

Summer 2022 | A Special Supplement to the  
**Perrysburg Messenger &  
Rossford Record Journals**

- August is Children's Eye Health and Safety Month
- Walk-in Care Available
- Summer Footwear Basics
- Second Opinion for Financial Health
- Programs & Assistance for Seniors
- Benefits of Fruits and Vegetables
- Relaxation Awaits
- Salt Cave Aids Respiratory Health
- World Class Cancer Care
- Navigating the Medicare Maze
- Toledo Clinic Radiology/Imaging
- Tanlines of Perrysburg
- Orthopedic Care

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# Health & Wellness

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**Melinda Shinaver**  
Ohio License Number 50256  
NPN 1801499

## The Help You Need Choosing the Right Medicare Insurance Plan.

Medicare Advantage Prescription Drug-Part C  
Medicare Prescription Drug-Part D  
Medigap/Medicare Supplement



**Andrea Jaquette**  
Ohio License Number 1292715  
NPN 19501697

Typically, you may enroll in a Medicare Advantage (MA) plan only during the Annual Enrollment Period (AEP) between October 15th and December 7th of each year. There are exceptions that may allow you to enroll in a Medicare Advantage plan or a Prescription Drug plan outside of that period - Initial Enrollment (new to Medicare) or Special Enrollment Periods (e.g. loss of employer coverage, moving). In the Greater Toledo and Southeast Michigan areas there are over 20 MAPD plans, 25 PDP's, and several Medicare Supplement plans to choose from. Which plan is right for you?

If you are, or someone you know is, entitled to Medicare Part A (or soon will be), enrolled in Part B and confused about plan choices, costs, benefits, networks, etc. contact us for a no-obligation consultation.



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melinda@healthcare-advocates.org  
andrea@healthcare-advocates.org  
**"your health care navigation specialists"**

*Not affiliated with the U.S. Government or Federal Medicare Program.*



## Navigating the Medicare maze



Inspiration can come from anywhere, if you're the type of person who recognizes a need and commits to answering it. More than 10 years ago, Melinda Shinaver's parents became Medicare-eligible and found themselves overwhelmed by the Medicare insurance decision they needed to make.

They had nowhere to turn for direction. Ms. Shinaver decided to re-evaluate her agency, Compass Care Management, and began specializing in Medicare insurance products.

Offering no-obligation consultations, she provides assistance to those who are Medicare-eligible, or soon will be, by navigating the Medicare insurance enrollment process. Ms. Shinaver has more than 30 years of experience in the insurance industry, holding licenses in Ohio, Michigan and Florida.

In January, 2020, she welcomed her daughter-in-law, Andrea Jaquette, to the agency as an independent agent also specializing in Medicare products. As independent agents, Ms. Shinaver and Ms. Jaquette help clients thoroughly understand their Medicare options and then provide guidance on which private insurance company and/or product—Medicare Supplement, Medicare Advantage, and/or Medicare Prescription Drug Plan—best meets each of their client's needs.

Contact 419-469-8909, [melinda@healthcare-advocates.org](mailto:melinda@healthcare-advocates.org) or [andrea@healthcare-advocates.org](mailto:andrea@healthcare-advocates.org).

# Dr. Ted Bowlus Talks About: Summer Footwear



Most people like to wear sandals and/or flip-flops during the summer months. However, while they can be stylish and even fun to wear, most of these types of summer footwear do not typically provide good support for the feet. In addition, they may allow your feet to get very dirty, which can lead to problems. For example, sandal straps can cause irritation, resulting in inflammation of the underlying tendon structures (Tendonitis). Sandal straps can also cause blisters, which may become infected. Similarly, flip-flops provide no protection for your toes if you bump into something while walking. Flip-flops may also cause irritation between your first and second toe, which can lead to blisters and possibly infection.

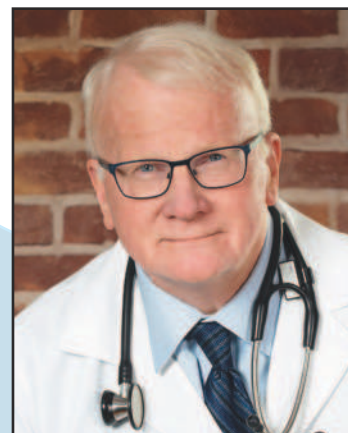
**My Advice:** If you do wear sandals or flip-flops this summer, wear them only for short periods of time. Certainly, avoid wearing sandals or flip-flops for 8-12 hours per day. Clean your feet regularly and see a podiatrist if your feet have signs of an infection or if they become painful. Pay careful attention to your feet and you can be comfortable, look stylish in your favorite footwear, and have a fun summer!

*Dr. Ted Bowlus is a podiatrist who is board certified in foot and ankle medicine and surgery. He is currently accepting new patients and is a participating provider with most insurance companies.*

**Dr. Ted Bowlus**  
**27121 Oakmead Dr., Suite C**  
**Perrysburg, OH 43551**

**Call (567) 277-8878**  
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# Walk-in care for your entire family no appointment needed



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**Mercy Health — Perrysburg Walk-in Care**  
1103 Village Square Dr., Ste 100 | Perrysburg, OH 43551 | 567-368-3213  
*Walk-in hours are available Monday - Friday 8 am - 8 pm, Saturday 10 am - 4 pm*  
*Lab services are available*



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## Mercy Health offers walk-in care for the entire family

Like with many areas of life, in health care, knowing where to go can help achieve optimum results.

When possible, your first call should always be to your primary care provider as your provider knows you and your history and can help you determine where to go for care.

However, if you don't have a primary care provider, or if it is after hours, your decision on where to go depends on the severity of your symptoms.

### Walk-in Care

Walk-in care locations are designed to treat illnesses and injuries that do not require an ER visit but do need immediate attention. With expanded hours and more flexibility in scheduling, walk-in care lo-

cations in Perrysburg and Waterville are conveniently located right within a Mercy Health primary care office.

Walk-in clinics offer treatment for minor illnesses and injuries that include:

- Cold, flu or sinus pain
- Sprain
- Rashes and minor burns
- Sore throat
- Ear pain
- Animal or insect bite
- Fever
- Urinary tract infections

### Emergency Room

A visit to the emergency room should be limited to the most severe illness or injury.

While the emergency room can provide access to life-saving care, it is important to understand what is considered an emergency.

Call 911 or head to the nearest emergency room if you experience any of the following warning signs.

- Chest pain or pressure
- Uncontrolled bleeding

- Sudden or severe pain
- Coughing or vomiting blood
- Difficulty breathing or shortness of breath
- Sudden dizziness or loss of consciousness
- Severe or persistent vomiting or diarrhea
- Change in mental status, such as confusion

**Mercy Health-Perrysburg Walk-in Family Medicine** at 1103 Village Square Drive, Suite 100, Perrysburg, and **Mercy Health-Waterville Walk-in Family Medicine** at 1222 Pray Boulevard, Waterville, offer convenient access to same day, walk-in care. Both locations accept patients of all ages. No appointment is necessary, and you can call ahead to reduce your wait time. First-time patients are welcome.

**To learn more about walk-in and primary care services, or to find a doctor near you, visit [mercy.com](http://mercy.com).**

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# Alternative Physical Therapy



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# What makes Alternative Physical Therapy different from other physical therapy?

What makes Alternative Physical Therapy different from other physical therapy? Why do we have 4.9 to 5.0 star reviews?

We conduct a very detailed history and current functional status. Through patient discussion, we determine what the client needs to help them enjoy life more.

**Is it pain?**

**Weakness?**

**Trouble walking or working in the yard?**

**Is the client afraid to take a trip because they can't keep up with the rest of the family?**

Next, comes a physical therapy body evaluation including movement analysis to determine where movement is restricted and where it is moving freely. Past injuries, falls, or surgeries all can restrict one's body making it feel stiff and heavy—even from an injury 10 years ago or more. We use a "whole body" approach to determine our **plan of treatment**.

Some patients need more frequent physical therapy—for example, a very painful back patient in spasms might be scheduled three to five days a week. Many patients are scheduled two to three times a week with parts of their treatments varied to reduce pain and improve flexibility and strength.

Once a patient is instructed in following a program at home, we might reduce their sessions to one time a week and progress to one time every two to three weeks to maintain alignment and give our patients more advanced home exercises.

Some patients then may come in only as needed every three to six weeks or if they get "twisted" or forget their exercises.

Also, this schedule promotes success in maximizing their activity levels knowing the patient can get back in for a "tune-up" if needed.

We do full rehab for spinal care, joint replacement—pre and post-surgery, and sports injuries.

**Some of our specialized programs include:**

- Advanced Stroke Rehabilitation (NDT) and harness supported gait training
- TMJ pain and dysfunction \*\*\*most medical insurance pays for TMJ care\*\*\*
- Migraines and Headaches
- Spinal pain – neck, back, tailbone and post-surgery
- Aquatic physical therapy
- Fibromyalgia treatment
- Myofascial and trigger point releases
- Dry needling and cupping
- Craniosacral treatment for adults, and for infants we treat head shaping, colic and digestive support
- Yoga and Pilates based exercises available
- Advanced balance training
- Cold laser and infrared light therapy
- Zero balancing
- Visceral manipulation
- Therapeutic imagery and dialogue PTSD SomatoEmotional work
- NDT – Advanced Neuro Developmental Techniques
- Rehab after stem cell and PRP injections

•Rehab for long term effects after COVID/ "Long Haulers" COVID

Most patients feel blessed that they found our clinic and that they choose us to provide their physical therapy services, therefore word of mouth, Google reviews, and insurance provider lists are our primary referral source now after 20 years of business as Alternative Physical Therapy. Most doctors are very pleased with the results their patients obtain from our individualized approach to physical therapy.

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Pemberville • Perrysburg • Rossford • Wayne  
Wood County (Bowling Green)



## Prevent Blindness offers resources during August for Children's Eye Health month

August is Children's Eye Health and Safety Month, and 2022 is the "Year of Children's Vision" at Prevent Blindness.

The Ohio affiliate, a volunteer eye health and safety organization, is offering a wide variety of free resources.

These include educational tool kits, fact sheets, webinars and more, to provide parents, caregivers, teachers, school nurses and public health professionals information to keep children's eyes healthy and ensure youngsters are ready to learn and succeed in school.

The National Center for Children's Vision and Eye Health at Prevent Blindness (NC-CVEH) has an extensive library of free informational resources about vision health for children from infants to teens.

Programs include the "Small Steps for Big Vision" tool kit, vision screening certification training, children's vision and eye health data and reports, fact sheets in multiple languages and shareable social media graphics.

This month they will offer:

- Children's vision screener training and certification where participants may be eligible to receive free children's vision screening



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equipment. Visit [wiseabouteyes.org](http://wiseabouteyes.org) for more information.

- A new episode in the online Focus on Eye Health Expert Series, "Partnering with School Nurses for Children's Vision and Eye Health."

Jeff Todd, president and CEO of Prevent Blindness, interviews nurse Donna Mazyck, executive director of National Association of School Nurses.

- A free webinar, "Vision Screening: Birth Through High School," presented by Kay Nottingham Chaplin, education and outreach coordinator at Prevent Blindness.

The first in a two-part series, the session will be August 16 at 2 p.m.

- An updated Star Pupils: Healthy Eyes for Healthy Futures curriculum for educators.

The free materials include a teacher classroom presentation guide, reference eye exam diagram and in-class worksheets, coloring and activity sheets.

- Presentations and video recordings from the Children's Vision Forum session at the 2022 Prevent Blindness Focus on Eye Health National Summit.

Dr. Stacy Ayn Lyons, OD, New England College of Optometry moderated presentations from parents, patients, educators, researchers and clinicians.

Presentations include a variety of topics on children's eye health. Prevent Blindness and its affiliates also partner with leading companies throughout the year to provide vouchers for free children's vision services.

Since 1999, Prevent Blindness and VSP Eyes of Hope have provided nearly 125,000 students in need with free vision care and glasses valued at up to \$48 million.

New this year, they are partnering with AEG Vision to provide eye examinations and eyeglasses to children and adults in Ohio and Texas.

"More than 100 years ago, our organization was founded to prevent unnecessary blindness in newborns," said Amy Pulles, president and CEO of the Ohio affiliate of Prevent Blindness.

"Today, we continue that mission to provide families, educators, nurses and others with the resources they need to ensure a lifetime of healthy vision for children."



## What nutrients found in many fruits, vegetables do for your body

A nutritious diet can serve as a strong foundation for a long, healthy life. Fruits and vegetables are the building blocks of nutritious diets, as they are loaded with nutrients that serve the body in myriad ways.

•**Calcium:** Dark, leafy vegetables like kale, spinach, broccoli, and bok choy contain calcium. Calcium also is found in fruits, including papaya and orange. According to the National Institutes of Health, the body utilizes calcium to build and maintain strong bones.

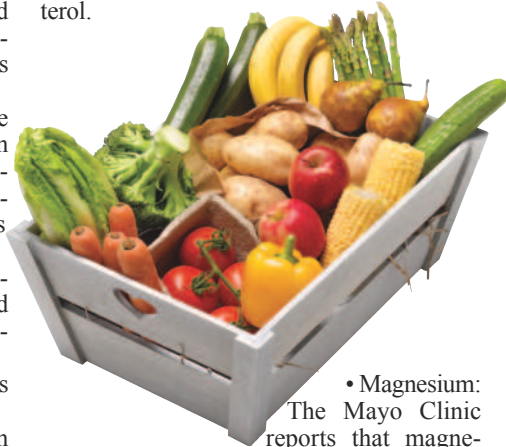
In fact, the NIH notes that almost all calcium in the body is stored in the bones and teeth, where this vital mineral provides structure and hardness.

Calcium also helps nerves carry messages from the brain to every part of the body.

•**Dietary fiber:** Dietary fiber is found in various fruits and vegetables. The Cleveland Clinic notes that berries like raspberries and blackberries contain significant amounts of dietary fiber. Pears, artichoke hearts and brussels sprouts are packed with fiber as well.

A high-fiber diet helps stabilize bowel movements and maintain bowel health, and WebMD notes that studies have found a link between high-fiber diets and a lower risk for colorectal cancer. Studies also have linked fiber-rich foods with heart-friendly outcomes

like reduced inflammation and lower cholesterol.



•**Magnesium:** The Mayo Clinic reports that magnesium supports muscle and nerve function and energy production. Individuals with chronically low levels of magnesium could be at increased risk for high blood pressure, heart disease, type 2 diabetes, and osteoporosis. The NIH notes that magnesium is widely distributed in plants. That means it can be found in a wide variety of fruits and vegetables, including spinach, edamame, black beans, bananas, and broccoli. Magnesium levels vary significantly in these foods, so anyone con-

cerned about magnesium deficiency can speak with their physicians about the best and healthiest ways to include more in their diets.

•**Vitamin A:** According to the Harvard T.H. Chan School of Public Health, vitamin A stimulates the production and activity of white blood cells, helps maintain healthy cells that line the body's interior surfaces and regulates cell growth and division necessary for reproduction. Green, leafy vegetables are good sources of vitamin A, as are orange and yellow vegetables like carrots and squash. Vitamin A also can be found in cantaloupe, apricots and mangos.

•**Potassium:** The Dietary Guidelines for Americans established by the United States Department of Agriculture list greens, lima beans, swiss chard, baked potatoes (with skin), and yams as great sources of potassium. Kiwi, melon, cantaloupe, and bananas are additional sources of potassium.

The T.H. Chan School of Public Health reports that the main role of potassium in the body is to help maintain normal levels of fluid inside the cells. Potassium also supports a normal blood pressure.

The nutrients found in various fruits and vegetables go a long way toward building stronger, healthier bodies.

## Some surprising benefits of blueberries

Small, yet bursting with big flavor, blueberries are a favorite of so many people. While blueberries may be coveted for their appeal in recipes that run the gamut from breakfast foods to desserts, the nutrients within them provide many benefits as well.

After all, blueberries are not called "superfoods" for nothing.

Here's a deeper look at some of the health benefits of blueberries.

1. Blueberries are a low-calorie food.

Healthline notes that blueberries contain only 84 calories per cup. Plus they are 85 percent water. Blueberries can be a filling snack that doesn't compromise low-calorie diets.

2. Blueberries may improve exercise recovery rates. Research has shown that eating blueberries can increase muscle strength recovery. That means that blueberries may help thwart a condition called exercise-induced muscle damage, which results in soreness, reduced muscle strength and impaired athletic performance.

3. They help fight urinary tract infections. Cranberries are often touted as the go-to for treating and preventing UTIs.

According to a 1998 study published in The New England Journal of Medicine, specific compounds found in blueberries known as proanthocyanidins can prevent bacteria from sticking to the walls of the urinary tract.

Furthermore, the high amounts of vitamin C in blueberries also can inhibit the growth of bacteria that cause UTIs.

4. The fruit may thwart cancer. Phytochemicals in blueberries decrease the risk of several cancers by protecting cells from chronic inflammation, according to the American Institute for Cancer Research. In addition, the fiber in blueberries helps protect the intestinal lining from colorectal cancer.

5. Blueberries help build stronger bones. Blueberries are rich in phosphorus, zinc, magnesium, calcium, iron and vitamin K. These nu-



trients, together with strength-training exercise, can contribute to bone health.

6. Lower bad cholesterol. The fiber in blueberries may help dissolve LDL cholesterol, also known as "bad" cholesterol, in the bloodstream. A study in the Journal of the Academy of Nutrition and Dietetics determined daily consumption of blueberries helped to improve blood pressure and arterial stiffness in postmenopausal women.

7. Blueberries improve immune function. The blue in blueberries comes from anthocyanin, an antioxidant that increases immune function.

The Mayo Clinic also says research indicates compounds in blueberries may delay the effects of vascular dementia or Alzheimer's disease.

8. They may be an anti-aging treatment. Oxidative DNA damage occurs in every cell in the body each day, according to Healthline. DNA damage is one reason why people grow older. High antioxidants in blueberries can neutralize some free radicals that are implicated in DNA damage.

Blueberries get their superfood status from the number of health benefits they offer.

# Make an appointment for relaxation with a massage

One of the immediate benefits of massage is a feeling of deep relaxation and calm.

“A growing body of research supports the health benefits of massage therapy for many conditions,” said Heidi Locknane, owner of Body & Sole Massage Therapy and Reflexology Center in downtown Perrysburg.

According to an American Massage Therapy Association consumer survey, 67 percent of individuals claim their primary reason for receiving a massage in the previous 12 months was medical (41 percent) or stress (26 percent) related.

### 25 Reasons to Get a Massage

- Relieve stress
- Relieve postoperative pain
- Reduce anxiety
- Manage low-back pain
- Help fibromyalgia pain
- Reduce muscle tension
- Enhance exercise performance
- Relieve tension headaches
- Sleep better
- Ease symptoms of depression
- Improve cardiovascular health

- Reduce pain of osteoarthritis
- Decrease stress in cancer patients
- Improve balance in older adults
- Decrease rheumatoid arthritis pain
- Temper effects of dementia
- Promote relaxation
- Lower blood pressure
- Decrease symptoms of carpal tunnel syndrome

- Help chronic neck pain
- Lower joint replacement pain
- Increase range of motion
- Decrease migraine frequency
- Improve quality of life in hospice care
- Reduce chemotherapy-related nausea

Body & Sole, 214 Louisiana Avenue, Perrysburg, welcomes new clients for all massage and spa services.

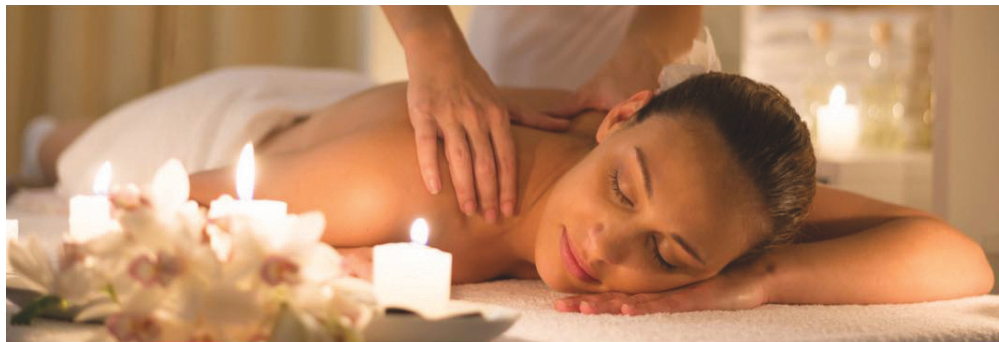
The licensed massage therapists specialize in reiki, reflexology, lymphatic and oncology focused massage, deep tissue and



sports massage, neuromuscular and deep-pressure massage with hot stones, Thai massage, along with facials for a full spa experience.

“Whether you want your massage to relax you, pamper you, restore natural flexibility or treat painful muscle injuries, we invite you to put yourself in the capable hands of one of our professional licensed and certified therapists,” Ms. Locknane said.

**For more information or to make an appointment, call 419-873-7653 or visit their website at [bodyandsolemassage.com](http://bodyandsolemassage.com)**



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- Acne
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- Muscle Tension
- Arthritis
- Ear Infections
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Single sessions, \$35

Monthly memberships: 5 visits \$89 • 10 for \$119 • 15 for \$150

## Salt Cave of Perrysburg aids respiratory health

We all know salt, the mineral we sprinkle on our food to enhance its flavor. It's delicious, and consuming it moderately helps our blood sugar control. But did you know that salt naturally reduces inflammation of the respiratory system, strengthens the immune system and that you don't even need to consume it? We're not talking about table salt, but rather pharmaceutical grade salt absorbed through a process called halotherapy.

Halotherapy dates back hundreds of years, with extensive research to support the claims of its benefits. The respiratory benefits include relief from seasonal allergy symptoms, overall better breathing and athletic performance, asthma relief, reduced sinusitis symptoms and quickened recovery from the common cold. Exposure to dry salt also can be beneficial for skin conditions such as psoriasis, eczema and acne.

The first thing clients notice when entering the cave is the floor is completely covered in Himalayan salt!

The cave has two salt features as well as a backlit salt tile wall. In fact, the salt cave features more than 5,000 pounds of pure Himalayan salt! Clients can sit back in one of the zero gravity chairs and breathe in the benefits as a specially designed halogenerator crushes pharmaceutical grade dry salt into tiny particles and distributes it throughout the room.

The Salt Cave of Perrysburg offers 45-minute sessions that can be purchased individually or in packages for extra savings.

The great thing about the salt cave is that you can come as you are! There's no need to wear or do anything special, making it easy and convenient for any time of day, even a lunch break. The cave also can be rented for private occasions.

Along with halotherapy, The Salt Cave of Perrysburg offers an infrared sauna and a salt shop with a variety of salt lamps, salt products, soaps, aromatherapy products and crystals.

Gift certificates are available and make great gifts for birthdays and other holidays!

**The salt cave and sauna are booked by appointment only. Call us at 419-873-7300 or you can schedule at [saltcaveofperrysburg.com](http://saltcaveofperrysburg.com).**

Follow us on Facebook to keep up with our latest specials!

# You have the power to choose ...



**World Class Cancer Care Plus the Comfort of Home.**

The Toledo Clinic Cancer Centers have partnered with The Barbara Ann Karmanos Cancer Institute to raise the bar when it comes to evidence-based, value-driven cancer treatment in Northwest Ohio.

Located at our new facility in Maumee, this cancer center combines The Toledo Clinic's oncology group, which is one of the largest in the region, with Karmanos Cancer Institute, which is one of only four National Cancer Institute Designated Cancer Centers in Ohio and Michigan. This means that you will now have unprecedented access to clinical trials and care minutes from where you live.



1200 Medical Center Parkway | Maumee, OH 43537

[ToledoClinic.com/Cancer-Center](https://www.ToledoClinic.com/Cancer-Center)





# Now Serving the Maumee Community

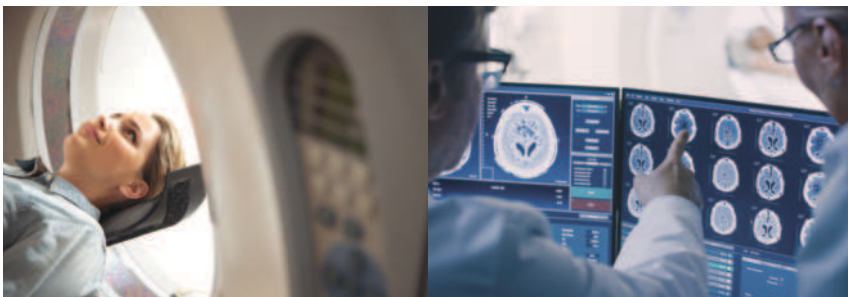



**All your radiology/imaging  
needs, close to home.**

The Toledo Clinic has opened a free-standing radiology center at their new facility in Maumee. This state-of-the-art facility will provide the latest imaging solutions including a dedicated PET/CT. Scans will be read locally by radiologists trained by the Mayo Clinic, University of Rochester and University of Michigan.

When you compare our pricing to others in the community, your choice will be clear.

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## The Toledo Clinic and Karmanos Cancer Institute open world-class cancer center in Maumee

With the Karmanos Cancer Institute at The Toledo Clinic Cancer Centers now open at Side Cut Crossings in Maumee, residents from Toledo and the surrounding communities have access to the most comprehensive cancer care options available anywhere in Northwest Ohio.

Developed in collaboration with the Barbara Ann Karmanos Cancer Institute in Michigan, this approximately 65,000-square-foot, \$32 million healthcare facility will provide outstanding patient-centered care and life-changing cancer therapies and treatments within a short drive for area residents.

“This new campus provides cancer care for many in their own backyard and creates easy access to the best care for both The Toledo Clinic and Karmanos patients,” said Mike D’Eramo, chief administrative officer at The Toledo Clinic.

Rex Mowat, MD, of The Toledo Clinic Cancer Centers added, “In creating this state-of-the-art healthcare campus, we’ve assembled a team of physicians and supporting staff with access to world-class research and clinical trials, diagnostics, treatment protocols, and technology, including telemedicine services. Best of all, the availability of this innovative facility in our local community means cancer patients no longer have to deal with the added stress of traveling out of town for treatment or to take part in clinical trials.”

The recognition that 30 to 40 percent of cancer patients in northwest Ohio were leaving the area to access some form of cancer care in cities such as Cleveland, Columbus, Ann Arbor and Detroit was among the major factors that prompted The Toledo Clinic to collaborate with regional partners in developing the new facility.

“We decided that instead of making area patients drive to the mountain, we’d bring the mountain to them. Having world-class cancer care nearby not only reduces

travel time, but it also allows patients to stay connected to loved ones while they undergo treatment,” says Dr. Mowat.

In addition to the combined expertise of providers from multiple leading cancer-treatment organizations from around the region, the Karmanos Cancer Institute at The Toledo Clinic Cancer Centers offers 22 exam rooms, an on-site pharmacy for oral chemotherapy medications and a modern radiation oncology suite including the latest-generation linear accelerator.

Additionally, there is an adjacent and free-standing laboratory and state-of-the-art imaging center available to the general public.

In addition, there are 24 infusion bays where patients receiving chemotherapy can relax in heated massage chairs during treatments, as well as take advantage of private rooms and spaces with home-like comforts and amenities, such as a selection of books, a fireplace and television.

Considerable research and effort were invested in the new building’s design, flow, and aesthetics with an emphasis on choosing materials and organizing spaces to promote an optimal healing environment, as well as maximize comfort and convenience for patients and their families, throughout the center. For example, the building’s floor-to-ceiling windows flood the facility with natural light and allow patients and their loved ones to connect visually with nature and the beautiful surrounding landscape.

Among the services available on the new Cancer Center campus are a clinical research program, genetic counseling, in-office treatments, cold-cap therapy for the prevention of hair loss during cancer treatment, support groups for patients and families, foundation support for patients requiring assistance with essential needs, patient assistance programs and hospital partnerships throughout the region.

“Collaborating with The Toledo Clinic gives cancer patients easy access to comprehensive cancer care,” says Justin Klamerus, MD, MMM, president of the Karmanos Cancer Hospital and Network. “The Karmanos Cancer Institute at The Toledo Clinic is the first site that we have opened outside of Michigan.

“Patients receiving care at each of Karmanos’ 16 network cancer centers, including our center in Maumee, have access to promising treatments and we are proud to now offer this opportunity through our strong collaboration.”

The Toledo Clinic Cancer Centers, located at 4126 North Holland Sylvania Road, Suite 105, also provides imaging, laboratory, chemotherapy, specialized pharmacy and IV services.

The cancer center consists of eight medical and three radiation oncologists along with 11 nurse practitioners and four research nurses.

The center also has satellite centers in Maumee, Napoleon, Bowling Green, Wauseon and Monroe.

The Toledo Clinic Cancer Centers has earned Patient-Centered Specialty Practice recognition and Oncology Medical Home recognition from the National Committee for Quality Assurance.

Oncology homes align systems and resources with coordinated care focused on cancer patients and their needs.

This reduces fragmentation, supports shared decision making and improves the patient experience.

They are the first oncology practice in the state of Michigan and the second oncology practice in the state of Ohio to receive this recognition.

**For more information,  
call The Toledo Clinic  
Cancer Centers  
at 419-479-5605.**



1200 Medical Center Parkway | Maumee, OH 43537

[ToledoClinic.com/Cancer-Center](https://www.ToledoClinic.com/Cancer-Center)



# How to overcome mental fatigue

Fatigue and exhaustion are often discussed in terms that characterize the physical effects that they have on the body. However, mental fatigue can be just as draining as physical exhaustion, even if its symptoms are not as evident as achy muscles or tired feet.

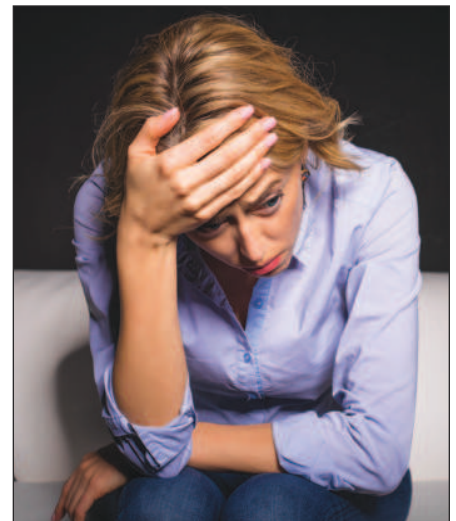
The online medical resource WebMD notes that mental fatigue typically arises when individuals focus on mentally challenging tasks for extended periods of time. Many individuals also experienced mental fatigue during the pandemic. Pandemic-related restrictions forced individuals across the globe to confront a number of unforeseen, unexpected challenges, including a sudden shift to remote work and school closures that forced working parents to juggle the rigors of their careers with the difficulties of remote learning. That upheaval contributed to prolonged mental fatigue for many individuals.

Much like athletes need routine breaks from exercise to let their muscles recover, individuals need to look for ways to give their overworked minds a chance to recuperate from fatigue. Each person is different, but these strategies can help people overcome mental fatigue.

•Take breaks from the news. Overconsumption of news is one potential contributor to mental fatigue. That is especially so in the digital age, when the latest headlines are never further than a smartphone away. The Johns Hopkins Women’s Mood Disorders Center notes that limiting news consumption during stressful times can be an effective way to reduce symptoms of stress, including mental fatigue.

•Schedule time to relax. The pressure to feel as if you should always be doing something, whether it is working, taking care of your family or tackling a to-do list around the house, can contribute to mental fatigue. Schedule time to relax and make a concerted effort to keep that time open. Avoid using scheduled relaxation time to work on household chores or check work emails. Instead, use this time to do something you find genuinely relaxing, even if that activity feels like you’re doing “nothing.”

•Spot the signs of mental fatigue. Another way to overcome mental fatigue is to learn to recognize its symptoms. Recognition of these symptoms allows individuals to use them as alarm bells that alert them when it’s time to take a step back and unwind.



WebMD notes that mental fatigue symptoms include mood-related issues like increased irritability or anger; difficulty concentrating that makes it hard to finish tasks; zoning out; difficulty sleeping; and engaging in unhealthy behaviors, including overconsumption of alcohol.

The signs of mental fatigue may not be as instantly recognizable as the symptoms of physical exhaustion. But mental fatigue can be just as dangerous as physical tiredness if left unchecked.

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