



HEALTHY

Nutrition Facts		
Serving Size		
Amount Per Serving		
Calories		
		% Daily Value*
Total Fat	0g	0%
Sodium	0mg	0%
Total Carb.	0g	0%
Sugars	0g	
Protein	0g	
No significant source of other nutrients.		
*Percent Daily Values are based on a 2,000 calorie diet.		



The
Crittenden Press
OCTOBER 29, 2009





Dr. Harry T. Byrne, D.P.M.

Podiatrist - Foot Specialist

Diagnosis - Treatment - Surgery

Seeing Patients at Crittenden Medical Building
and 120 Brett Chase Suite C, Paducah, KY 42003

To Schedule an Appointment Call...

270-534-1382 or 1-888-339-1382 Toll Free

Serving the area since 1990

Ginkgo
garden.com

Mary Couillard, Ph.D., ARNP

Natural Healing & Wellness

Our Services

- Alternative Health Care (some insurances)
- Detoxification Therapies (sauna, foot bath, pure air)
- Nutrition & Weight Loss
- Massage, Body Wraps (gift certificates online)
- Cold Laser Therapy (injury, pain, allergies, etc)

462 Barkley Drive • Grand Rivers, KY

Phone 270-362-5009

www.ginkgogarden.com



Pollutant ingestion leads to tired and toxic feeling

Submitted by Mary Couillard
PhD, ARNP.

I'm from Michigan! So what does that have to do with being tired and toxic? Well, for one Michigan in the mid 70s experienced one of the worst toxic contamination fiascos in the U.S. Grain feed was accidentally contaminated with PBB, a very nasty chemical similar to PCB.

This grain was used by most farmers to feed their livestock. This went on undetected for some time until about 70 percent of the population was estimated to harbor PBB in their bodies. Many cattle and other livestock died and farm families developed mysterious illnesses.

Another thing about Michigan

is the known high levels of Mercury contamination due to the heavy industrial contamination.

Toxic heavy metals and chemical contaminants are everywhere and many of us have some symptoms of their effects on our body. I have spent a professional lifetime trying to eliminate these toxins in my body.

Over time I was able to get rid of severe, chronic sinusitis, irritable bowel syndrome and allergies. Doing this has greatly improved my quality of life but I still felt tired. I envied my friends who didn't pay attention to nutrition, exercise, chemical exposure, detoxification or down multiple supplements and still felt energetic and on top of their

game.

Police who break down meth labs are exposed to mega doses of chemicals. Their superiors began to notice that many of these previously healthy individuals started coming down with autoimmune and unknown diseases.

They found a detoxification method that reversed all symptoms. I have studied and developed a similar program and will begin what I hope is my final detox program. I'll know because for the first time since I was 20 years old I will have unbounded energy!

Please call Ginkgo Garden if you want help getting unbounded energy.

Benefits of exercise are endless

Serena Dickerson

Full Body Fitness Studio

How can something as simple as exercise not only improve

one's life, but possibly save one's life.

Everyone can benefit from some type of exercise, however not all exercise is appropriate for everyone. Remember exercise is not limited to aerobics and running. Exercise can be biking, strength training, kick boxing, yoga, softball or even taking a stroll around the park.

The primary factor in choosing an activity should be whether you enjoy it or not. Like with any exercise, you should check with a doctor to see if exercise is advisable for you, especially for those over 55 or those with special medical conditions or risk factors for heart disease.

How much exercise in a day is one's individual decision; however health specialists recommend that most adults exercise 30 to 45 minutes of moderate physical activity four days a week. Moderate activity is any activity that raises your heart rate and gets the blood pumping without leaving you out of breath or exhausted.

Some feel they have to get an entire workout in at one time. If you only have time for 20 minutes cardio in the morning and can finish with 10 to 20 more minutes after dinner, then by all means get your cardio in as you can.

Those who are inclined to exercise at a higher intensity and a longer time period can bring about even greater benefits.

However, more important than intensity and time is the commitment to exercise and making the time consistent every day. This is where the benefits kick in. If you can focus on a physical activity every day, you will benefit in so many ways such as feeling and

looking better,

health

risks are de-

clined, everyday

activities become

easier. I

could go

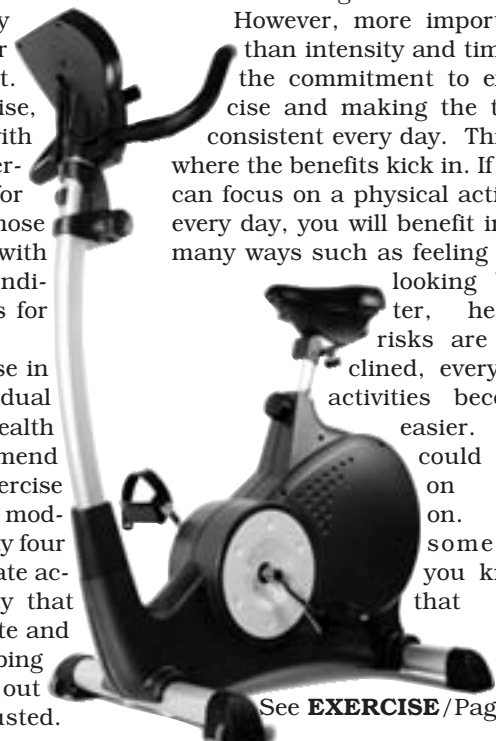
on and

on. Ask

someone

you know

that has



See **EXERCISE**/Page 14

Dr. Steve Crider

913 B S. Main St., Marion, Ky

270.965.2273

- Family Dentistry



Jessica Tinsley, Debbie Crider, Steve Crider,
Cagney Farmer and Madison Travis

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, Kentucky Dental Association and is chairman of the Crittenden County Board of Health.



44 million Americans are at risk for osteoporosis

Myths cause misperceptions over bone loss

(StatePoint) When you were young, you may have wanted to be “bad to the bone.” As you age, you need to make sure your bones don’t go bad.

Unfortunately, there are many myths about osteoporosis, a condition in which bones weaken and can break from a minor fall or even from a simple action such as a sneeze. It’s a major threat for approximately 44 million Americans, according to the National Osteoporosis Foundation (NOF), but most don’t know they are at risk or how to prevent it.

“Bone health affects overall health,” points out bone expert Dr. Warren Levy, CEO of Unigene Laboratories (UGNE), a biopharmaceutical company. “For example, a new study recently confirmed that older people who break a hip have nearly a 25 percent chance of dying in the next five years.”

“The good news is there are steps that can be taken to protect your bones as you age. Get lots of calcium and vitamin D, avoid smoking and excessive alcohol or caffeine, and do regular weight-bearing exercises. Medications also make sense for many people,” he adds.

Here are five common misperceptions about bone health:

- It’s A Women’s Problem: Both women and men lose bone density as they age. A man older than 50 is more likely to break a bone due to osteoporosis than to get prostate cancer, according to the NOF. And some researchers are predicting a 56 percent increase in incidence of male osteoporotic fractures.

- You’ll Know It If You Have It:

People can’t feel their bones weakening. They may not know they have osteoporosis until a bone breaks from a minor fall or a simple action like a sneeze. Talk to your doctor to see if a simple bone density test is appropriate.

- Bone Medications Have No Side Effects: We’ve all seen osteoporosis drug ads targeting older women. Golden sunsets and women exercising or playing with grandkids can obscure the fact that some of these medications have been associated with potentially dangerous side effects like severe bone degeneration over time, muscle or joint pain, heart problems, cancer and kidney failure. The focus should be on selecting drugs that can help osteoporosis patients without creating these risks, and patients should educate themselves regarding the available options, stresses Levy.

- Exercise Can Hurt: Many are afraid exercise can harm their bones, especially as they age. Weight-bearing exercises are very effective at building bones even for those who have advanced osteoporosis. Such exercises include lifting weights, climbing stairs, aerobics, dancing, jogging and tennis. Check with your doctor to see which exercises are most appropriate for you.

- Family History Doesn’t Matter: Genetics and heredity greatly influence a person’s risk of developing osteoporosis. If either of your parents had osteoporosis or a history of broken bones, you’re more at risk. If one had a spine that curved forward or noticeable height loss, osteoporosis might have been the cause.

“Maintaining healthy bones isn’t just about preventing painful symptoms. It’s important for maintaining a good quality of life as you age, so take good care of your bones,” says Dr. Levy.

Get Fit! Have Fun!

We Can Help You:

- Lose Body Fat
- Gain Muscle
- Feel Stronger
- Get Motivated
- Live Healthier
- Have More Energy
- Increase Self Esteem
- Improve Performance



Get a Jump Start on Your New Year’s Resolution for 2010! 3rd Annual Fit Camp - January 2010

See Next Week’s Press For Details

Fit For The Holidays October 20 - December 17

This program will help you get thru the holidays and all the extra dinners without putting on those extra pounds by using healthy recipes and even great dessert ideas.

IT’S NOT TOO LATE TO JOIN OUR HOLIDAY PROGRAM!

Few Openings Remain for the 7:40 a.m., 10 a.m. & 6:15 p.m. Groups



For information on Personal Training or Group Training Call:

Full Body Fitness Studio

Serena Dickerson 270-704-1871

November Schedule - Open Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM - 8:30 Tone & Strengthen with Serena	AM - 8:30 Circuit Training w/ Serena	AM - 8:30 Kickboxing w/ Serena	AM - 8:30 Tone & Strengthen with Serena	AM - 8:30 Yoga w/Serena
	PM - 2:50-3:30 Kids Fitness & Yoga at CCES <small>Free to CCES Students</small>			
	PM - 3:45-4:15 Adult Fitness at CCES w/ Serena	PM - 4:00 Kickboxing w/ Serena	PM - 3:45-4:15 Adult Fitness at CCES w/ Serena	
		More Classes to be Announced		

All above classes are held at **FULL BODY FITNESS STUDIO**

177 Nunn-Jent Rd., Marion, KY unless noted otherwise.

Classes are \$5 per class, monthly and session packages available.

For more information, please contact Serena Dickerson at 270-704-1871.

Personal Training Available by Certified Personal Trainer in private gym.

Advertise with
The Press.
Rates start at \$6.

Shingles

Q and A

Submitted by Lee Ann Keller, RN
Clinic Pharmacy, Salem

Q What is shingles (herpes zoster)?

A Shingles, also called herpes zoster or zoster, is a painful skin rash caused by the varicella zoster virus (VZV). VZV is the same virus that causes chickenpox. After a person recovers from chickenpox, the virus stays in the body. Usually the virus does not cause any problems; however, the virus can reappear years later, causing shingles. Herpes zoster is not caused by the same virus that causes genital herpes, a sexually transmitted disease.

Q How common is shingles in the United States?

A In the United States, there are an estimated 1 million cases of shingles each year.

Q Who gets shingles?

A Anyone who has recovered from chickenpox may develop shingles, including children. However, shingles most commonly occurs in people 50 years old and older. The risk of getting shingles increases as a person gets older. People who have medical conditions that keep the immune system from working properly, like cancer, leukemia, lymphoma, and human immunodeficiency virus (HIV), or people who receive immunosuppressive drugs, such as steroids and drugs given after organ transplantation are also at greater risk to get shingles.

Q Can shingles be spread to others?

A Shingles cannot be passed from one person to another. However, the virus that causes shingles, VZV, can be spread from a person with active shingles to a person who has never had chickenpox through direct contact with the rash. The person exposed would develop chickenpox, not shingles. The virus is not spread through sneezing, coughing or casual contact. A person with shingles can spread the disease when the rash is in the blister phase. Once the rash has developed crusts, the person is no longer contagious. A person is not infectious before blisters appear or with post-herpetic neuralgia (pain after the rash is

gone).

Q What can be done to prevent the spread of shingles?

A The risk of spreading shingles is low if the rash is covered. People with shingles should keep the rash covered, not touch or scratch the rash, and wash their hands often to prevent the spread of VZV. Once the rash has developed crusts, the person is no longer contagious.

Zostavax® (Shingles Vaccine)

Q Is there a vaccine to prevent shingles?

A Yes. CDC recommends Zostavax® for use in people 60 years old and older to prevent shingles. This is a one-time vaccination. Zostavax® does not treat shingles or post-herpetic neuralgia (pain after the rash is gone) once it develops.

Q Is the shingles vaccine safe?

A The FDA has licensed the vaccine as safe. The vaccine has been tested in about 20,000 people aged 60 years old and older. The most common side effects in people who got the vaccine were redness, soreness, swelling or itching at the shot site, and headache. CDC, working with the FDA, will continue to moni-

tor the safety of the vaccine after it is in general use.

Q How effective is the shingles vaccine?

A In a clinical trial involving thousands of adults 60 years old or older, Zostavax® reduced the risk of shingles by about half (51%) and the risk of post-herpetic neuralgia by 67%. While the vaccine was most effective in people 60-69 years old it also provided some protection for older groups.

Q How long does the shingles vaccine last?

A Research suggests that the shingles vaccine is effective for at least six years, but may last much longer. Ongoing studies are being conducted to determine exactly how long the vaccine protects against shingles.

Q Who should NOT get the shingles vaccine?

A •People who have had a life-threatening allergic reaction to gelatin or the antibiotic neomycin.

•People who have a severe allergy to any component of the vaccine.

•People with a weakened immune system as a result of leukemia, lymphoma, or any other blood or bone cancer.

•People with HIV/AIDS who have T-cell counts below 200.

•People being treated with drugs that affect the immune system, including high-dose steroids.

•Women who are or might be pregnant.

Q Can the shingles vaccine be given to people who have already had shingles?

A Yes. People who have

had shingles can receive the shingles vaccine to help prevent future occurrences of the disease. This is true no matter when they first got shingles.

Q Shingles occurs in people who have already had chickenpox. Does it matter if a person remembers having had chickenpox?

A Anyone 60 years of age or older should get the shingles vaccine, regardless of whether they recall having had chickenpox or not. Studies show that more than 99% of Americans ages 40 and older have had chickenpox, even if they don't remember getting the disease.

Q Is the shingles vaccine covered by insurance?

A All Medicare Part D plans cover the shingles vaccine. The co-pay amount varies depending on your specific plan. Since Zostavax® is covered by Part D it must be obtained from the pharmacy. It may be given by a certified immunization specialist within the pharmacy or at your doctor's office. You do need a prescription from your doctor to receive the vaccine.

Medicare Part B does not cover the shingles vaccine. If you have private insurance or Medicaid, your plan may or may not cover the vaccine; contact your insurer to find out.

Q How is ZOSTAVAX® given?

A ZOSTAVAX® is given as a single dose by injection under the skin.

For more information you may visit online www.cdc.gov or www.zostavax.com. If you have specific questions you may contact me at Clinic Pharmacy.

FREE DELIVERY

To Marion & Salem
Monday-Friday



Clinic Pharmacy

141 Hospital Dr., Salem, KY • 270-988-3230



**American
Red Cross**

Together, we can save a life

**Donations are now
being accepted**

Contact
Geraldine Shouse
County Representative
965-3980
for information

Continuous Positive Airway Pressure device proves effective against sleep apnea

Submitted by Elizabeth Floyd
Holland Medical Services

An estimated 20 million Americans – or one in 15 – are affected by sleep apnea. Those statistics make sleep apnea as prevalent as asthma or diabetes.

About 90 percent of individuals affected by the sleep disorder are undiagnosed and untreated.

The use of a Continuous Positive Airway Pressure (CPAP) device is nearly 100 percent effective in managing obstructive sleep apnea, according to the RoTech Medical Corporation.

Mary Baughman, 55, has used a CPAP machine every night for nearly two years. She woke with a headache every morning before using the machine. Since, she's been headache free.

Apnea is characterized by a stop in

the airflow into the lungs during sleep. It can last for at least 10 seconds and may occur many times each hour and hundreds of times each night. It is dangerous for several reasons.

Number one, oxygen levels in the blood can drop to dangerous levels causing irregular heartbeats and increased blood pressure within the lungs.

This stresses the heart and over time can result in damage to the heart.

Obstructive sleep apnea is associated with increased blood pressure, heart disease and even stroke.

Apnea can also cause arousal, affecting the patient's ability to maintain deeper stages of restful sleep.

Holland Medical Services in Marion carries CPAP devices and assists patients with their use.

Any member of the business staff can provide people suffering from sleep apnea with further information.

CPAP therapy works by creating positive air pressure within the back of the throat, preventing airway collapse and apnea.

The positive pressure pushes out on the walls of the throat, creating an "air splint" within the airway in much the same way that air pressure within a balloon prevents it from collapsing.

A CPAP mask (nasal mask) is worn over the nose, and a full face mask covers the nose and mouth.

Baughman said with the CPAP device, she wakes up fully rested.

"Before I was as tired or more tired than when I went to bed," she said.

Anyone who would like to talk to Baughman about the device should call Holland Medical Services.



A model of the CPAP device set up on a mannequin shows how it can help sleep apnea.

Asthma can be kept under control

(StatePoint) A new nationwide telephone survey of 1,001 asthma patients found that while most patients with asthma understand the risks associated with uncontrolled asthma, they don't always act accordingly.

There are simple steps patients can take to avoid unnecessary complications, beginning with an open discussion with a physician and taking advantage of such free patient programs like My Measures For Success (www.JoinMeasuresToday.com).

Understanding Asthma

People with asthma suffer from chronic lung inflammation. Asthma triggers such as air pollution, smoke, pet dander, pollen and mold can set off an asthma episode.

It's important for patients to understand that when their asthma is under control with the help of their physicians, through lifestyle modifications and the proper use of appropriate controller medication, they should exhibit few asthma symptoms.

Simple Steps to Asthma Control

A physician can help create an asthma action plan and determine if a controller medication, in addition to a rescue medication, is appropriate.

"To complement an asthma action plan, patient programs like My Measures For Success offer patients tools and resources to better help manage their disease," says Dr. Shah. "I recommend patients utilize such features as the automated doctor appointment reminders and medication reminders, to help them stay on top of their treatment program."

In addition to these unique tools offered through My Measures For Success, members also receive Success Points, awarded for regular participation in the program that can be redeemed for various health-related items.

"Using an asthma action plan in conjunction with a patient program can help patients stay in the know and in control of their asthma," stresses Dr. Shailen Shah, an asthma expert with PA Allergy and Asthma Consultants. "By understanding proper asthma management and appropriate use of medications, patients can help maintain control over their asthma symptoms and minimize the risks associated with uncontrolled asthma."

To help make living with asthma easier, sign up for free resources at: www.JoinMeasuresToday.com.

JUST WHAT THE DOCTOR ORDERED!



Pictured L to R: Elizabeth Floyd, Steve Doran, Greg Pheral and Wendy Travis.

- + Ambulatory Aids
- + Oxygen
- + CPAP / BIPAP
- + Hospital Beds
- + Patient Lifts
- + Lift Chairs
- + And Much More

HOME

Holland Medical Services

a ROTECH company serving Crittenden, Livingston, Lyon & Caldwell Counties

We Care About Patient Care

252 Sturgis Road, Marion, KY 42064

Toll Free: 1-800-875-2417 • Tel: 270-965-5808 • Fax: 270-965-5809

We Strive To Make Everything Easier For You!

Calorie counts on menus force hard choices

By **MEGAN K. SCOTT**
ASSOCIATED PRESS WRITER

NEW YORK (AP) – Alejandra Ramos has lost her appetite for the occasional carnitas burrito from Chipotle, the frozen frappuccino from Starbucks and the blueberry muffin from Dunkin' Donuts.

And she's not happy about it. "Once they put up the calorie counts, then suddenly I was like, 'I can't eat this, this is a whole day's worth of calories,'" said Ramos, 26, of her Chipotle burrito. At Starbucks, the culinary writer said, "I have ended up ordering a hot tea, which is nothing, or a bottle of water."

Blame New York City officials for her misery. The city requires chain restaurants to post calories alongside menu items,

which means she has to face the music: That blueberry muffin has 510 calories.

After she read that, Ramos ended up giving the muffin to someone asking for change on the train.

"So those favorites of my childhood have now been ruined by the calorie counts," she said.

Menu labeling laws are popping up across the country. And if the health care reform bill passes, restaurants with at least 20 locations throughout the country will have to post calories on menus; other nutritional information, such as fat, sodium and carbohydrates will have to be in writing somewhere in the restaurant. (There's not enough room to fit everything on the menu board.)

Proponents say the information is needed more than ever. Americans eat about a third of their calories at restaurants, according to Margo Wootan, director of nutrition policy for the Center for Science in the Public Interest in Washington, D.C., which worked with legislators on the menu labeling provision. Two-thirds of Americans are overweight or obese.

Studies show that most people can't guess how many calories are in a menu item, and often underestimate, said Wootan.

At Dunkin' Donuts, for instance, Ramos would have been better off calorie-wise choosing the apple cheese danish (330 calories) or a ham, egg and cheese on an English Muffin (350 calories).

"People have a right to know what's in their food so they can make their own choices," said Wootan. "If someone is going to sell you a 3,000-calorie appetizer, they should tell you, so you can decide for yourself if you really want to eat 3,000 calories."

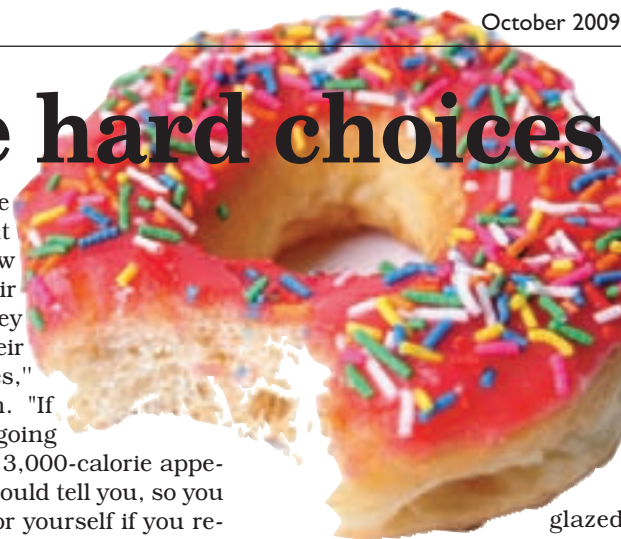
The proposal seems to have a lot of public support. The California Center for Public Health Advocacy commissioned a telephone poll in 2007 that found that 84 percent of respondents supported requiring chains to post calories on menus and boards. California became the first state to enact statewide menu labeling legislation, in September 2008.

While many restaurants voluntarily provide nutrition information online or in the establishment, diners often can't find it or don't see it.

Penny Shanks, 50, executive director of the Clarkston Chamber of Commerce in Michigan, recently spent more than 30 minutes online searching for nutritional information for a chain restaurant. She likes to choose what she orders before dining out to make sure it's healthy.

"It's hard when you eat out," said Shanks, who wound up ordering soup that day. "Portion sizes are large. It's kind of a mystery, how many calories, how much is fat, how much is carbs, all these little things you want to be concerned about."

With a split-second decision, "you can save hundreds, even thousands of calories by ordering just a little differently," said Wootan. For example, ordering a



glazed doughnut instead of a honey bran raisin muffin at Dunkin' Donuts will save you 280 calories.

More than 80 percent of New Yorkers ordered differently when seeing calorie counts, she said, citing a survey from food service consultants Technomic Inc. More than half said it affected where they ate.

But other experts aren't sure that calorie counts will achieve the desired results.

The plan could backfire, said Stacey Rosenfeld, a New York psychologist who specializes in eating disorders. If you don't order what you want because it's high in calories, you might become dissatisfied and overeat later, she said.

Jessica Setnick, a Dallas-based dietitian who works with children and teens to address weight and eating issues, points out that nutrition information has been out there for years on packaged foods.

"People either think it doesn't apply to them – these people still won't care – or they are overly preoccupied with calories and fat grams and focus too much on the insignificant data," she said. "The people in the middle, who eat appropriate amounts of a wide variety of foods, don't need nutrition information on a menu to guide them."



Caldwell
MEDICAL CENTER

Opening
October 31, 2009

Serving The Area with a State-Of-The-Art Facility - In-House MRI.



100 Medical Center Drive

Princeton, Kentucky

Journey
MASSAGE THERAPY & BODY WORK

Massage Therapy • Acupressure • Reflexology

Gift Certificates Available

Health Quest Chiropractic & Wellness Center

913 South Main Street • Marion, Kentucky 42064 • 270-965-2600
Mon./Tue./Thur./Fri. 8 a.m. - 5 p.m. • After Hours Available Upon Request

Medicare Part D open enrollment period just around the corner

Submitted by Mike Keller, R.Ph.
Clinic Pharmacy Salem

The annual open enrollment period for the Medicare Part D prescription drug program begins on Nov. 15 and ends on Dec. 31 each year. This is the time when beneficiaries may switch drug plans.

Each year Medicare recipients are faced with new questions about plan premium costs, drug costs, and drug coverage. When seeking answers to their questions, recipients need to beware of the few bad apples who want to take advantage of them. Consider the following.

DOs:

•Do keep your personal information like your Medicare card and ID number safe.

•Do report all instances of suspected fraud and identity theft.

•Do ask questions to learn about the Medicare drug plans you are interested in.

•Do call 1-877-SAFERX (1-877-772-3379) if a Medicare drug plan appears to break the rules.

•Do call 1-800-MEDICARE (1-800-633-4227) to verify that a plan is legitimate. TTY users should call 1-877-486-2048.

DON'Ts:

•Don't let anyone borrow or pay to use your ID cards or your identity.

•Don't join a plan over the telephone unless you called the plan.

•Don't invite any door-to-door sales people into your home to talk

to you about a Medicare drug plan.

•Don't send payment for a Medicare drug plan over the telephone or Internet.

•Don't respond to anyone or any material that breaks Medicare rules.

Quite simply, my advice is to consult with someone whom you trust. If you have access to the internet, you can compare drug plans at www.cms.hhs.gov. Also, since pharmacists have day to day experience with drug plans they are a good choice for helping you evaluate your options.

At Clinic Pharmacy, we welcome your questions. Brad Boone and I will be available to help you find answers to your questions.

Two Southern states cut junk food in schools

CHATTANOOGA, Tenn. (AP) – A report by federal health officials commends Tennessee and Mississippi for limiting the amount of sodas and junk food in their schools.

The states are among the most aggressive in limiting less healthy food choices, according to a report by the U.S. Centers for Disease Control and Prevention.

The Chattanooga Times Free Press quoted CDC adolescent and school health di-

rector Howell Wechsler who said the survey has been done every two years since 1996 and the center has never before seen the rate of progress in Tennessee and Mississippi between 2006 and 2008.

The report shows students can't buy candy or salty or high-fat snacks at nearly 72 percent of Tennessee middle and high schools.

Sodas and sport drinks are unavailable at 74 percent of the schools.

Serving the Community Burkhart Rural Health Clinic

A Crittenden Health Systems Provider

Main St, Salem, KY

270-988-3839

Dr. Stephen Burkhart, MD and Joe Drawdy, ARNP



And

Crittenden County Hospital

Full Service Rehabilitation Dept

Physical Therapy
Occupational Therapy
Speech Therapy

Laboratory

Full Service Sleep Lab Services

Complete Diagnostic Imaging

MRI Services Ultrasound
New - Bone Densitometer Echocardiogram
CT Scanning Mammography
Nuclear Med General X-Ray

Acute Care

Swingbed

Inpatient/Outpatient Surgery Center

Outpatient Specialty Clinics

Cardiopulmonary

✓EKG

✓Stress Test

Progress to
meet
Your needs!

24 hour Emergency Department

Healthcare Professionals looking out for you!



Outpatient Specialty Clinic

For more information call 270-965-1056

Bringing medical specialist to the community.

- ✓ Allergist
- ✓ Oncology
- ✓ Hematology
- ✓ Cardiology
- ✓ Urologist
- ✓ Podiatrist
- ✓ Ear, Nose, Throat
- ✓ Gynecology
- ✓ General Surgeon

Marion Home Health Agency

Serving Crittenden, Livingston, Lyon
and Caldwell Counties

- ✓ 24 hour on-call Registered Nurses
- ✓ Nurse Aide's
- ✓ Physical Therapy, Occupational Therapy
and Speech Therapy



270-965-5281



Crittenden Health Systems

www.crittenden-health.org

Crittenden Co. Ambulance Service

Now equipped with Portable EKG to transmit critical heart readings directly to the hospital before the patient arrives.

24-hour Emergent & Non-Emergent Services

Advanced Life Support Paramedics

We treat you like Family™

Facts about cholesterol

Cholesterol is a fat-like substance found in the blood stream

Sources of cholesterol: the body produces 75 percent of cholesterol, the other 25 percent comes from food intake.

LDL vs. HDL: LDL is bad cholesterol. When too much circulates in the blood, it builds up on the walls of the arteries that feed blood to the heart and brain, which can eventually lead to a heart attack or stroke. HDL is good cholesterol. High levels of HDL seem to decrease the likelihood of a heart attack. Low levels of HDL increase the risk of heart disease.

Common Myths:

- **Using margarine instead of butter will help lower cholesterol.** Margarine and butter are both high in fat, and should be used moderately.
- **Thin people don't have to worry about high cholesterol.** Any type of body can have high cholesterol.
- **Women don't have to worry about high cholesterol, it's a man's problem.** Cholesterol levels tend to increase as one ages. Postmenopausal women lose the female hormone estrogen, which tends to raise HDL cholesterol levels.
- **Checking cholesterol levels isn't necessary until middle age.** Everyone should start getting a test at 20 years old, but the earlier the better.

For more information visit the American Heart Association online at www.americanheart.org

High cholesterol sneaks

(StatePoint) Susan Brooker thought she was doing all she could to take care of herself. The 60-year-old exercised, ate healthy, and stayed active. As an avid softball player, she spent months training to play in the August 2009 National Senior Games. In preparation for the competition, Susan went to see her doctor for a routine checkup. After a thorough physical and blood tests, Susan was diagnosed with high cholesterol.

"I was really surprised. I had family members who suffered from high cholesterol, so I knew a little about the disease. My physician assistant, Ronnie Diem, PA-C, took the time to explain that because of my elevated cholesterol, I developed atherosclerosis, which is the buildup of plaque in the arteries."

"Atherosclerosis can develop silently over many years and may have no symptoms," Diem said. "Elevated cholesterol increases your chances of developing buildup of plaque in the arteries. Patients like Susan may be unaware of the problem because they can't see or feel the disease."

In addition to Susan's elevated cholesterol, she had other risk factors, such as her age and family history. "My total cholesterol levels were too high — over 200 mg/dL. And since my grandfather had a history of heart disease, Ronnie explained that I was considered to be in the 'at-risk' category," Susan said.

Ronnie's lifestyle was a good example for Susan. In addition to her softball playing, she also took time to exercise. The good news is that Susan's cholesterol levels are now under control. She said, "I was really surprised. I had family members who suffered from high cholesterol, so I knew a little about the disease. My physician assistant, Ronnie Diem, PA-C, took the time to explain that because of my elevated cholesterol, I developed atherosclerosis, which is the buildup of plaque in the arteries."

Since Susan was diagnosed with high cholesterol, she has been taking medication and has been able to keep her cholesterol levels under control. She said, "I was really surprised. I had family members who suffered from high cholesterol, so I knew a little about the disease. My physician assistant, Ronnie Diem, PA-C, took the time to explain that because of my elevated cholesterol, I developed atherosclerosis, which is the buildup of plaque in the arteries."

Susan's doctor said that her cholesterol levels were too high — over 200 mg/dL. And since my grandfather had a history of heart disease, Ronnie explained that I was considered to be in the 'at-risk' category," Susan said.

Start Saving Today

at...

Glenn's Apothecary

U.S. Hwy. 60 W., Marion, KY • 965-4101

Glenn's Prescription Center

119 E. Main St., Salem, KY • 988-3226

Over **300** prescription medications for

30 Day Supply - \$4⁹⁵*

90 Day Supply - \$12⁹⁵*

Start saving on over 300 generic medications

- No prior authorization required
- Good for people of all ages
- Year long savings from your local community pharmacy

If you do not have a prescription drug coverage or your insurance does not cover all your prescription drug needs, Good Neighbor Pharmacy Prescription Savings Club can provide significant savings on medications for you and your family*.



Prescription Savings Club

*See store for details



PrimariCare, PLLC

Nurse Practitioners

Ellen Hedges And Wyetha Wood

Provide Quality Medical Services To Patients Of All Ages

- Individual Medical Care
- Annual Exams, CDL Physicals
- Sports / School / Pre-Employment Exams
- Women's Health Care Services
- Diabetes Care And Management
- Treatment Of Acute And Chronic Illnesses
- Minor Surgical Procedures
- Minor Emergency Treatment
- Newborn And Well-Child Exams



ELLEN HEDGES
ARNP, CFNP

Convenient Extended
Office Hours:

Monday - Friday
7:30a.m. - 5:00p.m.



WYETHA WOOD
ARNP, CFNP

1011 West Main • Suite B • Princeton, KY 42445

270-365-0310 • Fax 270-365-0480

ks up on a healthy, active woman

ie told Susan she was going to have to make some adjustments if she was going to be in peak condition competing in the Senior Games. "I wanted to get eating right and exercising differently," he said. "In addition to these lifestyle changes, based on her elevated cholesterol and additional risks, I felt a cholesterol-lowering medication was necessary."

goal was to reduce her LDL (bad) cholesterol and her HDL (good), so Ronnie prescribed Crestor (rosuvastatin calcium). "In clinical trials, Crestor has been shown to be a highly effective cholesterol treatment option. It's the only statin approved by the FDA to slow the progression of atherosclerosis at any stage of the disease as part of a treatment plan to lower cholesterol to goal," he said.

When Susan was diagnosed, her total cholesterol was 240, and her LDL and HDL levels were where they should be. "My experience has taught me that even if you're healthy, you should exercise regularly, eat a healthy diet, and get your cholesterol checked."

He also recommends finding support from others working to maintain their target cholesterol goal and joining programs that help you set and achieve these important goals. Susan joined the Crestor 360 support program, which showed her how to prepare healthy foods low in cholesterol and saturated

fat, gave me tools to stay physically active, coupons for my Crestor prescription, and great advice on how to meet the cholesterol goal my doctor set."

You should know statins aren't right for all patients with high cholesterol. For instance, Crestor is not right for anyone who has had an allergic reaction to it, or those with liver problems, women who are nursing, pregnant, or who may become pregnant. Doctors perform blood tests before and during treatment to monitor liver function. Crestor has not been approved to prevent heart disease, heart attacks, or strokes.

As with any medications, you should always monitor side effects. Unexplained muscle pain and weakness could be a sign of rare but serious side effects and should be reported to your doctor right away. Some other side effects can include headache, muscle aches, abdominal pain, weakness, and nausea.

Remember to talk to your doctor about your cholesterol. For more information about Crestor, the full prescribing information and the Crestor 360 support program, call 1-800-CRESTOR, or visit Crestor.com.



Susan Broker stands outside, while gearing up for some exercise.

Large Selection of Diabetic Shoes



Let Lee Ann help find you the perfect fit and style. Lee Ann is an RN, CPhT, and a NIPCO certified diabetic shoe fitter with several years experience.

Diabetic shoes are covered by Medicare & Medicaid for those who qualify.

Clinic Pharmacy

141 Hospital Drive, Salem, KY

Call us at 988-3230



"Healthy Living Starts Early"

At Family Practice Care, we will help keep your child on the road to good health through our Well Child Exams and Immunization Program.

Family Practice Care
PUTTING THE CARE BACK IN HEALTHCARE

Scott R. Graham, M.D.

Beverly Jones, A.R.N.P.

700 Cassidy Avenue • Fredonia, KY 42411

270 545 3386

Hours: Mon. 8 a.m. - 6 p.m.
Tue., Wed., Thur 8 a.m. - 5:30 p.m.
Fri. 8 a.m. - 12 Noon

Focused on Your Health

At Perry Family Medical we will treat you and your family with respect and concern. Our caring staff will make it a point to get to know you and your health history, so you get the personalized attention you deserve. For all of your primary medical needs come to the professionals where the focus is where it belongs - on you!



Dr. Jami Tabor Perry

- Routine Care
- Physicals
- Chronic Conditions
- Vaccinations
- Everything For Your Family's Health Care Needs

PERRY FAMILY MEDICAL

Jami Tabor Perry, MD

407 Highway 62 W., Princeton, KY

270-365-9455

*Now Accepting Patients From
Crittenden and Surrounding Counties*

Chiropractic care benefits athletes with injuries, optimizes performance

*Submitted by Dr. John J. Newcom
Health Quest Chiropractic and
Wellness Center*

It's the major concern for any athlete regardless of what level they are playing their respected sport: Injuries. With the increased demands that are put on the body through athletic activity come a much higher likelihood that an injury will occur. Several treatment options exist for the injured athlete, ranging from on field measures taken by a professional athletic trainer to orthopedic surgery.

Chiropractic care has also taken a front seat in taking care of the injured athlete. Chiropractors focus on restoring the body's anatomy to its natural positioning in order to restore optimal function.

Not only is this consistent with the typical nature of the majority of athletic injuries, but also with the athletes desire for peak performance.

Dr. Steven Horwitz, D.C. states "Doctors of chiropractic consider a person as an integrated being, giving special attention to the spine, joints, muscles, tendons, ligaments, and nerves.

Chiropractic is a natural health care method that stresses the importance of keeping all the systems of the body functioning efficiently so the player enjoys peak performance, a minimum risk of injury, and fast recuperative powers." Chiropractic care is now being utilized to care for athletes participating in a wide range of sports, and at every level.

Chiropractors are staples on most all professional teams and can now be found on the majority of college sports sidelines and are now becoming common with high school teams. For those athletes not afforded an on field Doctor of Chiropractic, office visits to chiropractors for athletic injuries are also on the rise.

The focus on correction of the particular injury is appealing not only to the athlete, but their family as well. Every NFL team now has an on field chiropractor as part of their medical staff, inte-

grating their skills and approach to healing into the overall care of the athlete. Big name athletes that have been outspoken advocates of chiropractic include Joe Montana, Emmitt Smith, Evan-der Holyfield, Kareem Abdul-Jubbar, and California Governor and former Mr. Olympia Arnold Schwarzenegger.

Mark Sanchez, the starting quarterback for the New York Jets recently stated that he had to see the team chiropractor during the game following a back injury.


Injury care and management are not the only benefits of chiropractic care to the injured athlete.

Chiropractics focus on proper joint alignment and mechanics, injury prevention and optimal bodily function is right in line with the attitude of athletes. Regardless of the demands that an individual is placing on themselves, injury tends to be the last thing on an athletes mind; therefore, athletes must be in optimal shape and preventative minded.

This philosophy corresponds well with chiropractics assertion that optimal health is achieved when the body's structural system is properly aligned. "Most sports involve body contact, positioning and re-positioning and a lot of starting and stopping, this places a tremendous strain on the body's structural system" says Dr. Horwitz. The key to preventing injury in this type of setting is the anatomical correction that chiropractic offers.

Being a team chiropractor is a special privilege to the practitioner as well. It is a compliment to be given this privilege to deal with superior athletes as well as to be given the trust of the coaching staff and athletes' families. I have had this privilege for the past four years and am very thankful for the opportunity that has been given to me.

Its always nice to be involved with a team, but it is most rewarding when it happens to be your alma mater under the coaching staff that you played for.



lighting the path to better health

*Dr. Newcom is proud to
be the on-field team doctor
for Rocket Football*

- Chiropractic Care
- School & CDL Physicals
- Dietetic Services

HealthQuest

CHIROPRACTIC & WELLNESS CENTER

John J. Newcom, D.C.

Tracye R. Newcom, R.D.L.D.



913 South Main St., Marion, Kentucky
270.965.2600

Avoid weight gain during the holidays

(StatePoint) Holiday parties and dinners can bring lots of good cheer and favorite treats to eat. Unfortunately they also can bring unwelcome pounds.

It's the most difficult time of the year for anyone trying to lose weight — or simply avoid gaining weight. It sometimes seems safer to eat the table decorations than holiday meals and party offerings.

It doesn't have to be this way. "With a little planning and by making smart choices, you can avoid packing on unhealthy pounds when eating out during the holidays or at family celebrations," says Julie Hadden, one of the more memorable contestants from NBC's "The Biggest Loser" and author of the new book "Fat Chance: Losing The Weight, Gaining My Worth."

You still can enjoy the festivities without gaining weight, stresses Hadden, who offers some helpful tips in her new book:

Plan Ahead: Before attend-

ing a party or a holiday meal, plan in advance.

Call ahead to find out what will be served so you can plan the rest of your day's calories accordingly. Consider offering to bring a side dish so you know what's in it.

Eat Before Partying: Eat a light snack, such as an apple, a few nuts or a lean deli turkey, before heading to a party or dinner. Drink water before eating to feel full sooner. When you arrive, you'll be less tempted to make a beeline for the food.

Make Smarter Choices: Consider all food options and choose wisely. Eat at home as often as possible. Avoid appetizers and save dessert for truly special occasions. When in a restaurant or at a big family meal, cut your portion in half and set it aside, so you're not tempted to overeat. Drink water or tea.

Move More, Eat Less: The only way to lose weight is to burn more calories than you consume. You have to move more and eat

less. Even during the holidays. Walk to the mailbox. Do five laps around your living room during commercial breaks. Take the stairs. Exercise with your kids.

Get Back On The Horse: Everyone slips at some point. If you eat too much at a holiday meal, make a fresh start right away and get back on your diet.

Get Inspired: Find an inspiring image and focus on it daily. Maybe it's an old photo from your fitter days, a starlet's behind or torso you wish to emulate, or that dress you want from the store. When vying for transformation, keep an image of victory in mind.

For more on making healthy choices, read Hadden's new book, "Fat Chance," or visit www.juliehadden.com.

"If you were headed to the mall to buy a new purse or TV, you would research how much it would cost. Take the same care with food. Spend a hundred calories as wisely as you would a hundred dollars," she says.

Give menopause the boot in a (hot) flash

Hot flashes, mood swings, headaches among common hormonal symptoms

(StatePoint) For many women the symptoms of menopause can sneak up before they know what's going on with their bodies. The effects can be sudden and obvious for some, while others experience symptoms more slowly.

If you're having one of these symptoms — hot flashes, night sweats, sleep disturbances, mood swings, headaches or joint and muscle discomfort — you may be experiencing the beginnings of menopause. The majority of women undergo natural menopause between the ages of 45 and 55. However, it can occur earlier or later.

Managing menopause doesn't necessarily mean undergoing the potentially dangerous rigors of hormone therapy, once thought to be the "gold standard" of treatments. Recent studies indicate the risks of such therapy outweigh the benefits. Instead, in consultation with their doctors, many women are turning to natural methods — such as improving their diets, taking the right natural supplements and exercising the right way.

With most women living longer, keeping menopause under control is critical for the millions who are living hectic, demanding lives when symptoms first hit. Approximately ten percent of these women undergo hormone therapy, leaving a huge population un-

treated, suffering and confused about their options. They are eager to make an informed decision but aren't sure where to turn for reliable information about treatment options that have been scientifically proven to be both safe and effective.

One proven, all natural product that is continuously being studied is Femarelle. In fact, two new studies on Femarelle were presented at the Fall 2008 Annual Meeting of the North American Menopause Society.

Not just another supplement, Femarelle, safely and effectively relieves menopause symptoms and helps prevent bone loss. According to research, Femarelle alleviates a wide range of menopause symptoms in 76 percent of women with relief felt within the first month of treatment. Femarelle also improves bone health in 70 percent of women. To do so, it relies on a unique plant-based compound that relieves menopausal symptoms and increases bone mineral density, while having no adverse effects on the uterus or on breast tissue. Femarelle has also been proven to have no effect on clotting in thrombophilic women. For more information, visit www.femarelle.us or call 1-877-336-2735.

Taking Femarelle or any other product should, of course, not be a substitution for regular exercise and eating a healthy diet.

Exercise is important to women of all ages, and especially to women battling menopause. Weight bearing exercises can help maintain strong bones, prevent osteoporosis and reduce falls that could result in fractures. These exercises include walking, climbing stairs, lifting weights and even dancing. Yoga also helps relieve stress and anxiety.

For more information on menopause, visit www.femarelle.us.

Tri-Rivers Healthcare, PLLC

"General Surgery, Internal and Family Medicine"

William E. Barnes, M.D., F.A.C.S.

Michael P. Gavin, M.D., F.A.C.S.

Ghassa Yazigi, M.D., (Dr. G)

Terry W. Boone, PA-C

C. Ann Day, A.R.N.P., C-F,N.P.

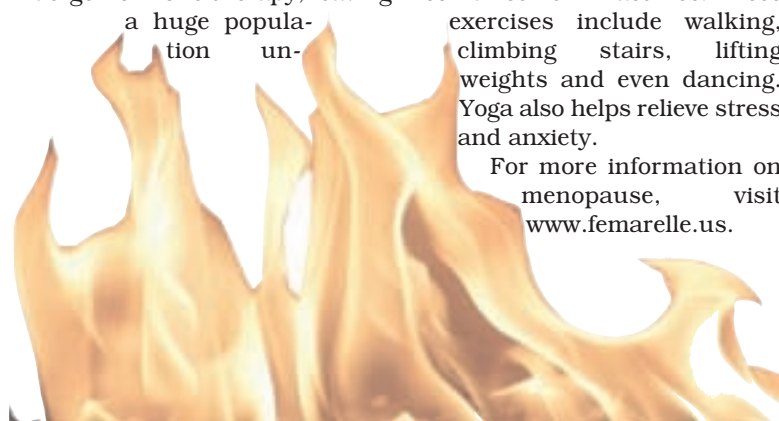
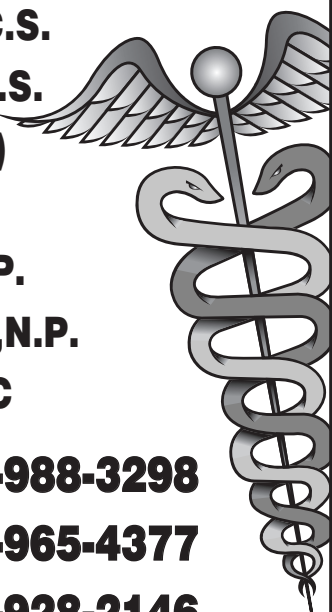
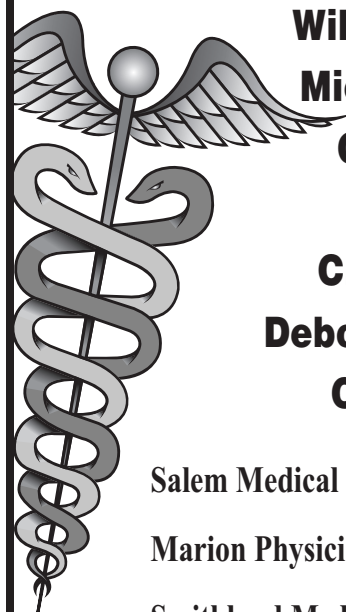
Deborah Deguire, A.R.N.P., C-F,N.P.

C. Jill Croft, A.R.N.P., N.P.-C

Salem Medical Clinic • Salem, KY**270-988-3298**

Marion Physicians Clinic • Marion, KY**270-965-4377**

Smithland Medical Clinic • Smithland, KY**270-928-2146**



How well do exercise shortcuts measure up?

By MEGAN K. SCOTT
ASSOCIATED PRESS

When it comes to exercise, most of us are looking for a shortcut, a way to lose weight and firm up without spending endless hours in the gym. So a funky pair of sneakers that promises to tone the butt and calves sounds appealing. The same for weighted sleeves and stylish ankle weights, or a belt that creators say can shape abdominals, butt and arms. But how well do such "exercise cheats" measure up to their claims that they'll do the work for you? We sent four products to four experts for their evaluation.

Health care issues: Who stands to gain, lose

ASSOCIATED PRESS

THE ISSUE: Which industries stand to gain or lose most from a health care overhaul? THE POLITICS: The final tally on winners and losers won't be in until a final bill emerges, which is why lobbying is intense. Any measure that creates millions of additional insured people will mean more paying customers for health insurers, hospitals, doctors and drugmakers. With the notable exception of insurers, many industries skeptical about the effort have tempered their criticism in hopes of retaining influence with lawmakers. The insurance lobby says it still supports a health overhaul but recently issued two reports and a

TV ad attacking provisions it says will drive up health care costs, prompting a Democratic backlash with uncertain results. WHAT IT MEANS: Insurers object to the inclusion in any bill that emerges of optional government-run coverage, arguing that would reduce their market share. They also fear harm if a requirement that people buy insurance is not strongly enforced. Doctors, hospitals and drugmakers worry their reimbursement rates will be too low, and care providers oppose billions in fees the Senate Finance Committee bill would impose. Businesses large and small win if the steady growth of their health care costs is curbed. But most oppose a requirement that companies cover their workers, and fear new taxes to help finance subsidies for low-income people and for establishing federal insurance coverage.

The Product	The Expert	The Verdict
Banglz Wrist Weights, Ankle Weights, from fitnessUwear (starting at \$24.95): The manufacturer says the fashionable, weighted bangles and anklets help the body burn more calories and build muscle. Wear them during everyday activities or for fitness training. The wrist weights help strengthen arms, shoulders, chest and core. The ankle weights work the legs, hips and glutes. Wrist weights come at 1/2 pound (\$24.95) or 1 pound (\$27.95); ankle weights at 1 pound (\$27.95) or 2 pounds (\$41.95).	"I loved the ankle weights," said Leigh Anne Richards, general manager of MetroFitness, a health club in Montgomery, Ala. "I could immediately tell that it was affecting my legs and glutes." Richards, who has a master's degree in exercise science, said she walked around in them for hours, at work and at home, and could really feel the workout. As for the wrist weights? "I really could not tell that much of a difference with those unless I was doing some form of exercise such as kickboxing," she said. "Granted, I am in good physical shape."	The wrist weights were too light to feel any benefit from just walking around with them, she said. "However, I did think the ankle weights could really be beneficial for the lower body as people move around during the day."
Skechers Shape-ups (starting at \$110): Chunky fashionable sneakers designed to promote weight loss, firm calf and butt muscles, improve posture and strengthen the back. They have a soft kinetic wedge insert and a rolling bottom to simulate walking barefoot on the sand. Several styles and colors available for men and women.	"I must say that they are actually kind of cute," said Michele Olson, a professor of exercise science at Auburn University-Montgomery in Alabama. Her first impression, though, was the heaviness of the shoe. She had to get used to the clunky feeling. "I could feel it working in my calves and the arches of my feet," she said. "I had to keep my balance in check." Olson said she was expending more energy, but isn't sure if that was because of the shoe's weight (similar to strapping on ankle weights) or the shape of the sole. As for posture, she didn't feel much difference, but as a former gymnast, she has no issues there.	"Maybe. I think if you are trying to shape up, it's more important what you do in the shoes than any shoe per se," she said. "If you like wearing these shoes walking that's fine. "If you are looking for weight loss from wearing them every day, I don't see that happening."
BodyTogs (\$69.95/pair for arms, \$79.95/pair for legs): Weighted "sleeves" thin enough to be worn under regular clothing. Developed by a bariatric physician, they add 4 to 7 pounds to help you burn more calories, lose weight and improve overall fitness. The company says wearing BodyTogs on forearms and legs for up to 10 hours a day may be as effective as a 2-mile run.	"We saw an increase in heart rate with the BodyTogs," said Frank Wyatt, an associate professor of kinesiology at Midwestern State University in Wichita Falls, Texas. He had two students wear the product while walking on a treadmill for 20 minutes. But while the students were expending more energy and burning more calories with the sleeves on, they complained that they were "awkward, hot and scratchy," he said. The students said that wearing them for day-to-day activities was unlikely because they were uncomfortable.	Wyatt said he would need more time and test subjects to do a complete assessment. But the initial findings showed "increased work" from wearing the BodyTogs, he said.
Slendertone (from \$99 to \$179.99): a belt that uses Electronic Muscle Stimulation technology to create deep yet comfortable contractions in all three of the major abdominal muscles. Gentle signals get sent through medical-grade gel pads, the company says. The products include three garments that are worn directly against the skin. You control the intensity and duration.	"It kind of feels like a tingling sensation," said Tim Derrick, an associate professor of kinesiology at Iowa State in Ames, who wore the ab-toning belt for 20 minutes while walking the halls. "It's probably not going to give you a six-pack," he said. "The contractions are not that strong. If you're lying on your back and it stimulates your abdominals, it's not going to make you do a sit-up. It would be better to just do sit-ups, but it's more work."	"It's not going to help a weightlifter," he said. "Someone who like me doesn't have time to work out, it would probably benefit them, in terms of increased strength and endurance."



Family Practice Clinic, P.S.C.

**Appointments Preferred
New Patients Welcomed
Insurance Accepted**

**H. Gregory Maddox, M.D., F.A.A.F.P.
Gary V. James, M.D., F.A.A.F.P.
Amy Ratley, D.O.
Alicia Clark, A.R.N.P., C.F.N.P.
Lee Anna Boone, A.R.N.P., C.F.N.P.**

**520 Gum St. • P.O. Box 559 • Marion, KY
270-965-5238
Office Hours: Mon. - Fri. 8:30 a.m. - 5:00 p.m.**



Tips encourage kids to eat more fruits and vegetables

(StatePoint) The secret to getting kids to eat more fruits and vegetables is to have the right foods available for school lunches, dinners at home and after-school snacks — and to make them fun and colorful.

Most parents try to get kids to eat healthy simply by making sure their lunch bags and dinners include vegetables and fruits. But adding produce into a

child's diet is about more than trying to get them to embrace mealtime foods that are good for them.

"You need to make sure your child's food is more than just healthful — it needs to be tasty and fun," says Stan Stuka, Associate Business Manager, Dole Fruit Bowls. "Making the right foods, such as colorful fruit cups, readily available for be-

tween meal snacking and at after-school events encourage healthier eating."

Here are some tips on how to add more fruits and vegetables into children's diets:

- Stock-up on the right foods in your fridge and cupboard. If you regularly buy fresh, pre-cut, frozen and canned vegetables and fruits, it's a lot easier to include them in meals and snacks.

Get kids involved in shopping for produce, by encouraging them to choose their favorites.

- Incorporate fruits into snack time. Make sure kids are getting healthful snacks, no matter if they are at home or an after-school activity or sporting event. Pre-packaged fruit cups, such as Dole Fruit Bowls, do not require refrigeration and allow kids to enjoy bite-size pineapple, mixed fruit, peaches or tropical fruit no matter where they are.

- Increase the amount of vegetables and fruits in mealtime recipes, such as stuffing, casseroles and side dishes. Try adding different mixes of apples, pears, peppers, mushrooms, celery, etc. Toss cut or grated veggies into entrees, sides, and soups. Add fruit to cereal and blend frozen fruits into smoothies. Make sure lunch bags include colorful fruits or vegetables and consider cutting them into fun shapes or bite-size portions.

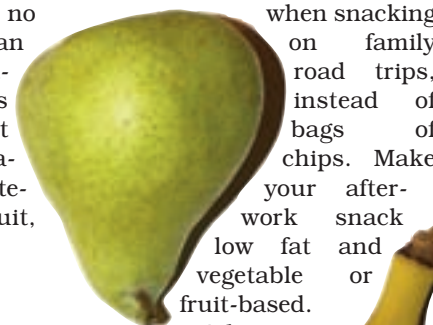
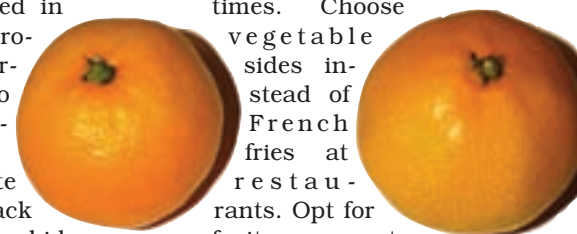
- Lead by example. Parents should regularly snack on fruit and eat their vegetables at meal-

times. Choose vegetable sides instead of French fries at restaurants. Opt for fruit or nuts

when snacking on family road trips, instead of bags of chips. Make your after-work snack low fat and vegetable or fruit-based. Above all, get creative

and try new ways to introduce healthful foods into your family's routines. For more tips on getting kids to eat right, visit www.Dole.com.

"Healthful snacks have never been easier to take with you. There are more all-natural, on-the-go snacks available than ever before, so there are so many places and ways kids and parents can enjoy a little fruit," says Stuka.



Crittenden County Health & Rehabilitation Center



Once again ranks as one of the top facilities in Kentucky...



Activities Director Amanda Alvis and Resident Fjo Elam



Carol Muft, LPN, and Resident Inez Robertson

...for quality of care provided.

"The Quality Professionals with the Hometown Touch"
201 Watson Street • Marion, Kentucky • 270-965-2218

EXERCISE

Continued from Page 2

changed their life with exercise.

Try to choose a variety of physical activities that focus on strength, flexibility and cardio. All three are very important to maintain a healthy lifestyle.

It will not happen overnight and there are things you will find less enjoyable (sweating and soreness), but the sense of feeling better, healthier and seeing results in many ways will overpower any negative thoughts toward exercise.

Exercise has been proven to help individuals reduce the risk of heart disease, diabetes, high blood pressure, high cholesterol,

certain forms of cancer and osteoporosis. In most cases, exercise has helped individuals improve the above conditions as well as many other health conditions.

Individuals who exercise regularly are more likely to maintain a healthy body weight, control the pain and joint swelling that come along with arthritis, not to mention maintain lean muscle. Other benefits include having higher self-esteem and confidence, being able to perform daily living activities and experience a feeling of well being and good health.

As with anything, if you are unsure of what exercise is correct for you, call a certified trainer and schedule a consultation.

Tips for lowering your risk of stroke

(StatePoint) The bad news is that stroke is the third leading cause of death in America. The good news is 80 percent of strokes are preventable and you can lower your risks of having one.

Stroke occurs when a blood vessel bringing blood and oxygen to the brain gets blocked or ruptures and brain cells don't get the blood flow they need.

"Knowing your risk for stroke is the first step in prevention. There are many stroke risk factors which are modifiable," says Dr. Ralph Sacco, a Fellow with the American Academy of Neurology (AAN).

"By having regular medical checkups and knowing your risk, you can focus on reducing your risk of stroke whatever your age. For those who already have had a stroke or TIA, it is even more crucial to treat elevated cholesterol with statins," he adds. In addition, it is important to control high blood pressure, quit smoking and take stroke prevention medicine prescribed by your doctor.

For years doctors have known you can reduce stroke risk through lifestyle changes, including eating a low-fat, low-cholesterol diet, being physically active, maintaining healthy body weight, managing certain medical conditions, quitting smoking and drinking moderately or not at all.

Now comes news that people who take cholesterol-lowering drugs called statins after a stroke may be less likely to have another stroke later, according to new research published in "Neurology," the medical journal of the AAN. Those who take statins after a stroke may also be less likely to die within the next 10 years than those not taking statins.

"Considering the large burden that stroke carries around the world, these potential benefits of statins are significant," said study author Dr. Sotirios Giannopoulos of the University of Ioannina School of Medicine in Greece. "Also, second strokes tend to result in more disability and longer times spent in hospitals than first strokes, so anything that can prevent these recurrent strokes is beneficial."

One important way to lower stroke risk is to treat pre-existing medical conditions:

High Blood Pressure: It's the leading cause of stroke. Know your blood pressure and have it checked at least once every two years. If it's consistently 140/90 or above, it is too high and you should consult your doctor about lowering it.

Smoking: Smoking damages blood vessels and increases risk stroke risk.

Diabetes: Work with your doctor to manage diabetes, which can

cause disease of the brain's blood vessels.

Artery Disease: The carotid arteries in your neck supply most of the blood to your brain. A carotid artery damaged by fatty buildup of plaque may become blocked by a blood clot, causing stroke. Your doctor may image your carotid arteries to guide treatment decisions.

TIAs: Transient ischemic attacks (TIAs) are "mini strokes" producing stroke-like symptoms but no lasting effects. These usually last a few minutes and go away completely. Recognizing and treating them can reduce risk of major stroke because they often predict a big stroke coming. Know the warning signs and seek emergency treatment immediately. The symptoms are similar to major stroke: loss of balance; confusion; slurring of speech or droopy face; difficulty talking or understanding, weakness or numbness of face, arm or leg, especially on one side; partial or full loss of vision; sudden severe headache.

Heart Disease: Certain heart conditions prevent it from beating properly, causing blood to pool and clot.

For those at risk of stroke, knowing the signs and to call 911 immediately for stroke symptoms can be crucial.

For more about stroke prevention and brain health, visit www.the-brainmatters.org.

GE launches \$250 million health care tech fund

By **MARLEY SEAMAN**
AP HEALTH WRITER

NEW YORK (AP) — GE Healthcare said Wednesday it plans to expand a cancer research partnership with Eli Lilly & Co. designed to target drugs more precisely and speed clinical trials.

The unit of General Electric Co. also said it will set aside \$250 million for investments in partnerships with health care information technology and diagnostics companies.

Additionally, the company said it purchased certain assets of MRI (magnetic resonance imaging) scanner maker ONI Medical Systems Inc. for undisclosed terms. ONI, based in Wilmington, Mass., is privately held.

GE and Eli Lilly announced the health care initiatives in New York.

GE of Fairfield, Conn., said it plans to rework its

employee health care plan to emphasize preventative care, the first such changes to the plan in more than 20 years.

The partnership with Eli Lilly of Indianapolis, is focused on scanning cancer cells to determine which drugs will and won't work by reading proteins in tumors.

Lilly said the staining and scanning technology give a far more precise picture of the make up of the tumor.

The companies hope to use the technology in clinical trials starting next summer, speeding up trials of drugs for breast, ovarian and lung tumors and potentially gastric tumors.

The technology has been tested on prostate and colon cancer so far but not used on clinical studies.

GE said it would offer the technology to other biotech companies later.

**Dilated Eye Exams
Are Recommended
For Diabetics
Once A Year!**

**Have you
had yours?**

NOW FITTING
ACUVUE CONTACT LENSES
Ideal for Astigmatism & Dry Eyes

We offer many brands and price ranges of
eyeglass frames including: Calvin Klein, Nautica,
Valentino, Liz Claiborne, Harley Davidson,
Jill Stuart and Tommy Hilfiger

MARION EYECARE CENTER, PLLC

713 South Main Street, Marion, Kentucky

270-965-5280

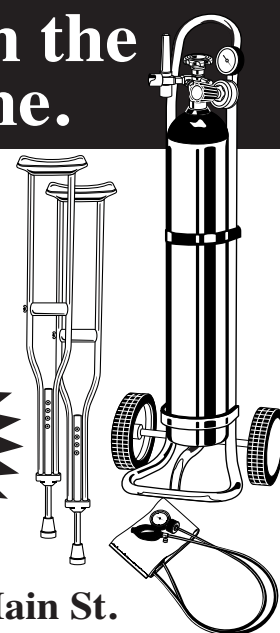
Adria N. Porter, O.D.

Professional Health Care in the Comfort of Your Own Home.

We provide Home Oxygen as well as a complete line of Medical Equipment for your home healthcare needs.

Customer Service & Patient Care Are Our Top Priorities

SEE OUR
LARGE
SELECTION
OF MEDICAL
SCRUBS



210 S. Main St.
Marion, KY 42064

270-965-0089

Toll Free 1-888-965-0089

New men's guidelines shed light on health issues

(StatePoint) Clarity has now arrived on critical men's health issues.

The latest science-based guidelines on nutrition and exercise as they relate to prostate health and cancer prevention have just been released by the Prostate Cancer Foundation (PCF).

Here are some highlights from the latest guidelines for men's health:

- Being fat can be worse for you than once thought.

- Getting nutrients from fruits and vegetables is more healthful than getting the same nutrients from processed foods or vitamin supplements. There are many anti-inflammatory and antioxidant substances in colorful fruits and vegetables, whole grains, and spices.

- Drinking beverages such as pomegranate juice and green and black tea can increase antioxidant levels, which reduces oxygen molecules before they form free radicals that can mutate the genetic make-up of prostate cells.

- Overcooking meat at high temperatures produces a cancer-causing substance that has been shown to cause prostate cancer. In addition, charbroiling red meat or chicken with its skin intact, produces another set of carcinogens.

- Excess sugar doesn't just make you fat — it can be a prime energy source for cancers. It also causes your body to produce more insulin which can lead to diabetes and even prostate cancer.

- Exercise 30 minutes daily, or at a minimum 30 minutes three times a week.

For more details on the latest guidelines for prostate health, visit www.pcf.org.

However, changing dietary patterns and exercise habits is not easy. You need to make time and commit at a deep level.

For more information on men's health and prostate cancer, visit www.pcf.org.



We put the "CARE" in Healthcare **LHHS** Livingston Hospital and Healthcare Services, Inc.

Proudly Providing Healthcare Services
To The Community Since 1954

- Laboratory
Full Service Inpatient/Outpatient Lab, Blood Bank Services, Drug Screening

- Radiology
24 hour radiologist coverage, New 64 Slice CT Scanner, MRI Services, Ultrasound Including Echocardiogram, Mammography, General and Fluoroscopic X-ray

- Surgery
General Inpatient/Outpatient Surgery, 24 hour Anesthesia Coverage, Endoscopes, Colonoscopies, Bronchoscopes, Laparoscopic Procedures, Gynecological Procedures

- Respiratory
Cardiac Stress Testing, Pulmonary Function Testing, Holter Monitoring, EKG

- Inpatient Services
General Acute Care, Extended Stay-Skilled Nursing Care (Swing Bed), Rehabilitation, 24 hour physician on-site for inpatient emergency needs

- Inpatient and Outpatient Dietetic Counseling
Diabetes Management, Weight Management, Gastrointestinal Diseases, Heart Diseases

- Home Health
Skilled nursing, Personal care aide, Physical Therapy

- Emergency Room
24 hour doctor of medicine or osteopathy is on-site and immediately available 24 hours a day 7 days a week, 24 hour x-ray, lab, respiratory coverage, maximum care with minimum waiting.

- Physical Therapy
Full range of inpatient/outpatient rehab services

- Other Services
Auxiliary - Volunteer Services, Chaplain Availability

- Sleep Lab

- Senior Care



Livingston Hospital and Healthcare Services, Inc. • 131 Hospital Drive, Salem, KY 42078



MARION PHYSICIANS CLINIC

220 S. Main St., Marion, KY 42064

(270) 965-4374

Mon. 8 a.m. - 5 p.m. • Tues. 10 a.m. - 5 p.m.
Wed. 10 a.m. - 5 p.m. • Thurs. 8 a.m. - 5 p.m.
Fri. 10 a.m. - 5 p.m.

Now Seeing Patients Saturday 8 a.m. - Noon

EDDYVILLE FAMILY MEDICAL, LLC.

209 West Main St., Eddyville, KY 42038

(270) 388-0620

Mon. 8 a.m. - 5 p.m. • Tues. 8 a.m. - 5 p.m.
Wed. 8 a.m. - 5 p.m. • Thurs. 8 a.m. - 5 p.m.
Fri. 8 a.m. - 5 p.m.

SMITHLAND MEDICAL CLINIC

205 E. Adair St., Smithland, KY 42081

(270) 928-2146

Mon. 8 a.m. - 5 p.m. • Tues. 8 a.m. - 5 p.m.
Wed. 8 a.m. - 5 p.m. • Thurs. 8 a.m. - 4 p.m.
Fri. 8 a.m. - 5 p.m.

HOME HEALTH AGENCY

(270) 988-0133

SENIOR CARE

(270) 988-2675



Visit Us Online At. www.lhhs.org