

summer
2009

well news

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12TH ANNUAL WOMEN'S
CONFERENCE

MEN: TIME FOR
A HEALTH TUNE-UP

HOW TO CHOOSE
THE BEST SUNSCREEN

SUMMER FITNESS
IDEAS FOR THE
WHOLE FAMILY



The
Medical
Center

Jeanne Robertson Is Back for the 12th Annual Women's Conference

In 2006, humorist and motivational speaker Jeanne Robertson left a room of 600 women in laughter. This fall, The Medical Center is bringing Jeanne back for its 12th Annual Women's Conference, A Day Just for Women, on September 29 at the Sloan Convention Center in Bowling Green.

"Jeanne Robertson knows how to light up a room and leave women with smiles on their faces," says Linda Rush, director of community wellness for The Medical Center. "Jeanne received rave reviews from past attendees, and many have asked to have her back again. We are very excited that she will once again share with us her enthusiasm and her ability to find humor in life's experiences."

The annual women's conference is an opportunity for women in the region to be inspired by motivational speakers, learn about health issues specific to women, and

enjoy the camaraderie of other women. The conference features four speaker presentations, health screenings, booth exhibits, and great door prizes. The event takes place from 8 a.m. to 3 p.m.

ON THE AGENDA

In addition to Jeanne Robertson, the second speaker will be Leslie Crofford, M.D., a physician and professor at the University of Kentucky College of Medicine. She also serves as director of the University of Kentucky Center for the Advancement of Women's Health. Presentations will include the following:

- Humor: Not Just for Laughs
- Advancing the Health of Kentucky's Women
- Humor: An Integral Part of Success
- Ask the Physician: Q & A Session

A favorite of attendees is the more than 40 booth exhibits that feature health information, gift items such as jewelry, chair massages, and much more. Women can take advantage of free health screenings as they learn more about taking charge of their health. A variety of door prizes also will be given away throughout the day!

The event is open to the general public as well as healthcare professionals. By participating in A Day Just for Women, healthcare professionals can obtain the following continuing education units (CEUs): 4.4 nursing CEUs and 4 dental hygienist CEUs.

* SEATING IS LIMITED

The registration fee for the conference is \$50 and includes presentations, health screenings, continental breakfast, lunch, and conference materials. Corporate tables for 10 can be purchased for \$450.

The registration deadline is Tuesday, September 1. Early registration is encouraged due to seating limitations. For additional information on the conference, call 270-745-1010 or 800-624-2318.



Jeanne Robertson

A TALL SPEAKER WITH AN EVEN TALLER SENSE OF HUMOR

At 6'2", Jeanne Robertson commands a room. And when she takes the stage and uses her Southern drawl to share her life's experiences, she leaves audiences laughing and learning from her underlying message. Speaking to thousands of people annually, she uses her positively funny style to illustrate that a sense of humor is much more than a laughing matter. Humor is an attitude, an approach toward working with people.

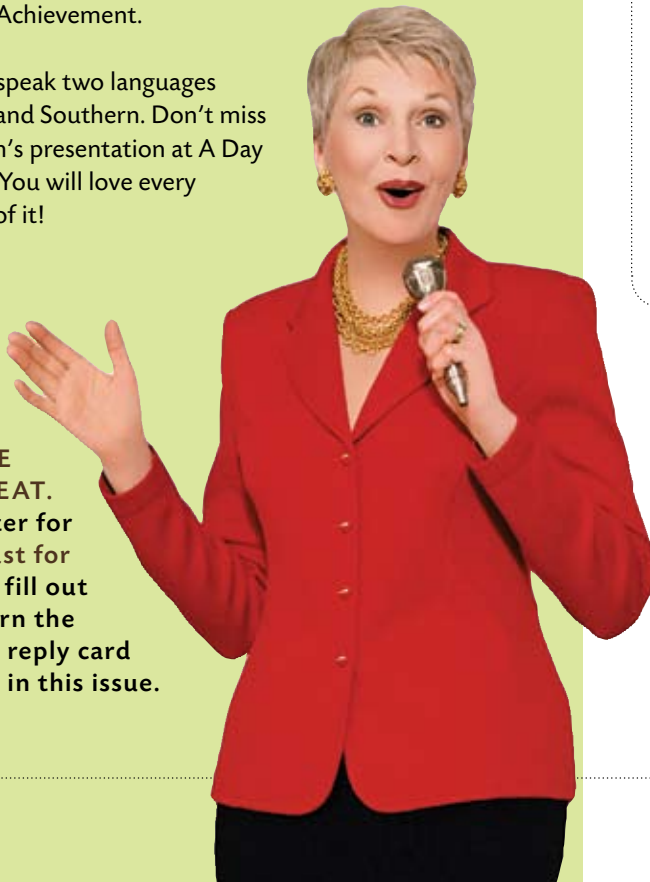
A native of North Carolina, Jeanne is a humorist, motivational speaker, and author. She was named Miss North Carolina in 1963 and competed in the Miss America Pageant where she was named Miss Congeniality. As Miss North Carolina, she spent a year traveling and speaking at pageants, civic clubs, and corporations. Today she is one of America's funniest and most popular professional speakers.

Her list of honors includes the 1985 Cavett Award, the highest honor given by the National Speakers Association. In 2001, she was named North Carolinian of the Year, and the Miss North Carolina Organization named her its 2003 Woman of Achievement.

Jeanne claims to speak two languages fluently—English and Southern. Don't miss Jeanne Robertson's presentation at A Day Just for Women. You will love every laughing minute of it!



RESERVE YOUR SEAT.
To register for A Day Just for Women, fill out and return the business reply card included in this issue.



Save the Date!

FIFTH ANNUAL CHARITY BALL

Saturday, November 14, at the Sloan Convention Center

Make plans now to attend the Fifth Annual Charity Ball, a spectacular evening celebrating the tastes, sights, and sounds of the holiday season. The evening includes a cocktail reception, silent and live auctions, formal seated dinner, and dancing to the music of City Lights, a premier dance band from Nashville, Tenn.

Tickets are \$150 per person. Patron and corporate sponsorships are available at various levels and include reserved seats. For more information on sponsorship or tickets, please contact Commonwealth Health Foundation at **270-796-6519** or visit www.CommonwealthHealthFoundation.org. All proceeds from the Charity Ball benefit Commonwealth Health Free Clinic, which assists individuals in our community who strive to help themselves.



MEN: TIME FOR A TUNE-UP

You take care of your car and follow the recommended maintenance. You make sure the tires are rotated, the oil is changed, the air filter is replaced—and the list goes on. Regular maintenance can help maintain your car's performance and extend its life. But do you do the same for yourself? When is the last time you had a health tune-up?

Schedule a little health maintenance for yourself and attend The Medical Center's Men's Health Tune-Up on Saturday, August 1 from 8 to 11 a.m. at the National Corvette Museum. Take part in free health screenings, enjoy a chair massage, and learn from healthcare providers on topics of particular interest to men.

***** The event is free and open to men of all ages. Preregistration is required. Call **270-745-0942** or **800-877-3824** to register or for more information.



Tune-up time: Men can receive free health screenings and tour the National Corvette Museum.

FREE HEALTH SCREENINGS

- Blood sugar
- Blood pressure
- Body fat analysis
- Dermascan (facial sun damage)
- Colorectal cancer kits
- Sleep disorder screening
- Back and neck screenings



PRESENTATIONS

- *Gentlemen, Start Your Engines: Overview of Men's Health* by Jack G. Glasser, M.D., family practice physician
- *Keeping the Pipes Clean: Cardiovascular Health* by Deepak N. Gaba, M.D., cardiologist
- *Getting "Back" on Track* by Nathan Johnson, M.P.T., D.P.T., F.A.A.O.M.P.T., and Gabe Smith, M.P.T., D.P.T., O.C.S., physical therapists with Bluegrass Outpatient Center

***** ENJOY A FREE TOUR OF THE EXPANDED NATIONAL CORVETTE MUSEUM.

If you are a Corvette enthusiast, you won't want to miss a free tour of the newly expanded National Corvette Museum. Participants will have an opportunity to tour the museum that has added 47,000 square feet to its existing facility. Walk down Corvette Boulevard and see new Corvettes parked along the street awaiting their new owners. Visit the library and archives, the Corvette Café, and the Corvette store.

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 Monday, September 7 and Tuesday, September 29.)



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 SLEEP SCREENING FOR CHILDREN AND ADULTS

Thursday, July 9, 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.

VASCULAR SCREENING

Fridays, July 10 and 24; August 7 and 21; and September 11 and 25, 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. 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 DERMASCAN SCREENING

Tuesdays, July 21 and 28, 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. Screening will detect sun damage on your face only.

FREE HEARING SCREENING AND EARDRUM INSPECTION: INFANTS TO AGE 21

Wednesday, July 29, 9 a.m. to 2 p.m.

Preregistration required.

Staff from the Commission for Children with Special Needs will conduct hearing screenings and inspect the inner eardrum for fluid or perforation.

FREE BLOOD SUGAR SCREENING

Tuesday, August 4, 8 to 10 a.m.

No appointment required. Fasting is required two to four hours prior to screening.

Symptoms of diabetes include excessive thirst or frequent urination. Finger-stick screenings will be offered by certified diabetes educator Marissa Hesson.

FREE HEART RISK SCREENING

Wednesday, August 5, 9 a.m. to noon.

Preregistration required.

Following completion of a brief heart risk assessment, staff from The Medical Center Cardiac Rehab services will discuss areas of concern with you and perform a blood pressure screening.

FREE HEARING SCREENING

Thursdays, August 6 and 20, 1 to 4 p.m.

Preregistration required.

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

FREE LUNG HEALTH SCREENING

Fridays, August 14 and 28, 1 to 4 p.m.

Preregistration required.

Respiratory therapists from The Medical Center assess your lung function with this 15-minute screening.

FREE SKIN CANCER SCREENING

Tuesday, August 18, 9 a.m. to 4 p.m.

Preregistration required.

A dermatologist from Graves-Gilbert Clinic will provide free skin cancer screenings of the face, scalp, neck, and arms to determine if follow-up treatment is needed.

FREE VESTIBULAR (DIZZINESS) SCREENING

Wednesday, August 26, 9 a.m. to 1 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 or have a history of falls.

FREE BACK SCREENING

Thursday, September 10, 9 a.m. to 1 p.m.

Preregistration required.

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

FREE OSTEOPOROSIS AND BONE DENSITY SCREENING

Tuesday, September 15 and Thursday, September 17, 9 a.m. to 1 p.m. Preregistration required.

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk of breaking. This quick, painless screening uses ultrasound to measure the bone mineral density in your heel.

ART ON EXHIBIT

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



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 also can 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 the time of the 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.

This class for men and women of all ages offers a low-impact aerobic workout with a focus on flexibility, relaxation, and muscular strength. This class is free for members of the Senior Health Network, The Women's Center, or Men's Health Alliance. For nonmembers, the cost is \$5 per class.

INSTRUCTIONAL YOGA CLASS

Mondays, July 20 through August 24, 5 to 6 p.m.
Preregistration required. Limited to 15 participants. Bring a mat.

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

HEALTHY HABITS: GOOD CARBS, BETTER CARBS—SIMPLE CARBOHYDRATE COUNTING

Tuesday, July 28, 5 to 6:30 p.m. Preregistration required by calling 866-273-5461.

If you or a family member has diabetes, this is a class you do not want to miss. Information will be shared on carb counting, meal planning, how to read food labels, and monitor testing. Each participant will receive

a free educational gift and a free ACCU-CHEK blood glucose monitor. A light dinner will be served. This class is sponsored by Roche.

GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, August 12, 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, leads a grocery store tour to help you make healthier food choices while shopping. The cost is \$10.

FREE ASK THE DIETITIAN

Monday, August 17, 2 to 4 p.m. No appointment required for the free, 15-minute individual consultation.

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

NUTRITION DURING PREGNANCY

Thursday, July 2, 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.

INFANT MASSAGE

Two class series: Tuesdays, July 7 and 14, and September 8 and 22, 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, July 9, August 6 and 13, September 3 and 24, 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 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®.



A NEW BABY'S COMING CLASS

Thursdays, July 16 and September 10, 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.

TWINS OR MORE!

Thursdays, July 16 and September 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 also will be discussed.

C-SECTION CLASS

Tuesdays, July 21 and September 15, 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

Tuesdays, July 21 and September 15, 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.

READY, SET, GO!

Thursdays, July 23, August 27, and September 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 also will be provided.

SIDS PREVENTION AND SAFE SLEEP FOR INFANTS

Thursdays, July 23 and September 10, 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.

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, and child-care providers.

GRANDPARENTS CLASS

Tuesdays, August 4 and September 29, 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.

BREAST IS BEST

Thursday, August 20, 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.

PREPARED CHILDBIRTH CLASSES

- **Option 1: Six-Week Series:** Tuesdays, August 25 through September 29, 6 to 8 p.m.
- **Option 2: One-Night Refresher:** Tuesdays, July 7 and September 1, 6 to 8 p.m.
- **Option 3: One-Day Express Course:** Saturdays, July 11, August 1, and September 12, 9 a.m. to 1 p.m. Snacks and drinks are provided.

Preregistration required. Prepared childbirth classes are at The Medical Center Auditorium.

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, this one-night refresher course can serve as a quick recap.



Save the Date!

THE MEDICAL CENTER 10K CLASSIC

October 31, at Western Kentucky University

Mark your calendars for a Bowling Green tradition—the 30th running of The Medical Center 10K Classic. Make plans to participate in one of a variety of events, including a 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and 10K Classic. For details, visit www.TheMedicalCenter10kClassic.com.

HEALTH AND WELLNESS

The following programs will take 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.

RED CROSS BLOOD DRIVE

Thursdays, July 30 and August 27, noon to 5 p.m. No appointment required.

Join the American Red Cross and The Medical Center Health & Wellness Center for our monthly community blood drives.

LOOK GOOD, FEEL BETTER

Mondays, July 13 and September 14, 10 a.m. to noon. Preregistration required; call the American Cancer Society at 800-227-2345 or 270-782-9036.

A first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and makeup techniques and more.

BABYSITTING CLINIC

Tuesday, July 14 and Thursday, July 23, 9 a.m. to 2 p.m. Prepayment and registration required; class size is limited.

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

BECOME A NONSMOKER: COOPER-CLAYTON CLASS

- **Introduction:** Monday, September 14, 6 to 7 p.m.
- **12-week session:** Mondays, September 14 through December 7, 6 to 7 p.m.

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

Thanks to the collaboration of The Medical Center and Barren River District Health Department, get the guidance and support you need to kick the habit.

WATERCOLOR CLASS

Mondays, July 27 through August 31, 10 a.m. to noon. Preregistration required. Limited to 15 participants. Bring a 9-by-12-inch cold-press paper pad and No. 1 and No. 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 \$40, payable to the instructor at the first class.



CONTINUED ON THE NEXT PAGE

SENIOR HEALTH

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

AARP DRIVER SAFETY

Wednesdays, July 15, August 19, and September 16, 9 a.m. to 1 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance). Preregistration is required and 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. The cost of the program is \$12 for AARP members and \$14 for non-members, payable to AARP at the first class.

EXERCISE CLASSES FOR OLDER ADULTS

Enjoy the health benefits of exercise designed for older adults.

- **Bowling Green:** Fridays, 9 to 10 a.m., at The Medical Center Health & Wellness Center. 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 Rm.
- **Franklin:** Mondays, Wednesdays, and Fridays, 9 to 10 a.m., at Franklin Simpson Parks and Recreation.

BINGO

- **Bowling Green:** Tuesdays, July 7, August 4, and September 1, 2 to 4 p.m. in The Medical Center Auditorium.
- **Scottsville:** Tuesdays, July 21, August 18, and September 15, 2 to 4 p.m. in The Medical Center at Scottsville Dining Room.

BG GALLERY HOP

Friday, August 14, 5 to 8 p.m., at the Health & Wellness Center classroom.

The Health & Wellness Center is honored to be part of the 2009 BG Gallery Hop. Stop by to view Jared Weaver's artwork and enjoy some light refreshments with us. (Please note that the Health & Wellness Center will not be providing screening services during this time.)

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 as follows unless otherwise noted. New members are always welcome.

ALZHEIMER'S SUPPORT GROUP

Thursdays, July 16, August 20, and September 17, 4:30 to 5:30 p.m.
Staff from the Barren River Adult Day Care helps those assisting a person with Alzheimer's disease.

AWAKE AND RESTLESS LEGS SYNDROME (RLS) SUPPORT GROUP

Thursday, September 10; 5 to 6 p.m., at The Medical Center Sleep Center.

This group is for people who have sleep-related disorders and their loved ones. Call Ken McKenney at 877-700-4070.

CANCER SUPPORT GROUP

Mondays, July 6 and August 3, 6 to 7 p.m. (No support group on September 7.)
Cancer patients, family members, and caregivers can receive education and support. Call Bridget Kilpatrick at 270-796-4494.

DIABETES SUPPORT GROUP

- **Bowling Green:** Tuesdays, August 11 and September 8, 1:30 to 2:30 p.m. or 5 to 6 p.m. (No meeting in July.)

- **Franklin:** Tuesdays, August 18 and September 15, 1 to 2 p.m., at the Simpson County Health Department. (No meeting in July.)

This support group is open to persons with diabetes and their family. The topic for August is "A1c Challenge," and the September topic is "Diabetes Etiquette."

FEAST (FOOD EDUCATION AND ALLERGY SUPPORT TEAM)

Tuesdays, July 21, August 18, and September 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 discusses a specific topic.

GASTRIC BYPASS SUPPORT GROUP

Wednesdays, July 1, August 5, and September 2, 5:30 to 7 p.m.

Thursdays, July 16, August 20, and September 17, 5:30 to 7 p.m.

This group helps patients who have had or will undergo gastric bypass surgery.

MENDED HEARTS

Mondays, July 27, August 24, and September 28, 7 to 8 p.m., at The Medical Center Auditorium.

This group offers support for heart disease patients and those who have had a heart procedure. Call Don Johnson, R.N., at 270-796-6512.

STROKE SUPPORT GROUP

Tuesdays, July 7, August 4, and September 1, 4 to 5 p.m.

This group offers support and education to those who have had a stroke and their family. Each month, a different healthcare professional will attend the meeting for a Q&A and a session related to his or her field of expertise. Special guests include a dietitian in July, a physical therapist in August, and a pharmacist in September.

2009 TRAVEL ADVENTURE BUS TOURS (AND CRUISE!)

Members of Senior Health Network, The Women's Center, and Men's Health Alliance are invited to participate in these upcoming bus tours. Invite a friend and enjoy the fun on these exciting adventures:

- **Heart of Alaska Cruise!**
September 9 to September 19
- **Fall into Branson**
October 1 to October 4
See four shows, including *Noah the Musical*; shop; and tour the Titanic Museum and Stone Hill Winery
- **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.

For all the details on these exciting trips, call United Coach and Tour at 800-264-5043.

Hospitals, Simplified: The Hospitalist Advantage

When you check into a hospital, chances are you will encounter a wide variety of paperwork, tests, and medical staff. Navigating all of this can be confusing and frustrating. But that's changing, thanks to one of the fastest growing medical specialties in the U.S. today: the hospitalist.

Hospitalists are doctors who help patients and coordinate their care during their hospital stay. Their expert knowledge of hospital policies and procedures can help lower your hospital bills and shorten your stay.

COORDINATING YOUR CARE

Hospitalists spend 100 percent of their time on-site, and can improve the quality of your care during a hospital stay because they can quickly react to changes in your condition. They also have experience treating the most common ailments that send people to the hospital. Above all, hospitalists

provide continuous care and transfer your information from one department to the next, and they make sure your records and test results are complete and organized. They also meet with other doctors and nurses to keep them up to speed on your condition and progress.

A GROWING NEED

As primary care doctors have had to spend more and more time in their offices, the need for hospitalists has grown. Today, there are nearly 30,000 hospitalists in the U.S. About half of American hospitals employ these specialists. Patients are usually referred to hospitalists through their primary care physicians or are admitted to hospitalists when they have no primary care provider.

Hospitalists are certified through the American Board of Internal Medicine and are usually trained as general internists. Some also specialize in pediatrics or family medicine.

HOSPITALISTS AT THE MEDICAL CENTER

Hospitalists at The Medical Center are available 24 hours a day, seven days a week, providing ongoing and immediate care.



Sam Hardcastle, M.D.

Hospitalists are readily available to answer questions and address concerns from patients and their families. They assist patients through a smooth and speedy recovery process by following up on tests and adjusting treatment regimens throughout the day.

"Hospitalists play a vital role in providing patient care at The Medical Center," says Sam Hardcastle, M.D., medical director of The Medical Center's Hospitalist Program. "Our hospitalists follow patients from admission to discharge, coordinating all aspects of a patient's care and communicating with a patient's primary care physician or specialist."

The Medical Center's program is voluntary. Physicians can choose to have hospitalists care for their patients during a hospital stay. At discharge, the hospitalist updates the primary care physician and sends the patient's hospital information to the physician's office, and patients are referred back to their primary care physician.



Brendon Quinn, M.D.,
vascular
surgeon

THE HEART INSTITUTE WELCOMES BRENDON QUINN, M.D.

Brendon Quinn, M.D., will join vascular surgeons Michael Byrne, M.D., and Don Brown, D.O., and cardiothoracic surgeons Randy Carter, M.D., and Paul Moore, M.D., at The Heart Institute at The Medical Center in July. Dr. Quinn obtained his medical degree from Indiana University School of Medicine and completed his residency at Summa Health Care System in Akron, Ohio. He completed his Vascular Surgery Fellowship at Greenville Memorial Hospital in Greenville, S.C. For an appointment, call The Heart Institute at 270-796-3330.



Don't forget to sign up for our **FREE Community Health Forums**. August's presentations will discuss how to prevent and detect heart disease. Turn to the back page for more details!

What Is a High-Risk Pregnancy?

A few surprises along the way are normal for every pregnancy. What's not normal is when surprises put the health of the baby and mother at risk.

Several factors can make a pregnancy more complicated for the mom and her baby. It's important for expecting moms to work with their doctors to identify these issues and track them throughout the pregnancy.

WHEN MOM HAS A HEALTH CONDITION

One of the first things doctors want to know is if a mother-to-be has a pre-existing medical condition. Some factors that can complicate a pregnancy are:

- Lupus
- Asthma
- Sickle-cell anemia
- Thyroid disease

Age is another factor. Women who will be 35 or older at the time of delivery are considered high-risk. One concern for these expectant mothers is a higher risk of genetic abnormalities than there is with younger moms.

WHEN NEW PROBLEMS ARISE

Some health problems can develop during pregnancy and cause complications. Gestational diabetes mellitus (GDM) is a type of diabetes that occurs only in pregnancy.

High blood pressure, or preeclampsia, is another concern. Also called "toxemia of pregnancy," it affects up to 4 percent of all pregnancies.

TWINS: WHY THEY CAN BE RISKY

Expecting twins also is considered a high-risk pregnancy. Here are some of the concerns:

- Preeclampsia is three times more common in women expecting twins than in women expecting one child.
- Twins have a higher occurrence of preterm births, which may put babies at a higher risk for complications.

* FORMER NICU PATIENTS AND FAMILIES REUNITE.

Sunday, September 13, 2 to 4 p.m., at The Medical Center

The Medical Center will host the second annual NICU Reunion with an afternoon filled with food, games, and fun. This is a great opportunity for former Neonatal Intensive Care Unit (NICU) patients and their families to reunite with doctors, nurses, and staff members who were part of their child's care. For more information or to register, call The Medical Center NICU at 270-796-2144.



THE MEDICAL CENTER OFFERS SPECIALIZED CARE FOR HIGH-RISK INFANTS

If unforeseen problems arise with a high-risk pregnancy, The Medical Center's Neonatal Intensive Care Unit (NICU) and Neonatology Services are here for you and your baby. Sometimes babies are born prematurely or with medical problems. The Medical Center can care for newborns with a variety of conditions, including prematurity (babies born less than 37 weeks' gestation), infection, and respiratory problems. Our neonatology team of physicians (neonatologists), registered nurses, and respiratory therapists are trained to provide specialized neonatal care for these babies and their families. They provide quality intensive care for newborns round-the-clock in a safe and family-centered environment in our NICU.

The Medical Center's Neonatology Services allow parents and high-risk infants to stay together, close to home. For more information, call Amber Herman, obstetrics clinical manager, at 270-796-2115.

SUNSCREEN 101:

How to Choose the Best Sunscreen

If you've shopped for sunscreen lately, you've seen firsthand the dizzying array of products. There are lotions, gels, sprays, waxy sticks, and sunscreen-infused wipes. In addition, you can find sports formulas, hypoallergenic products, and brands designed specifically for youngsters. The burning question is: Which product is right for you?

CHECK THE NUMBERS

Your first task is checking the sun protection factor (SPF) number prominently displayed on the front label. The American Cancer Society and American Academy of Dermatology both recommend using sunscreen with a minimum SPF of 15. The SPF indicates the product's capacity to deflect sun rays that cause skin to burn—known as ultraviolet B (UVB) rays. Scientists believe that UVB rays are responsible for causing most skin cancers because they can damage the DNA of skin cells. The higher the SPF, the greater the sunburn protection, when correctly used.

With the SPF accounted for, take a closer look at the label. Always select a sunscreen labeled as having broad-spectrum protection, which means it shields skin from both UVB and ultraviolet

A (UVA) rays. UVA rays are implicated in prematurely aging the skin—causing wrinkling, loss of skin elasticity, and freckled age spots—and also are linked to skin cancer. It is wise to choose a product labeled water-resistant, which means it has extra staying power against water and perspiration.

A FORMULA FOR EVERY SKIN TYPE

If a sunscreen applies easily and you can wear it comfortably, you'll be more inclined to use it. All types of formulas are available to suit consumers' preferences. A creamy formula works well for individuals with dryer skin. Hypoallergenic brands are preferable for sensitive skin. For covering areas with hair—such as an exposed scalp or a man's arms or legs—a gel formula may glide on easier. Sunscreen sticks neatly cover ears, noses, and underneath the eyes.

For youngsters' tender skin, pediatricians recommend sunscreens formulated specifically for children and babies, as they may be gentler and less irritating.

Finally, for all ages, be generous when applying sunscreen—and reapply at least every two hours and after swimming or sweating. A palmful of product is recommended to adequately cover exposed skin areas.

Skin Cancer Screenings

DON'T MISS THESE OPPORTUNITIES

The Medical Center Health & Wellness Center in Greenwood Mall will offer the following opportunities for skin cancer screenings: All screenings are FREE of charge. Preregistration is required by calling **270-745-0942** or **877-800-3824**.

DERMASCAN SCREENING

*Tuesdays, July 21 and 28,
9 a.m. to 1 p.m.*

Representatives of the Kentucky Cancer Program can identify potential trouble spots on your skin with a painless and simple screening device. Screening will detect sun damage on your face only.

SKIN CANCER SCREENING

Tuesday, August 18, 9 a.m. to 4 p.m.

A dermatologist from Graves-Gilbert Clinic will provide free skin cancer screenings of the face, scalp, neck, and arms to determine if follow-up treatment is needed.



BICYCLING BASICS

Know the Rules for Safe Riding

Bicycling is a wonderful way to enjoy the outdoors. To keep your bike trips safe as well as fun, review these important safety rules. If you have children who ride, make sure they know the rules, too:

- Do wear a helmet, both for your own safety and to set an example for your children.
- Do be sure that you and your children wear helmets designed specifically for bicycle use every time you ride.
- Do attach reflectors to the front, rear, pedals, and both wheels of your bicycle.
- Do ride on the right side of the road with the traffic flow, not against it.
- Do wear bright clothing during the day so drivers can easily see you.
- Do wear reflective clothing and use a headlight if you choose to ride after dark. However, experts caution, that children should avoid bicycling at night.
- Do use the proper hand signals and teach them to your children.
- Do stop at all intersections, whether or not there is a stop sign.
- Don't allow your children to wear helmets that are too small or don't fit securely.
- Don't pressure your child to ride a two-wheel bike before he or she is ready. Most children are ready for a two-wheeler around age 5 or 6.
- Don't ride out into a street without stopping first to check for approaching traffic.
- Don't buy a bike for your child to "grow into." Bikes that are too large can be dangerous.

BIKE FOR CHARITY

**NATIONAL KIDNEY FOUNDATION
RIDE OUT LOUD BIKE EVENT**
Saturday, August 15. Registration at 7 a.m. Rides begin at 7:30 a.m. at Chaney's Dairy Barn on Nashville Road.

Ride Out Loud offers the chance to ride through Southcentral Kentucky's scenic countryside while benefiting the National Kidney Foundation of Kentucky. The choice of four routes (8.4 miles, 20.6 miles, 42.8 miles, and 65 miles) is perfect for all levels of riders—from families and beginners to experienced cyclists. Register online at www.active.com or call 800-737-5433.



Tips for Safe Skating and Scooting


Foot-propelled scooters, in-line skating, and skateboarding send thousands of people—mostly children—to the emergency room each year. Keep your child safe with these tips:

- Choose equipment that best suits your child's ability. If your child is new to the sport, choose in-line skates with three or four wheels.
- Check all equipment for hazards before each use. Look for loose, broken, or cracked parts; sharp edges; a slippery top surface; and wheels with nicks. If you find any hazards, have them fixed before your child uses the equipment.
- Wear a helmet. The helmet should be worn flat on the head, with the bottom edge parallel to the ground. It shouldn't move around when your child shakes his or her head.
- Use knee and elbow pads.
- Wear wrist guards when skateboarding or in-line skating but not when riding a scooter. They can help prevent injuries among in-line skaters and skateboarders, but can make it difficult to steer a scooter.
- Make sure protective gear doesn't interfere with your child's movement, vision, or hearing.
- Ride on smooth, paved surfaces without traffic.
- Ride during the daytime only.
- Children younger than age 8 shouldn't ride without close supervision.

If your child falls and you think he or she may have a fracture, dislocation, or head injury, call your doctor or visit the nearest emergency room.



Summer Events for Kids



S.T.E.P (Strategies to Eat Proper) NUTRITION CLINIC FOR CHILDREN
On July 8 and July 22, children ages 9 to 12 will learn about nutrition and ways to eat healthy during this fun and interactive clinic. Cost is \$20 and includes lunch and all program materials. Space is limited. Clinics are offered at The Medical Center Health & Wellness Center. Call **270-745-0942** or **877-800-3824** to preregister.

HEALTHY KIDS DAY
On July 16, from 8 a.m. to 7 p.m., children ages 5 to 12 and their parents are invited to stop by The Medical Center Health & Wellness Center to receive a free membership to The Medical Center Healthy Kids Club. The club focuses on physical activity and healthy nutrition for children. Each child will receive a Healthy Kids Club T-shirt and a folder with a physical activity log and tips for healthy nutrition.

BABYSITTING CLINIC
On Tuesday, July 14 and Thursday, July 23, boys and girls ages 11 to 17 will learn about safety, how to handle emergencies, and basic tips for caring for children of all ages. The class runs from 9 a.m. to 2 p.m. on both days at The Medical Center Health & Wellness Center. The \$20 fee includes lunch, course materials, and a T-shirt. *Prepayment and registration required; class size is limited.*

Register for Upcoming Events



HEART DISEASE PREVENTION, EARLY DETECTION, AND TREATMENT COMMUNITY FORUMS

Join healthcare professionals as they share vital information on the prevention, early detection, and treatment of heart disease. By learning the facts on this major disease, you can take steps to help protect yourself from serious health problems and even death. There is no fee to attend. *Preregistration is requested by calling 800-624-2318.*

WHEN: Tuesday, August 4, 5:30 to 6:30 p.m.

WHERE: The Medical Center at Scottsville,
Dining Room

COST: Free

SPEAKERS: Humair Mirza, M.D., cardiologist;
Tracy Tabor, R.N., cardiac rehab coordinator;
Rita Tabor, R.N., emergency room manager

WHEN: Tuesday, August 18, 5:30 to 6:30 p.m.

WHERE: The Medical Center at Franklin

COST: Free

SPEAKERS: Kal Sahetya, M.D., cardiologist;
Janet Metzger, R.N., cardiac rehab coordinator;
La Chiel Thompson, R.N., emergency room
manager

Reservations for (names):

Address: City: State: ZIP:

Daytime phone number: (.....) E-mail address:

Forum you will attend: August 4 August 18



WOMEN-IN-CHARGE LUNCHEON SERIES

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

PRESENTATIONS

- **Skin Rejuvenation**, Shannon Watkins, M.D., dermatologist, Graves-Gilbert Clinic
- **Taking Control of Your Financial Future**, Vickie H. Elrod, P.H.R., chief operating officer, Holland C.P.A., P.S.C.

WHEN: July 28 and August 25

WHERE: The Medical Center Auditorium

COST: \$8, includes luncheon and presentation

Reservations for (names):

Address:

City: State: ZIP:

Daytime phone number: (.....)

E-mail address:

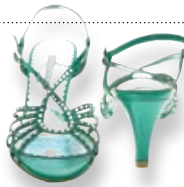
Women-in-Charge luncheon(s) you will attend:

- July 28, Skin Rejuvenation
 August 25, Taking Control of Your Financial Future

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

Save the Date!

FIFTH ANNUAL CHARITY BALL



Saturday, November 14, at the Sloan Convention Center

Make plans now to attend the Fifth Annual Charity Ball, a spectacular evening celebrating the tastes, sights, and sounds of the holiday season.

See page 3 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

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

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