

winter
2010

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**START YOUR
NEW YEAR HEALTHY**

**GET ACTIVE
WITH VIDEO GAMES**

**IS YOUR LIFESTYLE CAUSING
YOUR HEADACHES?**

**LACK OF SLEEP CAN HARM
A CHILD'S HEALTH**

**Women:
Register today**
for our health
luncheon series!
See back page
for details.



The
Medical
Center

START THE NEW YEAR HEALTHY!

Join us for Health & Wellness Expo 2010

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ick off the New Year with a healthier you by attending Health & Wellness Expo 2010, presented by The Medical Center and WBKO-TV. On Saturday, January 9, from 8 a.m. to noon, residents from all over

Southcentral Kentucky will converge on Sloan Convention Center to take part in the region's premier health fair.

The annual event brings together healthcare service providers, safety agencies, and many others to provide free screenings and information on healthy living. Some of the free screenings available include:

- Blood pressure checks
- Body fat analysis
- Blood sugar screenings
- Lung health screenings
- Colorectal cancer screening kits
- Skin cancer screenings
- Glaucoma screenings
- Hearing screenings

Many great door prizes are awarded, and there are special presentations and demonstrations throughout the day. No preregistration is required, and all services and information are provided free of charge.

* For a complete list of the free screenings offered at the Health & Wellness Expo, visit www.themedicalcenter.org.

WALK YOUR WAY TO BETTER HEALTH

Walking is one of the easiest forms of exercise to improve cardiovascular health. It's low impact, convenient, and completely free. Join The Medical Center's Community Walking Program and start walking today. There is no fee to join. You will receive a card to log the miles you walk, including in your neighborhood, the mall, area parks, and on walking trails and treadmills. The Community Walking Program is open to everyone. Call **270-745-0942** or stop by The Medical Center Health & Wellness Center located at the front of Greenwood Mall (outside entrance only).



KICK THE HABIT

Is kicking the smoking habit part of your New Year's resolution? If so, get the help and support you need with the Cooper-Clayton method to stop smoking. The 12-week class begins in January at The Medical Center Health & Wellness Center, located at the front of Greenwood Mall. See this issue's calendar insert for details or call **270-842-0950**.

There's More than One Way to Lose Weight

In their quest to lose weight, Americans have tried just about every kind of diet imaginable. But is a particular combination of fats, proteins, and carbohydrates superior to others in the battle to drop those extra pounds? Researchers decided to find out.

A CLOSER LOOK AT THE STUDY

In the study, funded by the National Heart, Lung, and Blood Institute (NHLBI) and National Institutes of Health and reported in the *New England Journal of Medicine*, researchers compared four different diets to see how each would affect body weight after two years.

Of the 811 people who signed up to participate, 645 (nearly 80 percent) completed the study. The participants, who were overweight at the start of the study, reduced their calorie intake, but each did so in a different way. Each diet had different targets for the intake of fats, proteins, and carbohydrates. The diets were either low or

high in fat, average or high in protein, or low or high in carbohydrates. All met the criteria for maintaining cardiovascular health—that is, they were all heart-healthy diets. Each participant also participated in both individual and group counseling sessions.

After two years, researchers found the four diets were equally successful in helping participants lose weight and maintain that loss over two years. What's more, all the diets reduced risk factors for cardiovascular disease and diabetes. It's also interesting to note that participants' attendance at counseling sessions had a positive effect on their success.

WHAT THIS MEANS FOR YOU

According to the NHLBI, the study provides proof that as long as people follow a heart-healthy, reduced-calorie diet, there is more than one way to lose weight and maintain that loss. Truly, no one nutrient is the magic bullet for weight loss.

This is actually very good news, because it means people who need to lose weight have choices. As long as they take in fewer calories than they expend, they can eat a diet made up of foods they like and enjoy. And if you like what you're eating, you're more likely to stick with your diet plan.

"This can also prove that since the diets are not so restrictive and difficult to follow, individuals are more likely to change the diet into a lifestyle of healthy eating," says Andrea Norris, a registered dietitian with The Medical Center's Medical Nutrition Therapy program.

How do you know if you need to lose weight? Most doctors use the body mass index, or BMI, to determine if a person is at a healthy weight. BMI takes into account a person's weight and height. The average person is considered overweight with a BMI between 25 and 29; a BMI greater than 30 indicates obesity. You can determine your BMI by using the calculator at www.nhlbisupport.com/bmi.

If you are concerned about your weight, consult your doctor or registered dietitian. Together you can discuss a weight-loss plan appropriate for you.

* WE'RE HERE TO HELP

The Medical Center's Medical Nutrition Therapy program can help you manage your nutritional needs. If you have a personal or family history of heart disease, diabetes, cancer, or obesity, or if you are concerned about your overall health, Medical Nutrition Therapy can help. Call registered dietitian Andrea Norris at 270-745-0942 or 877-800-3824 to learn more.

LEARN HEALTHY HABITS FROM AN EXPERT

Change your habits and make healthier lifestyle choices. The Medical Center's Healthy Weight/Healthy Life program can help you change your lifestyle in six short weeks. Receive coaching from a registered dietitian and an exercise specialist who offer advice on everything from working out to dining out.

For class details and to register, see the back page of this issue.





Larson Hudson's quick thinking while having a heart attack helped save his life.

* LEARN IF YOU ARE AT RISK

The Medical Center Health & Wellness Center will host a heart risk screening on February 24 from 9 a.m. to noon. Following the screening, staff from The Medical Center Cardiopulmonary Rehabilitation will discuss areas of concern. **See this issue's calendar insert for details.**

Acting Fast Is Key When Suffering a Heart Attack

L Larson Hudson had always been active and was always on the go. He was heavily involved in his small business, enjoyed outdoor activities and dedicated a lot of time to working in his yard. Hudson had been healthy all of his life, had normal blood pressure readings and didn't smoke or consume alcohol. This made it all the more surprising when he suffered a heart attack.

"I didn't have what I thought were traditional heart attack symptoms," explains Hudson. "I was mainly feeling tired. I only felt like I was functioning at 70 percent."

As he was carrying a wood pallet to the end of his driveway on May 15, 2007, Hudson began to feel sick to his stomach, was dizzy and had some chest discomfort. "It felt more like pressure than actual pain," says Hudson. "With a heart attack, I thought you were supposed to have excruciating pain, but it's not what I expected."

Hudson knew something wasn't quite right, and a friend was going to take him to the hospital. "I thought I could get in the car and go to the hospital," states Hudson. He quickly discovered, though, that he couldn't. His friend called 911.

Medical Center EMS crews arrived and were able to transmit Hudson's electrocardiogram (ECG) directly to the departments that would be involved with Hudson's care including the emergency department and the cardiac catheterization lab. This allowed physicians and nurses to better prepare for his arrival at the hospital. Within 78 minutes of arriving at The Medical Center—well under 90 minutes recommended by the American Heart Association—Hudson's two blocked arteries were opened.

The Medical Center is a cycle II accredited chest pain center with PCI by the Society of Chest Pain Centers. PCI, known as percutaneous coronary intervention, refers to the use of cardiac catheterization to treat the narrowed coronary arteries of the heart. Emergency PCI is a life-saving measure, allowing a cardiologist to go directly to the source of an obstruction and restore blood flow to the heart.

If you, a friend or family member are suffering a heart attack, call 911 right away. The quicker emergency personnel arrive on the scene, the quicker treatment can begin.

Today, Hudson is enjoying retirement and is living life to fullest. "I feel great," says Hudson. "If we hadn't called 911 that day, I'm not sure that I would still be here."

* JOIN US TO LEARN MORE ABOUT HEART DISEASE.

The American Heart Association and Macy's team up for the Women-in-Charge Luncheon on Tuesday, February 23, at noon, in The Medical Center Auditorium. **See the back page of this issue to register for this and other upcoming luncheons.**



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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.

FREE BODY FAT SCREENING

Offered daily
Determine your percentage of body fat versus lean muscle mass, which is a better measurement of weight status than pounds.

VASCULAR SCREENING

Fridays, January 15 and 29, February 12 and 26, March 12 and 26, 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. A vascular technologist performs the screenings, results are sent to a board certified vascular surgeon at The Heart Institute, and a report is sent to you and your physician.

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

ART ON EXHIBIT

View the artwork of local artist Sandy Novosel in the Health & Wellness Center classroom January through March.

FREE SKIN CANCER SCREENING

Wednesday, January 13, 8 a.m. to noon.
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 VISION AND GLAUCOMA SCREENING

Wednesday, January 27, 9 a.m. to 1 p.m.
Preregistration required.

When did you have your vision checked last? Have you ever been screened for glaucoma? Take advantage of this free screening provided by ophthalmologist, Marc Moore, M.D., with Graves-Gilbert Clinic.

FREE HEADACHE SCREENING

Thursday, January 28, 8:30 to 11:30 a.m.
Preregistration required.

Do you suffer from headaches that stem from neck pain or your spine? You may be experiencing cervicogenic headache. There is a high degree of success when physical therapy is used as a treatment option for cervicogenic headache. Bluegrass Outpatient Center's Nathan Johnson, M.P.T., D.P.T., Fellow of the American Academy of Orthopedic Manual Physical Therapy, will offer a free screening to help determine whether physical therapy can benefit you.

FREE LUNG HEALTH SCREENING

Thursdays, February 11 and 25, 1 to 4 p.m.
Preregistration required.

This 15-minute screening will assess your lung function.

FREE SLEEP SCREENING FOR CHILDREN & ADULTS

Thursday, February 11, 9 a.m. to noon.
Preregistration required.

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

FREE VESTIBULAR (DIZZINESS) SCREENING

Thursday, February 18, 8:30 to 11:30 a.m.
Preregistration required.

This screening, provided by Bluegrass

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

FREE HEART RISK SCREENING

Wednesday, February 24, 9 a.m. to noon.
Preregistration required.

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

FREE OSTEOPOROSIS & BONE DENSITY SCREENING

Thursdays, March 4 and 25, 9 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.

FREE BLOOD SUGAR SCREENING

Monday, March 8, 8 to 10 a.m. Preregistration required. Fasting is required for four hours prior to the screening.

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

FREE HEARING SCREENING

Thursday, March 11, 9 a.m. to noon and Thursday, March 25, 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.

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FREE BACK SCREENING

Wednesday, March 24, 8:30 to 11:30 a.m.

Preregistration required.

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

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 health screening certificate at 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.

STAY ACTIVE WITH 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. (No class on January 1.)

Limber for Life 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.

HEALTHY WEIGHT/HEALTHY LIFE

Fridays, January 15 through February 19, noon 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. Also includes a grocery store tour with a registered dietitian. The cost is \$50.

WATERCOLOR CLASS

Mondays, January 25 through March 1, 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.

INSTRUCTIONAL YOGA CLASS

Mondays, February 1 through March 8, 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.

PRENATAL YOGA CLASS

Tuesdays, February 2 through March 9, 5 to 6 p.m. 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. The six-week session costs \$60. Payable to the instructor at the first class.

FRIENDS AND FAMILY CPR

Thursday, February 4, 9 a.m. to 1 p.m.

Preregistration required.

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.

GROCERY STORE TOUR: CHOOSING HEALTHY FOOD

Wednesday, February 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. The cost is \$10.

ASK THE DIETITIAN

Tuesday, March 23, 2 to 4 p.m.

Preregistration required.

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

BREAST IS BEST

Thursdays, January 21 and March 25, 6 p.m., in The Medical Center Auditorium. Preregistration required. Bring Dad to class, as well as a doll or stuffed animal.

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

C-SECTION CLASS

Tuesdays, January 26 and March 30, 6 p.m., in 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.

PRENATAL YOGA CLASS

Tuesdays, February 2 through March 9, 5 to 6 p.m. Preregistration required. See "Exercise and Nutrition Classes" for complete details.

FATHERHOOD 101

Tuesdays, January 26 and March 30, 7 p.m., in The Medical Center Medical Conference Room. Preregistration required; dads only! George Miller, R.N., a nursery nurse at The Medical Center, will discuss concerns of new fathers with regard to responsibilities and relationship changes with a new baby and mom.

GRANDPARENTS CLASS

Tuesday, February 9, 6 p.m., in 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 obstetrics (OB) unit is included.

INFANT MASSAGE

Two-class series: Tuesdays, February 2 and 9, 6 to 7 p.m., at The Medical Center Health & Wellness Center located at 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.

A NEW BABY'S COMING CLASS

Thursday, February 4, 6 p.m., in 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.

NEWBORN CARE AND SAFETY CLASS

Thursdays, January 7 and 14, February 11 and 25, March 4 and 11, 6 to 8 p.m., at The Medical Center Health & Wellness Center located at the front of Greenwood Mall (outside entrance only). Preregistration required. Participants should each bring a doll or stuffed animal to class.

This is a hands-on class where parents will learn important baby care skills. An infant CPR demonstration will show parents what to do in an emergency. Safety issues for newborns will be discussed.

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®.

**NUTRITION DURING PREGNANCY**

Thursday, January 14, 6 to 7 p.m., at The Medical Center Health & Wellness Center located at 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.

PREPARED CHILDBIRTH CLASSES

Prepared Childbirth Classes are held in The Medical Center Auditorium. Preregistration required.

- **Option 1:** Six-Week Series: Tuesdays, January 5 through February 9 and March 9 through April 20, 6 p.m.
- **Option 2:** One-Night Refresher: Tuesday, January 12 and March 16, 6 p.m.
- **Option 3:** One-Day Express Course: Saturdays, January 23, February 20, and March 20, 9 a.m. to 1 p.m. Snacks and drinks are provided.

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 (see class listings above).

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

READY, SET, GO!

Thursdays, January 14, February 18, and March 18, 6 p.m., in The Medical Center Auditorium. Preregistration required.

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

SIDS PREVENTION AND SAFE SLEEP FOR INFANTS

Tuesday, January 26, 5:30 to 6:30 p.m. at The Medical Center Health & Wellness Center located at 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 childcare providers.

TWINS OR MORE!

Wednesday, March 10, 6 to 8 p.m. in The Medical Center Medical Conference Room. Preregistration required.

This class will explore how to prepare for twins, triplets, or quads and will cover issues you will face that create a challenge for new moms and dads. Support networks will also be discussed.

DIABETES AWARENESS

Know if you're at risk for diabetes with a free blood sugar screening on Monday, March 8 from 8 to 10 a.m. For complete details, see page 1 of this calendar insert.

Do you or a loved one have diabetes? Join our diabetes support group. Each month features a different topic to help with successful management of diabetes. See the support group section on the next page for complete details.

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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.

BECOME A NONSMOKER: COOPER-CLAYTON CLASS

Introduction: Monday, January 18, 6 to 7 p.m.
12-week session, Mondays, January 25 through April 12. Pre-registration and use of 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.

LOOK GOOD, FEEL BETTER

Mondays, January 11, February 8, and March 8, 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 make-up techniques and more.

SENIOR HEALTH

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

AARP DRIVER SAFETY PROGRAM

Wednesdays, January 20, February 17, and March 17, 9 a.m. to 1 p.m., at The Medical Center Health & Wellness Center located at the front of Greenwood Mall (outside entrance). Preregistration required; 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. Cost of the program is \$12 for AARP members and \$14 for nonmembers. Payable to AARP at the first class.

EXERCISE CLASSES FOR OLDER ADULTS

Enjoy the health benefits of exercise designed for seniors.

- **Bowling Green:** Tuesdays and Fridays, 9 to 10 a.m., at The Medical Center Health & Wellness Center. See Limber for Life under Exercise and Nutrition Classes for description. (No class on January 1.)
- **Scottsville:** Cancelled until further notice due to renovations at The Medical Center at Scottsville.
- **Franklin:** Mondays, Wednesdays, and Fridays, 9 to 10 a.m., at Franklin Simpson Parks and Recreation

BINGO

Come play!

- **Bowling Green:** Tuesdays, January 5, February 2, and March 2, 2 to 3:30 p.m., in The Medical Center Auditorium.
- **Scottsville:** Cancelled until further notice due to renovations at The Medical Center at Scottsville.

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 below unless otherwise noted. New members are always welcome.

ALZHEIMER'S SUPPORT GROUP

Thursdays, January 21, February 18, and March 18, 4:30 to 5:30 p.m.

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

AWAKE AND RESTLESS LEGS SYNDROME (RLS) SUPPORT GROUP

Thursdays, January 7, February 4, and March 4, 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, January 4, February 1, and March 1, 6 to 7 p.m.

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

DIABETES SUPPORT GROUP

- **Bowling Green:** Tuesdays, January 12, February 9 and March 9, 1:30 to 2:30 p.m. and 5 to 6 p.m.
- **Franklin:** Tuesdays, January 19, February 16 and March 16, 1 to 2 p.m. at Simpson County Health Department.

This support 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, January 19, February 16, and March 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 have a specific topic or program of discussion.

GASTRIC BYPASS SUPPORT GROUP

Wednesdays, January 6, February 3, and March 3, 5:30 to 7 p.m.

Thursdays, January 21, February 18, and March 18, 5:30 to 7 p.m.

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

STROKE SUPPORT GROUP

Tuesdays, January 5, February 2, and March 2, 2 to 3 p.m.

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

MENDED HEARTS

Mondays, January 25, February 22, and March 22, 7 to 8 p.m., in 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.

Get Active—and Back in the Game—with Video Games

Do your kids prefer their video games to a game of catch? Are you hooked on games, too—and stuck on the couch? As video games have grown in number and popularity, so have the waist sizes of their players. But with the emergence of active products such as *Wii Sports* and *Dance Dance Revolution*, video game naysayers—and even some medical professionals—are realizing these electronic gadgets may actually have health benefits.

BURNING CALORIES INDOORS

Rates of obesity and type 2 diabetes in U.S. children and adults are rising. One reason is lack of exercise. According to the Centers for Disease Control and Prevention, kids should exercise 60 minutes each day, and adults should work out for 150 minutes each week. But most adults and children don't reach these recommended amounts.

“Active” video games may help change this. These games can turn your living room into a tennis court or dance hall. Instead of sitting on the couch, participants in active games stand up and physically interact with images on screen. With the Nintendo Wii, for example, players take part in virtual reality sports games such as boxing, golf, and tennis, swinging the remote control like they would a real racquet or golf club. With the accessory to the console, the Wii Fit, players improve their fitness by participating in balance and yoga exercises, among others. Another game, called *Dance Dance Revolution*, encourages participants to practice their moves by following on-screen dance steps.

While these active games are relatively new to the scene, studies are under way to evaluate their use as exercise tools—and the results are beginning to come in. One study,



Shirley Neal uses the Nintendo Wii at Cal Turner Extended Care Pavilion as part of her physical therapy treatment.

reported in *Pediatrics*, found that active video games doubled participants' energy expenditure compared with seat-based screen time. Another study, reported in the *Journal of Pediatrics*, found that activity-promoting video games have the potential to increase energy expenditure in both children and adults. Still other studies have shown that the calories children burn when they play active video games are comparable to those burned in moderate to vigorous physical activities, such as brisk walking, skipping, jogging, and climbing stairs.

A TOOL FOR REHAB?

Research into the possible benefits of using active video games as a rehabilitation tool—dubbed Wiihab—is also under way, but results are pending. Current studies are examining how the games might relieve the symptoms of Parkinson's disease or help the elderly avoid falls.

In one study recently reported in *Physical Therapy*, researchers used the Wii sports games with a teenage boy with cerebral palsy. They found the games helped him control his posture, react to visual cues, and walk with crutches.

Video games have indeed come a long way in helping players be physically active. They're not a substitute for a regular workout—but they are helping couch potatoes get a little exercise indoors.

WIIHAB COMES TO SCOTTSVILLE

The Medical Center at Scottsville utilizes Wiihab therapy for residents of Cal Turner Extended Care Pavilion. According to Lisa Cummings, rehabilitation services manager, Wii is helping residents meet their rehabilitation goals. “It allows our residents and patients to challenge their sitting and standing balance as well as hand-eye coordination,” says Cummings. “And, because it's fun, Wii has been beneficial in increasing socialization and enthusiasm for participating in rehab.”

Lack of **SLEEP** Can Harm a Child's Health

When our children are young, we tuck them in at night and see them off to school in the morning. As they turn into teenagers, however, it becomes more difficult to track how much time they actually spend asleep. Now a growing body of research shows we need to keep a watchful eye on kids' shut-eye at every age.

SLEEP'S DEEP EFFECTS

The average child sleeps 13 months during the first two years of life. All this sleep helps a baby's brain develop. As children grow older, they need fewer hours of sleep—preschoolers need 10 to 12 hours a night, school-aged children and teens need at least 9—but the importance of sleep doesn't diminish.

Sleep helps us solve problems, react quickly, form memories, and learn. Inadequate sleep affects school performance. It also impacts a child's physical well-being. The body releases hormones during sleep that aid growth, build muscles, and repair cells and tissues.

What's more, a study in *Pediatrics* confirmed that childhood sleep deficiencies may not only have immediate effects, but may be linked to future problems, including decreases in mental functioning that begin as early as adolescence. Increasing evidence also suggests that poor sleep contributes to major health problems, such as obesity.

CULTIVATE TEEN DREAMS

Researchers stress that children's sleep problems should not be ignored. While parents are often involved in the sleep schedules of young children, they tend to step back in high school. Because sleep is critical to health, however, parents should stay involved.

First, recognize the signs that your teenager isn't getting enough sleep. According to researchers in the *Journal of School Health*, two significant signs are changes in mood and a slide in motivation. Sleepy teens also have trouble waking up in the morning, are irritable late in the day, sleep extra long on weekends, and doze off during the day.

Next, understand what's keeping your teen awake. Many factors may play a role, and some—such as early school start times—you can't control. But some you can. Facilitate a good night's sleep with these steps:

- Encourage a consistent sleep and wake schedule.
- Ban the use of computers, televisions, music players, and phones close to bedtime.
- Help your kid create a good sleep environment—a place that's quiet and dark.
- Limit teens' caffeine intake, especially energy drinks.

Sometimes, a sleep disorder is responsible for poor rest. For example, sleep apnea causes pauses in breathing during sleep and leads to daytime tiredness. If you think apnea or another disorder may be hindering your child's sleep, talk with a doctor.



Free Sleep Screening

The Medical Center Sleep Center offers pediatric sleep studies to help determine if your child has obstructive sleep apnea. Studies have shown that sleep apnea in children has been linked to attention-deficit/hyperactivity disorder. To find out if you or your child is at risk for sleep apnea, attend The Medical Center Sleep Center's free sleep screening for children and adults. See this issue's calendar insert for details.



New Approach to Hysterectomy Offers Better Options

The decision to have a hysterectomy isn't easy. But advances in surgical techniques can mean less pain and a speedier return to normal life for women who need this operation.

Doctors may recommend surgery to remove a woman's uterus for a number of reasons, including:

- Noncancerous growths called fibroids that cause heavy bleeding or pain
- Endometriosis—where tissue that normally lines the uterus grows outside of it
- Prolapsed uterus, in which the uterus has dropped down into the vagina
- Uterine, cervical, or ovarian cancer
- Persistent, heavy vaginal bleeding uncontrolled by medication or nonsurgical techniques
- Chronic uterine pain that continues despite treatment

Taking the uterus out through an abdominal incision is the traditional approach, especially for cancerous conditions. But additional options may be available when a woman and her

doctor decide surgery may offer relief from troubling pelvic conditions.

VAGINAL LAPAROSCOPIC HYSTERECTOMIES ARE LESS INVASIVE

Surgeons also can remove the uterus through the vagina. The procedure, called vaginal hysterectomy, may be used for prolapse and menstrual problems when the uterus is a normal size.

A newer procedure, laparoscopic hysterectomy, involves making very small incisions in the abdomen. A laparoscope—a thin, hollow tube connected to a video camera—is inserted through one incision to guide the surgeon. Instruments inserted into the other incisions are used to perform surgical tasks. The Medical Center now offers the latest in laparoscopic hysterectomy with da Vinci® Surgical System. Through tiny, dime-sized incisions, surgeons can operate with greater precision and control, minimizing the pain and risk associated with large incisions.

TINY INCISIONS BRING BIG BENEFITS

Smaller incisions can result in less pain and blood loss, shorter hospital stays, fewer wound infections, and quicker recovery than with abdominal hysterectomy. While it may take one to two months to return to normal activity with an abdominal hysterectomy, most women are able to recover completely in one to two weeks with laparoscopic surgery.

Treatment options depend on individual factors including a woman's age, health history, surgical history, and diagnosis. Your doctor can help you decide if the da Vinci hysterectomy is right for you.



The Medical Center now offers laparoscopic hysterectomy with the da Vinci robot, which can mean less pain and a quicker recovery for women. To learn more, visit www.themedicalcenter.org/daVinci.



CLOSER LOOK:

Losing Sight of Your Eye Health?

A recent survey suggests that many Americans may turn a blind eye to the dangers of poor vision care.

Commissioned by the American Optometric Association (AOA), the survey shows that 81 percent of Americans use glasses, contact lenses, or both, but more than a quarter have not visited an eye doctor or eye care specialist within the past two years. The survey indicates that many

Americans may not be paying enough attention to their eyesight and overall eye health.

REGULAR VISITS IMPORTANT

Vision problems such as age-related macular degeneration (AMD) can develop with no obvious pain or symptoms, so people are often unaware that a problem exists. In fact, AMD can advance so slowly that people notice little change in their vision. Early diagnosis of such problems is important to maintain good vision.

The AOA recommends that every adult should have a comprehensive eye exam at least every two years. People older than age 60 should see their eye doctors every year, according to the AOA. Regular visits are particularly important for people who need corrective lenses because these individuals may put off eye exams

thinking that their vision problem is simply an indication they need a new lens prescription.

While a vision problem may in fact indicate the need for a new lens prescription, it also can be a warning sign of more serious issues.

Regular visits to an eye doctor can help

detect the signs of chronic conditions such as diabetes and hypertension, which can affect the eyes. A comprehensive eye exam also will help detect serious vision conditions, such as glaucoma, cataracts, diabetic retinopathy, and AMD. Detecting problems early—and treating them promptly—may help avoid long-term complications and vision loss.

GOOD NUTRITION MAY HELP

Eating a healthy diet may help protect aging eyes, but many Americans don't know which types of foods may be beneficial. In the AOA survey, 48 percent of respondents incorrectly believed that carrots are best for eye health. In reality, some studies show that dark green vegetables, such as spinach, broccoli, and kale—which provide the compounds lutein and zeaxanthin—may help protect the eyes against cataracts and AMD. Lutein and zeaxanthin also are available as nutritional supplements.

Other research suggests that omega-3 fatty acids, found in fish, might help prevent AMD. While more research is needed, nutrition shows promise as a means of protecting the eyes from conditions such as cataracts and AMD.

* WOMEN AND HEALTHY VISION

Join Jennifer S. Wentworth, M.D., as she presents "Women and Healthy Vision" at the March Women-in-Charge Luncheon. The cost is \$8 and includes lunch and presentation. See the back page of this issue for details and to register.



Is Your Lifestyle Causing Your Headaches?

Research shows that certain lifestyle habits can bring on headaches, including migraines and tension headaches. But the opposite also is true: Avoiding harmful behaviors and adopting healthy ones may lessen the frequency of headaches.

IDENTIFY THE CULPRITS

If you suffer from chronic headaches, take a look at your routine and see if you notice any habits that may be to blame. These include the following:

- Are you using too much medication? Daily or almost daily headaches often are caused by overuse of pain medicines—both over the counter and prescription.
- Are you consuming too much caffeine? Drinking caffeine may help relieve headaches. But too much actually can cause some headaches.
- Could some of the foods you eat be triggering migraines? Culprits include chocolate, citrus, garlic, onions, and pickles.
- Are you overstressed? Stress can trigger both migraines and tension headaches.

GOOD HABITS TO HELP PREVENT HEADACHES

Besides avoiding things that can trigger headaches, you can keep a clear head by following some basic rules:

- Eat at the same times every day, and don't miss meals.
- Wake up and go to bed at the same times every day. Aim for six to eight hours of sleep nightly.
- Get regular exercise.
- Try not to take pain relievers more than twice a week, unless your doctor advises otherwise. If you stop taking pain medicine, your headaches may get worse for the first two weeks or so. But after that, you'll probably have fewer headaches.
- Find ways to reduce your stress level. Relaxation techniques, such as meditation or yoga, may help.

Headache Help

Could physical therapy be the answer for your headaches? If you suffer from headaches that stem from the neck or spine, you may be experiencing cervicogenic headache. Bluegrass Outpatient Center will offer a free headache screening to help determine if physical therapy can benefit you. See this issue's calendar insert for details.



*** WOMEN-IN-CHARGE LUNCHEONS**

**Tuesday, January 26
Aging Gracefully**

Dana Burr Bradley, Ph.D.
Director, Center for Gerontology
Western Kentucky University

**Tuesday, February 23
Women & Heart Disease
and Facial Makeovers**

American Heart Association
and Macy's

**Tuesday, March 23
Women and
Healthy Vision**

Jennifer S. Wentworth, M.D.
Graves-Gilbert Clinic



**HEALTHY WEIGHT/
HEALTHY LIFE**

Change your lifestyle in six short weeks with coaching from a registered dietitian and an exercise specialist. Learn tips on everything from working out to dining out.

When: Fridays, from January 15 through February 23, noon to 12:45 p.m.

Where: The Medical Center Health & Wellness Center

Cost: \$50

To register, call 270-745-0942 or 877-800-3824.

Registration for (names):

.....
 Address:
 City:
 State: ZIP:
 Daytime phone number:
 (.....)
 E-mail address:

Luncheon(s) you will attend:

- January 26, Aging Gracefully
- February 23, Women & Heart Disease and Facial Makeovers
- March 23, Women and Healthy Vision

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

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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