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A GUY'S GUIDE
TO BETTER
HEALTH

MIDLIFE MOMS

THE RISKS OF
HIGH BLOOD
PRESSURE



The
Medical
Center

A GUY'S GUIDE TO BETTER HEALTH

When it comes to health, men and women are not created equal. For one thing, men tend to lead less healthy lifestyles than women and take part in more risky behaviors. What's more, women tend to take better care of themselves when they get sick. But with health problems such as cancer, heart disease, and diabetes looming, men need to take better care of themselves. Perhaps it's time men took a page from the women's health playbook.

THE DIFFERENCE BETWEEN THE SEXES

For years, men's life expectancy has trailed behind that of women's. While the gap has been closing recently, men are dying on average about five years earlier than women. Researchers say this difference is due in large part to men's tendency toward accidental injury and heart disease. In general, men participate in risky behaviors both on and off the job that put them in harm's way. In addition, more men than women smoke and drink, factors that contribute to many health problems.

Getting hurt or sick is not the only reason why men are less healthy than women, however. According to the U.S. Department of Health and Human Services, men are less likely than women to get medical care and are nearly half as likely to take advantage of preventive health measures, such as physicals and screening tests. And even though the benefits of healthy habits, such as eating right and getting exercise, are widely touted, men are increasingly overweight and obese.

WHAT MEN CAN DO

According to research reported in the *Journal of the American Medical Association*, men who take care of their health in midlife are more likely to live longer. Here are the most important things they can do:

- **Get screened.** Screening tests can detect diseases early, when they are easier to treat. There are screening tests for obesity, high cholesterol, hypertension, colorectal cancer, and diabetes. Men need to ask their doctors which screening tests they need and when. >>

Join the Men's Health Alliance

Get hundreds of dollars in healthy benefits all for a one-time fee of just \$10! The Men's Health Alliance is a membership program offered by The Medical Center that gives you access to an abundance of health resources as well as free and discounted health screenings. Members of the Men's Health Alliance annually receive a voucher for a blood sugar screening and a lipid profile—which checks cholesterol and triglyceride levels. This screening alone is valued at more than \$200. And you receive it annually, all for a one-time membership fee of \$10. To learn more, call 270-745-1010 or 800-624-2318.

Sign up today!

Name:

Address:

City:

State: ZIP:

Daytime phone number: (.....)

E-mail address:

Date of birth:

Return this form and your \$10 check made payable to The Medical Center to:
Community Wellness
 2625 Scottsville Road, Suite 608
 Bowling Green, KY 42104



- **Don't smoke.** Tobacco damages the entire body.
- **Exercise.** Men should get at least 30 minutes of moderate physical activity most days of the week.
- **Eat a healthy diet.** The best way to get all the nutrients the body needs is to eat a wide variety of fruits, vegetables, whole grains, lean meats, and fat-free or low-fat dairy products.
- **Maintain a healthy weight.** Excess weight contributes to many health problems, including heart disease and diabetes.
- **Go easy on the alcohol.** Men should have no more than two drinks a day.

JUNE IS MEN'S HEALTH MONTH

Don't miss these upcoming events just for men.



MEN'S HEALTH LUNCHEON
 Wednesday, June 9, noon to 1 p.m.,
 at The Medical Center Auditorium
 Join **Jack Glasser, M.D.**, for
 "A Game Plan for Good Health."
 See back page for more details
 and to register.

In addition to the men's health luncheon, we encourage you to take advantage of the following screenings and classes at The Medical Center Health & Wellness Center (located on the front of Greenwood Mall). Preregistration required. For more details, see the calendar insert in this issue.



PENILE IMPLANT INFORMATION CLASS
 Thursday, June 3, 5:30 to 6:30 p.m.
 Presented by urologist **Samer Kalakish, M.D.**, with Graves-Gilbert Clinic. Free of charge.

PROSTATE CANCER SCREENING

Saturday, June 5, 8 to 11 a.m.
 Prostate-specific antigen (PSA) blood screenings and digital rectal exams (DREs) provided by urologists from Graves-Gilbert Clinic. Cost is \$25 for Men's Health Alliance and Senior Health Network members and \$35 for nonmembers (may join at the time of screening). Appointment required.

BACK SCREENING FOR MEN

Thursday, June 24, 8 a.m. to noon.
 Provided by a physical therapist with Bluegrass Outpatient Center. Free of charge.



PROSTATE CANCER PREVENTION, EARLY DETECTION & TREATMENT
 Tuesday, June 29, 5:30 to 6:30 p.m.
 Presented by urologist **Matthew Rutter, M.D.**, with Graves-Gilbert Clinic. Free of charge.

Hospitality House Will Provide a Home Away from Home

Every day, as many as 50 percent of The Medical Center’s patients come from outside Warren County for care, including cardiac, cancer, orthopaedic, and neonatology services. On average, these patients spend nearly five days in the hospital. Patients of Commonwealth Regional Specialty Hospital—a long-term acute care hospital within The Medical Center—stay an average of 25 days.

These patients and their families are confronted with many care and treatment decisions. Often underestimated during this time are the financial burdens associated with a family member’s illness or injury. Lodging can be difficult to afford when a family member must be in the hospital for an extended period, and what family members need during this stressful time is a safe and comfortable homelike place to stay.

Commonwealth Health Foundation, the philanthropic arm of Commonwealth Health Corporation, has launched a capital campaign that will meet this basic need by constructing the Hospitality House to accommodate families of critically ill patients.

EXTENDING HOME CAPITAL CAMPAIGN

Funds from the Extending Home Capital Campaign will help build, furnish, and staff the Hospitality House. An estimated \$2 million is needed for construction and furnishings. An additional \$1 million is needed to establish an endowment to ensure the house’s ongoing operation.

“Bowling Green is a hub for healthcare, and the Hospitality House will be a welcomed addition to our community,” says Mike Murphy of Scott, Murphy and Daniel, who serves as chairman of the Capital Campaign Committee. “In the midst of a medical emergency or lengthy hospitalization, families need the assurance that they will have a warm, safe, and inviting place to stay during those trying times. The need for the Hospitality House is clear.”

THE HOSPITALITY HOUSE

Located on The Medical Center campus, the Hospitality House will have 12 private guest rooms and baths, a large kitchen and dining room to accommodate multiple families,



Artist’s rendering of the Hospitality House

“We had a family that was devastated by tornadoes that swept through Scottsville. Three generations of this family were affected. Extended family stayed at the hospital around the clock for more than a week. They lost everything and had no place to go. We tried to find them basic necessities and places in the hospital to sleep and shower. The Hospitality House would have been a lifeline for this family.”

– Barbara Wolfe, clinical manager, ICU, The Medical Center

a quiet room, a community room with comfortable furnishings, laundry facilities, and a business center with computers and Internet access. The 13,564-square-foot house will provide “a home away from home,” where patients’ families can eat, sleep, and recharge. The common areas will offer a nurturing environment in which families can share their stories with one another and get support from other guests in similar situations. There will not be a charge to stay at the Hospitality House; however, guests who are able to make a donation for each night they stay will be encouraged to do so.



GET INVOLVED

To learn more about the Hospitality House and how you can support the Extending Home Capital Campaign, contact Commonwealth Health Foundation at **270-796-5543** or visit **www.hospitalityhousebg.org**. Donor recognition and naming opportunities are available.

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.

FREE BLOOD PRESSURE SCREENING

Offered daily

Blood pressure screenings are offered every day at no cost. See article page 8 to learn more about the risks of high blood pressure.

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 OSTEOPOROSIS AND BONE DENSITY SCREENING

Thursdays, April 8 or 29, 8:30 a.m. to noon.

Preregistration required.

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

VASCULAR SCREENING

Fridays, April 9 or 23, May 7 or 21, and June 4 or 25, 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 get all three for \$80.

FREE VESTIBULAR (DIZZINESS) SCREENING

Wednesday, April 28, 8 a.m. to noon.

Preregistration required.

This screening, provided by Bluegrass Outpatient Center, uses state-of-the-art video goggles to help locate where in the ear balance disorders occur. Vestibular screenings are often recommended for those who experience vertigo (dizziness) or have a history of falls.

FREE WOMEN'S HEALTH SCREENING

Thursday, May 6, 1 to 5 p.m.

Preregistration required.

Emily Davenport, P.T., D.P.T., physical therapy coordinator at Just for Women Physical Therapy & Wellness, specializes in physical therapy focused on women's health. She will be available to offer a free screening and provide consultation explaining normal vs. problematic functioning of the pelvic floor system. She will also provide recommendations for treatment of pelvic floor conditions, including pelvic pain and various forms of incontinence.

FREE DERMASCAN SCREENING

Wednesdays, May 12 or 26, 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 STROKE SCREENING

Thursday, May 13, 9 a.m. to noon.

Preregistration required.

Following completion of a brief stroke-risk scorecard and blood pressure screening, a registered nurse will discuss areas of concern with you.

FREE HEARING SCREENING

Thursday, May 13,

1 to 4 p.m., or

Thursday, June 17,

9 a.m. to noon.

Preregistration required.

Hearing loss can range from mild to severe.

Technicians from Better

Hearing Centers will be available to provide screening services.

PROSTATE CANCER SCREENING

Saturday, June 5, 8 to 11 a.m.

Appointment required.

Prostate-specific antigen (PSA) blood screenings and digital rectal exams (DREs) will be conducted by urologists from Graves-Gilbert Clinic. The American Cancer Society recommends that men with normal risk for prostate cancer be tested annually starting at age 50. Men at high risk should be screened starting at age 40. Cost for the screening is \$25 for Men's Health Alliance and Senior Health Network members (payable by cash or check at time of screening), and \$35 for nonmembers (may join at time of screening).

FREE SLEEP SCREENING FOR CHILDREN AND ADULTS

Wednesday, June 16, 9 a.m. to noon.

Preregistration required.

Following completion of a brief questionnaire about your or your child's sleep patterns, staff from The Medical Center Sleep Center will meet with you to discuss the results.

FREE BACK SCREENING FOR MEN

Thursday, June 24, 8 a.m. to noon.

Preregistration required.

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

COME PLAY BINGO! Bingo will be held on Tuesdays, April 6, May 4 and June 1, 2 to 3:30 p.m., in The Medical Center Auditorium.

ART ON EXHIBIT

View the artwork of local artist Michael Bullis in the Health & Wellness Center classroom April through June.

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 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

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.

A DAY JUST FOR WOMEN

Thursday, September 30, 8 a.m. to 3 p.m., at the Sloan Convention Center

Join us for The Medical Center's 13th annual women's conference! Learn about pertinent health issues, be inspired, and enjoy the company of other women.

The cost is \$50 or \$450 for a table for 10. Don't delay ... register early to secure your seat for this special day. Call 270-745-1010 to learn more.

HEALTHY WEIGHT / HEALTHY LIFE

Fridays, April 23 through May 28, 12 to 12:45 p.m. Preregistration required.

This program helps you change your lifestyle in six short weeks. You will be coached by a registered dietitian and an exercise specialist who will give you tips on everything from working out to dining out. The cost is \$50.

INSTRUCTIONAL YOGA CLASS

Mondays, May 3 through June 14, 5 to 6 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.

TAI CHI CLASS

Tuesdays and Thursdays, May 4 through May 27, 8 to 9 a.m. Preregistration required.

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. Cost for eight sessions is \$60, payable to instructor at the first class.

GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, May 12, 8 to 9:30 a.m., at Kroger on Scottsville Road, Bowling Green.

Preregistration is required; space is limited.

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

PREPARING AND CARING FOR BABY

For more information or to register for classes, call 270-796-2495 unless otherwise indicated.

Or you can register online at www.themedicalcenter.org.

A NEW BABY'S COMING CLASS

Thursday, April 1 or June 3, 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 as well as refreshments and a video.

BREAST IS BEST

Thursday, May 13, 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

Tuesday, May 25, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required.

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

FATHERHOOD 101

Tuesday, May 25, 7 p.m., at The Medical Center Medical Conference Room.

Preregistration required; dads only!

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

GRANDPARENTS CLASS

Tuesday, April 20 or June 8, 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.

INFANT MASSAGE

Two-class series: Tuesdays, May 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). Bring a beach towel or small blanket.

This two-part class is for parents and babies (after childbirth). Infant massage may provide many benefits for your baby, including weight gain, stress relief, and a better parent-child bond. The cost is \$10, and

one or both parents may participate. Call **270-745-0942** to register.

NEWBORN CARE AND SAFETY CLASS

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

Location #1: Thursday, April 8 or 29, May 6 or 27, and June 10 or 24, 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, April 27, May 25, or June 29, 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, April 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.

PRENATAL YOGA CLASS

Tuesdays, May 4 through June 8, 5 to 6 p.m., at The Medical Center Health & Wellness Center located on the front of Greenwood Mall (outside entrance only). Preregistration required. Limited to 15 participants; bring a mat.

This class is designed to teach poses to help relieve the aches and pains of pregnancy, from morning sickness to early labor pains. Each prenatal pose will be safe for participants throughout all trimesters of pregnancy. Breathing techniques and pelvic floor exercises will also be taught. 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, May 4 through June 8 or June 29 through August 10, 6 p.m.
- **Option 2: One-Night Refresher:** Tuesday, May 11, 6 p.m.
- **Option 3: One-Day Express Course:** Saturdays, April 17, May 15, or June 12, 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!

Thursday, April 15, May 20, or June 17, 6 to 8 p.m., at The Medical Center Auditorium. Preregistration required.

This class guides 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 is also provided.

TWINS OR MORE!

Wednesday, June 16, 6 to 8 p.m., at The Medical Center Medical Conference Room. Preregistration required.

This class explores how to prepare for twins, triplets, or quads and covers issues you will face that create a challenge for new moms and dads. Support networks are also 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 below.

RELAY FOR LIFE

Join The Medical Center in the fight against cancer by supporting the American Cancer Society Relay for Life. Make plans to attend a Relay event in your community. For details, call the American Cancer Society at 800-ACS-2345.

Allen County: April 30 through May 1
Barren County: May 21 through 22
Butler County: June 11 through 12
Edmonson County: May 7 through 8
Simpson County: June 4 through 5
Warren County: June 4 through 5

RHEUMATOID ARTHRITIS

Tuesday, April 13, 5:30 to 6:30 p.m. Preregistration required.

Join rheumatologist Asad Fraser, M.D., as he discusses the diagnosis and treatment for rheumatoid arthritis as well as other arthritic diseases. The presentation will be followed by a question-and-answer session. A light meal will be provided.

MEDICARE PART B OVERVIEW / MEDICARE PART B APPLICATIONS

Wednesday, April 14, 9 a.m. to 1 p.m. Preregistration required.

Mike Moore with the Barren River District on Aging will give an overview (9 to 9:30 a.m.) of Medicare Part B followed by a question-and-answer session. Appointments will be taken from 9:30 a.m. to 1 p.m. for individual assistance in completing the Medicare Part B applications.

AARP DRIVER SAFETY PROGRAM

Wednesdays, April 21, May 19, or June 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 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. Payable to AARP at the first class.

PRE-DIABETES CLASS

Tuesday, April 27, 1 to 2:30 p.m.

Preregistration required.

Approximately 54 million people in the U.S. have pre-diabetes, and many are not aware of it. The goal of this class is to help at-risk individuals reverse habits that may be leading toward a diagnosis of type 2 diabetes. It is intended for people with fasting blood glucose between 100 and 125. Topics will include metabolic syndrome, exercise, diet, and diabetes prevention. The class will be taught by Marissa Hesson, certified diabetes educator, and Andrea Norris, registered dietitian. The cost is \$20.

WATERCOLOR CLASS

Mondays, May 3 through June 21, 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 \$40, payable to the instructor at the first class.

LOOK GOOD, FEEL BETTER

Monday, May 10 or June 14, 1 to 3 p.m.

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.

PENILE IMPLANT INFORMATION CLASS

Thursday, June 3, 5:30 to 6:30 p.m.

Preregistration required.

Urologist Samer Kalakish, M.D., with Graves-Gilbert Clinic will provide information on Coloplast penile implants followed by a question-and-answer session.

BABYSITTING CLINIC

Wednesday, June 9 or 23, 9 a.m. to 2 p.m.

Prepayment and registration required; class size is limited.

Boys and girls ages 11 to 17 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.

PROSTATE CANCER PREVENTION, EARLY DETECTION, AND TREATMENT

Tuesday, June 29, 5:30 to 6:30 p.m.

Preregistration required.

Matthew Rutter, M.D., a urologist with Graves-Gilbert Clinic, will present valuable information for men of all ages on the prevention, early detection, and treatment of prostate cancer followed by a question-and-answer session. There is no fee to attend.

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, April 15, May 20, and June 17, 4:30 to 5:30 p.m.

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

AWAKE AND RESTLESS LEGS SYNDROME (RLS) SUPPORT GROUP

Thursdays, April 1, May 6, and June 3, 5 to 6 p.m., at The Medical Center Sleep Center

This support group is for people who have a sleep-related breathing disorder or who suffer from RLS. It is also intended to help friends or relatives of people with these types of disorders. Call Ken McKenney at 877-700-4070.

CANCER SUPPORT GROUP

Mondays, April 5, May 3, and June 7, 6 to 7 p.m.

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

DIABETES SUPPORT GROUPS

Tuesdays, April 13 and May 11, 1:30 to 2:30 p.m. or 5 to 6 p.m. (no support group in June)

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, April 20, May 18, and June 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 has a specific topic or program of discussion.

GASTRIC BYPASS SUPPORT GROUP

Wednesdays, April 7, May 5, and June 2, 5:30 to 7 p.m.

Thursdays, April 15, May 20, and June 17, 5:30 to 7 p.m.

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

MENDED HEARTS

Mondays, April 26, May 24, and June 28, 7 to 8 p.m., at The Medical Center Auditorium

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

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

Every Tuesday, 6:30 p.m., The Medical Center Medical Conference Room (May 25 and July 27 meetings will be held in 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 grant from the March of Dimes Greater Kentucky Chapter.

STROKE SUPPORT GROUP

Tuesdays, April 6, May 4, and June 1, 2 to 3 p.m.

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

PRE-DIABETES

Separating Fact from Fiction

If your doctor has diagnosed you with pre-diabetes, be thankful for the early warning. You can take steps to halt and maybe even reverse it. To help you better understand what this diagnosis means, here are four facts you should know.

FACT #1: MORE THAN ONE IN FOUR ADULTS IN THE UNITED STATES HAS PRE-DIABETES.

The pancreas makes the hormone insulin, which helps glucose move from the bloodstream into the cells, where it's used as fuel. When you have type 2 diabetes, your pancreas doesn't make enough insulin or your body doesn't use it effectively, so glucose accumulates in the blood. When you have pre-diabetes, blood tests indicate that this buildup has begun.

This means you have higher than normal blood sugar, but it's not high enough to be true diabetes. Within 10 years, many people with pre-diabetes will develop type 2 diabetes.

FACT #2: PRE-DIABETES PUTS THE HEART AT RISK.

Research has shown that people with pre-diabetes have a higher risk for heart disease. Specifically, they are more likely to have atherosclerosis than those with normal blood sugar levels. Your risk further increases if you develop diabetes.

FACT #3: PEOPLE WITH PRE-DIABETES RARELY HAVE SYMPTOMS.

It's a good idea to see your doctor and get your blood sugar tested if you are age 45 or older. Younger people may want to ask their doctors about testing if they are overweight and have at least one other risk factor for diabetes. These include:

- Not exercising regularly
- Being African-American, Asian-American, or Hispanic
- Low HDL, or "good," cholesterol or high triglyceride levels

FACT #4: YOU CAN TAKE STEPS TODAY TO NOT GET DIABETES.

A healthy lifestyle can help the body become better at using glucose so it doesn't build up in the blood. Research shows that people with pre-diabetes can reduce their risk for full diabetes by more than half when they lose 5 to 7 percent of their body weight by exercising and eating right.

If you're overweight or obese, trimming just 5 to 10 percent of your weight can significantly reduce your risk of progressing from pre-diabetes to diabetes.

* TAKE ACTION: ATTEND PRE-DIABETES CLASS

If you have a fasting blood glucose between 100 and 125, make plans to attend the Pre-diabetes Class on Tuesday, April 27, from 1 to 2:30 p.m. at The Medical Center Health & Wellness Center. The goal of the class is to help at-risk individuals reverse habits that may be leading toward a diagnosis of type 2 diabetes. Presented by The Medical Center's Community Diabetes Program, this class will be taught by Marissa Hesson, certified diabetes educator, and Andrea Norris, registered dietitian. The cost of the class is \$20. Call 270-745-0942 or 877-800-3824 for more information or to register.



MIDLIFE MOMS

Planning for a Safe Pregnancy Past 35

Moving through your mid-30s and pondering motherhood? You're not alone. More and more American women are postponing having children. From 1970 to 2006, first births to women after age 35 increased eight times, from just one in 100 first births to one in 12. The trend seems to be leveling off, though: Numbers for 2007, the most recently compiled, will likely mimic those of 2006, according to the National Center for Health Statistics.

Women have lots of reasons for choosing to start a family later. Many put motherhood on the back burner until they've completed their education and settled into their careers. Others may take longer to meet their partners or become financially stable.

Fortunately, most women who choose to delay childbirth until after age 35 will have healthy pregnancies and deliver healthy infants. But

research shows that risks to both moms and babies increase with advancing age. Women can improve their chances by adopting healthy habits and getting good healthcare before they conceive and once they're pregnant.

NO TRUE "AGE LIMIT"

There's no set age when it becomes unsafe for a woman to become pregnant, says the American College of Obstetricians and Gynecologists (ACOG). However, older women may need to deal with issues during pregnancy that don't apply to younger women. Health problems, such as high blood pressure and diabetes, become more common as women age. And the physical demands of pregnancy increase the risk for complications for women as they grow older.

Chances of having a baby with a genetic disorder also increase with age. Women who are 35 have twice the risk of 30-year-old women. Past 40, a

woman's risk is nearly three times that of a 35-year-old. Down syndrome, which results in mental retardation and physical birth defects, is the most common genetic birth defect.

PRECONCEPTION CARE IS KEY

Start taking care of yourself before you become pregnant. Because of the increased risks, health experts advise older women planning to become pregnant to see a healthcare provider first. This is particularly important if you have a chronic health problem or if you're on any regular medication.

Other steps that can help prevent problems during pregnancy include the following:

- Take folic acid. The U.S. Public Health Service recommends that all women of childbearing age get at least 400 micrograms (mcg) of folic acid daily through food or supplements. Women considering pregnancy should take 400 mcg for at

Save the Date

EXPECTANT PARENT FAIR

Join us on Sunday, April 18, from 2 to 4 p.m. at The Medical Center for the Expectant Parent Fair. Expectant moms and dads, and those considering having a baby, will learn 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, call 270-796-2108.

PREPARING AND CARING FOR BABY

Learn how to have a healthy pregnancy and prepare for your bundle of joy. Take part in The Medical Center's OB education classes, which include:

- A New Baby's Coming
- Breast Is Best
- C-Section Class
- Fatherhood 101
- Grandparents Class
- Infant Massage
- Newborn Care and Safety
- Nutrition During Pregnancy
- Prenatal Yoga Class
- Prepared Childbirth
- Ready, Set, Go!
- Twins and More

For upcoming class dates and details, see this issue's calendar insert or visit www.TheMedicalCenter.org.



MARCH FOR BABIES

Saturday, April 24. Registration begins at 9 a.m. Walk begins at 10 a.m. at Phil Moore Park. Kentucky has one of the highest rates of preterm births in the country, ranking seventh in the nation. As a sponsor of March for Babies, The Medical Center is proud to support the March of Dimes in their efforts to give all babies the best possible chance for a healthy start in life. For more information, call 270-746-5411 or 800-670-3339.

least three months before conceiving to prevent certain birth defects of the brain and spine.

- Quit smoking and drinking alcohol.
- Get tested for immunity against diseases such as chickenpox and rubella that can harm a developing baby. Get vaccinated if necessary.
- Avoid toxic substances or material that could hurt your unborn baby.
- Talk with your healthcare provider about any over-the-counter and prescription medicines you take, including dietary or herbal supplements.
- Eat a healthy diet and get regular exercise. If you're over- or underweight, take steps to get to a healthy weight.
- Reduce stress, and get plenty of rest.

AS AGE GOES UP, FERTILITY GOES DOWN

Fertility declines with age, so women may experience more difficulty getting pregnant the longer they wait. Conception is likely to take longer beginning in the early 30s. Age affects men's fertility, too, beginning in the late 30s.

Studies suggest that about a third of women between ages 35 and 39 and about half of those older than 40 have fertility problems. If you're older than 40, consider a fertility evaluation after trying unsuccessfully to get pregnant for six months or more. While the chances of an assisted pregnancy succeeding also drop with age, 20 to 30 percent of infertile women ages 35 to 40 are able to give birth using fertility technologies.

CARE FOR HIGH-RISK PREGNANCIES AND BIRTHS

Specialized care for women with high-risk pregnancies can be found right here in Southcentral Kentucky. Maternal Fetal Group opened in fall 2009 in the Riverside Professional Center, located on The Medical Center campus. The perinatologists with Maternal Fetal Group specialize in consultation and ultrasound services for high-risk expectant mothers. For more information, talk with your OB/GYN or call Maternal Fetal Group at 270-843-8600.

The Medical Center offers neonatology services—specialized care for newborns with a wide variety of conditions, including prematurity (babies born earlier than 37 weeks gestation), infection, and respiratory problems. The neonatology team of physicians (neonatologists), registered nurses, and respiratory therapists are trained to provide specialized neonatal care around the clock in the NICU (neonatal intensive care unit)—a safe and family-centered environment. For more information, call 270-796-2115.



Understanding the Risks of High Blood Pressure

Whenever you visit your doctor, chances are someone wraps a cuff around your upper arm and checks your blood pressure. But while you are familiar with this simple test, you may not understand why your blood pressure is so important to your health.

WHY HIGH BLOOD PRESSURE IS A PROBLEM

As blood moves through the arteries, it puts pressure on the artery walls. This pressure goes up and down depending on several things, including physical activity, diet, and medications. A person has high blood pressure when the pressure is elevated most of the time over a long period.

It's important to keep tabs on your blood pressure. If it's high and you don't know it, or if you don't control it, you may be at greater risk for heart attack, heart failure, stroke, kidney disease, and other serious conditions. Detecting high blood pressure early and controlling it can help you avoid such life-threatening conditions.

KEEP IT IN CHECK

Blood pressure tends to rise with age. In addition, people who are obese, who have certain medical problems, such as diabetes, or who take certain medications are also at risk. There are things you can do to prevent and/or control high blood pressure:

- **Don't smoke.**
- **Maintain a healthy weight.** If you are overweight, lose excess pounds. Talk with your doctor if you need help.
- **Eat a heart-healthy diet.** Choose a variety of foods that are low in fat and include lots of fruits, vegetables, and whole grains.
- **Be physically active.** Get at least 30 minutes of moderate-intensity activity, such as brisk walking, every day.
- **Watch your salt and sodium intake.** Aim for no more than 2,400 milligrams, or about 1 teaspoon, a day.
- **Take medication.** If you have high blood pressure, take your medication as prescribed.

* FREE BLOOD PRESSURE CHECKS AVAILABLE

Blood pressure screenings are provided free of charge at The Medical Center Health & Wellness Center in Greenwood Mall. Drop by the Center for this important screening; no appointment is needed. Hours of operation of the Health & Wellness Center are Monday through Thursday, 8 a.m. to 7 p.m., and Friday, 8 a.m. to 4:30 p.m.



PHYSICIAN CLINICS PROVIDE ACCESS TO SPECIALTY CARE

In many rural communities, primary care or family practice physicians are the sole source of physician care. While most healthcare needs can be met by these primary care physicians, there are times when an individual may require a specialist. In communities like Allen and Simpson counties, residents have access to specialized care.

The Medical Center at Franklin and The Medical Center at Scottsville provide physician specialty clinics. Specialists from Bowling Green come to these communities on scheduled days and at designated times. For residents, this means staying close to home for their healthcare needs.

SPECIALTY CLINICS AT THE MEDICAL CENTER AT FRANKLIN

- Cardiac Electrophysiology
- Cardiology
- Obstetrics & Gynecology
- Orthopaedics
- Podiatry
- Psychiatry
- Pulmonology
- Surgery
- Urology

SPECIALTY CLINICS AT THE MEDICAL CENTER AT SCOTTSVILLE

- Cardiology
- Neurology
- Obstetrics & Gynecology
- Orthopaedics
- Psychiatry
- Pulmonology
- Surgery
- Urology

To learn more, call **270-598-4800** in Franklin and **270-622-2800** in Scottsville. For a complete list of available specialists, visit www.TheMedicalCenterFranklin.org or www.TheMedicalCenterScottsville.org.

Women-In-The-Arts Exhibit

Friday and Saturday, April 23 and 24, from 10 a.m. to 4 p.m., and Sunday, April 25, from 1 to 4 p.m., at The Medical Center Auditorium

Now in its 20th year, The Medical Center's Women-in-the-Arts Exhibit continues to recognize and honor the work and talent of area women artists. Make plans to attend this free art exhibit that features artwork in a variety of categories, including painting, sculpture, ceramics, works on paper, fiber works, and photography. A majority of the art will be available for purchase, and 25 percent of every sale will benefit the Capitol Arts Center's Visual Arts program.



NEW PROGRAM ADDRESSES EMOTIONAL HEALTH OF SENIORS

The Medical Center at Scottsville has launched a new program, Senior Perspectives, to address the mental health and well-being of older adults.

"As many people get older, their emotions and moods change just as the physical state of their bodies change," says Jami Hughes, LCSW, program director for Senior Perspectives. "Too many times, seniors' emotional health is overlooked. But it is important for people to be both physically and emotionally well, even in the golden years."

Senior Perspectives operates on an outpatient basis and is staffed by a team of physicians, therapists, nurses, and technicians. By operating on an outpatient basis, the program allows seniors to receive intensive-level treatment without the high cost or inconvenience of being hospitalized. The cost of the program is covered by Medicare and most secondary insurance health plans, and normal deductibles and copays apply. Transportation (which is handicap accessible) is available for those who need assistance.

* For more information about our Senior Perspectives program, call **270-622-2890**.

Register for Upcoming Events

The cost of each event is \$8 per person, and preregistration is required. For more information, call 270-745-1010 or 800-624-2318.



MOTHER-DAUGHTER TEA

Saturday, May 8, 3 p.m., at The Medical Center Auditorium

The Women's Center invites you to an afternoon Tea and Spring Flower Gardening Show with Carol Schreiber, University of Kentucky County Extension Horticulture Agent. This is a wonderful opportunity for you to spend time with your mother, daughter, grandmother, aunt, or special friend. It will be a Mother's Day to treasure.



MEN'S HEALTH LUNCHEON

Wednesday, June 9, noon to 1 p.m., at The Medical Center Auditorium

There is nothing more important to you or your family than your health. To stay in top condition, you need a game plan. Join Jack Glasser, M.D., in The Medical Center Auditorium as he speaks on "A Game Plan for Good Health."



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 today's woman.

PRESENTATIONS:

- **Tuesday, April 27**
Health Benefits of Laughter
Mary Bennett, Ph.D., Western Kentucky University
- **Tuesday, May 25**
Stroke Prevention, Early Detection & Treatment
Paul Burke, M.D., Graves-Gilbert Clinic
- **Tuesday, June 22**
Women & Emotional Health
Kate Spurling, LCSW, The Medical Center

Reservation for (names): _____

Address: _____

City: _____ State: _____ ZIP: _____

Daytime phone number: (_____) _____

E-mail address: _____

Event(s) you will attend:

- Mother-Daughter Tea (\$8 per person)
- Men's Health Luncheon (\$8 per person)
- Women-In-Charge Luncheon Series (\$8 per presentation)
- Health Benefits of Laughter
- Stroke Prevention, Early Detection & Treatment
- Women & Emotional Health

Amount enclosed: \$ _____

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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