cardiology

Geetha Challapudi, MD*

Pediatric Endocrinology

Roy Kim, MD*

Pediatric Gastroenterology

Deborah Goldman, MD*

Pediatric Pulmonology

John Carl, MD*

Podiatry

Michelle Dunbar, DPM

Psychiatry

Samar El-Sayegh, MD

Jonathan Oliver, MD

Pulmonology

Sanjay Srivastava, MD

Yisa Sunmonu, MD

Sleep Medicine

Jonathan Oliver, MD

Yisa Sunmonu, MD

Sports Medicine

Nathaniel Franley, MD

Surgery

Evangelos Bibidakis, MD

Sang Won Dacri-Kim, DO

Urology

Kay Burr, NP

Thomas Picklow, MD*

Craig Zippe, MD

Vascular Surgery

Sang Won Dacri-Kim, DO

* Cleveland Clinic Specialist