

Age Well. Be Well.

THE CENTER FOR LIFELONG HEALTH

DECEMBER 2020



AGE WELL. **BE WELL.**

Membership club for adults 55 and older

If you would like to receive an emailed copy of our calendar, visit: www.uhhospitals.org/agewell and register to become a member.

DIABETES

Diabetes Self-Management Education Classes

Last two classes of the series of 4 classes on Zoom led by Pam Brys, BSN, RN, CDE from **Ahuja Medical Center** and taught by expert pharmacists, dietitians and certified diabetes educators.

Wednesday, December 2

Pharmacy 6 p.m.

Wednesday, December 9 6 p.m.

Complications and putting it all together.

Registration required - contact Pam Brys at 216-593-1767.

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.

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

Elyria Medical Center

630 East River Street
Elyria, OH 44035

Avon Health Center

1997 Healthway Drive
Avon, OH 44011

Individual Sessions only

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

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.

NUTRITION & WEIGHT LOSS

Tips to Prevent Type 2 Diabetes

Diabetes is the 7th leading cause of death in the U.S. In 2018 – 34.2 million Americans, or 10.5% of the population had diabetes. Every year 1.5 million Americans are diagnosed with diabetes. Additionally, 88 million Americans age 18 and older have prediabetes. During this session, participants will learn strategies for making lifestyle changes that may reduce their overall risk for diabetes. Each participant will also have the opportunity to complete an individual

risk assessment which they may share with their health care provider.

Tuesday, December 8

Ashtabula County YMCA

263 Prospect Road, Ashtabula

11:15 a.m. – 12:15 p.m.

Call 440-593-0373 for information.

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.

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, call **Portage Medical Center** 330-297-2388. To schedule a session with our registered dietitian, call 844-208-9371.

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/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.

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 Association 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 for information.

Cancer Support Group

Free support and education program for adults living with cancer and their caregivers. Discussions include how cancer affects your life and the lives of those around you and new ways to cope and support one another. Must wear a mask and social distancing will be practiced.

Ashtabula Towne Square
Small Community Room
3316 N. Ridge Road, East
Ashtabula, OH 44004

To learn more and register, please call Lori Kingston, BSN, CCM 440-415-0261 or Kellie McGinnis, RN 440-593-0364 330-241-6282 for information.

HEALTH SCREENS

Free Drive thru Testing

Blood Sugar and Total Cholesterol. Eight hour fasting is recommended but not necessary. Participants are required to wear a mask and must stay in their vehicle.

Monday, December 21
8 – 10 a.m.

Conneaut Medical Center
(Under the front entrance canopy)

Call 440-593-0373 for more information.

WELLNESS

A Healthier You Series

A series of interviews of **Bedford and Richmond Medical Center** medical experts with Pastor Larry Macon, Jr. of the Mt. Zion Church Oakwood Village.

Sinus Problems

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

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 to schedule an appointment
[Breast Health](#)

One-on-One Telephone Health Talk with a **Portage Medical Center**

Community Outreach Nurse

- Blood pressure check in
- Diabetes or pre-diabetes screening
- Mindful, healthy eating
- Mental health wellness
- Recommended screenings by age

Call 330-297-2576 to make a 30 minute appointment. Depending on your topic, you may be referred to a UH specialist.

Wellness Wednesday New Program—Completely Online The Community Outreach Department of **Conneaut Medical Center** and **Geneva Medical Center** is launching “Wellness Wednesday”. Every Wednesday, we will focus on a different aspect of health and wellness. These topics will be

presented via email in the form of an attached PDF document or pre-recorded Zoom session that you may read or watch at your leisure. In addition to our weekly topic, we will include links to other UH offerings.

If you would like to be included on our “Wellness Wednesday” email blast, please call 440-593-0373 or email Lori.Slimmer@UHhospitals.org

Virtual Smoking Cessation Classes

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

“Daily Dose of Dawn” on Facebook Live. Join Dawn Dale, LPN daily for a 10 minute or less daily segment on different health topics. To watch the recorded segment, see [Conneaut Medical Center Facebook](#) and [Geneva Medical Center Facebook](#). To view the segment live, friend request Dawn Dale on Facebook. If you have any questions please call **440-593-0372**.

“Dining with Dawn” on Facebook Live Join Dawn Dale, LPN, on Thursday afternoons between 2 and 3 PM for a healthy food recipe prepared live. To watch the recorded segment, see [Conneaut Medical Center Facebook](#) and [Geneva Medical Center Facebook](#). To view the segment live, friend request Dawn Dale on Facebook. Email dawn.dale@uhhospitals.org for a copy of the recipe. If you have any questions please call 440-593-0372.

Virtual Wellness through Music

Join **Bedford Medical Center** Music Therapist, Paul Ousley, MT-BC. live virtual wellness sessions with music and mindfulness techniques targeted to decrease stress, uplift mood, and increase wellness.

Thursday, December 17
9 a.m.

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

One-on-One Telephone Health Talk

with a **Portage Medical Center**

Community Outreach Nurse

Call 330-297-2576 to make a 30-minute appointment to discuss the following topics:

- Blood pressure check In
- Diabetes screening
- Mindful, healthy eating
- Mental health wellness
- Recommended general screenings for men and women by age.

Depending on your topic, you may be referred to a UH Specialist who can offer expert knowledge.

PHYSICAL EXERCISE CLASSES

Samaritan Hospital Orange

Walkers (S.H.O.W.)

Participants, socially distanced and with proper PPE, receive a pedometer and walk under the supervision of a respiratory therapist. Therapists monitor heart rate and SPO2 before and after walking and keep record of steps for progress report. Open to anyone in the community that has COPD and would like to participate. Tuesdays and Thursdays 10 a.m.

Keith Wygant Memorial Field House (behind Ashland High School) 1440 King Road Ashland, OH 44805

Time and place subject to change.

Please call for an update before you join us.

To register or for more Information, call 419-207-2453

Walking Program

Enjoy a relaxing morning walk with a nurse from **Geneva Medical Center**.

Tuesdays

December 1, 8, 15, 22

8:00 – 9:00 a.m.

New Leaf Event Center

110 Gateway Avenue

Conneaut, Ohio 44030

Meet at lower pavilion

Call 440-593-0372 for more information.

Physically Distanced Group

Exercise Classes

Avon Fitness Health Center

1997 Healthway Drive Avon, OH

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

renee.barrett@uhhospitals.org

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

Wednesday, December 9

6:00 p.m.

Beginning Yoga Designed for those new to yoga and for those who have learned the basic poses and breathing techniques.

Saturday, December 12

11 a.m.

Aqua Pilates Easier on your joints while the water increases the resistance of the moves, enhancing benefits for your muscles. This type of Pilates differs from the traditional version because the exercises are done standing up.

Monday, December 14

10 a.m.

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

Friday, December 18

8:00 a.m.

WOMEN'S HEALTH

Breast Cancer Awareness Events

A baseline (first) mammogram is recommended for women when they reach the age of 40, regardless of their risk factors, followed by annual screening mammograms thereafter. Join us to receive education and the opportunity to schedule your mammogram

Tuesday, December 1

9 – 11 a.m.

UH Kent Health Center

401 Devon Place

Kent, Ohio

Tuesday, December 15

9 – 11 a.m.

UH Streetsboro Health Center

9318 SR 14 Streetsboro, Ohio

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 a mammogram every year. 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.

Schedule your 3-D mammogram at **Bedford or Richmond Medical Centers** by calling 440-585-6222.

Or you can schedule at any of our facilities by clicking here: [Schedule your Mammogram Appointment here](#)

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.

A HEALTHIER YOU

A series of interviews of **Bedford and Richmond Medical Center** staff physicians hosted by Pastor Larry Macon, Jr. of Mt. Zion Church Oakwood. You can find the interviews on UH Bedford and Richmond Medical Center Facebook pages.

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](#)

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

Incontinence

Kim Kainec, PA. To schedule an appointment with Urology call 216-844-5661 [Incontinence](#)

Colorectal Cancer

Alex Lai, CNP. To schedule an appointment with Gastroenterology, 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 216-844-3009.

[Side Effects and Treatment Options after Cancer](#)

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 216-844-7874.

[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 216-593-1308

[Diabetic Foot Ulcers](#)

Adult Vaccines

Primary Care, Randy Jernejcic, MD.
To schedule an appointment with Dr. Jernejcic, call 216-282-5050. [Adult Vaccines](#)

Prostate Cancer

Urologist, Kim Fitzgerald, MD
To schedule an appointment with Dr. Fitzgerald, call 440-232-8955.

[Prostate Cancer](#)

STAY HEALTHY WITH UH HEALTH TALKS ONLINE

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 care. [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 Lavrish 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 any of our physical therapists at **Richmond Medical Center**, call 440-585-4151. Physician referral needed for some insurances.

"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. He has offices 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 for Salmon Burgers & Chipotle Salad](#)

[How to prepare Breakfast Frittata](#)

[Recipe for Breakfast Frittata](#)

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 afib patients. [A-Fib Updates](#)

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](#)

UH Virtual Town Hall. Join Congresswoman Marcia L. Fudge and UH Chief Diversity Officer Margaret Larkins-Pettigrew, MD, for a virtual town hall discussion about the disproportionate impact of COVID-19 on African Americans. [Virtual Town Hall](#)

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](#)

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](#)

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 treatments to get you back to doing the things you enjoy in life. [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](#)

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](#). [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, Throating 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 CPAP 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

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](#)

Hypertension and Diet Management Join Dr. Jeremy Johnson from Harrington Heart and Vascular

Institute and [UH 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](#)

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](#)

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 216-250-9833. 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: [Slow Flow Yoga](#)

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

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

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

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: [HIIT Cardio](#)

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: [Deep Stretch Yoga](#)

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: [All Legs](#)

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: [Pilates](#)

HIIT Strength/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: [HIT Tabata Cardio](#)

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

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: [Pilates/Barre Fusion](#)

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

Chair Yoga - Chair Yoga is an accessible form of yoga for all levels. All you need is yourself and a chair, preferably one without arms. This practice will elongate your muscles and calm your mind. 30 minutes: [Chair Yoga](#)

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

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

HIIT Strength/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: [HIT Strength](#)

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

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: [Pilates/Barre Fusion](#)

Stair Leg Workout – A lower body workout utilizing the steps in your house, utilizing plyometric

movements and some light weights. 25 minutes: [Stair Leg Workout](#)

Chair Yoga - Chair Yoga is an accessible form of yoga for all levels. All you need is yourself and a chair, preferably one without arms. This practice will elongate your muscles and calm your mind. 30 minutes: [Chair Yoga](#)

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.

To stay up to date on information and activities close to home, check us out on Facebook.

[Age Well. Be Well Facebook](#)

[UH Bedford Medical Center Facebook](#)

[UH Elyria Medical Center Facebook](#)

[UH Geneva Medical Center Facebook](#)

[UH Parma Medical Center Facebook](#)

[UH St. John Medical Center Facebook](#)

[UH Avon Health Center Facebook](#)

[UH Conneaut Medical Center Facebook](#)

[UH Geauga Medical Center Facebook](#)

[UH Portage Medical Center Facebook](#)

[UH Richmond Medical Center Facebook](#)

[UH Samaritan Medical Center Facebook](#)

Contact us at [1-844-312-5433](tel:1-844-312-5433) to update your subscription information or to Unsubscribe and be removed from to the **Age Well. Be Well.** Club