



Dr. Locke's Prescription for a Better Life



Crippling Knee Pain – What to Do?

Knee pain is one of the most common musculoskeletal complaints that bring people to their doctors. Pain can be acute (immediate) or chronic (long term). [Read an overview](#) from Dr. Susan Locke, Healthnetwork Medical Director, as she outlines the causes, symptoms, evaluation and treatment of acute knee pain.

Are you worried about the pain in your knees? Your hips or shoulders? Healthnetwork partners with the best orthopedic centers in the country. For an appointment, call our office today 866-968-2467 or 440-893-0830 or email us at help@healthnetworkfoundation.org.



Dr. Locke's article "Memory Loss: What's Normal, What's Not?" in last month's *Pulse* received a great deal of interest. With this in mind, we wanted to share with you another great article by Dr. Locke: ["20 Ways to Keep Your Mind Sharp."](#)

In The News



US News & World Report: Best Hospitals Ranking

They surveyed nearly 10,000 specialists and sifted through data for almost 5,000 hospitals to rank the best in 16 adult specialties and 10 pediatric specialties to help you find the one that's the best for you and your family. Only 140 hospitals were nationally ranked in one or more specialties. Please [click here](#) to see this year's Hospital Honor Roll.

Congratulations to **Johns Hopkins, Mayo Clinic, Cleveland Clinic, UCLA Medical Center, UCSF Medical Center** and **Duke University Medical Center** who rank within the top 10 hospitals across the country. Further kudos go out to all of our hospitals who remain highly ranked in their specialties.



When in Doubt, Cut it Out

Cases of melanoma are on the rise, and you almost can't be too careful. It's shocking that the incidence of new cases is now greater than the combined number of breast, lung, prostate and large bowel cancers. Please [click here](#) to get **Memorial Sloan-Kettering Cancer Center's** advice on prevention.



Sleep Tips: 7 Steps to Better Sleep

Feeling crabby lately? Or simply worn out? Perhaps the solution is better sleep. It's no wonder that quality sleep is sometimes elusive, as a lot of factors can interfere with a good night's sleep. Please [click here](#) to start with these simple sleep tips from a **Mayo Clinic** specialist.



50% Of Alzheimer's Cases Preventable With Lifestyle Changes

More than 50% of cases of Alzheimer's Disease could be prevented through lifestyle changes and treating and preventing chronic conditions. Please [click here](#) to discover the findings of the researchers from the **University of California, San Francisco (UCSF)**.



"This was the greatest thing I have ever done."

When it comes to my health, I am trying stay ahead of the game and an Executive Physical is a great way to accomplish this! I heard wonderful things about the Cleveland Clinic program from my friends and some educators. One of my friends raved about how great and efficient it is.

Please [click here](#) to read about Karen's experience at **Cleveland Clinic Florida**.

Karen Bentlage

President, Future Industries | Shelton, Connecticut
Healthnetwork GOLD Supporter

Please Welcome

Liaisons of the Month

Mary Ellen Cozad, our liaison at the **Cleveland Clinic** in Cleveland, Ohio, is always ready to assist. We hold her in the highest regard. She always puts



Please welcome the newest member of the Healthnetwork Medical Coordinator Team: [Linda Bednar](#).

Linda shares her generous spirit and compassionate nature in a way that will make you feel you are in good hands. Her past experience in human resources will serve her well in her role as Medical Coordinator.

the patients' needs first and makes a great personal connection.

Karen Christian, our liaison at **UC Health-University Hospital** in Cincinnati, Ohio, is truly a wonderful resource! Whether it is during or after normal office hours, you can be certain you will get a response. Karen is always willing to go the extra mile for Healthnetwork and our members!

Thank you **Mary Ellen** and **Karen** for being so caring and attentive to our members.

Dedicated to providing you and your loved ones timely medical information, facilitated access to leading physicians and world-class medical care at America's top hospitals

Healthnetwork Foundation
33 River St., Chagrin Falls, OH 44022
866-968-2467 (US)
440-893-0830 (International)

help@healthnetworkfoundation.org
www.healthnetworkfoundation.org

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