

The Healthy Advantage



**KENTUCKY RIVER
MEDICAL CENTER**
Quality Healthcare Close to Home

PREMIERE ISSUE!

FROM YOUR FRIENDS AT KENTUCKY RIVER MEDICAL CENTER

Quality Healthcare Close to Home

As the new year begins, Kentucky River Medical Center is very excited about new developments that will help improve the care we provide to our patients.

We're welcoming a new radiologist who will perform procedures previously unavailable at the hospital. We'll also be introducing new endoscopy equipment, new laparoscopy equipment and a harmonic scalpel in the operating room. With this technology, along with our updated orthopedic equipment, our operating room will be a state-of-the-art facility for our surgeons and their patients.

We're pleased that we'll be able to reopen our Booneville Clinic in July with the addition of a family practice physician, who will have admitting privileges at our hospital. She'll be finishing her residency in June and joining us in the clinic on July 15. She'll be a welcome addition to the people of the Booneville area.

We're also very pleased that we'll be establishing a waiting area near the intensive care unit (ICU) for family members to wait while their loved one is in the ICU, as well as a chapel area within that waiting area, which volunteers of the facility will furnish. For several years, the volunteers have provided sleep chairs for our patient



rooms, which are invaluable to family members who are staying with our patients. The addition of this chapel for emotional times or meditation will be greatly appreciated. We're extremely grateful to the volunteers for the unselfish time they give to our facility and their care and concern for the patients and families of the area.

We're grateful to you for allowing us to be your healthcare facility and to work with you to provide quality healthcare close to home.

David Bevins
Chief Executive Officer
Kentucky River Medical Center



Nimble body, nimble mind

Question:

To fight memory loss and dementia, it's a good idea to:

- A. do a crossword puzzle
- B. take up a new hobby
- C. exercise regularly
- D. all of the above

If you answered D, you're right. Scientists now know it takes more than mental stimulation to keep your brain sharp well into your later years. Physical activity gives your body and your brain a boost. A half-hour of moderate exercise—walking, golfing, gardening, performing household chores—on most days of the week can help you think more clearly and feel better at any age.

HOW EXERCISE HELPS

Exercise increases blood flow to your brain, promoting brain-cell growth, and helps reduce stress—important since chronic stress causes the release of hormones that can damage your brain over time. Some studies suggest exercise increases levels of important chemicals that maintain brain health. Other studies on mice show that exercise appears to delay or prevent plaque development in brain regions used in memory, thinking and decision making.

Regular exercise also helps preserve healthy brain functioning by:

- **Reducing your risk for heart disease.** Exercise lowers homocysteine, an amino acid in your blood that makes

nerve cells in the brain stop working and die.

- **Controlling your blood sugar.** Diabetes is linked with several types of dementia, including Alzheimer's and vascular dementia (common to stroke survivors). Both aerobic and weight-bearing exercises control your blood sugar by increasing your metabolism.
- **Lowering your blood pressure.** Unchecked, high blood pressure can damage blood vessels in your brain and reduce its oxygen supply, leading to a decline in decision making, memory and verbal skills.
- **Controlling your body weight and improving physical fitness.** Studies show a link between dementia and being overweight, possibly because overweight individuals have more cardiovascular risk factors associated with dementia than people at a healthy weight.

DIVERSITY IS KEY

For the most brain benefits, vary your exercise routine often. It's not how hard you exercise but how many activities you participate in that's key to preventing cognitive decline. Johns Hopkins University found that adults ages 65 and older who were involved in a number of activities (such as walking, biking, swimming, dancing and bowling) experienced less dementia than people who participated in fewer activities. One explanation could be that the variety of activities keeps more parts of the brain active.

So don't worry about how much you're sweating or how vigorously you're moving—just enjoy a variety of activities every day and keep trying new ones.

With good health habits and a little luck, you may never face a sudden medical crisis. But sooner or later, many of us find ourselves involved in one. Suppose it's chest pain, stomach cramps or a nasty kitchen accident—what's the right response? Should you get emergency help or just go see your family doctor?

A true medical emergency is a situation that's life threatening or could cause permanent harm if not treated immediately. Every minute counts. That's the difference between cases needing instant, emergency room intervention and those your doctor can handle in the office.

Doctors say there are no wrong reasons to call for medical assistance in a real emergency, especially if it's heart related. At such a critical time, don't drive yourself to the ER or get someone else to drive you—it could be dangerous. Plus, you need the expertise and equipment that's in an ambulance.

Below are examples of symptoms that constitute a medical emergency. Call for emergency assistance right away if you or a friend experiences any of them. And remember, if you're ever in doubt, play it safe and get help. It could save a life.

SEEK EMERGENCY TREATMENT ...

In cases of trauma:

- uncontrollable bleeding
- wounds with gaping edges



- wounds that involve the face or hands
- wounds caused by a puncture or wounds in which glass, metal or other objects have pierced the body
- severe burns
- head, neck or back injuries
- abdominal injuries or sudden, severe abdominal pain
- problems with movement or feeling after injury
- suspected broken bones
- animal or human bites
- contact with poisonous substances
- sunburn with nausea, vomiting, fever and chills

When the ER is your best option

Medical conditions that require emergency care

Any time these symptoms are present:

- chest discomfort
- difficulty breathing or shortness of breath
- nausea, dizziness, fainting or profuse sweating, especially when combined with chest pain and breathing difficulty—classic signs of heart attack
- sudden numbness on one side of the face or limbs, confusion, slurred speech, vision loss, severe headache or dizziness—all signs of a possible stroke
- severe allergic reactions from insect bites, food or beverages
- sudden or persistent vomiting or diarrhea
- coughing up or vomiting blood
- fainting, dizziness or hallucinations
- convulsions or seizures
- stiff neck with fever or headache
- sudden severe fever coupled with sensitivity to light
- stupor or dazed behavior
- drug or alcohol overdose
- attempted suicide or suicidal threats or statements

A circle of friends

Senior program offers classes, discounts, activities and more!



The Senior Circle Association is a national, nonprofit, fun and fast-growing organization. Our mission is to encourage a healthy and active lifestyle for seniors by providing programs that encourage continued learning, wellness, health and volunteering, coupled with a host of social activities.

Membership with the Kentucky River chapter of Senior Circle provides access to a generous offering of valuable discounts, benefits and services to meet the preferences and needs of members. There's a Senior Circle chapter at every Community Health Systems hospital, with more than 69 chapters to date and more than 54,000 members nationwide.

MULTIPLE INCENTIVES

Senior Circle offers health education, screenings, fellowship, entertainment and member benefits to enhance the quality of life for those ages 50 and older in our communities. There are standard national benefits, as well as additional benefits and programs on the local level.

Our Senior Circle members are considered VIPs, or Very Important Patients. With membership, you'll become familiar with hospital services, the emergency room and new physicians.

SETTING SIGHTS ON BETTER VISION

Senior Circle is pleased to offer all our members an exceptional benefit for eye care—free of charge. EyeMed Vision Care Plan offers amazing discounts that average up to 50 percent off the regular retail prices of eye care and eyewear. The best part is all members are automatically signed up. The plan covers not only a Senior Circle member, but everyone who lives in that member's household, including children, spouses and grandchildren.

Senior Circle is open to men and women ages 50 and older. The annual membership fee is \$15, or \$27 for two people in the same household.

Senior & Circle

MEMBERSHIP APPLICATION

Today's Date: _____ Referred By: _____

KENTUCKY RIVER CHAPTER		<input type="checkbox"/> New <input type="checkbox"/> Renewal
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	
Phone Number ()	Birthday Mo. Day Yr.	
Address		APT #
City	State	Zip
E-mail		
<input type="checkbox"/> I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
COMPLETE SECTION BELOW FOR SECOND MEMBER, SAME HOUSEHOLD ONLY		
Last Name	Middle I.	<input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.
First Name	Sex <input type="checkbox"/> M <input type="checkbox"/> F	
Phone Number ()	Birthday Mo. Day Yr.	
E-mail		
<input type="checkbox"/> I authorize <input type="checkbox"/> do not authorize <input type="checkbox"/> that a Senior Circle representative may be notified of my admittance to participating hospitals and may contact me while in the hospital to ensure my needs are being met.		
Signature: _____		
PAY BY CHECK ONLY		
<input type="checkbox"/> One Year Membership \$15.00 (SC1) <input type="checkbox"/> Two - One Year Memberships \$27.00 (TW1) (you save 10% - Same Household only) <input type="checkbox"/> Two Year Membership \$27.00 (SC2) (you save 10% compared to a one year membership)		
Return your completed application and check or money order to:		
Senior Circle 540 Jetts Drive Jackson, Kentucky 41339		

A membership to Senior Circle
is a great gift idea!

Learn more!

For a complete calendar of events and more information, call Beth Allen, Senior Circle advisor, at (606) 666-6511.

HEART DISEASE: A woman's greatest health threat

Almost 250,000 American women die from coronary heart disease (CHD) each year—more than those who die from breast, cervical and ovarian cancers combined.

Yet most women still think of cancer as the greatest threat to their health and many believe that heart disease is a “man’s disease.” (On the research side, women participants make up only one-quarter of all heart-related studies.)

THE DIFFERENCES BETWEEN THE SEXES

CHD affects women differently than it does men. It tends to occur in women about 10 years later than in men. Women are also usually about 20 years older than men are when they experience more serious cardiac events such as heart attack, also known as myocardial infarction. One reason is that women have built-in hormone protection in their premenopausal years: Estrogen helps shield women from heart disease by helping to raise HDL (good) cholesterol levels and lower LDL (bad) levels. Once a woman reaches menopause, her estrogen levels drop and her CHD risk rises.

Women don’t always suffer the same heart attack symptoms as men and, therefore, may deny they’re having a heart attack. Women take about a half-hour longer to seek help at an emergency room. Consequently, they’re also less likely than men to be admitted to the hospital for evaluation of coronary artery disease and tend to be underdiagnosed.

While women may be aware of the classic signs of an attack, such as chest pain radiating down the left arm and difficulty breathing, they aren’t aware of symptoms



they’re more likely to experience. In fact, one-third of women have the following symptoms, often with no chest pain:

- sudden onset of severe weakness
- stomach upset or nausea with passing weakness
- mild burning sensation in the middle of the chest that extends outward
- vague chest discomfort

- palpitations, cold sweats or paleness

WHAT’S A WOMAN TO DO?

Both women and men can improve their heart health by getting back to basics:

- Don’t smoke. Women who smoke risk having a heart attack 19 years earlier than nonsmokers.
- Maintain a healthy body weight.
- Eat a low-fat, low-cholesterol diet and limit your salt intake.
- Lower high cholesterol.
- Control high blood pressure.
- Keep diabetes under control. Women with diabetes are two to three times more likely to have heart attacks.
- Limit alcohol use.
- Exercise regularly.



Need a doctor?

Our cardiologists can help you stay healthy. Call Melecio Abordo, M.D., at (606) 693-0199, or Muhammad Ahmad, M.D., at (606) 693-0017.

HEALTHWISE QUIZ

How much do you know about **asthma**?

Test your knowledge and learn more about asthma.

- 1** Which of the following statements about asthma is *not* true?
- Cockroaches are a major trigger of asthma symptoms.
 - Asthma can develop at any age.
 - Approximately 4,000 Americans die from asthma each year.
 - People with severe asthma should avoid exercise.

- 2** Which of the following is a risk factor for asthma?
- hay fever
 - chronic sinusitis
 - obesity
 - all of the above

- 3** Asthma is the most common chronic childhood disease. According to the American Academy of Allergy, Asthma & Immunology, the number of U.S. children estimated to have asthma is:
- 1.5 million
 - 5 million
 - 10 million
 - 20 million

- 4** All of the following are asthma triggers *except*:
- stress
 - home appliances that use natural gas as fuel
 - corticosteroid medications
 - mold

- 5** If someone is having an asthma attack, one of the first things you should do is:
- Take him or her outside for fresh air.
 - Have him or her breathe into a paper bag.
 - Help the sufferer get his or her prescribed asthma drugs and inhaling equipment.
 - Use the sufferer's Epi-Pen to administer an injection of epinephrine.

Conspiracy theory

How 5 risk factors join forces against your health

When it comes to heart disease, you know that risk factors like family history and being overweight don't work in your favor. Now, experts say a combination of five factors—a condition called metabolic syndrome—also conspire against you, adding up to a far greater chance of suffering a heart attack, stroke or diabetes.

You have metabolic syndrome if you have three or more of the following problems:

- **abdominal obesity**—a waist circumference of 40 inches or more for men; 35 inches or more for women
- **high blood pressure**—135/85 mm/Hg or higher
- **high triglyceride levels**—150 mg/dL or more
- **abnormal cholesterol**—HDL cholesterol levels of less than 40 mg/dL for men and 50 mg/dL for women
- **high blood glucose or insulin resistance**—a fasting glucose, or blood sugar, level of 100 mg/dL or higher

Studies show people with metabolic syndrome are twice as likely to suffer a heart attack or stroke than people without these factors.

WHAT YOU CAN DO

You can head off future trouble if you take these steps now:

- **Lose weight.** Losing as little as 5 percent to 10 percent of your body weight can reduce insulin levels and bring blood pressure down.
- **Eat healthier.** Include more fiber-rich foods like whole grains, beans, fruits and vegetables to aid weight loss and lower insulin levels. Reduce the salt, calories and fat you consume.
- **Exercise.** Get at least 30 minutes of moderately strenuous activity most days of the week.
- **Kick the habit.** Smoking increases insulin resistance and worsens many health problems.
- **Schedule regular checkups.** Get timely checks on your blood pressure, blood sugar and cholesterol levels.
- **Consider drug therapy.** Your doctor may prescribe aspirin therapy or medication to control risk factors.



MATCH GAME

Finding the right doctor for you and your family

Different stages of life bring different medical scenarios. Still, one factor remains a constant: the need for a primary care provider who knows you well and can treat you and your family best. So, how should you go about choosing a primary care doctor?

The first step is to put together a list of candidates. Ask friends, family members, co-workers or people you know who work in the medical community. You'll need to find out which doctors are on your health plan.

Once you've chosen a few candidates, call their offices and find out more by asking:

1. Which hospital does the doctor use?
2. What are the practice's office hours?
3. How far in advance do I have to book a routine visit?

4. If I'm sick, will the doctor see me the day I call?
5. Who covers for the doctor when he or she isn't available?
6. How long is the average waiting room time?
7. What is the office policy on appointment cancellations?
8. What do I do if I have an emergency after office hours?
9. Does the doctor give advice over the phone for common problems?
10. How long will I have to wait for a call back from the doctor or a staff member?

Consider your interaction with staff during your phone calls. Were they friendly, efficient and knowledgeable?

Narrow your list to one or two physicians and make an appointment to talk to them. Most likely, you'll have to pay for these visits. As you talk to the doctor, notice whether he or she pays attention to your questions or seems distracted, giving "stock" answers.

Now you should be ready to choose the doctor who can treat you and your family best—and give you peace of mind.

Food for thought

Eating right can help you control diabetes

If you're one of the 16 million Americans who have diabetes, you understand that nutrition should always take center stage.

Healthy food choices, along with exercise and medication, are vital to keeping your blood sugar, or glucose, in line and avoiding complications.

WHEN YOU EAT

If you have diabetes, you should eat three balanced meals and two snacks a day. Spacing food and trying to eat meals at the same time each day will help control blood sugar and weight. Eating reasonable portions of carbohydrates throughout the day—instead of consuming all your servings at one meal—will keep blood sugar levels stable.

WHAT YOU EAT

Planning what you'll eat at each meal will help you keep blood sugar within a healthy range all day. Limiting carbo-



hydrate intake, sugary sweets and desserts helps control blood sugar levels. However, you must consume a moderate amount of carbohydrates to supply your body with the valuable energy they provide. But choose quality fuel. Variety among all food groups is key: fresh fruits and vegetables in abundance; beans,

brown rice and whole-grain breads and cereals; lean meat, poultry and fish; and low-fat dairy products.

Drink plenty of water, too, and avoid sweetened drinks. If you drink citrus juice, limit the serving to no more than 6 ounces. If you drink soda, switch to a diet variety.

It's important to stick to proper portion sizes. Learn how to measure and weigh portions. Read food labels, paying particular attention to serving sizes and total carbohydrates. A diabetes educator or dietitian can help you develop an eating plan. By learning to eat properly and controlling your weight and blood sugar levels, you can avoid most diabetes complications.

THE RIGHT DOCTORS FOR YOUR FAMILY

The experienced, dedicated physicians of Kentucky River Medical Center can help your family stay healthy. We'd like to introduce you to two of them.



WILLIAM BOWLES, D.O.
General Surgeon

Mountain Surgical, Inc.
1151 Main St.
Jackson
(606) 666-8771

Medical school: Oklahoma College of Osteopathic Medicine and Surgery, Tulsa, Okla.

Internship and residency: Richmond Heights General Hospital, Cleveland, Ohio, and Doctor's Hospital, Canton, Ohio; board certified by the American Board of Osteopathic Surgeons; specialist in gastrointestinal diseases, medically and surgically; specialist in general surgery—gall bladders, hernias, intestinal surgery and peripheral vascular surgery; Chief of Staff, Kentucky River Medical Center



MICHAEL OGHIA, M.D.
Urologist

Jackson Urology
Jackson Village
Shopping Center
1589 KY Highway 15 S.
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(606) 693-0116

Medical school: New York Medical College Fifth Pathway Program, Valhalla, N.Y.

Residencies: Surgery, St. Clare's Hospital, N.Y.; urology, U.S. Public Health Services Hospital, N.Y.; and urology, New York Medical College, Department of Urology; specialist in prostate, kidney stone and laser surgery and urinary incontinence
Professional affiliations: American Medical Association, American Urology Association, Kentucky Medical Association and Kentucky Urology Association; member of the Kentucky River Medical Center medical staff

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WINTER 2006

The Healthy Advantage

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