

# HEALTHY

living

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The Crittenden Press



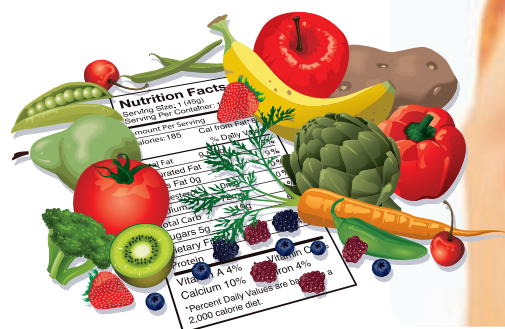
## Health Screenings

Preventative tests for a healthier lifestyle.



## Eating Healthy

Whether on the go or planning for the family, good food is good for your body.



## Get Up & Go

Simple ways to boost your energy level and lose weight



# Nutrition keeps on-the-go seniors fit

STATEPOINT MEDIA SERVICES

Today's seniors are leading active lives, filling their time with travel and new experiences. While staying active is great for one's general well-being and happiness, continuous travel provides many challenges to maintaining a healthy lifestyle.

Good nutrition and regular exercise can keep you feeling great and reduce your risk for diseases such as prostate cancer, diabetes and hypertension. And, as we age, our risk for developing these diseases increases, so it's especially vital for aging men and women to protect their overall health.

Next time you take a trip, don't let your health go on vacation too. Here are some wellness tips that will travel as well as your wrinkle-free shirts:

■ Maybe it's all that waiting, but something about airports makes people hungrier. Packing food may be your best bet for a wholesome meal. If you do buy airport food, you may want to couple it with a little exercise. Explore the terminal's options before settling on the first fast food joint you see. Salads, low-fat sand-

wiches and smoothies abound, these days. And instead of snacking on high-sodium pretzels or crackers on your flight, opt for an immunity-boosting piece of fruit instead.

■ On road trips, pack a cooler filled with fresh vegetables, homemade sandwiches and water. If you do stop along the way, try and wait until you can find a rest stop with plenty of healthy food choices.

■ Incorporate cancer-fighting foods into your daily meals. Evidence from several studies suggests that fish can help protect against prostate cancer because they have "good fat," particularly omega-3 fatty acids. Likewise, a lack of vegetables in the diet is linked to a higher risk of aggressive prostate cancer, according to experts at the Prostate Cancer Foundation.

■ A buffet can derail a diet quickly. When possible, skip the all-you-can-eat food fest and opt for individual menu items instead. When you can't resist a buffet, eat an entire plate of salad before hitting the main dishes. Just be sure to go light on cheese and dressing

and heavy on vegetables like broccoli and cauliflower. After the salad, stick with grilled, lean meats and whole grains. Keep the amount of fat you get from red meat and dairy products to a minimum.

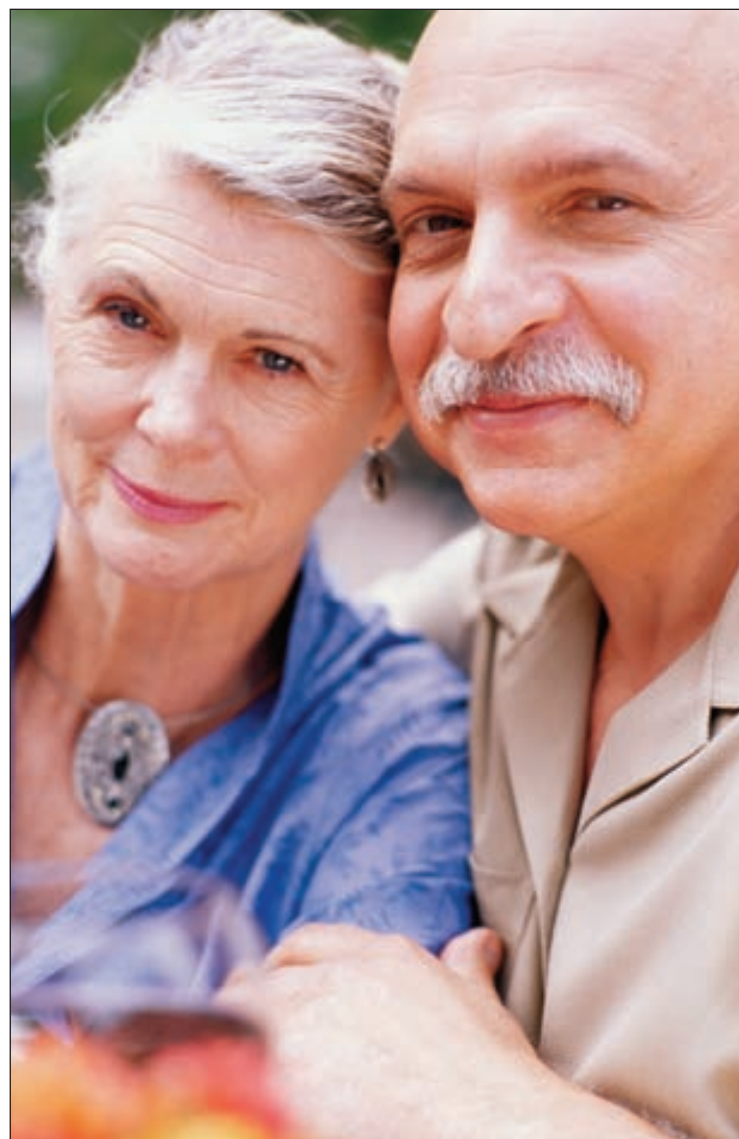
■ When you're cooking for yourself, you know exactly what's in your food. Don't give up that knowledge just because someone else is doing the cooking. Ask how your meals are prepared to avoid certain no-no's like trans fatty acids, which are found in margarine.

■ Remember to exercise each day, whether it's exploring a new location on foot, or taking a swim in the hotel pool. Beyond burning calories, endurance exercises are particularly effective at increasing the body's natural levels of antioxidants, eliminating inflammatory molecules that drive cancer.

■ Relax and enjoy your trip. Reducing stress can lead to a longer, happier life.

More wellness tips can be found at [www.PCF.org](http://www.PCF.org).

Just as you would never forget your itinerary at home, don't leave town without your good habits.



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Even for fit seniors on the go, nutrition can be important to keeping them healthy and lowering the risk for an abrupt halt to their lifestyle.



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## Kentucky among twelve fattest states in America

THE ASSOCIATED PRESS

A new government survey shows 12 states, including Kentucky, now have very high obesity rates.

Overall, more than a third of adults are obese but rates vary by state. The latest figures are based on a 2011 telephone survey that asked adults their height and weight. For the first time, households with only cell phones were included.

State rates remained about

the same although states with very high rates went from nine to 12. At least 30 percent of adults are obese in Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas and West Virginia.

Colorado was lowest, at just under 21 percent, and Mississippi was highest at nearly 36 percent.

The Centers for Disease Control and Prevention released the figures late last year.



# Women's every-day muscle, joint pain avoidable

STATEPOINT MEDIA SERVICES

As a woman, you most likely experience aches and pains from your daily activities no matter what your lifestyle entails. In fact, a recent study shows 89 percent of women experience some type of muscle or joint pain every year, and 63 percent experience it weekly, according to ProAct, an independent marketing research firm.

But whether the discomfort stems from a day at work, strenuous exercise or housework, pain has its price—from feeling tired and low on energy, to contributing to feelings of stress, depression and frustration.

Before discomfort gets the better of you, reduce your risk for pain and relieve the aches you already have with these simple measures:

■ **Avoid overexertion:** Don't save all your heavy-duty chores for one weekend, especially if you're not regularly active. "If you suddenly spend the whole day cleaning out your basement, or climbing ladders to clear gutters, muscle strain or overexertion is highly likely," says family physician Elena Klimenko, M.D. "You have to let muscles build up gradually."

The same goes for working out. Consult a physician or fitness professional to build an exercise routine safely.

■ **Relax:** Hot baths, gentle stretching and meditation can help prevent and relieve stress-related muscle tension and stiffness. Even if it means putting the kids to bed early or turning your phone off for an hour, incorporate stress-free down time into your busy day, every day.

■ **Relieve:** Next time you experience pain, avoid popping conventional painkillers that mask symptoms. "A homeopathic medicine works with your body to relieve not only pain, but also swelling, which is a common reason for pain," says Dr. Klimenko.



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**Women should not let every-day household chores be painful. Treat aches right away.**

"It does so without the risk of drug interactions or complications, even if combined with pharmaceuticals."

For example, Dr. Klimenko recommends Arnicare Gel from Boiron, an over-the-counter gel that can be applied anywhere on the body to reduce muscle pain and stiffness, swelling from injuries, and bruises. Because it relies on a natural active ingredient, you can safely use it as a first line therapy to relieve pain. More information can be found at [www.Arnica.com](http://www.Arnica.com).

■ **Maintain a healthy weight:** Excess weight puts undue stress on joints. Try a diet that promotes joint and tissue health. Eat foods high in Omega-3 fatty acids like salmon. Add flaxseeds to salads or try cooking with mustard seed, ginger, turmeric or cayenne pepper, all of which have anti-inflammatory properties.

■ **Take breaks from computer work:** ProAct's research shows that women's aches and pains stem more from daily activities like sitting at a computer too long than from injuries. Be sure to take periodic walking breaks or sit on a ball to keep muscles activated.

While modern life has created challenges that lead to aches and pains, Dr. Klimenko says women don't need to grin and bear it. "You can take proper care of yourself to avoid pain and treat aches naturally before they get out of hand."

For more natural health tips, follow Dr. Klimenko's blog at [www.DrElenaKlimenko.com](http://www.DrElenaKlimenko.com).

# Life stresses can undermine health

STATEPOINT MEDIA SERVICES

From economic uncertainty, to random acts of violence, to divisive politics—modern society has its pitfalls. And if the headlines have you down, you're not alone. According to a recent Gallup study, three-quarters of the population is dissatisfied with the way things are going in the United States at this time.

But some experts believe that by simply putting things into perspective, we can avoid feeling overwhelmed by the realities of today.

"What's going on now isn't anything new," says Michael R. Drew, co-author of "Pendulum: How Past Generations Shape Our Present and Predict Our Future." "It's history repeated, through the cycles of social shifts."

In "Pendulum," Drew, along with co-author Roy H. Williams, draw upon historical events to show how western society goes through predictable 40-year shifts, swinging from an idealist "me" system of values, to a civic or "we" way of thinking. As we approach 2013, they say, we will embark on

the upswing of a "we" era, characterized by divisiveness and destructive historical events.

However, there are ways to help ease stress about some of today's issues and problems and those we are likely to encounter in the near future:

■ **Don't be jaded by current political name-calling and divisiveness.** It's an American tradition. Even our beloved Founding Fathers were not above getting down in the mud. Thomas Jefferson and John Adams conducted a particularly nasty campaign against one another that would be considered even more beyond the pale than what we read in blogs, hear on radio and see in advertising.

■ **You don't need to immerse yourself in the 24-hour news cycle to be an informed citizen.** Reading the newspaper, watching TV news, listening to the radio and checking out online news sites and social media services are an important part of staying connected to the world, but should be done in moderation.

By taking a bit of time away from incendiary cable news shows

and logging off social media periodically, you can give yourself time to think and reflect, focusing your energy on positive things. For media-junkies who can't fathom disconnecting even temporarily, consider adding some alternative news sources to your mix, such as [www.happynews.com](http://www.happynews.com), which supplies a dose of something different than anxiety-inducing content.

■ **Politics, manners, humor, sexuality, wealth—even our definitions of success—are periodically renegotiated based on whatever new values society judges acceptable.** If you feel out of your element, simply give it some time and society will swing back toward your way of thinking eventually.

■ **We're living in an age when more and more of us will be defined by what we are not, rather than what we are—and what we stand against rather than what unites us.** Fight against the divisiveness this creates by striving to be inclusive rather than exclusive.

Rather than feeling oppressed by current events, you can gain a new perspective by riding the waves of our ever evolving society.

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## Health care savviness best family protection

STATEPOINT MEDIA SERVICES

Health care costs are on the rise. Between a maturing baby boom population and an explosion of available tests, treatments and devices, Americans spend about twice as much per capita for health care compared to other western countries.

Some experts warn that despite legislation like the Affordable Care Act that promises to expand quality coverage to everyone, there are still a lot of unknowns about the future of health care in this country.

"Getting savvy about your health and the future of health care politics can help protect you and your family, no matter what trends we see in the years to come," says Virgil Simons, Founder and President of The Prostate Net, a non-profit patient education and advocacy organization.

Here are some important steps to consider:

■ Know your health risks. Some populations are more susceptible to certain diseases than others, and if you have a family history of a particular disease, you may be genetically predisposed for a certain condition. Take advantage of free screenings where possible and make realistic and appropriate decisions about what diagnostic exams are important for you to receive. Testing for the sake of testing can add enormous costs to your health care bills and may not be worth the price tag.

■ Disparity in quality of care is often due to lack of knowledge. Empower yourself to get better care with free resources. For example, The Prostate Net's bi-monthly "In the Know" newsletters

serve as a thorough review of information and developments in health care of critical importance to men. You can access the free newsletters online or order a print edition at [www.ProstateNet.com/intheknow\\_a.htm](http://www.ProstateNet.com/intheknow_a.htm).

■ A recent study conducted by the Commonwealth Fund found that uninsured and underinsured U.S. women are more likely to skip care because of costs than women in 10 other industrialized nations. Be an advocate for affordable care by becoming an active voter and engaging your elected officials.

■ Seek alternate sources of information. Health symposiums and conventions, for example, bring together patients and doctors for a healthy exchange of information not normally available. The Prostate Cancer Educational Symposium is a series of events that are free to attend and will address risk awareness, treatment options, and disease management. To register, visit [www.TheProstateNet.org/Symposium.html](http://www.TheProstateNet.org/Symposium.html).

■ Take steps to reduce your chance of being diagnosed with a life-threatening disease. You can start by eliminating risky habits like smoking, reducing your intake of alcohol and highly processed foods, and eating a diet rich in vegetables, lean meats and whole grains. Obesity increases your risk for diseases like cancer, heart disease and diabetes. Incorporate exercise into your day to help maintain a healthy weight.

No matter what the future holds politically for health care reform, Americans can become their own health advocates by getting informed.

## Eliminate back pain for optimal health

STATEPOINT MEDIA SERVICES

Back pain is more than just an inconvenience. It's also an obstacle to good health, making it difficult, if not impossible, to exercise.

One-half of working Americans admit to having back pain symptoms each year.

If you suffer from back pain, or simply want to optimize your health and wellness, consider seeing a chiropractic physician

who can eliminate your pain at the source, as well as offer nutritional and ergonomic tips to keep you feeling better.

"Back pain, if not treated properly and at its source, may go away temporarily, but will often return," warns Dr. Keith Overland, president of the American Chiropractic Association.

To find a doctor near you, visit [www.ChiroHealthy.com](http://www.ChiroHealthy.com).



# No time to exercise? Think outside box

†METRO AD SERVICES

Exercise is an essential element of a healthy lifestyle. When coupled with a healthy diet, exercise puts men and women on a path toward optimal health while reducing risk for a host of ailments, some of which can be deadly.

But many people find they simply don't have the time to exercise regularly. Commitments to career and family can be demanding and time-consuming, and exercise is often a casualty of a hectic schedule.

Though getting to the gym every day or even making use of exercise equipment at home on a daily basis may not be feasible, that doesn't mean people still can't find ways to incorporate a little exercise into their daily routines. The following are a few simple ways to fit more exercise into your day no matter how busy you may be.

■ Avoid the elevator, and attack the stairs. The elevator may be inviting, but it's also somewhat of an enabler. Instead of taking

the elevator up to your office each day, take the stairs, and take them with more gusto than you're used to. Rather than taking one step at a time, take the stairs two by two, lifting your legs high as you scale each pair of steps. This helps build your leg muscles and makes the daily climb up the staircase a little more strenuous.

■ Turn TV time into treadmill time. Watching a little television at night is how many people relax and unwind, but it can be a great time to squeeze in some daily exercise as well. Opinions as to what's the best time of day to exercise vary, and no definitive study exists to suggest one time of day is better than another.

People who like to relax with a little television time at night should make the most of that time by hitting the treadmill, elliptical machine or exercise bike instead of just plopping down on the couch. Add a television to your home's exercise room or purchase a gym membership where the cardiovascular machines are connected to televisions. You will still

get to enjoy your favorite shows while simultaneously getting the benefit of exercise.

■ Say "bon voyage" to the conference room. Professionals who spend lots of time in meetings can add a simple twist that incorporates exercise into a typical business meeting. Rather than conducting the meeting in a conference room, propose a walking meeting when possible. A walking meeting is the same as a standard business meeting, but it's conducted on foot outside of the office.

Walking meetings can provide some much-needed energy for you and your fellow staff members, who may appreciate the chance to get out from behind their desks and stretch their legs while still getting work done. Take your smartphones or tablets along to jot down important ideas, just like you would in a more traditional meeting. And make the most of your walk by leaving time for some light stretching before and after the meeting. Chances are you will return to your desk

reenergized and glad you found a way to get some exercise despite of a busy schedule.

■ Park far away when shopping. It's tempting and almost human nature to hunt for the parking spot closest to the door when shopping at the mall or even the grocery store. But for those who want to include more exercise in their daily routines, parking far away from the entrance to your favorite store is a great way to incorporate more walking into your life.

Walking is a simple yet effective cardiovascular exercise, one that the Mayo Clinic notes can lower your blood pressure and manage your weight while lowering your low-density lipoprotein, which is commonly referred to as "bad" cholesterol. In fact, research has indicated that regular, brisk walking can be just as effective at lowering a person's risk of heart attack as more vigorous exercise, including jogging. When parking far away from the entrance, just make sure you park in a well-lit area where others can

easily see or hear you.

Many adults find they simply don't have the time to commit to routine exercise. But there are several simple ways to incorporate exercise into your existing routine without taking time from your already busy day.

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# New health care markets on the way with 'Obamacare'

By RICARDO  
ALONSO-ZALDIVAR  
ASSOCIATED PRESS

WASHINGTON—Buying your own health insurance will never be the same.

This fall, new insurance markets called exchanges will open in each state, marking the long-awaited and much-debated debut of President Barack Obama's health care overhaul.

The goal is quality coverage for millions of uninsured people in the United States. What the reality will look like is anybody's guess—from bureaucracy, confusion and indifference to seamless service and satisfied customers.

Exchanges will offer individuals and their families a choice of private health plans resembling what workers at major companies already get. The government will help many middle-class households pay their premiums, while low-income people will be referred to safety-net programs they might qualify for.

Most people will go online to pick a plan when open enrollment starts Oct. 1. Counselors will be available at call centers and in local communities, too. Some areas will get a storefront operation or kiosks at the mall. Translation to Spanish and other languages spoken by immigrants will be provided.

When you pick a plan, you'll no longer have to worry about getting turned down or charged more because of a medical problem. If you're a woman, you can't be charged a higher premium because of gender. Middle-aged people and those nearing retirement will get a price break: They can't be charged more than three times what younger customers pay, compared with six times or seven times today.

If all this sounds too good to be true, remember that nothing in life is free and change isn't easy.

Starting Jan. 1, 2014, when coverage takes effect in the exchanges, virtually everyone in the country will be required by law to have health insurance or face fines. The mandate is meant to get everybody paying into the insurance pool.

Obama's law is called the Affordable Care Act, but some people in the new markets might experience sticker shock over their premiums. Smokers will face a financial penalty. Younger, well-to-do people who haven't seen the

## Affordable Care Act: Defining lingo of law

BY THE ASSOCIATED PRESS

President Barack Obama's health care overhaul law has spawned its own jargon. With the law finally about to take full effect, consumers might want to get familiar with some of the terms:

**Affordable Care Act:** The most common formal name for the health care law. Its full title is the Patient Protection and Affordable Care Act, or PPACA. Opponents still deride the law as "Obamacare," but Obama has embraced that term, saying it shows he cares.

**Employer mandate:** A federal requirement that companies with 50 or more workers pay a penalty to the government if one of their workers obtains taxpayer subsidized coverage through the law. Effective Jan. 1, 2014. Intended to keep companies from "dumping" employees into public coverage.

**Individual mandate:** A federal requirement that virtually everyone in the United States has health insurance, either through an employer, a government program or by buying his own plan. Effective Jan. 1, 2014. Exemptions for financial hardship and religious objections. Does not apply to illegal immigrants. People who ignore the mandate will face fines from Internal Revenue Service.

**Essential health benefits:** Basic

health benefits that most health insurance plans will have to cover starting in 2014. They include office visits, emergency services, hospitalization, rehab care, mental health and substance abuse treatment, prescriptions, lab tests, prevention, maternal and newborn care, and pediatric care.

**Exchanges:** Online health insurance marketplaces in each state where consumers can get private health insurance, subsidized by the government. Open enrollment starts Oct. 1, and the coverage takes effect Jan. 1, 2014. Exchanges can be run by the states, the federal government, or a state-federal partnership. Small businesses will have access to their own exchanges.

**Medicaid expansion:** The health care law also expands the federal-state safety-net program to cover more low-income people. Medicaid is expected to account for close to half of the 30 million uninsured people who, the Congressional Budget Office estimates, eventually will gain coverage through the law. The federal government will pay the full cost of the new coverage from 2014-2016, then phase down to 90 percent. States are free to reject the expansion. In those states, many adults below the poverty level would remain uninsured.

**Metal levels:** The four levels of cov-

erage available through exchange plans, called bronze, silver, gold, and platinum. Bronze plans feature the lowest monthly premiums, but cover only 60 percent of average costs. Platinum plans cover 90 percent of expected costs.

**Pre-existing condition:** An ongoing or past health problem. Currently insurers can use pre-existing conditions to deny or restrict coverage, or charge more. Those practices will be barred by federal law starting Jan. 1, 2014, and insurers will have to accept all applicants.

**Tax credits:** Government health insurance subsidies for individuals will come in the form of tax credits. The money will be paid directly to the consumer's health plan. The subsidies are based on income. Each year, people will have to "true up" with the IRS to make sure they got the right amount. People who receive too generous a tax credit may owe money back to the government.

**Tax penalty:** The fine levied on individuals who disregard the individual insurance mandate. It starts small and gets bigger in subsequent years. In 2014 it's \$95 or 1 percent of taxable income. By 2016, it's \$695 or 2.5 percent of taxable income, whichever is greater. Thereafter it's adjusted for inflation.

need for health insurance may not be eligible for income-based assistance with their premiums.

Many people, even if they get government help, will find that health insurance still doesn't come cheaply. Monthly premiums will be less than the mortgage or rent, but maybe more than a car loan. The coverage, however, will be more robust than most individual plans currently sold.

Consider a hypothetical family of four making \$60,000 and headed by a 40-year-old. They'll be eligible for a government tax credit of \$7,193 toward their annual premium of \$12,130. But they'd still have to pay \$4,937, about 8 percent of their income, or about \$410 a month.

A lower-income family would get a better deal from the government's sliding-scale subsidies.

Consider a similar four-person family making \$35,000. They'd get a \$10,742 tax credit toward the \$12,130 annual premium. They'd have to pay \$1,388, about 4 percent of their income, or about

\$115 a month.

The figures come from the nonpartisan Kaiser Family Foundation's online Health Reform Subsidy Calculator. But while the government assistance is called a tax credit and computed through the income tax system, the money doesn't come to you in a refund. It goes directly to insurers.

Obama's law is the biggest thing that's happened to health care since Medicare and Medicaid in the 1960s. But with open enrollment for exchange plans nine months away, there's a dearth of consumer information. It's as if the consumer angle got drowned out by the political world's dispute over "Obamacare," the dismissive label coined by Republican foes.

Yet exchanges are coming to every state, even those led by staunch GOP opponents of the overhaul, such as Govs. Rick Perry of Texas and Nikki Haley of South Carolina. In their states and close to 20 others that are objecting, the exchanges will be operated by the federal government, over state op-

position. Health and Human Services Secretary Kathleen Sebelius has pledged that every citizen will have access to an exchange come next Jan. 1, and few doubt her word.

But what's starting to dawn on Obama administration officials, activists, and important players in the health care industry is that the lack of consumer involvement, unless reversed, could turn the big health care launch into a dud. What if Obama cut the ribbon and nobody cared?

"The people who stand to benefit the most are the least aware of the changes that are coming," said Rachel Klein, executive director of Enroll America, a nonprofit that's trying to generate consumer enthusiasm.

"My biggest fear is that we get to Oct. 1 and people haven't heard there is help coming, and they won't benefit from it as soon as they can," she added. "I think it is a realistic fear."

Even the term "exchange" could be a stumbling block. It was

invented by policy nerds. Although the law calls them "American Health Benefit Exchanges," Sebelius is starting to use the term "marketplaces" instead.

Polls underscore the concerns. A national survey last October found that only 37 percent of the uninsured said they would personally be better off because of the health care law. Twenty-three percent said they would be worse off in the Kaiser poll, while 31 percent said it would make no difference to them.

Insurers, hospitals, drug companies and other businesses that stand to benefit from the hundreds of billions of dollars the government will pump in to subsidize coverage aren't waiting for Washington to educate the public.

Blue Cross and Blue Shield plans, for example, are trying to carve out a new role for themselves as explainers of the exchanges. Somewhere around 12 million people now purchase coverage individually, but the size of the market could double or triple with the new approach, and taxpayers will underwrite it.

"Consumers are expecting their health insurance provider to be a helpful navigator to them," said Maureen Sullivan, a senior vice president for the Blues' national association. "We see 2013 as a huge year for education."

One goal is to help consumers master the "metals," the four levels of coverage that will be available through exchange plans—bronze, silver, gold, and platinum.

Blue Cross is also working with tax preparer H&R Block, which is offering its customers a health insurance checkup at no additional charge this tax season. Returns filed this year for 2012 will be used by the government to help determine premium subsidies for 2014.

"This tax season is one of historical significance," said Meg Sutton, senior advisor for tax and health care at H&R Block. "The tax return you are filing is going to be key to determining your health care benefits on the exchange."

Only one state, Massachusetts, now has an exchange resembling what the administration wants to see around the country. With six years in business, the Health Connector enrolls about 240,000 Massachusetts residents. It was



# When in doubt, call pediatrician

STATEPOINT MEDIA SERVICES

For parents of newborns, those first months can be exciting, challenging and even a little frightening. While your instincts will kick in to guide you through many parenting challenges, when certain issues arise, it's important to seek help from your best-informed resource: your pediatrician.

"Whether you're having difficulty breastfeeding or have questions about vaccinations, your pediatrician is the best person you can turn to for answers," says Dr. Thomas McInerny, president of the American Academy of Pediatrics (AAP). "Certain problems can worsen if they aren't addressed quickly, so keep your pediatrician's number accessible."

## Feeding and Nutrition

Breastfeeding is a great step mothers can take to safeguard their baby's health. Human milk benefits the immune system and protects your baby from infections. Research suggests that breastfeeding may help protect against obesity, sudden infant death syndrome, and some cancers.

To ensure a successful start, McInerny advises:

- Take breastfeeding classes before giving birth.

- Place your newborn skin-to-skin against your chest or abdomen within an hour after birth.

- Sleep in the same room as your newborn.

- Breastfeed eight to 12 times a day.

- Monitor urine and stool output.

If you're having problems, find a lactation consultant or talk with your pediatrician. Waiting to seek help could interfere with your ability to produce milk or your baby's ability to get crucial nutrition. And dehydration can be dangerous or even life-threatening.

McInerny advises new mothers experiencing any of the following symptoms to call their pediatricians right away:

- Nursing sessions are consistently briefer than about 10 minutes or longer than about 50

minutes during the first few months.

- Your baby still seems hungry after most feedings or is not gaining weight on the recommended schedule.

- Your newborn frequently misses nursing sessions or sleeps through the night.

- You're experiencing pain that prevents you from breastfeeding.

- You think you're not producing enough milk.

"Pay attention to your baby's pattern of feeding," advises McInerny. "Don't stop asking for one-on-one guidance from your pediatrician or lactation specialist until you get the help you need."

At your appointment, your pediatrician will weigh your baby to make sure he or she is on track nutritionally and can observe your feeding technique and offer guidance.

## Vaccinations

Newborns need vaccinations in those first months to protect against potentially dangerous diseases, including hepatitis B, polio, whooping cough (also known as pertussis), tetanus, diphtheria, Hib, pneumococcal and rotavirus. The pediatrician can discuss recommended immunizations at each visit.

A new report from the Institute of Medicine confirms the vaccine schedule is safe and significantly reduces your child's risk of disease.

"Talk with your doctor about whether you need a whooping cough booster or flu shot yourself," says McInerny. "Whooping cough can be deadly to young infants. Immunizing family members creates a 'cocoon' of protection around them."

Mothers should receive whooping cough vaccine and flu shots during pregnancy. Anyone who will be around the baby should also be immunized.

More information on keeping newborns happy and healthy can be found at [www.HealthyChildren.org](http://www.HealthyChildren.org).

When in doubt, call your pediatrician sooner rather than later.

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# Smoking cessation classes near

By JASON TRAVIS  
STAFF WRITER

For many individuals, a common New Year's resolution is to stop smoking. But while the decision to stop smoking cigarettes may be easy, breaking the nicotine habit is not.

Crittenden Health Systems (CHS) officials understand it's difficult for individuals to quit smoking on their own. That's why the local hospital is offering Cooper/Clayton Smoking Cessation classes beginning next week. The classes span 13 weeks and begin at 6:30 p.m. Feb. 7 at the hospital education building behind CHS in Marion. Classes are free and open to the public.

The classes will be administered by Terry Hinton and Leslie Oliver. Both are registered nurses at the hospital. Oliver describes the first class as an informal, come-as-you-are gathering for individuals who want to quit smoking.

The Cooper/Clayton method allows participants to continue smoking during the first week of the program. However, each time they do smoke a cigarette they are asked to record it in a notebook.

"When they come back after that first week they see when they smoked the most. Most of the time, people get up in the morning and the first thing they do is smoke a cigarette. On the way to work they smoke a cigarette. After they eat they smoke," Oliver said. "They will be able to tell from that log—if they don't already know—when they smoke the most during the day."

The notebook will also help serve as a guide to how much nicotine replacement each individual will need. Participants can replace cigarettes with nicotine patches, lozenges or gum. Over the next 12 weeks participants can share with the group their stories and offer encouragement.

"We're trying to get the group

## CHS smokeless since 2013 start

STAFF REPORT

Officials at Crittenden Health Systems said they are enjoying a smoke-free environment. The hospital implemented a no-smoking policy Jan. 1 and designated a courtyard where visitors and families can smoke. Hospital employees also have a designated location for smoking outside the facility.

Hospital official Laura Wood said since the smoking ban was implemented at the beginning of the year four employees have decided to stop smoking.

together and get them to open up and talk with one another and possibly exchange phone numbers and e-mail addresses so that the group can rely on each other,"

Oliver said. "They can talk to each other about what's going on and what's been helpful for them. We just try to facilitate the group as to discussion."

DVDs and other informational materials will be available during the classes. There will also be discussion on making the commitment to stop smoking and sharing that decision with family and any individual in a person's household that continue to smoke.

Oliver encourages those who want to stop smoking to attend the meetings and make the effort to at least try and stop smoking.

"People are hard on themselves. If they've tried to quit before and they haven't stopped smoking, they think that they have failed. This isn't a matter of whether you pass or you fail," she said.

For more information on the Cooper/Clayton Smoking Cessation classes contact Crittenden Health Systems at 965-5281.

## Every man over 40 should ask physician 3 key questions

STATEPOINT MEDIA SERVICES

Annual physicals may not be at the top of every man's to-do list, but these visits are crucial for longevity—especially for those men over 40.

There's no better time than your check-up to have all your looming health questions answered. Make the most of your next visit by composing a checklist of things you'd like to talk about during your appointment.

No matter how healthy you feel, there are some discussion points you'll definitely want to cover:

The older you are, the more likely you are to be diagnosed with this potentially life-threatening illness, but that doesn't mean younger men are not also diagnosed. In fact, one in every 38 men aged 40 to 59 is diagnosed with prostate cancer. Talk to your doctor about when you should begin screenings and how you can lower your risk of diagnosis.

Be proactive! Visit the Prostate Cancer Foundation website at [www.PCF.org](http://www.PCF.org) for more information on risk factors, and to access a list of prevention tips.

### Prostate cancer screening

Prostate cancer is the most common non-skin cancer in America, affecting one in six men, according to the Prostate Cancer Foundation. If you're a man over 40, there are several major risk factors that you need to know about. If you are African-American, or have a family history of prostate cancer, talk to your doctor about your prostate health, beginning at age 40.

### Your heart's health

According to the Centers for Disease Control and Prevention, heart disease causes more than one in four deaths of men in the United States.

To get an accurate gauge of your risk, be honest with your doctor. He or she can't advise you properly if you don't share all the facts on your habits—good and bad.

Have your blood pressure and cholesterol tested at recommended intervals.



STATEPOINT MEDIA SERVICES

Men 40-plus should focus on three health concerns: prostate cancer, heart health and diabetes.

Ask your doctor if your levels are normal and what you can do if they aren't. If you don't currently get regular physical activity, your doctor can advise you on safely easing into an exercise program.

### Diabetes risk

Many people have the misconception that if something is wrong; their bodies

will let them know. But diabetes often begins without symptoms. Your risk factor for developing diabetes goes up if you are overweight, have high blood pressure, or a family history of the disease. Ask your doctor if you need to be screened.

In the meantime, lower your risk for diabetes by maintaining a healthy

weight. Your doctor is a great resource for helping you form an effective weight management plan.

It's vital for men to manage their risks for life-threatening diseases like prostate cancer, and one of the best ways to do that is with regular visits to the doctor. If it's been over a year since your last appointment, call today to schedule a visit.



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# Whooping cough killed 18 in 2012

STATEPOINT MEDIA SERVICES

Pertussis, also known as whooping cough, is a highly-contagious and vaccine-preventable disease that has made a startling comeback across the country. It is currently responsible for causing the worst epidemic the U.S. has seen in 50 years, according to the U.S. Centers for Disease Control and Prevention (CDC), including 18 deaths in 2012.

"Immunization is still the best way to help prevent the spread of pertussis," says Siobhan Dolan, M.D., M.P.H., an obstetrician/gynecologist and medical advisor to March of Dimes. "It's important for both children and adults to be up-to-date with their pertussis immunization."

Researchers have found that immunity from childhood pertus-

sis vaccinations wears off over time, so the pertussis shots that most adults received as children may no longer fully protect them. The adult Tdap (tetanus, diphtheria and acellular pertussis) booster vaccine is recommended for adults to help keep them healthy and help prevent them from spreading diseases to others, especially children. The CDC recently updated its immunization guidelines, which now state that all adults aged 19 years and older who have not yet received a dose of Tdap should receive a single dose.

"Research has shown that when the source of a baby's pertussis can be identified, it's traced back to family members in up to 80 percent of cases," Dr. Dolan explained. "So it's imperative for

parents to know that everyone around their baby—parents, friends, caregivers, grandparents—needs to have an adult Tdap booster vaccine."

According to a survey conducted online in May 2012 by Harris Interactive on behalf of the Sounds of Pertussis Campaign, a joint initiative from Sanofi Pasteur and March of Dimes, more than 4 in 5 parents with children ages 2 and younger (83 percent) believe adult vaccination is important to help protect against the spread of pertussis, but only 19 percent reported asking those in regular contact with their child to get a Tdap booster shot.

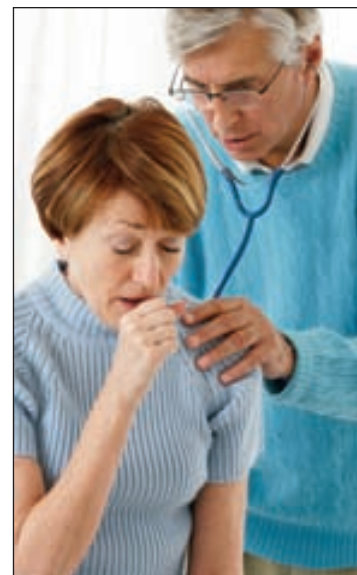
"The reason is probably because most parents—61 percent—said they would feel awkward asking those in close

contact with their infants to get an adult Tdap booster shot, according to the survey," said Dr. Dolan.

"Parents want to do all they can to keep their babies healthy and to protect them from danger," she added. "Speak to your friends and family about getting a pertussis booster. That simple 'ask' will help protect them and your baby from this potentially fatal disease."

More information about pertussis and the Sounds of Pertussis Campaign can be found online at [www.SoundsofPertussis.com](http://www.SoundsofPertussis.com).

And remember, although whooping cough may be on the rise nationwide, there are simple steps you can take to help protect your family: get your booster shot now and encourage those around you to do the same.



STATEPOINT MEDIA SERVICES

**Going to the doctor is going to change for many beginning in 2014. In Kentucky, according to The Associated Press, a state health insurance exchange will be created to put President Barack Obama's health care law in place. The commonwealth has 727,000 without health insurance and a decision is still pending on expansion of Medicaid.**

## PPACA

*Continued from Page 6*

created under the health overhaul plan passed by former Republican Gov. Mitt Romney and has gotten generally positive reviews.

Connector customer Robert Schultz is a Boston area startup business consultant who got his MBA in 2008, when the economy was tanking. Yet he was able to find coverage when he graduated and hang on to his insurance through job changes since. Schultz says that's freed him to pursue his ambition of becoming a successful entrepreneur—a job creator instead of an employee.

"It's being portrayed by opponents as being socialistic," said Schultz. "It is only socialistic in the sense of making sure that everybody in society is covered, because the cost of making sure everybody is covered in advance is much less than the cost of putting out fires."

The Connector's executive director, Glen Shor, said his state has proven the concept works and he's confident other states can succeed on their own terms.

"There is no backing away from all the challenges associated with expanding coverage," Shor said. "We are proud in Massachusetts that we overcame what had been years of policy paralysis."

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# Good sleep patterns part of healthy lifestyle

STATEPOINT MEDIA SERVICES

One of the simplest things you can do for your health is to get enough sleep, say experts. Unfortunately, many Americans have difficulty sleeping, making this seem like a simple task, but it can be anything but simple.

According to the National Sleep Foundation, the average American sleeps about six hours and 55 minutes per night during the week, and 15 percent of adults sleep less than six hours per night.

"Lack of sleep can take a significant toll on your overall health and interfere with some of your daily activities," said Dr. Michael Thorpy, director of the Sleep-Wake Disorders Center at the Montefiore Medical Center in New York.

Almost everybody has trouble sleeping now and then, but many

Americans experience significant problems getting to sleep or continually wake up in the middle of the night.

Such problems may be clinical symptoms of insomnia. According to the National Sleep Foundation, if you have trouble falling asleep at night or staying asleep, or you wake up in the morning feeling unrefreshed, you may be suffering from insomnia.

Insomnia can affect people in different ways. Some sufferers have trouble initially getting to sleep, while others wake up in the middle of the night and have difficulty falling back asleep.

To help you get better sleep, Dr. Thorpy suggests these simple tips:

- Set and stick to a sleep schedule. Establish a regular bedtime and wake time.



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The average American sleeps just under seven hours each weeknight.

- Set aside time at night to "wind down." Spend some quiet time before bedtime. Such activi-

ties as watching TV, using the computer or working right before bedtime, or in the bedroom, can

make it harder to fall asleep.

- Avoid caffeine and alcohol before bed.

- Exercise regularly. Just don't exercise rigorously near bedtime and check with your doctor before starting an exercise regimen.

- Don't clock-watch. If you awaken in the middle of the night and stay in bed, don't lie there staring at the clock. And don't watch TV or use your laptop or cell phone, because these technologies stimulate the brain, making it tougher to fall back to sleep.

If these tips don't help, speak with your health care professional to help determine if you are suffering from insomnia and require treatment.

More information regarding insomnia is available at the National Sleep Foundation website at [www.sleepfoundation.org](http://www.sleepfoundation.org).



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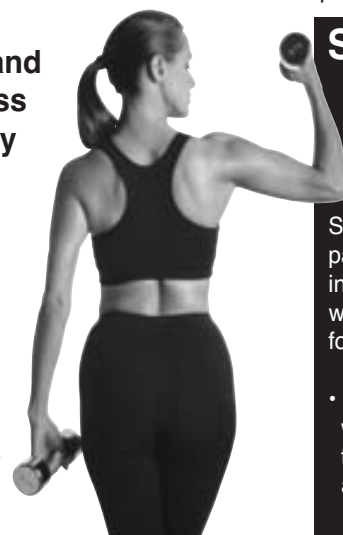
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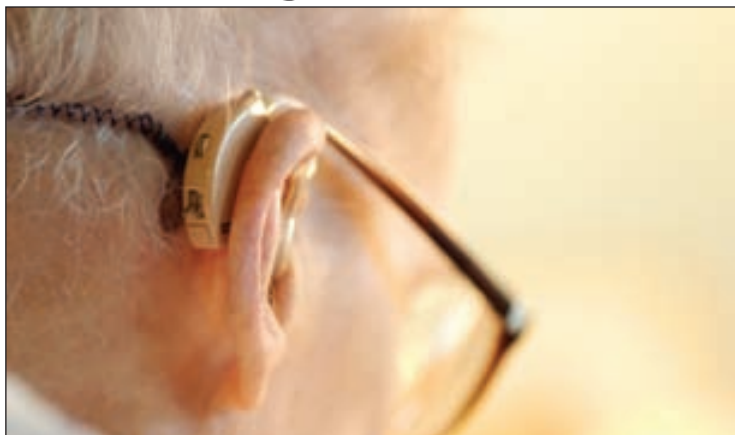


# Untreated hearing loss can lead to myriad issues

By **ELIZABETH C. VICKERY**  
GUEST WRITER

The primary reason people decide to purchase hearing aids is they recognize their hearing has worsened. The second reason is pressure from family members or loved ones who have been negatively impacted by the individual's hearing loss.

Because most people lose their hearing very gradually, by the time the loss is recognized that individual's quality of life may have deteriorated unnecessarily. The average age of a first-time hearing aid wearer is close to 70 years of age, when in fact, 65 percent of persons with hearing loss are under the age of 65; and 50 percent of the hearing-



METRO AD SERVICES

Despite myth, half of hearing-impaired persons are under the age of 55.

impaired are under age 55.

A large number of people wait

15 or more years from the point when they first recognize a hear-

ing loss to when they purchase their first hearing aids. This is a tragedy, since they might not be aware of the impact this delayed decision has had on their life and the lives of their family members and loved ones.

Research indicates that hearing loss is associated with: embarrassment, fatigue, irritability, tension and stress, anger, depression, negativism, danger to personal safety, rejection by others, reduced general health, loneliness, social isolation, impaired memory, paranoia, reduced coping skills and reduced overall physical health.

For those who are still employed, uncorrected hearing loss has a negative impact on overall job effectiveness, opportunity for promotion and lifelong earning power. Few would disagree that

uncorrected hearing loss is a serious issue.

Fortunately, with advancements in modern hearing aid technology, many of the negative perceptions related to hearing aids and hearing loss can be put to rest. Discreet, comfortable, and quiet hearing devices are readily available for today's hearing-impaired individual.

Delaying a proper hearing evaluation may diminish the quality of life of the hearing-impaired individual, their family and loved ones.

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Elizabeth C. Vickery, BC-HIS

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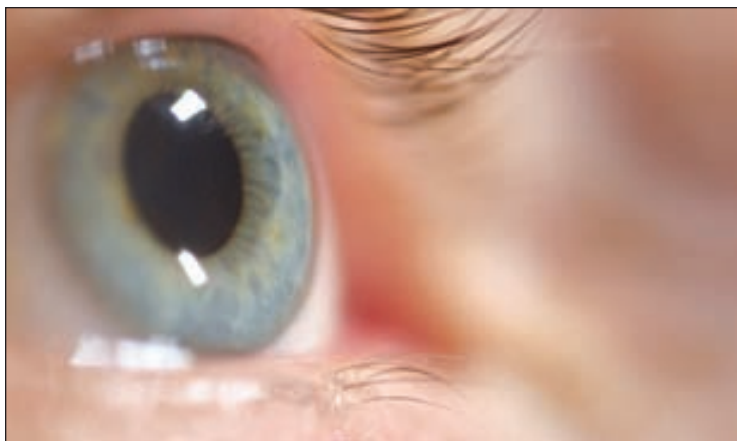
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METRO AD SERVICES

Glaucoma attacks peripheral vision, causing objects to appear less clear.

## Glaucoma can take sight without warning to patient

By **DR. ADRIA PORTER**

GUEST WRITER

What are you going to do differently this year? Take better care of yourself? Will you exercise more, eat healthier, or make an effort to see the doctor as often as you should?

Finding time in your busy schedule to implement those well-intentioned resolutions often proves challenging. But don't underestimate the importance of those doctor visits—and more specifically, visit to your eye doctor.

A quick trip to your optometrist may not only be sight-saving but potentially life-saving. Optometrists can evaluate the health of your eyes and clarity of vision and they can also detect chronic and systemic diseases such as glaucoma, diabetes and even hypertension.

January is National Glaucoma Awareness Month. You've probably heard of glaucoma, but many people don't know how it can affect—and how quickly it can take—your eyesight. Glaucoma affects more than three million Americans, but over half of them don't even know that they have it, according to Prevent Blindness America.

Glaucoma begins by attacking peripheral vision, typically causing objects to appear less clearly. At first, it is possible to compensate by squinting or turning the head to focus better. But be careful. These changes may seem minor, but glaucoma can accelerate quickly, causing eyesight to rapidly and irreversibly deteriorate.

Like many diseases, some factors can increase the risk of developing glaucoma, such as age, race or genetics. Glaucoma usually affects one of 200 people by age 50,

but as many as one in 10 people by age 80. The risk of developing glaucoma is much higher among African-Americans: four to five times higher. In fact, glaucoma is the leading cause of blindness in African-Americans. Not only do African-Americans usually develop glaucoma 10 years earlier than Caucasians, they are also six to 15 times more likely to be blinded by the disease.

Glaucoma cannot be prevented, but if diagnosed and treated early, it can be controlled. This reinforces what the National Optometric Association and the American Optometric Association (AOA) already recommend: adults need regular, comprehensive eye exams. Fortunately, Medicare covers annual glaucoma screenings, for people considered at heightened risk of developing glaucoma, such as individuals with diabetes, those with a family history of glaucoma, African-Americans age 50 and older and Hispanic Americans age 65 and older.

So start off the new year right: Set up an appointment with your eye doctor—and maybe hit the gym and grab a salad on your way home.

Medicare patients at high risk for glaucoma can receive dilated eye examinations as a benefit of Medicare coverage. Currently eligible beneficiaries are individuals with diabetes mellitus, individuals with a family history of glaucoma, Hispanic-Americans age 65 and over, and African-Americans age 50 and over. The AOA provides a Glaucoma/Diabetes Hotline program which matches patients with participating optometrists in their area.



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Pictured L to R: Sheila Thurmond, Sheila Tabor, Dr. Adria Porter, Terri Belt and Kristi Harris

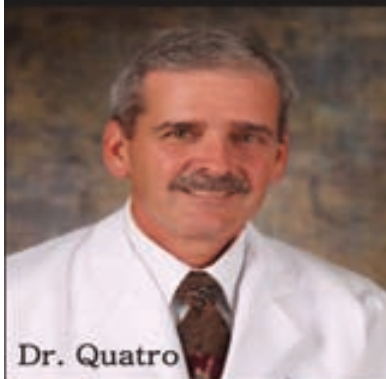
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METRO AD SERVICES

Children should learn flossing is as important as brushing.

# For children, flossing habit as important as brushing

METRO AD SERVICES

Learning to brush their own teeth is a lesson all children must master. Although parents ultimately may have children who become proficient at brushing their own teeth, getting them to floss is generally more difficult.

The National Health and Nutrition Examination Survey from the Centers for Disease Control and Prevention found that 41 percent of children aged 2 to 11 had tooth decay in their first teeth. Dental caries are common among children, likely because they have not become proficient at taking care of their teeth.

Soft, sticky foods are commonplace in young kids' diets, and these can promote decay. Even well-intentioned gummy vitamins can be sources of dental decay. Oftentimes, these foods become lodged between the teeth or on the surface of molars. If left in contact with the teeth for too long, food particles become a source of carbohydrates for oral bacteria,

and cavities may appear as a result.

To remove food particles from between the teeth, children must floss, advises the American Academy of Pediatric Dentists. It is recommended that parents help their children to floss as soon as two teeth are touching and continue to do so until the child is around the age of 8, when a child should have enough dexterity to do it on his or her own.

Flossing is essential to making sure children do not experience cavities at an early age, and it can establish practices that promote oral health throughout life. Despite being so important, many parents fail to encourage flossing or are at a loss as to how to make it enjoyable and effective.

Although regular dental floss is one of the first tools for flossing, the dexterity required to wind the floss around little fingers and then thoroughly clean the teeth may discourage children. Parents can look into the wide array of flossing helpers

available at the store. In fact, many age-appropriate flossers are now available that feature fun designs and smaller profiles to fit into kids' mouths more easily. Flossers may be attached to a handle to make back teeth more accessible and promote more effective flossing. Manufacturers such as DenTek, Butler GUM, Plackers Kids, Dr. Fresh, Oral-B, and Brush Buddies offer children's flossers.

Kids who shy away from flossing may be more likely to use a children's water flosser. In lieu of string floss, a water flosser uses a pressurized stream of water to dislodge food from between teeth. Although a water flosser may be more messy, children may enjoy the opportunity to "play" with water and the cleaning sensation provided.

To prevent the buildup of plaque and the development of dental caries, parents should educate children about proper flossing techniques

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*Dr. Steve Crider earned his bachelor's degree from Murray State University in 1975, and went on to graduate from the University of Louisville School of Dentistry in 1979.*

*He is a member of the American Dental Association, West Central Dental Society, and Kentucky Dental Association.*



## Craniosacral therapy taps into spiritual roots of healing

By **TOMMI PAULSON**

GUEST WRITER

It's no secret that proper nutrition, exercise and living a low-stress lifestyle are among the keys to good health and longevity. If we pay close attention to these three cornerstones of our health, our body will reward us with vitality and well-being.

Amazingly, even when our body gets a little out of balance, we are each equipped with a high-performing immune system miraculously designed to heal our body and protect us from disease. Craniosacral therapy is one way to optimize that system and create balance within the body.

Craniosacral therapy is a healing modality that grew out of osteopathy, the ancient art of bone-setting. In craniosacral work, the subtle art of precise and gentle touch is applied to correct imbalances in the fluid and membranes surrounding and protecting the brain and spinal cord.

Your craniosacral system has a regular rhythm, much like the heart, only subtler and slower. Just

as your heart pumps needed blood to the rest of the body, the craniosacral system pumps important fluid—cerebrospinal fluid (CSF)—between your brain and spinal area. When soft touch is applied to this system, clients can achieve incredible releases from longstanding restrictions, stress, and tension.

Craniosacral therapy achieves not only relief from physical pain, but also restoration of clarity and emotional wholeness as well.

While craniosacral therapy is a complementary practice, it can also be viewed as a spiritual practice. Now, more than ever before, we are witnessing a return to healing that encompasses the totality and wholeness of the body, mind, spirit and psyche. We are flexing the muscles of a deeper consciousness as we strive to experience what it means to live a healthy and authentic life.

In many ways, we are reaching out to the spiritual roots of our healing. By tapping into our inner healer, craniosacral therapy helps us get there.



# Tips can help sufferers better navigate cold, flu aisle

STATEPOINT MEDIA SERVICES

While last year's cold and flu season was mild, experts say this year is bringing a wallop of sniffles and sneezes.

While there is no cure for the cold or flu, despite what mom says about her soup, over-the-counter (OTC) medications can provide relief for the most common symptoms. And these guidelines can help you better navigate the cold and flu aisle:

## Sneezing got you down?

OTC antihistamines can provide relief from sneezing, runny noses and watery eyes by blocking the action of histamine, a chemical in the body that triggers congestion and upper respiratory discomfort.

## Constant cough

Cough suppressants, also known as antitussives, basically

## Kentucky influenza cases see decline

According to the Centers for Disease Control and Prevention, as of this week, Kentucky was one of nine states experiencing low influenza-like illness activity. Despite one of the highest death rates per 100,000 people related to the flu in 2009, Kentucky reported only one flu-related fatality as of last week. Meantime, about 60 have been reported in Illinois and Indiana combined.

tell your brain to stop coughing. One commonly used cough suppressant is dextromethorphan, which relieves cough symptoms but doesn't speed recovery.

If you're producing mucus, however, don't take a cough sup-

pressant. Instead, look for an expectorant, a medicine that helps thin the mucus in the lungs and soothe an irritated respiratory tract.

## All clogged up!

Decongestants like pseudoephedrine (PSE) relieve a stuffy nose and congestion by actually narrowing the blood vessels in nasal passages so you can breathe more easily.

PSEs are now located behind the pharmacy counter because they are an ingredient that can be used to make the illegal drug methamphetamine (meth). Rest assured though, PSE has been safely used for decades.

If you're clogged up, consider treating your symptoms and doing your part to keep your community safer at the same time. Ask your pharmacist about new Nexafed

30mg pseudoephedrine HCl tablets, the next-generation PSE that provides the same effective cold and allergy relief from standard PSEs, but with technology that disrupts the extraction and conversion of pseudoephedrine into methamphetamine.

## Stop the pain

If your symptoms include muscle aches or high fever, consider an analgesic or painkiller. Most OTC analgesics fall in to two categories: acetaminophen or NSAIDs (nonsteroidal anti-inflammatory drugs). Both medications can reduce fever and ease aches and pains from the flu or cold.

## Scratchy throat

Help ease throat pain with cough drops or throat spray. While not a cure-all, cough drops or hard candy can help provide relief

from a dry, tickling cough. Also consider taking a warm shower or using a vaporizer to increase the moisture of indoor air.

No matter what your symptoms are, it's important to get some rest and stay hydrated. Doctors recommend six to eight hours of sleep every night to fight and prevent illnesses and keep the immune system healthy.

If you have any questions or doubts about which medications may be best for you, talk with your pharmacist. And if symptoms worsen or last for more than two weeks, be sure to see your doctor.

More tips on how to prevent and treat a cold or the flu can be found at [www.CDC.gov](http://www.CDC.gov).

Don't needlessly suffer this season. With the right treatment, you can help alleviate your cold and flu symptoms.

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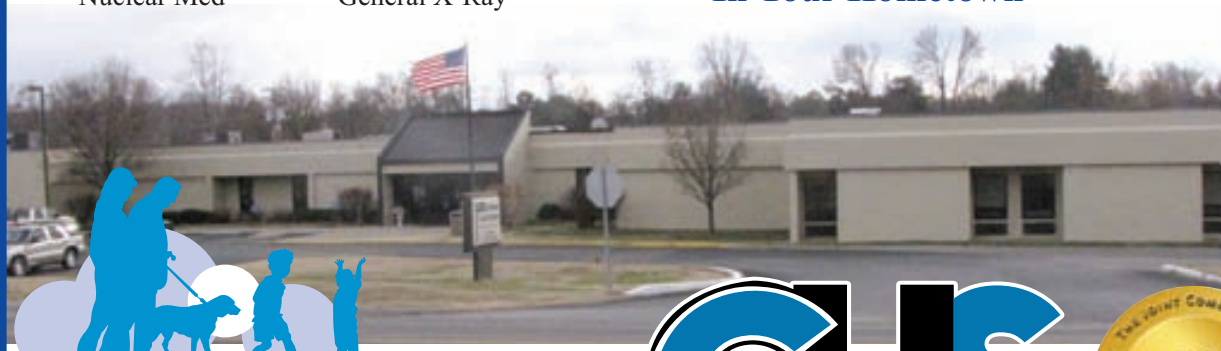
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## Kentucky parents seem to be in denial over weight issues

If 37 percent of Kentucky children are obese or overweight, as the Centers for Disease Control and Prevention reports, why is it that only 14 percent of Kentucky parents think their child weighs too much?

As much as we might wish to write off this finding from the Kentucky Parent Survey as a statistical aberration, the truth probably is that a lot of parents are in denial about their child's weight and their own weight.

Consider: Parents report that almost two out of three school-age Kentuckians (59 percent) drink a soft drink or other sugary beverages every day, according to the random survey of more than 1,000 parents or guardians of children younger than 18.

The poll was commissioned by the Foundation for a Healthy Kentucky and conducted last summer by the University of Virginia's Center for Survey Research. It has a margin of error of 3 percent.

If that many parents fess up to giving their kids daily doses of calorie-laden, teeth-rotting, diabetes-promoting drinks, just think how many more might be too embarrassed to admit it.

A growing body of research suggests that the concentrated fructose from corn that's found in most soft drinks contributes more and in different ways to

obesity than the sucrose from table sugar that Eisenhower era kids dumped in their Kool-Aid.

Being overweight or obese sets a child up for lifelong weight problems and health complications.

While two-thirds of Kentucky parents reported their child got enough physical activity every day during the previous week, 56 percent of parents said their children are spending more than two hours a day in front of a

screen, watching television, playing games or surfing the Internet.

Experts say one way to protect children from obesity is to cut off "screen time" at two hours a day.

The two-hour limit on sedentary recreation is part of what's called the 5-2-1-0 daily plan for healthy kids: Five servings of fruits and vegetables, no more than two hours of screen time, at least an hour of exercise and zero high-calorie drinks, a category that can include fruit-based juices.

Obviously parents are the first and most important line of defense against childhood obesity.

But families need help from schools and communities to ensure kids, including adolescents, have safe, convenient places to run, walk, bike and play; constructive, supervised after-school activities, and healthful food to eat.

## OPINION

**Lexington Herald-Leader**  
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