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JOIN US AT A DAY JUST FOR WOMEN  
PICK THE RIGHT SUNSCREEN FOR YOU  
DON'T KEEP QUIET ABOUT A HEARING LOSS



The  
Medical  
Center

# Schedule a Day Just for You: September 22

## The Medical Center's Women's Conference

**W**omen in Southcentral Kentucky will not want to miss The Medical Center's women's conference, A Day Just for Women, on Thursday, September 22, from 8:30 a.m. to 2:30 p.m. at the Carroll Knicely Conference Center. Now in its 14th year, the women's conference is sure to be a day filled with fun, fellowship and empowerment.

### WHAT TO EXPECT

"A Day Just for Women is a perfect opportunity for one day out of the year to celebrate women and to focus solely on women's health," says Linda Rush, director of Community Wellness for The Medical Center. "We want women to walk away from this conference feeling empowered—whether that is feeling reenergized to maintain the healthy lifestyle they are currently leading or feeling inspired to make changes that can improve their health and their lives."

### ON THE AGENDA

Bobbie Staten, a humorist, motivational speaker and registered nurse from North Carolina, will be one of two featured speakers. Staten will present *Your Life—Your Choice* and *Batteries Not Included*. Eleanor Jordan, Executive Director of the Kentucky Commission on Women, will present *Changing the Grade of Women's Health in Kentucky*.

The presentations are just one part of what makes the women's conference such a fun and valuable event for women.



Bobbie Staten



Eleanor Jordan

Women will also have the opportunity to visit a variety of booth exhibits that feature free screenings, health information and products of interest to women.

If you are a nurse or dietitian, you can earn continuing education units (CEUs) through participation in A Day Just for Women: 3.0 CEUs from the Kentucky Board of Nursing and 3.6 CEUs from the Kentucky Board of Dietitians.

### AT A GLANCE

**A Day Just for Women**

Date: September 22

Time: 8 a.m. to 2:30 p.m.

New location this year: Carroll Knicely Convention Center located at WKU's South Campus, 2355 Nashville Road

Featured Sponsors



CITIZENS FIRST



Special thanks also to Walmart Foundation for a Community Grant for the conference.



### \* REGISTER NOW

To register for A Day Just for Women, visit [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org) or see the insert in this issue. The cost is \$50 per person and includes presentations, health screenings, continental breakfast, lunch and conference materials. Corporate tables of 10 are available for \$450 each. Registration deadline is September 2. For more information, call 270-745-1010.

# PICK THE RIGHT SUNSCREEN FOR YOU

**T**he summer sun can feel wonderful on your skin. But to protect against skin cancer, painful burns and even wrinkles, it's important to use sunscreen year-round. So how do you choose the right sunscreen?

## MAKE UNDERSTANDING SUNSCREEN EASY AS ABC


Sunlight consists of two types of harmful rays: ultraviolet A (UVA) rays and ultraviolet B (UVB) rays. UVB rays are the sun's burning rays and the main cause of sunburn, while UVA rays, which penetrate deeper into the skin, can cause suppression of the immune system and lead to signs of premature aging, such as wrinkling and age spots. Excessive exposure to both forms of UV rays can lead to the development of skin cancer.

Begin your selection by choosing the right sun protection factor (SPF). The higher the number, the greater your protection against burning UVB rays. Experts recommend an SPF of 15 or higher for your sunscreen, regardless of your age, skin color or how long you'll be in the sun. Anywhere between SPF 15 and 30 is beneficial; higher numbers don't provide much added benefit. To find sunscreen that protects against damaging UVA rays as well, look for formulas labeled "broad-spectrum."

## HOW MUCH DO YOU APPLY?

Sunscreen should be applied generously to all exposed areas. The average adult in a bathing suit should apply nine ½-teaspoon-sized portions as follows:

- Face and neck: ½ teaspoon portion
- Arms and shoulders: ½ teaspoon to each arm
- Torso: ½ teaspoon each to front and back
- Legs and top of feet: two ½ teaspoons to each leg

 \* Get more facts about sun safety in our new health and wellness library. Just go to [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org) and click on "health library." Then type "sunscreen" in the search box at the top of the page.

## DON'T MISS THESE OPPORTUNITIES

*The following free screenings will be held at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required by calling 270-745-0942 or 877-800-3824.*

### SKIN CANCER SCREENING

*Friday, July 15, noon to 4 p.m., and Monday, July 18, 9 a.m. to 1 p.m.* Health professionals with the WKU Mobile Unit will provide a quick assessment of suspicious areas. If any area is determined to need follow-up care, the screening provider will recommend referral to a dermatologist.

### DERMASCAN SCREENING

*Tuesdays, July 26 and August 30, 9 a.m. to 1 p.m.* Representatives of the Kentucky Cancer program can identify potential trouble spots on the face with a painless and simple screening device. Please remove all makeup and sunscreen before screening.

# Exercising Your Options

**F**inding time for exercise can be difficult. But the payoff is worth the trouble of squeezing a workout into your schedule. Regular exercise can lower your risk for heart disease, obesity and diabetes. It can also relieve stress and give you more energy.

## GET STARTED

To find time for exercise, record all your daily activities for a week. Identify some time slots when you could fit in a brisk walk, a bike ride or even some jumping jacks. Here are some more tips:

- Pick something you enjoy. Consider activities that match your personality and skill level.
- Take baby steps. Every little bit of exercise counts. Begin with 15 minutes of exercise a day. Each week, add another five minutes a day until you build up to 30 minutes, five days a week.
- Put exercise on your calendar, like any other obligation.
- Care for your kids. Play tag or other running games with your children or work out while they play, go to school or sleep.

## KEEP IT UP

Starting a new exercise program is one thing. Keeping it up is another. The following tips may help propel you forward:

- Don't overdo it. A recent study in the *British Journal of Health Psychology* found that sedentary people enjoyed exercise more when they were allowed to choose the intensity of their workout. They also ended up exercising hard enough to gain health benefits.
- Reward yourself. Choose a milestone, such as walking a certain number of miles, and give yourself a treat. You deserve it.

## GET ACTIVE: JOIN THE COMMUNITY WALKING PROGRAM

Walking is one of the easiest ways to improve your health. Simple, comfortable clothes and walking shoes are all you need. To get started, The Medical Center offers the Community Walking Program. There is no fee to join. Upon enrollment, you will receive a card to log the miles you walk, whether they be in your neighborhood, the mall, area parks with walking trails or on treadmills. To sign up, log on to [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org) or visit The Medical Center Health & Wellness Center in Greenwood Mall.

*Anyone with a health risk should contact his or her personal physician to make sure it is safe to start a walking program.*



## \* KENTUCKY RANKS HIGH IN PHYSICAL INACTIVITY

The results are in. Kentucky ranked as one of the lowest in activity, according to a report by the Centers for Disease Control and Prevention. In 2008 (the latest year reported), Kentucky was one of six states where residents were least likely to be physically active during leisure time, with a physical inactivity rate at 29.2 percent or greater in at least 70 percent of counties. Overall, 25.4 percent of adults in the United States reported no leisure time physical activity.

## HEART WALK

*Saturday, September 10. Registration begins at 8 a.m. Walk begins at 9 a.m. on The Medical Center campus.*

Help fight heart disease and stroke by participating in the annual Warren County Heart Walk, sponsored by The Medical Center. This signature fund-raising event for the American Heart Association promotes physical activity and heart-healthy living in a fun, family environment. To sign up a team or for more information, call 270-842-5700.

# 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: Monday, July 4; Monday, September 5; and Thursday, September 22.)

### 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, July 8 and 22, August 12 and 26, and September 9, 16 and 30, 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

Thursday, July 14, 8 a.m. to noon; Thursdays, August 4, 9 a.m. to noon and September 15, 1 to 4 p.m. Preregistration required.  
See Page 6 for details.

### FREE SKIN CANCER SCREENING

Friday, July 15, noon to 4 p.m., and Monday, July 18, 9 a.m. to 1 p.m. Preregistration required.  
See Page 3 for details.

### FREE DEMENTIA SCREENING

Wednesday, July 20, 9 a.m. to 1 p.m.  
Preregistration required.  
Megan Chetelat, B.S.W. from Home Instead Senior Care, will conduct one-on-one dementia screenings for anyone concerned about their memory or a loved one's memory.

### FREE DERMASCAN SCREENING

Tuesdays, July 26 and August 30, 9 a.m. to 1 p.m.  
Preregistration required.  
See Page 3 for details.

### FREE VESTIBULAR (DIZZINESS) SCREENING

Thursday, July 28, 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 SLEEP SCREENING FOR CHILDREN & ADULTS

Wednesday, August 10, 9 a.m. to noon.  
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 HAND/ CARPAL TUNNEL/ ARTHRITIS SCREENING

Wednesday, August 24, 8:30 to 11:30 a.m.  
Preregistration required.  
Do you easily drop things? Have you experienced weakness in your grip strength? Do you have a tingling sensation or numbness in your hands? These symptoms may be signs of a serious medical problem. Occupational therapist Allison Woodcock from Bluegrass Outpatient Center will provide free hand screenings.

### FREE BACK SCREENING

Thursday, August 25, 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.

### FREE OSTEOPOROSIS & BONE DENSITY SCREENING

Thursday, September 8, and Tuesday, September 27, 8 a.m. to noon.  
Preregistration required.  
Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel.

### FREE FOOT SCREENING

Monday, September 12, 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 HEART RISK SCREENING

Wednesday, September 14, 9 a.m. to noon.  
Preregistration required.  
Following completion of a brief heart risk assessment, staff from The Medical Center Cardiac Rehabilitation will discuss areas of concern with you and perform a blood pressure screening.

### FREE LUNG HEALTH SCREENING

Thursday, September 29, 9 a.m. to noon.  
Preregistration required.  
This 15-minute screening, provided by respiratory therapists from The Medical Center, will assess your lung function.

CONTINUED ON THE NEXT PAGE

## COME PLAY BINGO!

Bingo will be held on Tuesdays, July 5, August 2 and September 6, 2 to 3:30 p.m., in The Medical Center Auditorium.



## 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.

## 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.

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.

### INSTRUCTIONAL YOGA CLASS

Mondays, July 25 through August 29, 5:30 to 6:30 p.m. Preregistration required. Limited to 15 participants; bring a mat.

Taught by trained instructor Michelle Darnall, this class is meant to help overall fitness and leave participants feeling refreshed and renewed. The six-week session costs \$60, payable to the instructor at the first class.

### GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

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

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

### A NEW BABY'S COMING CLASS

Thursday, August 4 or September 29, 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, July 14 or September 1, 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, July 26 or September 6, 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, July 26 or September 6, 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

Tuesday, August 9 or September 27, 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:** Thursday, July 14 or 28, August 11 or 25, or September 8 or 29, 6 to 8 p.m., at The Medical Center Health & Wellness Center located at the front of Greenwood Mall (outside entrance only). Call 270-745-0942 to register.

**Location #2:** Friday, July 22, August 26 or September 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 program is made possible through a grant from Kohl's Cares®.



### NUTRITION DURING PREGNANCY

Tuesday, July 12, 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, August 23 through September 27, 6 p.m.
- **Option 2:** One-Night Refresher: Tuesday, July 12 or August 30, 6 p.m.
- **Option 3:** One-Day Express Course: Saturday, July 23, August 13 or September 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!

Thursday, July 21, August 18 or September 15, 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.

### TWINS OR MORE!

Wednesday, September 21, 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.

## NICU REUNION

Sunday, September 11, 2 to 4 p.m., at The Medical Center Auditorium  
The Medical Center hosts the NICU Reunion each September to reunite former Neonatal Intensive Care Unit (NICU) patients and their families with hospital staff who were such an important part of their child's care while at The Medical Center. The afternoon will be filled with food, games, fun and fellowship. For more information or to register, call The Medical Center NICU at 270-796-2144.

### SIDS PREVENTION AND SAFE SLEEP FOR INFANTS

Tuesday, September 27, 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.

### 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.

#### NUTRITION CLASS FOR KIDS

Thursday, July 7, 10 a.m. to noon. Preregistration required.

Upon completion of this class, kids will understand the importance of nutrition and living a healthy life. They will be introduced to the USDA's Food Guide Pyramid and will be given information about each food group. This class will teach kids how to read Nutrition Fact labels. A registered dietitian will assist kids as they create their own healthy meal, and from this they will learn the importance of a balanced diet. Physical activity will be heavily encouraged throughout the class.

#### CPR ANYTIME CLASS

Monday, July 11, 1 to 5 p.m. Preregistration required.

Certified CPR instructor Amanda Allen will teach you how to give CPR to an adult, child or infant and how to use an AED. Studies show that effective CPR began right away improves survival from cardiac arrest. Cost is \$10.

#### FIRST AID & EMERGENCIES: KIDS ON THE BLOCK

Tuesday, July 12, 10 to 11 a.m. Preregistration required.

Join South Central Kentucky Kids on the Block, a nonprofit, educational puppet troupe, as they teach children how to behave

in emergency situations and the importance of taking preventative measures seriously. After the skit, puppeteers will interact with the children and discuss details illustrated in the program.

#### BABYSITTING CLINIC

Wednesdays, July 13 and 27, 9 a.m. to 2 p.m. Prepayment and registration required; class size is limited.

Boys and girls ages 11 to 17 will learn about safety, how to handle emergencies and basic tips for caring for children of all ages. The fee is \$20 and includes lunch, course materials and a T-shirt.

#### AARP DRIVER SAFETY PROGRAM

Wednesdays, July 20, August 17 and September 21, 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 per for AARP members and \$14 for nonmembers, payable to AARP.

#### WATERCOLOR CLASS

Mondays, July 25 through August 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, payable to the instructor at the first class.

#### PREDIABETES CLASS

Tuesday, August 23, 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.

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**LOOK GOOD, FEEL BETTER**

Monday, August 8, 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.

**FIBROMYALGIA CLASS**

Tuesday, August 23, 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.

**ASK THE PHARMACIST**

Wednesday, August 31, 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.

**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, July 21, August 18 and September 15, 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**

Monday, August 1, 6 to 7 p.m.

(No support group in July and September.)

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, August 9 and September 13, 1:30 to 2:30 p.m. (No support group in July.)

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, July 19, August 16 and September 20, 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, July 26, August 23 and September 27, 5:30 to 6:30 p.m.

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

**GASTRIC BYPASS SUPPORT GROUP**

Wednesdays, July 6, August 3 and September 7, 5:30 to 7 p.m.

Thursdays, July 21, August 18 and September 15, 5:30 to 7 p.m.

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

**ART ON EXHIBIT**

View the artwork of local artist Steven Oliver in the Health & Wellness Center classroom July through September.



**HEARING LOSS OF AMERICA (HLAA) SUPPORT GROUP**

Tuesdays, August 2 and September 6, 4:30 to 5:30 p.m. (No support group in July.)

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, July 25, August 22 and September 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.

**STROKE SUPPORT GROUP**

Tuesdays, July 5, August 2 and September 6, 2 to 3 p.m.

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

**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.

**BACK AND NECK PAIN/POSTURE SCREENINGS**

Tuesday, July 12, 10 a.m. to noon

**BACK TO SCHOOL BACK PACK SCREENINGS**

"Pack it light, pack it right!"

Thursday, July 28, 3 to 5 p.m.

**FREE HEARING SCREENINGS**

Conducted by Better Hearing Centers  
Tuesday, August 9, 9 a.m. to noon

**FIBROMYALGIA SCREENINGS**

Tuesday, August 16, 2 to 4 p.m.

**HEALTHY HEART BLOOD PRESSURE CHECKS**

Thursday, September 15, 9 to 11 a.m.

**GAIT ANALYSIS & PROPER FOOTWEAR SCREENINGS**

Thursday, September 29, 2 to 4 p.m.

# Save a Life with Hands-Only CPR

**T**o survive, anyone whose heart suddenly stops needs immediate cardiopulmonary resuscitation (CPR). Sadly, fewer than one in three people who has a heart attack in a public place gets the lifesaving help they need. Bystanders often fail to render aid out of fear they'll make things worse by doing CPR incorrectly.

**But research in recent years found survival rates among adults in cardiac arrest increased when people received hands-only CPR.**

In the 2010 guidelines, the American Heart Association's (AHA) advice to the public is to start chest compressions.

Answers to the following questions about hands-only CPR may help you feel comfortable using it.

**Q: WHEN SHOULD I DO HANDS-ONLY CPR?**

A: You should do it if you see an adult or child collapse and you establish that they are unresponsive and not breathing normally.

**Q: WHAT SHOULD I DO?**

A: Call 911 or your local emergency number or send someone to do so. Do not hang up; keep emergency medical services (EMS) on the line. Then start pushing hard and fast in the center of the person's chest until EMS arrives.

**Q: IS THERE ANY DANGER IN PROVIDING HANDS-ONLY CPR?**

A: The AHA says any attempt to give hands-only CPR to someone after a heart attack is better than no attempt. Chances of survival increase with chest compressions.

**Q: WHEN SHOULD CONVENTIONAL CPR BE USED?**

A: Healthcare professionals who have been trained in conventional CPR should continue to use chest compressions and rescue breathing.

## *don't hesitate*

Call 911 immediately if you or someone you know experiences symptoms of a heart attack or stroke. Heart attack symptoms include pain or tightness in the chest, arm, jaw, shoulders or upper back; weakness; dizziness; or, nausea or vomiting. Symptoms of stroke include changes in vision, severe headache, weakness or paralysis, confusion, trouble communicating or difficulty walking. The Medical Center has been designated a Primary Stroke Center by The Joint Commission and is the region's only accredited Chest Pain Center with PCI.



# DON'T KEEP QUIET ABOUT HEARING LOSS—SEEK HELP

**H**earing loss is one of the most common chronic medical problems in the United States. More than 28 million Americans have lost some or all of their hearing.

People with impaired hearing may:

- Have difficulty hearing well over the telephone
- Think other people are mumbling, especially in noisy places
- Find it hard to follow a conversation when two or more people are talking at once
- Have trouble distinguishing between “s” and “th” sounds

Hearing loss may be less detectable in young children. Symptoms may include:

- Not turning to look at people who are speaking
- Not following simple directions
- Not looking at objects when someone talks about them

## WHAT CAUSES HEARING LOSS?

Hearing impairments are sometimes caused by easily treatable conditions, including excess earwax. Other causes include:

- Birth defects
- Infections

- Heart conditions
- Head injuries
- Tumors
- Some medicines
- Chemicals
- Aging

For people of all ages, however, exposure to loud noise is a major culprit. Nearly one-third of hearing problems are due, at least in part, to loud noise.

Sound levels close to those of a typical conversation probably won't cause damage. But louder noises can gradually produce permanent hearing loss >>

## free hearing screenings

The Medical Center Health & Wellness Center in Greenwood Mall offers the following opportunities for free hearing screenings:

- *Thursday, July 14, 8 a.m. to noon.*  
Provided by Doctors Hearing Center.
- *Thursdays, August 4, 9 a.m. to noon, and September 15, 1 to 4 p.m.*  
Provided by Better Hearing Centers.

Preregistration required by calling 270-745-0942 or 877-800-3824.



## SUPPORT FOR THOSE WITH HEARING LOSS

Hearing Loss of America (HLAA) now offers a support group that meets the first Tuesday of each month at 4:30 p.m. at The Medical Center Health & Wellness Center in Greenwood Mall. A different aspect of hearing loss is featured at each meeting, and time is given to allow participants to share ideas that have helped them. To enable participants to understand the information being presented, the meetings are real-time captioned and listening devices are available. The group is open to those who do not hear well and those around them. For more information, call **270-745-0942** or **877-800-3824**.



after many years. That's because the damage to your ears from loud noises adds up over time.

Vacuum cleaners, lawn mowers, power tools, motorcycles, and live or recorded music can produce dangerous sound levels. Even loud children's toys could be harmful. A single loud noise, such as a gunshot, can immediately cause lasting damage.

"When people are close to loud noises like car races, they are used to wearing ear protection," said Hugh Sims, M.D., otolaryngologist with ENT Bowling Green. "But what most people don't think about is protecting against exposure to common household and outdoor noises such as leaf blowers and power saws."

Damage to the ear can occur at noise levels above 85 decibels, according to Dr. Sims. A race car can produce a noise level of 130 decibels, but a simple power saw can register nearly as high at 110 decibels.

### SAVE YOUR EARS

People regularly exposed to loud noises should wear earplugs or other protective gear to reduce their risk.

People should also control noise levels when possible. For example, MP3

players with ear buds can play a role in hearing loss, especially in children. Dr. Sims recommends the volume on these devices never be more than 50 percent and that people take breaks every hour when using these devices.

### YOU CAN GET HELP

Many treatment options—including hearing aids and surgical measures—can help people with hearing loss communicate better with others.

Thanks to advances in technology, hearing aids are now smaller and provide better sound quality than ever before. Many have special switches that can help people hear better over the telephone. Others come with remote controls that allow wearers to change the settings to adapt to different listening environments.

For people with more serious hearing problems, special implants can be surgically inserted into the inner ear to restore some hearing.

If you're concerned that you may have a hearing problem, your doctor can check your ears and give you a simple hearing test. If you think your child has trouble hearing, tell your doctor right away.

## \* RIDE OUT LOUD BIKE EVENT

*Saturday, September 24. Registration begins at 7 a.m. Rides begin at 7:30 a.m. at Chaney's Dairy Barn on Nashville Road.*

Help support the National Kidney Foundation Serving Ohio and Kentucky by participating in its annual Ride Out Loud Bike Event.

A variety of routes are available (8.4 miles, 20.6 miles, 42.8 miles and 65 miles) for all levels of riders from families and beginners to experienced cyclists. Call **800-737-5433** to register or for more information.



*Hugh Sims, M.D.*

# New Guidelines for Lung Cancer Prevention

**T**he American College of Chest Physicians recently released new guidelines for preventing lung cancer. The authors outline studies done on medications and supplements, like aspirin and vitamin E, to prevent this deadly disease. The findings? No drug has been shown to reduce the risk.

However, experts note that most cases of lung cancer could be prevented—if Americans stopped smoking. Eight out of 10 lung cancer cases can be traced back to the use of cigarettes, cigars or pipes. Extinguishing your habit could reduce your risk by 10 times.

## MORE HEALTHY LUNG TIPS

Additional ways to prevent lung cancer have a much smaller effect than quitting smoking. However, they can still help:

- Monitor radon levels in your home. This gas is the second-leading cause of lung cancer. You can buy a test kit through the mail or at a hardware store, or hire a professional tester. Consult a contractor for help lowering high levels.
- Avoid inhaling smoke from other people's cigarettes. About 3,000 nonsmokers die of lung cancer every year due to secondhand smoke.
- Eat a balanced diet brimming with fruits and veggies—at least 4.5 cups daily.
- Be aware of potentially harmful chemicals in the workplace. These include asbestos, soot and tar.
- Be active. Whether you smoke or not, physical activity can keep your lungs healthy.

## \* upcoming events

### WOMEN-IN-CHARGE LUNCHEON: WOMEN & LUNG HEALTH

Tuesday, July 26, noon to 1 p.m., at The Medical Center Auditorium. Preregistration required. Use the registration form on the back page of this newsletter, register online at [www.TheMedicalCenter.org](http://www.TheMedicalCenter.org) or call 270-745-1010 or 800-624-2318. Pulmonologist Gul K. Sahetya, M.D. will discuss lung health in relation to women. The cost is \$8 per person.

### FREE LUNG HEALTH SCREENING

Thursday, September 29, 9 a.m. to noon, at The Medical Center Health & Wellness Center at Greenwood Mall. Preregistration required by calling 270-745-0942 or 877-800-3824. Assess your lung function with this 15-minute screening.



## NEW DIAGNOSTIC TOOL FOR PATIENTS WITH LUNG LESIONS

The Medical Center is now performing Electromagnetic Navigation Bronchoscopy™ (ENB), a procedure for patients with small lung lesions that are located beyond the reach of a traditional bronchoscope. ENB is typically performed as an outpatient procedure and minimizes the need for more invasive surgical procedures.

Two-thirds of all lung lesions are located deep in the lung, outside the reach of a traditional bronchoscope. ENB uses CT scans to create high-definition 3D maps of the lungs, enabling physicians to guide and steer catheters to the smallest airways. When the location of the suspicious spot is secured, diagnostic tools are passed through, and a sample is taken. If lung cancer is confirmed at an early stage, treatment options are better and survival rates are much higher.

# Kosair Children's Hospital and UofL Department of Pediatrics open new outpatient center

**F**or years, many children in the Bowling Green community have received care provided by the staff and physicians at Kosair Children's Hospital and University of Louisville (UofL) Department of Pediatrics. In an effort to improve access and convenience to pediatric specialty care to kids and families in the area, a new outpatient center has opened on the campus of The Medical Center in the Commonwealth Medical Plaza.

The new office, Kosair Children's Outpatient Center, allows physicians from Kosair Children's Hospital and UofL Department of Pediatrics to offer specialized pediatric care that includes cardiology, pulmonology, gastroenterology and endocrinology. Physicians and medical staff from the different specialties maintain a scheduled rotation of appointments in the space.

For more information about the outpatient center or to schedule an appointment, call **270-793-9803**.

## \* *nutritional counseling for cardiac patients*

The Medical Center now offers nutritional counseling for cardiac patients the first Tuesday of every month from 10 to 11 a.m. at The Medical Center Health & Wellness Center located at the front of Greenwood Mall. 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**.



## SUPPORT AVAILABLE FOR THOSE WITH FIBROMYALGIA

Fibromyalgia is a chronic widespread pain in muscles and soft tissues surrounding the joints throughout the body, accompanied by fatigue. If you or someone you know suffers from fibromyalgia, there is a new group that can offer the support and education you need. The Fibromyalgia Support Group meets on the fourth Tuesday of each month from 5:30 to 6:30 p.m. at The Medical Center Health & Wellness Center at Greenwood Mall. Family members are welcome to attend. For more information, call **270-745-0942** or **877-800-3824**.



# Register for Upcoming Events

For more information on these upcoming events, call  
270-745-1010 or 800-624-2318.



## 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 women. The cost for each luncheon program is \$8 per person, and preregistration is required.

### PRESENTATIONS:

- **Tuesday, July 26: Women & Lung Health**, Gul K. Sahetya, M.D.
- **Tuesday, August 23: Hormones—What's a Woman to Do?**, Todd A. Drexel, D.O.

\*No luncheon in September due to Women's Conference.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

ZIP: \_\_\_\_\_

Daytime phone number: ( \_\_\_\_\_ ) \_\_\_\_\_

E-mail address: \_\_\_\_\_

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

### EVENT(S) YOU WILL ATTEND:

#### Women-In-Charge Luncheon Series

- Women & Lung Health     Hormones

Amount enclosed: \$ \_\_\_\_\_

(\$8 per person/presentation)

Mail form and your check made out to The Medical Center to:

**Community Wellness,**  
2625 Scottsville Rd., Suite 608,  
Bowling Green, KY 42104



## Save the date

### THE 7<sup>TH</sup> ANNUAL CHARITY BALL Saturday, November 12, at Sloan Convention Center

Enjoy this magical evening with a cocktail hour, delicious dinner, incredible live and silent auctions, tantalizing entertainment throughout the evening and dancing the night away. Last year's event raised more than \$157,000 to benefit the patients seen at Commonwealth Health Free Clinic. Call 270-796-6519 for details.

## 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](http://www.TheMedicalCenter.org) or call The Medical Center at 270-745-1010.

10015M

## MAKE PLANS TO ATTEND THE MEDICAL CENTER 10K CLASSIC

Saturday, October 15, at Western Kentucky University

Mark your calendars for this annual tradition that is sure to be a fun event for the entire family. Participate in one of several events, including the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race and 10K Classic.

For more information, visit [www.TheMedicalCenter10kClassic.com](http://www.TheMedicalCenter10kClassic.com).

