



Cleveland Clinic

Akron General
Lodi Hospital

Healthy NEWS

in your community | Fall 2017

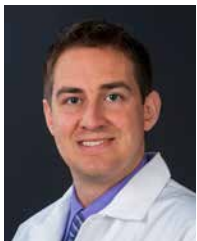


Inside:

Men, MENTion It™
Muffins for Mammograms®
Pumpkin cookie recipe
And more!

Educate yourself about elevated PSA

By Mike Gangel, MD, Urology



Mike Gangel, MD

A prostate-specific antigen (PSA) level is often mentioned when discussing men's health, but many men don't know what this is or how it can affect them.

PSA is a protein produced by the prostate cells. The PSA level is checked by a simple blood test. A digital rectal exam (using a gloved finger to feel for lumps or abnormalities in the prostate gland) is also done to screen for prostate cancer.

An elevated PSA level or an abnormal digital rectal exam doesn't necessarily mean that prostate cancer is present. An enlarged prostate, inflammation and urinary tract infection may cause the level to rise. PSA levels often naturally increase as men age.

ARE YOU AT RISK?

It's important for men to talk to their physician about PSA testing and engage in shared decision making. "This is an important part of a patient's healthcare journey," says Mike Gangel, MD, a urologist who practices at Cleveland Clinic Akron General Lodi Hospital. "The patient and physician need to discuss the screening process, risks and benefits. Then, together, they should make the decision about screening."

Prostate cancer is a common disease; one in six men develops it. Certain factors place men at increased risk, including:

- **Family history:** A family history of the disease significantly increases risk.
- **Race:** African American men develop the disease more often.

An elevated PSA level can be a sign of prostate cancer. If a patient has a persistently elevated PSA level, the next step is a prostate biopsy. Dr. Gangel says, "If prostate cancer is found, many good treatment options exist. Most of the time, prostate cancer is a very curable disease."

IT'S IMPORTANT TO GET SCREENED

The discussion about a yearly prostate cancer screening should begin at age 40 for men with risk factors. For all other men, it can wait until they are 55 and should continue through at least age 70.

To schedule an appointment with Dr. Gangel, call 330.948.5508.

Men, MENTion It™

By Alycia Findlay, MD, Internal Medicine



Alycia Findlay, MD

If you're a man, it's probably easy to talk about work, sports or the news. But you most likely keep any health worries close to the vest.

When it comes to your health, a doctor's expert guidance and timely help can keep a small problem from turning into a big one, like heart disease and cancer, two diseases that can largely be prevented by adopting a few healthy habits.

Take charge of your health and wellness by following these easy steps and MENTion health issues to your doctor.



Muffins for Mammograms®

Now in its 25th year, Akron General will once again hold its annual Muffins for Mammograms® fundraiser in October to distribute breast health information along with muffins during National Breast Cancer Awareness Month. Proceeds pay for mammograms for women who are uninsured or under-insured.

This year's event will be held **WEDNESDAY, OCT. 11**, and same-day sales of blueberry and double chocolate muffins will be available for \$15 per dozen from 7-10 a.m. at five different locations:

GET A PRIMARY CARE DOCTOR

One of the first steps toward wellness starts with getting a primary care physician. He or she can be your best health champion and guide. Primary care physicians are typically the first medical point of contact for patients, helping to manage your overall health, diagnose new illnesses and manage chronic diseases.

Men should ask their physician how often they need a complete physical and blood chemistry workup, as it could vary based on your age, current medical conditions and other factors.

GET SCREENED

Unfortunately, study after study has shown that men are less likely than women to seek preventive healthcare services. Screenings are an important tool that can help detect or identify problems early on, when they are easier to treat. Men should talk to their doctor about the following types of screenings:

- **High cholesterol.** Beginning at age 35, men should get their cholesterol checked regularly – at least every five years. Men younger than age 35 could benefit from cholesterol testing if they smoke, have high blood pressure or diabetes, or have a family history of heart disease.
- **High blood pressure.** All men should get their blood pressure checked at least every two years.
- **Diabetes.** Men should schedule a blood glucose test for diabetes if they have elevated cholesterol or high blood pressure. They should also have this test if they notice symptoms of diabetes, such as frequent thirst and urination, fatigue and blurred vision. Healthy men should get screened every three years, starting at age 50.
- **Colorectal cancer.** Screenings should begin at age 50, or earlier if there is a personal or family history of colorectal polyps or a family history of colorectal cancer. Men should have a colonoscopy every 10 years or more often if they have an elevated risk.
- **Prostate cancer.** Men should talk to their doctor to learn more about the pros and cons of screening for prostate cancer, and whether it's right for them.

EAT WELL AND EXERCISE

Some of the most common conditions that affect men, like high blood pressure and high cholesterol, can be impacted by diet and exercise – two very important components to living a healthy lifestyle.

Men should aim for 30 minutes of exercise at least three times a week, if not more. People who exercise regularly are more likely to live longer and healthier than those who don't exercise. Additionally, exercise can help reduce your chances of developing heart disease, type 2 diabetes, stroke, osteoporosis and certain types of cancer, including breast and colon cancer. On top of those benefits, exercise can help relieve stress, promote a healthy weight and improve sleep.

When it comes to diet, men shouldn't forget about their fresh fruits and vegetables. They should aim to eat at least five servings of fruits and vegetables each day and should avoid foods high in sugar, saturated fats and trans fats or those that are heavily processed.

GET RID OF BAD HABITS

Don't use tobacco in any form. Smoking triples the risk of dying of heart disease and increases your risk of developing lung cancer, stroke, coronary heart disease, respiratory problems and chronic obstructive pulmonary disease (COPD).

Drink alcohol only in moderation. For most men, that's two drinks per day.

TALK TO THE MEN IN YOUR LIFE

Encourage the men in your life to take charge of their health and wellness. The risk of developing serious or chronic conditions can be reduced with a combination of a healthy lifestyle and regular medical care, as mentioned above. Routine checkups and screenings are critical for detecting hidden problems and staying healthy.

To schedule an appointment, call 330.948.5533.

- **Cleveland Clinic Akron General**
- **Health & Wellness Center, Bath**
- **Health & Wellness Center, Green**
- **Health & Wellness Center, Stow**
- **Lodi Hospital**

Advance orders of \$150 or more will be accepted via order form or online at akrongeneral.org/muffins and will be delivered to all locations within Summit County. Advance delivery orders must be placed by Sept. 25. For questions about ordering muffins, call 330.344.7170.

If you know a woman who needs more information about a free mammogram through Muffins for Mammograms, or prescreening qualifications, call 330.344.BRST (2778).

Welcome, Dr. Sahota!



Simranjot Sahota, MD

Lodi Hospital welcomes Simranjot Sahota, MD. As a board-certified internal medicine physician, she specializes in helping adult patients stay well through preventative medicine, as well as helping to manage both acute and chronic illnesses, such as diabetes, depression, geriatric health, hypertension, women's health and minor urgent care needs.

She attended Lady Hardinge Medical College and completed her internship and residency at Akron General.

To schedule an appointment, call 330.948.9939.

For your good health

HEALTH SCREENINGS IN LODI AREA

Lodi Hospital offers monthly health screenings at locations throughout Medina and northern Wayne counties. Low-cost cholesterol screenings are available, as well as FREE blood pressure and glucose.

When: First Tuesday of the month
Time: 8 - 11 a.m.
Where: Lodi Hospital, Main Lobby
Cost: Complete lipid profile \$15
Call: 330.948.5544

SAFE SITTER

Teaches babysitters safety, childcare, life and business skills. First Aid & Rescue skills focus on prevention, injury management and choking rescue. Designed for students that have completed grades 5-8. A graduation ceremony will be held at 2:45 p.m. for students and their families. Please bring your lunch. Class size is limited. Register by Sept. 18.

When: Saturday, Oct. 7
Time: 8:45 a.m. - 3 p.m.
Where: Lodi Hospital, Conference Room
Cost: \$45 (includes manual, supply bag, completion card and other goodies)
Call: 330.948.5544

FAMILY AND FRIENDS CPR

Learn the lifesaving skills of adult hands-only CPR, child CPR with choking, as well as infant CPR and choking. Please note that this is not a certification course.

When: Thursday, Nov. 3
Time: 5 - 7 p.m.
Where: Lodi Hospital, Boardroom
Cost: Free
Call: 330.948.5544

Oatmeal and Pumpkin Spice Cookies



Nothing says home better than oatmeal cookies. This dough can be mixed in one bowl. You can add your favorite dried fruits or chopped nuts, or change the spice to ginger or cinnamon.

Ingredients

¼ cup whole wheat pastry flour
⅓ cup unbleached all-purpose flour
½ cup quick rolled oats (lightly toasted until fragrant in a 350° oven, about five minutes.)
⅓ cup packed brown sugar blend*
(*a fairly new product that includes regular brown sugar and sugar substitute)
¼ cup egg substitute
½ teaspoon pure vanilla extract
¼ teaspoon baking soda
½ teaspoon baking powder
¼ teaspoon kosher salt
1 teaspoon pumpkin pie spice
2 tablespoons trans-free margarine

Preparation

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper or a Silpat® liner or coat a nonstick sheet with cooking spray.
2. Combine all ingredients in a bowl along with 2 tablespoons water and blend with a fork until incorporated. The dough will be stiff.
3. Using a teaspoon measure, place rounded nuggets of dough on the prepared baking sheet.
4. Bake for 15 minutes, or until the bottoms are browned and the nuggets are set. Cool on a wire rack. Store in an airtight container.

Source: Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook (© 2007 Broadway Books)

Nutritional information (per serving) | One serving: 2 cookies
Calories: 60 | Total Fat: 1 g | Saturated Fat: 0 g | Protein: 1 g | Carbohydrates: 10 g
Dietary Fiber: 0 g | Cholesterol: 0 mg | Sodium: 95 mg | Potassium: 25 mg
Makes 2½ dozen cookies or 15 servings