



University Hospitals

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

MAY 2021



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

Stroke Awareness

Stroke is the 5th leading cause of death in the United States and leading cause of serious long-term disability. 80% of strokes are preventable.

Recognizing the Signs of a Stroke

A stroke occurs when a blood vessel carrying oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain is deprived of oxygen and can be significantly affected. Approximately 800,000 people suffer from stroke each year. It is the fifth-leading cause of death in the United States and the leading cause of disability.

The symptoms of stroke are usually sudden, and unexpected, in onset. If you think you or your loved one is having symptoms of a stroke, there are 5 quick questions to ask:

1. Do they suddenly have trouble walking? Veering off to one side? Dragging one leg? Unable to stand?
2. Do they suddenly have slurred speech, difficulty talking or understanding, or a facial droop on one side?
3. Do they have sudden weakness or numbness in their face, arm or leg, especially if it involves one side of the body?
4. Do they suddenly have blurred vision or loss of vision in one eye- like a shade over their vision- or to one side of their visual field?
5. Do they have a sudden, severe headache- especially if it is uncharacteristic or the worst of their life?

If the answer to any one of these questions is “yes”, call 9-1-1. Even if the symptoms initially go away, it is critical to seek treatment immediately.

Providing All-inclusive Care Close to Home

Our stroke teams at University Hospitals deliver comprehensive stroke care across northeast Ohio. Many of our UH regional hospitals are designated Primary Stroke Centers which means they meet national standards for excellence in stroke diagnosis and treatment. Patients can expect the same high-level of stroke care across our convenient [locations](#). If you have questions about stroke prevention or any of our stroke services, contact one of our team members today. Additionally, UH offers a variety of [patient resources](#) including stroke support groups, free stroke screenings and tips to prevent a stroke.

You can book an appointment with a UH Neurological expert close to home by calling 440-569-6962.

Stroke 101: Signs, Symptoms & Prevention

Tuesday, May 4, 2021 | 6:00 – 7:00 p.m.

[Register Now](#)

Join Cathy Sila, MD, Director of University Hospitals Certified Comprehensive Stroke Center. Learn the facts about stroke – signs and symptoms, along with lifestyle changes you can make to control the health conditions that raise your risk for stroke. Dr. Sila will also answer your questions at the conclusion of her presentation.

Stroke Awareness

Friday, May 14, 2021 | 2 – 3 p.m.

To register, call 440-729-4250

Geauga West Public Library will send a Zoom link upon registration

Stroke and Brain Injury Support Group (Virtual on Zoom)

Fourth Thursday of each Month beginning May 27, 2021 | 12:00-1:00 p.m.

We welcome patients and families to join these free virtual sessions offering emotional and peer support and educational guest presentations for stroke survivors and their families.

For details, contact Dr. Opaskar's office- 440-827-5088

Stroke Prevention

[Stroke Prevention](#)

Neurologist at **Bedford Medical Center**, Robert Richardson, MD. To schedule an appointment with Dr. Richardson, call 440-735- 4264.

University Hospitals Urologist, Dr. Irina Jaeger of *Richmond Medical Center* is the first physician in Ohio and first woman in the country to receive the prestigious Center for Excellence for GreenLight Laser™ designation.



GreenLight Therapy can help provide immediate relief from enlarged prostate symptoms such as frequent urination—especially at night, weak urine flow, urgency and incomplete bladder emptying. In addition, GreenLight Laser Therapy requires no incisions and typically has no overall deleterious impact on sexual function.

The Center of Excellence designation recognizes Dr. Jaeger’s high degree of experience with GreenLight Laser Therapy and commitment to delivering effective, long-lasting therapy to men suffering from BPH.

BPH is a condition in which a man’s prostate enlarges and squeezes the urethra, causing frustrating symptoms such as frequent or urgent urination, a weak or interrupted urine stream, and the need to get up several times a night to urinate. It affects about 50 percent of men by age 60, and up to 90 percent of men by age 85.

GreenLight Laser Therapy uses laser energy to vaporize the enlarged tissue, creating an open channel for urine to pass through the urethra. In addition to typically experiencing immediate improvements in urine flow, many patients are pleased to know that GreenLight typically has no overall deleterious impact on sexual function. GreenLight Laser therapy is a long-term solution without the need for BPH medication.

“For years, the primary options for treating BPH were through behavior modifications, medications or invasive surgery,” emphasized Dr. Jaeger. “However, medications may not work for all patients and can potentially have undesirable side effects such as dizziness, sexual dysfunction and lower sex drive. With GreenLight Therapy, I’m able to provide relief of BPH for men who do not want to take medication or want to avoid invasive surgery and implants.”

GreenLight Therapy is currently being used in many leading urology practices throughout the United States. To date, more than one million patients around the world have been successfully treated with GreenLight Therapy.

Dr. Jaeger is also the only woman physician in Ohio designated as a UroLift® Center of Excellence. The designation recognizes that Dr. Jaeger has achieved a high level of training and experience with the UroLift System and demonstrated a commitment to exemplary care for men suffering from symptoms associated with BPH.

UroLift System is a novel, minimally invasive technology for treating lower urinary tract symptoms due to BPH. The UroLift permanent implants, delivered during a minimally invasive transurethral outpatient procedure, relieve prostate obstruction and open the urethra directly without cutting, heating or removing prostate tissue.

To schedule an appointment with Irina Jaeger, MD, call 440-516-8700.

Pictured from Left to Right: Ben Cimini (RM); Dr. David Rapkin (Medical Director and Division Chief of Anesthesia and Perioperative Medicine at UH Richmond); Brianna Battista (Boston Scientific Prostate Health Territory Manager); Dr. Irina Jaeger; Dr. Nick Selke (Urology Resident)

DIABETES

Diabetes Education Program at **Elyria Medical Center** and **Avon Health Center** provides information and support for anyone living with the disease. Whether diabetes is a new diagnosis or improved blood sugar is needed, we are here to help. A physician referral is required to participate. Many insurance plans cover diabetes education. Contact your insurance provider to verify coverage. This program is recognized by the American Diabetes Association. For more information and to register, call Kim Horvath, MEd, RDN, LD, CDCES at 440-284-5709

Group Sessions Tuesdays, May 4, 11, 18

10 a.m. - 12 p.m.

Elyria Medical Center
630 East River Street
Elyria, OH 44035

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

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

Diabetes Self-Management Education Classes from **Portage Medical Center** UH offers tools, classes and support that you can use from the comfort of your home.

Helpful strategies, one-on-one support services and virtual classes are ways we can help. To learn more, call 330-297-2575.

Diabetes Nutritional Counseling at **Parma Medical Center**. Offering either virtual or in-person Outpatient Nutrition counseling that will focus on providing you with information and support.

Whether you were just newly diagnosed with Diabetes or you want to improve your blood sugar levels, we can help. Some of the areas you will be learning about are, meal planning; carbs; portion size; reading labels and general nutrition. Most major insurance accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

CINEMA now at UH

Diabetes increases the risk for heart, vascular and kidney complications. Patients with a diagnosis of diabetes can now schedule a consultation with our Center for Integrated and Novel Approaches in Vascular Metabolic Disease (CINEMA), one of a select few in the country and the only program in Ohio. This new program is comprised of UH cardiologists trained in diabetes, diabetes educators, and nurse coordinator and offers both virtual and in person visits with our multidisciplinary team to develop a personalized treatment plan.

CINEMA is not meant to replace diabetes care, but supplement existing care with a team-based approach to ensure every available measure is taken to support diabetic patients manage their wellness efforts. To schedule with CINEMA, or for questions, please call (216) 844-1357 or email

CINEMA@uhhospitals.org.

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

EXERCISE CLASSES

Physically Distanced Group Exercise Classes

Avon Health Center
1997 Healthway Drive
Avon, OH 44011

All 45 minutes group exercise classes are free and open to non-members aged 15 and older. Pre-registration is required. Please call 440-988-6801 for information and to sign up. Contact Renee Barrett for schedule.

renee.barrett@uhhospitals.org

BODYFLOW

During BODYFLOW an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises.

Saturday, May 1 and May 15
10:30 a.m.

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

Wednesday, May 19 6:30 p.m.

Beginner Pilates Posture is often the first thing people notice about a person and those who carry themselves with poise display grace and confidence. Learn the basic fundamentals of Pilates and establish proper form that will benefit you for a lifetime.
Saturday, May 8 10:30 a.m.

Cardio Dance

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

Thursday, May 13 6 p.m.

BodyCombat

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

Wednesday, May 26 6:30 p.m.

Sunday, June 6 10:30 a.m.

Iron Yoga

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

Friday, May 14

Friday, June 11

8 a.m.

Beginning Yoga Designed for those new to yoga. It is ideal for beginning flexibility and breathing conditioning. The exercises are done on a mat (please bring your own). Standing and seated postures included.

Saturday, May 22 11 a.m.

HEALTH EDUCATION

Added Sugars & the Effects on Heart Health

Added Sugars: What are they? Where are they hiding? Why do they matter? What happens if you consume them? How much should you have? This class will answer these questions while making the science behind the answers easy to understand. You will also learn about an emerging consequence of a diet high in added sugars—heart disease. Presentation by a registered dietitian, Melanie Hocker, MS, RD, LD at **Parma Medical Center**. Space is limited so register early.

Tuesday, May 25 4:30 p.m.

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

Treatment for Overuse Sports Injuries

If you have a nagging injury that is affecting your participation in a sport or activity you love, join UH Sports Medicine experts, [Michael LoPresti, MD](#), [Jared Levin, MD](#) & [Jock Taylor, MD](#) from **Parma Medical Center** and learn more about treatment options for overuse injuries. Learn how to treat injuries like: plantar fasciitis, tennis elbow, rotator cuff tendonitis and common knee repetitive use problems.

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

Chiropractic Treatment of Sciatica

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

Lung Nodule Center

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

HEALTH SCREENINGS

Blood Pressure Screenings

Monday, May 3

8:30 – 10 a.m.

West Farmington Senior Center

150 College Street
West Farmington, OH 44491

Blood Pressure Screenings

Monday, May 10

10:00 a.m. – 12 p.m.

Geauga YMCA

12460 Bass Lake Road
Chardon, OH 44024

NUTRITION & WEIGHT LOSS

Gardening for Lifelong Health Benefits of Dehydrating Foods

Wednesday, May 12

3 - 4 p.m.

UH Geauga Medical Center

Café 44 / Web Ex Info to be provided.

Call 440-214-3180 to register

Lunch & Learn to GO

Cooking Demo & Educational Program

(In collaboration with Geauga Dept. on Aging) **Wednesday, May 26**

11:00 a.m. –12:30 p.m.

Chardon Senior Center
Webex info to be provided

To register, call 440-279-2126.

Outpatient Nutrition

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

Medical and Lifestyle

Nutritional Counseling at **Parma Medical Center**. Offering either virtual or in-person Outpatient Nutrition counseling. Focus will be on behavioral and lifestyle changes. These changes will positively affect your eating habits and overall health to achieve your long-term goals. If you are looking for general healthful nutrition advice or if need to lose weight, gain weight or were diagnosed with high cholesterol, Prediabetes or other health conditions, we can help you get on the road to better health. Most major insurance accepted, including Medicare. A referral from your physician is required by University Hospitals and may be required by your insurance. Check with your insurance in advance regarding coverage. For more information, or to schedule a session with our registered dietitian, call Melanie Hocker, MS, RD, LD at Parma Medical Center 440-743-2155.

Medical Weight Loss

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

Bariatric Surgery

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

Virtual/Tele-Nutrition

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

registered dietitian, call Jennifer Lattur at **Bedford Medical Center** 440-735-4700.

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

PAIN MANAGEMENT

University Hospitals Comprehensive Pain Center Patients suffering from chronic pain will find many more options at **Parma Medical Center**. The pain center builds on existing treatments for management of chronic pain (such as injections, spinal cord stimulators and infusion therapy). Connor Integrative Health Network offers chiropractic care, lifestyle and integrative health medical consults, massage therapy and guided meditation to complement its integrated approach to pain management. The multi-disciplinary center also offers physical and occupational therapy, behavioral health and addiction services. To schedule an appointment with the Comprehensive Pain Center call 440-743-4333

PREVENTIVE HEALTH

Assessments for risk factors for appropriate screening recommendations. Available screenings include: Breast, cervical, colon and lung cancer, cardiovascular disease, osteoporosis, sleep apnea and stroke risk. To schedule a risk assessment with an RN Patient Navigator at **Bedford Medical Center**, call 440-735-2559.

SMOKING CESSATION

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

SUPPORT GROUPS

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

- Alzheimer's Assoc. Caregiver Support Group
- Beyond Stroke Support Group
- Breast Cancer Support Group
- Ostomy Support Group
- Parkinson's Support Group
- Hope and Healing Support Group for Grieving Adults

Please call 330-241-6282

WOMEN'S HEALTH

Bedford and Richmond Medical Centers are two of the facilities that provide advanced 3-D mammography (Tomosynthesis) at no extra cost to the patient. Tomosynthesis is mammography, only better. That means that there is a 41 percent increase in invasive cancer detected with 3-D mammography, 15 percent decrease in unnecessary recalls for false alarms and 29 percent increase in the detection of all

breast cancers. The American Cancer Society recommends the following timeline for mammograms: Women between age 40 and 44 can start to have mammograms if they choose to. Between the ages of 45 and 54 women should have an annual mammogram. At age 55 or older, women can continue yearly mammograms or switch to every other year, as long as she is in good health. Your doctor may also recommend a mammogram if you have an unusual finding or are at risk. Remember, early detection and treatment do matter.

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

No-Cost Screening

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

HEALTHIER YOU INTERVIEWS

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

Pain Management.

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

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

Voice Changes with Aging

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

Obstructive Sleep Apnea

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

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

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

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

Sinus Problems

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

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

Wound Care Clinics at [Bedford and Richmond Medical Centers](#) Craig Frey, DPM discusses why wound care treatment prevents long term complications. [Wound Care Clinics](#)

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

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

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

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

Benign Breast Issues

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

Breast Cancer Awareness and Early Detection.

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

Sports Injuries

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

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

Sexual Health: Side effects and Treatment options after cancer Urologist, Kyle Scarberry, MD. To schedule an appointment with Dr. Scarberry, call 440-516-8700. [Side Effects and Treatment Options after Cancer](#)

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

Nutrition and Chronic Disease Clinical Dietitian Jennifer Lattur, MS, RDN, LD. To schedule an appointment with Jennifer Lattur, call 440-735-4700. [Nutrition and Chronic Disease](#)

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

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

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

Bariatric Surgery General Surgeon, Stephen Masnyj, MD. To schedule an appointment with Dr. Masnyj,

call 216-831- 8255. [Bariatric Surgery](#)

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

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

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

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

HEALTH TALKS ONLINE

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

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

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

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

"There's a Bulge" pelvic organ prolapse Join Joseph Henderson, MD, FACOG, from the Female Pelvic Medicine and Reconstructive Surgery area of **Bedford and Richmond Medical Centers** for a presentation on pelvic organ prolapse. [Learn more about pelvic organ prolapse](#) To schedule an appointment with Joseph Henderson, MD, at **Bedford Medical Center** call 440-232-8955 or **Richmond Medical Center** 440-516-8700.

"Oh my Aching Back" a presentation by Christopher Tangen, MD of **Richmond Medical Center Sports Medicine Clinic** [Learn more about some of the remedies for back issues.](#)

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

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

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

Abdominal Pain – Is it just gas or something serious?

Presented by: Daanish Kazi, DO who will explain the warning signs, symptoms and treatment for a variety of commonly diagnosed conditions associated with abdominal pain. [Abdominal pain](#)

Low Back Pain: Cause, Non-surgical and Surgical

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

Orthopedic Injury- Where

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

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

Updates to Colorectal Cancer

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

Early Warning Signs of Cancer

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

Managing Heart and Vascular Health during COVID-19

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

Managing Vascular Conditions during COVID-19.

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

Atrial Fibrillation - Update on Treatment Options.

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

Weight Loss Management

Options. Presented by Amani Munshi, MD, Jacob Petrosky, MD and Daanish Kazi, DO. Learn from the UH weight loss and

bariatric experts about obesity and its effects as well as non-surgical and surgical options for weight loss.

[Weight Loss Management](#)

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

Getting Relief for Your

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

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

Treatment of Venous Disease

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

[Treatments of Venous Disease](#)

What Everyone Should Know about Peripheral Artery

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

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

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

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

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

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

How to Conquer Pain You no longer need to live with chronic pain. Manage your pain and get

back to doing the things you enjoy in life. Learn more about chronic pain in adults, its causes, and non- surgical and surgical treatments from Kutaiba Tabbaa, MD, Director of the Comprehensive Pain Management Center at **Parma Medical Center**. [How to Conquer Pain](#)

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

COPD and Adult Asthma - An Update on Treatment Options Chronic obstructive pulmonary disease (COPD) and adult asthma can range from mild to very severe. Whether you suffer from constant coughing and wheezing, difficulty breathing or chest tightness, it's critical to get an accurate diagnosis and begin treatment quickly. Join Dr. Rodney Folz and Dr. Charles Peng to learn more about these conditions, Including when to see a specialist and the latest treatment options available to help manage lung health for improved quality of life. An audience question and answer feature is included. [COPD & Adult Asthma](#)

The A to Zzzs of Obstructive Sleep Apnea. Sleep apnea is a serious condition affecting more than 22 million Americans. Typical symptoms include heavy snoring, excessive daytime sleepiness or fatigue, difficulty with concentration or memory, among many others. Left untreated, sleep apnea can lead

to serious health consequences. UH sleep medicine specialist Michelle Adams, CNP and ENT sleep surgeon Dr. Amy Schell will outline the symptoms and treatment options available to resolving your sleep apnea, including CPAP troubleshooting and alternatives. [Sleep Apnea](#)

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

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

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

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

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

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

Hypertension and Diet

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

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

His & Hers Urologic Health & Aging

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

Men's Sexual Health Playbook

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

Safe Cardiovascular Testing during COVID-19

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

Managing Heart Failure during COVID-19

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

Signs and Symptoms of

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

Know Your Risk for Coronary & Peripheral Artery Disease.

Learn more about signs, symptoms, early detection and new treatment options for both CAD and PAD. Presented by James Cireddu, MD **Bedford Medical Center.**

[Learn more about PAD & CAD](#)

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

VIRTUAL EXERCISE CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

[Age Well. Be Well](#)

[UH Elyria Medical Center](#)

[UH Parma Medical Center](#)

[UH Avon Health Center](#)

[UH Geauga Medical Center](#)

[UH Richmond Medical Center](#)

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Call 1-844-312-5433 to update your subscription information or to
Unsubscribe to the monthly Age Well. **Be Well.** calendar