

HEALTH AND WELLNESS

IN HIS OWN WORLD...

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 claps his hands. His mother calls his name, but two-year-old Jeremiah York doesn’t hear her voice.

Jeremiah was diagnosed with autism shortly after his first birthday. His mother Cassie 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

Franklin and her brother, Antoine Rouse, 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. “He doesn’t do that anymore. He stopped talking. He does communicate, but he doesn’t talk.”

They soon found out he has autism.

“He will just stand in a corner, spin around and clap his hands,” Rouse said. “To him that is a fixation. He wouldn’t look at you at all in the eyes.”

Rouse said because of the autism Jeremiah is sometimes in another world and doesn’t register when someone is trying to communicate with him.

“He doesn’t play with other kids,” Rouse said. “I’ve seen other kids cry because he won’t play with them. They are just not in his world...It’s as if you were here to me, then I am blind.”

While other children his age are naming everything from a dog to a car, Jeremiah has trouble associated words to their actual meaning.

“He may have the words to say but his brain doesn’t know how to use them,” Rouse said.

Rouse recalls a time when Jeremiah had trouble understanding the word cookie.

“He can say the word cookie, but he doesn’t associate the word 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 addicted to gluten-casein,” Rouse said. “Their body doesn’t know how to break it down. They can smell gluten.”

Rouse has recently researched all of the different things that have gluten-casein in them, including the poles inside the Katie Murrell Library at LWC, where he is currently in his senior year.

“He jerked away from me and ran to this pole just so he could smell it,” Rouse said. “He would grind his teeth on that pole if you let him.”

Other common items that include gluten-casein are wheat, breads, cereals, dairy products and household cleaners.

“That’s two of your major food groups (wheat and dairy) that is eliminated,” Rouse said. “He’s not

going to be able to go to a birthday party and eat cake.”

Rouse, who is also on the diet, said it helps Jeremiah for the people around him to also go on a gluten-casein free diet. It can be just as hard for others around those with autism as the child themselves, he said.

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

Rouse said it could be especially hard if children with autism have brothers or sisters.

“If they (the brothers or sisters) want to eat a slice of pizza they may have to go to their bedroom and 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 medical insurance is a big issue. Since autism is considered untreatable and incurable, medical insurance will not cover the costs of any kind of treatment that becomes 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! doctors have been working towards treatments such as the gluten-casein free diets.

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

However, DAN! doctor 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 for 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 in dealing with autism, parents can’t be prejudice against the disease.

“Autism is not your child,” Rouse said. “It is just a trait your child has.”

Rouse’s biggest advice for parents who believe a child has autism is to never 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 children.

“Don’t seclude your child from other people because you don’t want them to know that your child has autism,” Rouse said. “You have to just deal with it.”

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

“Just because they stop talking doesn’t mean you should stop talking to them,” Rouse said. “They are



Antoine Rouse, of Columbia, has spent the last year researching autism after his nephew, left, Jeremiah York, 2, was diagnosed with in just after his first birthday.

going to remember the people that didn’t talk to them. I know he (Jeremiah) can still hear me.”

Rouse said the biggest discouragement with doctors could be them not believing that a child actually has autism.

Rouse used the example of a child with a broken leg.

“You see that child every day and know that his leg is broken, but the doctor tells you it’s not broken” Rouse said. “That’s the same thing. The doctor’s aren’t with the children every day.”

“You could say that you have a headache, but I can’t see that you have a headache,” Rouse said. “In autism, it is internal.”

SOCIALLY AWKWARD

When Rouse was a freshman at LWC, he had a roommate that suffered from Asperger syndrome, which is a form of autism.

“I thought he was weird,” Rouse said. “That he was just socially awkward. Now I know it is something he can’t help.”

Rouse has seen the effects of autism personally.

“He (Jeremiah) used to be normal. He used to talk and everything,” Rouse said.

Rouse said he looks at his roommate’s disorder different because of Jeremiah.

“He is not going to be weird because he is my nephew,” Rouse said. “When it’s your own family, they’re not weird anymore.”

Rouse said others don’t understand what is going on with those with autism.

“Sometimes people don’t know what is wrong with them other than being ‘socially awkward,’” Rouse said. “They have no idea that their child has had this. They may not have known before.”

Rouse said autism is four times as common in boys than in girls.

“Every 14.4 minutes someone is diagnosed with autism,” Rouse said.

One out of every 110 people has autism, he said.

“That child is in their own world,” Rouse said. “Sometimes you’re in their world but sometimes you’re not.”

RASING AWARENESS

Rouse is a criminal justice and human services and counseling double major at LWC. Rouse and a group of friends

have started a group to raise awareness for autism on campus called Speaking Through Silence.

“I really feel like this is my calling,” Rouse said.

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

Rouse encourages everyone to attend.

The cost of the walk is \$20. The money goes to fund Generation Rescue, an organization started by actress Jenny McCarthy. McCarthy’s son Evan was diagnosed with autism.

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

The walk will begin and end at the Doris and Bob Holloway Health and Wellness Center at LWC. Participants can walk a one-mile or 5K trail.

If walkers pre-register by Aug. 31 they will receive a free t-shirt.

For more information, contact Rouse at 606-278-0209 or email speakingthroughsilencecharity@gmail.com.

By Allison Hollon
allison@accvonline.com

Autism Awareness Walk



Saturday, Sept. 17
8 a.m.
Bob and Doris
Holloway Health and
Wellness Center

Register before Aug. 31 and
get a free T-Shirt.

Registration fee \$20

See registration form on next
page.

Air Evac opens airplane medical transport service in eastern Ky.

The Williamsburg-Whitley County Airport is now home to an Air Evac Lifeteam airplane medical transport service.

The fixed service, which is located alongside Air Evac Lifeteam's helicopter service, will serve as an adjunct to the helicopter service by providing a faster means of transportation for longer transports, IFR (instrument flight rules) capabilities for flights in inclement weather the helicopter is not able to accept, and as an additional asset when the helicopter is committed on another flight.

This is the second fixed wing service to be opened by Air Evac Lifeteam, the largest independently owned and operated air medical service in the United States. The other service, located in Poplar Bluff, Mo., opened in May.

Air Evac Lifeteam has contracted with EagleMed, a Part 135 operator to operate the aircraft and provide pilots for the services, while Air Evac Lifeteam will provide the medical crew. A King Air E90 airplane will be used for the service.

"We are excited about this opportunity to add another resource for our communities in rural America who are often located far from the medical services they need and deserve," said Air Evac Lifeteam President and CEO Seth Myers. "Prompt access to emergency medical care can often mean the difference between life and death. This service will complement our more than 100 helicopter air ambulance bases scattered throughout the Midwest."

Air Evac Lifeteam, based, in West Plains, Mo., has been providing air medical

service for 26 years and its helicopter operations are accredited by the Commission on Accreditation for Medical Transport Services. Air Evac will seek CAMTS accreditation for the fixed-wing service.

Crews for both the rotor and fixed-wing service include a registered nurse, paramedic and pilot. They provide rapid transport to medical facilities and critical care inter-facility transfers. Each aircraft is equipped with state-of-the-art medical equipment and crewmembers are trained in advanced pre-hospital care so medical care can be provided en route to the hospital.

Air Evac Lifeteam's membership program also covers emergency flights made by the fixed-wing service. Although you do not have to be a member to



Air Evac Lifeteam airplane medical service is now available in Whitley County.

use the service, there are benefits. Members pay an annual fee and, if they are flown by an Air Evac Lifeteam service, they do not have out-of-pocket expenses for the cost of the flight. Memberships are valid in all Air Evac Lifeteam service areas so members are covered while traveling throughout Air Evac Lifeteam service areas. Annual memberships are \$50 for an individual, \$55 for a couple and \$60 for a household of three or more.

For more information about Air Evac Lifeteam services, call 1-800-793-0010.

See related story on next page.



Speaking Through Silence

Autism Awareness Walk

Sept. 17, at 8 a.m. Speaking Through Silence will host an Autism Awareness Walk at Lindsey Wilson College. Through this walk we are hoping to raise awareness as well as funds for biomedical treatment of autism.

Name: _____ E-mail: _____
Telephone: _____ Address: _____

SHIRT SIZE: S M L XL. Pre-register by Aug. 31, pay \$20 plus free T-Shirt. After Aug. 31, pay \$20 no shirt. Group rates available. For more information, contact Antoine Rouse at 606-278-0209 or email SpeakingThroughSilenceCharity@gmail.com. Make checks payable to Speaking Through Silence.

MAIL TO:
Speaking Through Silence
Antoine Rouse
210 Lindsey Wilson St. Mailstop 464
Columbia, Ky. 42728

Digital Mammography Comes to Russell County Hospital

Women who undergo routine mammograms at Russell County Hospital now have the latest diagnostic technology available to them, digital mammography.

Russell County Hospital is the first healthcare provider in the tri-county region of Adair, Russell and Casey to feature this new technology.

Russell County Hospital 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.



Russell County Hospital

153 Dowell Rd. • Russell Springs
270-866-4141

www.russellcohospital.org

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 1-877-732-8258. The four screening profile is only \$99 for Farm Bureau members and \$125 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.

Stoke Detection Plus, a mobile vascular screening company, uses ultrasound technology to identify individuals who are at high risk for stroke and cardiovascular disease, as well as osteoporosis.

“Ultrasound technology is something that has been around for over 50 years. Medical professionals have used the visual, non-invasive technology in many applications. Pregnancy is

probably the most well-known application of ultrasound,” says Scott McGlothlen, Stroke Detection Plus president.

Ultrasound can also detect blocked blood vessels without performing an angiogram, an invasive procedure in which a tiny catheter tube is inserted into the blood vessel.

“Unlike an angiogram, the Stroke Detection Plus ultrasound screening is performed without needles or injections,” McGlothlen says. “Patients remain fully clothed as the technician moves an ultrasound probe over specific areas of the body to detect potential blood vessel blockages.”

McGlothlen says the ultrasound results are 98 percent accurate.

“In five minutes, we can tell people if they have blockage. They receive confidential results, so it does not affect their health insurance premium,” he says.

During a Stroke Detection Plus screening event, a certified ultrasound technician performs four preventative tests. These tests include the following:

Carotid Artery (Stroke): Visualizes the buildup of plaque in the carotid arteries that can lead to stroke.

Abdominal Aortic Aneurysm: Visualizes an existence of an aneurysm in

the abdominal aorta that could rupture and be fatal. This condition is highly hereditary.

Peripheral Artery Disease: Checks for blockages in the legs. Abnormal results indicate a high risk of coronary artery disease.

Osteoporosis: Screens for abnormal bone mass density in men and women. Osteoporosis is silent and painless until a bone fracture occurs. Early treatment is painless and effective.

“If the ultrasound screening discovers a potential health problem, an on-staff nurse for Stroke Detection Plus will follow up with a phone consultation to encourage patients to visit their doctor for diagnosis and treatment,” McGlothlen says.

People ages 40 and above are encouraged to sign up for a Stroke Detection Plus screening if they have one or more of the following risk factors: high blood pressure, diabetes, more than 20 pounds overweight, smoke, have high cholesterol, live an inactive lifestyle, or have a family

medical history of heart disease or stroke.

“Stroke Detection Plus wants to start screening people when they reach 40,

because we want to catch it at an early stage before it becomes life-threatening,” McGlothlen says. “That way, you and your doctor know it’s there and you can continue to work on it, and maybe it motivates you to make some changes.”

“Lifestyle changes, such as exercise and a healthy diet, can make a difference in helping to lower a person’s risk of stroke or heart disease. We tell people to

tape a copy of that ultrasound picture on your mirror. Let it be a motivator to not smoke that cigarette or to not stop for fast food and have a greasy meal that day,” McGlothlen says.

A two minute virtual tour of the screenings being offered can be found on the Stroke Detection Plus website, www.strokedetection-plus.com

Air Evac Lifeteam introduces new plane

Air Evac Lifeteam introduced their new King Air C90, which has been in operations for six weeks. Several health and emergency officials for surrounding counties including Adair Co EMS employees Terry Akin, Mike Keltner and David Taylor toured the plane and watched a demonstration on how a patient is loaded onto the plane.

Joe Bradshaw, program director, and crewmember, Jennifer Chiltwooe, and flight nurse, Tommy Woodard answered questions from the crowd.

Dan Durham, program director of Air Evac 43 in Campbellsville, said the plane could be used when the helicopter cannot fly due to weather or if the distance is too great. The plane is located in Whitley County, which is about a 14-minute flight to Taylor County Airport and a 10-minute flight to Russell Springs Airport. Give Dan Durham a call at 270-469-1380 if you would like to learn more on how the

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 and have no out-of-pocket expenses.

What your insurance pays is considered paid in full.

For more information about Air Evac's membership program call Sondra Keltner at 283-1933.

SUBSCRIBE TO THE VOICE

Call Mindy and ask
for our in-house special!
Call 384-9454

Introducing Our New Neurosurgery Unit

Our beautiful new 29-bed unit is the perfect complement to our highly-rated neurosurgery program.

- Dedicated Neuro OR team
- Experienced, specially-trained nursing staff
- One Stop Model® of care — neurosurgical, stroke, and neurological patients stay in the same unit from critical care to step-down levels of care as their condition improves
- Highly trained neurosurgeons with advanced technical skills
- Latest equipment to deliver state-of-the art Neurosurgical care

All to take excellent care of you!



www.lakecumberlandhospital.com (606) 679-7441

LAKE CUMBERLAND
Regional Hospital

Leading the way to better healthcare.

GROWING AGAIN: \$8 million expansion project now completed

SOMERSET, Ky. - 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 neurosurgical patients – including patients recovering from a variety of brain and spine surgeries – as well as 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 break downs 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 the admission process.

According to Sheryl Glasscock, LCRH chief nursing officer, the addition of the 45 new beds will help facilitate the admission of patients – especially those patients who come through the emergency department.

“From time to time our hospital reaches capacity, and we are not able to get appropriate rooms for our patients as quickly as we would like,” explained Glasscock. “Adding 45 beds will certainly be a big step forward in helping move our patients through the admissions process into their hospital room with fewer delays.”

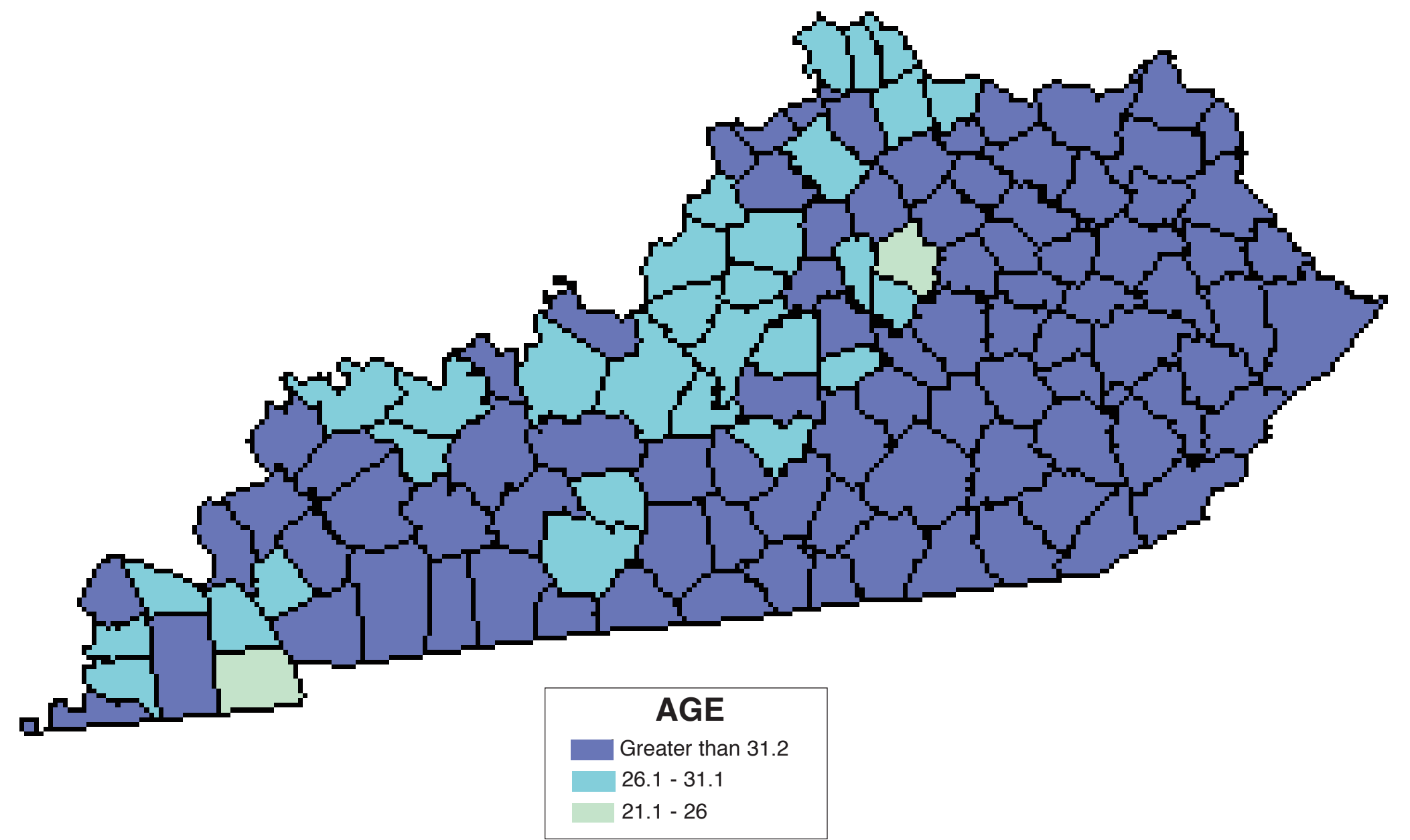
Now that the bed expansion project is completed, the hospital has increased the overall number of beds to 295 and the number of critical care beds has been increased by eight for a total of 44.

The state-of-the-art NCCU is designed for the One Stop® model of treatment. This innovative con-

cept 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.



County	Percentage	Lower 95% Confidence Limit	Upper 95% Confidence Limit	Standard Deviation
Adair	37.6	29.6	46.4	4.3
Green	34.7	25.7	45.6	5.0
Russell	35	28.3	42.6	3.6
Taylor	28	22.4	34.6	3.1

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.

Everyone Has the Right to Breathe Clean Air

“A.C.T.I.O.N. Generation”
Adair Countians Together Influencing Our Next Generation to be Substance Free
270-384-3400
&
Adair County Health Department
270-384-2286 www.lcdhd.org

DIABETES EDUCATION: Control the ABCs of diabetes

If you're one of the more than 18 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.

B is for blood pressure. High blood pressure makes your heart work too hard.

C is for cholesterol. Bad cholesterol, or LDL, builds up and clogs your arteries.

Work with Your Health Care Provider

- Ask your health care provider these questions:
 - What are my ABC numbers? Your 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 ABC 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 goals 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 1-800-928-4416. You may also visit the website www.lcdhd.org or become a fan of Lake Cumberland District Health Department on Facebook.

For more information on the link between diabetes and heart disease, contact NDEP at 1-800-438-5383 or the website <http://www.ndep.nih.gov>.

The National Diabetes

Education Program promotes awareness of the ABCs of diabetes through its Be Smart About Your Heart. Control the ABCs of Diabetes campaign. NDEP, the leading federal government source of 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.



Cooper Chiropractic Center

60 YEARS OF PROVIDING NATURAL HEALTHCARE

117 Merchant St.
Columbia
270-384-5772

350 Lakeway Drive
Russell Springs
270-866-3543

Dr. Victor H. Cooper · Dr. Kelly Cooper-Henson

– Doctors of Chiropractic





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 **A1C**, **B**lood pressure, and **C**holesterol numbers are and ask what they *should* be. Then talk about the steps you can take to reach your ABC goals. You have 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.



A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention

L

U

C

K

Y

FRIDAY ONLY!

August 18th

\$7 Subscription to the Adair County Community Voice

Stop by
316 Public Square or
call 384-9454.

Office Hours Friday,
Aug. 18th are from
7 a.m.- 7 p.m.

\$7 rate is good for Adair and surrounding counties. Out of town subscriptions are \$10.

POSTMARKED BY FRIDAY, AUG. 19

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: (_____) _____

☐ 1 Yr. - **\$7**

For Adair and Surrounding Counties

All others are \$10 per year

☐ New ☐ Renewal

Mail Payment to:
Community Voice
P.O. Box 159
Columbia, KY 42728

Tired of waiting hours to have your prescriptions filled?

Check out CertaCARE Pharmacy, your fast and friendly hometown pharmacy with lower prices to save you time and money.



Jennifer Melson, tech; Brandy Loy, tech; Susan Pollard, CPhT; Kevin Miller, RPh; Mike Bryant, delivery; and Karen Darnell, CPhT.

We will match or beat any other competitor's prices (including \$4.00 generics)

270-385-9139



\$5.00 Off

First Transfer or new Rx

CERTACARE Discount Pharmacy

Lowest Rx Prices in Town *Guaranteed!*

Conveniently located on the North Side of Town at 937 Campbellsville Rd.

With great hours to better serve you!

M-F 8:30 a.m.-6 p.m.; Saturday 9 a.m.-12 p.m.

Free delivery • Drive-thru

American Diabetes Association.

ALERT!DAY

ARE YOU AT RISK?

DIABETES RISK TEST

Calculate Your Chances for Type 2 or Pre-Diabetes

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.

START HERE

QUESTION:
ARE YOU UNDER
45 YEARS OF AGE?

NO

Q: At your height (see
AT-RISK WEIGHT CHART),
is your weight equal to or
more than the at-risk weight?

YES

C

NO

Q: Are you under
57 years of age?

NO

C *

B

YES

Q: Does your mother,
father, sister or brother
have diabetes?

NO

A

YES

Q: Are you
Caucasian (white)?

NO

C

YES

Q: Have you ever been
told by a doctor or other
health professional that
you had hypertension
(high blood pressure)?

NO

B

YES

C

YES

Q: At your height (see
AT-RISK WEIGHT CHART),
is your weight equal to or
more than the at-risk weight?

NO

A

YES

Q: Have you ever
developed diabetes
during pregnancy?

YES


C

NO

B

AT-RISK WEIGHT CHART

HEIGHT	WEIGHT
4'10"	148 LBS
4'11"	153 LBS
5'0"	158 LBS
5'1"	164 LBS
5'2"	169 LBS
5'3"	175 LBS
5'4"	180 LBS
5'5"	186 LBS
5'6"	192 LBS
5'7"	198 LBS
5'8"	203 LBS
5'9"	209 LBS
5'10"	216 LBS
5'11"	222 LBS
6'0"	228 LBS
6'1"	235 LBS
6'2"	241 LBS
6'3"	248 LBS
6'4"	254 LBS
6'5"	261 LBS



STOP
DIABETES.

1-800-DIABETES
diabetes.org/risktest

*Your risk for diabetes or pre-diabetes depends on your age, weight, family history, and other factors.

- A** **LOW RISK:** Right now your risk for having pre-diabetes or diabetes is low. But your risk goes up as you get older. Talk to your doctor about how to keep your risk low.
- B** **AT RISK FOR PRE-DIABETES:** You are at higher risk for pre-diabetes which means your blood glucose is higher than normal but not high enough to be diagnosed as diabetes. Talk to your doctor about ways to reduce your risk for diabetes.
- C** **HIGH RISK:** You are at higher risk for having type 2 diabetes. However, only your doctor can tell for sure if you do have type 2 diabetes. Talk to your doctor to see if additional testing is needed.

GRANT

CHIROPRACTIC CENTER

Please call for your appointment today

384-3271




Medicare, Medicaid and
Personal Insurance
Accepted

908 Russell Rd. • Columbia, Ky. 42728

Hours: Mon., Tues., Wed., Fri. 8 a.m.-5 p.m.
Sat. 8 a.m.-10:30 a.m. • Closed on Thursday
Walk-Ins Welcome


Dr. Anthony Grant

COME ONE!
COME ALL!



LOW
COST!

NATION'S
LOW COST



MEDICINES.
PRESCRIPTIONS

Personal Service . . . Professional Care!

706 Jamestown St. • Columbia

Call 384-5874

Hours: Mon.-Fri. 9:30 a.m. to 6:30 p.m.; Sat. 9:30 a.m. to 1:30 p.m.

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 5 to 7 percent of your current weight – that's 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 lunches so that your family can take charge of what they eat during the day. To make sure you get enough fiber, eat more fruit and select a mix of colorful vegetables. Drink low-fat or nonfat milk or choose low-fat cheese. Choose whole-grain cereals, breads, crackers, brown rice, pasta, or oatmeal. Select lean meats 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 1-800-928-4416. 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 1-888-693-NDEP (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 organization



IN EMERGENCIES, we give rural America a lift.

Air Evac Lifeteam provides rural Americans with air ambulance service and emergency medical care. For as little as \$50 a year, you'll have no out-of-pocket flight cost for our services during an emergency. Join America's largest Air Medical Membership program. When seconds count ... count on us.

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**



Learn more at www.lifeteam.net or call 800.793.0010.



genesis Family Medical Center



Terani Robertson, ARNP

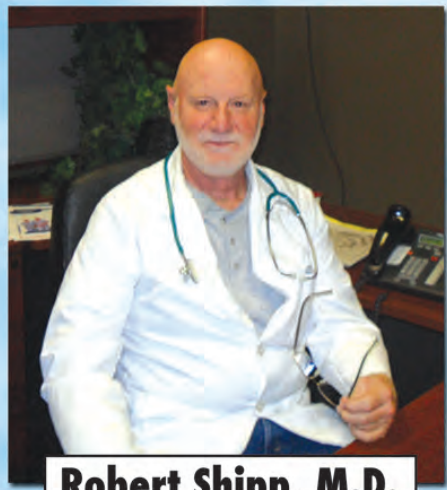
*is proud to welcome
Terani Robertson, ARNP
to our staff!*

Treating All Stages of Life...From Children To Seniors.

***Now Accepting New Medicaid and Medicare Patients
All Insurances Accepted***

Michael R. Mouser, CEO

Willow Rouben, CFO



Robert Shipp, M.D.



Mary Lou Dene, M.D.

Our staff is here to serve your medical needs.

- Family Practice
- Nutrition & Dietary
- Well Child Exams

**Taking Appointments and Walk-Ins
Hours of Operation:
Monday thru Friday 8:00am-5:00pm**

**Call us for an appointment today at
270-384-9934**



Weight lifting, exercise help smokers kick the habit

(HealthDay News) — Would-be ex-smokers may want to try weight lifting to help them kick the habit for good, a new study suggests. The researchers found that three months of pumping iron seemed to help curb cigarette cravings and withdrawal symptoms, while lessening the weight gain that sometimes accompanies quitting. Overall, men and women who completed the resistance training program were twice as likely to kick the habit as smokers who did-

n't lift weights. "Cigarette smoking kills more than a thousand Americans every day, and while the large majority of smokers want to quit, less than 5 percent are able to do it without help," the study's lead author, Joseph Ciccolo, an exercise psychologist with the Miriam Hospital's Centers for Behavioral and Preventive Medicine, in Providence, said in a news release from the Lifespan health system. "We need any new tools that can help smokers suc-

cessfully quit and it appears resistance training could potentially be an effective strategy," he added. In the study, which was funded by the U.S. National Cancer Institute, Ciccolo's team recruited 25 male and female smokers between the ages of 18 and 65 who had smoked at least five cigarettes per day for the past year or more. All of the participants were counseled on quitting smoking for 15 to 20 minutes and given an eight-

week supply of the nicotine patch, before being randomized into two groups, the authors noted. The first group of smokers was asked to complete two one-hour full-body resistance training sessions involving 10 exercises each week for 12 weeks. The intensity of the training program was also increased every three weeks. Meanwhile, the second group of smokers ("controls") simply watched a brief health and wellness video twice a week.

After completing the 12-week regimen, 16 percent of smokers in the weight-lifting group had successfully quit smoking, according to the study published in the August issue of the journal Nicotine & Tobacco Research. As an added bonus, they had also lost body weight and body fat. In contrast, only 8 percent of the smokers in the control group had quit, and they had also gained both weight and body fat, the results showed. Three months later, 15

percent of those in the weight-lifting group had still not started smoking again, compared to 8 percent of the control group. However, despite "promising" results, the study authors noted that more research is needed on resistance training before it can be considered a clinical treatment for smoking cessation.

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 nearly every organ of the body. Half of all smokers who keep smoking will end up dying from a smoking-related illness. In the United States alone, smoking is responsible for nearly 1 in 5 deaths, and about 8.6 million people suffer from smoking-related lung and heart diseases.

CANCER
Nearly everyone knows that smoking can cause lung cancer, but few people realize it is also linked to higher risk for many other kinds of cancer too, including cancer of the mouth, nose, sinuses, voice box (larynx), throat (pharynx), esophagus, bladder, kidney, pancreas, cervix, stomach, and acute myeloid leukemia.

LUNG DISEASES
Smoking greatly increases your risk of getting long-term lung diseases like emphysema and chronic bronchitis. These diseases make it harder to breathe, and are grouped together under the name chronic obstructive pulmonary disease. COPD causes chronic illness and disability, and gets worse over time — sometimes becoming fatal. Emphysema and chronic bronchitis can be found in people as young as 40, but are usually found later in life, when the symptoms get much worse. Long-term smokers have the highest risk of developing severe COPD. Pneumonia is also included in the list of diseases known to be caused by smoking.

HEART ATTACKS, STROKES, BLOOD VESSEL DISEASES
Smokers are twice as likely to die from heart attacks as are non-smokers. Smoking is a major risk

factor for peripheral vascular disease, a narrowing of the blood vessels that carry blood to the leg and arm muscles. Smoking also affects the walls of the vessels that carry blood to the brain (carotid arteries), which can cause strokes. Smoking can cause abdominal aortic aneurysm, in which the walls of the body's main artery weaken and separate, often causing sudden death. And men who smoke are more likely to develop erectile dysfunction (impotence) because of blood vessel disease.

BLINDNESS AND OTHER PROBLEMS
Smoking causes an increased risk of macular degeneration, one of the most common causes of blindness in older people. It promotes cataracts, which cloud the lens of the eye. It also causes premature wrinkling of the skin, bad breath, gum disease and tooth loss, bad-smelling clothes and hair, and yellow fingernails.


SPECIAL RISKS TO WOMEN AND BABIES
Women have some unique risks linked to smoking. Women over 35 who smoke and use birth control pills have a higher risk of heart attack, stroke, and blood clots of the legs. Women who smoke are more likely to miscarry (lose the baby) or have a lower birth-weight baby. And low birth-weight babies are more likely to die, or have learning and physical problems.

YEARS OF LIFE LOST DUE TO SMOKING
Based on data collected in the late 1990s, the US Centers for Disease Control and Prevention estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking. Each year, smoking causes early

deaths for about 443,000 people in the United States. And given the diseases that smoking can cause, it can steal your quality of life long before you die. Smoking-related illness can limit your activities by making it harder to breathe, get around, work, or play.

WHY QUIT NOW
No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life. They have fewer illnesses like colds and the flu, lower rates of bronchitis and pneumonia, and feel more healthy than people who still smoke. For decades the Surgeon General has reported the health risks linked to smoking. In 1990, the Surgeon General concluded:

Strong Women Classes




The Strong Women exercise program will begin Tuesday Sept. 6 at noon at the Adair County Health Department. Classes will be each Tuesday and Thursday for eight weeks. The Strong Women program is geared for women age 40 and older to improve bone health, balance, flexibility and strength. Classes are free. We will take women under the age of 40 if the class is not full. Please call Jelaine Harlow at 384-2286 ext: 3221 to register.

Quitting smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people who already have smoking-related disease and those who don't. Ex-smokers live longer than people who keep smoking. Quitting smoking lowers the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease. Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth-weight baby to that of women who never smoked. The health benefits of quitting smoking are far greater than any risks from the small weight gain (usually less than 10 pounds) or any emotional or psychological problems that may follow quitting.

Smoking Cessation Classes

Cooper Clayton Smoking Cessation Classes will begin Tuesday Sept. 6 4:30 p.m. at the Adair County Health Department. Nicotine replacement will be available at a discounted price. Classes are free and open to anyone 18 years of age and older who wants to become smoke free. Please call Jelaine Harlow at 384-2286 ext: 3221 to register.




The most important test your child may take this year.

An eye exam.

More than 80% of a child's learning is vision related.

Help your child start every school year right with an annual eye exam and parents should watch for squinting, rubbing the eyes, reading with one eye shut or with the book very close or far away, etc.



Downey Eye Clinic

301 Burkesville, Street • Columbia, KY 42728
270-384-6043 • 800-321-9172

Known for Quality Eye Care

Look For The Bright Red Door



COMMUNITY MEDICAL SERVICES, INC.

"Small enough to care... Large enough to serve."



Kaye Bowman Stacey Wilson

Open Monday - Friday
8 a.m. - 5 p.m.
801 Burkesville St. • Columbia

Call 384-0750 or
Toll Free 1-877-445-5040
24-hour on call service

- Equipment Education
- Free Delivery • Free Set-up
- Free Insurance Billing

Post breast surgery bras

Feminine, fashionable, natural: Amoena post-breast surgery bras provide you with a natural feeling of well-being, enabling you to feel feminine again. Amoena's line of beautiful intimate apparel offers the perfect combination of comfort and design: with a cut specially developed to ensure reliable comfort. In addition, women with neck and shoulder tension or lymphedema will find a selection of products to suit their needs.



Come by today and see us for your home medical equipment needs!

Owners: Stacey Wilson, Kaye Bowman & David Bowman

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 on even 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—if 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 moderate to 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 if 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

“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

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 food basket waiting for her upon arrival. “I felt like I was spending the night in a hotel—it was very home-like, 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, how peaceful. And anything else I needed—a temperature change, more pillows, anything—they’d take care of it.”

‘I have all this energy now!’

The results showed that Lydia never got past dozing—she did not achieve REM sleep. After using the recommended treatments, Lydia had a second test that rendered much different results.

“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—I can’t explain it,” 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 machine.’ 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 grouchy, I was tired all the time.”

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 . . . I’d recommend that anyone go to find out for sure.” Even her referring doctor is now a patient.

“It’s just unreal how much better you feel. All you do is go spend the night. Then, they’ll tell you whether you need additional help or not. And the staff is super—every one of them.”

Now, Lydia looks forward to going to sleep at night because she knows her tomorrows will be productive and energetic.

“See the difference for yourself,” she urges. “The Sleep Disorders Center at TJ Samson Hospital gave me a 100-percent turnaround.”

The Sleep Disorders Center can be reached at 270.651.1888 or visit TJSleep.com.



“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.

“See the difference for yourself,” she urges.

“The Sleep Disorders Center at TJ Samson Hospital gave me a 100-percent turnaround.”

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

It’s your turn to get a good night’s sleep—contact us today!
270.651.1888 or TJSleep.com

T.J.SAMSON
Community Hospital

The Sleep Disorders Center

prescription shoppe

Proud to be an Independent Pharmacy



Home Delivery!

Locally Owned Pharmacy

Local People Serving Our Community!

LARGE CERTIFIED STAFF FOR FAST, PROFESSIONAL SERVICE



Jiminy Rogers-Hale, tech; Joyce Loy, delivery and tech; Jerrilyn Emberton, RPh; Betsy Harris, CPhT; Wendy Gousha, CPhT; Meridith Corbin, clerk; Jo Harris, tech; Michael Stephens, RPh; Anita Begley, CPhT; Richard Davis, CPhT; La'Gene Sexton, CPhT; Terry Dudley, delivery and Donnie Phelps, delivery.

- Convenient Hours • Store-Side Parking
- Home Delivery
- Two Convenient Drive-Thru Windows

prescription shoppe

808 Jamestown St. • Columbia

Store Hours: Mon.-Fri. 9 a.m.-6 p.m., Sat. 9 a.m.-1 p.m.

270-384-2132

