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**IS WEIGHT LOSS
SURGERY FOR YOU?**

**YOUR GUIDE TO
BALANCED EATING**

**SIGN UP FOR THE
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10K CLASSIC**



The
Medical
Center

COULD WEIGHT LOSS SURGERY SAVE YOUR LIFE?

The benefits of weight loss surgery go beyond what the eye can see. If you are obese, surgery to lose weight may be safer than carrying around those extra pounds. If you're dealing with diabetes as well, weight loss surgery can send the disease into long-term remission.

LOWER ODDS OF DYING FROM OBESITY

A study by the National Institutes of Health found that 10 to 15 years after having weight loss surgery, obese patients were less likely to develop—and more likely to recover

from—diabetes and other heart disease risk factors. These patients also showed an almost 25 percent reduction in death, compared with obese patients who didn't have the procedure.

Weight loss surgery appears to improve the body's ability to control blood sugar levels. It may even reverse type 2 diabetes. By helping you lose weight, it may also lower your risk for serious conditions such as heart disease and stroke.

BALANCING BENEFITS AND RISKS

Recently, a study on weight loss surgery was published in the *New England Journal of Medicine*. The researchers found weight loss surgery to be an effective and safe treatment for severe obesity. The incidence of death and adverse events within 30 days after surgery was very low. It matched the rates seen with other major surgeries.

All four main kinds of weight loss surgery limit the amount of food you can eat or decrease the absorption of food, and some do both. Each type of surgery comes with its own risks and benefits. Patients should fully understand their options and the effects those options will have on their lives before making a decision.

ARE YOU A CANDIDATE FOR WEIGHT LOSS SURGERY?

The following criteria must be met to be considered a candidate for weight loss surgery:

- A body mass index (BMI) of 40 or more. A BMI of 35 may qualify if other high-risk conditions exist, such as high cholesterol, high blood pressure, diabetes, etc. Calculate your BMI at www.cdc.gov/healthyweight.
- Nonsurgical treatments such as dietary programs, behavior modification and exercise have been unsuccessful.
- Candidate must fully understand the surgery, its benefits and risks; be willing to make lifestyle changes to diet and exercise; and commit to medical follow-up.



THE MEDICAL CENTER SURGICAL WEIGHT LOSS PROGRAM

You can now find help in reaching your weight loss goals close to home. The Medical Center Surgical Weight Loss Program can effectively treat obesity and help patients achieve lifelong success with their weight loss.

Bluegrass Bariatric Surgical Associates (BBSA) is a leader in minimally invasive weight loss surgery, having established successful weight loss surgery programs in Central Kentucky. Expanding to Southcentral Kentucky, BBSA brings their expertise and experience to The Medical Center.

A multidisciplinary approach is the cornerstone of The Medical Center's program to give patients the best opportunity for success. Because surgery is just one component of a weight loss strategy, patients can expect up to six months of preparation before surgery takes place.

Arming patients with the tools they need to achieve a healthy weight for life begins with an initial appointment that includes history and physical examination, psychological evaluation and nutritional evaluation. Surgical options are reviewed, and requirements for exercise and lifestyle changes to improve a patient's health before surgery are discussed.

Over the next several months as they prepare for surgery, patients receive nutritional counseling with a registered dietitian to understand how their diet will need to change before and after surgery. Consultations with a psychiatrist help address the emotional and behavioral aspects of the psychological changes the patient will experience. Support group meetings are available to connect patients with others who share in the same weight loss journey. All these program components combined play an integral role in a successful surgical weight loss program. The Medical Center Surgical Weight Loss Program is located in the Riverside Professional Center. Call **270-796-6333** for more information.

* Upcoming Surgical Weight Loss Support Group Meetings

Wednesdays, October 5, November 2 and December 7, and Thursdays, October 20 and November 17, 5:30 to 7 p.m., at The Medical Center Health & Wellness Center in Greenwood Mall. This group, formerly the Gastric Bypass Support Group, offers education and support to patients who have undergone or will undergo a surgical weight-loss procedure.

WEIGHT LOSS SURGERY OPTIONS AT THE MEDICAL CENTER

Laparoscopic Roux-en-Y Gastric Bypass: This procedure divides the stomach to make a small reservoir pouch for food at the upper end of the stomach. The pouch, which has a capacity for about 2 ounces of food, is connected to the upper small intestine. Therefore, food bypasses the larger portion of the stomach. Patients experience a decreased appetite. Rapid weight loss occurs initially and stabilizes over time. This is the most commonly performed bariatric procedure in the U.S.

Laparoscopic Adjustable Gastric Band: During this procedure, an adjustable band is placed around the upper end of the stomach to create a small reservoir pouch. The small pouch restricts intake and patients feel full more quickly. A small port is attached to the band to allow for easy access for adjustments. Only one or two adjustments are typically needed after surgery. Weight loss is more gradual with this procedure.

Gastric Sleeve: After removing the outer 85 percent of the stomach, the stomach is converted into a thin, narrow "sleeve" that holds less food, resulting in less appetite. With this procedure, weight loss is rapid for most patients.

ROSE Procedure: This form of revisional weight loss surgery is used to treat weight regain for those patients who have previously undergone gastric bypass. Gradual enlargement of the small stomach pouch and/or stretching of the stoma (opening between the pouch and small intestine) can lead to weight regain. Sutures are used to reduce the volume capacity of the stomach pouch and to make the stoma smaller.

free seminar!

If you are considering weight loss surgery, The Medical Center offers free informational seminars to help you learn more. A bariatric surgeon will discuss the various surgery options so you can better understand the benefits and risks associated with each procedure. An insurance specialist will be available to discuss costs, insurance coverage and financing options.

Thursday, October 27, and Tuesdays, November 22 and December 20, 6 p.m., at The Medical Center Auditorium
Register online at www.TheMedicalCenter.org or call 270-796-6333.



Neurosurgeon Narendra Nathoo, M.D. Joins The Medical Center

Narendra Nathoo, M.D., Ph.D., FRCS(C), FACS has joined The Medical Center Neuroscience Services to expand its neurosurgery program. Dr. Nathoo is a board certified neurosurgeon with fellowship training in radiosurgery, neuro-oncologic surgery, and complex spine and spinal oncologic surgery. He brings his expertise and passion in treating



Narendra Nathoo, M.D., Ph.D., FRCS(C), FACS

complex brain and spine tumors to Southcentral Kentucky.

Dr. Nathoo has trained at the Center for Image-Guided Surgery, University of Pittsburgh; Taussig Cancer Center, Cleveland Clinic Foundation; and James Cancer Center, Ohio State University. Dr. Nathoo comes to The Medical Center Neuroscience Services from Ohio State University Medical Center, where he served as a clinical instructor in complex spine surgery/spinal oncology for the department of neurological surgery. Prior to this, Dr. Nathoo was director of neurosurgery at Alegen Health Clinics in Omaha, Neb., where he established a neuro-oncology/radiosurgery unit. He was instrumental in creating the first brain tumor support group in Nebraska.

While Dr. Nathoo's fellowship training and expertise lies in spinal and brain oncology, the community will also benefit from his experience in general neurosurgery and neurotrauma. Originally from South Africa, he completed his medical degree and Ph.D. at the University of Natal in Durban, South Africa. His doctorate thesis focused on neurotrauma.

Dr. Nathoo is accepting new patients. He can be reached at **270-780-2660**, and his office is located in the Riverside Professional Center, Suite B2, on The Medical Center campus.

* THE MEDICAL CENTER NEUROSCIENCE SERVICES

The Medical Center Neuroscience Services cares for patients with disorders related to the brain and nervous system. Board certified neurosurgeons, neurologists and vascular surgeons lead The Medical Center team in providing quality, evidence-based care. As a leader in the diagnosis and treatment of stroke, The Medical Center is designated a Primary Stroke Center by The Joint Commission.

* DON'T MISS DR. NATHOO AT NEXT MONTH'S WOMEN-IN-CHARGE LUNCHEON

Register online at www.TheMedicalCenter.org. For more information, call 270-745-1010 or 800-624-2318.

Tuesday, October 25: 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 women. The cost for each luncheon program is \$8 per person, and preregistration is required.

PRESENTATION:

Neuroscience: More Than Just Brain Surgery, Narendra Nathoo, M.D.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime phone number: (_____) _____

Email address: _____

Check box to receive periodic messages from The Medical Center pertaining to health and wellness.

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

health & wellness

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SCREENINGS

The following screenings are available at The Medical Center Health & Wellness Center located at 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 24; Friday, November 25 and Monday, December 26.)

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.

FREE BALANCE SCREENING

Thursday, October 13, 8:30 to 11:30 a.m.

Preregistration required.

Do you have a fear or concern about falling? Being aware of your fall risk is an important step to preventing a fall. Gabe Smith, P.T., D.P.T. from Bluegrass Outpatient Center will provide fall risk assessments, including evidence-based balance tests to help individuals target risk factors.

FREE STROKE SCREENING

Thursday, October 13, 9 a.m. to 1 p.m.

Preregistration required.

Following completion of a brief stroke risk scorecard and blood pressure screening, health professionals from WKU Rural Health Institute will discuss areas of concern with you.

VASCULAR SCREENING

Fridays, October 14 and 28, November 4 and 18, and December 2 and 9, 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 SLEEP SCREENING FOR CHILDREN & ADULTS

Monday, October 17, 9 a.m. to 1 p.m.

Preregistration required.

Following completion of a brief questionnaire about your or your child's sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results.

FREE HEARING SCREENING

Thursdays, October 20 and December 1,

9 a.m. to noon. Preregistration required.

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

FREE WOMEN'S HEALTH SCREENING

Tuesday, October 25, 8:30 to 11:30 a.m.

Preregistration required.

Women's health has broadened beyond gynecological care. Besides incontinence and pelvic pain, women's health deals with conditions such as osteoporosis, lymphedema, fibromyalgia and other disorders. Emily Davenport, P.T., D.P.T., women's health physical therapy specialist from Just For Women Physical Therapy & Wellness, will be on hand to offer free screenings for conditions listed above.

FREE BLOOD SUGAR SCREENING

Thursday, November 10, 8 to 11 a.m.

Preregistration required.

Symptoms of diabetes include excessive thirst or frequent urination. Finger-stick screenings will be offered by health professionals with WKU Rural Health Institute. Fasting is required two to four hours prior to screening.

FREE FOOT SCREENING

Thursday, November 17, 9 a.m. to 1 p.m.

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. Health professionals with WKU Rural Health Institute will evaluate your feet and discuss prevention and early detection of potential foot problems.

FREE VESTIBULAR (DIZZINESS) SCREENING

Thursday, November 17, 1 to 4 p.m.

Preregistration required.

This screening, provided by Bluegrass Outpatient Center, uses state-of-the-art video goggles to help locate where in the ear balance disorders occur. Vestibular screenings are often recommended for those who experience vertigo (dizziness) or have a history of falls.

FREE BACK SCREENING

Thursday, December 8, 8:30 to 11:30 a.m.

Preregistration required.

A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for the prevention of back problems.

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 health screening certificate at time of blood draw.

COME PLAY BINGO!

Bingo will be held on Tuesdays, October 4, November 1 and December 6, 2 to 3:30 p.m., in The Medical Center Auditorium.



health&wellness

EXERCISE AND NUTRITION CLASSES

The following classes are available at The Medical Center Health & Wellness Center located at 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.

LIMBER FOR LIFE

Fridays, 9 to 10 a.m. Limited to 20 participants; bring 3- to 5-pound hand weights and wear lightweight, comfortable clothing. (No classes on Fridays, December 16, 23 and 30.)

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 and Men's Health Alliance. For nonmembers, the cost is \$5 per class.

NUTRITIONAL COUNSELING FOR CARDIAC PATIENTS

Tuesdays, October 4, November 1 and December 6, 10 to 11 a.m. Physician order required.

The Medical Center now offers nutritional counseling by a registered dietitian for cardiac patients the first Tuesday of every month at The Medical Center Health & Wellness Center. Class topics include recipe substitutions, food labels, eating out and fat and sodium meal planning. Nutritional

counseling requires a physician order and is filed with insurance. Talk with your doctor or call 270-745-0942 or 877-800-3824.

PREPARING AND CARING FOR BABY

Register online for Preparing & Caring for Baby classes at www.TheMedicalCenter.org/OBclasses. For more information, call 270-796-2495 unless otherwise indicated.

A NEW BABY'S COMING CLASS

Thursday, November 3, 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

Thursdays, October 20 or December 15, 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 1, 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 surgery.

FATHERHOOD 101

Tuesday, November 1, 7 p.m., at The Medical Center Classroom 2. Preregistration required; dads only!

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

GRANDPARENTS CLASS

Tuesdays, October 4 or December 13, 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: Thursdays, October 13 and 27, or November 10, 6 to 8 p.m. at The Medical Center Health & Wellness Center located at the front of Greenwood Mall (outside entrance only).

Thursday, December 29, 6 to 8 p.m. at The Medical Center Auditorium. Call 270-745-0942 to register.

Location #2: Fridays, October 28 or December 23, 2 to 4 p.m. at the Fairview Community Health Center Annex. 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



FREE SCREENINGS AT YMCA

The Medical Center at Scottsville Rehabilitation Services will offer the following screenings at the YMCA of Scottsville and Allen County. Appointments recommended. Call 270-622-2847 for more information.

HEALTHY COOKING CLASS

With Dietitian Lori Hagan
Thursday, October 6, 10:30 to 11:30 a.m.

BACK PAIN SCREENINGS

Wednesday, October 12, 10 a.m. to noon

DIABETES FOOT SCREENINGS & BLOOD GLUCOSE SCREENINGS

Wednesday, November 2, 10 a.m. to noon

LYMPHEDEMA/EDEMA SCREENINGS

Are you having trouble with arm or leg swelling?

Tuesday, November 15, 2 to 4 p.m.

COPD AWARENESS: OXYGEN CHECKS

Tuesday, November 15, 10 a.m. to 2 p.m.

FALL PREVENTION & BALANCE SCREENINGS

Tuesday, December 20, 2 to 4 p.m.

EXPECTANT PARENT FAIR

Sunday, October 30, 1 to 3 p.m., in The Medical Center Auditorium
Don't miss The Medical Center's semiannual Expectant Parent Fair. If you are expecting or considering having a baby, you 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. For more information, call **270-745-1543**.

program is made possible through a grant from Kohl's Cares®.

NUTRITION DURING PREGNANCY

Tuesday, October 11, 6 to 7 p.m., at The Medical Center Health & Wellness Center located at 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, October 18–December 13, 6 p.m.
- **Option 2:** One-Night Refresher: Tuesday, October 25, 6 p.m.
- **Option 3:** One-Day Express Course: Saturdays, October 25, November 12 or December 17, 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 6, November 17 or December 1, 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, November 8, 5:30 to 6:30 p.m., at The Medical Center Health & Wellness Center located at 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, November 30, 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.

HEALTH AND WELLNESS

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

MEDICARE EDUCATIONAL SEMINAR

Monday, October 10, 10 to 11 a.m. and 5 to 6 p.m. Preregistration required.
What are the A, B, C and D's of Medicare? Do you really understand the doughnut hole? Ken Schulz with Humana will explain this and more.

REFUSE TO BE A VICTIM

Wednesday, October 12, 1 to 5 p.m. Prepayment and registration required; space is limited.
The most important factor in surviving a criminal attack is to have an overall safety strategy before you need it. Participants in this class will learn crime prevention and personal safety strategies that can be integrated into daily lives. Home, automobile, telephone, computer and travel security will be addressed. The class is for men and women of all ages. Fee is \$20 payable to the instructor and includes a safety handbook.

AARP DRIVER SAFETY PROGRAM

Wednesdays, October 19 and November 9, 9 a.m. to 1 p.m. Preregistration required; space is limited.
This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for nonmembers, payable to AARP.

ASK THE PHARMACIST

Thursday, October 27, 9 to 11 a.m. Preregistration required.
Do you have questions about your medications? Bring in all your current medications (prescription and over-the-counter) and discuss them one-on-one with pharmacist Beth Rhea, Pharm.D., from Riverside Pharmacy.

WATERCOLOR CLASS

Mondays, October 31 through December 5, 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, payable to the instructor at the first class.

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PREDIABETES CLASS

Thursday, November 3, 1 to 2:30 p.m.

Preregistration required.

Approximately 54 million people in the U.S. have prediabetes, 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.

THE IMPORTANCE OF DAILY FOOT EXAMS

Monday, November 14, 5:30 to 6:30 p.m.

Preregistration required.

Diabetes can harm the blood vessels and nerves in your feet. Join podiatrist Christopher Holland, D.P.M. as he discusses the importance of daily foot exams. The presentation will be followed by a question-and-answer session.

SUPPORT GROUPS

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

ALZHEIMER'S SUPPORT GROUP

Thursdays, October 20 and November 17, 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 the Barren River Adult Day Care Center facilitate the group.

CANCER SUPPORT GROUP

Mondays, October 3, November 7 and December 5, 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.

COMPASSIONATE FRIENDS SUPPORT GROUP

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

This support group offers friendship, understanding and hope to bereaved parents, grandparents and siblings. The mission is to assist families toward the positive resolution of grief following the death of a child of any age and to provide information to help others be supportive.

DIABETES SUPPORT GROUP

Tuesdays, October 11 and November 8, 1:30 to 2:30 p.m. (No support group in December.)

This support 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 18 and November 15, 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 will have a specific topic or program of discussion.

FIBROMYALGIA SUPPORT GROUP

Tuesdays, October 25 and November 22, 5:30 to 6:30 p.m.

This group offers support and education to individuals who have fibromyalgia and their family members.

HEARING LOSS ASSOCIATION OF AMERICA (HLAA) SUPPORT GROUP

Tuesdays, October 4, November 1 and December 6, 4:30 to 6:30 p.m.

This nonprofit self-help organization is dedicated to education, support and advocacy for people who do not hear well and those around them.

MENDED HEARTS

Mondays, October 24, November 28 and December 26, 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.

ART ON EXHIBIT

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

STROKE SUPPORT GROUP

Tuesdays, October 4, November 1 and December 6, 2 to 3 p.m.

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

SURGICAL WEIGHT LOSS SUPPORT GROUP (FORMERLY GASTRIC BYPASS SUPPORT GROUP)

Wednesdays, October 5, November 2 and December 7, 5:30 to 7 p.m.

Thursdays, October 20 and November 17, 5:30 to 7 p.m.

This group offers education and support to patients who have undergone or will undergo a surgical weight loss procedure.

Save the date**THE 7TH ANNUAL CHARITY BALL**
Saturday, November 12,
at Sloan Convention Center

It's time to reserve your ticket for the 7th Annual Charity Ball. This captivating evening, themed "The Phantom of the Opera," will consist of a cocktail hour, delicious dinner, incredible live and silent auctions and dancing to the music of The Jimmy Church Band. Proceeds from the event will benefit the patients seen at Commonwealth Health Free Clinic. Call the Foundation at 270-796-6519 or visit www.CommonwealthHealthFoundation.org to learn more.

Franklin and Scottsville Hospitals Expand

The residents of Simpson and Allen counties now have access to expanded services at their local hospitals. The Medical Center at Franklin completed a \$4 million expansion to enhance its surgical services while The Medical Center at Scottsville added new space for its physician specialty clinics as well as a permanent magnetic resonance imaging (MRI) system as part of a \$2.3 million project.

THE MEDICAL CENTER AT FRANKLIN

Approximately 9,700 square feet of space has been added to the Franklin facility that includes two operating suites, an endoscopy suite and a six-bed recovery unit. This expansion allows for more complex surgeries requiring large equipment that was previously prohibitive due to space limitations.

Earlier this year, general surgeon William Daniel, M.D. opened a practice in the Franklin Medical Pavilion on the hospital campus to expand local access to general surgery services. John Korba, M.D., general surgeon with Bluegrass Surgical Associates in Bowling Green, practices in Franklin as part of The Medical Center at Franklin's Physician Specialty Clinics. Beyond general surgery, other specialties that comprise the hospital's Physician Specialty Clinics, including orthopaedic surgery, urology and podiatry, will be able to utilize the new surgical area.

THE MEDICAL CENTER AT SCOTTSVILLE

Before the expansion, the Scottsville hospital offered mobile MRI services once a week. The addition of a permanent MRI enhances the hospital's diagnostic imaging services and improves local access to advanced technology for physicians and patients. This addition comes just months after the hospital upgraded to 4D ultrasound and digital mammography.

New clinical space has been dedicated to the hospital's Physician Specialty Clinics, where specialists from Bowling Green see patients on designated days and times each week. Previously, the Physician Specialty Clinics shared space in the Scottsville Medical Plaza with the Scottsville Rural Health Clinic. The relocation of the physician clinics enables the Rural Health Clinic to expand and occupy the entire plaza.

The Medical Center at Scottsville Community Health Fair

Saturday, October 22, 8 to 11 a.m., at the YMCA of Scottsville & Allen County, 309 W. Cherry St. in Scottsville

In conjunction with the YMCA of Scottsville and Allen County's Healthy Kids Day, 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
- Hearing screening
- Vision screening



A HOP, SKIP AND A JUMP: DO YOU HAVE AN IRREGULAR HEARTBEAT?

From time to time, your heart may “flutter” when you’re excited, nervous or exercising hard. And if your abnormal heart rhythm—also called an arrhythmia—goes away as quickly as it came about, it might seem like no cause for concern. But the whole picture is a little more complicated. It’s a good idea to know when that fleeting flutter may be putting your health at risk.

A CIRCUITRY PROBLEM WITH MANY POSSIBLE CAUSES

In order to have a healthy, regular heartbeat—about 60 to 100 beats a minute—the heart’s four chambers must work in harmony with one another. A heartbeat is produced when an electrical signal travels through these chambers. If something goes wrong with this signal, your heartbeat may speed up, slow down or seem out of sync.

While an arrhythmia can strike anyone at any age, the condition is particularly common among older adults. The cause is often unclear. But experts have found that an arrhythmia can sometimes result from:

- Blocked arteries in your heart (coronary artery disease)
- Scarring of heart tissue (such as from a heart attack)
- Changes to your heart’s structure (such as from an enlarged heart)
- High blood pressure (hypertension)
- Diabetes
- Overactive thyroid gland (hyperthyroidism)
- Caffeine, tobacco, heavy alcohol use or drug abuse
- Medications (such as cough and cold medicines, over-the-counter dietary supplements, appetite suppressants and herbal treatments)
- Stress

WHEN ARRHYTHMIAS SPELL DANGER

Sometimes people have occasional, irregular heartbeats that may feel like a fluttering or racing heart. However, some heart arrhythmias may cause worsening medical conditions or be life-threatening. These arrhythmias need medical evaluation and treatment by an electrophysiologist, a cardiologist who has additional education and training in the diagnosis and treatment of abnormal heart rhythms.

The Medical Center’s Electrophysiology Laboratory is active in all aspects of the diagnosis and treatment of adult patients with cardiac arrhythmias. The Medical Center has three electrophysiologists on staff: Deepak N. Gaba, M.D., Charles S. Lin, M.D. and Frank Schwender, M.D.


Conditions that can be evaluated by an electrophysiologist include slow heart rhythms, fast heart rhythms, syncope (fainting spells or near fainting spells) and skipped heartbeats. Another condition is atrial fibrillation, an irregular and often rapid heart rate that commonly causes poor blood flow to the body. During atrial fibrillation, the heart’s two upper chambers (the atria) beat out of coordination with the two lower chambers (the ventricles) of the heart.

WAYS TO TREAT THE BEAT

Heart arrhythmia treatment can often control or eliminate irregular heartbeats. Some treatments can also help prevent sudden cardiac death and provide advanced treatment of congestive heart failure.

Treatments depend on the type of arrhythmia that you have. The Medical Center Electrophysiology Laboratory offers the following treatment options:

- Electrophysiology testing, which evaluates the electrical system of the heart, diagnoses the type and location of rhythm disturbance and guides treatment.
- Radiofrequency ablation to treat and cure fast heart rhythms
- Pacemaker implantation to treat slow heart rhythms
- Defibrillator implantation to prevent sudden cardiac death
- Biventricular defibrillator implantation for the advanced treatment of congestive heart failure
- Loop recorder implantation to evaluate unexplained fainting spells
- Cardioversion to shock the heart back into normal rhythm
- Tilt table testing to evaluate syncope

 To learn more, visit www.TheMedicalCenter.org.

MEET OUR ELECTROPHYSIOLOGISTS

The Medical Center has three electrophysiologists on staff. An electrophysiologist is a cardiologist who has additional education and training in the diagnosis and treatment of abnormal heart rhythms.



Deepak N. Gaba, M.D.
Sahetya Medical Institute
270-796-8800



Charles S. Lin, M.D.
Graves-Gilbert Clinic
270-783-3379



Frank Schwender, M.D.
Western Kentucky
Heart & Lung Associates
270-782-0151

don't hesitate

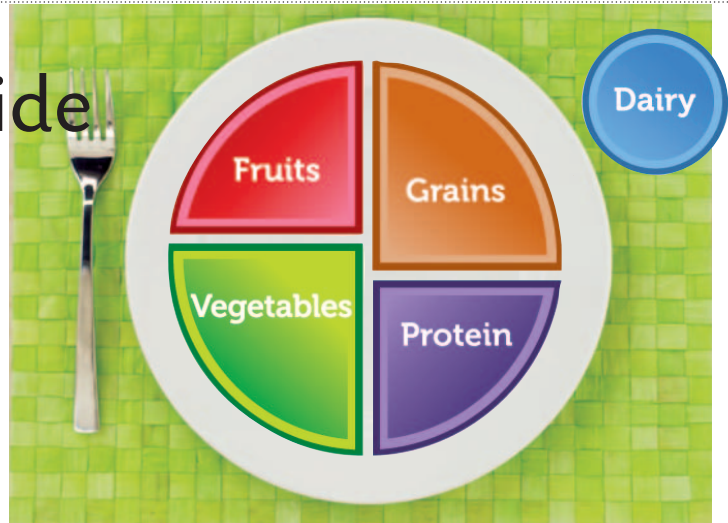
If you have any of the following symptoms that could indicate a heart rhythm problem, talk to your doctor or call one of the electrophysiologists listed above:

- Palpitations
- Rapid heartbeat
- Fainting
- Fluttering
- Slow heartbeat



MyPlate Is Your Guide to a Balanced Meal

Chances are your dinner plate is shaped like a circle, not a triangle. So it makes sense to think about your family's food choices as parts of a circle, too. That's the practical idea behind the government's new MyPlate icon, which replaces MyPyramid. With MyPlate, what you see in the icon directly relates to what you put on your table.



AN EASIER WAY TO EAT HEALTHY

MyPlate is a simple visual reminder to build yourself a healthy plate at mealtimes. For busy parents, it's a quick and easy way to tell at a glance whether children are getting a balanced meal, too. Just remember these basic rules of thumb:


- **Make half the plate fruits and vegetables**—heavier on the veggies. Include red, orange and dark green vegetables and colorful fruits.
- **Make the other half grains and protein.** Emphasize 100 percent whole grains, like whole-grain breads, brown rice and pasta. Select fish and beans for some of your protein. And when you pick poultry or meat as your protein food, choose lean cuts in small portions.
- **Pour a glass of fat-free or low-fat (1 percent) milk.** You'll get as much calcium and other important nutrients as from whole milk, but with less fat and calories.
- **Keep portions sensible.** Think small dinner plate, not supersized platter.

STEP UP TO THE PLATE

MyPlate was developed by the U.S. Department of Agriculture. It's designed to translate the government's 2010 *Dietary Guidelines for Americans* into practical information you can apply to your meals. Together, these tools help you get the right number of calories for reaching and maintaining a healthy weight. That's crucial at a time when obesity rates have hit epidemic levels.

Many people also don't eat the variety of foods needed for optimal nutrition and health. Both adults and children often come up short on fiber, potassium, calcium and vitamin D. MyPlate helps you remember to choose a varied diet.

For gauging portion sizes, the old guidelines talked about servings. The new ones refer to cups for fruits, vegetable and dairy, and ounces for grains and protein—units more familiar to home cooks.

 For tools and tips you can use, check out www.choosemyplate.gov.

MEDICAL NUTRITION THERAPY AVAILABLE AT THE MEDICAL CENTER

If you have a medical condition that requires a special diet, you may find it challenging to make changes. But if you can understand the important role diet plays in managing your particular condition, the challenge becomes much easier. To help you manage your nutritional needs, The Medical Center offers Medical Nutrition Therapy.

"Nutritional counseling can improve a person's overall health and quality of life, effectively treat and manage disease conditions, reduce complications of disease and decrease or eliminate the need for prescription drugs," says Linda Howsen, registered dietitian with The Medical Center Medical Nutrition Therapy. Medical conditions that can

benefit from nutritional counseling include heart disease, diabetes, cancer, obesity, liver disease, kidney disease, food allergies, eating disorders and celiac disease.

The program requires a physician's order, and services are filed with insurance. Talk to your doctor or call The Medical Center Health & Wellness Center at 270-745-0942 to learn more.



Linda Howsen,
Registered Dietitian

Opening Doors to a Healthier Community

Step through the doors of any Commonwealth Health Corporation subsidiary and you instantly become part of its mission. Caring for people and improving the quality of life in the communities it serves is the reason CHC and its numerous subsidiaries including The Medical Center exist. Residents of Southcentral Kentucky are reaping the benefit of CHC's commitment to continually open new doors to a healthier community through access to new services and technology.

As a not-for-profit healthcare provider, CHC provides a benefit to the community greater than the taxes it would pay if it were a private, for-profit company. In fiscal year ending March 31, 2011, Commonwealth Health Corporation provided \$58.4 million in total benefits to the communities it serves (see side bar for details).

To learn more about how CHC is opening new doors to a healthier community, read the Report to the Community at www.TheMedicalCenter.org/communitybenefit.



Munfordville residents Jack and Twynia found a warm and inviting place to stay at the Hospitality House when Jack's mother was hospitalized at The Medical Center. Read their story at www.TheMedicalCenter.org/communitybenefit.

COMMUNITY BENEFIT AT A GLANCE

\$58.4 million in total benefits were provided by Commonwealth Health Corporation in fiscal year ending March 31, 2011.

Charity Care	\$11,907,036
Unpaid Cost of Medicaid	\$6,723,264
Health Professionals Education	\$3,067,519
Community Health Improvement	\$4,679,440
Subsidized Health Services	\$4,748,145
Cash & In-kind Contributions	\$744,655
Unpaid Cost of Medicare	\$19,497,833
Bad Debt Expense	\$4,481,431
Community Building Activities	\$2,575,109

For a detailed description of these items mentioned above and a full report, visit www.TheMedicalCenter.org/communitybenefit.



A HEALTHY CHALLENGE: PARTICIPATE IN THE MEDICAL CENTER 10K CLASSIC



If you are looking for a fun event that's good for your health, The Medical Center 10K Classic is the perfect fit. This annual community event brings together residents of Southcentral Kentucky and beyond for exercise, fellowship and fun.

Once again, 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. But considered "the race for everyone," The Medical Center 10K Classic is more than just a 10K race for experienced athletes. The event offers a variety of options for every age and level of walker or runner, including the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race and Children's Classic.

A highlight of the day is the chance for participants to win cash during the \$10,000 giveaway. All participants who complete their event are eligible to participate in the giveaway that is broken out into \$2,000, \$3,000 and \$5,000 cash prizes.

schedule of events

Friday, October 14, from 4 to 8 p.m. at the Sloan Convention Center Southern Foods Pasta Party and The Medical Center Health & Fitness Expo

Saturday, October 15, beginning at 7:30 a.m., on the campus of Western Kentucky University The Medical Center 10K Classic race events, awards ceremony and cash prize giveaway



SIGN UP NOW

Registration is available online. For a complete schedule of events and details on individual and family race packages, visit www.TheMedicalCenter10KClassic.com or call 270-796-2141.

WWW.THEMEDICALCENTER.ORG

2-for-1 Special

For more information on joining a
membership program, call
270-745-1010 or 800-624-2318.

GIVE (AND GET) THE GIFT OF GOOD HEALTH

When you join one of The Medical Center's membership programs **before December 31**, you will receive one free membership. The Women's Center, Men's Health Alliance, and Senior Health Network each provide access to an abundance of health resources as well as free and discounted health screenings. Included with each membership is an annual voucher for a blood sugar screening and a lipid profile, which checks cholesterol and triglyceride levels. This screening alone is valued at more than \$200. The one-time membership fee is regularly \$10; with this special, receive two memberships for the price of one. Give one to a family member or friend, and you can share in the gift of good health.

This special promotion is only available through this *WellNews* newsletter using the application below:

Check the program you wish to join:

The Women's Center Men's Health Alliance Senior Health Network

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime phone number: (_____) _____

Email address: _____

Date of Birth: _____

Check the program for your family member or friend:

The Women's Center Men's Health Alliance Senior Health Network

His/Her Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime phone number: (_____) _____

Email address: _____

Date of Birth: _____

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 Feria, 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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