

spring
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well news

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**ACT FAST DURING
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PROBLEMS
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IT'S IN THE
BAG**

Check out a
new and improved
version of your quarterly
health and wellness
publication from
The Medical Center.



The
Medical
Center

Act Fast During a Heart Attack



fashion, PCI is the preferred treatment option for patients suffering from a heart attack,” says Humair Mirza, M.D., interventional cardiologist with Western Kentucky Heart and Lung Associates.

According to Dr. Mirza, the advantage of PCI over treatment with medications called thrombolytics, or clot busters, is that “clot busters are systemic, meaning they have to travel through the body before reaching the clot. They also may not be ideal for patients with certain conditions. Going directly to the source of the obstruction with PCI is the most effective and lifesaving treatment patients can get.”

Calling 911 at the first signs of a heart attack is the best way to get the immediate help you need. That way, emergency medical services (EMS) can start to help before you ever reach the hospital.

The EMS dispatcher who answers your call will provide instructions over the phone. Paramedics and emergency medical technicians (EMTs) will take over when they arrive, and they can send information to the hospital en route.

THE RIGHT HOSPITAL

In the case of a heart attack, a hospital with an accredited chest pain center

“Calling 911 at the first signs of a heart attack gets you in the health-care system to ensure that assessment and treatment begin well before you ever reach the hospital.”

—Randy Fathbruckner,
director of Medical Center EMS

that utilizes percutaneous coronary intervention (PCI) can save your life.

PCI uses cardiac catheterization to treat the narrowed coronary arteries of the heart. “According to guidelines established by the American College of Cardiology and the American Heart Association, when done in a timely

THE CHEST PAIN CENTER

The Medical Center is the 40th accredited chest pain center in the nation and the only hospital in Southcentral Kentucky with Full Cycle II accreditation with PCI from the Society of Chest Pain Centers.

“Our Chest Pain Center team is on call 24 hours, and every department from EMS to the nursing staff follows stringent protocols to ensure that patients receive efficient and accurate treatment during the early stages of a heart attack,” says Gary Howerton, M.D., director of the Chest Pain Center and Emergency Department.

HEART ATTACK WARNING SIGNS: KNOWING THEM CAN SAVE YOUR LIFE

Chest pain. It’s the classic symptom that signals heart attack to many people. But many heart attack sufferers do not experience chest pain, and they may delay getting to a hospital as a result. This contributes to a higher death rate due to heart attacks without chest pain.

In addition to chest pain, you should be aware of the following signs that you may be having a heart attack:

- Shortness of breath
- Nausea or vomiting
- Pain that radiates down one or both arms

- Back, neck, jaw, or stomach pain
- Breaking out in a cold sweat
- Severe headache—especially in older adults
- Dizziness or fainting
- Anxiety, weakness, or a strong feeling of doom

If you think you may be having a heart attack, always err on the side of caution. Seek help immediately. Call 911 for emergency medical services so that they can begin treating you on the way to the hospital.

Pregnancy: An Emotional Time for Moms and Dads

WHETHER IT'S YOUR FIRST CHILD, OR YOU'RE EXPERIENCED VETERANS, YOU'RE LIKELY TO SHARE SOME ANXIETY.

*** SUPPORT GROUP AVAILABLE FOR NEW MOTHERS.** First-time mothers often feel overwhelmed. Many questions may arise after mom and baby arrive home from the hospital.

To address these issues, The Medical Center offers a new support group twice a month called After the Stork. A different topic is covered at each meeting, and there is time for discussion of specific concerns.

For more information about After the Stork, check out this issue's Health & Wellness calendar.

HOW TO REDUCE ANXIETIES

The following tips may help pregnant couples reduce their anxiety:

- Eat well; get enough sleep; and avoid alcohol, caffeine, and tobacco.
- As long as it's OK with your doctor, engage in some exercise, which can improve sleep and relieve stress.
- Share concerns with friends and family.
- Take a childbirth class.
- Learn about basic child care, such as how to change diapers.
- Plan in advance with your partner. Make arrangements for day care, time off work, and who's on for what after the baby is born.

You should also share any concerns with your doctor. Talk with your doctor about developing a plan for labor and delivery, which may help put you more at ease.

*** Register for a variety of classes offered by The Medical Center for expectant parents. See this issue's Health & Wellness calendar.**

Pregnancy can be an emotional roller coaster for moms and dads alike. But parents-to-be can take steps to help make sure these nine months are a happy wait time for all.

A TIME OF HIGH EMOTIONS

Hormonal changes are partly to blame for the mood swings that many pregnant women experience. Moodiness also can result from fatigue, morning sickness, and other pregnancy discomforts.

Pregnancy is a major change. While many women feel great joy at the prospect of motherhood, they may also worry about:

- The health of their unborn baby
- Whether they will be good mothers
- The pain of childbirth
- Being able to lose pregnancy pounds
- How their relationships will change
- Money and their jobs

The father can share many of these anxieties and may have some of his own, such as concerns about being a good dad. In fact, some fathers even gain weight and develop pregnancy symptoms.

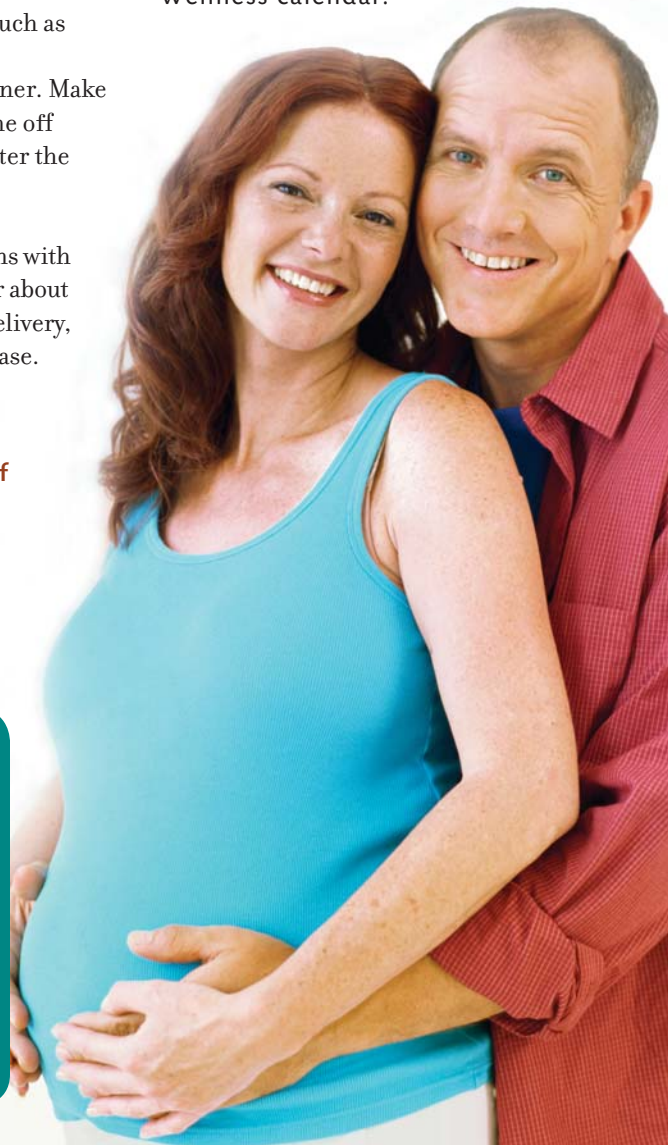
for you...

SAVE THE DATE: EXPECTANT PARENT FAIR

Join us on Sunday, May 4, from 2 to 4 p.m., at The Medical Center. We'll share some of what we've learned from delivering babies for more than 80 years.

Whether you are expecting or considering having a baby, helpful information on healthy

pregnancies, baby care, and safety will be available. Tour our expanded obstetrics unit and meet our outstanding staff. Enjoy refreshments and register for great door prizes. For more information, call 270-796-2108.



A HEALTHY DIET:

Your First Line of Defense Against Disease



A healthy diet lays the foundation for your overall well-being. And heart-healthy, cancer-fighting fruits and vegetables—between 2½ and 6½ cups every day—are the cornerstone. Your daily diet should also include at least 3 ounces of whole-grain foods and 3 cups of fat-free or low-fat dairy products. You should eat only small amounts of fats and sweets.

Once you've built your nutritional foundation, follow these tips to help prevent specific conditions.

HEART-RELATED PROBLEMS

For heart health, pump up your intake of omega-3 fatty acids by eating about a 3-ounce serving of salmon or tuna three times a week. Limit sodium to less than 2,300 milligrams (mg) per day. And keep your cholesterol intake lower than 300 mg by avoiding high-cholesterol foods, such as liver and egg yolks.

DIABETES

A high-fat diet can increase your risk for type 2 diabetes. If you eat about 2,000 calories a day, limit fat to about 65 grams or less. Read nutrition labels.

OSTEOPOROSIS

To reduce risk for bone loss, take in 1,000 mg of calcium and 200 international units (IU) of vitamin D every day. Adults older than age 50 need 1,200 mg of calcium and 400 IU of vitamin D. Good calcium sources include low-fat dairy products, dark green leafy vegetables, and calcium-fortified orange juice. Vitamin D is found in fortified milk and cereals and in eggs.

CANCER

Fruits and veggies are key in helping to decrease your risk for many types of cancer. Eat a variety!



MANAGE YOUR NUTRITIONAL NEEDS. If you have a personal or family history of heart disease, diabetes, cancer, or obesity or you are concerned about your overall health, you may be interested in an individualized diet from The Medical Center's Medical Nutrition Therapy services. Our registered dietitian can:

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

Call Andrea Norris, R.D., L.D., at **270-796-6596** or **877-800-3824** to learn more about medical nutrition therapy.

Can Prostate Problems Be Avoided?

As men age, the prostate can become vulnerable to health concerns. Two of these are an enlarged prostate and prostate cancer. An enlarged prostate is not a medically serious condition, but it has similar symptoms to prostate cancer. Early detection of cancer is important.

SIGNS OF AN ENLARGED PROSTATE

It is not known why an enlarged prostate occurs. As the prostate grows, it can block the urethra, which carries urine from the bladder out of the body. As a result, men may face:

- A frequent need to urinate, especially at night
- A weak, delayed, or interrupted stream when urinating
- An inability to completely empty the bladder

If a man has mild urinary symptoms, there are some steps to take for relief:

- Limit coffee, alcohol, and spicy foods.
- Don't smoke.
- Drink eight or more glasses of water every day.
- Get into the habit of urinating as soon as the need arises.
- Try saw palmetto, an herbal remedy that has improved urine flow for some men.

Treatment for an enlarged prostate is not always necessary. But if urinary problems become increasingly worse, there are medications to shrink the prostate or relax muscles around it to improve urine flow. Severe symptoms may require surgery, laser therapy, or microwave therapy.

LOOKING OUT FOR PROSTATE CANCER

In addition to the symptoms associated with an enlarged prostate, men with prostate cancer may also notice blood in the urine or back pain. Often, however, prostate cancer does not offer many signs until the later stages of the disease.

Other than quitting smoking, exercising regularly, and eating low-fat foods, men's next best defense is to begin screening for prostate cancer at age 50. Men with a relative who has had prostate cancer may need to start screening at age 40. You should ask your doctor what's right for you.

Screening usually involves a digital rectal exam and a blood test called the prostate-specific antigen test. Treating prostate cancer may include surgery, radiation therapy, or hormone therapy. Depending on their age and how fast the cancer is growing, men may decide with their doctors to forgo treatment.



JOIN IN THE RELAY FOR LIFE. Mark your calendar for the annual American Cancer Society Relay for Life. The Medical Center is proud to sponsor this year's events, held throughout the area on the following dates:

- **Allen County:**
May 2 and 3
- **Barren County:**
May 9 and 10
- **Butler County:**
June 6 and 7
- **Edmonson County:**
May 2 and 3
- **Simpson County:**
June 20 and 21
- **Warren County:**
June 6 and 7

For more information and exact times and locations, call the American Cancer Society at **800-ACS-2345**.

take action

MEN, SAVE THE DATE: PROSTATE CANCER SCREENING

On Saturday, June 14, from 9 a.m. to noon, The Medical Center Health & Wellness Center in Greenwood Mall will be offering prostate cancer screenings to men ages 50 and older, African-American men ages 45 and older, and men ages 40 and older with a family history of prostate cancer.

The cost for members of Senior Health Network and Men's Health Alliance is \$25, and Health Dollars will be accepted. Cost for nonmembers is \$35. Men can join one of these programs on the day of the screening for a one-time fee of \$10. No appointment is necessary. Call **270-745-0942** or **877-800-3824** for more information.

Help Your Children Grow Healthy Habits



*** JOIN THE HEALTHY KIDS CLUB.** The Medical Center Healthy Kids Club is a membership program that supports children making healthy choices by promoting physical activity, healthy eating, safety, and wellness. Children ages 5 to 12 are encouraged to lead healthy lifestyles through programs and activities.

To sign up your child, complete the membership program form found as an insert in this publication or stop by The Medical Center Health & Wellness Center in Greenwood Mall.

The word *no* is probably one of the first words your child spoke. Ever since, a battle of wills has reigned. The quarrel? What you think is best for your child versus what your child wants.

When it comes to instilling healthy habits, several strategies can help you gain the upper hand. One is modeling wholesome behaviors yourself. Another, which is just as important, is telling your children what you know about good health. You should then cheer them on when they make their own healthy choices.

EATING RIGHT

When it comes to eating, getting your child to choose nourishing foods can be a struggle. The following tips may help:

- **Stock up on healthy snacks.** Make healthy foods such as yogurt, whole-grain crackers, and fruits and vegetables available to your child.
- **Keep offering finicky eaters nutritious items.** Children may need to be exposed to a new food up to 10 times before they accept it.
- **Make meal preparation a family affair.** Children usually relish dishes they help prepare. By age 5 or 6, many children can measure ingredients, cut with a blunt knife, and wield an eggbeater.
- **Encourage your child to invent a meal or snack.** Your child can “invent” trail mix. Talk about the different food groups involved and the qualities such as texture, color, smell, and taste that add flavor.

BEING ACTIVE

If you are concerned that your child is overly sedentary, try these tips to encourage daily activity:

- Schedule an active family event once a week: Fly a kite, build a snowman, or go hiking.
- Give gifts that invite activity, such as balls, jump ropes, or a bicycle.
- Teach your children the skills they need to participate in various activities or sign them up for lessons. They are more likely to take part in activities if they believe they're capable of doing so.
- Limit TV watching. Children who watch TV for three or more hours after school are about three times less likely to be active than those who watch less.

Medication Management: IT'S IN THE BAG

TO BE SURE YOU'RE FOLLOWING THE SAFEST, SIMPLEST MEDICATION PLAN, CONSIDER AN ANNUAL "BROWN-BAG CHECKUP."

Even if you haven't used a brown paper bag since your grade school lunch period, it may be time to pack one again. Leave the baloney sandwich at home and fill your bag with all your medicines. Then take it to your doctor appointments.

A "brown-bag checkup" at least every year helps your doctors monitor your medicines. Pack the medications you take occasionally along with those that you take every day. Be certain to include vitamins, supplements, and over-the-counter remedies.

PREVENT HARMFUL INTERACTIONS

Medicines can help treat and control a range of conditions, from headaches to heart disease, but they have risks as well as benefits.

Drugs can interact with each other or with foods or beverages you consume, causing side effects. Also, treatments for one ailment can make another health problem worse or prevent another medication from working properly.

After reviewing all your medicines, your doctor can adjust your regimen to help strike the right balance. Be certain to tell your doctor if you experience problems like nausea or dizziness from any of your medications.

Also, let your doctor know if you have trouble taking your medicine as directed. He or she might be able to simplify your plan, for instance, by having you take one pill daily instead of four.

ADDITIONAL SAFETY TIPS

Here are some general medication safety tips to keep in mind:

- Know what the names of your drugs are and what they do. Keep a list with you—including dosages—at all times.
- Ask your doctor and pharmacist questions. For instance, are there activities or foods that you should avoid with the treatment? What if you miss a dose?
- Carefully read drug labels and follow instructions.
- Check that the medicine you get matches what the doctor ordered. For refills, alert the pharmacist if the pills look different than last time.
- Take your medicine at the correct time. Calendars, pillboxes, and even computerized devices can help.



for you...

BROWN-BAG DAY

The Medical Center Health & Wellness Center in Greenwood Mall will offer a Brown Bag Day on Tuesday, June 3, from 9 to 11 a.m. Bring all your current medications and discuss them one-on-one with a pharmacist from The Medical Center. No appointment is required.

Kidney Disease: Test Early to Help Prevent Complications

N

ot everyone with diabetes develops kidney disease, also referred to as diabetic nephropathy. But it's important to be aware of the condition.

Diabetic nephropathy can lead to end-stage renal disease, which requires dialysis or a kidney transplant in order for the patient to survive. The initial stage of kidney disease strikes without symptoms, and it's crucial to detect the disease early to prevent it from getting worse.

Healthy kidneys remove waste products from the blood. Early in kidney disease, the filtering capabilities of the kidneys begin to deteriorate. For some people, the disease does not get any worse. But if it does, small amounts of a blood protein called albumin pass into the urine. This signals a condition called microalbuminuria.

Microalbuminuria is more likely to progress to later stages of kidney disease in individuals with type 1 diabetes because of high blood sugar. According to the American Diabetes Association, people with type 1 or type 2 diabetes should be screened for microalbuminuria every year. Your doctor can detect even very low levels of albumin in your urine with a routine urinalysis test. If you are diagnosed with microalbuminuria, you can help prevent the progression of kidney disease by taking the following steps:

- Achieve good blood sugar control. Your blood sugar should be between 70 and 110 before meals and lower than 140 after meals.
- Control your blood pressure. You can do this by losing weight if needed, limiting salt, exercising on most days of the week, and avoiding alcohol and tobacco.

Early detection is also important because microalbuminuria is a risk factor for heart attack and stroke in individuals with type 1 or type 2 diabetes.



SAVE THE DATE FOR KIDNEY DISEASE

SCREENINGS. The National Kidney Foundation's Bowling Green Chapter will be offering a free Kidney Early Evaluation Program (KEEP) at The Medical Center Health & Wellness Center in Greenwood Mall on Tuesday, April 29, from 9 a.m. to 4 p.m. KEEP is for people ages 18 and older who have diabetes; high blood pressure; or a family history of those health concerns or kidney disease. Services will include:

- Blood pressure and weight measurements
- Blood and urine tests for signs of diabetes and kidney disease

Registration is required. Call **800-737-5433**.

take action

NEED HELP MANAGING YOUR DIABETES?

The Medical Center Community Diabetes Program can help you find the balance you need to live a healthy life and prevent complications that can occur from diabetes. A certified diabetes nurse educator and registered dietitian provide personalized service and work closely with your personal physician and his or her treatment plan.

The program offers flexible education opportunities to meet your busy schedule. Individual and group counseling sessions are held at The Medical Center Health & Wellness Center in Greenwood Mall. For more information, call Marissa Hesson, R.N., C.D.E., at **270-796-5169** or **877-800-3824**.

Vascular Screenings Provide Lifesaving Early Detection

THREE TESTS CAN HELP YOU AND YOUR DOCTOR IDENTIFY VASCULAR HEALTH THREATS AND PREVENT A HOST OF MORE SERIOUS PROBLEMS.

You've probably heard that blocked or narrowed arteries are a major risk factor for cardiovascular disease. But this buildup of fatty material, called plaque, doesn't affect just your heart. It can occur in arteries throughout the body and may cause a host of serious health problems, including stroke and aneurysm.

Fortunately, your doctor can detect vascular diseases linked to narrowed arteries with the following three tests:

Carotid duplex ultrasound. This test helps find blockages in the carotid arteries that carry blood to the brain. Plaque buildup there can cause sudden stroke if left untreated. The duplex ultrasound emits sound waves that bounce off blood cells to create a picture of the artery and its blood flow. This painless test helps doctors determine how to treat any blockages before a stroke occurs.

Aortic screening. Aortic screenings can identify potentially fatal aneurysms in the aorta, a major artery that runs

from the chest to the abdomen. Aneurysms develop here when the artery walls become weakened, causing the artery to expand. Without treatment, the aneurysm will grow larger and can rupture. An aortic screening also involves duplex ultrasound. This helps doctors identify the presence of an aneurysm as well as its size and location.

Peripheral arterial disease (PAD) scan. PAD scans check blood flow in the leg arteries. Any blockage in these arteries can cause leg pain when walking and, if not treated, possibly gangrene and the need for amputation. The PAD scan uses Doppler ultrasound and special blood pressure cuffs to measure blood pressure in the legs and feet. This helps doctors find blockages and decide whether treatment is needed.

Talk with your doctor about getting screened for vascular diseases if you are age 50 or older, use tobacco, or have risk factors such as high blood pressure, diabetes, or a family history of vascular disease.

*** SCHEDULE VASCULAR SCREENINGS.** The Heart Institute at The Medical Center offers vascular screening tests at The Medical Center Health & Wellness Center in Greenwood Mall every month.

Three noninvasive tests are available that use state-of-the-art ultrasound to detect the most common vascular risks: stroke, aortic aneurysm, and lower-extremity peripheral arterial disease.

A vascular technician performs the screenings and immediately reviews all results on site. The results are then sent to a board certified vascular

surgeon at The Heart Institute for verification, and a report is sent to you and your doctor.

Each screening costs \$35, or you can have all three for \$90. Members of The Medical Center Senior Health Network, The Women's Center, and Men's Health Alliance can receive all three tests for \$80.

For upcoming screening dates, call 270-745-0942 or 877-800-3824. Appointments are encouraged, and walk-ins are taken on a space-available basis.



Women, Register for Upcoming Events

* MOTHER-DAUGHTER TEA AND FASHION SHOW

The Women's Center invites you to an afternoon tea and fashion show by Dixon's Boutique and Gifts and Pistols 'n Petticoats children's store of Franklin. This is a wonderful opportunity for you to spend time with your mother, daughter, grandmother, or special friend.

WHEN: Saturday, May 10, 3 p.m.
WHERE: The Medical Center Auditorium
COST: \$7 per person

Reservations for (names):

.....

.....

Daytime phone number: ()

E-mail address:

Amount enclosed (\$7 per person): \$

* A DAY JUST FOR WOMEN

Join us for The Medical Center's 11th annual women's conference.

WHEN: Tuesday, October 28, 7:30 a.m. to 3:30 p.m.
WHERE: Sloan Convention Center
COST: \$50 per individual or \$450 for table of 10

Reservations for (names):

.....

Address:

City: State: ZIP:

Daytime phone number: ()

E-mail address:

Amount enclosed (\$50 per individual or \$450 for table of 10): \$



SAVE THE DATE: WOMEN IN THE ARTS.

Come see the work of local women artists. The majority of the artwork will be available to purchase.
When: Friday and Saturday, April 11 and April 12, 10 a.m. to 4 p.m.; Sunday, April 13, 1 to 4 p.m.
Where: The Medical Center Auditorium

Detach appropriate form(s) and include with payment to: **The Women's Center, 2625 Scottsville Road, Suite 608, Bowling Green, KY 42104.**



WOMEN-IN-CHARGE LUNCHEON SERIES

This series is sponsored by The Women's Center, which links women to an entire network of educational programs and specialized medical services.

Presentations:

- **Financial Health for Women—Achieving Your Financial Goals**, Matt Idlett and Claude Robertson, Edward Jones financial advisors
- **Prevention and Treatment of Gynecological Cancers**, Lizzy Andrews, M.D., Women's Health Specialists

- **Straight Talk About Men's and Women's Health**, Jack Glasser, M.D., Graves-Gilbert Clinic

WHEN: Tuesdays, April 22, May 27, and June 24, noon
WHERE: The Medical Center Auditorium
COST: \$8, includes luncheon and presentation

Reservations for (names):

.....

Daytime phone number: ()

E-mail address:

Women-in-Charge luncheon(s) you will attend:

- April 22, Financial Health for Women
- May 27, Gynecological Cancers
- June 24, Straight Talk About Men's and Women's Health

Amount enclosed (\$8 per presentation): \$

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, please call The Medical Center at 270-745-1000 or visit www.themedicalcenter.org.

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health & wellness

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SCREENINGS

The following health screenings are available at The Medical Center Health & Wellness Center in Greenwood Mall 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.

FREE BLOOD PRESSURE SCREENING

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

BODY FAT SCREENING

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

The cost is \$5 for members of the Senior Health Network, The Women's Center, and Men's Health Alliance. For non-members, the cost is \$10. Health Dollars will also be honored.

VASCULAR SCREENINGS

Fridays, April 4 and 18; May 2, 16, and 30; and June 13 and 27, 9 a.m. to 4 p.m. Appointments are encouraged; walk-ins are taken on a space-available basis.

See description of screenings and costs on page 9.

FREE KIDNEY DISEASE SCREENING

Tuesday, April 29, 9 a.m. to 4 p.m. Preregistration required. Call 800-737-5433. See description on page 8.

FREE BACK SCREENING

Thursday, May 8, 9 to 11 a.m. Preregistration required.
Nathan Johnson, physical therapist with Bluegrass Outpatient Center, will provide back screenings and education for the prevention of back problems.

FREE LUNG HEALTH SCREENING

Fridays, May 16 and 30, 1 to 3 p.m. Preregistration required.

This 15-minute screening provided by respiratory therapists from The Medical Center assesses your lung function.

FREE DERMASCAN SCREENING

Thursday, June 5, 9 a.m. to 1 p.m. Preregistration required.

Sun damage can be a forecast for future skin cancer. With this painless and simple screening device, representatives of the Kentucky Cancer Program can identify potential trouble spots on your skin.

PROSTATE CANCER SCREENING

Saturday, June 14, 9 a.m. to noon. No appointment needed. See description of screenings and costs on page 5.

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

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

Annual cholesterol and glucose screenings are an invaluable service offered to members of these programs.

These screenings can also be done at The Medical Center Lab in Bowling Green, Franklin, or Scottsville any day without an appointment. You must be fasting and present your health screening certificate.

EXERCISE AND NUTRITION CLASSES

The following classes are available at The Medical Center Health & Wellness Center in Greenwood Mall 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.

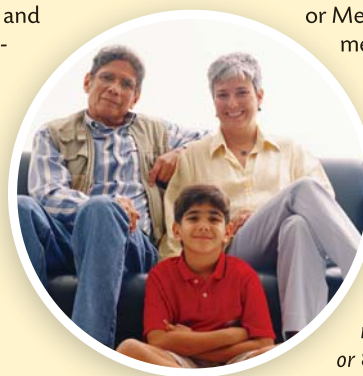
LIMBER FOR LIFE

Wednesdays, 2 to 3 p.m., and Fridays, 9 to 10 a.m. Class size is limited to the first 20

participants. No special equipment required; wear comfortable clothes.

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

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



COMPREHENSIVE DIABETES SELF-MANAGEMENT CLASS

Thursday, May 29, 10 a.m. to noon or 5 to 7 p.m. Preregistration required. Call 270-796-5169 or 800-624-2318.

Although there is no cure, diabetes can be controlled by keeping your blood sugar at a healthy level. Join The Medical Center's certified diabetes educator, Marissa Hesson, R.N., as she discusses self-care for diabetes.

WEIGH TO WELLNESS

Wednesdays, April 16 through May 14, 5 to 6 p.m. Preregistration required.

This program helps you change your lifestyle in five short weeks. You will be coached by a registered dietitian, a health educator, and an exercise specialist who will show you everything from working out to dining out.

The cost is \$50, and Health Dollars may be used.

PREPARING AND CARING FOR BABY

The following Preparing and Caring for Baby classes are available at different locations at the times listed below. For more information or to register for classes, call 270-796-2495. Or you can register online at www.themedicalcenter.org.

CONTINUED ON THE NEXT PAGE



health&wellness



PREPARED CHILDBIRTH CLASSES

- **Option 1:** Six-Week Series: Tuesdays, April 29 through June 3, 6 p.m.
- **Option 2:** One-Night Refresher: Tuesday, May 6, 6 p.m.
- **Option 3:** One-Day Express Course: Saturdays, April 5 and 19, May 3, and June 7, 9 a.m. to 1 p.m. Snacks and drinks are provided, and there is a break for lunch.

Prepared Childbirth Classes take place at The Medical Center Auditorium. Preregistration required.

This class covers information on preparing for labor and delivery. Three versions are available. 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.

The one-day class, to accommodate those unable to attend the full-length version, does not include Breastfeeding and Grandparents classes. Participants can register for those classes separately (check out class listings below).

For those who have already taken a childbirth series class and are looking for a quick recap, the one-night refresher course will review labor, delivery, breathing, and relaxation.

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 tours:

- Main Strasse Village & The Creation Museum
Northern Kentucky
September 12 through 13
- New York City
November 10 through 14
- Christmas in Pigeon Forge
December 11 through 13

Call United Coach and Tour at 800-264-5043 for all the details on these exciting bus trips.

AFTER THE STORK: NEW MOM SUPPORT GROUP

Tuesdays, April 8 and 22, May 13 and 27, and June 10 and 24, 11 a.m. to noon, at The Medical Center Health & Wellness Center in Greenwood Mall

This support group addresses the many issues new mothers face as they adjust to life with a new baby. Time will also be given at each meeting for questions and discussion of specific concerns. The schedule of class topics will be the following:

- **Class 1:** Your Baby's Health
- **Class 2:** Your Baby's Development
- **Class 3:** Getting to Know Your Infant—Part I
- **Class 4:** Getting to Know Your Infant—Part II
- **Class 5:** Breastfeeding Problems and Solutions
- **Class 6:** Why Do I Feel This Way? Postpartum Depression

A NEW BABY'S COMING CLASS

Thursday, May 29, 6 p.m., at The Medical Center Auditorium, or Thursday, June 26, 6 p.m., at The Medical Center Medical Conference Room.

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, May 1; Tuesday, May 27; and Thursday, June 26, 6 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

Tuesdays, April 8 and May 20, 6 p.m., at The Medical Center Auditorium. Preregistration required.

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

baby after cesarean section surgery.

FATHERHOOD 101

Tuesdays, April 8 and May 20, 7 p.m., at The Medical Center Medical Conference Room. Preregistration required; dads only!

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

GRANDPARENTS CLASS

Tuesdays, April 15 and June 3, 6 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.

HOW DO YOU SPELL RELIEF WHILE PREGNANT?

Thursday, May 29, 6 p.m. Meet your instructor in the main lobby of The Medical Center. Preregistration required; moms only!

A physical therapist will teach proper postural alignment, lifting, gentle stretching, strengthening, and relaxation to help with those aches and pains of pregnancy and help prevent future aches and pains of labor.

INFANT MASSAGE

Two-class series: Tuesdays, May 20 and 27, 6 to 7 p.m., at The Medical Center Health & Wellness Center in Greenwood Mall. Preregistration required. Bring a beach towel or small blanket.

This is a special two-part class for parents and babies. Infant massage may provide benefits for your child, including increased weight gain, improved immune system function, relief from stress or discomfort, and an enhanced parent-child bond.

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

NEWBORN CARE AND SAFETY CLASS

- Thursdays, April 3 and 17, May 15, and June 5 and 19, 6 p.m., at The Medical Center Auditorium
- Thursday, May 1, 6 p.m., at The Medical



Saturday, April 26. Registration at 9 a.m.
Walk begins at 10 a.m., at Phil Moore Park.

As a sponsor of March for Babies, The Medical Center is proud to support the March of Dimes in their efforts to give all babies the best possible chance for a healthy start in life. For more information, call 270-746-5411 or 800-670-3339.

Center Medical Conference Room. 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.

NUTRITION DURING PREGNANCY

Thursday, May 1, 6 to 7 p.m., at The Medical Center Health & Wellness Center in Greenwood Mall. Preregistration required.

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be.

READY, SET, GO!

Thursdays, April 24, May 8, and June 12, 6 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, May 22, 6 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 in Greenwood Mall 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.

BECOME A NONSMOKER: COOPER-CLAYTON CLASS

- **Introduction:** Monday, April 7, 6 to 7 p.m.
- **12-week session:** Mondays, April 14 through June 30, 6 to 7 p.m.

Preregistration and use of a nicotine-replacement product are required. Call 270-842-0950.

The Cooper-Clayton class, offered through the collaboration of The Medical Center and Barren River District Health Department, will give you the guidance and support you need to kick the habit.

SLEEP AND PULMONARY HEALTH

Thursday, April 17, 10 to 11 a.m. Preregistration required.

Breathing problems can be difficult to manage while we're awake and may pose problems while we sleep. Various breathing problems and their effects on sleep will be discussed during this class.

PREVENTION AND TREATMENT OF HYPERTENSION AND HIGH CHOLESTEROL

Tuesday, April 22, 5:30 to 6:30 p.m. Preregistration required.

Anil Nachnani, M.D., hypertension specialist with Graves-Gilbert Clinic, will provide an overview of steps you can take to prevent high blood pressure and high cholesterol. He will also share information on treatment options that are available for these two life-threatening conditions.

LOOK GOOD, FEEL BETTER

Monday, May 12, 1 to 3 p.m. Preregistration required. Call the American Cancer Society at 270-782-9036 or 800-227-2345.

Look Good, Feel Better is a supportive and informative first step toward renewed self-esteem and emotional recovery for female cancer patients undergoing treatment.

Women will learn how to use make-up techniques and deal with hair loss. Nail care is also discussed.

BROWN BAG DAY

Tuesday, June 3, 9 to 11 a.m. No appointment required.

Do you have questions about your medications? Bring in all your current medications and discuss them one-on-one with a pharmacist from The Medical Center.

READING FOOD LABELS

Wednesday, June 4, 5 to 6 p.m. Preregistration requested.

Net carbs, total fat, saturated fat, percentage of calories from fat, and label terminology can be so confusing. Andrea Norris, community dietitian, will provide information to help decipher and understand those puzzling food labels.

BABYSITTING CLINIC

Thursdays, June 12 and 19, 9 a.m. to 2 p.m. Prepayment and registration required; class size is limited.

Boys and girls ages 11 through 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.

RED CROSS BLOOD DRIVE

Thursdays, April 24, May 22, and June 26, noon to 6 p.m. No appointment required.

Join the American Red Cross and The Medical Center Health & Wellness Center as we host a monthly community blood drive.

SENIOR HEALTH

The following programs in Bowling Green, Scottsville, and Franklin are specially tailored for older members of the community.

AARP DRIVER SAFETY PROGRAM

Two-class series: Tuesdays and Wednesdays, April 15 and 16, May 20 and 21, or June 17 and 18, 9 a.m. to 1 p.m., at The Medical Center Health & Wellness Center in Greenwood Mall. Preregistration required and space is limited. Call 270-745-0942 or 877-800-3824.

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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. Participants must attend both sessions.

Cost of the program is \$10 per person. Checks can be made payable to AARP.

EXERCISE CLASSES FOR OLDER ADULTS

Enjoy the health benefits of exercise designed for seniors.

- **Bowling Green:** Wednesdays, 2 to 3 p.m., and Fridays, 9 to 10 a.m., at The Medical Center Health & Wellness Center in Greenwood Mall. 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

ART ON EXHIBIT

View the artwork of local artist Rhonda Smith in the Health & Wellness Center classroom during the months of April through June.

- **Franklin:** Mondays, Wednesdays, and Fridays, 9 to 10 a.m., at Franklin Simpson Parks and Recreation

BINGO

Come play!

- **Bowling Green:** Tuesdays, April 1, May 6, and June 3, 2 to 4 p.m., at The Medical Center Auditorium
- **Scottsville:** Tuesdays, April 15, May 20, and June 17, 2 to 4 p.m., at The Medical Center at Scottsville Dining Room

SUPPORT GROUPS

The following support groups meet at The Medical Center Health & Wellness Center in Greenwood Mall at the times listed below unless otherwise noted. New members are always welcome.



AFTER THE STORK NEW MOM SUPPORT GROUP

See Preparing and Caring for Baby section for description.

ALZHEIMER'S SUPPORT GROUP

Thursdays, April 17, May 15, and June 19, 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, April 10, May 8, and June 12, 5 to 6 p.m.

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. For more information, call Ken McKenney at 877-700-4070.

CANCER SUPPORT GROUP

Mondays, April 7, May 5, and June 2, 6 to 7 p.m.

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

DIABETES SUPPORT GROUPS

- **Bowling Green:** Tuesdays, April 8 and May 13, 1:30 to 2:30 p.m., or 6 to 7 p.m.

- **Franklin:** Tuesdays, April 15 and May 20, 1 to 2 p.m., at The Medical Center at Franklin

This support group is open to persons with diabetes and their family members. Marissa Hesson, R.N., certified diabetes educator, will lead the group. April's topic is

"Know Your Numbers (Lab Values)," and the topic for May is "Taking Care of Your Kidneys."

FEAST (FOOD EDUCATION AND ALLERGY SUPPORT TEAM)

Tuesdays, April 1 and May 6, 6 to 7 p.m.

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



GASTRIC BYPASS SUPPORT GROUP

Thursdays, April 17, May 15, and June 19, 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, April 28, May 26, and June 23, 7 to 8 p.m., at The Medical Center Auditorium

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

SPECIAL UPCOMING EVENTS FOR WOMEN

Register for these events for women on the back page of this newsletter:

- Mother-Daughter Tea and Fashion Show
Saturday, May 10, 3 p.m.
- A Day Just for Women, The Medical Center's 11th annual women's conference
Tuesday, October 28, 7:30 a.m. to 3:30 p.m.
- The ongoing Women-in-Charge Luncheon Series, sponsored by The Women's Center
Tuesdays, April 22, May 27, and June 24, noon to 1 p.m.

Use the registration forms provided to reserve your spot. For more information, call The Women's Center at 270-745-1010 or 800-624-2318.