

The Mirror's **VALUABLE TIPS TO HELP YOU ACHIEVE A HEALTHIER LIFESTYLE** Guide To Good Health

Toledo Hospital Offers New Nonsurgical Heart Valve Replacement

ProMedica Toledo Ohio selected to offer a Hospital is among the first new, nonsurgical heart hospitals in Northwest valve replacement proce-

dures known as transcatheter aortic heart valve replacement, or TAVR.

TAVR is a new option for gravely ill patients with severe aortic valve stenosis – failing heart valves – who are not candidates for open-heart surgery. High-risk patients will be pre-screened to determine if TAVR is the best option.

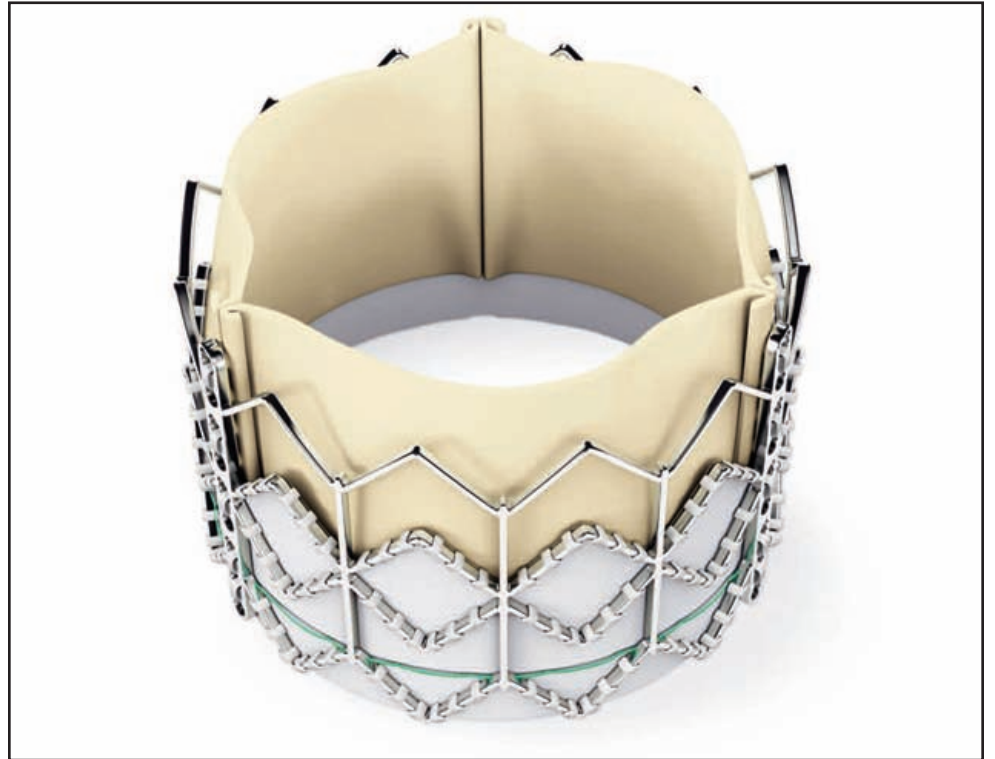
TAVR was approved by the Food and Drug Administration to treat patients with narrowing heart valves. The transcatheter valve was designed by Edwards Lifesciences, based in Irvine, Calif.

“ProMedica is dedicated to bringing the industry’s most cutting-edge treatment options to this region. TAVR promises to extend and enhance the quality of life for some severely ill patients,” said Dr. James Bingle, president of ProMedica Heart and Vascular Institutes.

Aortic stenosis may begin as a result of aging, rheumatic fever or a congenital abnormality. Typically, the valve tissue becomes scarred, inflamed or thickened. Calcium may collect on the valve, reducing the flexibility of the valve leaflets. As a result, patients may experience symptoms like chest pain, fatigue, and shortness of breath, lightheadedness, fainting or difficulty when exercising.

When aortic stenosis becomes severe and symptoms develop, it is life-threatening. As many as 50 percent of aortic stenosis patients with severe symptoms may die within two years due to disease progression.

A multidisciplinary



Edwards Sapien transcatheter heart valve

team of interventional cardiologists and cardiothoracic surgeons is in the process of screening regional patients who may benefit from the TAVR procedure.

During the procedure, a balloon-expandable heart valve is placed into the body with a catheter. This allows the valve to be inserted through the groin artery instead of the patient having to undergo traditional open-heart surgery.

The TAVR procedure will be performed in the hospital’s new heart and vascular hybrid operating suite.

Dr. Michael Moront, cardiothoracic surgeon, is a leader in heart valve surgery and a member of the multidisciplinary team. He was instrumental in bringing TAVR to the region and says it will give hope to patients who are out of options.

“A procedure like TAVR

has been a long time coming and we are very pleased to be the first hospital in the region to offer it,”

Moront said. For additional information about TAVR, call (419) 291-2077.



The TAVR procedure will be performed in ProMedica Toledo Hospital’s new heart and vascular hybrid operating suite. PHOTOS COURTESY OF PROMEDICA

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Healthy Diet And Regular Exercise Can Reduce Risk Of Developing Cancer

As so many of us are trying to adapt a healthier lifestyle in the New Year, the American Cancer Society is providing, with its newly updated set of recommendations, helpful tips on keeping cancer at bay.

The guidelines focus on the importance of regular physical activity, healthy nutrition and a tobacco-free life in preventing cancer, the second leading cause of death in the United States.

While certain kinds of cancer are hereditary, often they are attributed to unhealthy lifestyle. According to the cancer society, each year one-third of all cancer deaths in this country are caused by poor diet and lack of exercise, and another

third is linked to tobacco use — both smoking and chewing.

“It’s true that in some cases of cancer, genetics may play a role, but much too often, bad habits are to blame,” said Maryellen Grogan, a personal trainer at Positively Fit in Maumee. “It is well known that inactivity, sedentary lifestyle and unhealthy diet can contribute not only to many forms of cancer, but also to other preventable illnesses like heart disease, obesity and diabetes.”

To lower cancer risk, the cancer society recommends not smoking, exercising regularly, maintaining a healthy weight and eating a low-fat, high-fiber diet that includes

at least 2 1/2 cups of fruits and vegetables every day, as well as whole grains instead of refined grain products. Consumption of red and processed meat, as well as alcohol, should be limited.

How can a healthy diet and physical activity help keep cancer at bay?

“In several ways,” Grogan said. “For example, exercise boosts the immune system so it is more resistant to various diseases. It may also alter levels of certain hormones that feed the growth and spread of tumors.”

Another important reason, Grogan points out, is that “physical activity along with a calorie-restricted diet prevents obesity, a major risk factor for many types of cancer.”

The American Cancer Society reports that doctors are seeing more patients with cancers linked to obesity, including pancreatic, esophageal, liver and kidney cancers.

In fact, the American Institute for Cancer Research estimated in 2009 that over 100,000 cases of cancer cases diagnosed in this country each year are caused by excess body fat.

“This is another example of a huge impact our lifestyle choices can have on our health and longevity,” Grogan said.

To maximize and maintain weight loss, Grogan recommends fat-reducing workouts like interval training in combination with strength-boosting exercises.

“Interval training is very effective, with the added bonus that it continues to burn fat and calories for up to 24 to 36 hours after the workout is finished,” Grogan said. “As for strength training, while it may not burn as many calories during the session, it does boost the overall calorie expenditure and builds muscle, which is a huge metabolism booster, not to mention all the other health benefits, such as stronger muscles and bones.”

What it all comes down to, Grogan added, “is that combining healthy diet with regular physical activity may very well reduce our lifetime risk of developing or dying from cancer.”

State Representative Barbara Sears Honored By Podiatric Medical Board

State Rep. Barbara Sears was named the Ohio Legislator of the Year for 2011 by the Ohio Podiatric Medical Association’s board of trustees.

The greater American Podiatric Medical Association, which is headquartered in Bethesda, Md., is an organization that represents the vast majority of an estimated 15,000 podiatrists nationwide.

“It is a privilege to work on behalf of all Ohioans to improve health care outcomes in our state, and I am honored to have received such a distinguished award from the Podiatric Medical Association, an organization

dedicated to serving the needs of its clients,” Sears said. “Quality health care improves the lives of Ohioans, and ensuring these benefits are available to our residents served by our Medicaid system is critical.”

In addition to this award, in 2011 Sears was presented the Champion for Children’s Health Legislative Award, the Ohio Council of Behavioral Health and Family Services Providers Legislator of the Year Award, the Hero Award from the Ohio Council for Home Care and Hospice, and the Defender of Liberty Award from the American Conservative Union.

BLOOD DRIVES

The American Red Cross has scheduled blood drives on the following dates. For more information, visit www.givebloodtoday.org.

Monday, February 6 — Maumee Rotary at Maumee Branch Library, 501 River Rd., Maumee, 1:30 to 7:00 p.m.

Monday, February 6 — Bowling Green State University satellite campus, Levis Commons, 1655 N. Wilkinson Way, Perrysburg, 11:00 a.m. to 4:00 p.m.

Saturday, February 11 — Memorial Lutheran, 3215 Douglas, Toledo, 9:00 a.m. to 2:00 p.m.

Monday, February 13 — Owens Community College, 30335 Oregon Rd., Perrysburg, 11:00 a.m. to 5:00 p.m.

Wednesday, February 15 — Toledo Walleye at the Huntington Center, 500 Jefferson Ave., Toledo, 2:00 to 7:00 p.m.

Wednesday, February 15 — Whitehouse American Legion, 6910 S. Providence, Whitehouse, noon to 6:00 p.m.

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Do you have questions about **Alzheimer's** or related **dementia care**?

Heartland of Waterville offers monthly support groups and educational seminars for caregivers and family members of people living with memory loss.

Meetings are held at Heartland on the first Wednesday of every month at 1:00 p.m. Refreshments provided. Please RSVP to 419.878.8523.

February 8: “Coping with Guilt”*

May 2: “Communication Tips”

March 7: “What is Stress & How to Handle It”

June 6: “Building Self-Esteem”

April 4: “Dealing with Depression”

July 11: “Caregiver Guilt”

* This meeting only will be held on the second Wednesday of February.

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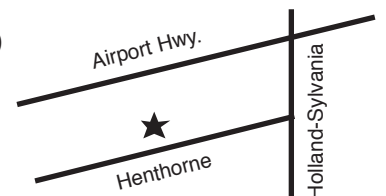
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Marilyn London, director of Health Services at Browning Masonic Community, shows a notebook for Rhythm of the Day, which is a program designed for Alzheimer's patients.

MIRROR PHOTO BY BECKY JACOBS



Browning Masonic Community residents keep fit with a physical activity in the Life in Rhythm program. Pictured are Daisy Baker, Joan Myers, Pat Fluck and Sarah Bond. The leader, not pictured, was Tara Hill.

Life In Rhythm Program At Browning Focuses On Mental And Physical Enrichment

BY BECKY JACOBS
MIRROR REPORTER

A new focus has been added for assisted living residents at Browning Masonic Community.

According to Marilyn London, a registered nurse and director of health services, the facility has been working with the Life in Rhythm program, which offers some residents improvement to their quality of life.

Some participants may have the beginning signs of dementia, but not necessarily, she said. It may just mean an improvement to socialization.

There are sometimes seven or eight women, but as many as 11 — and at times some men —

join the group. They participate in various activities throughout the day, including simple physical as well as mental exercises.

"They are doing great!" London said.

Those in the program may have been referred by staff members who have noticed the residents may benefit from the program.

What began as a way to improve social skills has developed into a support system. It is a structured program to enhance the peaks one feels during certain times of day.

Times vary for each person — there is a time when our brains peak and another time when physical activity may be the answer.

The ebbs and flows of a normal day are felt by everyone — Life in Rhythm is a program that maximizes these changes.

"I have seen much improvement in our participants," London said.

There is improvement in the quality of life. Also, family members have expressed their happiness seeing their loved ones improve socially and in normal conversation.

Some of the residents had resorted to watching television most of the day, which may contribute to early dementia. This type of lifestyle eliminates socialization and helpful conversation with others.

The residents often ask London, "Why do I get to come here?"

The participants love the program — they feel pampered.

One person shared, "How did I get so lucky to live a life like this?"

London said the group itself has evolved, even with its own inside jokes. They support each other in a way that a group of people who feel comfortable will do.

One person in the group

rises later in the morning than others and usually joins the group around lunch time. That is all right too. But, the others are now asking themselves, "How can we help her?"

London wants everyone to understand this is a group where members do not just sit and play bingo — if the game is chosen, it is changed to require players to think. It may be about famous people or follow a historical theme.

One of the members had a problem falling asleep, even while meeting with the others. The others finally said to her, "We really need you."

This was what was needed. She has excellent recall, especially with historic events. She has come a long way. Others who had problems falling asleep at night have also improved.

Another member came anxiously to the group. She had the habit of constantly wringing her hands. This has subsided.

"She is absolutely brilliant and is so comfortable with the group now — and so accepted," London said.

"It is good to have a social

atmosphere. It forces people to hold a conversation," London continued.

She added that dementia cannot be reversed but such a program can improve the progression of the disease. This allows family members a longer period of time to hold meaningful conversations with their loved ones.

Most of the members do the activities together but do not necessarily eat dinner together. The group made the decision, recently, to also mingle with others, which shows growth.

The program changes to meet each of the members' needs. At times it is human touch that is needed, so hand massage with lavender or another herbal fragrance is used. It may be a shoulder or head massage.

"It a human need — touching," London said, a need that may not be met for someone alone in his or her room.

London said she is pleased with the performance of this small group and the outcome.

"The whole idea is to improve a person's quality of

life." Life in Rhythm was begun as a trial to see if it could improve the lives of those living at Browning, and it has worked.

Within the next year, Browning will be adding the Pathways at Browning memory center, which is currently in the fund-raising phase. Pathways will provide Alzheimer's care and will follow the Rhythm of the Day structured program.

However, Life in Rhythm is a program that can be used now for pre-dementia patients. It is also hoped this present program can continue along with the memory center. It would be an aid to those in assisted living as well as to those living within the Browning Masonic Community campus area. It would help those who choose to care for family members at home through education and the coordination of community resources.

London said what is so great about the anticipated Pathways at Browning memory center, designed to house 24 patients, is that staff members have been involved from the beginning. They began laying the necessary plans by first working with the architect. The question was, "How can we build it to use the program?"

Browning staff members meet with the Alzheimer's Association on a regular basis to gain ideas and develop programs.

London has had past experience in nursing homes, beginning as a nurse's aide and eventually as a registered nurse. She has worked in a hospital setting and also worked at Wolf Creek for six years before coming to Browning.

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Kim, 1996

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HEALTH CARE CALENDAR

Free Dental Services Available For Children

Owens Community College will host Give Kids a Smile Day on Friday, February 3, offering free dental services for children ages 6 months to 18 years from low-income families. Free cleanings, screening, X-rays, limited restorations and dental sealants will be offered from 8:00 a.m. to noon and 1:00 to 4:00 p.m. in the dental hygiene clinic in Health Technologies Hall.

Additionally, Toledo Dental Society dentists and Expanded Functions Dental Auxiliary will provide restorative treatments such as fillings and extractions for patients on Friday, February 17.

Appointments are required. For additional information, call (567) 661-7294 or (800) 466-9367, ext. 7294.

Ecumenical Bereavement Support Group To Meet

An Ecumenical Bereavement Support Group meeting will be held on Tuesday, February 7 from 3:00 to 4:30 p.m. at St. Patrick of Heatherdowns Parish Emmaus Room, 4201 Heatherdowns Blvd., Toledo. The program is titled "Surviving Valentine's Day with a Broken Heart."

Speaker Susie Waible-Rose of the bereavement ministry team at St. Rose Parish will discuss how to address the challenges and stress of observing special days, especially in the first year after losing someone we care about.

For more information contact Rita Hoff at (419) 724-4675 or rita.hoff@toledostpats.org.

Supportive Spouses Grief Group Offered

Supportive Spouses, a five-session bereavement group for men and women adjusting to life without their mates, will be held at Hospice of Northwest Ohio's Perrysburg Center on Thursdays, February 9 through March 8 from 3:00 to 4:30 p.m.

The group is free and open to anyone in the community who has lost a mate, whether or not they have a previous experience with Hospice of Northwest Ohio.

Advance registration is required and group size is limited. Those interested in attending should contact the Hospice of Northwest Ohio bereavement department at (419) 661-4001.

Meetings Announced For Family Caregivers

February Family Caregiver meetings are Tuesday, February 14 from 7:00 to 8:30 p.m. at Eleanor Kahle Senior Center, 1315 Hillcrest, Toledo, and Tuesday, February 28 at 3:00 and 7:00 p.m. at Swanton Health Care, 214 Munson, Swanton. Call Chris Cremean to make reservations at (419) 825-1145.

Yoga, Self Defense Classes Scheduled

The Healing Arts Institute, 340 Three Meadows Dr., Perrysburg, will offer yoga with Mike Zerner on Wednesdays through February 15 from 1:00 to 2:00 p.m.

The cost is \$12.00 per session.

Self Defense Level 1 will be offered on Saturday, February 11 from 9:00 a.m. to 1:00 p.m. for \$45.00, and Self Defense Level 2 will be offered on Saturday, February 25 from 9:00 a.m. to 1:00 p.m. for \$45.00. For more information, call (419) 874-4496.

Funky Beatz Offered At Wayne Trail

Funky Beatz fitness classes will be offered at Wayne Trail Elementary School in Maumee for two eight-week sessions on Thursdays: the current session runs through March 1, and the next session is March 15 through May 3. Classes are held from 4:15 to 5:15 p.m. The cost is \$5.00 per class or \$30.00 for eight weeks. For registration or more information, e-mail snycderteach@gmail.com.

Caregiver Classes Offered In Sylvania & Toledo

Kingston Residence of Sylvania will offer Caring for the Caregiver, a free, four-week series designed to help those who are caring for the needs of a friend or family member. Sponsored in conjunction with the Area Office on Aging and Hospice of Northwest Ohio, the program will take place Thursdays, March 1 through March 22 from 1:30 to 3:00 p.m. To register, call (419) 824-4200.

Sessions will also be offered at Epworth United Methodist Church on Tuesdays, March 6 through March 27 from 3:00 to 4:30 p.m. To make a reservation, call the church at (419) 531-4236. Epworth is located at 3077 Valley View Dr., Toledo.

For more information or to request caregiving classes for your group, call Hospice of Northwest Ohio at (419) 661-4001.

Holistic Fair Planned At Common Space

Linda Dix will sponsor a holistic fair on Saturday, March 17 from 10:00 a.m. to 5:00 p.m. at the Common Space Auditorium, 1700 N. Reynolds Rd., Toledo.

The event will feature massage therapists, reflexology, alternative therapies, psychic readers, vendors, guest lecturers and one-of-a-kind items for sale. Admission is \$3.00 and psychic readings will be \$15.00 for 15 minutes. Vendors will also charge fees for services. Guest lectures are by donation.

Divorced & Separated Group Meetings Set

St. Joseph Church in Sylvania hosts a divorced and separated support group on Tuesdays, March through May. The group meets from 6:30 to 9:00 p.m. at St. Joseph Parish East Campus on Ravine Drive in Sylvania. Call (419) 885-5791 for more information.

Hospice Of Northwest Ohio Offers Grief Group

Hospice of Northwest Ohio provides free ongoing grief support for those who have experienced the death of a spouse or partner during the mid-life years. The group is held from 6:30 to 8:00 p.m. on the first and third Wednesday of each month at the Toledo Hospice Center.

Conducted by Hospice bereavement counselors, the group helps adults learn ways to adapt to this unexpected life change, set realistic expectations and gain support and understanding in their grief.

Pre-registration is required. For more information or to register, call (419) 661-4001.

Low Vision Support Group Meets At Ability Center

Frogtown Low Vision Support Group meets at the Ability Center of Greater Toledo, 5605 Monroe St. in Sylvania. Meetings are held at 10:00 a.m. the first Wednesday of the month. For more information, contact Paul Rachow at (419) 867-1940 or visit www.frogtownvision.org.

Weight Watchers Meetings Offered In Whitehouse

Hope United Methodist Church, 10610 Waterville St., Whitehouse, holds Weight Watchers meetings every Wednesday at 5:30 p.m. For more information or to register, contact Ann Ebbert at (419) 877-5232 or e-mail annebbert@hopeunitedmethodist.com

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This free community event is being brought to you by Heatherdowns Residential and Rehabilitation Center, Interim Health Care and the American Heart Association.

For more information contact Lynda Beebe Velliquette at 419-382-5050



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