

fall
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well news

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DON'T IGNORE
THE SIGNS OF
DEPRESSION

UNWRAPPING THE
DRIVE-THRU DIET

WHAT IS
FIBROMYALGIA?



The
Medical
Center

The Medical Center Grows to Meet COMMUNITY NEEDS

The expansion project for The Medical Center that adds two new patient floors and 48,000 square feet of space is complete. The two-year expansion project, which began in fall 2008, enables the hospital to continue meeting the growing need for healthcare services in Southcentral Kentucky.

The need to expand became evident several years ago with demands created by a growing population and the increasing number of patients who choose The Medical Center for their healthcare needs.

The \$30 million expansion project is completely dedicated to patient care, including 48 new private rooms. With these additional rooms, The Medical Center has the capacity to provide all 337 beds for which it is licensed with all private rooms throughout the hospital.

FEATURES OF THE EXPANSION

Two stories have been added to the current Emergency Department and Ambulatory Surgery wing of the hospital located along the High Street side of the hospital's campus. The third floor of the new addition is dedicated to Orthopaedics and Neuroscience and features a satellite gym. Several patients can be accommodated at a time in the gym, allowing an opportunity for patients and family members to socialize and support each other. Multiple therapists work in a team-oriented environment with patients, providing greater communication and better management of the patient's care.

The fourth floor is designated as Cardiothoracic and Vascular and provides nursing care to patients who have undergone open heart surgery or other thoracic and vascular procedures. The Open Heart Recovery unit is located on the fourth floor, allowing for quick transfer of patients to their rooms after they are stabilized following surgery.

FAST FACTS

\$30 million investment
48,000 square feet
48 new patient rooms



The Medical Center is growing to continue meeting the healthcare needs of Southcentral Kentucky.

Three rooms on each floor feature lifts, allowing for patients to be weighed and safely transferred to and from a wheelchair or the bathroom. One bariatric lift can hold up to 1,000 pounds, while the other two lifts can accommodate up to 550 pounds. Each floor also features two isolation rooms designed for patients with contagious airborne diseases such as tuberculosis. These rooms feature a special ventilation system that generates negative pressure to prevent contaminated air from escaping the room.

Several nurses stations are positioned throughout each floor. Remote telemetry is available on both floors with a central monitoring station. Pharmacy and patient supplies are housed in secure stations to allow convenient access for nursing staff. A tube system is used to transfer items to ancillary departments, such as the Lab and Pharmacy, located in the main section of the hospital. Additionally, a satellite kitchen allows food services staff to prep meals and deliver to patients in the new section.

Family members have access to comfortable waiting rooms, and on the third floor there is a conference room should physicians choose to meet privately with family members.

Most Depressed Adults Go Without Treatment

Depression isn't just the blues. It's a serious medical condition affecting 20 million Americans. The whole body suffers from it. What's more, depression can worsen existing health problems, including heart disease and diabetes. The good news? Depression is highly treatable. Yet new research in the *Archives of General Psychiatry* shows that only one in five U.S. adults diagnosed with depression receives proper treatment. Here's how to know when to see your doctor for help.

RECOGNIZING DEPRESSION

Most people have days when they feel down, especially after a major loss or disappointment. This temporary sadness is normal. But you may be grappling with something more serious—depression—if you have several of the following symptoms for two weeks or more and they interfere with your daily life:

- Persistent feelings of sadness, emptiness, worthlessness or guilt
- Decreased interest or pleasure in favorite activities
- Significant changes in sleep, appetite or energy
- Irritability or restlessness
- Difficulty concentrating, thinking or making decisions
- Recurrent thoughts of suicide or death

TREATMENT OPTIONS

Depression is the number one reason that people commit suicide. If you feel depressed, get help. Effective treatments are available.

The two most common treatment methods are antidepressant medications and psychotherapy, also known as talk therapy. Medications address chemical imbalances in the brain. Therapy helps patients cope with feelings and symptoms, while teaching them to change thought patterns that may play a role in the illness.

Recently, a study in the *Journal of the American Medical Association* suggested that antidepressants were most effective against severe cases of depression. But doctors stress that medication continues to help many patients with moderate depression.

If you're suffering from depression, don't put off seeking treatment. After all, your health—and maybe even your life—depends on it.

* HELP IS AVAILABLE FOR DEPRESSION

The Medical Center offers Behavioral Health Services to help individuals suffering from depression or other mental health problems. Our goal is to return individuals to a healthy and productive life. Services are designed to meet an individual's needs and may include individual, group and family therapies. Free assessments are available. If you recognize the symptoms of depression in yourself or a family member, talk with your doctor or call 270-796-2550 for more information.

UNWRAPPING DRIVE-THRU DIETS

For millions of Americans, hitting the drive-thru is a quick, easy way to fill up. In fact, it's estimated that one in four people eats fast food every day. Experts say this may be one reason for expanding waistlines across the nation. To appeal to concerned consumers, many chains now offer low-calorie choices, including smart swaps such as grilled chicken instead of fried, apple slices in place of greasy fries and tacos topped with salsa rather than sauces and cheese. And you've probably seen the ad campaigns claiming miraculous weight-loss results from these so-called drive-thru diets. But can healthy eating really be that convenient?

THE REAL DEAL

A fast-food diet can help you lose weight—if you're already eating fast food on a regular basis. New, healthier fast-food options are lower in calories and fat than regular menu items. So, by comparison, they're better for you. For example, if you normally choose a double-cheeseburger and large fries with ketchup, you're getting at least 955 calories and 48 g of fat. But if you opt for lighter fare, such as a single hamburger and a side salad with low-fat vinaigrette, you'll only consume about 310 calories and 12 g of fat.

It's important to note that, even when you trim the fat and calories, many fast-food items still contain lots of sodium, so they're not without health risks. And for a fast-food diet to work, you have to faithfully adhere to the limited selections, skipping the fries and other alluring add-ons and choosing diet beverages or water instead of sugary soda.

MAKE YOUR OWN MENU

The best way to reduce your calorie intake and lose weight is still the old-fashioned way: Eat more whole grains, fresh fruits and vegetables, fat-free or low-fat dairy products, and lean meats, and exercise regularly. Cooking meals at home from healthy recipes remains the most nutritious path, but if you choose to cruise the drive-thru, you can eat better by selecting items from these good food groups.

To further help you cut calories on the go, the FDA is working on a national standard for menus. It's part of the new healthcare bill, which requires all chain restaurants with 20 or more locations to prominently display the calorie count for every menu item.

In the end, the success of any diet depends on you. Find an eating plan that fits your lifestyle so that you'll stick with it.

FIND AN EATING PLAN THAT FITS YOUR LIFE

The Medical Center's Medical Nutrition Therapy can help you create an individualized diet that will meet your health needs and your lifestyle.

Registered Dietitian Andrea Norris can assist in managing your nutritional needs by helping you:

- Plan a healthy diet based on your particular health needs
- Select foods that give you the nutrients you need for good health
- Choose a variety of foods to get the nutrients you need with just enough calories to maintain a weight that's right for you

A physician referral is required. To learn more, call 270-745-0942 or 877-800-3824.

health & wellness

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SCREENINGS

The following screenings are available at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only) at the times listed below. For more information or to register for screenings, call 270-745-0942 or 877-800-3824. The Health & Wellness Center will be closed **Thursday, November 25; Friday, November 26 and Friday, December 24 and 31.**



FREE BLOOD PRESSURE SCREENING

Offered daily
Blood pressure screenings are offered every day at no cost.

FREE BODY FAT SCREENING

Offered daily
Determine your percentage of body fat vs. lean muscle mass, which is a better measurement of weight status than pounds.

VASCULAR SCREENING

Fridays, October 8 and 22, November 5 and 19, December 3 and 17, 9 a.m. to 4 p.m.

Appointments are required.

Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound and ankle/brachial index. These tests screen for disorders such as stroke, aortic aneurysm and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute and a report is sent to you and your physician.

The cost is \$35 per screening or \$90 for all three. Members of Senior Health Network, Men's Health Alliance and The Women's Center can get all three for \$80.

FREE HEARING SCREENING

Thursdays, October 28 and November 4, 9 a.m. to noon.

Preregistration required.

Hearing loss can range from mild to severe. Technicians from Better Hearing Centers will provide screening services.

FREE FOOT SCREENING

Monday, November 1, 9 a.m. to noon.

Preregistration required.

Diabetes can harm the blood vessels and nerves in your feet. If you have diabetes, you should have your feet checked at least once a year. Podiatrist Christopher Holland, D.P.M. will evaluate your feet and discuss prevention and early detection of potential foot problems.

FREE BLOOD SUGAR SCREENING

Preregistration required.

- The Medical Center Health & Wellness Center, Tuesday, November 2, 8 to 11 a.m.
- The Medical Center at Franklin, Wednesday, November 3, 8 to 11 a.m.
- The Medical Center at Scottsville, Friday, November 5, 8 to 11 a.m.

Symptoms of diabetes include excessive thirst or frequent urination. Finger-stick screenings will be offered by Certified Diabetes Educator Marissa Hesson. Fasting is required two to four hours prior to the screening.

FREE OSTEOPOROSIS AND BONE DENSITY SCREENING

Thursdays, November 4 and 18, 8:30 a.m. to noon.

Preregistration required.

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk of breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel.

FREE STROKE SCREENING

Tuesday, November 30, 1 to 4 p.m.

Preregistration required.

Following completion of a brief stroke risk scorecard and blood pressure screening, a registered nurse will discuss areas of concern with you.

MEN'S HEALTH ALLIANCE, SENIOR HEALTH NETWORK AND THE WOMEN'S CENTER SCREENINGS

Second Tuesday of every month, 8 to 10 a.m.

Preregistration required.

Annual cholesterol and glucose screenings are an invaluable service offered to members of these programs. These screenings can also be done at The Medical Center Lab in Bowling Green, Franklin or Scottsville any day without an appointment. You must be fasting and present your health screening certificate at time of blood draw.

FREE SCREENINGS AT YMCA

The Medical Center at Scottsville Rehabilitation Services will offer the following screenings at the YMCA of Scottsville and Allen County:

BLOOD PRESSURE CHECKS

Thursday, October 14, 9 to 11 a.m.

OXYGEN LEVEL CHECKS

Thursday, October 28, 9 to 11 a.m.

BLOOD SUGAR CHECKS

Wednesday, November 10, 9 to 11 a.m.

HEALTHY COOKING CLASS

Monday, November 29, 10 a.m. to noon

FALL PREVENTION TIPS

Thursday, December 9, 8 to 10 a.m.

EXERCISING AT HOME

Wednesday, December 29, 2 to 4 p.m.

EXERCISE AND NUTRITION CLASSES

The following classes are available at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only) at the times listed below. For more information or to register for classes, call 270-745-0942 or 877-800-3824.

TAI CHI CLASS

Tuesdays and Thursdays, 8 to 9 a.m.

Limited to 15 participants per class.

(No class Thursday, November 25.)

If you are looking for improved strength, better balance, and a healthier body and mind, this class is for you. Taught by Sifu Sam Smith, this class is for adults of all ages. The cost is \$5 per class, payable to instructor at the first class.

LIMBER FOR LIFE

Tuesdays and Fridays, 9 to 10 a.m. Limited to 20 participants; bring 3- to 5-pound hand weights and wear lightweight, comfortable clothing. (No class Friday, November 26; Tuesdays, December 21 and 28; Fridays, December 24 and 31.)

This exercise class is for men and women of all ages and offers a low-impact aerobic workout with a focus on flexibility, relaxation and muscular strength.

This class is free for members of the Senior Health Network, The Women's Center or Men's Health Alliance. For nonmembers, the cost is \$5 per class.

GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, November 10, 8 to 9:30 a.m., at Kroger on Scottsville Road, Bowling Green.

Preregistration required; space is limited.

Andrea Norris, registered dietitian with The Medical Center Medical Nutrition Therapy Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. The cost is \$10.

PREPARING AND CARING FOR BABY

For more information or to register for Preparing and Caring for Baby classes, call 270-796-2495 unless otherwise indicated. Or register online at www.themedicalcenter.org.

A NEW BABY'S COMING CLASS

Thursdays, October 14 or December 9, 6 to 8 p.m., at The Medical Center Auditorium.

Preregistration required. Participants should bring a doll or stuffed animal.

This is a siblings class for kids ages 3 and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) unit and a view of the nursery are included as well as refreshments and a video.

BREAST IS BEST

Thursday, November 18, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required. Bring Dad to class, as well as a doll or stuffed animal.

Breast milk is the perfect nutrition for your baby. For those who are not already enrolled in the six-week childbirth class, this class discusses how to breastfeed successfully, preventing nipple confusion, and the important role of dads.

C-SECTION CLASS

Tuesday, November 30, 6 to 8 p.m., at The Medical Center Auditorium.

Preregistration required.

For those who are not already enrolled in the six-week childbirth class, this class offers a video and discussion on what to expect and how to prepare for returning home with your baby after cesarean section surgery.

FATHERHOOD 101

Tuesday, November 30, 7 p.m., at The Medical Center Medical Conference Room.

Preregistration required; dads only!

George Miller, R.N. a nursery nurse at The Medical Center, will discuss concerns of new fathers with regard to responsibilities and relationship changes with a new baby and mom.

GRANDPARENTS CLASS

Tuesdays, October 19 or December 14, 6 to 8 p.m., at The Medical Center Auditorium.

Preregistration required.

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB unit is included.

NEWBORN CARE AND SAFETY CLASS

Preregistration required. Each participant should bring a doll or stuffed animal to class.

Location #1: Wednesday, October 13;

Thursdays, October 28, November 4

December 2 or 30, 6 to 8 p.m. at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Call 270-745-0942 to register.

Location #2: Tuesdays, October 26 or November 30, 12:30 to 2:30 p.m. at Housing Authority Learning Center, 247 Double Springs Road. Call 270-796-2495 to register.

This is a hands-on class where parents will learn important baby care skills. An infant CPR demonstration will show parents what to do in an emergency. Safety issues for newborns will be discussed.

As a special incentive for attending a Newborn Care and Safety Class, you will receive a bag with several baby safety items.

In addition, a drawing for a baby monitor will be held at each class. This Health & Safety program is made possible through a grant from Kohl's Cares for Kids®.



COME PLAY BINGO!

Bingo will be held on Tuesdays, October 5, November 2 and December 7, 2 to 3:30 p.m., in The Medical Center Auditorium.

NUTRITION DURING PREGNANCY

Thursday, October 14, 6 to 7 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required. Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be. Call 270-745-0942 to register.

PREPARED CHILDBIRTH CLASSES

Prepared Childbirth Classes are at The Medical Center Auditorium. Preregistration required.

- **Option 1: Six-Week Series:** Tuesdays, November 2 through December 14, 6 p.m.
- **Option 2: One-Night Refresher:** Tuesday, November 9, 6 p.m.
- **Option 3: One-Day Express Course:** Saturdays, October 23, November 6 or December 4, 9 a.m. to 1 p.m. Snacks and drinks are provided; lunch is not provided, but participants are welcome to bring lunch and eat during class.

This class covers information on preparing for labor and delivery. The full course is six sessions and discusses breathing, relaxation, concentration, medication options and cesarean section information. Breast is Best, Fatherhood 101 and Grandparents classes are included in the six-part series as well.

The one-day class, to accommodate those unable to attend the full-length version, does not include Breast is Best, Fatherhood 101 and Grandparents classes. Participants can register for those classes separately.

For those who have already taken a childbirth series class, the one-night refresher course can serve as a quick recap.

READY, SET, GO!

Thursdays, October 21, November 11 or December 16, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required.

This class will guide you through the paperwork that is required when you are admitted to The Medical Center for delivery. By attending this class, you will be more prepared for your admission and discharge from the hospital. A tour of the OB unit will also be provided.

SIDS PREVENTION AND SAFE SLEEP FOR INFANTS

Tuesday, December 7, 5:30 to 6:30 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required. Call 270-745-0942 to register.

Nurses from The Medical Center Nursery and Neonatal Intensive Care Unit (NICU) will provide valuable information on sudden infant death syndrome (SIDS) prevention, safe sleep and a CPR review. This is a vital class for parents, babysitters, and church nursery and child-care providers.

TWINS OR MORE!

Wednesday, December 15, 6 to 8 p.m., at The Medical Center Medical Conference Room. Preregistration required.

This class will explore how to prepare for twins, triplets or quads and will cover issues you will face that create a challenge for new moms and dads. Support networks will also be discussed. This class is led by Tracy Wheeler, R.N. a nursery nurse at The Medical Center and a mother of twins.

EXPECTANT PARENT FAIR

Sunday, October 17, 2 to 4 p.m., at The Medical Center.

Expectant moms and dads, and those considering having a baby, will learn helpful information on healthy pregnancies, baby care and safety. Staff from The Medical Center Obstetrics (OB) unit will be on hand to answer questions and provide tours of the OB unit. Local organizations and businesses that cater to expectant parents and babies will also provide information about their services. Door prizes will be awarded. For more information, call 270-796-2108.

HEALTH AND WELLNESS

The following programs will take place at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only) at the times listed below. For more information or to register for classes, call 270-745-0942 or 877-800-3824, or the number provided.

LOOK GOOD, FEEL BETTER

Monday, October 11, 10 a.m. to noon. Preregistration required by calling the American Cancer Society at 800-227-2345 or 270-782-9036. Look Good, Feel Better is a first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and makeup techniques and more.

ELECTRICITY AND THE HEART: UNDERSTANDING HEART RHYTHM PROBLEMS

Tuesday, October 12, 5:30 to 6:30 p.m.

Preregistration required.

If you or a family member has problems with irregular heart rhythm, this is an important class for you to attend. Cardiologist Deepak Gaba, M.D. will explain what causes heart rhythm problems, types of tests used for diagnosis and treatment options.

TELLING MY STORY WITH DIABETES (FOR CHILDREN AND PARENTS)

Thursday, October 14, 5:30 to 6:30 p.m.

Preregistration required.

Children with type 1 diabetes, between the ages of 8 and 14, may struggle to accept their diabetes or to control their blood sugar. This class provides the opportunity to hear from a child who has also experienced that struggle and who is now able to accept and to control his diabetes.

CONTINUED ON THE NEXT PAGE

AARP DRIVER SAFETY PROGRAM

Wednesdays, October 20 and November 17, 9 a.m. to 1 p.m. Preregistration required; space is limited.

This course is designed to meet the specific needs of older drivers. Discounts on automobile insurance premiums are available to those who attend the class.

Cost of the program is \$12 for AARP members and \$14 for nonmembers. Payable to AARP at the class.

WATERCOLOR CLASS

Mondays, October 25 through November 29, 10 a.m. to noon. Preregistration required. Limited to 15 participants; bring a 9-by-12-inch cold-press paper pad and #1 and #8 round brushes.

Did you know that using your creative side is healthy for you? It provides relaxation, may improve memory, helps blood pressure and aids in stress reduction. Local artist Nell Peperis will lead this six-week class. The cost is \$45 and is payable to the instructor at the first class.

FIBROMYALGIA CLASS

Tuesday, October 26, 5:30 to 6:30 p.m.

Preregistration required.

Join Rheumatologist Asad Fraser, M.D. as he discusses the diagnosis and treatment for fibromyalgia. The presentation will be followed by a question-and-answer session. Refreshments will be provided.

TAKING CONTROL WITH DIABETES CLASS

- The Medical Center at Franklin, Wednesday, November 10, 1 to 2:30 p.m. Preregistration required.
- The Medical Center Health & Wellness Center, Thursday, November 11, 5:30 to 6:30 p.m. Preregistration required.

This class is for adults who are struggling to control their diabetes, as well as their friends and family. An individual with diabetes will share his story and the steps taken to gain control of his diabetes.

PRE-DIABETES CLASS

Tuesday, November 16, 1 to 2:30 p.m.

Preregistration required.

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of it. The goal of this class is to help at-risk individuals reverse habits that lead to a diagnosis of type 2 diabetes. The class is intended for people with a fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet and diabetes prevention. The class will be taught by Marissa Hesson, certified diabetes educator, and Andrea Norris, registered dietitian. The cost is \$20.

SUPPORT GROUPS

The following support groups meet at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only) unless otherwise noted. New members are always welcome.

ALZHEIMER'S SUPPORT GROUP

Thursdays, October 21, November 18 and December 16, 4:30 to 5:30 p.m.

This group is open to families and caregivers who need support in caring for a loved one with Alzheimer's disease. Staff from Barren River Adult Day Care facilitates the group.

CANCER SUPPORT GROUP

Mondays, October 4, November 1 and December 6, 6 to 7 p.m.

This group offers education and support to individuals with cancer, family members and caregivers. Call Bridget Kilpatrick at 270-796-4494.

DIABETES SUPPORT GROUP

Tuesdays, October 12 and November 9, 1:30 to 2:30 p.m.

This group is open to persons with diabetes and their family members. Join us to learn more about how to manage diabetes.

FEAST (FOOD EDUCATION AND ALLERGY SUPPORT TEAM)

Tuesdays, October 19, November 16 and December 21, 6 to 7 p.m.

FEAST is a nonprofit group that provides education, information and support to food allergic individuals and their families. Each meeting has a specific topic or program of discussion.

GASTRIC BYPASS SUPPORT GROUP

Wednesdays, October 6, November 3 and December 1, 5:30 to 7 p.m.

Thursdays, October 21, November 18 and December 16, 5:30 to 7 p.m.

This group offers education and support to patients who have undergone or will undergo gastric bypass surgery.

MENDED HEARTS

Mondays, October 25, November 22 and December 27, 7 to 8 p.m., at The Medical Center Auditorium.

This support group is for individuals who have heart disease and/or who have had a heart procedure. Call Don Johnson, R.N. at 270-796-6512.

NICU P.E.A.S. (PARENT ENCOURAGEMENT AND SUPPORT) GROUP

Every Tuesday, 6:30 p.m., at The Medical Center Medical Conference Room.

This group enables parents of NICU babies to talk with "support parents" who have been in the same situation. This group is made possible by a community grant from the March of Dimes Greater Kentucky Chapter. Call 270-796-2144.

STROKE SUPPORT GROUP

Tuesdays, October 5, November 2 and December 7, 2 to 3 p.m.

This group offers support and education to individuals who have had a stroke and their family members.

ART ON EXHIBIT

View the artwork of local artist Hannah Cooper in the Health & Wellness Center classroom October through December.



CHECK OUT THESE UPCOMING EVENTS

See the calendar section in this issue for details on each class or screening. Preregistration required.

TELLING MY STORY WITH DIABETES

Thursday, October 14, 5:30 to 6:30 p.m.

Hear firsthand the story of a child who learned to accept and control his diabetes.

FREE BLOOD SUGAR SCREENING

- Tuesday, November 2, 8 to 11 a.m., at The Medical Center Health & Wellness Center
 - Wednesday, November 3, 8 to 11 a.m., at The Medical Center at Franklin
 - Friday, November 5, 8 to 11 a.m., at The Medical Center at Scottsville
- Finger-stick screenings will be offered by Certified Diabetes Educator Marissa Hesson.

TAKING CONTROL WITH DIABETES CLASS

- Wednesday, November 10, 1 to 2:30 p.m., at The Medical Center at Franklin
- Thursday, November 11, 5:30 to 6:30 p.m., at The Medical Center Health & Wellness Center

An adult with diabetes will share his struggle and the steps taken to gain control.

PRE-DIABETES CLASS

Tuesday, November 16, 1 to 2:30 p.m., at The Medical Center Health & Wellness Center

At-risk individuals can learn how to reverse habits that lead to a diagnosis of type 2 diabetes.

Diabetes Classes Help You Control Your Disease

The goal of diabetes education is to teach you how to manage your disease. A new study published in the journal *Diabetes Care* shows that attending any type of class or educational session for diabetes might reduce your risk of going to the hospital.

EDUCATION HELPS YOU STAY INDEPENDENT

In diabetes education sessions, you'll learn:

- To recognize when your blood sugar is high or low and what to do about it.
- How to take your medications.
- Where to buy supplies and how to store them.
- Signs of diabetes-related health problems, such as foot wounds and high blood pressure.
- What a diabetes diet is and how to follow it. A dietitian or nutritionist can put together a meal plan that's right for you.
- Adjustments you might have to make to your daily routine, such as how to make healthy choices at restaurants.

Diabetes education is not only for those just diagnosed. Scientists are always making new discoveries about diabetes. Attend a class or event on a regular basis, even if you're an old pro.

FIND A DIABETES CLASS THAT WORKS FOR YOU

People who teach diabetes classes are nurses, nutritionists, pharmacists or other health professionals. They should have the title certified diabetes educator.

The Medical Center Health & Wellness Center offers the Community Diabetes Program with Certified Diabetes Educator Marissa Hesson and Registered Dietitian Andrea Norris. Diabetes education can occur in a group or one-on-one setting. You might have more fun in a class with other people, or you might learn more during a personal visit. There's no one right way to learn—pick what is most comfortable for you. To learn more, call **270-745-0942** or **877-800-3824**.

KIDNEY DISEASE SCREENING

Tuesday, November 9, 9 a.m. to 3 p.m., at First Christian Church in Bowling Green

The National Kidney Foundation will offer a free Kidney Early Evaluation Program (KEEP) for people ages 18 and older who have diabetes, high blood pressure or a family history of kidney disease. Services will include blood pressure, weight measurements, and blood and urine tests for signs of diabetes or kidney disease. Registration required by calling the National Kidney Foundation at 800-737-5433.

WHAT IS FIBROMYALGIA?

Fibromyalgia, also called fibrositis, is chronic, widespread pain in muscles and soft tissues surrounding the joints throughout the body, accompanied by fatigue. The disease is fairly common, affecting approximately 2 to 4 percent of the U.S. population, mostly females.

Although its symptoms are similar to other joint diseases, such as arthritis, fibromyalgia is actually a form of soft tissue or muscular rheumatism that causes pain in the muscles and soft tissues. Fibromyalgia is more prevalent in women of childbearing age.

Fibromyalgia is one of several pain syndromes included in the classification of musculoskeletal pain syndrome (MSPS), or pain amplification syndrome.

WHAT CAUSES OR TRIGGERS FIBROMYALGIA?

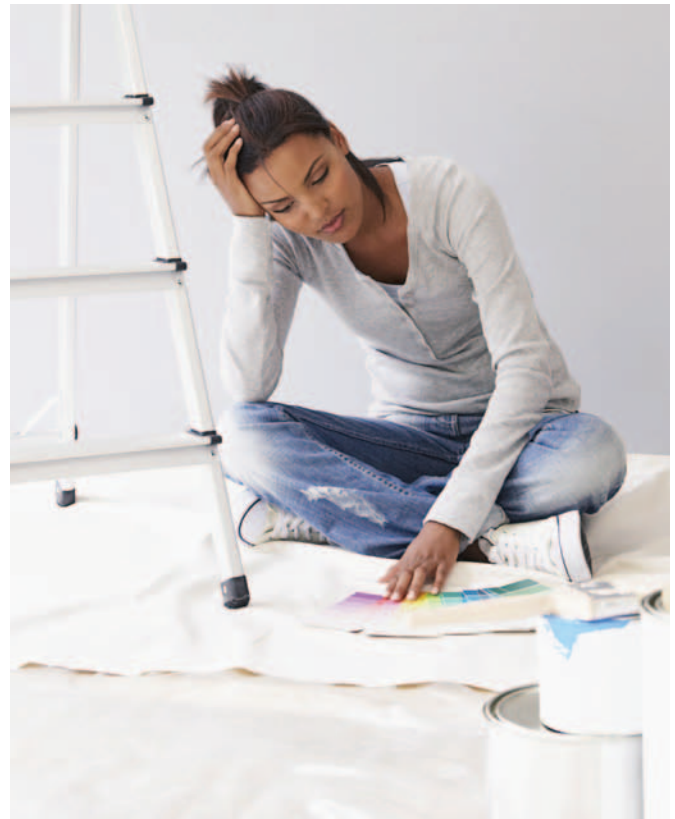
Although the cause of fibromyalgia is unknown, researchers believe there may be a link with sleep disturbances; psychological stress; or immune, endocrine or biochemical abnormalities. Fibromyalgia mainly affects the muscles and the points at which the muscles attach to the bone (at the ligaments and tendons).

WHAT ARE THE SYMPTOMS OF FIBROMYALGIA?

Pain is the most common and chronic symptom of fibromyalgia. Pain may begin in one area of the body, such as the neck and shoulders, but eventually the entire body may become affected. The pain ranges from mild to severe and may be described as burning, soreness, stiffness, aching or gnawing pain. Fibromyalgia usually is associated with characteristic tender spots of pain in the muscles. The following are other common symptoms of fibromyalgia. However, each individual may experience symptoms differently. Symptoms may include:

- Moderate to severe fatigue
- Decreased exercise endurance
- Sleep problems at night
- Depressed mood
- Anxiety
- Headaches
- Abdominal pain and bloating
- Diarrhea, alternating with constipation
- Urinary urgency

The symptoms of fibromyalgia may resemble other medical conditions or problems. Always consult your physician for a diagnosis.



Asad Fraser,
M.D.

LEARN MORE ABOUT FIBROMYALGIA

Tuesday, October 26, 5:30 to 6:30 p.m.,
The Medical Center Health & Wellness Center

Rheumatologist Asad Fraser, M.D. will discuss the diagnosis and treatment for fibromyalgia. A question-and-answer session will follow the presentation. Preregistration required by calling 270-745-0942 or 877-800-3824.

HOW IS FIBROMYALGIA DIAGNOSED?

There are no laboratory tests that can confirm a diagnosis of fibromyalgia. Instead, diagnosis is usually based on reported symptoms.

Start Early to Bone Up Against Osteoporosis

Osteoporosis—a disease that causes thin, easily breakable bones—affects millions of Americans, primarily older women. But younger women should be concerned, too. Healthy lifestyle choices prior to age 30 can help women store enough bone to fight osteoporosis when they're older.

AN AGE-OLD ISSUE

Women acquire most of their bone mass by age 20. But women can still add bone until around age 30. After this age, bone mass slowly starts to decrease. And lower estrogen levels cause even more bone loss the first few years after menopause. By maintaining bone-building habits beyond age 30—and past menopause—women may slow down this age-related bone loss.

BEATING BRITTLE BONES

The first step to building a stronger defense against osteoporosis is to get the recommended daily amount of calcium:

- Girls ages 9 to 18 need 1,300 mg
- Women ages 19 to 50 need 1,000 mg

Good food sources include low-fat dairy products; dark green, leafy vegetables and calcium-fortified breads and juices. Calcium supplements also may help, if necessary.

screening options for OSTEOPOROSIS

FREE OSTEOPOROSIS AND BONE DENSITY SCREENING

Thursdays, November 4 and 18, 8:30 a.m. to noon, at The Medical Center Health & Wellness Center
The WKU Mobile Health Unit will provide a quick and painless screening that uses ultrasound to measure the bone mineral density in your heel. This is a prescreening. Depending on your results, a bone densitometry screening may be recommended.
Preregistration required.

BONE DENSITOMETRY

The Medical Center Diagnostic Imaging Center offers bone mineral density testing. Talk with your doctor to see if testing is right for you and call **270-745-1199** or **800-231-9621** to schedule your test. A physician's order is required.

Calcium, however, can't work alone. The following five lifestyle strategies can help young women keep their bones healthy for a lifetime:

- 1. Exercise regularly.** The best activities for bones are weight-bearing ones, such as running, basketball, walking or tennis. But strength training also builds muscles—and strong muscles are linked to strong bones.
- 2. Get 400 IU of vitamin D daily.** Vitamin D helps the body use calcium. Most women can get enough by spending 10 to 15 minutes in the sun a few times a week. Eating vitamin D-fortified foods—such as cereal or bread—also ensures proper intake.
- 3. Substitute meat with soy protein.** Animal protein may reduce calcium in the body, while soy protein seems to protect bones.
- 4. Limit alcohol to one drink a day.** Regularly drinking more alcohol can interfere with estrogen and damage bones.
- 5. Choose black or green tea.** Large amounts of caffeine can harm bones. But nutrients in these teas, called flavonoids, may actually help build them.



Recovering from a Stroke? Find the Support You Need

After suffering a stroke, your life changes in both physical and emotional ways as you deal with its effects. If you are a caregiver of someone who had a stroke, your life is altered as well, as you learn to care for his or her unique needs. What you need is the help of the Stroke Support Group.

The Stroke Support Group brings people together who are in similar situations and face similar challenges. It is a place to share information, express your concerns and learn from others. In a caring, open and accepting environment, you can provide and receive emotional support.

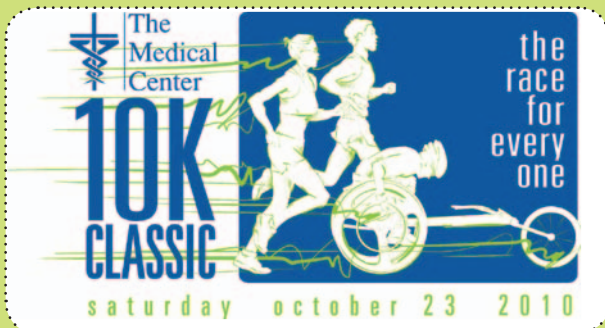
In addition to stroke, a variety of groups are available, including Alzheimer's, cancer, diabetes, heart, food allergies and gastric bypass. There is also a new support group for parents of babies cared for by The Medical Center NICU (Neonatal Intensive Care Unit).

For more information on these support groups and upcoming meeting dates, see the calendar section in this issue. New members are always welcome.

*** The Stroke Support Group meets the first Tuesday of every month from 2 to 3 p.m. at The Medical Center Health & Wellness Center in Greenwood Mall. For more details, call 270-745-0942 or 877-800-3824.**



THE RACE FOR EVERYONE: THE MEDICAL CENTER 10K CLASSIC



For 30 years, The Medical Center 10K Classic has been a much anticipated race and community event in Southcentral Kentucky. Each year, thousands gather for a variety of events, including the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race and the 10K Classic. This year, The Medical Center 10K Classic has been chosen as the RRCA (Road Runners Club of America) state championship race, bringing state recognition to this Bowling Green tradition.

Festivities kick off on Friday, October 22, from 4 to 8 p.m. with the Southern Foods Pasta Party and The Medical Center Health & Fitness Expo at Sloan Convention Center. The expo provides running-form analysis and a variety of screenings. National and regional vendors provide discount prices on athletic clothing, shoes and related apparel.

The various race and walking events kick off at 7:30 a.m. on Saturday, October 23, on the campus of Western Kentucky University. For a complete schedule of events and details on individual and family race packages, visit www.TheMedicalCenter10KClassic.com or call 270-796-2141.

Don't miss out on the \$10,000 cash giveaway. All participants who complete their event are eligible to participate in the giveaway that will be broken out into \$2,000, \$3,000 and \$5,000 cash prizes.

Online Bill Pay Now Available

Patients of The Medical Centers at Bowling Green, Franklin and Scottsville and Commonwealth Regional Specialty Hospital can now access and manage their hospital accounts online.

Commonwealth Financial Resources (CFR), the billing service for the four hospitals, offers a secure website through which patients can:

- Make payments
- View recent insurance and personal payments applied to their accounts
- Easily update personal information
- Get answers to questions and communicate with CFR via e-mail



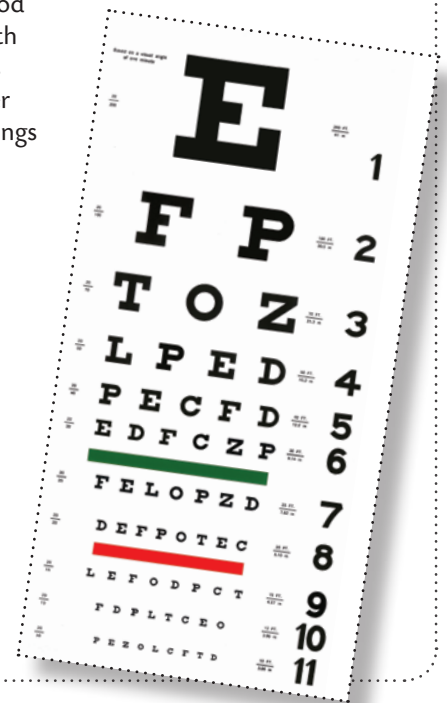
Patients can choose to enroll in order to manage their accounts or simply pay without enrolling. Visit www.CFRbilling.com to learn more.

THE MEDICAL CENTER AT SCOTTSVILLE COMMUNITY HEALTH FAIR

Saturday, October 30, 8 to 11 a.m., at the Washington Building, 110 South Court Street in Scottsville

In conjunction with the Scottsville-Allen County Chamber of Commerce, The Medical Center at Scottsville will host its annual Community Health Fair. In addition to a wealth of free screenings (listed below), activities will include mini massages, a healthy food demonstration, a back health presentation and a diabetes educator available to answer your questions. Free screenings include:

- Heart risk assessment
- Pulmonary function test
- Pulse oximetry
- Blood glucose screenings
- Back screening
- Body fat analysis
- Grip strength
- Oral cancer screening
- Blood pressure checks
- Myovision screening
- Bone density
- Sleep disorder screening
- Vision screening



WHAT'S NEW WITH THE FLU?

After last year's vaccine shortages, two flu vaccines and extra shots for kids, the government is trying to keep things simple this time. The Centers for Disease Control and Prevention (CDC) is now getting the word out about what to expect for the 2010-2011 influenza season.

ALL ADULTS RECOMMENDED FOR VACCINE

Beginning this year, the CDC recommends that everyone ages 6 months and older get an annual flu vaccination. This means that every adult should be vaccinated. In the past, while adults who wanted to reduce their risk of getting the flu could get the vaccine, the CDC only specifically recommended it for children up to age 19 and adults in certain high-risk

groups, such as those ages 50 or older or at risk for medical complications. Flu vaccinations are typically given between October and March each year.

ONE SHOT IS ENOUGH FOR MOST PEOPLE

The 2010-2011 flu vaccine offers protection against several different influenza viruses, including the 2009 H1N1 virus. This means that most people can return to their regular routine of getting one seasonal flu vaccination a year. Last year, the H1N1 and seasonal flu vaccinations were administered separately.

Remember, vaccination is the best way to protect yourself and your family from the flu. To learn more about seasonal flu vaccination, visit www.flu.gov.

Register for Upcoming Events

WOMEN-IN-CHARGE LUNCHEON SERIES

Noon to 1 p.m., at The Medical Center Auditorium

The Women-in-Charge Luncheon Series is designed to address the health concerns and professional interests of today's woman. The cost for each luncheon program is \$8 per person, and preregistration is required. Luncheons will not be held in November and December. For more information, call 270-745-1010 or 800-624-2318.

PRESENTATION:

• Tuesday, October 26:

Living Wills and Designation of a Healthcare Surrogate: What Women of All Ages Need to Know

*Lisa K. Hyman, R.N., J.D. Clinical Risk Manager,
Commonwealth Health Corporation*

Do you have someone you want to make medical decisions for you if you are not able? Do you have a living will? This luncheon program will walk you through identifying and clearly stating your preferences if you become too sick to speak for yourself.



Saturday, November 13, at the Sloan Convention Center in Bowling Green

A Night of Dance and Compassion

Your night will include a diverse dining experience of glamour and excitement as we kick-off the holiday season, indulging your every whim. Sit back and enjoy as this unforgettable evening unfolds!

- 5:30 p.m. Exclusive Champagne Reception – in Honor of our Sponsors
- 6:00 p.m. Cocktail Reception and Silent Auction
- 7:30 p.m. Formal Seated Dinner and Live Auction
- 9:00 p.m. City Lights Band

100% of all proceeds benefit Commonwealth Health Free Clinic. For more information on how to become a sponsor or purchase tickets, please visit www.commonwealthhealthfoundation.org or call 270-796-6519.

Reservation for (names): _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime phone number: (_____) _____

E-mail address: _____

EVENT YOU WILL ATTEND:

Women-in-Charge Luncheon Series

- Living Wills and Designation of a Healthcare Surrogate

Amount enclosed: \$ _____
(\$8 per person)

Mail form and your check made out to The Medical Center to:
**Community Wellness, 2625
Scottsville Rd., Suite 608,
Bowling Green, KY 42104.**



wellnews

Doris C. Thomas, Vice President of Marketing and Development
Sandi Fera, Director of Marketing
Linda Rush, Director of Community Wellness

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For more information, visit www.themedicalcenter.org or call The Medical Center at 270-745-1010.

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