

In Every Issue

- 2 Opening Thoughts
- 9 Seniority
- 10 Appetite for Health
- 12 A Healthy Dose

Cover Feature

Sticking with It. Meredith Vieira delivers more than just the morning news. As a successful journalist, mother of three and caregiver for her husband, she is an inspiration to all. **Page 26.**



Features

4 A Solid Reputation Patients needing both inpatient and outpatient rehabilitation can count on the specialists at Euclid Hospital to help them restore motion, movement and quality of life.

6 Heeding the Call Before taking on his new role as chairman of the department of medicine, Keyvan Ravakhah, M.D., already had an impressive array of achievements to his name, including the successful residency program at Huron Hospital.

18 Head to Toe Exploratory surgery used to be standard when doctors wanted to peek inside you to make a diagnosis. But today, imaging technology lets doctors see everything from head to toe without even touching a scalpel.

22 Catch It Early Because of improved cancer screening technology, colorectal cancer is more preventable than ever. Find out how doctors can catch the disease before it even begins.

34 For Women Only Some women may find certain health conditions unmentionable—even with their doctors. Check out three conditions that women should never hush up about.

38 Get 'Em While They're Young Heart disease is the leading cause of death in the U.S. and often starts with obesity and diabetes in childhood. Here are five real-world ways to make your home a heart-healthy one for you and your kids.

46 It's Good to Give When you donate to a local hospital, you'll be giving the gift of better health to others. Learn more about the emotional and financial benefits that come from making a contribution.

page 4



49 Caring for Children Cardiologists from the Cleveland Clinic Children's Hospital are now providing the same exceptional care for pediatric patients on the east side.

50 Well Informed Learn about the benefits of joining Cleveland Clinic health system's Healthwise Connection program.

51 It's Hip to Be Resurfaced A less-invasive alternative to total hip replacement, hip resurfacing means a faster recovery and more options later in life for younger patients.

52 Back on Her Feet Again A new minimally invasive spinal surgery helps one patient overcome debilitating pain and make a smooth recovery.

54 Think Fast A local police sergeant is back on the job after a heart attack, thanks to a quick-acting emergency team and a talented cardiac rehabilitation team at Sagamore Hills Medical Center.



page 54