



October 2010

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At Healthnetwork, we are 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.

One Call Starts It All: 866-968-2467, 440-893-0830
or email help@healthnetworkfoundation.org

Breast Cancer Awareness Month



In honor of National Breast Cancer Awareness Month, Healthnetwork is promoting the amazing story, *Stealing Second Base: A Breast Cancer Survivor's Experience and Breast Cancer Expert's Story* by Lilli Shockney, R.N., B.S., M.A.S.

Ms. Shockney is a recipient of the 2009 Healthnetwork Service Excellence Award. She is a noted author, nationally recognized public speaker, and University Distinguished Service Assistant Professor of Breast Cancer at **Johns Hopkins Hospital**.

[Click here](#) to receive your free copy. Please include name, phone number and shipping address. Supplies are limited.

Dr. Locke's Prescription for a Better Life: The Run Down on Foot Health



Those stilettos on your feet may look good, but are your feet paying the real price? Wearing heels higher than two inches can cause back pain, hip pain, calf pain and knee pain. Poor-fitting shoes combined with genetic factors may lead you down the path of impaired foot and ankle health. For more information, I turned to Jonathan T. Deland, M.D., Chief of the Foot and Ankle Center at **Hospital for Special Surgery** in New York. [Read more](#)

Follow Susan Locke, M.D., Healthnetwork's Medical Director, as she provides a monthly [Prescription for a Better Life](#).

Healthnetwork Success Story: Harriet Bauknight



"I started seeing Dr. Jonathan Deland at **Hospital for Special Surgery** in December 2008. When I arrived for the initial consultation, Dr. Deland and his office staff were astute, very involved and they explained everything in detail. They made me feel like a participant in the process instead of an onlooker. I returned to see Dr. Deland for foot surgery in March 2009. All I can say is that he did his job to perfection."

Harriet and Clarence Bauknight

Greenville, South Carolina

Healthnetwork GOLD Supporters

Healthnetwork Celebrates New Alliance



Healthnetwork's newest partner is **Lindner Center of HOPE**. Located on 36 secluded, wooded acres in Mason, Ohio, Lindner Center specializes in treating adults and adolescents with mental health and substance abuse issues. If you or someone you love suffer from a mood disorder, eating disorder, anxiety disorder, obsessive-compulsive disorder or addictive disorder, contact Healthnetwork today. You are not alone.

[Read more](#) about Lindner Center and all of the Cincinnati health care options.

In the News

Prostate Screening Simplified



They say screening saves lives, or does it? Sometimes the treatment is worse than the diagnosis. How do you determine if prostate cancer screening is right for you? According to researchers at **Memorial Sloan-Kettering Cancer Center** and **Cleveland Clinic**, age plays an important role. [Read more](#)

Integrative Medicine Uncovered



Don't be surprised if an integrative medicine doctor prescribes acupuncture for fibromyalgia or magnesium supplements for fatigue, insomnia, constipation and headaches. Integrative medicine is a growing industry in the U.S., adopted by an increasing number of top-rated hospitals such as **Cleveland Clinic, Duke and UCSF Medical Center**. Advocates swear by these nontraditional practices and hospitals and physicians use it as a complement to conventional Western medicine. [Read more](#)

Benefits of Massage



Alternative medicine supporters, rejoice! Research from **Cedars-Sinai Medical Center's** Department of Psychiatry suggests the benefits of massage may extend beyond muscle relaxation. Just a single session can cause biological changes. [Read more](#)

Keep your health moving in the right direction. Contact Healthnetwork to make an appointment with a top specialist: 440-893-0830, 866-968-2467 or email help@healthnetworkfoundation.org

Liaison of the Month: Kathy Roulston, Cleveland Clinic



For over 10 years you have been a staple of the Healthnetwork - Cleveland Clinic team. On countless occasions, your intervention made the impossible, possible... from helping to facilitate an emergency transport to scheduling appointments with top specialists.

Thousands of Healthnetwork members and our entire staff are grateful for your assistance helping to navigate the Cleveland Clinic. Thank you!

We Are Here to Help

If you have suggestions for future topics, comments, questions or you are in need of medical assistance, please drop us an email or give us a call.

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