LWC student raises awareness for nephew with autism

“Sometimes you’re in their world but sometimes you’re not.”

Antoine Rouse

He stands in a corner, spins around and clips his hands. His mother calls his name, but two-year-old Jeremiah York doesn’t hear her voice.

Jeremiah was diagnosed with autism spectrum disorder on his second birthday. His mother Casfine Franklin, of Wayne County, noticed Jeremiah began to develop hearing problems, so they began the long process of trying to figure out what was wrong with him.

SYMPTOMS OF AUTISM

Antoine Rouse and his brother, Antoine Rose, of Columbia, began to notice that Jeremiah stopped looking them in the eye. Jeremiah also seemed as if he couldn’t hear them talk.

“He used to sing,” Rouse said. “We didn’t do that anymore. He stopped talking. He does commu-
nicate, but he doesn’t talk.”

They soon found out he has autism.

“Jeremiah will just stand in a corner, spin around and clap his hands,” Rouse said. “To him that is a fixa-
tion.”

Rouse has recently researched autism. Jeremiah is sometimes in another world but Rouse can’t see when someone is trying to communicate with him.

“He doesn’t play with other kids. He used to say, ‘I’ve seen other kids cry because he won’t play with them. They are just not in his world. If you were one of them, I am blind.”

While other children his age are naming everything from a dog to a car, Jeremiah can’t associate words to their actual meaning.

“The may be the words to say but his mind doesn’t know how to use them,” Rouse said.

Rouse recalls a time when Jeremiah had trouble understand-
ing the word coke.

“He can say the word cookie, but he can’t associate the term with a cookie,” Rouse said. “He can’t associate words with their true meaning.”

TREATMENT

Rouse said autism has been deemed untreatable and incurable. However, they decided to put Jeremiah on a gluten-casein free diet.

“They (those with autism) are allergic to gluten-casein,” Rouse said. “Their body doesn’t know how to break it down. They can’t eat it by themselves,” Rouse said.

Rouse believes that since Jeremiah has been on a gluten-
casein free diet, his eye contact has improved.

Rouse said with treatment med-
icare is a big issue. Since they are not covered, incurable, medical insurance will not cover the costs of any kind of treatment or services available.

“In a lifetime it would cost around $220,000 to live,” Rouse said. “To someone with autism it could cost $3.2 million.”

According to Rouse, the only doctors that have had success with treating autism patients are DAN! doctors. Those doctors are from the organization Defeat Autism Now! (DAN!) and have had positive results (in treat-
ment),” Rouse said.

Some doctors are successful with treatments towards such as gluten-casein free diets.

“They are the only people who have had positive results (in treat-
ment),” Rouse said.

Other treatment locations are scarce. The nearest one is in Georgia.

“Kentucky is the fifth highest state for autism,” Rouse said. “Yet there is nothing in the state for it.”

Doctors have told Rouse that a lot of symptoms of autism include lack of sleep, seizures and tantrums.

Jeremiah has not had a lot of those symptoms.

“We got really blessed,” Rouse said.

DEALING WITH AUTISM

Rouse said dealing with autism, parents can’t be prejudices against the disease.

“At times it is my child,” Rouse said. “It is just a trait your child has.”

Rouse’s biggest advice for par-
ents who believe a child has autism is never to take no for an answer.

“If your doctor says no, tell them you want a second opinion,” Rouse said.

Rouse also said not to seclude a child with autism from other chil-

Rouse says parents need to do the research themselves and not believe common myths about the disease.

“Just because they stop talking doesn’t mean you should stop talk-
ing to them,” Rouse said.

Rouse encourages everyone to start a group to raise awareness for autism on campus called Speaking Through Silence.

“It really feels like this is my calling,” Rouse said.

The group will kick off with an autism awareness walk on Sept. 17 at 8 a.m.

“Someone has to be on the diet too,” Rouse said.

The group’s goal is to raise $1,000 for the charity.

The walk will begin and end at the Dotis and Bob Holloway Health and Wellness Center.

The walk will begin and end at the Dotis and Bob Holloway Health and Wellness Center.
Air Evac opens airplane medical transport service in eastern Ky.

Air Evac Lifeteam, based, in Whitley County Airport is very excited to be able to offer the newest technology for breast cancer detection. Digital mammography is different from conventional mammography in how the image of the breast is acquired and, more importantly, viewed.

The radiologist can magnify the images, increase or decrease the contrast and invert the black and white values while reading the images. These features allow the radiologist to evaluate microcalcifications and focus on areas of concern.

By offering women the latest technology in mammography, Russell County Hospital hopes to increase the number of women who follow recommendations for regular screenings.
Lifestyle changes, such as exercise and a healthy diet, can make a difference."

Scott McGlothlen, Stroke Detection Plus President

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www.lakemcumberlandhospital.com

(606) 679-7441

Adair County Farm Bureau hosts screening to detect your stroke risk

Stroke Detection Plus will be screening Monday, Sept. 12 from 9 a.m. – 4:30 p.m. at the Columbia First Church of the Nazarene, 1200 Jamestown St., Columbia. Appointments are necessary. Call toll-free 1-877-752-8258. The four screening profile is only $99 for Farm Bureau members and $145 for community members.

Many people go through their daily routines without realizing how close they are to suffering a life-threatening stroke. Unfortunately, most people do not notice a sign or symptom until after a stroke occurs. This is why stroke is commonly referred to as the “silent killer,” ranking as the third leading cause of death in the United States.

New mobile technology is available to help patients determine their stroke risk in advance so they can take steps to improve their health. Stroke Detection Plus, a mobile vascular screening company, uses ultrasound technology to identify individuals who are at high risk for a stroke or heart disease. We tell people to exercise and a healthy diet, maybe it motivates you to make some changes.”

Let it be a motivator to know it’s there and you can do something about it. Hopefully, maybe it motivates you to know it’s there and you can do something about it.

Air Evac Lifeteam introduces new plane or helicopter can be used in your local area by EMS or hospital. If you are an Air Evac Lifeteam member and you’re flown by the plane or helicopter your covered expenses. What your insurance pays is considered full.

For more information about Air Evac’s membership program call Sondra Keltner at 606-953-9335.

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All to take excellent care of you!
The centerpiece of the $8 million expansion project at Lake Cumberland Regional Hospital is now open. “We are very excited about the project,” stated Mark Brenzel, Lake Cumberland Regional Hospital CEO. “Not only does this expansion enhance our ability to provide care for more patients in our area, but this significant investment also demonstrates our ongoing commitment to the growth and improvement of our community and our region. The centerpiece of the project is a new neurosurgery unit, built on the fourth floor “shell space” of the East Tower. When the structure was built in 2005, this space was left for future expansion as patient needs demanded. That need culminated in the construction of a 29-bed neurosurgery unit. With soothing colors, warm wood floors, and beautiful views from the generous windows, the unit is sure to encourage healing. The new unit includes both critical care beds and step down beds in the Neuro Critical Care area with med/surg beds rounding out the rest of the unit. The unit overall is dedicated to the care of neurological and stroke patients. The neurosurgeons at Lake Cumberland Regional Hospital surgically treat a wide variety of conditions, ranging from head trauma to herniated discs to Parkinson’s Disease. Lake Cumberland Regional Hospital is also one of a limited number of hospitals in the state where deep brain implants are placed to treat Parkinson’s and essential tremor. The surgeons also perform minimally invasive guided neurosurgery, all types of spinal surgeries, including Kyphoplasty, and even carpal tunnel surgery. The NCCU is equipped with the latest monitoring equipment, high tech beds with built-in scales and the ability to adjust in any position from lying flat to a chair position. The mattresses are equipped with special pressure-reducing surfaces to help prevent skin breakdown and the beds are radiolucent so X-rays may be taken of the patient right in the bed. The rest of the expansion project added sixteen beds in other existing areas of the hospital, to help alleviate crowding and facilitate admissions process into their hospital room with fewer delays.”

Now that the bed expansion project is completed, the hospital has increased the overall number of beds to 295 and the number of critical care beds has been increased by eight for a total of 44. The state-of-the-art NCCU is designed for the One Stop ® model of treatment facilities. This innovative concept allows the patient to remain in the same unit with the level of care revolving around his or her needs and condition rather than having to move from unit to unit as their condition improves. As one of the largest employers in the region, Lake Cumberland Regional Hospital has more than 1,200 team members with an annual payroll of nearly $73 million and a medical staff of 175 physicians, representing more than 40 different specialties. Serving as a regional medical facility for an 11-county region, the hospital also has seven stand-alone outpatient treatment facilities.

Age-adjusted estimates of the percentage of adults who are physically inactive in Ky.

<table>
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<th>County</th>
<th>Percentage</th>
<th>Lower 95% Confidence Limit</th>
<th>Upper 95% Confidence Limit</th>
<th>Standard Deviation</th>
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</table>

REFERENCE:
Lower 95%: Bayesian confidence interval for the percentage of adults with diagnosed diabetes or risk factor in the county.
Upper 95%: Bayesian confidence interval for the percentage of adults with diagnosed diabetes or risk factor in the county.
Standard Deviation: The estimated percentage of adults with diagnosed diabetes or risk factor in the county.
If you’re one of the more than 27 million Americans with diabetes, you are at high risk for heart attack and stroke. Heart disease is more likely to strike you—and at an earlier age—than it is to strike your friends and family without diabetes. In fact, two out of every three people with diabetes will die of a heart attack or stroke.

But you can fight back. You have the power to prevent heart attack and stroke by controlling the ABCs of diabetes. A is for A1C. The A1C test (sometimes known as the HbA1c or hemoglobin A1c test) measures your average blood glucose (sugar) over the last 3 months.

The A1C level should be tested at least twice a year. Blood pressure should be checked at each visit and cholesterol should be tested at least once a year. What should my A1C target numbers be? For most people with diabetes, the goals are A1C below 7%, blood pressure below 130/80, and LDL cholesterol below 100. What actions should I take to reach my ABC target numbers? You and your health care provider will put together an action plan of lifestyle changes and medications, if needed, to help you reach and maintain your targets for the ABCs of diabetes.

Take Action Now.

• You can take action now to lower your risk for heart attack and stroke and other diabetes problems. Work with your health care provider, and get started now.

• Get at least 30 minutes of physical activity, such as brisk walking, on most days of the week.

• Eat less fat and salt.

• Eat more fiber—choose whole grains, fruits, vegetables, and beans.

• Stay at a healthy weight.

• Stop smoking—ask your provider for help.

• Take medicines as prescribed.

• Ask your doctor about taking aspirin.

• Ask others to help you manage your diabetes.

For more information about diabetes, contact your local health department and ask to speak to the diabetes educator or call 1-800-438-4416. You may also visit the website www.lcdhd.org or become a fan of Lake Cumberland District Health Department on Facebook.

For more information on the link between diabetes and heart disease, contact NDEP at 1-800-928-4416. You may also visit the website www.lcdhd.org or become a fan of Lake Cumberland District Health Department on Facebook.

For more information about diabetes prevention and control, is sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention and 200 public and private partners.

Know your diabetes ABCs just like you know your other numbers.

If you have diabetes, you are at high risk for heart attack and stroke. But you can fight back. You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your ABC numbers should be. Then talk about the steps you can take to reach your ABC goals. Use the power to help prevent heart attack and stroke. Control your ABCs.

Talk to your health care provider today.

For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.

If you have diabetes, you are at high risk for heart attack and stroke. But you can fight back. You can control the ABCs of diabetes and live a long and healthy life. Ask your health care provider what your ABC numbers should be. Then talk about the steps you can take to reach your ABC goals. Use the power to help prevent heart attack and stroke. Control your ABCs.

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For a free brochure about the ABCs of diabetes, call 1-800-438-5383 or visit www.ndep.nih.gov.
The American Diabetes Association has revised its Diabetes Risk Test according to a new, more accurate statistical model. The updated test includes some new risk factors and projects risk for pre-diabetes as well as diabetes.

The simple tool can help you determine your risk for having pre-diabetes or diabetes. Using the flow chart, answer the questions until you reach a specific letter (A, B, C). Match that with the risk message shown below.
A STEP IN THE RIGHT DIRECTION: Lose weight and lower your risk for Type 2 diabetes

By the National Diabetes Education Program

With so many weight loss programs available, it is easy to become confused about what works and what does not when it comes to losing weight to lower your risk for type 2 diabetes.

The National Diabetes Education Program wants you to know that you don’t have to knock yourself out to lower your risk – in fact, the findings of a major study show that modest weight loss can reduce the risk of type 2 diabetes by more than half. Here are some proven small steps developed by NDEP to help you make gradual lifestyle changes to lose weight safely and keep it off.

Small Step #1: Set a weight loss goal you can meet before starting a weight loss plan. Aim to lose about 3 to 7 percent of your current weight -- that’s to 10 to 14 pounds if you weigh 200 pounds.

Keep track of your daily food intake and physical activity in a log book and review it daily to see how you are doing. For support, invite family and friends to get involved.

Small Step #2: Make healthy food choices every day. Keep healthy snacks such as fruit on hand at home. Pack healthy lunchmeats and poultry. Vary your protein choices by choosing more fish, beans, peas, nuts, and seeds.

Small Step #3: Strive to become more physically active. If you are not active, start off slowly and choose a physical activity you will stick with most days of the week. Slowly add more time until you reach at least 30 minutes of moderate intensity physical activity five days a week. Build physical activity into your day. Take a brisk walk during lunchtime. Take the stairs instead of the elevator, or park farther away from your office. Join a community program as a family and choose activities that everyone can enjoy such as swimming, water aerobics, or dance classes. Keep at it and remember to celebrate small successes.

For more information about diabetes, contact your local health department and ask to speak to the diabetes educator or call 1-800-998-4446. You may also visit the website, www.lcdhd.org or become a fan of Lake Cumberland District Health Department on Facebook.

For a free copy of Your GAME PLAN to Prevent Type 2 Diabetes: Information for Patients in English or Spanish, which includes a fat and calorie counter and physical activity tracker, plus more tips to help you lower your risk for type 2 diabetes, contact the National Diabetes Education Program at 1-888-763-NDER (6337) or visit the website www.YourDiabetesInfo.org and click on the Small Steps, Big Rewards, Prevent Type 2 Diabetes campaign.

The U.S. Department of Health and Human Services’ National Diabetes Education Program is jointly sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention with the support of more than 200 partner organizations.

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WHEN: Saturday, August 20.
WHERE: Air Evac Booth at the Outdoor Expo.

Air Evac memberships will be offered at the Air Evac booth. Don’t miss your chance for financial peace of mind!

Contact: Sondra Keltner
270-283-1933

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Eight reasons to quit smoking

YOUR HEALTH
Health concerns usually top the list of reasons people give for quitting smoking. This is a very real concern: smoking harms near-
ly every organ of the body. Half of all smokers who keep smoking will eventually die from a smoking-related illness. In the United States alone, smok-
ing is responsible for nearly 1 in 5 deaths, and about 8.6 million people die of a smoking-related lung and heart disease every year.

CANCER
Nearly everyone knows that smoking causes lung cancer, but few people realize it also is linked to skin cancer and to a number of cancers, such as mouth, throat (pharynx), larynx, throat (pharynx), lung, bladder, breast, kidney, pancreas, cervix, oral cavity and other cancers. Even nonsmokers have a higher risk of lung cancer.

LUNG DISEASES
Smoking increases your risk of getting long-term lung diseases like emphysema or bronchitis. These diseases make it harder to breathe, and are grouped together under the general term obstructive pulmonary dis-
ease. COPD causes chronic lung problems and breathing difficulties over time. Emphysema and chronic bronchitis are the two main parts of COPD. A person who has both emphysema and chronic bronchitis is classified as having COPD, as is someone with one eye shut or with the book very close
Woman gets energy back, turns life around

For many years, Lydia Page had no energy—period.

“When I’d get up in the morning to go to work, it took everything I had to get ready,” she explains. “Every morning, I was just as tired as when I went to bed. I was tired all the time.”

If she took a trip, she would sleep the entire time. “Going and coming, I couldn’t stay awake even on a 30-mile trip,” she says. “I’d sit or lie down, every chance I got. Family would go do stuff on weekends, and I’d stay home just to rest. I thought it was age; I should have known better. Basically, anytime I was still—like I was watching television, or if we were slow at work—I’d have to get up and walk around, or I’d have dozed off.”

Snoring and other symptoms
Lydia’s symptoms are not uncommon—in fact researchers have found that one in five Americans suffers from severe excessive daytime sleepiness, according to the National Sleep Foundation.

“Everybody told me I snored, but I didn’t realize it,” Lydia explains. “So I certainly didn’t realize I was kicking my legs or anything. I just knew that I didn’t have any energy. I just thought, ‘well, I’m getting old.’”

Snoring and limb movements can both be symptoms of sleep disorders. Her snoring reached a point that sleeping arrangements were changed, just so her husband could get a good night’s sleep for his own job.

“We didn’t think anything about it,” she recalls. “We just thought I snored.”

Over the years, friends and family suggested that Lydia mention her fatigue to her doctor. When her son took an EMT class and learned about a disease called sleep apnea, however, he insisted that it Lydia didn’t make an appointment that he would do it for her.

“So I made the appointment,” she chuckles. “My doctor referred me to The Sleep Disorders Center at TJ Samson Hospital. I thought, I don’t have sleep apnea; a lot of people snore.”

In sleep apnea, muscles in the throat relax and obstruct the airway, restricting breathing and leading to stress on the heart and elevated blood pressure. People suffering from apnea are prevented from entering the REM phase of sleep—the restful and restorative stage.

She was recommended for a sleep study, where she was observed for six hours. “I quit breathing 295 times and kicked my legs 571 times,” she recalls. The study determined that Lydia did, in fact, have sleep apnea and restless leg syndrome. Blood tests revealed that her iron level was extremely low.

While undergoing treatment, Lydia says The Sleep Disorders Center treated her “like a queen. They made me feel comfortable, and I loved that.”

Prior to her visit, they asked her what she liked to drink and eat, so she had a fully stocked refrigerator and a food basket waiting for her upon arrival. “I felt like I was spending the night in a hotel—it was very homely, it wasn’t like a hospital room at all,” she explains. “I had a private room with a bed, TV, refrigerator, my own bathroom. I loved how quiet it was in the room, and how peaceful. And anything else I needed—a temperature change, more pillows—they’d take care of it.”

“Normally, I’d be asleep right after supper—now, I sit up with the kids, we watch TV, we watch movies, we go places, and I stay awake.”

Lydia Page

TJ Samson Hospital gave Lydia the treatment she needed. “I had a second test that morning,” she says. “I was sleeping the entire time.”

“I had a private room with a bed, TV, refrigerator, my own bathroom. I loved how quiet it was in the room, and how peaceful. And anything else I needed—a temperature change, more pillows—they’d take care of it.”

“I quit breathing 295 times and kicked my legs 571 times,” Kay recalls. The study determined that Kay did, in fact, have sleep apnea and restless leg syndrome.

“If you are experiencing similar symptoms, or struggling with sleep, irritability and fatigue, call The Sleep Disorders Center at TJ Samson Community Hospital today.”

If you are experiencing similar symptoms, or struggling with sleep, irritability and fatigue, call The Sleep Disorders Center at TJ Samson Community Hospital today.

270-651-1888 or TJSleep.com

And on this summer’s trip to the State Fair, Lydia’s husband told her it was the first time he’d seen her eyes between Louisville and Glasgow.

“I’ve told everyone I know, you’ve got to go,” she continues. “Now, my brother’s going, my best friend said he’s going, my best friend said he’s going. So I felt, ‘I’ve got to go.’”

The technician told me when he woke me up that he could tell just by looking at me that I felt better,” she recalls. And she did—and has reclaimed her life since.

“It’s just unreal—the change,” she explains. “I have all this energy now! Normally, I’d be asleep right after supper—now, I sit up with the kids, we watch TV, we watch movies, we go places, and I stay awake. I’ve done things that I haven’t been able to do in several years. My husband has even teased that he’s going to cut the cord on that ‘machines.’ I keep telling him I can’t believe the difference and how much better I feel. And I know I’m in a better mood—I had to have been grumpy, I was tired all the time.”

If you are experiencing similar symptoms, or struggling with sleep, irritability and fatigue, call The Sleep Disorders Center at TJ Samson Community Hospital today.

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