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# well news

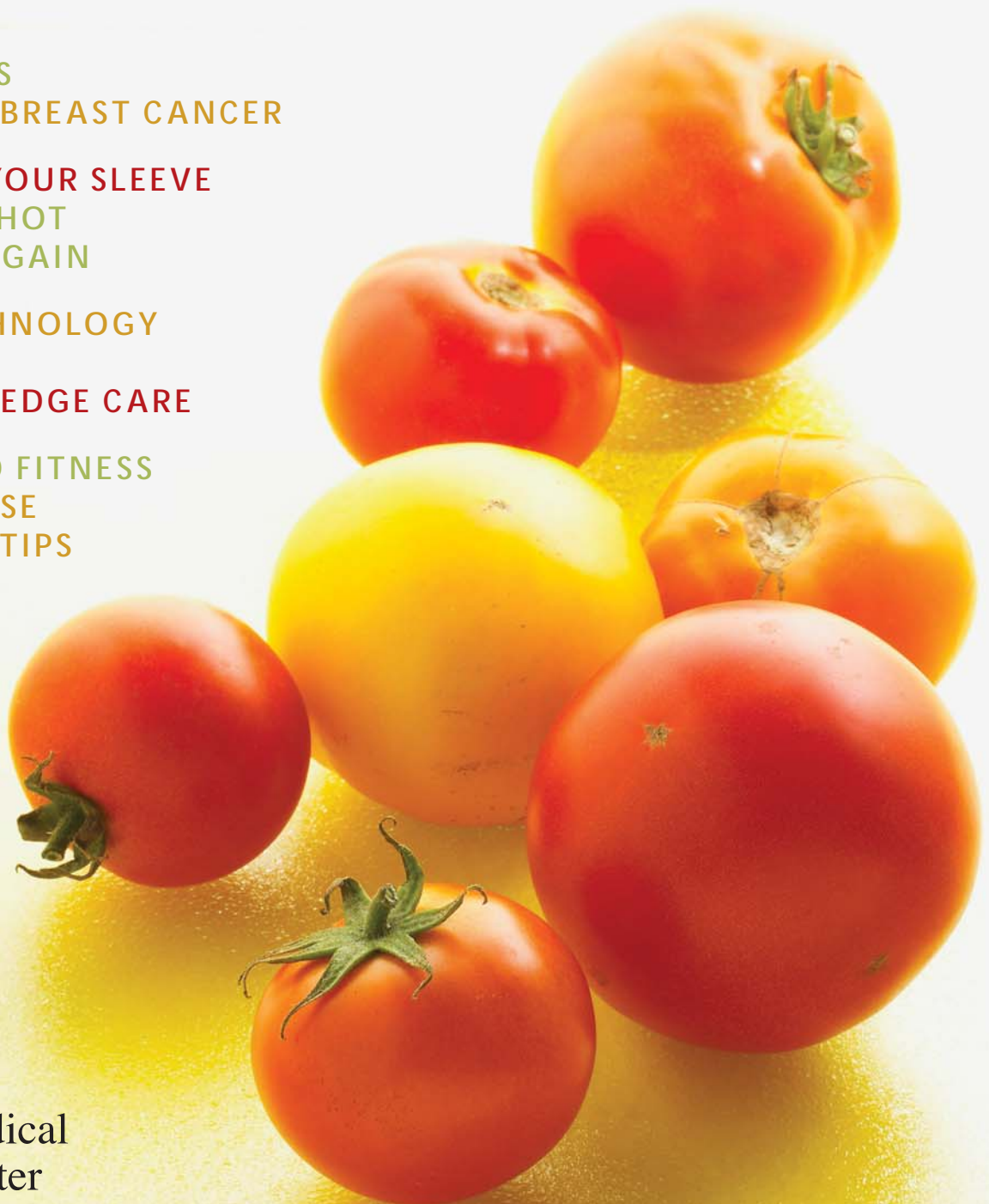
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FIVE STEPS  
TO FIGHT BREAST CANCER

ROLL UP YOUR SLEEVE  
IT'S FLU SHOT  
SEASON AGAIN

NEW TECHNOLOGY  
PROVIDES  
CUTTING-EDGE CARE

FALL INTO FITNESS  
WITH THESE  
EXERCISE TIPS



The  
Medical  
Center

# It's a Privilege to Serve You

**A**t Commonwealth Health Corporation (CHC), the people we serve are the heart of our mission. That's because CHC, parent company of The Medical Center at Bowling Green, Franklin, and Scottsville, is a not-for-profit health-care provider. Every year, we contribute millions of dollars to benefit the health and wellness of our communities.

Whether it's aiding in disease prevention, healing the sick, or promoting health awareness, healthcare providers play a vital role in society. We realize that you place a great deal of trust in our organization, and we see this as both a great privilege and great responsibility.

## COMMUNITY BENEFIT REPORT

In the fiscal year ending March 31, 2008, community benefit contributions by CHC totaled more than \$55.7 million. These contributions include more than \$7 million in charity care for the uninsured, more than \$20 million for absorbing the unpaid cost of government-sponsored health coverage (Medicare and Medicaid), and more than \$3 million for community outreach programs.

Although our Community Benefit Report attempts to quantify the amount we give back to the people we serve, it is about much more than numbers. It's about the lives we've touched, the lives

we've saved, and the members of our organization who work diligently every day to strengthen our communities.

## REQUEST A COPY

Want to see what CHC is doing to improve the quality of life in the communities we serve? You can review a copy of our 2008 Community Benefit Report. Visit [www.themedicalcenter.org/communitybenefit](http://www.themedicalcenter.org/communitybenefit) or call the CHC Marketing Department at 270-745-1500 to request a copy.



## \* PATIENT STORIES ONLINE.

**Bob Ward** suffered a heart attack on December 20, 2007. Because The Medical Center is an accredited Chest Pain Center with percutaneous coronary intervention, Ward received lifesaving treatment and returned home just in time for Christmas.



Bob Ward

**Cayden Herald** made an unexpected early arrival at 30 weeks gestation. He weighed a mere 3 pounds, 9 ounces. Cayden spent a month in The Medical Center neonatal intensive care unit, and today he is a healthy, happy boy.



Cayden Herald and his mother

Visit [www.themedicalcenter.org/communitybenefit](http://www.themedicalcenter.org/communitybenefit) to read more about Bob Ward and Cayden Herald and find more inspirational stories from The Medical Center.

# What You Need to Know About Colorectal Cancer

**C**olorectal cancer is one of the leading causes of cancer-related deaths in the U.S. But it can also be treated with success. As with other types of cancer, early detection is often the key.

## REDUCE YOUR RISK

No one knows exactly what causes colorectal cancer. Anyone can get it, but the majority of cases occur in adults ages 50 and older. Other risk factors include having a personal or family history of colorectal cancer or polyps (benign growths that occur in the colon and rectum) or a personal history of breast, uterine, or ovarian cancer.

The following strategies may help reduce your risk for colorectal cancer:

- Exercise regularly.
- Maintain a healthy weight.
- Eat plenty of fruits, vegetables, chicken, and whole grains.
- Don't smoke and limit your alcohol.

## EARLY DETECTION OFFERS HOPE

Getting screened as often as you should is the best way to find colorectal cancer at a treatable stage. There are many options, including a flexible sigmoidoscopy, fecal occult blood test, double-contrast barium enema, and colonoscopy.

Many health experts recommend that people ages 50 and older undergo screening with one or more of these tests. Each method or combination has pros and cons, so talk with your doctor about which screening technique is right for you and how often you need to get checked.

## SYMPTOMS TO WATCH FOR

While colorectal cancer often has no symptoms in its early stages, there are some warning signs you can watch for.

These warning signs may include:

- Persistent diarrhea
- Constipation



- Narrow stools or blood in your stool
- Weight loss with no obvious cause
- Abdominal gas, bloating, or cramps
- Constant fatigue
- Vomiting

Talk with your doctor if you suffer from any of these symptoms, which may result from other conditions as well.

## NEW TRILOGY SYSTEM OFFERS HOPE FOR CANCER PATIENTS

Breakthrough technology for the nonsurgical treatment of cancer is now available at The Medical Center. In July, the Cancer Treatment Center installed a Trilogy™ Stereotactic System from Varian Medical Systems, which offers new hope in the fight against cancer.

### How Trilogy Works

With the Trilogy system, clinicians can position a patient very precisely and deliver radiation to a targeted area with sub-millimeter accuracy. The combination of extreme precision with high-quality imaging, tracking, and monitoring technologies provides state-of-the-art care.

The Trilogy system is appropriate for treating a wide range of abnormalities, from small tumors to larger cancers, even in regions where the tumor moves, such as in the lung or liver.

### Cancer Treatment Center

Richard McGahan, M.D., radiation oncologist at the Cancer Treatment Center, says, "With the Trilogy, we can make the radiation beams very accurate. This means we can take radiation doses higher, which can mean faster treatments, fewer side effects, and higher cure rates."

To learn more about the Trilogy system, call the Cancer Treatment Center at 270-781-7178.



Richard McGahan, M.D.

# The Medical Benefits of **MASSAGE**

**S**tiff necks and aching backs aren't the only ailments aided by massage. A growing body of evidence suggests that massage can improve a variety of conditions as a primary or complementary therapy.

## RUBBING AWAY PAIN

The *Archives of Internal Medicine* recently reported that massage significantly decreased the pain of knee arthritis. How might it reduce pain? Possibly by boosting circulation to the sore knee, toning the supporting muscles, and improving joint flexibility.

Massage may also help other types of discomfort, such as muscle soreness after a workout. A small study in the *Journal of Athletic Training* found that a 10-minute massage cut soreness after exercise by about 30 percent.

## EASING STRESS

Among cancer patients, massage is one of the most popular complementary therapies. It can help reduce anxiety by up to 32 percent. Other research shows that massage can slow your heart rate and promote relaxation.

## READY TO TRY MASSAGE?

Many different styles of massage are available—from gentle strokes to deeper, kneading motions. Some are geared toward stress relief, while others are aimed at a particular medical problem, such as muscle spasms.

Although massage is considered safe by most, it can cause temporary pain or bruising. For some people, massage may be riskier and should be avoided. This may include people with condi-

tions such as deep vein thrombosis (blood clots in the legs), osteoporosis, or a bleeding disorder. If you have any concerns, talk with your doctor. And check with your doctor before getting a massage if you are pregnant.



## TRY A MASSAGE FOR HALF THE PRICE

Hartland Massage, located in the Hartland Medical Plaza, offers 50 percent off a featured massage every month. Take advantage of these great offers and enjoy the relaxing benefits of massage.

### October: Prenatal Massage

Prenatal massage helps expectant mothers relax. It also helps reduce leg and ankle swelling as well as low back and leg pain. Try it for 50 percent off in October.

### November: Sports Massage

Sports massage increases flexibility and improves muscle

performance. It also helps flush toxins out of the body, relieves swelling, and drains fatigue and pain. Try it for 50 percent off in November.

### December: Hot Stone Massage

Hot stone massage is a deeply soothing form of Swedish massage, which uses heated stones placed on the back to relax tense muscles. Try it for 50 percent off in December.

To schedule an appointment at Hartland Massage or purchase a gift certificate for someone you love, visit [www.hartlandmassage.com](http://www.hartlandmassage.com) or call 270-796-6838.



## 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 the time of the blood draw.

## WALK THE DISTRICT FOR DIABETES

*Saturday, October 18. Registration at 8 a.m. Walk starts at 9 a.m.*

Take a walk through downtown Bowling Green for a good cause. The walk starts at Fountain Square and finishes at River Walk Park. To preregister or for more information, call Kevin Kirby at 270-843-3111.



## 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

*Wednesdays, 2 to 3 p.m., and Fridays, 9 to 10 a.m. (no class on November 26 and 28 or December 24, 26, and 31). 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 strength.

The 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.

### FREE ASK THE DIETITIAN

*Tuesday, October 7, 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.

### FREE ASK THE DIABETES EDUCATOR

*Tuesday, November 25, 9 to 11 a.m. No appointment required for the free 15-minute individual consultation.*

Do you think you or a family member might have diabetes, or do you have questions on how you might better manage your diabetes? This is a great opportunity to discuss these concerns with our certified diabetes educator.

## PREPARING AND CARING FOR BABY

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

### PREPARED CHILDBIRTH CLASSES

- **Option 1: Six-Week Series:** Tuesdays, October 21 through December 9, 6 p.m.
- **Option 2: One-Night Refresher:** Tuesday, October 28, 6 p.m.
- **Option 3: One-Day Express Course:** Saturdays, October 4 and 18, November 15, and December 6, 9 a.m. to 1 p.m. Snacks and drinks are provided.

*Prepared Childbirth Classes are at The Medical Center Auditorium. Preregistration required.*  
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. 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 (see class listings below).

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

### A NEW BABY'S COMING CLASS

*Thursdays, October 30 and December 18, 6 p.m., at The Medical Center Medical Conference Room, or November 20, 6 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. 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, October 30 and December 18, or Tuesday, November 11, 6 p.m., at The Medical Center Auditorium. Preregistration required. Bring Dad to class as well as a doll or stuffed animal.*  
For those who are not already enrolled in the six-week childbirth class, this class teaches helpful tips for successful breastfeeding.

### C-SECTION CLASS

*Tuesday, November 18, 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 discusses and helps you prepare for cesarean surgery.



## 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:

- 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.

### FATHERHOOD 101

Tuesday, November 18, 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 the typical concerns of new fathers.

### GRANDPARENTS CLASS

Tuesday, December 2, 6 p.m., at The Medical Center Auditorium. Preregistration required.

Grandparents may attend the sixth night of the Childbirth series. A pediatrician will speak, and a tour of the OB unit is included.

### HOW DO YOU SPELL RELIEF WHILE PREGNANT?

Thursday, November 20, 6 p.m. Meet your instructor in the main lobby of The Medical Center. Preregistration required; moms only!

A physical therapist will teach ways to help ease those aches and pains of pregnancy, such as gentle stretching and strengthening exercises. The class can also help prevent future aches and pains of labor.



### INFANT MASSAGE

Two-class series: Tuesdays, November 4 and 11, 6 to 7 p.m., at The Medical Center Health & Wellness Center, located on the front of Greenwood Mall (outside entrance only). Preregistration required. Bring a towel or 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 for one or both parents.

### NEWBORN CARE AND SAFETY CLASS

Thursdays, October 2 and 16, November 6, and December 4, 6 p.m., at The Medical Center Auditorium. 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. Safety issues, including CPR, will be discussed.

### NUTRITION DURING PREGNANCY

Thursday, November 6, 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 to ensure that your pregnancy is the best it can be.

### READY, SET, GO!

Thursdays, October 9, November 13, and December 11, 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, October 23, 6 p.m., at The Medical Center Medical Conference Room. Preregistration required. This class will cover how to prepare for twins, triplets, or quads and 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 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.

### LOOK GOOD, FEEL BETTER

Mondays, October 13 and November 10, 1 to 3 p.m. Call the American Cancer Society at 800-227-2345 or 270-782-9036 to register. Look Good, Feel Better is a first step toward emotional recovery for women cancer patients undergoing treatment. Learn about hair and make-up techniques and more.

### RED CROSS BLOOD DRIVE

Thursday, October 2, and Tuesdays, November 25 and December 30, noon to 5 p.m. No appointment required. Join our monthly community blood drives.

### COMMUNICATING WITH AGING PARENTS

Wednesday, October 29, 5 to 6 p.m. Preregistration required.

CONTINUED ON THE NEXT PAGE

## TRAVEL LUNCHEON

Friday, November 7, noon to 1 p.m., at The Medical Center Auditorium. Preregistration required. Space is limited.

Members of Senior Health Network, The Women's Center, and Men's Health Alliance are invited to join us for a complimentary lunch as we share memories of our 2008 bus tours and information on travel adventures planned for 2009. Two \$50 trip vouchers will be given away as door prizes! Call 270-745-1010 or 800-624-2318 to preregister by October 27.

## GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesdays, October 8, November 12, and December 10, 8 to 9:30 a.m., at Kroger on Scottsville Road, Bowling Green. Preregistration is required; space is limited.

Andrea Norris, registered dietitian with The Medical Center Medical Nutrition Therapy Program, will lead a grocery store tour to help individuals make healthier food choices while grocery shopping. Call 270-745-0942. The cost for the tour is \$10.

This interactive discussion provided by members of the staff from Home Instead Senior Care will focus on the many important life topics that adult children need to discuss with their parents as they age.

### FRIENDS AND FAMILY CPR

Thursday, November 6, 8 a.m. to noon.

Preregistration required; class limited to 20.

If a cardiac arrest happened to your loved one or a close friend, would you know how to perform lifesaving CPR? Join us to learn the skills you need to help save a life.

The cost is \$25 and includes a manual.

### DINING OUT HEALTHY DURING THE HOLIDAYS

Thursday, November 13, 5 to 6 p.m.

Preregistration required.

The holiday season does not have to mean adding those unwanted pounds. Registered dietitian Andrea Norris will give you tips for making healthy choices during the holidays.

### SENIOR HEALTH

The following programs are specially tailored for adults ages 55 and older.

#### AARP DRIVER SAFETY PROGRAM

Wednesdays, October 22 and November 19, 9 a.m. to 1 p.m. at The Medical Center Health & Wellness Center, located on the front of Greenwood Mall (outside entrance only). Preregistration required, and space is limited. Call 270-745-0942 or 877-800-3824.

This course is designed to meet the specific needs of older drivers. Graduates of the program are entitled to a premium discount on auto insurance.

The cost is \$10.

### EXERCISE CLASSES FOR OLDER ADULTS

- **Bowling Green:** See Limber for Life under Exercise and Nutrition for details.
- **Franklin:** Mondays, Wednesdays, and Fridays, 9 to 10 a.m., at Franklin Simpson Parks and Recreation. (Holiday hours may vary.)
- **Scottsville:** Mondays, 1:30 to 2:30 p.m., at The Medical Center at Scottsville Dining Room.

### BINGO

- **Bowling Green:** Tuesdays, October 7 and November 4, 2 to 4 p.m., at The Medical Center Auditorium.
- **Scottsville:** Tuesdays, October 21 and November 18, 2 to 4 p.m., at The Medical Center at Scottsville Dining Room.

Come play bingo! (Note that there are no bingo sessions in December.)

### SUPPORT GROUPS

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

#### ALZHEIMER'S SUPPORT

Thursdays, October 16, November 20, and December 18, 4:30 to 5:30 p.m.

Staff from the Barren River Adult Day Care will offer help for those assisting a person with Alzheimer's disease.

#### AWAKE AND RESTLESS LEGS SYNDROME SUPPORT GROUP

Thursdays, October 9 and November 13, 5 to 6 p.m., at The Medical Center Sleep Center.

This group offers support for people who have a sleep-related disorder and their loved ones. Call Ken McKenney at 877-700-4070.

#### CANCER SUPPORT GROUP

Mondays, October 6, November 3, and December 1, 6 to 7 p.m.

This class offers education and support for cancer patients and their loved ones and caregivers. Call Bridget Kilpatrick at 270-796-4494.

#### DIABETES SUPPORT GROUP

- **Bowling Green:** Tuesdays, October 14, November 11, and December 9, 1:30 to 2:30 p.m. or 5 to 6 p.m.
- **Franklin:** Tuesdays, October 21, November 18, and December 16, 1 to 2 p.m., at The Medical Center at Franklin.

This group offers support for people with diabetes and their loved ones. Join us each month for a different topic of discussion about how to successfully manage diabetes. The topic for October is "What's New in Diabetes Management," the November topic is "Learn to Manage Your A1c," and the December topic is "Holiday Celebration."



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

Tuesdays, October 21, November 18, and December 16, 6 to 7 p.m.

FEAST is a nonprofit group that provides education, information, and support to food-allergic individuals and their families. Each meeting will focus on a different topic for discussion.

#### GASTRIC BYPASS SUPPORT GROUP

Wednesdays, October 1, November 5, and December 3, and Thursdays, October 16, November 20, and December 18, 5:30 to 7 p.m.

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

#### MENDED HEARTS

Mondays, October 27, November 24, and December 22, 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.

# Roll Up Your Sleeve: It's Flu Shot Season Again

**A**utumn is here. Can flu season be far behind? The beginning of October through mid-November is the time to get your annual flu shot, which may be especially important if any of the following descriptions apply to you:

- You are age 50 or older.
- You have or live with someone who has a chronic illness, such as diabetes, asthma, heart disease, or cancer.
- You are a physician, nurse, or other healthcare worker.
- You work closely with people at risk, such as at a nursing home or school.
- You are pregnant or may be pregnant during flu season.

The Centers for Disease Control and Prevention (CDC) also advises vaccinations for children, who are very susceptible to the flu virus. They recently expanded vaccine guidelines to include children ages 6 months through 18 years.

## WHY BOTHER?

The flu—short for influenza—is a viral infection of the nose, throat, and lungs. Catching it is as easy as breathing when an infected person coughs or sneezes nearby. Symptoms include fever, cough, sore throat, and headache.

Most healthy children and adults recover easily from the flu with bed rest and fluids. But older adults and chronically ill people may develop life-threatening complications such as pneumonia. Flu shots can prevent most complications and, in doing so, save lives.

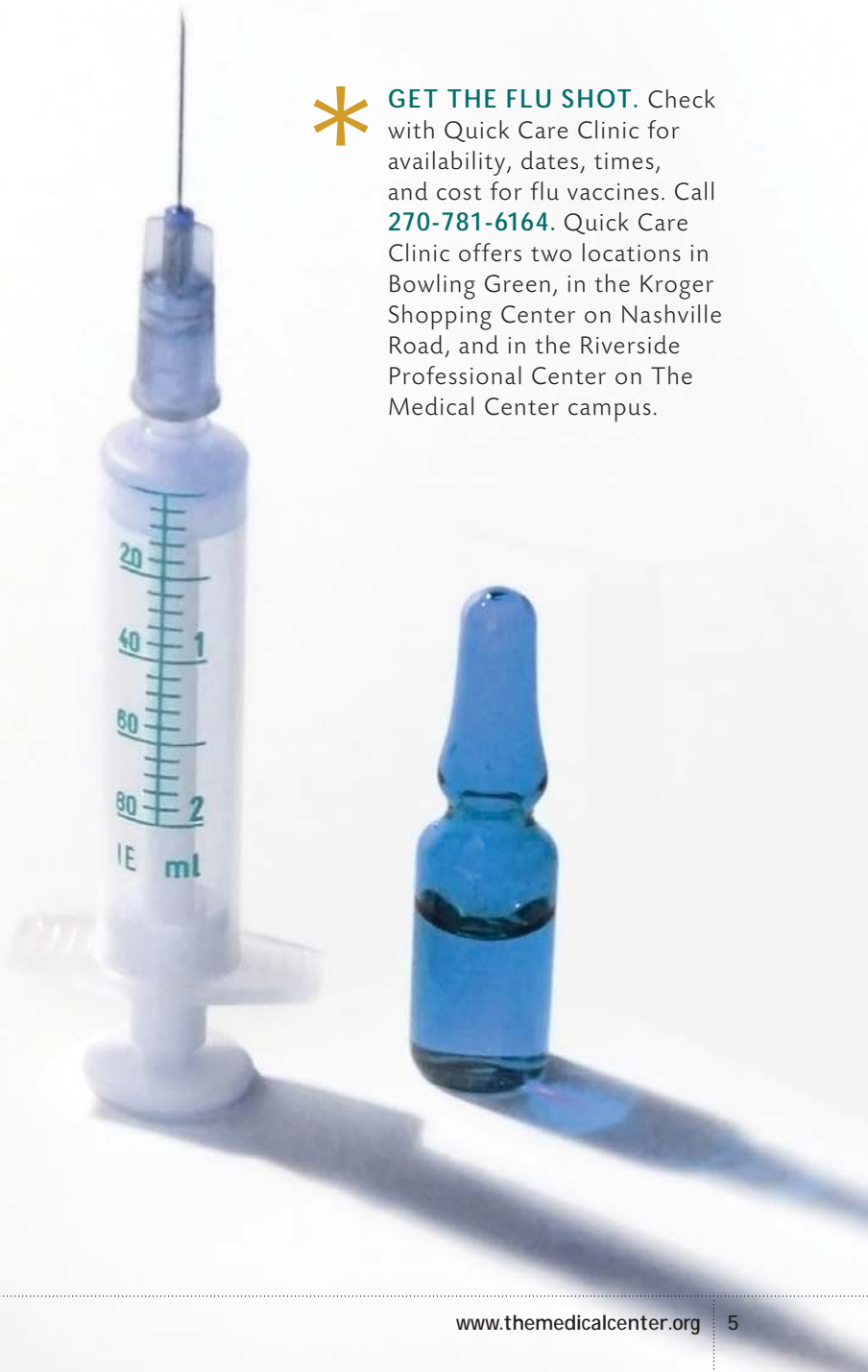
## HOW SAFE IS THE VACCINE?

Flu shots are generally safe for both children and adults. Tenderness at the injection site is the most common side effect. You cannot catch the flu from getting a shot because the vaccine contains no live viruses. But it's still a good idea to talk with your doctor when considering the shot.

## NO ONE-SHOT DEAL

Unfortunately, last year's flu shot will not protect you against this year's flu. To keep up with ever-changing flu viruses, researchers must formulate a new vaccine every year. So roll up your sleeve!

**\* GET THE FLU SHOT.** Check with Quick Care Clinic for availability, dates, times, and cost for flu vaccines. Call **270-781-6164**. Quick Care Clinic offers two locations in Bowling Green, in the Kroger Shopping Center on Nashville Road, and in the Riverside Professional Center on The Medical Center campus.



# FIVE STEPS to Fight Breast Cancer

**I**t's true that breast cancer is one of the most common types of cancer among American women. But here's some good news: You may be able to lower your risk. While some risks for the disease can't be changed, such as your age, family history, and ethnicity, there are other risk factors you can control. Smart lifestyle strategies can make an important difference.

## A HEALTHIER LIFESTYLE

Here are five tips for a healthy lifestyle that may help lower your risk for breast cancer:

- 1 Shoot for a healthy weight.** Obese women are more apt to get breast cancer than other women.
- 2 Move around.** Studies have found a lower rate of breast cancer in women who exercise.
- 3 Cut yourself off.** Having two to five alcoholic drinks a day makes a woman almost one-and-a-half times more likely than a nondrinker to get this cancer.
- 4 Clear the smoke away.** In a recent study of more than 16,000 women, the rate of breast cancer among

current smokers was about 30 percent higher than in nonsmokers. However, women who had once smoked but quit did not have a higher breast cancer risk.

- 5 Cut the fat.** Your risk for breast cancer rises along with the amount of fat in your diet. Limiting fat, especially saturated fat, may curb your risk.

Looking for help? The Medical Center offers classes to help you get moving, improve your diet, and benefit your health in all kinds of ways. **See your calendar insert for more information.**

## THE IMPORTANCE OF MAMMOGRAMS

You should also remember that part of a healthy lifestyle includes regular doctor's visits and health screenings. Routine breast exams and mammograms can help catch breast cancer in its early stages, when it's most treatable.

To schedule your mammogram, call **270-745-1199** in Bowling Green, **270-598-4899** in Franklin, or **270-622-2872** in Scottsville.

*save the date...*

## WOMEN, IT'S YOUR DAY

Come learn about the health issues that matter to you while enjoying the company of other women. Join us for The Medical Center women's conference, A Day Just for Women, on Tuesday, October 28, from 7:30 a.m. to 3:30 p.m., at the Sloan Convention Center.

### Knowledge and Inspiration

This year's conference will feature Barbara Braunstein, motivational speaker from Boca Raton, Fla., and Diane Sieg, R.N., a health, fitness, and lifestyle speaker from Estes Park, Colo. Participants can visit more than 40 booth exhibits and take advantage of various health screenings.

### Reserve Your Spot

The cost is \$50, which includes presentations, a continental breakfast, lunch, health screenings, and conference materials. Corporate tables of 10 are available for \$450.

The registration deadline has been extended to October 12. To check seating availability or for more information, call **270-745-1010** or **800-624-2318**. To register, fill out and return the form on the back of this issue.



# New Technology Provides Cutting-Edge Care

**N**ew technology at The Medical Center at Franklin is enabling doctors to provide better detection, prevention, and treatment for a number of serious health conditions. State-of-the-art diagnostic imaging equipment provides highly detailed images of internal anatomy. This helps your doctor detect breast cancer, heart disease, osteoporosis, and other potential problems sooner—to provide the best possible care.

## DIGITAL MAMMOGRAPHY

Digital mammography is the most modern technology available today for detecting breast cancer. A new digital mammography system helps provide comprehensive mammography patient care—from screenings and diagnosis to interventional procedures.

## BONE DENSITOMETER

A new bone densitometer can measure your bone density in just 30 seconds. This can help doctors detect osteoporosis early. Nearly half of all postmenopausal women suffer from osteoporosis.

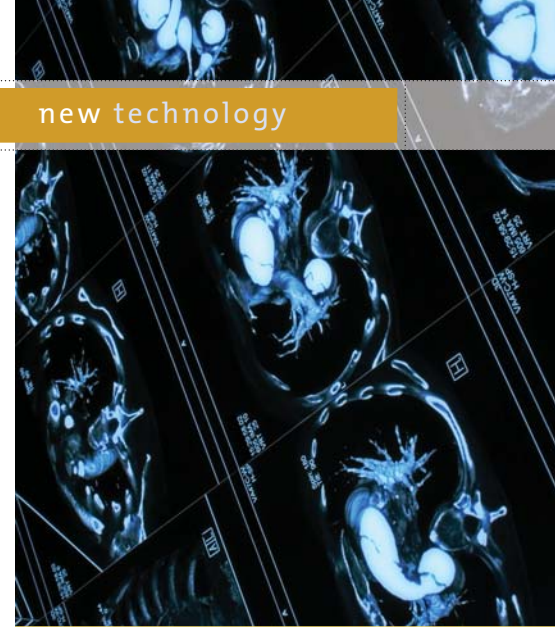
## NUCLEAR MEDICINE IMAGING CAMERA

Heart disease is one of the leading causes of death in the U.S., making proper diagnosis essential. With a new nuclear medicine imaging camera, doctors are able to detect, characterize, and quantify cardiac disease. Within minutes of performing a scan, your doctor can view crystal-clear images of internal anatomy, including the smallest heart vessels. This quick turnaround time is especially important for diagnosing a cardiac emergency.

## 16-SLICE CT SCANNER

Using the new 16-slice computed tomography (CT) scanner, your doctor can quickly perform multiple diagnostic exams to help diagnose a disease or life-threatening illness, such as a stroke or heart attack. Advanced data-processing features allow a team of doctors working together to quickly share the necessary information, such as 3-D renderings of internal organs.

For more information about diagnostic imaging services, call **The Medical Center at Franklin at 270-598-4899.**



## YOUR NEXT MAMMOGRAM: SHOULD YOU CHOOSE DIGITAL OVER FILM?

Mammograms save lives. The death rate from breast cancer has dropped by about 30 percent over the past three decades, largely thanks to early detection from mammograms. Those numbers may improve even more with digital mammography.

### What's the Difference?

Both traditional X-ray film and digital mammograms provide clear inside views of the breast. But digital technology offers the following benefits:

- You don't have to wait for film to develop, so there's no opportunity for dust, dirt, or scratches to mar the image, and there's less of a chance that you'll need a retake.
- With digital images, brightness, contrast, and clarity can all be refined to enhance the picture as much as possible.

- Digital mammograms are stored on a computer and can be transmitted electronically to other experts if needed.

In the largest clinical trial of its kind so far, digital mammography was shown to be significantly better than traditional film at detecting early cancers among women who are premenopausal, are younger than age 50, or have dense breast tissue.

### Scheduling Your Mammogram

If you're age 40 or older, talk with your doctor about a digital mammogram. Together you can decide if it's the right choice for you. To schedule a digital mammogram, call The Medical Center at Bowling Green at 270-745-1199 or The Medical Center at Franklin at 270-598-4899.

# Fall into Fitness with These Exercise Tips

**W**ith cooler days and beautiful scenery, autumn just may be the perfect time to start exercising. Don't wait until the new year, when the weather is bound to be less inspiring—make an exercise resolution right now.

## PHYSICAL FITNESS

Regular exercise is one of the most powerful tools you have to reduce health risks. Staying active can help prevent and control high cholesterol, high blood pressure, and diabetes. It can help you control your weight, strengthen bones and joints, and reduce your risk for cancer.

## MENTAL HEALTH

An active lifestyle also offers mental health benefits. It can help you have more energy, feel less stressed, and get better sleep. And it may be particularly beneficial at this time of year.

Shortened daylight hours can cause many people to experience symptoms of depression, called seasonal affective disorder (SAD). Treatment for SAD may involve sitting in front of a special bright-light box. But a daily walk outside in natural light may be more effective at relieving SAD.



## TIPS FOR FALL ACTIVITIES

The best exercises for you are activities you enjoy—and will keep doing. Aim for 30 minutes a day, most days of the week. These ideas can help you get started:

- **Walk everywhere.** Walk around your neighborhood to enjoy the fall colors and weather. Just a 10-minute walk after every meal adds up to 30 minutes a day. Walk with your dog or a friend. If you drive to the store, park far away on purpose.
- **Get out and garden.** Rake leaves, prune your plants, cover everything with mulch, trim the hedges, and pick up trash from the yard. It all counts as exercise.
- **Put the "work" into your workout.** Who says spring cleaning can't happen in the fall? Wash the windows, wash and wax the car, and sweep the sidewalks. When the work's done, run around with your kids in the yard or at the park.

## SIGN UP FOR THE MEDICAL CENTER 10K CLASSIC

Want the perfect opportunity to exercise this fall? The Medical Center 10K Classic offers fun for the whole family.

Join us Saturday, October 25, at Western Kentucky University. The 29th annual event will bring thousands of people of all ages together for a variety of activities including the 1.5 Mile Fun Walk, 5K Run/Walk, 10K Wheelchair Race, and 10K Classic.

### Cash Prizes

The cash will be given as follows: \$2,000, \$3,000, and \$5,000. All participants who complete their event are also eligible to participate in the big \$10,000 cash giveaway that takes place at the awards ceremony at 11:30 a.m. in L.T. Smith Stadium.

### Kick Off on Friday, October 24

Race festivities begin at the Sloan Convention Center on Friday, October 24, from 3 to 9 p.m. Join us for a pre-race Pasta Party and The Medical Center Health and Fitness Expo.

### Health and Fitness Expo

The fun and informative Health and Fitness Expo will offer the following attractions:

- Running form analysis
- Pulmonary function testing
- Blood pressure screening
- Body fat composition measurements
- Discount prices on athletic clothing, shoes, and related apparel from national and regional vendors

### How to Register

To learn more and join the fun, visit the 10K event Web site at [www.themedicalcenter10kclassic.com](http://www.themedicalcenter10kclassic.com) or call 270-796-2141. Training tips are also available at the event Web site, under "Total 10K Training."



# Mark Your Calendar: More Fun and Healthy Upcoming Events

## \* CHILDREN-IN-THE-ARTS: HOLIDAY DRAWING CONTEST

Every year, as part of the Children-in-the-Arts program, Commonwealth Health Corporation (CHC) selects a child's artwork to use for its annual Christmas card. Children in kindergarten through sixth grade throughout Southcentral Kentucky are invited to participate in this year's contest.

### Rules for Submission

The Medical Center Health & Wellness Center at Greenwood Mall will accept artwork from **October 29 through 31**. Entries must be 8½-by-11 inches in size and mounted on a 9-by-12-inch sheet of colored construction paper.

Along with each entry, please include the following information about the young artist:

- Name
- Age
- Grade in school
- Address
- Phone number
- Name of parent(s) or guardian(s)



### This Year's Winner

The winner, whose submission is selected for CHC's 2008 Christmas card, will be announced on November 10 and awarded \$100. All the contest entries will be on display at The Medical Center Health & Wellness Center during the month of December. For more information, call 270-745-1513.



## \* EXPECTANT PARENT FAIR

Are you expecting a baby? Even if it's not your first, the Expectant Parent Fair can provide lots of helpful advice. And if you are a first-time parent, mark this event on your calendar with a star. Be sure to join us on **Sunday, October 19, from 2 to 4 p.m.**, at The Medical Center.

The Expectant Parent Fair will provide expecting moms and dads and those considering having a baby with helpful information on healthy pregnancies, baby care, and safety. Staff from The Medical Center Obstetrics (OB) department will be on hand to answer questions and provide tours of the OB unit.

Local organizations and businesses that cater to expectant parents and babies will also provide information about their services. Door prizes will be awarded. For more information, visit [www.themedicalcenter.org](http://www.themedicalcenter.org) or call 270-796-2108.

## \* FREE SCREENINGS AT BLUEGRASS OUTPATIENT CENTER

Bluegrass Outpatient Center, located in the Hartland Medical Plaza in Bowling Green, is pleased to announce the following upcoming free screening events. Preregistration is required. For more information or to register for free screenings, call 270-782-3322.

**Edema Screening: October 21, 1 to 3 p.m.**  
Do you notice swelling in your limbs? Do your arms and legs feel heavy? Do you notice less flexibility in your wrists, hands, or ankles? If you answered yes to any of these questions, you could be suffering from lymphedema or other swelling problems. Join us on October 21 to learn more.

**Hand Screening: November 18, 1 to 3 p.m.**  
Do you easily drop things? Have you experienced a 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. Join us on November 18 to learn more.

Check out many more upcoming events and health screenings in this issue's calendar insert.



# Register for Upcoming Events



## A DAY JUST FOR WOMEN

Join us for The Medical Center's 11th annual women's conference. Women can enjoy the camaraderie of other women while learning about pertinent health issues and gaining inspiration from motivational speakers.

Last year's event drew nearly 600 women, the largest crowd in the event's 10-year history. Be sure to register by October 12.

**WHEN:** Tuesday, October 28, from 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): \$ .....



## WOMEN-IN-CHARGE LUNCHEON SERIES: HOLIDAY FASHION SHOW

This series is sponsored by The Women's Center, which links women to an entire network of educational programs and specialized medical services. Join us in November for the Holiday Fashion Show, presented by Pappagallo's.

**WHEN:** Tuesday, November 25, noon

**WHERE:** The Medical Center Auditorium

**COST:** \$8, includes luncheon and fashion show

Reservations for (names):

.....

Address: .....

City: ..... State: ..... ZIP: .....

Daytime phone number: ( ) .....

E-mail address: .....

Amount enclosed (\$8 per individual): \$ .....



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



## HOLIDAY BRUNCHES

As we celebrate the holiday season, members of The Women's Center and Senior Health Network are invited to our annual holiday brunch. If you would like to join us at one of the following locations, please reserve your spot by December 1:

- **Franklin:** Thursday, December 11, 9 to 11 a.m., at The Medical Center Classroom
- **Scottsville:** Friday, December 12, 9 to 11 a.m., at The Medical Center Dining Room
- **Bowling Green:** Tuesday, December 16, 11 a.m. to 1 p.m. (for members of The Women's Center), or Wednesday,

December 17, 9 a.m. to noon (for members of the Senior Health Network), at The Medical Center Auditorium

Reservations for (name):

.....

Address: .....

City: ..... State: ..... ZIP: .....

Daytime phone number: ( ) .....

E-mail address: .....

Location you will be attending:

- Franklin
- Scottsville
- Bowling Green, The Women's Center
- Bowling Green, Senior Health Network

wellnews

**Doris C. Thomas**, Vice President of Marketing and Development

**Sandi Feria**, Director of Marketing

**Linda Rush**, Director of Community Wellness

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For more information, visit [www.themedicalcenter.org](http://www.themedicalcenter.org) or call The Medical Center at 270-745-1010.

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