

fall  
2009

# well news

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**DA VINCI SURGERY  
IS HERE**

**CANCER SCREENINGS:  
KEY TO EARLY DETECTION**

**HOW TO SPOT THE SIGNS  
OF A MINISTROKE**

**IS YOUR TEEN  
ADDICTED TO TANNING?**



The  
Medical  
Center

# da VINCI SURGERY IS HERE

**N**early one in six American men will be diagnosed with prostate cancer during his lifetime. With greater awareness, prostate cancer detection is on the rise and mortality is declining. Moreover, better treatments are allowing more men to return to active and productive lives after treatment.

## ROBOTIC SURGERY

Imagine major surgery performed through the smallest of incisions. Minimally invasive robotic surgery is now available at The Medical Center with the da Vinci® Surgical System. The da Vinci system is being used by an increasing number of surgeons worldwide for prostatectomy, an operation to remove the prostate, and other urologic procedures.

“Using the latest in surgical and robotics technologies, the da Vinci system provides doctors with increased visibility, more precise control, and a wider range of motion,” says Matthew E. Rutter, M.D., a board certified urologist who leads the da Vinci surgical team at The Medical Center. “The da Vinci system is ideal for delicate urologic surgery like prostatectomy, where the target site is not only tightly confined but also surrounded by nerves affecting urinary control and sexual function.”

In prostate cancer treatment, millimeters matter. Nerve fibers and blood vessels are attached to the prostate gland. To spare these nerves, surgeons use the precision, vision,

and control provided by da Vinci to delicately and precisely separate them from the prostate before its removal.

## HOW IT HELPS PATIENTS

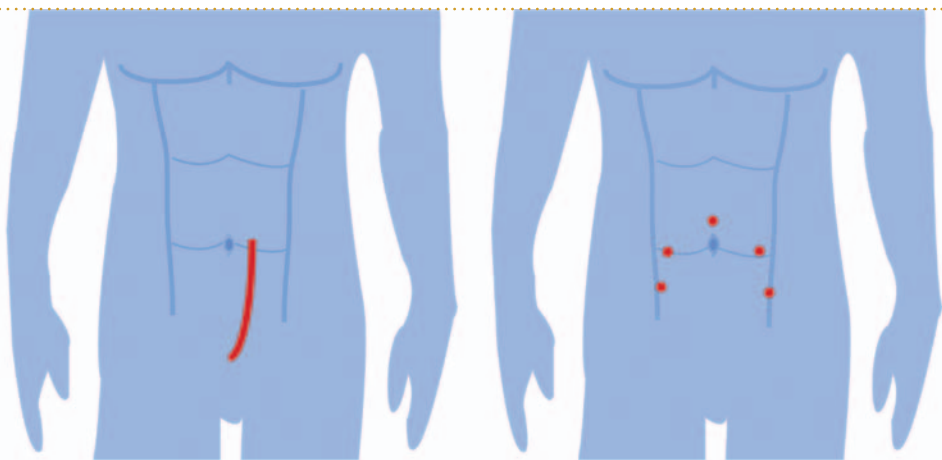
For most patients, the da Vinci prostatectomy offers numerous potential benefits over conventional open surgery, including:

- Significantly less pain
- Less blood loss
- Fewer complications
- A shorter hospital stay
- A faster return to normal daily activities

In addition, some research suggests that a man’s sexual function and his continence—the ability to control when he goes to the bathroom—may return faster after robotic surgery. And like other minimally invasive procedures, da Vinci surgery leaves only small scars.

## HOW IT WORKS

During a robotic procedure, the surgeon makes dime-sized incisions in the patient’s abdomen and inserts a robotic arm through each opening. One arm holds a high-resolution camera, and the other three arms hold microinstruments. The surgeon then sits at a console a few feet from the patient. Using a binocular-like viewfinder, the surgeon views a magnified 3-D image of the surgical site. >>



Open Prostatectomy Incision

da Vinci Prostatectomy Incisions

## \* LEARN MORE ABOUT PROSTATE CANCER AND DA VINCI

Monday, November 2, 6:30 to 7:30 p.m., at The Medical Center Auditorium Join Matthew E. Rutter, M.D., as he presents the latest information on the prevention, early detection and treatment of prostate cancer, including surgery using the da Vinci Surgical System. See the back page of this newsletter for details on this and other presentations as part of The Medical Center’s Free Cancer Education Series.



*Dr. Matthew E. Rutter with the da Vinci Surgical System.*

The surgeon places his or her fingers in the controls, and the hand movements are translated into precise micromovements of the instruments. The instruments can move 360 degrees—providing even better range of motion than the human wrist—making it much easier to access and maneuver in smaller, more intricate areas.

#### **ASK YOUR DOCTOR ABOUT YOUR OPTIONS**

The da Vinci Surgical System is considered safe and effective, but may not be appropriate for everyone. Always ask your doctor about all treatment options, as well as the benefits and risks. He or she can help you decide if the da Vinci prostatectomy is right for you.

## **EXPERIENCED DA VINCI SURGEON JOINS THE MEDICAL CENTER**



**Matthew E. Rutter, M.D.**, a board certified urologist with Graves-Gilbert Clinic, leads the da Vinci surgical team at The Medical Center. He earned his medical degree at the Medical College of Ohio in Toledo and completed his residency in urology at the University of Oklahoma. Dr. Rutter relocated to Bowling Green after serving as director of laparoscopy and minimally invasive urology at the University of Toledo Medical Center and as assistant professor in the Department of Urology at the University of Toledo College of Medicine.

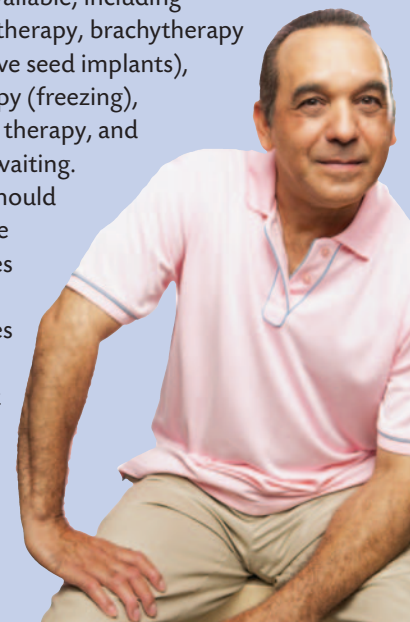
Since 2007, Dr. Rutter has performed more than 200 robotic surgeries with the da Vinci Surgical System. To schedule an appointment with Dr. Rutter, call **270-783-3343**.

## **WHAT IS PROSTATE CANCER?**

Prostate cancer is a disease in which malignant (cancer) cells form in the tissues of the prostate. The prostate is a gland in the male reproductive system located just below the bladder and in front of the rectum. It is about the size of a walnut and surrounds the urethra (the tube that empties urine from the bladder).

Prostate cancer is among the most common cancers diagnosed in men. With increased awareness and screening, more men are diagnosed early. An estimated 91 percent of prostate cancer cases diagnosed in the U.S. are localized in the prostate before the cancer has spread. This means many men are potential candidates for prostatectomy, or removal of the prostate.

But there are other treatment options available, including radiation therapy, brachytherapy (radioactive seed implants), cryotherapy (freezing), hormonal therapy, and watchful waiting. Patients should discuss the advantages and disadvantages of each treatment approach with their doctor.



# Cancer Screenings: Key to Early Detection

**M**ore and more Americans are surviving cancer. This is largely due to early detection of the disease.

The American Cancer Society (ACS) says that the five-year survival rate for people with certain cancers would rise to 95 percent if all Americans had early detection testing. The five-year survival rate is the percentage of people living at least five years after being diagnosed. Right now, it's at 81 percent for certain cancers. Among them are colorectal cancer and breast cancer. Others include cancers of the cervix, testicles, mouth, and skin.

The good news is that screening tests exist for all these cancers. Screening tests are used to spot cancer before it causes any symptoms or pain. Usually, the sooner cancer is found, the better the chance it can be treated before it has spread. This often means that treatment will be more successful.

A physical examination by a doctor can be part of a screening test. An X-ray or laboratory test can also be done. In many cases, a mix of methods—such as clinical breast exam and mammography—is best.

Which cancer screenings should you have and when? Your doctor can answer those questions based on your medical history, your family health history, and other risk factors you may have.

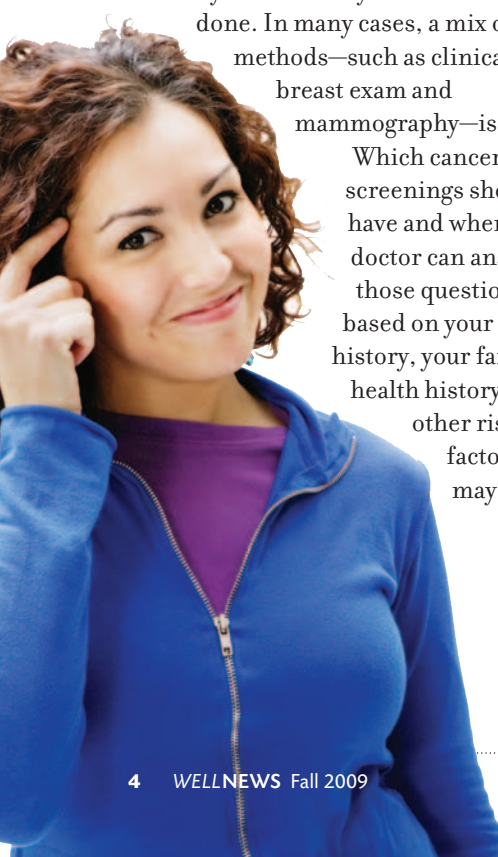
## COMMON CANCER SCREENINGS

The following chart lists the American Cancer Society's screening recommendations for certain cancers. Your doctor may recommend more or less frequent screenings, depending on your medical history.

Cancer Type	Sex	Screening Test	How Often
<b>Breast</b>	F	1. Mammogram 2. Clinical breast examination  3. Breast self-examination (BSE)	1. Every year, beginning at age 40 2. Every three years for women in their 20s and 30s; every year beginning at age 40 3. Beginning in their 20s, women should be told about the benefits and limitations of BSE. It is acceptable for a woman to choose not to do BSE or to do it occasionally.
<b>Cervical</b>	F	Pap test	Every year, beginning about three years after a woman becomes sexually active, but no later than age 21
<b>Colorectal</b> <i>(One of the tests at right will be done.)</i>	M/F	1. Fecal occult blood test (FOBT) 2. Flexible sigmoidoscopy* 3. FOBT and flexible sigmoidoscopy*  4. Double-contrast barium enema (DCBE) 5. Colonoscopy* <i>*This should come with a digital rectal examination (DRE).</i>	1. Every year, beginning at age 50  2. Every five years, beginning at age 50 3. FOBT every year; sigmoidoscopy every five years, beginning at age 50 4. Every five years, beginning at age 50 5. Every 10 years, beginning at age 50
<b>Prostate</b>	M	Prostate-specific antigen (PSA) blood test  Digital rectal examination (DRE)	Men age 50 and older should discuss the advantages and limitations of these two tests every year with their doctor. Men at high risk should have discussions starting at age 45.
<b>Skin</b> <i>(melanoma and nonmelanoma)</i>	M/F	Clinical skin examination as part of a cancer-related checkup	Every three years, from ages 20 to 40; every year, age 40 and older



The Medical Center is offering a free cancer education series. For more details, call **800-624-2318** or turn to the back page of this newsletter.



# 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 or the number provided below. (The Health & Wellness Center will be closed on November 26 and 27 and December 24, 25, 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.

### FREE STROKE RISK SCREENING

Thursday, October 8, 9 a.m. to 1 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.

### VASCULAR SCREENING

Fridays, October 16 and 30, November 6 and 20, December 4 and 18, 9 a.m. to 4 p.m.  
Appointments are encouraged; walk-ins are taken on a space-available basis.

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 then 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 FALL RISK SCREENING

Tuesday, October 27, 8 a.m. to noon. 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 HEARING SCREENING

Wednesdays, October 28 and November 11, 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 VESTIBULAR (DIZZINESS) SCREENING

Thursday, October 29, noon 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 HEADACHE SCREENING

Wednesday, November 4, 8 a.m. to noon.  
Preregistration required.  
Do you suffer from headaches that stem from neck pain or your spine? You may be experiencing cervicogenic headache. There is a high degree of success when physical therapy is used as a treatment option for cervicogenic headache. Bluegrass Outpatient Center's Nathan Johnson, M.P.T., D.P.T., Fellow of the American Academy of Orthopedic Manual Physical Therapy, will offer a free screening to help determine whether physical therapy can benefit you.

### FREE OSTEOPOROSIS AND BONE DENSITY SCREENING

Thursdays, November 5 and 19, 9 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 DIABETIC FOOT SCREENING

Thursday, November 12, 9 to 11 a.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. Certified diabetes educator Marissa Hesson will evaluate your feet and discuss prevention and early detection of potential foot problems.

### FREE BLOOD SUGAR SCREENING

Tuesday, November 17, 8 to 10 a.m.  
Preregistration required. Fasting is required two to four hours prior to the screening.  
Symptoms of diabetes include excessive thirst and frequent urination. Finger-stick screenings will be offered by certified diabetes educator Marissa Hesson.

### FREE LUNG HEALTH SCREENING

Wednesday, December 9, 1 to 4 p.m.  
Preregistration required.  
This 15-minute screening provided by respiratory therapists from The Medical Center assesses your lung function.

### FREE BACK SCREENING

Thursday, December 10, 8 a.m. to noon.  
Preregistration required.  
A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for prevention of back problems.

## BG GALLERY HOP

Fridays, October 2 and December 4, 5 to 8 p.m., at the Health & Wellness Center classroom. Stop by to view Marsha Heidbrink's artwork and enjoy some light refreshments as part of the BG Gallery Hop. (Please note that the Health & Wellness Center will not be providing screening services during this time.)



## 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 a health screening certificate at the time of blood draw.

## 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 or the number provided below.

### 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 class on November 27 and December 25.)

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 Senior Health Network, The Women's Center, and Men's Health Alliance. For nonmembers, the cost is \$5 per class.

### INSTRUCTIONAL YOGA CLASS

Mondays, October 19 through November 23, 5 to 6 p.m.

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.

## ART ON EXHIBIT

View the artwork of local artist **Marsha Heidbrink** in the The Medical Center Health & Wellness Center classroom October through December.

## GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, November 11, 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.

## ASK THE DIETITIAN

Wednesday, October 14, 2 to 4 p.m.  
Preregistration required.

Speak with a dietitian about food requirements and exactly what your body needs nutritionally to function at its best.

## PREPARING AND CARING FOR BABY

The following Preparing and Caring for Baby classes are available at different locations and times listed below. For more information or to register for classes, call 270-796-2495. Or register online at [www.themedicalcenter.org](http://www.themedicalcenter.org).

### PREPARED CHILDBIRTH CLASSES

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

- **Option 1:** Six-Week Series: Tuesdays, October 27 through December 1, 6 to 8 p.m.
- **Option 2:** One-Night Refresher: Tuesday, November 3, 6 to 8 p.m.
- **Option 3:** One-Day Express Course: Saturdays, October 3, November 7, and December 12, 9 a.m. to 1 p.m. Snacks and drinks are provided.

Option 1 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. Breastfeeding, Fatherhood 101, and Grandparents classes are included in the six-part series as well.

For those who have already taken a childbirth series class, Option 2, the one-night refresher course, can serve as a quick recap.

Option 3, the one-day class to accommodate those unable to attend the full-length version, does not include Breastfeeding, Fatherhood 101, and Grandparents classes. Participants can register for these separately (see class listings that follow).

## A NEW BABY'S COMING CLASS

Thursday, November 12, 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 with refreshments and a video.

## BREAST IS BEST

Thursday, October 1, and Tuesday, 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 and prevent nipple confusion, as well as the important role of dads.

## C-SECTION CLASS

Tuesday, November 17, 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 17, 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 dads with regard to responsibilities and relationship changes with a new baby and Mom.

## GRANDPARENTS CLASS

Tuesday, December 1, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required.

On the sixth night of the childbirth six-week series, 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.

### INFANT MASSAGE

*Two-class series: Tuesdays, November 3 and 10, 6 to 7 p.m. at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Bring a beach towel or small blanket.*

This two-part class is for parents and babies. Infant massage may provide many benefits for your child, including weight gain, stress relief, and a better parent-child bond.

The cost is \$10, and one or both parents may participate.

### NEWBORN CARE AND SAFETY CLASS

*Thursdays, October 1 and 29, November 5 and December 3, 6 to 8 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required. Participants should each bring a doll or stuffed animal to class.*

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 safety bag with several baby safety items tucked inside. In addition, a car seat drawing for one lucky couple will be held at each class. This Incentive Safety Bag Program is made possible through a grant from Kohl's Cares for Kids®.



## 2009 TRAVEL ADVENTURE BUS TOURS

Members of Senior Health Network, The Women's Center, and Men's Health Alliance are invited to participate in the following upcoming bus tour. Invite a friend and enjoy the fun.

### • Christmas Spectacular

*December 5*

Includes shopping at Opry Mills, dinner at Cock of the Walk, seeing the Radio City Rockettes, and a tour of Opryland Hotel Christmas lights.

Call United Coach and Tour at 800-264-5043 for details.

### NUTRITION DURING PREGNANCY

*Thursday, November 5, 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.

### READY, SET, GO!

*Thursdays, October 15, November 19, and December 17, 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!

*Thursday, December 10, 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.

### HEALTH AND WELLNESS

*The following programs will be taking 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 below.*

### LOOK GOOD, FEEL BETTER

*Mondays, October 12 and November 9, 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.

### TEA PARTY FOR JUST US GIRLS

*Tuesday, October 20, 10 to 11 a.m. Preregistration required.*

Kentucky Cancer Program invites you to learn more about breast and cervical cancer in an interactive, fun way. Part of the activity

will include making a pearl necklace to take home. Light refreshments and door prizes will also be provided.

### HOLIDAY OPEN HOUSE

*Wednesday, December 16, 10 a.m. to 2 p.m. Preregistration requested.*

The staff of The Medical Center Health & Wellness Center invites you to stop by for a cup of hot cider and light refreshments to celebrate the holiday season.

## THE MEDICAL CENTER AT SCOTTSVILLE COMMUNITY HEALTH FAIR

*Saturday, October 24, 8 to 11 a.m.*

Join The Medical Center at Scottsville for 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. The Allen County Ambulance Service, Halifax Fire Department, and Air Evac Helicopter will be on site for viewing, education, and pictures with children.

### Free screenings:

- Back screening
- Blood glucose screenings
- Blood pressure checks
- Body fat analysis
- Bone density screening
- Cholesterol screening (fast eight to 10 hours for accurate results)
- Dermascan screening
- Grip strength
- Heart risk assessment
- Myovision screening
- Oral cancer screening
- Pulmonary function test
- Pulse oximetry
- Sleep disorder screening
- Vision screening



CONTINUED ON THE NEXT PAGE

## SENIOR HEALTH

The following programs in Bowling Green, Scottsville, and Franklin are specially tailored for men and women age 55 and older.

### AARP DRIVER SAFETY PROGRAM

Wednesdays, October 21 and November 18, 9 a.m. to 1 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance). Preregistration required; space is limited. Call 270-745-0942 or 877-800-3824 to register.

This course is designed to meet the specific needs of older drivers. Graduates of the program are entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for nonmembers, payable to AARP at the first class.

### EXERCISE CLASSES FOR OLDER ADULTS

Enjoy the health benefits of exercise designed for seniors.

- **Bowling Green:** Fridays, 9 to 10 a.m., at The Medical Center Health & Wellness Center. (No class November 27 or December 25.) See "Limber for Life" under Exercise and Nutrition Classes for description.
- **Scottsville:** Mondays, 1:30 to 2:30 p.m., at The Medical Center at Scottsville Dining Room.
- **Franklin:** Mondays, Wednesdays, and Fridays, 9 to 10 a.m., at Franklin Simpson Parks and Recreation

### BINGO. COME PLAY!

- **Bowling Green:** Tuesdays, October 6 and November 3, 2 to 3:30 p.m., in The Medical Center Auditorium. (No session in December.)
- **Scottsville:** Tuesdays, October 20 and November 17, 2 to 4 p.m., in The Medical Center at Scottsville Dining Room. (No session in December.)

## SUPPORT GROUPS

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

### ALZHEIMER'S SUPPORT GROUP

Thursdays, October 15, November 19, and December 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 Barren River Adult Day Care will facilitate the group.

### AWAKE AND RESTLESS LEGS SYNDROME (RLS) SUPPORT GROUP

Thursdays, October 1 and November 5, 5 to 6 p.m., at The Medical Center Sleep Center.  
This support group is for people who have a sleep-related breathing disorder or who suffer from RLS. It is also intended to help friends or relatives of people with these types of disorders. Call Ken McKenney at 877-700-4070.

### CANCER SUPPORT GROUP

Mondays, October 5, November 2, and December 7, 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 GROUPS

- **Bowling Green:** Tuesdays, October 13 and November 10, 1:30 to 2:30 p.m. or 5 to 6 p.m. (No meeting in December.)
- **Franklin:** Tuesdays, October 20, November 17, and December 15, 1 to 2 p.m., at Simpson County Health Department  
This group is open to those with diabetes and their family members. Join us to learn more about how to manage diabetes. The topic for October is "What's in a Label?" The November topic is "Journey for Diabetes Control."

### FEAST (FOOD EDUCATION AND ALLERGY SUPPORT TEAM)

Tuesdays, October 20, November 17, and December 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.

### GASTRIC BYPASS SUPPORT GROUP

Wednesdays, October 7, November 4, and December 2, 5:30 to 7 p.m.  
Thursdays, October 15, November 19, and December 17, 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 26, November 23, and December 28, 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, October 6, November 3, and December 1, 4 to 5 p.m.  
This group offers support and education to individuals who have had a stroke and their family members.

# The Charity Ball

Saturday, November 14, at the Sloan Convention Center

Don't miss the most spectacular event of the holiday season—the Fifth Annual Charity Ball! Enjoy an evening of Tuscany Elegance highlighted by a cocktail reception, silent and live auctions, formal seated dinner, and dancing to the music of City Lights, a premier dance band from Nashville.

By attending the Charity Ball, you are giving the most meaningful gift this

holiday season—the gift of needed healthcare. All proceeds from the Charity Ball benefit Commonwealth Health Free Clinic, which provides basic medical care to individuals in the community who are employed but do not have any form of social assistance or means to pay for their healthcare.

Tickets are \$150 per person. To reserve your seat or for more information, please call Commonwealth Health Foundation at 270-796-6519 or visit [www.CommonwealthHealthFoundation.org](http://www.CommonwealthHealthFoundation.org).

# The Medical Center Named a Primary Stroke Center by The Joint Commission



**T**he Medical Center has been designated a Primary Stroke Center by The Joint Commission, demonstrating that its stroke care program follows national standards and guidelines that can significantly improve outcomes for stroke patients.

“Joint Commission Primary Stroke Center Certification recognizes our commitment to providing outstanding stroke care to our patients and our community,” says Jianhua Zhu, M.D., neurologist with Graves-Gilbert Clinic and medical director of The Medical Center’s stroke program.

Every year about 700,000 people experience a new or recurrent stroke, which is the nation’s third leading cause of death. On average, someone suffers a stroke every 45 seconds and someone dies of a stroke every 3.1 minutes. Stroke is a leading cause of serious, long-term disability in the U.S., with about 4.7 million stroke survivors alive today.

“The establishment and recognition of The Medical Center’s Primary Stroke Center are a strong testament to our continued focus on providing the latest in evidence-based care for stroke patients throughout our region,” says Bill Singletary, R.N., stroke program coordinator for The Medical Center.

“This has truly been a collaborative effort among multiple disciplines at our facility, including medical staff, emergency medical services, nursing, rehabilitation services, laboratory, radiology, pharmacy, education, community wellness, and the emergency department.”

The Joint Commission’s Primary Stroke Center Certification is based on the recommendations for the establishment of primary stroke centers published by the Brain Attack Coalition and the American Heart Association/American Stroke Association’s statements/guidelines for stroke care.



## FREE STROKE RISK SCREENING

Thursday, October 8, 9 a.m. to 1 p.m., at

The Medical Center Health & Wellness Center

Don’t miss an opportunity to participate in a free stroke risk screening at The Medical Center Health & Wellness Center. Complete a brief stroke risk scorecard and blood pressure screening and then discuss areas of concern with a registered nurse. Preregistration is required by calling **270-745-0942** or **877-800-3824**.

## SIGNS OF A MINISTROKE LARGELY IGNORED

If you were warned that a stroke was in your future, you would act to prevent it, right? Yet many people ignore a major red flag: the ministroke.

According to a recent study in the journal *Stroke*, only one out of 10 people with symptoms of a ministroke, also called a transient ischemic attack (TIA), actually sought appropriate emergency treatment at a hospital.

About one-third of people who have a TIA will have a stroke in the future, says the American Heart Association. But that doesn’t mean it’s inevitable. Knowing the warning signs of a TIA—and seeking immediate medical attention—can help keep your brain safe.

### WATCH FOR STROKE SIGNALS

TIAs occur when blood flow to an area of the brain is temporarily blocked, often due to a blood clot. They are known as ministrokes because they cause the same symptoms as a stroke but last only a few minutes.

For both a TIA and a stroke, symptoms come on suddenly and include the following:

- Numbness or weakness of the face, arm, or leg—especially on one side of the body
- Confusion or dizziness
- Trouble speaking or understanding
- Trouble seeing in one or both eyes
- Difficulty walking

- Loss of balance or coordination
- Severe headache with no known cause

### HEED THE WARNING

Health experts say you should assume that all stroke-like symptoms signal an emergency. So if you experience even one of the symptoms listed above, call 911. Remember that ministrokes tend to be brief, but you still need emergency care even if your symptoms disappear quickly.

If it turns out you’ve had a TIA, your doctor can tell you how to lower your risk for a full-blown stroke—before it has a chance to strike.

# Commonwealth Health Corporation Reaches Out to the Community

**C**ommonwealth Health Corporation (CHC), parent company of The Medical Center at Bowling Green, Franklin, and Scottsville, is a not-for-profit healthcare provider. We exist to serve you. As reflected in our mission—to care for people and improve the quality of life in the communities we serve—you, your family, and the well-being of all in our region are at the forefront of what we do every day.

Throughout each year, we provide millions of dollars in community benefit to those we serve. Community benefit entails the services and programs we provide, which are designed to improve community health. Some of the most notable forms of this include our community health and wellness programs, free health education classes, and free and/or discounted health screenings.

Community benefit also consists of the services for which our hospitals are not compensated at all or are under-compensated compared to the cost of providing the care. Charity care for the uninsured, healthcare we provide at Commonwealth Health Free Clinic, and our absorption of government shortfalls for Medicare and Medicaid all benefit the community.

*Frances Maynard learns how to manage her diabetes with help from Marissa Hesson, certified diabetes educator.*



In fiscal year 2009 (April 1, 2008–March 31, 2009), CHC provided more than \$56.9 million in total benefits to the communities we serve. This includes more than \$10.7 million in charity care to those with limited incomes and inadequate medical insurance. It also includes absorbing more than \$22.5 million in shortfalls in government sponsored care through Medicare and Medicaid.

However, community benefit is about much more than the dollar figures. The true impact of our support to the community is felt beyond our hospital campuses and clinics. It reaches into the homes and lives of those we serve.



Learn more about what CHC is doing to improve the health of our communities. Visit [www.TheMedicalCenter.org/communitybenefit](http://www.TheMedicalCenter.org/communitybenefit).



## PATIENTS' STORIES ONLINE

**Linda Cox of Morgantown** (pictured above) benefited greatly from CHC's charity care program. Cox had lost her job, was unable to afford insurance, and was facing a mountain of medical debt after a surgical procedure. Financial counselors at Commonwealth Financial Resources helped Cox apply for financial assistance, and she qualified for free hospital care.

Since taking part in The Medical Center's Community Diabetes program, **Frances Maynard of Scottsville** (pictured at left) has learned to control her diabetes and take charge of her health. Maynard has lost 25 pounds, and she's learning how to keep her diabetes in check.

# NEW CANCER-FIGHTING

## Technology Available in Glasgow



Dr. Craig Tyree treats cancer patients with the Trilogy linear accelerator, part of the new expansion at Barren River Regional Cancer Center.

With the recent completion of an approximately \$5 million expansion project, Barren River Regional Cancer Center in Glasgow has added the new Trilogy™ linear accelerator to its arsenal of cancer-fighting technology.

“Trilogy combines image-guidance technology that allows us to focus on a tumor with a very precise radiation beam,” says Craig Tyree, M.D., radiation oncologist and medical director for Barren River Regional Cancer Center. “The Trilogy is a great addition to the Cancer Center’s cancer-fighting ability, which already offers IMRT, CNS radiosurgery, and stereotactic body radiation therapy.”

Barren River Regional Cancer Center, a joint venture between The Medical Center and T.J. Samson Community Hospital, has been providing cancer treatment services since 2003. Barren River Regional Cancer Center is accredited by The Joint Commission and is recognized by the Commission on Cancer of the American College of Surgeons.

✱ For more information about Barren River Regional Cancer Center, call **270-651-2478** or **877-573-0050**.

## THE MEDICAL CENTER 10K CLASSIC: AN EVENT FOR THE ENTIRE FAMILY



Thousands of people will gather for a variety of activities on Saturday, October 31 at Western Kentucky University for the The Medical Center 10K Classic, a Bowling Green tradition

now in its 30th year. Perfect for people of all ages and athletic abilities, the 10K Classic features a 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and the 10K Classic. The events kick off at 7:30 a.m.

### THE BIG CASH GIVEAWAY

The \$10,000 cash giveaway will take place following the awards ceremony at the Guthrie Bell Tower. All participants who complete their event are eligible to participate in the giveaway that will be

broken out into \$2,000, \$3000, and \$5,000 cash prizes.

### REGISTER NOW

Individual and Family Race Packages are available. Visit [www](http://www).

[TheMedicalCenter10KClassic.com](http://TheMedicalCenter10KClassic.com) or call **270-796-2141** to learn more. If you need help getting started and preparing for one of the 10K Classic events, check out 10K Total Training at [www](http://www).

[TheMedicalCenter.org](http://TheMedicalCenter.org) for training tips and schedules.

# H1N1 FLU

## How You Can Help Protect Your Family



**T**he new H1N1 influenza virus, called swine flu during the initial breakout, has been in the news recently. What do you need to know, and what should you do? Here are some key facts to keep you and your family healthy.

### Q: WHAT IS H1N1 FLU?

H1N1 flu is a new virus that causes illness in people. It was originally referred to as swine flu because many of its genes are similar to a virus that normally occurs in pigs. But additional research has shown that H1N1 is made up of a combination of swine flu genes as well as avian and human flu genes. A recent outbreak is spreading globally. Cases have been reported in virtually all countries, including the U.S., Mexico, and Canada.

### Q: HOW DOES IT SPREAD?

The virus is thought to spread between humans in the same way that seasonal flu spreads—from person to person through coughing or sneezing. Sometimes people may become infected by touching something with the flu virus on it and then touching their mouth or nose.

People who have H1N1 flu are considered contagious starting one day before they show symptoms and for up to seven or more days after the illness starts.

### Q: WHAT SYMPTOMS SHOULD I LOOK FOR?

H1N1 symptoms are similar to regular human flu symptoms and may include fever, sore throat, headache, chills, cough, body aches, fatigue, and a runny

or stuffy nose. Some people have also reported diarrhea and vomiting.

If you experience one or more of the following symptoms, seek medical care right away:

- Difficulty breathing
- Pressure or pain in the stomach or your chest
- Persistent or severe vomiting
- Confusion
- Sudden dizziness
- Flu symptoms that improve and later return with fever and worse cough

### Q: HOW CAN I PROTECT MYSELF AND MY FAMILY?

Keep your family safe by taking the following precautions:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective for cleaning your hands.
- Cough and sneeze in your sleeve or cover your nose and mouth with a tissue. Put the tissue in the trash.
- Avoid touching your eyes, nose, or mouth when in public. Germs are spread this way.
- Keep surfaces clean by wiping them down with a household disinfectant.
- Try not to get close to sick people.

### Q: HOW DANGEROUS IS THIS FLU?

Like seasonal flu, H1N1 can range from mild to severe, and can be deadly in some cases. It may also make some chronic medical conditions worse. Researchers believe that some people at high risk for seasonal flu complications are also at higher risk for complications from H1N1 flu. These groups include:

- Young children
- Pregnant women
- People with a weakened immune system
- People with certain preexisting health conditions such as asthma or COPD
- Smokers
- People younger than age 19 who receive long-term aspirin therapy
- Residents of nursing homes and other chronic-care facilities

However, unlike seasonal flu, H1N1 infections have occurred mainly in younger people. Research suggests that many older adults may have some degree of resistance to the virus. One theory is that older adults may have had previous exposure to a related influenza A H1N1 virus that circulated before 1957.

### Q: WHAT SHOULD I DO IF I GET THE FLU?

- Stay home from work or school and limit your contact with other people as much as possible.
- Cough or sneeze into your sleeve or use a tissue to cover your mouth and nose. Dispose of tissues in the trash and wash your hands with soap and water or use a waterless alcohol product.
- Seek medical care as indicated in this article.

**\*** A vaccine to protect against the 2009 H1N1 virus is expected to be available this fall and manufacturing is underway. For updates on H1N1, visit the Centers for Disease Control and Prevention's Web site at [www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu).

# Is Your Teen Addicted to Tanning?

**A**s a parent, you keep tabs on your daughter's diet, sleep, stress level, and social life—all with the goal of keeping her healthy, happy, and safe. What you may not notice, however, is how often she's visiting the tanning salon. If your teen has a perma-tan, take note. A new study indicates young people actually can become addicted to tanning.

## NOT A HEALTHY GLOW

Tanning beds and lamps pose the same risks as the sun's rays—skin cancer, eye damage, and premature aging of the skin, to name a few. Ultraviolet (UV) radiation, whether from natural or artificial sources, is dangerous.

What's worse for teenagers, dermatologists say, is that they may be at an even greater risk for skin cancer due to UV exposure because teens are still experiencing tremendous growth at the cellular level.

## DISTURBING RESEARCH RESULTS

Surveys show that teenagers are aware of the risks of tanning but choose to do it anyway. In fact, teenage girls are among tanning salons' best customers—70 percent of their patrons are girls and women ages 16 to 29, and about 10 percent of adolescents younger than age 15 say they have used indoor tanning in the past year.

A study reported in the *American Journal of Health Behavior* may shed light on the matter. Researchers found that nearly 30 percent of the college-aged participants surveyed were "tanning dependent." Even when they felt guilty or concerned about tanning, their attempts to quit or cut down were unsuccessful.

The reason may be that, for some young adults, tanning is about more than looks. Tanning improves their mood, relaxes them, and offers socialization—pleasurable effects that reinforce a bad habit. Quitting may even produce



withdrawal symptoms, such as jitteriness and nausea, just like substance abuse.

## BREAKING THE TANNING HABIT

Intervene now, before your teen's habit can become an addiction. A new educational method reported in the journal *Cancer* may work to convince her. The trick? Acknowledge that tanning is usually an appearance-driven behavior.

Your daughter may think a tan makes her more attractive, so stress that tanning damages the skin and then offer healthier alternatives, such as sunless-tanning creams and exercise.

## HOW DEADLY ARE TANNING BEDS?

Everyone thinks a nice tan looks healthy, therefore it must be healthy. Recent and ongoing studies are proving otherwise. According to an article in the medical journal *Lancet Oncology*, the risk of skin cancer jumps by 75 percent when people start using tanning beds before age 30.

The article was authored in Lyon, France, by scientists at the cancer arm of the World Health Organization. Previous studies found that younger people who regularly use tanning beds are eight times more likely to get melanoma (the deadliest form of skin cancer) than people who have never used them. The American Cancer Society (ACS) says, "Even occasional use among that age group almost tripled the chances of developing melanoma."

Martin A. Weinstock, M.D., professor of dermatology at Brown University and chair of the ACS skin cancer advisory board, says, "Too often the tanning lights are used by people expecting more sun exposure in the near future, such as college students nearing spring break or summer recess. They may think that a 'base' tan will protect them from skin cancer, but in reality, the lights just act as a radiation multiplier, further increasing their skin cancer risk."

Susan Boiko, M.D., a practicing dermatologist with Kaiser Permanente in San Diego and a member of the ACS skin cancer advisory group, adds, "It's not necessarily safer to substitute one kind of damaging radiation for another, and it's certainly not safer to add the two."

## Register for Upcoming Events



### KNOWLEDGE IS POWER: FREE CANCER EDUCATION SERIES

The Medical Center is pleased to offer a cancer education series to provide information on the prevention, early detection, and treatment of specific cancers. Each program will consist of a presentation by a physician with an expertise in the specific cancer followed by a question and answer period. There is no fee to attend. Preregistration is requested by calling 270-745-1010 or 800-624-2318 or by returning the form below.

**WHEN:** Mondays, October 19, November 2, and November 16, 6:30 to 7:30 p.m.  
**WHERE:** The Medical Center Auditorium  
**COST:** Free

**October 19:** Breast Cancer—  
Vidya Seshadri, M.D., oncologist  
**November 2:** Prostate Cancer—  
Matthew E. Rutter, M.D., urologist  
**November 16:** Colorectal Cancer—Nagy Morsi,  
M.D., gastroenterologist

Reservations for (names): .....  
 Address: ..... City: ..... State: ..... ZIP: .....  
 Daytime phone number: ( ) ..... E-mail address: .....

Forum(s) you will attend:  October 19  November 2  November 16



### WOMEN-IN-CHARGE LUNCHEON SERIES

Tuesdays, October 27 and November 24, noon, at The Medical Center Auditorium.

This ongoing series, designed to address the health concerns and professional interests of today's woman, is sponsored by The Women's Center, which links women to an entire network of educational programs and specialized medical services. The cost of each presentation is \$8, which includes lunch.

#### PRESENTATIONS

- **October 27: Why Taking Antibiotics Is Not Always the Best**, Melinda Joyce, Pharm.D., director, The Medical Center Pharmacy
- **November 24: Fashions for the Holidays**, Ooh La La of Bowling Green

Reservations for (names): .....  
 Address: .....  
 City: ..... State: ..... ZIP: .....  
 Daytime phone number: ( ) .....  
 E-mail address: .....

Women-in-Charge luncheon(s) you will attend:  
 **October 27**, Antibiotics  
 **November 24**, Fashions for the Holidays  
 Amount enclosed (\$8 per presentation): \$ .....



*Save the Date!*

### THE MEDICAL CENTER AT SCOTTSVILLE COMMUNITY HEALTH FAIR

Saturday, October 24, 8 to 11 a.m.

Make plans to attend a free community health fair at The Medical Center at Scottsville that will feature a variety of free health screenings and other activities designed to help you improve your health. See page 3 of the calendar section for details.

Mail form(s) 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](http://www.themedicalcenter.org) or call The Medical Center at 270-745-1010.

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