

ACMC *Pulse*

Winter 2012

**Superfoods
to the rescue**
*Must-try options if
you have diabetes*

**Protect your family
from the flu**



**Urological
issues**

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New CEO has been listening

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2420 Lake Ave.
Ashtabula, OH 44004



● Michael Habowski

MICHAEL J. HABOWSKI

has been president and CEO of Ashtabula County Medical Center (ACMC) for about three months.

In that time, he has visited with hundreds of employees, patients

and families within the ACMC Healthcare System.

Habowski says he is impressed with the dedication of ACMC's employees to provide high-quality healthcare.

He is also pleased to hear from patients about the quality of care they receive at ACMC.

All patients are asked to fill out surveys about their care after they leave the medical center. Those surveys are compiled into reports and shared with hospital staff.

"We must remember that those surveys are the voice of our patients," Habowski says.

ACMC employees are taking his words to heart, with a renewed focus on patient and visitor care as they remember that every employee is a caregiver.

Prepared for leadership

Habowski has more than 30 years of experience in healthcare, including leadership in hospital operations,

strategic planning, business development and clinical service line administration. He previously served as vice president of clinical services for seven years at Cleveland Clinic's Marymount and South Pointe hospitals. He most recently worked as vice president of operations at Magee-Womens Hospital in Pittsburgh.

"Michael demonstrated strong leadership skills in his work at Marymount and South Pointe hospitals," says David Bronson, MD, president of Cleveland Clinic Community Hospitals. "He'll work to ensure that Ashtabula County Medical Center is a leader in quality, efficiency and providing the best experience for patients."

Local officials are also glad to have Habowski at ACMC.

"We are excited to work with Michael as we enter a new chapter in our long-standing tradition of providing care to our community," says Joseph Giangola, chairman of the ACMC Healthcare System board of trustees.

Habowski has a master of business administration in administrative management from St. Joseph's University in Philadelphia and a bachelor of science in finance from Albright College in Reading, Pa. Early in his career, he worked as a respiratory therapist. In 2004, he joined Marymount Hospital, where he built relationships with physicians, led the design of new surgery facilities, and developed plans to expand clinical services such as behavioral health, ambulatory surgery and vascular services.

Ready to serve

As Habowski toured the hospital and met with employees, he had a handshake and a smile ready for them.

"We have excellent people here at ACMC," he says. "I'm looking forward to continuing to build on the successes that have made Ashtabula County Medical Center a trusted facility for patients."





THE FLU

Protect yourself and your family

PERHAPS it should be called the boomerang bug.

Year after year, the flu returns to wreak havoc on the young, the old and everyone in between.

Yet there is a way to fight back against this seasonal menace: Get an annual flu vaccine.

Why get it?

Along with protecting yourself against the flu, getting vaccinated also helps you avoid spreading the virus to others. Both are important, because the flu can make people seriously sick.

Flu can cause high fever and pneumonia and make existing medical conditions worse. It can also cause diarrhea and seizures in children.

And every year, thousands of people die from the flu and many more require hospitalization.

Who should get it and when?

Doctors at Ashtabula County Medical Center (ACMC) recommend that nearly everyone older than six months get the flu vaccine.

It's particularly important that people who are at high risk for getting severely ill with the flu, and people who regularly come in contact with them, be vaccinated.

That group includes:


- Pregnant women.
- Children younger than age five.
- People 50 and older.
- Anyone with certain chronic medical conditions, such as diabetes or asthma.
- People living in nursing homes or other long-term care facilities.
- Healthcare workers.

The best time to get the flu vaccine is in the fall. But it's OK to get it in the winter.

No flu for you

Discuss the option for a flu vaccine with your primary care physician, or contact one of ACMC's family physicians.

For a complete list of physicians and specialties,

 visit our website, www.acmchealth.org.

Understand your options

THE BREAST CONSISTS mostly of fatty tissue. Other parts include milk glands—called lobules—lymph vessels, connective tissue, blood vessels and ducts.

Ductal carcinoma in situ (DCIS) gets its name from its location within the breast. The cancer is confined to a duct and has not spread to any surrounding areas (in situ).

DCIS is the earliest possible diagnosis of breast cancer. The tumor is so small that it's rarely found by touch. Most often, it is discovered on a routine mammogram, where it is visible as tiny specks of calcium, called microcalcifications.

Treatment not clear-cut

If your doctor suspects that you have DCIS, you will probably have a biopsy. If the diagnosis is confirmed, you and your doctor can discuss treatment options.

Most doctors believe DCIS needs

to be treated, but there is some debate about how best to do so.

Experts think DCIS can sometimes be present for a long time without causing problems. It's estimated that only about 30 percent of cases will develop into invasive cancer within a decade of diagnosis.

However, there is no way to tell which tumors are most likely to spread. That can make the decision about how to treat DCIS a difficult one.

Which treatments are best for you can depend on several factors, such as your personal risk for additional breast cancer. Review all the benefits and risks of any treatment with your doctor.

Options at ACMC

Treatment options at Ashtabula County Medical Center (ACMC) range from chemotherapy to a variety of surgical options—some of which are minimally invasive.

Surgical treatment for breast cancer is no longer limited to mastectomy. ACMC surgeons are also experts at performing breast-conserving surgery to save as much of the breast as possible.

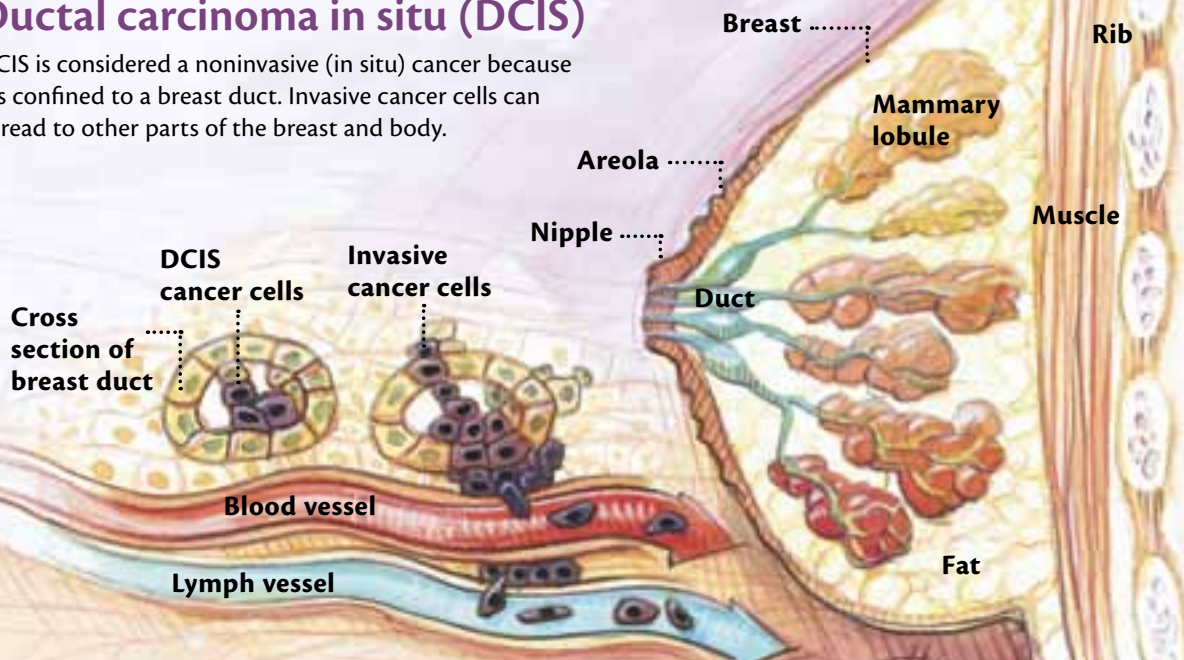
If the cancer is too invasive, breast reconstruction surgery is available at ACMC. It can often be performed immediately after the breast is removed. There are several reconstruction options, depending on the amount of skin cover; available muscle; and the proposed size, shape and contour of the breast.

A certified permanent cosmetic professional can also add permanent cosmetics to help restore the natural look of the breast.

To learn more, go to www.acmchealth.org or call 440-997-6555.

Ductal carcinoma in situ (DCIS)

DCIS is considered a noninvasive (in situ) cancer because it's confined to a breast duct. Invasive cancer cells can spread to other parts of the breast and body.



Coffey infographic with information from the American Cancer Society

You have the freedom to look good

Permanent cosmetics can help you look your best



● Pam Anderson

AS WE AGE, each of us has to come to terms with the natural changes of life. For men, that may mean more hair in places they never had it. For women, it may

mean the natural lightening or loss of hair such as eyebrows and lashes.

One solution is to sit in front of a makeup mirror, penciling in eyebrows and stroking on eyeliner in hopes of restoring the look of youth. All too often, the eyebrow lines look unnatural. The eyeliner may look uneven or be so heavy that it worsens instead of enhancing the look.

A better way

There is another solution—one that eliminates those endless hours in front of the makeup mirror and keeps a woman looking her best.

Pamela Anderson, BS, LME, a certified permanent cosmetic professional with Artistic Profiles, Ltd., has been creating a buzz in Ashtabula County with her unique skill in permanent cosmetics.

Marcia Reed, of Conneaut, and Janice Fay, of Jefferson, made appointments with Anderson after learning about her talent with permanent cosmetics. Both say her creative touch with eyeliner and eyebrows improved their lives.

“I love the freedom,” Fay says. “I got tired of always penciling in my eyebrows. It was getting harder to get it right. Now, I don’t worry about it.”

Reed agrees, and adds that

she dislikes that painted-on look. Now she doesn’t fret about her appearance when people are talking with her.

“My eyes are my very best feature,” she says. “Now, if I get sweaty in the yard or if I’m going fishing, I don’t worry about having a clown face.”

Before their first visit with Anderson, both women say they were nervous and didn’t know what to expect. But after a few minutes with Anderson, they were able to relax.

“She’s wonderful,” Fay says. “She showed me her book of before-and-after photos. I was amazed at the work she has done.”

Reed says she enjoyed Anderson’s bubbly personality and how much she cares for her clients. After the procedures, Anderson followed up with phone calls to Reed and Fay to check on their progress or to say hi.

The process

Anderson says she recreates the natural look of a client’s hair in a color that complements the person’s original hair color or skin tone.

To create eyebrows, she draws each hair, following the natural contours of the face. For eyeliner, she goes between each eyelash and adds the right amount of color to enhance the natural beauty of the eyes.

Anderson says her process is unlike that of others in the area, who use a tattooing process.

Irma Graff, of Ashtabula, came to Anderson for help after having her eyebrows tattooed. The work of the tattoo artist was not what she

had hoped it would be, and it made her hate looking in the mirror.

“I thought I had to live with those eyebrows the rest of my life,” Graff says. “I was totally embarrassed.”

Anderson worked with Graff over several sessions to lighten the pigment used in the previous job and begin restoring the natural beauty of her eyebrows. She was also able to reshape Graff’s eyebrows to give them a natural curve. Graff was amazed at the results.

“I feel totally different,” Graff says. “I don’t have to worry.”

A good decision

Reed says she knew going to Anderson was a good decision when someone told her how great she looked. Fay says that she also has received numerous compliments and that many people want to know how she got her look.

“I hand out Pam’s card,” she says. “You owe it to yourself to go meet with her.”

Reed agrees. “Don’t feel guilty,” she says. “This is an ‘I love me’ present. Go do it for yourself.”

Anderson can also add permanent color to lips. She can help with reconstructive surgery for breast cancer patients, scar camouflage and tattoo lightening.

To schedule a private consultation, call **440-997-6910**.

Have diabetes? TRY THESE 10 SUPERFOODS

THERE'S NO SUCH THING as a perfect food. But, if you have diabetes, there are 10 foods that come close.

They have plenty of vitamins and nutrients, such as calcium, potassium and fiber. Plus, each has a low glycemic index (GI).

GI is the measure of how much a food with carbohydrates raises blood glucose (sugar). For most people, counting carbohydrates is key to managing blood glucose, reports the American Diabetes Association. Paying attention to a food's GI can help fine-tune your control.

Here's a close look at these don't-miss foods.



ACMC's nutritionists and wellness educators can help you build a healthy diet, which may help prevent diabetes complications such as heart disease and stroke. To get a free booklet about healthy eating, go to www.acmchealth.org or call 440-997-6555.

Beans

Beans have amazing versatility and variety (pinto, kidney, navy and black, just to name a few). Nutritionally, they're great as a vegetable and as a source of protein.

A half cup of beans gives you a third of your recommended daily value of fiber and as much protein as 1 ounce of meat—without the saturated fat. Beans are also a good source of magnesium, potassium, folate, iron and zinc.



Tomatoes

Is it a fruit? Is it a vegetable? Brimming with vitamins C, E and A, as well as iron, a tomato is good for you no matter how you slice it.

If fresh tomatoes aren't for you, cooked tomatoes also offer plenty of nutrients.

And officially, tomatoes are a fruit, although they are treated like vegetables in most Americans' kitchens.



Sweet potatoes

The Centers for Disease Control and Prevention ranks sweet potatoes among the most nutritious vegetables available. Sometimes mislabeled yams, sweet potatoes aren't true yams, which are larger, less nutritious roots that are rarely found in the grocery store.

Sweet potatoes are packed with fiber and vitamins A and C. They also have small amounts of calcium and iron. Try them in place of regular potatoes.



Dark green, leafy vegetables

According to the ADA, you can't eat too many dark green, leafy foods, such as spinach, bok choy, broccoli, kale, chard and greens (including mustard, collard, turnip and dandelion greens). In general, the darker the green, the better it is for you.

Greens are low in calories and carbohydrates. But that doesn't mean they're wimpy. These veggies are high in vitamins A and C, calcium, and iron.



Citrus fruits

Whether you prefer oranges, grapefruits, tangerines, lemons or limes, your favorite citrus delivers a sweet-tart kick with a healthy punch.

You know them for their vitamin C, but these fruits have even more to offer. Oranges, for example, contain folate, calcium, potassium, thiamin, niacin, magnesium and fiber. Remember: The fiber is in the whole fruit, not the juice.

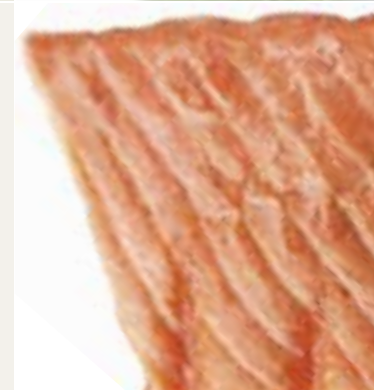


Fish high in omega-3 fatty acids

Fish with large amounts of omega-3s, such as salmon, herring and albacore tuna, are a great source of protein and vitamin D and are low in saturated fat.

Omega-3s are good for your heart and help lower triglycerides (a type of blood fat).

Aim to eat 6 to 9 ounces of fish per week. Avoid breaded and deep-fat fried fish. Instead, bake or grill fish and season it with herbs and lemon juice—not salt.



Berries

Strawberries, blackberries, raspberries, blueberries—there's a mouthwatering array to choose from. And all of them are packed with antioxidants, vitamins, potassium and fiber.

Look for in-season berries—they taste the best and are more affordable than out-of-season fruit. You can also buy them frozen.

The best thing about berries: They're easy. Most can be eaten raw. Just wash and enjoy.



Nuts

Walnuts, peanuts, almonds and pecans—pick your favorites and enjoy them in a variety of ways. They are packed with protein and are also high in folate, niacin, fiber, magnesium, selenium, zinc and unsaturated fats (the healthy kind).

A handful of nuts makes a healthful snack that may reduce your risk of heart disease and some forms of cancer. But don't overdo it—they are high in fat and calories.



Whole grains

Rolled oats, pearly barley, whole wheat and rye are examples of whole grains—they still have the germ and bran intact.

By comparison, processed grains, such as enriched wheat flour, don't have these essential parts—which means they don't contain the nutrients you need.

Whole grains are a good source of fiber, magnesium, chromium, omega-3 fatty acids and folate.



Fat-free milk and yogurt

These dairy products are excellent sources of calcium and potassium and may also be fortified with vitamin D.

The nonfat versions of milk and yogurt have the same nutritional value as the full-fat alternatives—without the saturated fat.

The U.S. Department of Health and Human Services recommends that most adults get 3 cups of milk products each day.



The road to health after

50

ONCE YOU TURN 50 years old, staying healthy can mean paying closer attention to the details. In fact, you may want a medical map to help keep things straight.

Fortunately, there is a map, and it's relatively easy to follow. It starts with steps you can take on your own—lifestyle choices that can prevent or control many conditions that cause illness or premature death.

EXERCISE REGULARLY. This can help you reduce your risk for many diseases. Exercise can also improve your balance and help you avoid falls.

Try to get 150 minutes a week of moderate-intensity aerobic activity—such as bicycling, brisk walking or pushing a lawn mower. On two or more days of the week, you should also do muscle-strengthening activities that work all major muscle groups.

STAY ENGAGED. Get out and have some fun. Studies show that older adults who are involved in hobbies or social activities live longer, healthier lives than their more isolated peers.

EAT A HEALTHFUL DIET. An eating plan rich in fruits, vegetables and whole grains is key to avoiding many of the health problems that often occur in older adults. It's also important to avoid saturated fats and to go easy on the salt.

DON'T SMOKE. If you're a smoker, it's important that you try to quit. Quitting will reduce your risks for cancer, heart attack and lung disease. In fact, quitting will likely add years to your life. You can find resources to help at www.smokefree.gov.

CHECK IN FOR CHECKUPS AND MORE To stay on course for health, you'll need to keep in touch with your doctor.

All adults should have their blood pressure checked at least every two years. It's also important to have your cholesterol checked regularly—ask your doctor how often you need this test.

And depending on your sex, age and health risks, you may need additional screenings or preventive measures, including a:

- ✓ Flu shot.
- ✓ Mammogram.
- ✓ Colonoscopy.
- ✓ Mental health screening.
- ✓ Pneumonia shot.
- ✓ Shingles vaccination.
- ✓ Diabetes screening.
- ✓ Daily aspirin to help prevent heart attack or stroke.
- ✓ Bone density scan to screen for osteoporosis.
- ✓ Abdominal aortic aneurysm screening.

National Institute on Aging

WATCH YOUR WEIGHT. Weighing too much or too little can increase your risk for a number of diseases or even premature death. Ask your doctor about your ideal weight and how to maintain it.

Learn more about your health after 50 with our free health booklets. To get yours, go to www.acmchealth.org or call 440-997-6555.

A new way to stop a leaky bladder

A LEAKY BLADDER is no laughing matter. Sure, it used to add to the humor when you laughed so hard you....

But as some people age and realize that their bladder is leaking more frequently, it can be downright embarrassing.

Mark Cabelin, MD, a urologist at The Ashtabula Clinic, says that



● Mark Cabelin, MD

stress urinary incontinence (SUI) can occur when a woman laughs, sneezes, coughs, lifts objects, exercises or engages in many common activities. It

affects more than 15 million women in the United States.

In addition to being limiting and embarrassing, SUI can be an expensive condition.

A study published in *Obstetrics and Gynecology* found that women are paying an average of \$900 a year for pads and other health supplies, as well as costs to clean clothing.

SUI occurs when tissues surrounding the bladder and urethra no longer provide adequate support to prevent leaks.

The good news

Fortunately, there are remedies for SUI, and in many cases surgery is not necessary.

Dr. Cabelin uses the Renessa procedure, which requires no surgery and no general anesthesia. The procedure is performed in his office and takes less than an hour to complete. In most cases, any side effects are mild and temporary.

“There’s virtually no downtime,” Dr. Cabelin says of the procedure. “My patients have been able to return to their normal activities the same or the next day.”

Dr. Cabelin says the procedure is perfect for patients who need a rapid recovery and for those who may not be candidates for surgical procedures.

And the procedure is effective. In all, three out of four women treated with the Renessa procedure have experienced a significant reduction of symptoms, and nearly 60 percent

of patients have been able to stop using pads or diapers completely.

How Renessa works

The Renessa procedure uses low-power radio frequency to gently heat the tissue surrounding the bladder neck and the upper part of the urethra. The heat causes the natural collagen in the tissue to become firmer, making it more resistant to leaks.

The full effect of the treatment is typically seen in 60 to 90 days.

The Renessa procedure is covered under Medicare in Ohio. Major health insurance companies, such as Aetna and Medical Mutual of Ohio, also cover it.

“For women who wish to avoid the risks and lengthy recovery time of a surgical procedure, I highly recommend they consider the Renessa treatment,” Dr. Cabelin says. “It fills the gap between conservative therapies that may require months of treatment and surgical procedures that can be painful and costly.”

If you think you may have SUI, call Dr. Cabelin’s office at The Ashtabula Clinic at **440-997-6970**.

Other urological issues weigh on the mind too

TELEVISION COMMERCIALS do a good job of portraying the embarrassment many people feel when things aren’t working right “down there.”

Conditions such as overactive bladder, prostate problems and sexual dysfunction can affect mental health as much as physical health.

But people don’t have to live with the physical ailments or mental stress, says Mark Cabelin, MD, a urologist at The Ashtabula Clinic.

Stress urinary incontinence (SUI), otherwise known as a leaky bladder, is an example of a condition that can be easily treated.

“SUI diminishes a woman’s quality of life, often limiting her

professional, social, sexual and recreational activities,” Dr. Cabelin says.

New treatments for SUI that require no surgery or general anesthesia can be done in the doctor’s office. And Dr. Cabelin says he considers using drug therapy to ease ailments such as urinary tract infections or overactive bladder before looking at surgical options.

For men with an enlarged prostate or prostate cancer, laser prostate surgery may be a better option than regular prostate surgery.

“You can be out of the hospital the same day or the next day, with reduced blood loss, less pain

and shorter operating times,” Dr. Cabelin says.

Other procedures do not require a hospital stay. For patients, that means a faster return to normal activities and less emotional strain.

“I’m glad to say many treatments are now minimally invasive,” says Dr. Cabelin. “They are much more comfortable for the patient. I can perform them right in my office.”

For men dealing with sexual health concerns, testosterone replacement therapy and penile implants can help restore physical ability and confidence.

To make an appointment with Dr. Cabelin, call The Ashtabula Clinic at **440-997-6970**.



A good night's sleep

Tips to help you get a better start to the day

IN AN IDYLIC WORLD, we would all awaken every morning feeling refreshed and ready for the day.

But for many of us, worries about family, work or other problems can put sleep just out of reach every night as the day's physical strain catches up to us. We toss and turn in fitful "rest" and struggle through the next day. Even weekends may not bring us the restful sleep our bodies are craving.

Only about one-third of Americans get more than seven hours of sleep a night, according to a study released by the Centers for Disease Control and Prevention. The lack of sleep takes its toll. People are affected emotionally and physically.

Susan L. Shuluga, RRT, RPSGT, clinical director of the Delta Center for Sleep—which operates the Ashtabula County Medical Center Sleep Disorders Center—says that for many people, improving nighttime habits may be all it takes for a wonderfully relaxing sleep.

Getting ready for bed

Something as simple as reducing the amount of noise and light levels can make a big difference.

"Too many people are going to bed and overstimulating their bodies," Shuluga says. "Don't have the TV on. Leave the cellphone on

the nightstand or in another room. Leave the computer off."

Some people may need to turn off their electronics an hour or more before bedtime.

"We respond to light stimulation," Shuluga says. "So you don't need bright lights close to bedtime."

Just as many of us have a morning routine, we should develop a bedtime routine, such as:

- Start preparing for bed well in advance of climbing under the covers.
- Turn off electronics and extra lights.
- Set the thermostat so the bedroom is a comfortable temperature.
- Avoid late-night snacks, especially anything caffeinated.
- Try relieving the day's tension by relaxing in a warm bath with low lights or candles.

Consistency is key

Once you find a routine that helps you fall asleep, stick with it. The key to consistently good sleep, Shuluga says, is following your morning and bedtime routines every day.

Sleeping in on weekends may be enjoyable, she says, but it can disrupt the pattern you spent all week establishing.

"Get up about the same time, even on the weekends," Shuluga says. "It will help you to sleep better during the week."

Make sure you're getting enough hours of sleep too. Research suggests that more than seven hours are needed each night. One study indicated that people who slept less than seven hours were three times

more likely to catch colds.

A 2005 survey showed that people who consistently sleep less than five hours are twice as likely to have a heart attack, stroke, coronary heart disease or angina.

Other common ailments Shuluga says are linked to poor sleep habits include an increased risk for diabetes and high blood pressure, as well as high stress levels, obesity and depression.

Women are less likely to have the sleep issues that men face, such as snoring or sleep apnea. But they can develop problems as they age—especially after menopause.

For more sleep help

If developing a bedtime routine or making other changes to your sleep habits isn't helpful, it could be a sign of a more serious sleep disorder.

Your family doctor can refer you to the ACMC Sleep Disorders Center for testing.

During a sleep study, monitoring equipment measures breathing, eye movement, heart rate, oxygen level and other factors that show what is occurring while a person sleeps. The timing of the study can be adjusted to the patient's normal schedule, Shuluga says.

Shuluga says that people do not have to live with sleeping problems, and letting them go untreated can lead to more serious health concerns.

Ask your doctor today if a sleep study might be right for you, or call the ACMC Sleep Disorders Center at **440-997-6744**.

Purchase tickets at www.redcarpetcleveland.charityhappenings.org.

HOLLYWOOD GLITZ HELPS CANCER SERVICES

Join us for an Oscar[®] party!

DO YOU LOVE MOVIES? Do you want to experience the glitz and glamour of Hollywood? Looking for that one-of-a-kind gift for a loved one or friend?

If you answered yes to any of those questions, you won't want to miss Oscar Night[®] America Cleveland. It's the only Oscar-watch party in northern Ohio that is sanctioned by the Academy of Motion Picture Arts and Sciences.

The Ashtabula County Medical Center (ACMC) Foundation, the philanthropic arm of ACMC, will roll out the red carpet for this black-tie-optional affair.

The party is scheduled for Sunday, Feb. 26, 2012, from 7 to 11 p.m. at The Lodge at Geneva-on-the-Lake. Tickets are \$75 per person.

Come in formal attire or dress up as your favorite celebrity. If you

wish to stay overnight, The Lodge at Geneva-on-the-Lake is offering a special discounted rate for Oscar Night[®] attendees.

Partygoers will experience the feel of arriving at the Oscars, complete with paparazzi, champagne on arrival and a copy of the official Oscar show program—the same program distributed at the Kodak Theatre in Hollywood.

In addition to the live broadcast of the 84th annual Academy Awards, the evening's attractions will include live entertainment, casino-style games, a variety of other games and fun events, a chance to mingle with local and regional celebrities, and a few surprises that you have to see to believe!

Attendees will also have an opportunity to bid on auction items,



Couples at last year's Oscar Night[®] America Cleveland were honored, complete with paparazzi, as they walked down the red carpet.

including special items autographed by celebrities and athletes. The highlight of the auction items is a framed, autographed poster from *Toy Story 3*, which includes original signatures from writer/director Lee Unkrich and cast members Tom Hanks, Tim Allen, Joan Cusack, Michael Keaton, Don Rickles, Estelle Harris, John Ratzenberger, Ned Beatty and more.

For more information, call Anna Kinnunen at 440-997-6607.

Mama's Got a Brand-New Bag...Papa's Got a Cool New Tie

Some guests at Oscar Night[®] America Cleveland might just want to wait until the night of the big show to accessorize their outfits. An added auction event will feature special savings on gently used purses, bags, ties and more.

"Mama's Got a Brand-New Bag... Papa's Got a Cool New Tie" will start before Oscar Night[®] America Cleveland at The Lodge at Geneva-on-the-Lake. It is a new fundraiser designed to help raise money for cancer education and cancer care in Ashtabula County.

The auction will offer purses and ties that can be purchased or bid on during silent auctions. A special live auction of celebrity purses and ties will offer items from celebrities and athletes such as Mike Hargrove.

The idea behind the fundraiser is to have fun finding that "just right" purse or tie at a fantastic price.

Ashtabula County Medical Center (ACMC) Foundation Executive Director Dennis Schmidt says that purse and tie donations are now being accepted.

"We are accepting donations of purses and ties, so check through those closets and find a purse or tie that maybe you forgot you had or that you no longer use," says Schmidt. "We can find a good home for it, and you will be helping improve cancer care at ACMC."

Tickets for Oscar Night[®] America Cleveland are \$75 per person, which includes the \$20 entry to "Mama's Got a Brand-New Bag...Papa's Got a Cool New Tie." For more information, call Anna Kinnunen at 440-997-6607.

Information in ACMC PULSE comes from a wide range of medical experts. Models may be used in photos and illustrations. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider.

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Diabetes, heart disease and obesity

How they're connected

BY PERRY FLEISHER, MD



● Perry Fleisher, MD

“DIABETES LIVES in the blood vessels,” I tell my patients.

By the time you realize you may have diabetes, the disease has

already had an effect.

Blood sugar levels are a symptom, but the injury occurs early in the course of diabetes, even when sugar levels are not markedly elevated.

The more physicians learn about diabetes, the more we are convinced that there is a link between diabetes and heart disease.

That is why early detection of diabetes and prediabetes is important. By starting a treatment—as simple as a change in lifestyle or combining the change with drug therapy—we can help patients delay more serious health risks.

We have known for years that patients with diabetes have a higher risk of heart disease. Now we are seeing even more evidence that diabetes is related to obesity too. More than 85 percent of those who have type 2 diabetes are overweight.

Also, patients showing symptoms of metabolic syndrome (a primary risk for obese adults)

have a risk as much as five times greater for getting diabetes and twice as great for heart disease.

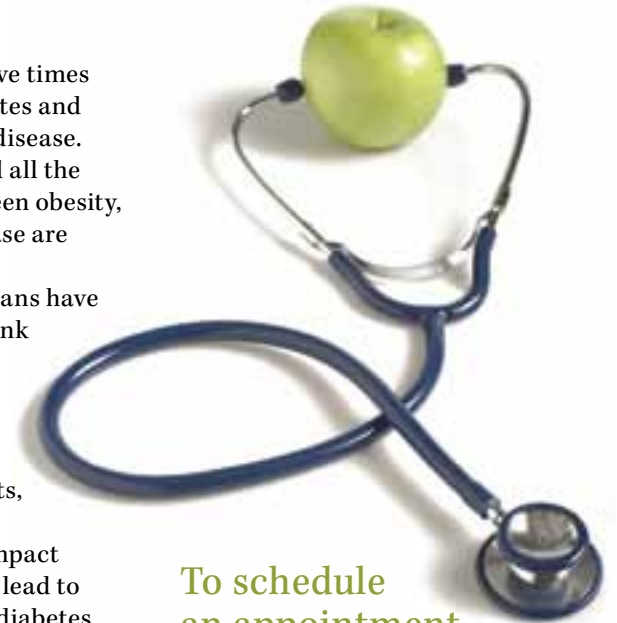
We haven't connected all the dots, but the links between obesity, diabetes and heart disease are becoming clearer.

Scientists and physicians have been documenting the link between obesity and coronary heart disease for more than 15 years. Nutrition studies have shown that a diet of fruits, vegetables, whole grains and fish has a positive impact on reducing factors that lead to coronary heart disease, diabetes and other health risks.

Physicians should take the lead in preventive healthcare by looking beyond the obvious injury or illness. Make sure your physician looks for the signs of what might be coming—especially if you or a loved one is overweight or obese.

It should be made clear that without treatment or a change in lifestyle, obesity can lead to a variety of life-changing conditions. Physicians must be mindful of the link between heart disease, diabetes and other blood-related or vascular illnesses.

We know that obese or overweight



To schedule an appointment, call 440-994-7622.

patients have a greater risk for heart disease and diabetes. We know that diabetes can lead to further vascular or coronary problems. We also know that drug therapy for diabetes can lead to further health risks.

By seeing the signs early enough, physicians can help avoid greater problems for patients in the future.

Perry Fleisher, MD, is a Cleveland Clinic interventional cardiologist who practices full-time at Ashtabula County Medical Center.