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# Health & Wellness

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## Salt Cave of Perrysburg open house is Nov. 17

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Salt Cave of Perrysburg will host an open house on Thursday, November 17, from 10 a.m. to 8 p.m. to demonstrate the benefits of pharmaceutical grade salt that can be absorbed in the body 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.

*During the open house, residents may tour the cave which has more than 5,000 pounds of pure Himalayan salt!*

“While the salt cave is great maintenance for your health, it can also be a great way to relax while gathering with friends. Our cave seats eight comfortably, and can be reserved for groups with eight or more,” said owner Heidi Locknane. “We offer savings on salt sessions with packages and monthly membership plans.”

Gift certificates are available and the unique retail shop offers many natural health and wellness items as well as Himalayan salt items and crystals. Great gift ideas for the holidays!

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- **Jewelry Making** open house class in our lobby with Bonita Bead Boutique in December.
- **Reflexology** is offered on Wednesdays at 1 p.m. and **reiki** weekly in the cave.

More monthly group classes in the cave with a variety of topics coming soon! Check our website and social media pages for details.

**The salt cave and sauna are booked by appointment only. Call us at 419-873-7300 or you can schedule at saltcaveofperrysburg.com.**

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# 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).



**Melinda Shinaver**  
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**Andrea Jaquette**  
Ohio License Number 1292715  
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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. We do not offer every plan available in your area. Any information we provide is limited to those plans we offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



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## Massage therapy provides relaxation, injury treatment and more

The variety of services at Body & Sole Massage Therapy and Reflexology Center can provide pain relief, relaxation, injury treatment, recovery from major illnesses, stress relief, health and wellness.

“Whether you want your massage to relax you, pamper you, restore natural flexibility or to treat painful muscle injuries, we invite you to put yourself in the capable hands of one of our professional licensed and certified therapists,” said Heidi Locknane, owner of Body & Sole, who is a licensed massage therapist and reflexologist.

Located at 214 Louisiana Avenue, Body & Sole’s staff includes 10 other licensed massage therapists who each have specialties.

Ms. Locknane welcomes new patients to appreciate the benefits of massage.

Clients often don’t realize how tense their muscles are—and how they are compensating in their movements to cope with that tightness.

“They might not feel tight, but there’s that immediate relief after the massage that releases them,” she explained.

“They’ll say they didn’t realize it was hurting.”

Much physical labor as well as office habits, such as sitting hunched over a computer for hours, can be harmful to the body.

“They are little things but they all build up with daily activities. You don’t realize how’s it affecting you until you get that relief. Then you can get back to doing the things you want to do.”

There are many benefits of a good massage—to relax and ease stress, to loosen muscles and eliminate knots and pain.

But now that cold and flu season is here, Body & Sole Massage Therapy and Reflexology Center is encouraging massage as a way to boost your immune system as well.

Ms. Locknane noted that regular massages have been shown to make the immune system stronger, according to studies.

“Massage promotes relaxation and promotes circulation,” she explained. “It also triggers measurable changes in the body’s immune and endocrine systems. A growing body of research indicates massage therapy can benefit the immune system.

“Good nutrition, rest and regular exercise are the basics of staying healthy,” Ms.

Locknane said. “However, you can boost your resistance even more by adding massage to your weekly or monthly routine.”

Body & Sole’s staff is dedicated to promoting health and wellness for their clients.

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 and cupping, along with facials, mud wraps, body scrubs and massages, for a full spa experience.

For more information, visit their website at [bodyandsolemessagetherapy.com](http://bodyandsolemessagetherapy.com) or call 419-873-7653.

Ms. Locknane encourages new clients to note any medical issues they have when making an appointment.

Appointments also can be made online through their Facebook page.



# Health care should revolve around you

Making sure your health care revolves around you should be as simple as an open and honest conversation with your doctor about your symptoms, struggles and concerns.

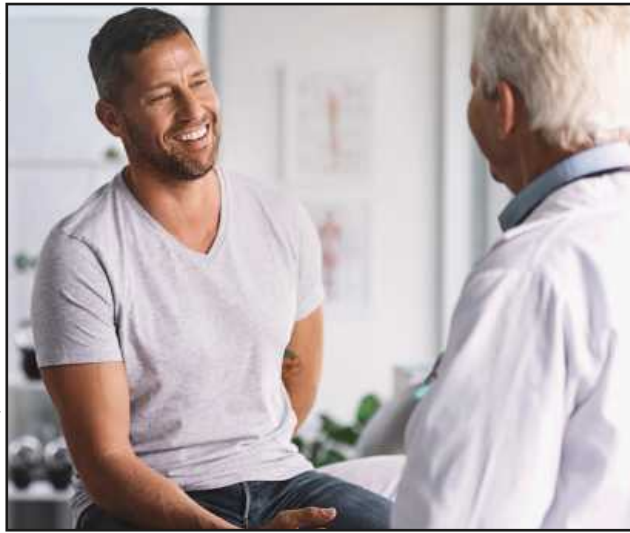
This allows your health care provider to provide more personalized care.

While it sounds simple, in reality, patients often struggle with how to open up to their doctors about sometimes uncomfortable topics. But doctors advise—don't be afraid to talk to your doctor about anything as the conversations you have with your doctor today may seem insignificant, but the information you share can help make a lifesaving diagnosis tomorrow.

Mercy Health primary care doctors offer a few tips that can help you prepare for your next appointment and take advantage of health care that revolves around you.

### Take advantage of technology including virtual visits

Although you may still need to come in for bloodwork or other preventative care



tests, conversations during virtual visits allow doctors to address mental health concerns with patients.

Also, sign up for My Mercy Health app, an online service that provides personalized secure 24/7 access to health care.

With My Mercy Health App, patients can make an appointment, view health information, get test results, refill prescrip-

tions and communicate with their care team even after they have left the office.

### Make a list of questions, concerns

Whether you are meeting a doctor for the first time, or you already have an established relationship, come prepared with a list of questions and concerns.

Be sure to take notes as you talk through everything or bring a friend or family member with you to help.

### Don't forget your medications

The main role of a primary care doctor is to coordinate care.

This includes coordinating all of your medications.

To ensure your doctor has a current list of all your medications, bring them with you to your appointment.

Be sure to include over-the-counter medications, herbal supplements and vitamins, as some of these products may not mix well with certain prescription medications.

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



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PRIMARY CARE FOR THE UNIVERSE OF YOU

# Understanding diabetic eye disease



Diabetes affects millions of people across the globe, and its prevalence has risen significantly in recent decades.

Data from the World Health Organization indicates that the number of people with diabetes nearly quadrupled between 1980 and 2014.

Life with diabetes can be challenging, especially when the disease leads to additional complications like vision problems.

The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) notes that diabetes affects the eyes when blood glucose, or blood sugar, is too high. The damage to the eyes caused by diabetes occurs over time and can contribute to poor vision and, in certain instances, blindness. As their vision worsens, people with diabetes may be diagnosed with diabetic eye disease, which is an umbrella term used to describe a handful of conditions.

Which conditions are included under the umbrella of diabetic eye disease?

The NIDDK notes that diabetic retinopathy, diabetic macular edema, cataracts, and glaucoma are some of the conditions included under the umbrella of diabetic eye disease. Though they might all be referred to as diabetic eye disease, each condition is different.

## Diabetic Retinopathy

Diabetic retinopathy affects the retina, which is the inner lining at the back of each eye. The retina senses light and turns it into signals that the brain then decodes. When a person has diabetic retinopathy, damaged blood vessels affect the retina.

These blood vessels may weaken, bulge or leak into the retina during early stages of the disease. If the disease worsens, some blood vessels may close off and cause new blood vessels to grow on the surface of the retina. Serious vision problems can develop when this occurs.

## Diabetic Macular Edema

The Mayo Clinic reports that diabetic macular edema occurs when tiny bulges protrude from the vessel walls and leak or ooze fluid and blood into the retina. This leakage causes swelling in the macula, which is the central part of the retina.

This is a serious issue, as the NIDDK notes that the macula is necessary for reading, driving and seeing faces. Swelling in the macula can eventually contribute to partial vision loss or blindness.

## Cataracts

Cataracts are not exclusive to people with diabetes. However, the NIDDK reports that the risk for cataracts is greater for people with diabetes than it is for people who are not diabetic. Cataracts are a condition marked by a clouding of the lens of the eye. According to the Cleveland Clinic, when a cataract clouds over the lens of the eye, the eye cannot focus

light in the way it needs to. That can lead to blurry vision or vision loss. Cataracts can occur naturally as a person ages, but the Cleveland Clinic notes that cataracts can form more quickly in people with diabetes.

## Glaucoma

Glaucoma also is an umbrella term that refers to various conditions that cause damage to the optic nerve.

The optic nerve is a bundle of nerves that connects the eye to the brain. The NIDDK notes that diabetes doubles a person's chances of having glaucoma.

Glaucoma is often marked by gradual vision loss, and the National Institutes of Health note that as glaucoma worsens, individuals may begin to notice they can no longer see things off to the side.

Early treatment of glaucoma can prevent further damage, though there's no cure. If glaucoma is not treated early, it can lead to vision loss and blindness.

Diabetic eye disease can have serious consequences.

Individuals with diabetes must be vigilant and address any issues with their vision immediately.



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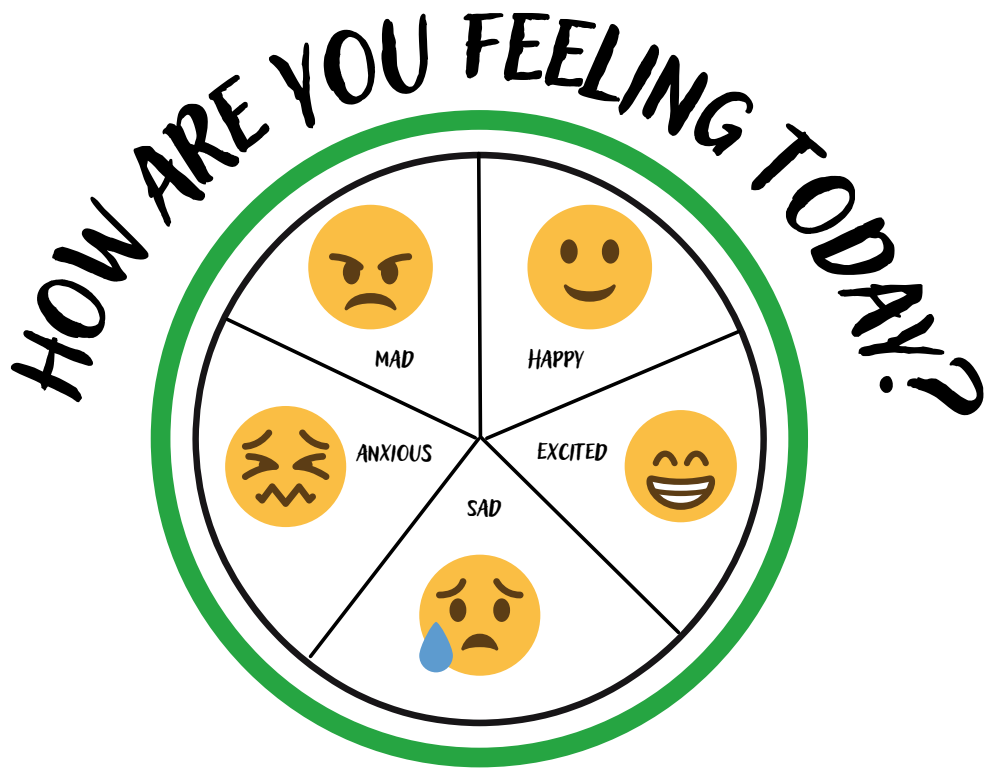



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**ALL FEELINGS ARE OKAY.**



## All feelings are okay

We can feel many emotions in a short period of time.

Think about when you start your day: you wake up feeling grumpy because you did not sleep well. You realize that it's your day off, and you feel relieved and happy about your day off.

You walk into the kitchen and feel frustrated when you realize that there is no coffee. But then your spouse walks in with a fresh brewed cup of coffee, and you feel grateful that they thought to make you coffee this morning. But then they start drinking it, and you are struck with annoyance that they got to the coffee maker before you.

During these thirty minutes, you felt six different types of emotions.

Emotions are important because they help to alert us of our values, perception of experiences and needs. But they can be difficult, and sometimes we will ignore them. This can lead to mental and physical concerns.

It's difficult though to manage emotions if we don't even know what we are feeling in the first place. Here are ways to identify

emotions:

- Ask yourself "What am I feeling?" Take a moment to notice what you are feeling. See what emotions arise and observe these feelings without judgement.

- Consider "Where do I feel it?" Notice in your body where you are experiencing this feeling.

For example, some people may feel anxiety in their gut or loneliness in their chest. This can also be helpful to find tension in the body.

- Think about why you're feeling this emotion. Feelings are not always rational, and we may have an emotional response that may relate to the present moment or it might be a trigger from past experience. Continue to sit with your experience and see if you can find what happened to cause this emotional response.

- Lastly, think about your needs. Determine what would help in that moment. Maybe practicing self-compassion and work on planning ahead of time will help with uncomfortable feelings.

We must feel difficult feelings to fully embrace and address them. It is easy to

find shortcuts through everyday occurrences and people, but we are the only ones who can control our emotions.

Be patient with yourself and acknowledge that this takes ongoing practice.

The more you can name your feelings, the more you can respond rather than react.

**Learn more about mental health resources by visiting the Wood County Alcohol, Drug Addiction and Mental Health Services Board website, [wcadamh.org](http://wcadamh.org).**





# Wood County Hospital named to Forbes “America’s Best Employers” list

On August 24, *Forbes* announced their 2022 list of America’s Best Employers by state.

The survey conducted to develop this list was through a collaboration with the market research company, Statista. They surveyed 70,000 Americans working for businesses with at least 500 employees.

The award was based on factors such as working conditions, salary, potential for growth and diversity to decide on the top 101 employers per state.

They also asked respondents how likely they would be to recommend their employer to others.

Of the thousands of companies eligible for this recognition, only a few in healthcare were awarded in each state.

“We’re thrilled to be recognized as the only community hospital in Ohio to be recognized in the *Forbes* America’s Best Employers List. The culture at Wood County

*Wood County Hospital was the only community hospital and one of only 17 hospitals and healthcare facilities in Ohio to be recognized.*

Hospital is one of collaboration and collegiality, that we support and nurture,” said Stan Korducki, CEO and president of Wood County Hospital. “We have an amazing group of employees that are dedicated to their patients 365 days a year. Our work force has created an environment that new people want to join and work at Wood County Hospital because they’ll be supported by their colleagues and then they stay.”

In addition to the *Forbes* recognition, earlier this year, the hospital also received recognition as a Top 100 Rural Hospital. Compiled by the Chartis Center for Rural Health, this annual recognition program honors outstanding performance among the nation’s rural hospitals and highlights

hospitals that are leading the way in care and utilize strategies and innovation to deliver higher quality care and better outcomes within rural communities.

“We are also grateful for this important recognition. Wood County Hospital is blessed to have an amazing staff that works tirelessly with our medical staff to deliver great care. The dedication of these professionals through the pandemic to provide excellent, efficient and safe care to patients from the communities we serve merits special notice. Our goal is to constantly advance great care and expand access in our service area,” said Mr. Korducki.

He noted that Wood County Hospital is proud of its work to be the best for both the community and its employees and will strive to be the hospital that Wood and the surrounding counties can always depend on.



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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?

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

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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.

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# Basics of diabetes and diet

The number of people living with diabetes has risen dramatically over the last four decades.

According to the World Health Organization (WHO), between 1980 and 2014, the number of people with diabetes rose from 108 million to 422 million.

The dramatic spike in diabetes cases in such a short period of time highlights just how big a threat the disease poses to the health of people across the globe.

That makes now a perfect time to learn more about diabetes and what individuals can do to manage their disease.

### What is diabetes?

Diabetes is a chronic disease related to how the body produces or utilizes insulin, a hormone that regulates blood sugar. Diabetes occurs when the pancreas does not produce sufficient insulin or cannot effectively utilize the insulin it produces.

### What is the difference between type 1 and type 2 diabetes?

The WHO notes that more than 95 percent of the people with diabetes have type 2 diabetes. According to the American Diabetes Association (ADA), type 2 diabetes occurs when the body does not use insulin properly, whereas type 1 occurs when the

body does not produce insulin.

### Can diabetes be managed?

It's important that individuals diagnosed with diabetes recognize that both types 1 and 2 can be managed.

The ADA reports that diet and routine exercise are vital to managing type 2 diabetes. The organization urges people who have recently been diagnosed with diabetes to speak with a registered dietitian nutritionist (RDN/RD) to find foods that are healthy and help them feel satisfied at the end of a meal. Lingering hunger may compel people to make poor dietary choices that could make their condition worse.

The ADA's "Nutrition Consensus Report," published in 2019, is a comprehensive review of 600 research articles over a five-year span conducted by a panel of scientists, doctors, endocrinologists, diabetes educators and dietitians.

That review emphasized the significance of working with an RDN, noting that recommendations about diet for diabetes patients must take factors specific to each individual, including their life circumstances and preferences, into consideration.

The review also noted that each person responds differently to different types of

foods and diets, so there is no single diet that will work for all patients.

Though there is no "one-size-fits-all" diet for people with diabetes, the ADA created the Diabetes Plate Method as a simple way to help people with diabetes create healthy meals.

The method urges individuals to fill half their plate with nonstarchy vegetables, such as asparagus, broccoli, green beans and salad greens.

One-quarter of the plate should be filled with lean proteins such as chicken, lean beef (cuts like chuck, round or sirloin), or fish (salmon, cod, tuna).

Plant-based sources of protein also count, and these include beans, lentils, hummus, falafel, edamame, and tofu, among other foods.

The final quarter of the plate should be reserved for foods that are higher in carbohydrates, such as whole grains (brown rice, quinoa, whole grain pastas), beans and legumes, or even fruits and dried fruit.

More people than ever before are being diagnosed with diabetes.

Diet plays a significant role in managing life with diabetes. More information can be found at [diabetes.org](http://diabetes.org).

## Alternative Physical Therapy



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## Healthy Halloween snack options

Halloween is a magical time of year. Homes are adorned with festive fall accoutrements, including hay bales, pumpkins and mums as well as the black, purple and orange decorations that are unique to a season of ghouls and goblins.

Although decorating is a large part of the fun of Halloween, the sweet treats that are distributed to trick-or-treaters and presented at Halloween parties are arguably the most popular component of this beloved holiday. Candy is everywhere come Halloween.

The National Confectioners' Association reports that Halloween is the largest confectionary holiday, followed by Easter and Christmas.

The National Retail Federation and NCA indicate the average American consumes 3.4 pounds of candy around Halloween, and 600 million pounds of candy are purchased across the country for the holiday.

Is it possible to escape the Halloween sugar overload?

For those who want to enjoy some healthier options than candy corns and other sweet staples, these ideas are not so frightening.

•**Pizza mummy:** Use slices of toasted sandwich bread or English muffins to make some spooktacular fare. Coat the bread with pizza sauce. Then place thin vertical slices of mozzarella cheese in a haphazard pattern to replicate the look of gauze on a mummy. Two



pieces of sliced black olives serve as the eyes.

•**White, orange and yellow platter:** Simulate the look of candy corns' white, orange and yellow color palette with healthier offerings. Stack cauliflower, or another white food like monterey jack cheese, baby carrots and yellow bell peppers on a platter. Serve with your favorite dip.

•**Deviled brains:** Turn regular deviled eggs into something more sinister for Halloween

buffet tables. Simply add food coloring to the filling to create a pinkish-brown hue that resembles a human brain. Then use a piping bag fitted with a thin icing tip to pipe the shape of brains onto the hardboiled egg halves.

•**Veggie skeleton:** Use assorted vegetable slices, cheese sticks, fruits, nuts, and more to inspire a Halloween-inspired charcuterie board. Arrange everything to resemble a skeleton on the platter.

•**Ghostly bananas:** Insert popsicle sticks into the bottoms of bananas and freeze until solid. Prepare white melting chocolate according to directions, then dip the frozen bananas into it. While wet, stick on two mini chocolate chips to make the eyes of the ghosts. Place in the refrigerator to harden.

•**Spider crackers:** Use buttery Ritz crackers or something similar for this recipe. Spread a relatively thick layer of cream cheese (or peanut butter if allergies are not a concern) on one cracker. Cut thin pretzel sticks in half and use four on each side to make spider legs, sticking them into the cream cheese. Top with another cracker and secure to the cream cheese. Raisins connected with more cream cheese complete the eyes of the spiders.

Anyone can use his or her imagination to make delectable and healthy Halloween offerings in lieu of more sweets.

## What is Movember?

If you think you're seeing more moustaches lingering over men's upper lips as November unfolds,



chances are your eyes are not deceiving you.

November has long been synonymous with Thanksgiving and the start of the holiday season, but it's also taken on a whole new persona in

recent years, and moustaches are a significant part of that new identity.

Arguably as popular as ever, Movember is a public health-focused effort designed to raise awareness of and support research into men's health issues such as prostate cancer, testicular cancer and suicide.

Men who participate in Movember typically begin growing moustaches on November 1 and keep them throughout the month.

The origin of Movember can be traced to 2003, when two men in Australia, Travis

Garone and Luke Slattery, met for a beer in Melbourne. At that point in time, the popularity of moustaches had waned, but Mr. Garone and Mr. Slattery joked about restoring the stache to its once-lofty status.

At the time, a friend's mother was fundraising for breast cancer, and the two men were inspired to combine efforts to bring back the moustache and raise awareness about men's health and prostate cancer. In a testament to the two friends' skills in the art of persuasion, they were able to find 30 men willing to take up the challenge to grow a moustache.

Those who accepted the challenge agreed to follow the rules of Movember, which included paying \$10 to grow a moustache.

That initial campaign generated significant enthusiasm among the initial participants, so the following year a decision was made to formalize their efforts and officially support a worthy cause re-

lated to men's health.

After some research, prostate cancer was chosen as the issue to formally support. The Prostate Cancer Foundation of Australia, though not an official men's health partner of Movember, agreed to accept any funds generated by the 2004 campaign.

By that time, 450 men, including some in Spain and the United Kingdom, had agreed to take part, raising more than \$50,000.

Nearly 20 years later, the moustachioed movement is still going strong, having funded more than 1,250 men's health projects since its inception.

Individuals interested in learning more about Movember can visit [us.movember.com](http://us.movember.com).



# Is 3D mammography right for you?



Mammograms take images of breast tissue to determine the presence of abnormalities, including lumps.

Women may undergo traditional, 2D mammograms, but increasingly many healthcare facilities are now employing 3D technology because it can provide clearer pictures.

A 3D mammogram, also called digital tomosynthesis, takes several different X-rays

of the breasts and combines those images to establish a three-dimensional picture.

The Mayo Clinic says that a 3D mammogram is typically used to search for breast cancer in people who may have no outward signs or symptoms. It also may be used to help diagnose the cause of a breast mass or nipple discharge.

Doctors may suggest 3D imaging to

get a better look at any growths or help identify the source of any symptoms a person may be concerned about.

Two-dimensional mammograms are still the industry standard.

The 3D versions are obtained in a similar fashion by pressing the breasts between two imaging plates. Rather than just taking images from the sides and top to bottom, the

3D version will take multiple angles to make a digital re-creation of the breast.

Medical News Today says this enables doctors to look at small, individual sections of the breast tissue that may be as thin as just a single millimeter. A study published in the journal JAMA Oncology says cancer detection rates are higher in people who do 3D imaging over time. Three-dimensional mammograms can be useful for women with dense breast tissue or those at higher risk for breast cancer. Experts at MD Anderson Cancer Center advise any woman who needs a mammogram to get the 3D version. However, 3D mammography may not be covered by all insurance plans.

It is important to note that a 3D mammogram releases the same amount of radiation as a traditional mammogram. It is of no greater risk to the patient, and it is approved by the Food and Drug Administration. Also of note, because 3D mammograms produce more images, it may take a radiologist a little longer to read one than it would a 2D mammogram.

Three-dimensional mammograms are an option for women screening for breast cancer.

## Adopting a vegan lifestyle

People choose to follow a vegan lifestyle for a variety of reasons.

Some may be concerned about live-

stock's effects on climate and the environment in general, while others have strong feelings about the way animals are treated during the food production process.

Still others may have received information from their doctors that a plant-based diet can help reduce their risk for diabetes, heart disease and certain cancers.

Whatever the reason for embracing a vegan lifestyle, individuals should do their research first so their transition is safe and smooth.

### Familiarize yourself with vegan rules

Being vegan is different from vegetarian eating.

Rather than simply avoiding meat like vegetarians, vegans do not bring any animal products into their homes. This includes eggs, milk, cheese and any other ingredient derived from animal sources, including honey.

Vegan.com says a vegan diet never contains any byproducts of animal agriculture, such as lard, gelatin or whey.

### Explore vegan foods

Certain foods are staples of a vegan

diet. These include grains, beans, nuts, tofu, tempeh, nut milks, fruits and berries, and vegetables. In addition to these items, a greater number of vegan-friendly products are available to help those who are vegan enjoy their favorite indulgences without compromising their ideals.

These include vegan chocolates, "cheeses," coffee creamers and more.

Most natural food stores and even mainstream supermarkets sell at least one vegan alternative for every popular non-vegan food. Vegan food companies continue to produce delicious and innovative items to make vegan living even more convenient.

### Speak with a doctor

Those who want to switch to vegan eating can schedule chats with their doctors about the pros and cons of removing animal products from their diets.

This is a safer way to know if there will be any medical complications to doing so.

Avoiding animal-based foods does not typically lead to any negative consequences, though individuals may need to rely on supplementation to ensure they get enough vital nutrients in their diets.

### Start gradually

Rather than focusing on what a person can't eat, he or she can be inspired by all of the new products to try and recipes to make at home.

This can make veganism seem less like a sacrifice and more like an active choice. One can try switching over for a few weeks to see how he or she feels.

Dr. Neal Barnard of the Physicians Committee for Responsible Medicine recommends starting by collecting a couple of plant-based recipes first and trying them out over the course of one to two weeks. Then follow that with a three-week commitment.



The transition to a vegan lifestyle can be made gradually and with purpose for those who no longer want to consume animal products.

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# Full scope of breast care services offered at McLaren St. Luke's

Breast cancer is the number one type of cancer in women in the United States. While death rates have been steady in women under 50, they have continued to drop in women over 50.

These decreases are thought to be the result of treatment advances and earlier detection through screening.

McLaren St. Luke's provides state-of-the-art mammography systems, which are saving lives by detecting breast abnormalities earlier than ever. McLaren St. Luke's offers the following:

### 3D Mammography

Tomosynthesis 3D imaging, also known as 3D digital mammography, is a screening or diagnostic tool producing images as small as one millimeter thick. 3D technology is an imaging test that combines multiple breast X-rays to create a 3D picture of the breast.

McLaren St. Luke's offers both 3D and standard 2D images, when combined, reduces the need to take additional imaging and slightly increases the number of cancers detected.

Using 3D imaging allows our board-certified radiologists to detect breast cancer earlier.

### Ultrasound

Doctors use a breast ultrasound to help diagnose breast abnormalities, such as a lump, detected during a physical exam or on a recent mammogram. Ultrasound produces detailed images of the breast tissue that is used to characterize potential abnormalities seen on a mammogram or breast MRI.

Breast ultrasound is often used when a change has been seen on a mammogram or when there is a palpable lump felt but is not visualized on a mammogram.

### MRI

For certain women at high risk for breast cancer, a screening breast MRI is recommended in addition to a yearly mammogram. A breast MRI requires special equipment and dedicated breast coils used to image the breast tissue. It's important to have a breast MRI at a facility, like McLaren St. Luke's, that has dedicated equipment and can do an MRI-guided breast biopsy.

### Biopsy

McLaren St. Luke's is proud to offer advanced breast biopsy technology from Ho-

logic. A biopsy may be ordered when a mammogram or other breast imaging such as an ultrasound, reveals an abnormality or when a physician notices something suspicious. A biopsy is only recommended if there's an abnormal finding on a mammogram, ultrasound, or MRI, or if there is a concerning clinical finding.

### Nuclear

Sentinel node mapping may be performed in conjunction with breast cancer surgery, such as a mastectomy, to assess the lymph nodes in the underarm area for evidence of cancer. If cancer cells are present, the surgeon may remove the remaining lymph nodes from the area and conduct further testing to determine whether the cancer has spread beyond the lymph nodes.

### Schedule an annual screening mammogram today—don't delay!

At McLaren St. Luke's we offer the convenience of online scheduling for your annual mammogram. If you have a doctor's order for a screening mammogram, you can schedule an appointment online at [mclaren.org/Stlukesmammogram](http://mclaren.org/Stlukesmammogram).

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## **McLAREN ST. LUKE'S REHABILITATION SERVICES LOCATIONS:**

### **McLaren St. Luke's Outpatient Center**

5901 Monclova Rd  
Maumee, OH

### **McLaren St. Luke's Medical Office Building**

6005 Monclova Rd  
Ste. 225  
Maumee, OH

### **Waterville Medical Building**

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