

SimplyWell

SUMMER 2018

A MetroHealth Publication

Back in Action

Weight-loss surgery helps one mom take back her life

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Travel Free from Tummy Trouble

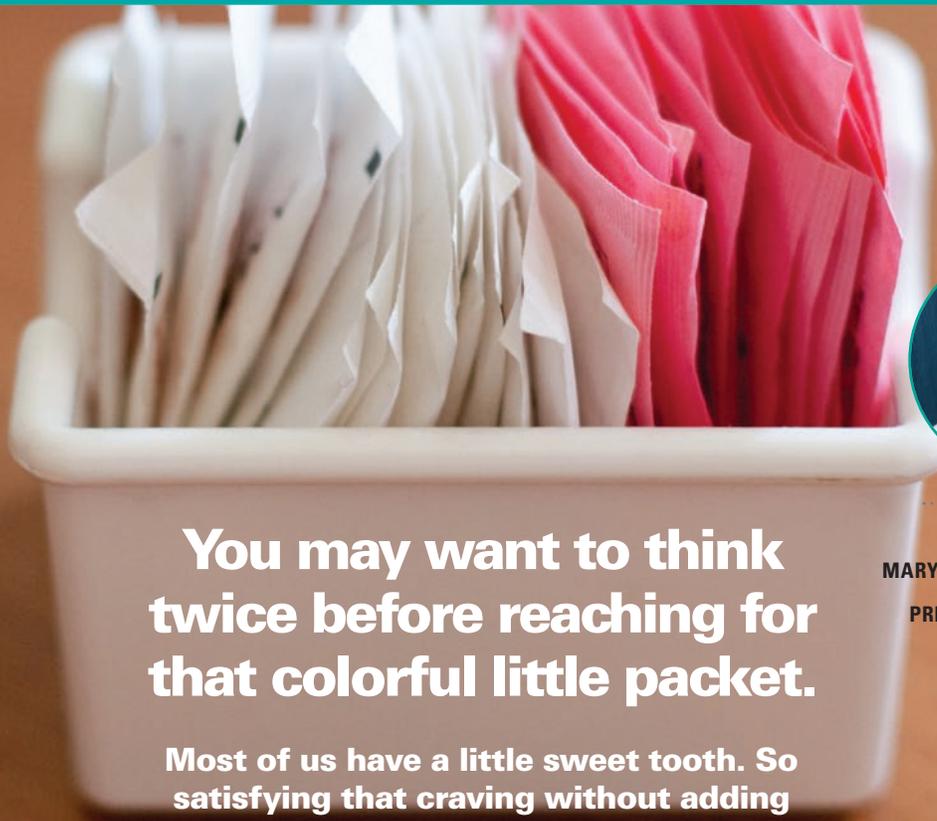
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Sweet on Sugar Substitutes?



CONTRIBUTOR
MARY MICHELE DUNS, APRN
PRIMARY CARE NURSE
PRACTITIONER

You may want to think twice before reaching for that colorful little packet.

Most of us have a little sweet tooth. So satisfying that craving without adding unneeded calories to your diet may seem like a win-win. But if the promise of artificial sweeteners seems too good to be true, that's because it might be.

STAY ACTIVE AND HEALTHY IN YOUR COMMUNITY

The long days of summer mean extra time for family fun in your neighborhood. Here are a few upcoming events to keep you healthy.

South Side:

Giant Game Day

August 7, 2018, 2 – 4 p.m.

Cuyahoga County Public Library,
Independence Branch
6361 Selig Drive,
Independence, OH 44131

attend.cuyahogalibrary.org/events

Hiking for the Young at Heart

August 14, 2018, 9:30 – 11:30 a.m.

Brecksville Reservation
Brecksville Nature Center
9000 Chippewa Creek Drive
Brecksville, OH 44141

clevelandmetroparks.com/parks/programs-events



“Artificial sweeteners are really not a great solution to the sugar problem,” says **Mary Michele Duns, APRN**, a primary care nurse practitioner. “While most of the fears about them have been debunked, including the misconception that they cause cancer, there are still more drawbacks than benefits.”

Her four main reasons for avoiding artificial sweeteners:

1 They can throw off a balanced diet

“People sometimes consider the calories saved and ‘spend’ them on indulging in perhaps a hamburger or piece of cake.” While a diet soda can save about 150 calories when compared to its sugary cousin, a hamburger contains more than 350 calories and a piece of cake has more than 250. “It’s not a good way to balance calorie intake.”

2 They may make you hungry — and change how you metabolize food

Some research suggests that using artificial sweeteners may actually increase your appetite. Your body is used to sweet foods providing it with calories and energy. When you consume a zero-calorie artificial sweetener, your body may respond by becoming hungry because it is looking for more fuel. Other research indicates that the artificial sweeteners found in diet soda may affect how your body converts food to energy, possibly causing weight gain.

3 They change the way you taste naturally sweet foods

Ounce for ounce, artificial sweeteners are often sweeter than their natural counterparts. Once you become accustomed to the sweetness of artificial sweeteners, naturally sweet foods like fruit pale in comparison. When you develop a preference for sweet foods, you’ll crave more — which will likely lead to more poor diet decisions.

4 They might cause stomach problems — in more ways than one.

If you’ve ever felt some stomach discomfort after eating artificially sweetened food or drinks, sugar alcohols may be the culprit. Sugar alcohols, such as maltitol and sorbitol, are made from carbohydrates and have fewer calories than sugar, but some people can’t digest them. As a result, they can cause digestive issues such as bloating and diarrhea. Some research also indicates that artificial sweeteners change the bacteria in your gut and can lead to glucose intolerance.

So, what should you do when your sweet tooth strikes?

“Everything in moderation,” says Duns about indulging your cravings. However, the best food to reach for when you’re hankering for something sweet is a piece of fruit. “I also tell people to cut out all soda, regardless of whether it’s regular or diet,” she says. Drinking water is the best way to quench your thirst. Unsweetened seltzer water, available in a host of subtle flavors, can also be a good substitute when you want to reach for a fizzy treat.

She also encourages people to try honey or agave to sweeten their drinks or to add to their morning cereal in lieu of an artificial sweetener. Stevia, a low-calorie sugar substitute made from a plant, may also be preferable to an artificial sweetener, says Duns. However, more research is needed to see how Stevia directly compares.

Looking for a new doctor who will take the time to listen? MetroHealth primary care providers are conveniently located at more than 20 locations throughout Cuyahoga County. To find a provider near you, visit metrohealth.org/physiciandirectory or call **216-778-7800**.

West Side:

Chalk the Walk with Summer Memories

August 2, 2018, 2 – 3 p.m.
(Registration required)

Cuyahoga County Public Library,
Fairview Park Branch
21255 Lorain Road,
Fairview Park, OH 44126

[attend.cuyahogalibrary.org/
events](http://attend.cuyahogalibrary.org/events)

New Moon Hike

August 11, 2018, 8:30 – 10 p.m.
(Registration required)

Rocky River Nature Center
24000 Valley Parkway,
North Olmsted, OH 44070

[clevelandmetroparks.com/parks/
programs-events](http://clevelandmetroparks.com/parks/programs-events)

East Side:

Monarch Walk

July 29, 2018, 2 – 3:30 p.m.

Acacia Reservation
Cedar Road,
Lyndhurst, OH 44124

[clevelandmetroparks.com/parks/
programs-events](http://clevelandmetroparks.com/parks/programs-events)

Old Fashioned Family Game Night

August 6, 2018, 6:30 – 7:30 p.m.
(Registration required)

Cuyahoga County Public Library,
Beachwood Branch
25501 Shaker Boulevard,
Beachwood, OH 44122

[attend.cuyahogalibrary.org/
events](http://attend.cuyahogalibrary.org/events)

Back in Action

One woman's journey with weight-loss surgery

Nora Lopez is a special education teacher at Garfield Heights City Schools, an active mother of two, a step-mother of one, and step-grandmother of three. But, five years ago her weight — at more than 280 pounds — was causing a considerable amount of fatigue and knee pain and interfering with her daily life.



CONTRIBUTOR
SERGIO BARDARO, MD
DIRECTOR, WEIGHT-LOSS SURGERY
& WEIGHT MANAGEMENT CENTER

“I would have grand plans for doing something after work or on the weekends with my kids or husband like going down to the Metroparks to walk or going to the beach, but wouldn’t be able to follow through.”

When her primary care doctor talked to her about bariatric surgery five years ago, Lopez didn’t think she was ready. And, while she had been overweight her whole life, Lopez considered herself to be lucky because she didn’t have obesity-related conditions yet such as high blood pressure or diabetes.

“Typically, people consider bariatric surgery when obesity is interfering with everyday activities,” says

Sergio Bardaro, MD, director, Weight-Loss Surgery & Weight Management Center. “Some patients may have trouble getting in and out of

their car, fitting in an airplane seat, or running after their kids in the park.”

The surgery is also a good option for people who are obese with related health conditions.

Lopez decided to undergo weight-loss surgery in 2014. She started the process with **Eileen Seeholzer, MD**, medical director, Weight-Loss Surgery & Weight Management Center at MetroHealth.

“Dr. Seeholzer was really great,” says Lopez. “She spent a lot of time having me tell her what my day was like. She went over my routine to figure out ways I could start implementing some healthy lifestyle changes.”

At the time, Lopez’s husband worked long hours in construction, so she was responsible for looking after the kids and making sure they kept up with their homework and activities. Dr. Seeholzer understood that Lopez’s

many commitments were making weight management a challenge.

“So, we started with some little changes,” says Lopez. “I hate to cook, but we would talk about what I could easily assemble for a healthy lunch.” She also started drinking protein shakes in the morning instead of skipping breakfast and stopped eating fast food. These changes helped her drop 30 pounds before her weight-loss surgery.

The procedure was performed by MetroHealth’s **Jeffrey Claridge, MD**, who is also part of the weight-loss

surgery team.

The surgery took place over Lopez’s Christmas break — she was in the hospital for about three days and back to work in less than a month.

“I feel better now about the time I spend with my kids. And, I also feel better about myself.”

“Within a couple weeks after going back to work, I was up and down the stairs at least twice a day,” says Lopez. Even better, she eventually lost about 120 pounds, making her a candidate for knee surgery.

“I’m not tired anymore,” she says. Lopez is more active now and able to exercise and travel. “Last year I went to Maryland with my mom and sisters and did some hiking and walking.” She also works out with her youngest son.

“I have nothing but praise for everyone I have dealt with at MetroHealth. They made me feel better about the time I spend with my kids. And, I also feel better about myself.”



Weight-Loss Surgery Q & A

Sergio Bardaro, MD, Director, Weight-Loss Surgery & Weight Management Center

Our expert team will coach you on the lifestyle changes you will need to make so that you can achieve your goals to live a healthier life. It is important to know that bariatric surgery is just a tool to enable you to improve your health. Your journey does not end after surgery; diet along with exercise and behavior change will help you maintain your weight loss.

Q. What is bariatric surgery?

A. For bariatric surgery, we create a smaller stomach pouch to decrease the amount of food people eat to help them lose weight. Afterward, people feel full even though they are eating less.

Q. What other conditions does bariatric surgery treat?

A. Because the surgery helps you lose weight, it treats metabolic problems like diabetes, high blood pressure and high cholesterol. In some cases, diabetes goes away after surgery. It can also help improve sleep apnea and gastric reflux. And, because losing weight decreases the risk of cardiovascular disease and stroke, the surgery can prolong your life.

Q: What Body Mass Index (BMI) makes someone eligible for surgery?

A: According to the National Institutes of Health, patients with a BMI of 35 or more and with a weight-related medical condition, or comorbidity, are eligible. So are people with a BMI of 40 or more without a comorbidity.

Q: Is surgery more effective than other methods of weight loss like exercise and nutrition?

A: With diet and exercise alone, people tend to lose about 6 percent of their excess weight. With bariatric surgery, patients lose about 50 to 70 percent of their excess weight, and they are more likely to keep this weight off.

Q: Are diet and exercise still an important part of weight loss surgery?

A: Yes. People who undergo weight-loss surgery also need to make lifestyle changes such as getting more exercise and eating nutritious foods such as fish and vegetables. These habits help them to live a healthier life.

Q: Why should people come to MetroHealth for their weight-loss surgery?

A: At MetroHealth, we help patients become good candidates for surgery by educating them about the procedure and helping them make necessary lifestyle changes. We also stay committed to our patients for life. We offer weight management support and counseling long after surgery is over.

We are also a Center of Excellence accredited by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP).

Thinking About Weight-Loss Surgery?

The first step to a healthier you is to attend MetroHealth's weight-loss surgery seminar. You can attend in person or watch a video online. Our seminars are free and open to the public. We will provide you with the information you need to make an educated decision about your health and whether surgery is right for you. To register, visit metrohealth.org/bariatric-surgery-seminars Or to learn more, call **216-778-7433**.

Watch Dr. Bardaro and another patient talk about the benefits of weight-loss surgery. To view the video, visit metrohealth.org/simplywell.



Farm found, Fresh taste

Tomato Gazpacho

Can be jarred, chilled and transported easily.

Ingredients:

Use local vegetables whenever possible

Ingredients (yields 6 servings):

- ½ red onion, peeled and quartered
- 1 rib of celery, coarsely chopped
- 1 clove of garlic, peeled
- 4 Roma tomatoes, stemmed and halved
- 1 seedless cucumber, peeled and roughly chopped
- 1 red pepper, cored and chopped small
- ½ jalapeno pepper, stemmed
- Fresh lemon juice to taste
- ½ tablespoon Worcestershire sauce
- ½ teaspoon Tabasco sauce
- 1 quart V-8
- ¼ teaspoon cumin toasted, ground
- ½ tablespoon cilantro, chopped
- Sea salt to taste
- Cayenne to taste
- 2 ounces extra virgin olive oil

Directions:

In a large bowl, combine onions, celery, garlic, tomatoes, cucumber and peppers. Season lightly with salt and pepper and allow to rest for five minutes. Puree the mixture in batches using a high-speed blender. Add lemon juice, Tabasco, Worcestershire, cumin, and cilantro and puree for five minutes. Add V-8 and puree until smooth. Add oil in a steady stream while continuing to mix. Taste and season. Store in pint- or quart-sized jars on ice. Top with your choice of grilled corn, peppers, onions, cucumbers, avocado or drizzled extra virgin olive oil.

One of Cleveland's top chefs, Douglas Katz — owner and executive chef of Fire Food and Drink — knows that the freshest ingredients are locally grown. The makings for his simple, tasty tomato gazpacho can be easily found at your local farmer's market.

For more summer recipes from Chef Katz, including mini gluten free peanut butter-cinnamon and bittersweet chocolate chip cookies, visit metrohealth.org/simplywell.



Travel Free from **Tummy Trouble**

**Don't let digestive issues
put a damper on your
summer getaway.**



CONTRIBUTOR
RONNIE FASS, MD
DIRECTOR, DIVISION OF
GASTROENTEROLOGY AND
HEPATOLOGY



Whether you're on an international trip of a lifetime or a vacation closer to home, symptoms such as heartburn, motion sickness and gastroenteritis — which can cause diarrhea, cramps, nausea and vomiting — can interfere with your plans.

"There are all sorts of illnesses you can encounter while traveling, but gastrointestinal problems can be especially bothersome," says **Ronnie Fass, MD**, director of the Division of Gastroenterology and Hepatology at MetroHealth. People tend to overindulge with rich or exotic foods, which don't pair well with long car trips or flights.

He packs the following four medications in his own travel bags to keep gastrointestinal problems at bay:



Antireflux medications

Antireflux drugs treat heartburn and are available over-the-counter. Antacids like calcium carbonate (Tums) neutralize stomach acid and can provide immediate but short-term heartburn relief. H2 blockers such as famotidine (Pepcid AC) reduce acid production and can provide all-day symptom relief.

If you're prone to heartburn, you may want to take a proton pump inhibitor (PPI) such as omeprazole (Prilosec) daily to decrease stomach acid, as long as the trip is only for a week or two. "Some studies suggest that PPIs may make you more prone to gastroenteritis," says Dr. Fass.

Antiemetics

These drugs relieve nausea and vomiting and are useful for motion sickness. "Definitely pack these if you know you are prone to motion sickness and you're going to be traveling by bus or on boats," says Dr. Fass. Dimenhydrinate (Dramamine) is one popular over-the-counter option. Dr. Fass usually travels with a scopolamine patch (Transderm Scop), which requires a prescription and is placed behind the ear.

Anti-diarrheal medicines

Anti-diarrheal medicines slow or stop diarrhea. These are available over-the-counter and include loperamide (Imodium). "Generic forms of this drug are very inexpensive," says Dr. Fass. Anti-diarrheal medicines can reduce or relieve diarrhea-associated gastroenteritis.

Antibiotics

Medications such as rifaximin (Xifaxan) and ciprofloxacin (Cipro) can treat gastroenteritis caused by bacteria in food or drinking water, a condition commonly called traveler's diarrhea. Traveling in developing countries with a lack of clean water or refrigeration puts you at higher risk. While some people start taking antibiotics right before a trip to prevent becoming ill, Dr. Fass encourages his patients to wait until they develop symptoms such as belly pain, nausea, vomiting or diarrhea.

Some tips to help prevent digestive issues on vacation:

- Try to avoid overeating, especially when it comes to rich or spicy foods
- It may be tempting to try street food or a roadside dive, but keep an eye out for cleanliness
- Consume cooked food that's still hot
- Avoid excess caffeine — caffeine is a digestive system irritant and can amplify issues
- Wash fruit or vegetables very carefully in clean water and peel them before eating
- If you're in a foreign country, drink only bottled water
- Avoid seafood if you can't verify that it is fresh
- Carry hand sanitizer for occasions when clean water and soap aren't available

If you experience ongoing or persistent stomach pains and over-the-counter medications don't seem to help, it may be time to see the doctor. MetroHealth gastroenterologists are available at health centers in Beachwood, Brecksville, Cleveland, Parma and Middleburg Heights. For more information, or to schedule an appointment, call **216-778-5381**.

Surviving the Summer While Pregnant

You may be dreading being pregnant this summer, but here's how to keep your cool



CONTRIBUTOR
MAUREEN SUSTER, MD
OB-GYN

If you're pregnant, you may not be looking forward to the long, hot days of summer. However, "there are a variety of things women can do to make themselves more comfortable and to stay healthy," says **Maureen Suster, MD**, an OB-GYN at MetroHealth. **She offers the following advice to moms-to-be:**

Embrace the warm weather:

- Summer pregnancies are a great excuse to stock up on fun, flowing skirts and other loose-fitting clothing you can wear in layers and remove easily.
- Carry a water bottle to help you stay hydrated.
- Spend time in places with air conditioning such as the library, mall or movie theater.
- Stay out of hot tubs, which raise body temperature and can cause problems with your blood pressure.

Protect your skin — it's more susceptible to sunburn when you're pregnant:

- Wear a wide-brimmed hat, sunglasses and other sun protective clothing.
- Apply broad spectrum, water-resistant sunscreen of at least SPF 20 every couple of hours.
- Relax in a shady spot during peak sun hours of 2 – 4 p.m.

Eat for two at backyard barbecues while keeping food safety in mind:

- Enjoy hot dogs, hamburgers, chicken and seafood, but make sure they are fully cooked to avoid exposure to bacteria such as Salmonella. It can be harmful to both you and the baby. Undercooked meat can also expose you to Toxoplasma gondii, a parasite that can cause toxoplasmosis, a serious blood infection.
- Help yourself to potato or macaroni salad but ask if they contain homemade mayonnaise, which can contain raw eggs that can expose you to Salmonella. Dishes made with store-bought mayonnaise are typically safe if they have been kept cool.
- Skip deli meats, which can contain Listeria bacteria that increase the risk of miscarriage; instead, load your plate with an extra serving of healthy fruits and vegetables.

Steer clear of ticks — they can cause Lyme disease and other illnesses that may harm a developing baby:

- Wear bug spray with DEET (diethyltoluamide) — it's safe during pregnancy. It will also help you avoid mosquito bites while you enjoy the great outdoors.
- Opt for light-weight, long-sleeve shirts and pants.

Stay active but comfortable when it's hot out:

- Go for a walk in the morning while the weather is relatively cool.
- Take a dip — swimming also relieves back and hip pain.
- Join a gym so you can exercise in air conditioning.
- Avoid bike riding — being pregnant can change your center of gravity making this activity risky.

Travel safely:

- See your doctor before heading out of town to make sure the baby is healthy, and you don't have signs of early labor.
- Restrict air travel — your OB-GYN will likely want you to avoid flying around 36 weeks.
- If you do fly, get up every two hours and walk up and down the aisle of the plane. Flex and extend your feet and lift your legs while seated. This physical activity gets the blood moving and helps prevent blood clots.
- If you drive, get out of the car and go for a five-minute walk every two hours to get your circulation moving.

MetroHealth OB-GYNs are available throughout the community including Brecksville, Cleveland Heights, Parma and Westlake. For more information, or for a complete list of providers, visit metrohealth.org/obgyn. To schedule an appointment, call **216-778-4444**.

Tips for Picking a Pediatrician

Keep the following four tips in mind during your search:

- Find someone close to home — with a new baby, you'll have frequent appointments and it will help keep them convenient and stress-free.
- Ask your OB-GYN and friends with children for recommendations.
- Schedule consultations with potential pediatricians before the baby arrives to give you an idea of what the practice style is like.
- Pick someone you have a good rapport with, and feel free to change doctors if you end up not working well together.

To find a pediatrician near you, call **216-778-2222**.

SimplyWell

SimplyWell is about making small changes to help keep you well and free from disease so that you can live better, longer. If you'd prefer to receive SimplyWell via email, visit metrohealth.org/simplywell.

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Bring Your Medicines to a More Convenient Place

Did you know MetroHealth offers comprehensive pharmacy services to the community? Here are some great reasons you should consider a MetroHealth Pharmacy:

9 Convenient Locations

- 1 Main Campus
- 2 Old Brooklyn
- 3 Buckeye
- 4 Broadway
- 5 Middleburg Heights
- 6 Parma
- 7 Bedford
- 8 Cleveland Heights
- 9 Brecksville

Great prices for
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