Adopt lifesaving, lifestyle changes now

The Freedom 55/65 staff encourages you to take care of yourselves and to take responsibility for your good health. By maintaining wellness, becoming educated about illness and injury, and adopting healthy lifestyles, you may save or prolong your life and enhance its quality — not to mention saving money on treating actual illness.

Wellness efforts can make a real difference in your life. Freedom 55/65 News will help you practice good health habits, avoid known health risks and keep you informed on a variety of health topics.

Is there a topic or issue that is of interest to you? If so, your care coordinator wants to know. Call Joe at 283-7253 or Val at 649-6994. As always, we'll do our best to meet your needs.

New Hope For Patients With Gum Disease

Fear of pain keeps an estimated 34 million Americans from visiting a dentist regularly, many of whom develop a serious and progressive deterioration of their oral and systemic health. In fact, strong evidence linking periodontal disease to cardiovascular disease and stroke is reported in a 1989 Finnish study. An estimated 87% of Americans have some

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1995 Women's Health Symposium

“L’Chaim! Here’s To Your Health!” is a one day women’s health symposium, designed to offer women of all ages up-to-date and down-to-earth health information. Topics range from current methods of detecting and treating breast cancer, to recognizing symptoms of heart disease, to learning ways to reduce stress.

“L’Chaim! Here’s To Your Health!” is cosponsored by WomenSource, the education and information resource of Women’s Health Services at Sinai Samaritan Medical Center and Hadassah-Milwaukee Chapter. The program will be held Sunday, March 26, at the Italian Community Center from 9 a.m. to 3 p.m. The $18 registration fee includes breakfast, lunch and materials.

To preregister or for more information, please contact Janine Arseneau at Women’s Health Services, 344-0233.

Women’s Conference Series

“Through the Seasons of a Woman’s Life”

“Laughter - The Best Stress Medicine”
Karen Kohlberg, author, motivational speaker and “enter-trainer”
Wednesday, February 22 at 7:30 p.m.

Kathy Barthels, MSE, NCC, marriage, family and individual counselor
Wednesday, March 22 at 7:30 p.m.

“Sex in the Year 2000 - If Not Sooner!”
Sylvia Hacker, PhD, professor of nursing, public health and human sexuality, author and columnist
Wednesday, April 26 at 7:30 p.m.

All sessions will take place at the Jewish Community Center, 6255 N. Santa Monica Boulevard, Whitefish Bay. The fee is $6 for each session.

“Through the Seasons of a Woman’s Life” is sponsored by WomenSource of Sinai Samaritan Medical Center and the Jewish Community Center. For more information or to preregister, contact Susan Roth at the Jewish Community Center, 964-4444.

Give Back What You Have Been Given - Volunteer!

Imagine what the world would be like if we all viewed each day as an opportunity to help someone or something! Imagine how wonderful it would be if we became interested and involved in one another’s lives! Well . . . you don’t have to imagine because that opportunity is available to you simply by volunteering.

Volunteering is a way to give back some of the many gifts that you have received throughout your life. It’s a way to feel good about yourself — physically, mentally and spiritually. There is always something you can do despite any physical limitations you may have. Volunteers are needed in many places and in varying capacities throughout our medical centers, from the information desk to the gift shop to an office and more.

It only takes a couple of hours a week to make each day count. You have so much to give! So, why not . . . volunteer?

To learn more about the many ways to help, please call Sinai Samaritan’s Volunteer Services at 283-6847 or St. Luke’s Volunteer Services at 649-7022.
More Common Than You Think

Part 1

Dianne L. Zwicke, MD

In part 1 of this two part series, you’ll read Dr. Zwicke’s personal perspective on women and heart disease and you’ll learn about its symptoms. Be sure to look for part 2 of Women and Heart Disease in the next issue of Freedom 55/65 News. You’ll learn about how heart disease is diagnosed and treated and you’ll read Dr. Zwicke’s “word to the wise.”

women may not recognize their symptoms as indicative of heart disease, or may not fully convey the symptoms to their doctors . . .”

Each year in America, cardiovascular disease kills more than 250,000 women. Women, compared to men, are much less likely to survive a heart attack.

It’s true that women seek medical care more often than men. Yet their cardiac conditions are often overlooked altogether, or long delays in diagnosis occur. There are three reasons why this happens.

First, women may not recognize their symptoms as indicative of heart disease, or may not fully convey the symptoms to their doctors - perhaps out of fear of being labeled as hypochondriacs.

Second, women may only mention their symptoms in passing during an annual physical or gynecological checkup; thus little emphasis is placed on them. (Men, in contrast, often go to a doctor with a specific complaint that demands evaluation.)

Third, complaints may not be taken seriously because the woman is comparatively young; the symptoms have been present for a long time; the symptoms are different from those usually experienced by men; or the doctor’s perception is that women simply should not have heart disease.

A PERSONAL PERSPECTIVE

In my practice I often see women who have had clear-cut symptoms of angina - the most common sign of heart disease - for six to 12 months. Many have already seen two or three doctors, undergone basic testing (EKG, echocardiogram, Holter monitor) and been told that everything is fine. They interpret this to mean that it’s all in their head and they apologize for being in my office and wasting my time.

However, in nine out of ten of these women, I find real problems needing treatment. The remaining ten percent receive the reassurance of follow-up observation and counseling and support to help cope with their symptoms.

In order to appropriately diagnose and treat women, doctors need to be aware of how heart disease presents itself in women. They also need to order the appropriate studies to make an accurate diagnosis.

“Don’t ignore your symptoms - without treatment, those symptoms may lead to a heart attack.”

HEART DISEASE SYMPTOMS

Angina commonly presents itself in women as an intermittent ache in the chest, often related to emotional stress. The pain usually subsides in several minutes. There may also be radiation of the pain to the jaw, neck or arm.

In addition to angina, some women have other symptoms such as sweating, nausea, palpitations (a sensation that the heart is beating much stronger or

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Glaucoma

Glaucoma is one of the leading causes of blindness in the United States. The real tragedy, however, is that much of this vision loss could be prevented with greater knowledge about the disease and how it works.

What is glaucoma?

Glaucoma (pronounced “glau-koma”) is a condition in which the fluid pressure in one or both eyes builds up to an abnormally high level. The build-up of pressure cannot be felt or self-detected. If this elevated pressure persists over a period of time it can damage the optic nerve, which carries visual information from the retina (the back layer of the eye which is sometimes compared to film in a camera) to the brain.

Although peripheral (side) vision is generally damaged first, persistent untreated high pressure can lead to loss of all vision. Glaucoma is not malignant, infectious, cancerous or contagious and it is not directly related to blood pressure. Eye damage caused by glaucoma is permanent and irreversible.

What are the signs and symptoms of glaucoma?

Glaucoma is often called the “sneak thief of sight” because it does not usually present symptoms until very late in its course. Signs include frequent changes of glasses that don’t seem to help, loss of side vision, inability to adjust eyes to darkened rooms and blurred or foggy vision, especially on awakening.

How is glaucoma treated?

Most cases of glaucoma are treated by daily use of eye drops. These medications reduce the amount of fluid produced within the eye and/or increase the flow of fluid out of the eye. If the pressure is not adequately controlled with eye drops, then the use of oral medications, laser therapy or surgery may be necessary. Thus far, vitamins have not been proven to prevent or treat glaucoma.

Who is at risk?

Individuals who have diabetes, family members with glaucoma, a history of previous eye injury or surgery, or who take cortisone medications, experience a higher risk for developing glaucoma. Also, African Americans are at greater risk.

What is the best protection against loss of vision from glaucoma?

Since glaucoma usually does not present symptoms until very late in its course, the earlier it is discovered, the greater the chance of preventing vision loss. Routine eye examinations, about every other year, are important for anyone past the age of 35. More frequent examinations are recommended for individuals in a high risk group. People who have been diagnosed with glaucoma should always take their eye medication as prescribed.

To learn more about glaucoma, call 321-7035 for a free copy of the large-print, color booklet “Insights Into Modern Glaucoma Diagnosis and Treatment,” co-written by Dr. Sucher.

Freedom 55/65 members may take advantage of free glaucoma screenings. To schedule an appointment, contact:

Milwaukee
• St. Luke’s Specialty Services 649-6019
• Sinai Samaritan Medical Center 283-6237

Plymouth
• Sheboygan Clinic 2636 Eastern Avenue Dr. Steven Eggert, 893-4010

Sheboygan
• Sheboygan Clinic 2414 Kohler Memorial Drive Ophthalmology, 457-4461

Don’t forget to mention that you are a member of Freedom 55/65.
Women and Heart Disease

faster than usual), dizziness or fainting.

Of all women diagnosed with heart disease, half are diagnosed after evaluation of angina. Sixty percent of men diagnosed with heart disease have already had a heart attack or sudden death. These statistics underscore the importance of taking the warning signs seriously and seeking help early. Don’t ignore your symptoms - without treatment, these symptoms may lead to a heart attack.

Dianne L. Zwicke, MD, is an associate professor of medicine with the University of Wisconsin Medical School, Milwaukee Clinical Campus. She is Director of Cardiac Critical Care Services and Director of the Cardiovascular Fellowship Training Program at the Milwaukee Heart Institute of Sinai Samaritan Medical Center.

My Fair Lady

Most everyone enjoys a musical experience. That’s why we are pleased to offer you and your guest this special opportunity to enjoy Milwaukee’s arts.

The Milwaukee Symphony Orchestra and Freedom 55/65 invite you to The Milwaukee Symphony Pops performance of the concert version of My Fair Lady with Neal Gittleman, conductor. The concert features the MSO Chorus under the direction of Lee Erickson and other guest vocalists. My Fair Lady begins at 2 p.m. on Saturday, April 29, in Uihlein Hall at the Performing Arts Center, 929 North Water Street.

Freedom 55/65 members and their guests receive a discount of 25% off the original priced tickets.

Name ____________________________
Phone ____________________________
Address __________________________
Zip ________________________________

Number of tickets:
Orchestra (regularly $27.00) ______@ $20.25 = $ ________________
Loge (regularly $24.00) ______@ $18.00 = $ ________________
Balcony (regularly $14.00) ______@ $10.50 = $ ________________
Ticket total: _______________________

Total amount enclosed $ ________________

Make checks payable to Milwaukee Symphony Orchestra. Then mail your check, this completed form and a self-addressed, stamped envelope to: Audrey Baird, Director of Group Sales 330 East Kilbourn Avenue, Suite 900 Milwaukee, WI 53202-6623

Ticket order deadline is April 8. If you have any questions, please call The Milwaukee Symphony at 291-6010.
Coping In A New World - Handling Your Finances
Leandra Sell & Joel Blumenschein, investment consultants, Principal Financial Securities
Get a clear picture of your financial goals. Where is your income coming from? What investments do you have? What do you owe? What are your goals?

Wednesday, February 22
Newtowne Medical Center - Community Room
1575 N. RiverCenter Drive

Choosing Financial Advisors
Bruce R. Heling, CPA & certified financial planner, Heling Associates, Inc.
Learn what questions you should ask and how to make sure the advisor you are considering is right for you.

Wednesday, March 1
St. Luke's Medical Center
Stiemke Auditorium

America's National Parks Preview
Previews for an 11 day tour of America's National Parks will be presented on Tuesday, February 21, at Newtowne Medical Group, 1575 N. RiverCenter Drive and Tuesday, February 28, at St. Luke's Medical Center. Both previews will be at 2 p.m. Refreshments will be served. For reservations call Val at 649-6994 or Joe at 283-7253.

For further information on the tour or for a detailed itinerary, please call Julie or Marilyn at Omega World Travel, 423-2412.
# Community Classes

## Milwaukee Heart Institute
960 N. 12th Street
Milwaukee

### Think Light!
Weight management taught by a registered dietitian, exercise physiologist and behavior medical specialist.
10 weeks, beginning April 5, at 7 p.m.
Fee: $150 / person, $250 / couple

Please call to register.
283-7442

### Executive Fitness Program
Led by an exercise physiologist and a registered dietitian; includes pre- and post-testing.
10 weeks, Mondays, Wednesdays, Fridays, beginning April 13, from 6:15 a.m. - 7:15 a.m.
Fee: $300 per person

Please call to register.
283-7442

### Getting Ready to Quit Smoking
Taught by a certified smoking cessation instructor.
April 13, from 4-5 p.m. or
April 18, from 12-1 p.m.
Fee: $5

Please call to register.
283-7442

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## St. Luke’s Medical Center
2900 W. Oklahoma
Milwaukee

### Sleep Disorder Seminar
February 20, from 7-8:30 p.m.
Please call to register.
649-6573

### Sleep Apnea/CPAP Support Group
March 13, from 7-8:30 p.m.
Please call to register.
649-6573

### STEP UP
Exercise and toning for older adults.
Doctor’s consent required.
8 weeks, Tuesdays & Thursdays,
April 4-May 22, from 8:15 - 9 a.m.
Fee: $25

Please call to register.
546-5460

### Narcolepsy Support Group
April 17, from 7-8:30 p.m.
Please call to register.
649-6573

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## Newtowne Medical Group
1575 N. RiverCenter Drive
Milwaukee

### Pain Support Group
Relaxation, stress management and emotional coping skills for chronic pain sufferers and families.
Every 3rd Tuesday at 5:30 p.m.
Free

Please call to register.
937-5241

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## St. Luke’s Sports Medicine & Rehabilitation Center
2000 E. Layton, Suite 160
Milwaukee

### Total Knee and Hip Replacements
February 15, 7-8:30 p.m.
Please call to register.
747-8400
New Hope For Patients With Gum Disease

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form of periodontal disease that has gone untreated until recently. Thanks to a procedure using a carbon dioxide laser, people can now receive treatment with minimal pain.

“The reality is that the laser is a relatively painless tool,” said Dr. Jorge Pinero, the dental surgeon on staff at St. Luke’s Medical Center who initiated dental laser surgery there. The mere fact that a dentist is using a laser can make a procedure seem less menacing to the patient.

The FDA has approved the use of dental lasers for soft tissue procedures such as gum surgery. At St. Luke’s, a carbon dioxide laser can be used instead of a scalpel or other hand instruments. Advantages to using the laser include:

- sterilization as it cuts
- virtually no bleeding
- minimal swelling, scarring and pain
- reduction in operative time because of decreased bleeding and need for sutures
- healing time that is three times faster than with conventional scalpel surgery

“We anticipate this laser technique can now offer hope for 34 million Americans who currently do not seek treatment due to their fear of pain,” said Dr. Pinero.

St. Luke’s is one of the first centers in the nation utilizing lasers in dentistry.