

summer
2010

well news

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TIPS TO AVOID DRUG
INTERACTIONS

SHOULD YOU TRY
TAI CHI?

CALORIES COUNT
FOR KIDS



The
Medical
Center

MARK YOUR CALENDAR

Plan to Attend A Day Just for Women on September 30

For the past 12 years, women from all across Southcentral Kentucky have been touched by The Medical Center's annual women's conference—A Day Just for Women. Brenda Kirk of Glasgow and many of her friends have been attending A Day Just for Women for several years. "The conference is such a wealth of knowledge, and it's such a fun day," says Kirk. "The speakers present us with valuable information that, as women, we need. My friends and I look forward to it every year."

The 13th annual women's conference features two speakers: Donna Tyson and Kerri Rimmel, M.D., Ph.D.



Donna Tyson

Tyson is a motivational speaker and author. Her unique style has been described as a cross between a preacher, a politician, and a comedian.

Tyson travels the country as a full-time motivational speaker and is a regularly featured writer on work/life balance issues in *Carolina Woman* magazine. She has also designed and taught certification classes for the Myrtle Beach Hospitality Association on "Outstanding Customer Service" and "Management to Leadership."



Dr. Kerri Rimmel

"My goal is to remind women to reclaim their joy," says Tyson. "Many women are so busy taking care of others that they slowly, unknowingly lose their own joy. I want ladies to walk away feeling like they can breathe again and see life in a positive way."

The second featured speaker, Dr. Rimmel, neurologist and Stroke Center director for the University of Louisville Hospital, will provide valuable health information as she discusses stroke in women.

"This is the first time in history that women have more strokes than men," says Dr. Rimmel. "Women have different warning signs for stroke than men. Lifesaving treatments are available for stroke victims." Dr. Rimmel will also lead an ask-the-physician question-and-answer session.

The Medical Center's women's conference stays true to its name. It really is A Day Just for Women. "I guarantee you women will laugh, cry, and feel like someone has spoken straight to their hearts," adds Tyson. "Women need to know that while they can't always control the circumstances, they can control the impact it has on their life."



DON'T MISS OUT! SIGN UP TODAY

Thursday, September 30, 8 a.m. to 3 p.m.

For more information or to register for *A Day Just for Women*, call **270-745-1010** or **800-624-2318**. The cost is \$50 per person and includes presentations, health screenings, continental breakfast, lunch, and conference materials. Corporate tables of 10 are available for \$450 each. Registration deadline is Friday, September 3. Through participation in *A Day Just for Women*, 4.4 nursing CEUs, 4.5 dental hygienist CEUs, and 2 dietitian CEUs may be obtained. See the back page of this newsletter for more details.

Mind Your Meds

Drug combinations may put you at risk

If you take more than one type of medication—whether it’s a prescription drug, an over-the-counter (OTC) medicine, or a dietary supplement—you may be at risk for a drug interaction. According to a recent study published in the *Journal of the American Medical Association*, about 1 in 25 older adults is at risk for a major medication interaction.

COMMON INTERACTIONS FOUND

The study was based on interviews conducted with 3,005 men and women between the ages of 57 and 84. Researchers discovered that 4 percent of participants—or 1 in 25—were at risk for a major drug interaction. Overall, the risk for an interaction increased with age, but men of all age groups were at higher risk for drug interactions than women.

Among the most common medications, researchers found 11 potential major drug interactions, meaning the interaction could be life threatening or require medical intervention. More than half of these interactions involved OTC drugs or dietary supplements, and almost half of the interactions involved anticoagulant and antiplatelet medications used to prevent blood clots, such as warfarin and aspirin. The researchers found no cases of medications that were absolutely contra-indicated for use at the same time.

LEARN HOW TO PROTECT YOURSELF

While older Americans generally take more medications and are more likely to be adversely affected by drug interactions, people of all ages may be at risk. Drug interactions can increase or decrease the potency of medications and can cause harmful side effects, such as a risk of bleeding.

“It is critically important that a pharmacist is aware of all medications a person is taking,” says Beth Rhea, Pharm.D., pharmacist manager at Riverside Pharmacy. “It is our job to ensure that our customers and patients are on a medication regimen that won’t adversely affect their health. But if we don’t know the medications someone is taking, we can’t thoroughly take the appropriate steps to prevent medication interactions.”



Beth Rhea,
Pharm.D.

ASK THE PHARMACIST

Tuesday, August 24, 9 to 11 a.m.,
at The Medical Center Health & Wellness Center in Greenwood Mall. Beth Rhea, a pharmacist with Riverside Pharmacy, will be available to answer questions you may have concerning your current medications. Bring in all your current medications, including prescription and over-the-counter items, during this free session. Preregistration is required by calling 270-745-0942 or 877-800-3824.

Here are some tips to help minimize your risk:

- Keep a list of all the medications you take, both prescription and nonprescription. Bring this list with you every time you visit a healthcare provider.
- If you take prescription drugs, ask your doctor or pharmacist about interactions before you take OTC medications or supplements.
- Have all your prescription medications filled at one pharmacy.
- Store all your medications in their original containers so you can identify them.
- When you begin taking a new medication or refill a prescription, read all labels and drug warnings carefully.
- If you have any questions about a medication or how to take it, ask your doctor or pharmacist.

The Medical Center at Franklin Celebrating 10 Years

April 1, 2000 marked a new beginning in healthcare for Franklin and Simpson County as Franklin-Simpson Memorial Hospital officially became The Medical Center at Franklin. Since that day, The Medical Center at Franklin has put residents in touch with the resources to keep them close to home for their healthcare.

“Looking back over the past 10 years, it’s amazing how far we’ve come,” says Clara Sumner, chief executive officer of The Medical Center at Franklin. “I truly feel the residents of this community are proud of what we have accomplished, and I think they are thankful to have access to leading-edge healthcare right in their backyard.”

On April 1, 2010, The Medical Center at Franklin celebrated the grand opening of the Franklin Medical Pavilion. The 17,663-square-foot medical office building houses a new state-of-the-art laboratory, rehabilitation services, and cardiopulmonary rehabilitation services. Robert Wesley, M.D., and Karuna Reddy, M.D., family medicine physicians, and William Daniel, M.D., general surgeon, have located their practices to the Franklin Medical Pavilion as well.



Steve
Thurmond

Steve Thurmond, executive director of the Franklin-Simpson Chamber of Commerce,



was on the hospital board of directors when Commonwealth Health Corporation (CHC)—parent company of The Medical Center at Franklin—acquired the hospital in 2000.

“Before CHC and The Medical Center at Franklin, we didn’t know how we were going to keep the hospital open,” says Thurmond.

He also has first-hand experience with the care provided at The Medical Center at Franklin. His father had a lengthy illness, and was hospitalized at The Medical Center at Franklin for 10 weeks. “The staff cared for my father like he was their only patient,” says Thurmond. “It makes me proud to know that we have access to such wonderful care this close to home.”



For more information about The Medical Center at Franklin, visit www.TheMedicalCenterFranklin.org or call 270-598-4800.



QUICK CARE CLINIC MOVES TO LARGER LOCATION

Quick Care Clinic is now open at its new location in the Lost River Square shopping center on Nashville Road, between Dunkin’ Donuts and Nation’s Medicine.

In its new, larger facility, Quick Care Clinic continues to provide minor medical services that can be seen and treated in about 30 minutes. Advanced registered nurse practitioners treat ailments, such as sinus infections, sore throats, earaches, and flu-like symptoms. Quick Care Clinic also provides services, such as allergy shots, and school, sports, and insurance physical examinations.

To celebrate the move, Quick Care Clinic is offering a \$40 sports or school physical special—when you pay with cash. The sports and school physical special is available Mondays and Thursdays only. Each additional physical form for the same patient is only \$10 per form. That means you can get a sports and school physical, for the same patient, for only \$50! Call 270-781-6164 or 270-796-CARE (2273) for more information.

health & wellness

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SCREENINGS

The following screenings are available at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only) at the times listed below. For more information or to register for screenings, call 270-745-0942 or 877-800-3824. The Health & Wellness Center will be closed **Monday, July 5; Monday, September 6; and Thursday, September 30.**

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 VESTIBULAR (DIZZINESS) SCREENING

Monday, July 12, 8:30 to 11:30 a.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.

VASCULAR SCREENING

Fridays, July 9 or 30, August 13 or 27, September 10 or 24, 9 a.m. to 4 p.m.
Appointments are required.
Assess your vascular health with three painless, noninvasive tests: carotid ultrasound, abdominal aortic ultrasound, and ankle/brachial index. These tests screen for disorders such as stroke, aortic aneurysm, and lower extremity vascular disease. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute, and a report is sent to you and your physician.

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

FREE SLEEP SCREENING FOR CHILDREN AND ADULTS

Thursday, July 29, 9 a.m. to noon.
Preregistration required.
Following completion of a brief questionnaire about your or your child's sleep pattern, staff from The Medical Center Sleep Center will meet with you to discuss the results.

FREE HEARING SCREENING

Thursdays, August 5 or 26, 9 a.m. to noon.
Preregistration required.
Hearing loss can range from mild to severe. Technicians from Better Hearing Centers will provide screening services.

FREE DERMASCAN SCREENING

Tuesdays, August 17 or 31, 9 a.m. to noon.
Preregistration required.
Sun damage can be a forecast for future skin cancer. With a painless and simple screening device, representatives of the Kentucky Cancer Program can identify potential trouble spots on your skin.

FREE BACK SCREENING

Thursday, August 19, 8:30 to 11:30 a.m.
Preregistration required.
A physical therapist with Bluegrass Outpatient Center will provide back screenings and education for the prevention of back problems.

FREE VISION AND GLAUCOMA SCREENING

Wednesday, August 25, 9 a.m. to noon.
Preregistration required.
When did you have your vision checked last? Have you ever been screened for glaucoma? Take advantage of this free screening provided by ophthalmologist Marc Moore, M.D., with Graves-Gilbert Clinic.

FREE OSTEOPOROSIS AND BONE DENSITY SCREENING

Thursdays, September 2 or 23, 9 a.m. to noon.
Preregistration required.
Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk of breaking. Take advantage of this quick, painless screening, which uses ultrasound to measure the bone mineral density in your heel.

FREE LUNG HEALTH SCREENING

Thursday, September 9 or Tuesday, September 28, 9 a.m. to noon.
Preregistration required.
This 15-minute screening will assess your lung function.

FREE HEART RISK SCREENING

Wednesday, September 22, 9 a.m. to noon.
Preregistration required.
Following completion of a brief heart risk assessment, staff from The Medical Center Cardiac Rehabilitation will discuss areas of concern with you and perform a blood pressure screening.

FREE HAND/CARPAL TUNNEL/ ARTHRITIS SCREENING

Wednesday, September 29, 8:30 to 11:30 a.m.
Preregistration required.
Do you easily drop things? Have you experienced weakness in your grip strength? Do you have a tingling sensation or numbness in your hands? These symptoms may be a sign of a serious medical problem. Occupational therapist Steffen Stambaugh from Bluegrass Outpatient Center will provide free hand screenings.

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

Second Tuesday of every month, 8 to 10 a.m.
Preregistration required.
Annual cholesterol and glucose screenings are an invaluable service offered to members of these programs. These screenings can also be done at The Medical Center Lab in Bowling Green, Franklin, or Scottsville any day without an appointment. You must be fasting and present your health screening certificate at time of blood draw.

COME PLAY BINGO! Bingo will be held on Tuesdays, July 6, August 3, and September 7, 2 to 3:30 p.m., in The Medical Center Auditorium.





EXERCISE AND NUTRITION CLASSES

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

TAI CHI CLASS

Tuesdays and Thursdays, 8 to 9 a.m.
Limited to 15 participants per class.

If you are looking for improved strength, better balance, and a healthier body and mind, this class is for you. Taught by Sifu Sam Smith, this class is for adult men and women of all ages. The cost is \$10 per class, payable to instructor at the first class.

LIMBER FOR LIFE

Tuesdays and Fridays, 9 to 10 a.m. Limited to 20 participants; bring 3- to 5-pound hand weights and wear lightweight, comfortable clothing. This exercise class is for men and women of all ages and offers a low-impact aerobic workout with a focus on flexibility, relaxation, and muscular strength.

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

FREE NUTRITION CLASSES FOR KIDS

MyPyramid Workshop

Thursday, July 8, 10 to 11 a.m. Preregistration required. Kids will be introduced to the USDA's Food Guide Pyramid and the six main messages. Hands-on activities and games will encourage 60 minutes of play every day!

Nutrition Facts Label Workshop

Thursday, July 15, 10 to 11 a.m. Preregistration required. Kids will learn the importance of reading the Nutrition Facts label and be able to practice reading labels. They will have the opportunity to win prizes in the MyPyramid Relay!

Creating a Healthy Menu Workshop

Thursday, July 22, 10 to 11 a.m. Preregistration required. Kids will learn how to make smart choices when it comes to creating a healthy meal. They will be able to design their own meal and participate in a taste testing. Students will learn the importance of balancing food from all food groups and physical activity.

GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, July 14, 8 to 9:30 a.m., at Kroger on Scottsville Road, Bowling Green. Preregistration required; space is limited.

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

INSTRUCTIONAL YOGA CLASS

Mondays, July 26 through August 30, 5:30 to 6:30 p.m. Preregistration required. Limited to 15 participants; bring a mat. Taught by trained instructor Michelle Darnall, this class will help overall fitness and leave participants feeling refreshed and renewed. The six-week session costs \$60, payable to the instructor at the first class.

PREPARING AND CARING FOR BABY

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

A NEW BABY'S COMING CLASS

Thursdays, July 29, August 5, or September 2, 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 three and older to prepare for the arrival of the new baby. A tour of the Obstetrics (OB) Unit and a view of the nursery are included as well as refreshments and a video.

BREAST IS BEST

Thursdays, July 8 or September 23, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required. Bring Dad to class, as well as a doll or stuffed animal.

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

C-SECTION CLASS

Tuesdays, July 27 or September 28, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required. For those who are not already enrolled in the six-week childbirth class, this class offers a video and discussion on what to expect and how to prepare for returning home with your baby after cesarean section surgery.

FATHERHOOD 101

Tuesdays, July 27 or September 28, 7 p.m., at The Medical Center Medical Conference Room. Preregistration required; dads only! George Miller, R.N., a nursery nurse at The Medical Center, will discuss concerns of new fathers with regard to responsibilities and relationship changes with a new baby and mom.

NATIONAL KIDNEY FOUNDATION RIDE OUT LOUD BIKE EVENT

Saturday, August 14. Registration at 7 a.m. Rides begin at 7:30 a.m. at Chaney's Dairy Barn on Nashville Road.

Ride through the scenic countryside of Southcentral Kentucky in the annual Ride Out Loud Bike Event to benefit the National Kidney Foundation of Kentucky. Choose from four routes (8.4 miles, 20.6 miles, 42.8 miles, and 65 miles). All levels of riders are welcome—from families and beginners to experienced cyclists. Call 800-737-5433 to register or for more information.

SAVE THE DATE: THE CHARITY BALL

Saturday, November 13, Sloan Convention Center
Benefiting the Commonwealth Health Free Clinic. Call 270-796-6519 for details.

GRANDPARENTS CLASS

Tuesday, August 10, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required. Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB Unit is included.

NEWBORN CARE AND SAFETY CLASS

Preregistration required. Participants should each bring a doll or stuffed animal to class.

Location #1: Thursdays, July 1 or 22, August 12 or 26, September 9 or 30, 6 to 8 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Call 270-745-0942 to register.

Location #2: Tuesdays, July 27, August 31, or September 28, 12:30 to 2:30 p.m., at Housing Authority Learning Center, 247 Double Springs Road. Call 270-796-2495 to register. This is a hands-on class where parents will learn important baby care skills. An infant CPR demonstration will show parents what to do in an emergency. Safety issues for newborns will be discussed.

As a special incentive for attending a Newborn Care and Safety Class, you will receive a safety bag with several baby safety items. In addition, a drawing for a baby monitor will be held at each class. *This Health & Safety program is made possible through a grant from Kohl's Cares for Kids®.*

**NUTRITION DURING PREGNANCY**

Thursday, July 8, 6 to 7 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required.

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be. Call 270-745-0942 to register.

PREPARED CHILDBIRTH CLASSES

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

- **Option 1: Six-Week Series:** Tuesdays, August 31 through October 19, 6 p.m.
- **Option 2: One-Night Refresher:** Tuesdays, July 13 or September 14, 6 p.m.

- **Option 3: One-Day Express Course:**

Saturdays, July 24, August 21, or September 11, 9 a.m. to 1 p.m. Snacks and drinks are provided; lunch is not provided but participants are welcome to bring lunch and eat during class.

This class covers information on preparing for labor and delivery. The full course is six sessions and discusses breathing, relaxation, concentration, medication options, and cesarean section information. 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, Fatherhood 101, and Grandparents classes. Participants can register for those classes separately.

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

READY, SET, GO!

Thursdays, July 15, August 19, or September 16, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required.

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

SIDS PREVENTION AND SAFE SLEEP FOR INFANTS

Tuesday, August 31, 5:30 to 6:30 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required. Call 270-745-0942 to register.

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

TWINS OR MORE!

Wednesday, September 8, 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

SAVE THE DATE: THE MEDICAL CENTER 10K CLASSIC

Saturday, October 23, at
Western Kentucky University

This annual tradition is an event for the entire family, offering a 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and 10K Classic. For more information, visit www.TheMedicalCenter10kClassic.com.

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

HEALTH AND WELLNESS

The following programs will 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.

BABYSITTING CLINIC

Wednesdays, July 14 or 28, 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 and all materials.

AARP DRIVER SAFETY PROGRAM

Wednesdays, July 21, August 18, or September 15, 9 a.m. to 1 p.m. Preregistration required; space is limited.

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

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

WATERCOLOR CLASS

Mondays, July 26 through August 30, 10 a.m. to noon. Preregistration required. Limited to 15 participants; bring a 9-by-12-inch cold-press paper pad and #1 and #8 round brushes.

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

WHEN TO CALL 911

Wednesday, August 11, 9 to 10 a.m., or Tuesday, August 24, 5:30 to 6:30 p.m. Preregistration required.

Whether to call 911 is a question many people have been faced with or may face in the future. It could be a family member or co-worker having chest pain or unable to speak. Is it best to call 911, drive them to the hospital, or just wait a few hours to see if they feel better? Brett Macomber, communication specialist for Medical Center EMS, will address this question and provide education on when calling 911 means the difference between life and death.

ASK THE PHARMACIST

Tuesday, August 24, 9 to 11 a.m. Preregistration required.

Do you have questions about your medications? Bring in all your current medications (prescription and over-the-counter) and discuss them one-on-one with pharmacist Beth Rhea, Pharm.D., from Riverside Pharmacy.

LOOK GOOD, FEEL BETTER

Monday, September 13, 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.

BECOME A NONSMOKER:**COOPER-CLAYTON CLASS**

Preregistration and use of a nicotine-replacement product are required. Call 270-842-0950 to register or for more information.

- Introduction: Monday, September 13, 6 to 7 p.m.
- 12-week session: Mondays, September 13 through December 6, 6 to 7 p.m.

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.

SUPPORT GROUPS

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

ALZHEIMER'S SUPPORT GROUP

Thursdays, July 15, August 19, and September 16, 4:30 to 5:30 p.m.

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

AWAKE AND RESTLESS LEGS SYNDROME (RLS) SUPPORT GROUP

Thursdays, July 1, August 5, and September 2, 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

Monday, August 2, 6 to 7 p.m. (No meetings in July and September.)

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

DIABETES SUPPORT GROUP

Tuesdays, August 10 and September 14, 1:30 to 2:30 p.m. (No meeting in July.)

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

FEAST (FOOD EDUCATION AND ALLERGY SUPPORT TEAM)

Tuesdays, July 20, August 17 and September 21, 6 to 7 p.m.

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

GASTRIC BYPASS SUPPORT GROUP

Wednesdays, July 7, August 4, and September 1, 5:30 to 7 p.m.

Thursdays, July 15, August 19, and September 16, 5:30 to 7 p.m.

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

MENDED HEARTS

Mondays, July 26, August 23, and September 27, 7 to 8 p.m. at The Medical Center Auditorium.

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

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

Every Tuesday, 6:30 p.m., at The Medical Center Medical Conference Room. (July 27 and September 28 meetings will be held at The Medical Center Classroom 2.)

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

STROKE SUPPORT GROUP

Tuesdays, July 6, August 3, and September 7, 2 to 3 p.m.

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

ART ON EXHIBIT

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



Questions & Answers: SHOULD YOU TRY TAI CHI?

Americans are discovering tai chi, an activity the Chinese have been practicing for centuries. This form of exercise can boost both physical and mental health, according to recent studies.

Q. EXACTLY WHAT IS TAI CHI?

A. Tai chi consists of a set of specific postures, linked together to form a kind of slow, dance-like flow. During the exercise, practitioners shift their body weight through a series of light, controlled movements while concentrating on deep breathing.

Q. WHAT ARE THE BENEFITS OF THIS EXERCISE?

A. Studies show that regularly practicing tai chi is good for people of all ages. It may help:

- Boost aerobic endurance
- Strengthen muscles in ankles and knees, leading to better posture and balance
- Lower blood pressure
- Improve sleep
- Diminish the effects of stress
- Reduce anxiety
- Maintain bone strength in postmenopausal women

The exercise also may lessen symptoms in people with certain chronic, disabling conditions, such as arthritis, fibromyalgia, and multiple sclerosis, because it improves flexibility and builds muscle strength gently and gradually.

Q. IS TAI CHI SAFE FOR EVERYONE?

A. Nearly everyone who can walk can do tai chi safely. The practice carries a very

low risk for injury. But it's best to learn from a teacher who can make sure you are doing the movements correctly, rather than from a book or video. If you have a chronic medical condition, ask your doctor's advice before starting tai chi—or any other exercise routine.

Q. DO ALL TAI CHI CLASSES TEACH THE SAME POSTURES?

A. There are several different styles of tai chi. The Chen style is somewhat brisk and requires deep-knee bending. The Sun style, on the other hand, is extremely gentle and knees are less bent, so it's suitable for those with arthritis and more limited movement. The right one for you is the one you can do easily without pain.




LEARN TAI CHI

The Medical Center Health & Wellness Center now offers a tai chi class on Tuesdays and Thursdays from 8 to 9 a.m. Sifu Sam Smith teaches the class for adult men and women of all ages. No special equipment or clothing is required. The cost is \$10 per class. To learn more, call 270-745-0942 or 877-800-3824.



CALORIES COUNT FOR KIDS

A young child with dark hair and skin is leaning over a white table, reaching into a white bowl filled with sliced cantaloupe. The child is looking towards the camera with a slight smile. The background is a plain, light-colored wall.

According to a national survey, nearly one in three children and adolescents is overweight. In the last two decades, the number of obese children has doubled. Chunky children don't just carry around a lot of weight in their bodies, but on their shoulders, too. They face an increased risk for heart disease, asthma, and diabetes when they grow up. And studies show that obese children tend to become obese adults, which poses even more health risks down the road. In the meantime, they are often the brunt of teasing and bullying from their peers. But you can stop the cycle.

A recent study in the *New England Journal of Medicine* found that when it comes to weight loss, cutting calories is key.

If you have an overweight child, making these simple changes will help reduce calories:

- Make sure your child eats breakfast every day. Eating breakfast discourages overeating later.
- Eat meals together at the table. Watching TV while eating is distracting and can lead to mindless overeating.
- Never force your child to eat when he or she isn't hungry. It's OK if your child doesn't clean his or her plate.
- Stock your home with low-calorie snacks like fresh fruit, carrot and celery sticks, and low-fat yogurt instead of junk foods like chips and cookies.
- Don't buy sugary drinks like juice and soda—even if they're labeled "natural" or "organic." Offer your child water, plain or flavored seltzer, or low-fat milk instead.
- Limit trips to fast food restaurants to no more than once per week. Fast food is high in calories and low in nutrition—even those items that are marketed as healthier options.
- Encourage physical activity and active play. Children need a minimum of one hour of physical activity every day.



HELP AVAILABLE FOR OVERWEIGHT CHILDREN

The Medical Center Health & Wellness Center in Greenwood Mall is working with local pediatricians to combat childhood obesity. The Overweight Children Physician Referral Program enables physicians to identify children who need assistance with weight management through exercise and healthy nutrition. These children are then referred to the Health & Wellness Center for services. Physicians can prescribe the following services:

Nutritional Counseling, the Walking Program, and The Medical Center Healthy Kids Club.

“The American Academy of Pediatrics has deemed childhood obesity our number one issue,” says Debra Sowell, M.D., pediatrician with Graves-Gilbert Clinic. “Locally, we would like to model a program that has been successful in other areas of the state.”

Children who are prescribed Nutritional Counseling and their

parents meet with a registered dietitian one-on-one. The dietitian provides a healthy, well-balanced eating plan for the child and ongoing support.

The Walking Program promotes exercise to keep kids active. Children will walk on set days and times at the mall and will also be encouraged to walk at other times at local parks or in their neighborhood. They will log their miles and receive monthly incentives, such as bowling or movie passes. Annually, all participants will be entered into a drawing for a bike.

The 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 learn more, talk with your pediatrician or call The Medical Center Health & Wellness Center at **270-745-0942** or **877-800-3824**.

free nutrition classes for kids

To help kids take an active role in their health and nutrition, The Medical Center Health & Wellness Center in Greenwood Mall is offering a series of Nutrition Classes for Kids. Each workshop will teach kids the importance of good nutrition and how to make healthy choices. All classes are offered free of charge. Preregistration is required. To learn more, call **270-745-0942** or **877-800-3824**.

MYPYRAMID WORKSHOP

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

Kids will be introduced to the USDA’s Food Guide Pyramid and the six main messages. Hands-on activities and games will encourage 60 minutes of play every day!



NUTRITION FACTS LABEL WORKSHOP

Thursday, July 15, 10 to 11 a.m.

Kids will learn the importance of reading the Nutrition Facts label and be able to practice reading labels. They will have the opportunity to win prizes in the MyPyramid Relay!



CREATING A HEALTHY MENU WORKSHOP

Thursday, July 22, 10 to 11 a.m.

Kids will learn how to make smart choices when it comes to creating a healthy meal. They will be able to design their own meal and participate in a taste testing. Students will learn the importance of balancing food from all food groups and physical activity.

Some Lifesaving Advice

Cardiovascular disease, such as heart attack and stroke, is the number one cause of death in the United States.

Getting help quickly is key. But do you know what signs to look for?

HEART ATTACK: WHAT TO LOOK FOR

More than 1 million Americans have a heart attack each year. But you might not be able to detect a heart attack—and you wouldn't be alone. A study by the Centers for Disease Control and Prevention found that less than one-third of Americans know the signs.

The most common signs and symptoms include:

- Discomfort, pain, heaviness, squeezing, fullness, or tightness in your chest
- Discomfort or pain in your jaw, neck, arms, or back
- Difficulty breathing
- Nausea and vomiting
- Cold sweats and pale skin
- Light-headedness or passing out
- Severe weakness

STROKE: KNOW THE SIGNS TO HELP OTHERS

Getting emergency care immediately at the first sign of a stroke can prevent disability and death. Unfortunately, most people don't get help quickly enough. For stroke victims, the best chance for recovery lies in the hands of people around them. When someone

else is alert to the problem, the stroke sufferer is more likely to get to a hospital in time to stop the damage, research shows.

Knowing what to look for could make all the difference. If you, or a person around you, suddenly has trouble speaking, smiling, or moving an arm or leg on one side, it could be due to stroke. Other signs include:

- Confusion or dizziness
- Trouble walking or seeing
- Sudden, severe headache

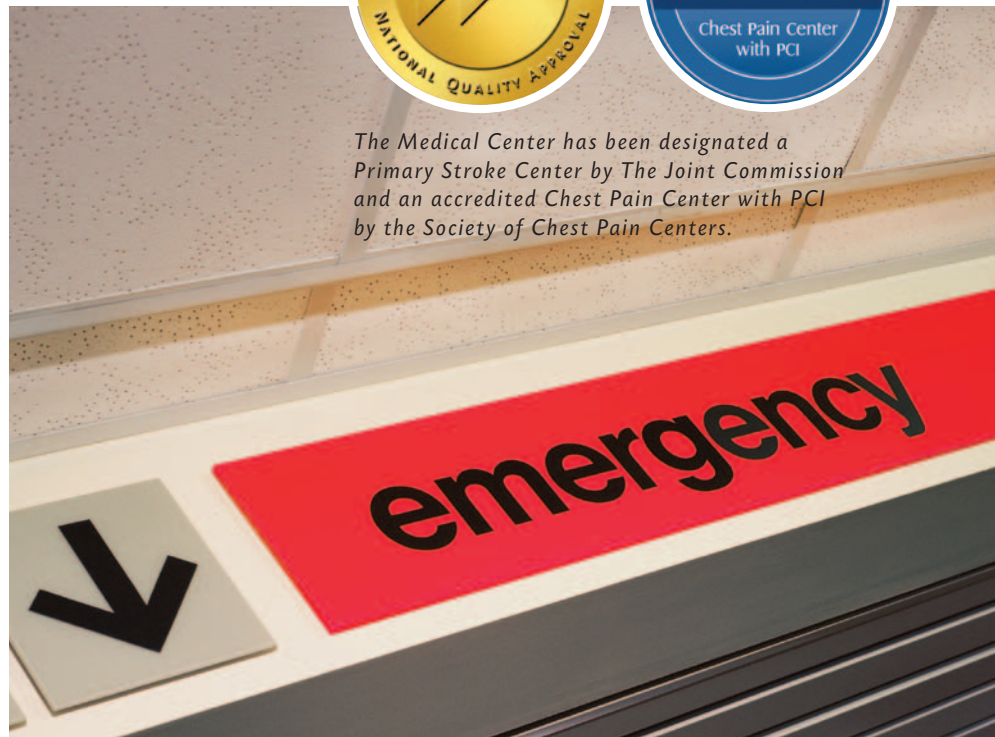
* WHEN TO CALL 911

Wednesday, August 11, 9 to 10 a.m., or Tuesday, August 24, 5:30 to 6:30 p.m., at The Medical Center Health & Wellness Center in Greenwood Mall. Preregistration required.

At the first signs of a heart attack or stroke, calling 911 immediately is essential. Learn why it is important to call 911 rather than waiting to seek medical care or driving yourself or a loved one to the hospital in these situations. Brett Macomber, communication specialist with Medical Center EMS, will provide education on when calling 911 means the difference between life and death.



The Medical Center has been designated a Primary Stroke Center by The Joint Commission and an accredited Chest Pain Center with PCI by the Society of Chest Pain Centers.



NICU P.E.A.S. Helps Parents of Newborns

When a baby is born prematurely or ill, it takes an emotional and physical toll on parents.

While staff in The Medical Center Neonatal Intensive Care Unit (NICU) can provide education and limited support to parents, their main concern is caring for the newborn. With the help of a March of Dimes community grant, The Medical Center has launched a parent peer support group for the parents of premature or ill newborns. The group, named NICU P.E.A.S. (Parent Encouragement and Support), enables parents of NICU babies to talk and share their feelings with a “support parent” who has been in a similar situation.

Upon request, a support parent visits the parents of the preemie or sick newborn to provide needed emotional support during the mother’s hospital stay. The support parents and nursing staff combine efforts to help parents cope and maintain healthy attitudes to nurture their newborns during the hospital stay. Additionally, weekly support group meetings are held to help new parents adjust to their situations.

For more information, call 270-796-2144. See the calendar insert for NICU P.E.A.S. support group meeting dates and times.



HOSPITALITY HOUSE BREAKS GROUND

Representatives of Commonwealth Health Foundation, Commonwealth Health Corporation, and The Medical Center broke ground in April for The Hospitality House. The 12 private guest room, private bath facility will serve the family members and caregivers of seriously ill patients receiving treatment at The Medical Center and Commonwealth Regional Specialty Hospital. The Foundation has raised \$2.1 million during the Extending Home Capital Campaign. The goal of \$3 million will cover the costs to construct and furnish The Hospitality House and establish an endowment to ensure ongoing operation. See the insert in this issue to learn how you can help support The Hospitality House.

Could You Have a Sleep Disorder?

TRY AN AT-HOME SLEEP SCREENING

Snoring, holding your breath while you sleep, or waking up gasping for air are signs of a possible sleep disorder. If you have any of these symptoms, The Medical Center Sleep Center can help with a free at-home sleep screening. The Sleep Center provides a small, lightweight sleep monitoring device so you can have a sleep screening in the privacy of your own home. A compact device clips to your pajamas, bed, or pillow and a small tube is placed up to your nose to monitor your breathing. While you sleep, the device records your airflow and tracks any sleep episodes when breathing is compromised. A technician will review your sleep data and help you decide if further testing is needed.

If you would like more information about this screening, call The Medical Center Sleep Center at **270-796-6559** or toll-free at **877-700-4070**.



Register for Upcoming Events

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



A DAY JUST FOR WOMEN

Join us for The Medical Center's 13th annual women's conference on Thursday, September 30, from 8 a.m. to 3 p.m., at the Sloan Convention Center. The cost is \$50 per person or \$450 for a table for 10. Registration is required. See the article on page 2 in this issue for more details on the conference.



Reservation for (names): _____

Address: _____

City: _____ State: _____

ZIP: _____

Daytime phone number: (_____) _____

E-mail address: _____

EVENT(S) YOU WILL ATTEND:

A Day Just for Women

Individual Registration (\$50)

Corporate Table Registration (\$450)

If purchasing a corporate table, please include a list of names for 10 individuals. Amount enclosed: \$ _____

Women-In-Charge Luncheon Series

Gynecological Surgeries

Eating for Longevity

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



WOMEN-IN-CHARGE LUNCHEON SERIES

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

The Women-in-Charge Luncheon series is designed to address the health concerns and professional interests of women. The cost for each luncheon program is \$8 per person, and preregistration is required.

PRESENTATIONS:

- Tuesday, July 27

Gynecological Surgeries

Todd A. Drexel, D.O., Graves-Gilbert Clinic

- Tuesday, August 24

Eating for Longevity

Andrea Norris, registered dietitian, The Medical Center Health & Wellness Center

- No luncheon in September due to Women's Conference



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

wellnews

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

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