



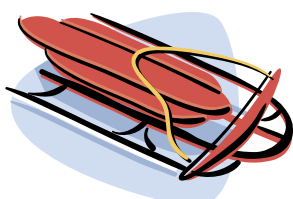
# HEALTH

DESTINATION

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HEALTH AND  
WELL-BEING  
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## Health Link



**BE SLED SAVVY** To help prevent head injuries while sledding, children should come down the hill sitting up and feet first—not lying down and head first. Requiring kids to wear helmets is added protection against them getting hurt.

*American Academy of Pediatrics*



**GRATE ADDITION** One way to slip more nutrition into a meal: Add grated, shredded or chopped vegetables—such as zucchini, spinach and carrots—to lasagna, meatloaf, mashed potatoes, pasta sauce and rice dishes.

*American Dietetic Association*

### MOVE IN THE MORNING

If you're trying to lose weight, consider taking a brisk walk before breakfast. This kick-starts your metabolism, which helps you burn more calories during the day.

*American Academy of Orthopaedic Surgeons*

# NEW YEAR, NEW YOU

IT'S THE PERFECT TIME TO TRANSFORM YOUR HEALTH FOR THE BETTER

Are you looking to make some positive changes in your life? The coming new year can be a great time to start.

◆ When it comes to your health, the American Cancer Society and other experts have some specific ideas that can help you eat better, stay active and keep illness away.

**Try making small changes—and build up some healthy momentum.**

**Stash the saltshaker.** If you're getting more than two-thirds of a teaspoon of salt a day from all sources, your sodium intake is too high. Try flavoring your food with herbs and spices instead of salt.

**Drop the soda pop.** If you're looking to avoid weight gain, limit your consumption of regular soda and other sugary drinks.

**Get moving.** Boost energy, beat stress, feel better! Exercise can help with all three. Experts recommend a minimum of 30 minutes of moderate-intensity physical activity, such as brisk walking, at least five days a week. More vigorous pursuits—like running, swimming and jumping rope—are great too, once you're ready.

**Take steps for health—literally.** When you can, use the stairs instead of the elevator. Take a 10-minute walk on your break. Consider getting a pedometer so you can track all your steps.

Consider taking on two or three ideas that make sense for you. Just don't try to do too much at once. Your chances of long-term success are better if you set realistic, measurable and attainable goals. So let's get started.

**Fuel your hunger wisely.** Go for more vegetables and fruits—and not just at mealtime. Consider snacking on a piece of fruit or some carrot sticks instead of high-calorie vending machine fare. Tip: Fruits and vegetables with the most color are often the most nutritious.

**Change your order.** In a restaurant, keep portion sizes sensible by ordering an appetizer and salad or soup and skipping the entrée. Or split an entrée with your dinner date.

## Smoking: Get help to quit

So you're kicking around the idea of kicking the habit?

Do yourself a big favor: Consider trying a stop-smoking aid. According to the National Institutes of Health, some aids

could more than double your chance of success.

You might try:  
■ Nicotine replacement therapy, such as over-the-counter patches, lozenges and gums, or prescription nasal sprays and inhalers. They can ease withdrawal symptoms.  
■ Non-nicotine

prescription drugs to help with withdrawal symptoms.

■ Counseling, such as stop-smoking phone lines, classes or support groups.

When you're ready to quit, pick a date and decide on a plan for quitting. Using more than one stop-smoking strategy often works best.



InSide



T.J. HEALTH PARTNERS CLINIC CARE AT WALMART



DIABETES WHY YOU NEED TO GET SCREENED

**T.J. Samson**  
Your Community. Your Hospital.

**T.J. HEALTH PARTNERS CLINIC**

# GET BASIC HEALTH SERVICES AT WALMART

*T.J. Health Partners and Walmart work together to give you a whole new level of convenience*

**NEXT TIME YOU** have a minor illness or injury, you might want to swing by Walmart.

That's right—Walmart.

T.J. Health Partners has partnered with the retail giant to open a health care clinic at Walmart in Glasgow.

"By opening a clinic at Walmart, we are able to provide an additional place where people can access health care in a convenient environment with a committed, experienced staff," says Laura Belcher, FACHE, T.J. Samson Community Hospital's Chief of Planning and Business Development.

**FAST, CONVENIENT HEALTH CARE** Staffed by a nurse practitioner, the clinic's services will include:

- Treatment of minor illnesses like sore throats and ear infections.
- Treatment of minor wounds, insect bites and stings.
- Pre-employment drug testing.
- Physical exams.
- Some lab tests.

"This is a place our patients can go after hours or when their primary care doctor is not available," Belcher says. "For most health care needs, you should still go to your primary care doctor."

And much like an urgent care center, the new clinic does not handle emergencies.

"It's not an emergency department," says Belcher. "For serious emergencies, you still need to go to the closest emergency department."

The Walmart clinic is open during convenient hours, seven days a week. Hours are:

- 8 a.m. to 7 p.m., Monday through Friday.
- 8:30 a.m. to 5 p.m. on Saturdays.



- 11 a.m. to 5 p.m. on Sundays.

No appointments are needed. The clinic accepts cash payments and most major health insurance plans.

"We really respect people's time and want to make health care as convenient as possible," Belcher says. "If the clinic is busy, we will even give you a pager so that you can go shopping until we can see you."

**A LOGICAL LOCATION** The T.J. Health Partners clinic is one of about 140 in-store clinics that have opened in Walmart stores across the country.

"Several years ago, Walmart decided it wanted to provide low-cost health care in stores," Belcher says. "They also wanted to partner with local health care providers that people in the area knew and trusted."

The choice to open the clinic in Glasgow seemed like a logical move for T.J. Health Partners.

"We thought it would be a great opportunity for our citizens to have quick, quality health care when they needed it," Belcher says. "Our health care providers have a wonderful reputation, and we know that a lot of our patients shop at Walmart. It just seemed like a good fit."

# THE BALE CENTER CAN HELP YOU WIN AT WEIGHT LOSS



**Beverly Mortimer, APRN, FNP-C, a member of T.J. Health Partners**

**LOSING WEIGHT IS** a common struggle for many of us.

A host of things can work against your efforts—from genes that predispose you to weight gain to stress that drives you straight to the fridge.

Hurdles like these can make it all too easy to add pounds—and all too difficult to drop them. To take off pounds—and keep them from reappearing—you may need some highly specialized support. And one place to turn is the Bale Center for Prevention's Bariatric Medical Weight Loss Program.

**A PROGRAM FOR SUCCESS** Since it opened last fall, the weight-loss program has helped some 100 obese and overweight adults slim down, often after years of futile attempts to do so. So far, the greatest weight loss by a single patient has been 79 pounds.

"But that record looks like it's about to be broken," says Beverly Mortimer, APRN, FNP-C, Nurse Practitioner and head of the program. Mortimer is certified in bariatric medicine—the branch of medicine that focuses on obesity—by the American Board of Bariatric Medicine.

With every pound lost, participants also typically gain something: better health.

"We've had real success stories," Mortimer says. "Because they've lost weight, some of our patients have gone from prediabetes to completely normal blood

sugar levels. Others have lowered their cholesterol levels and risk of heart disease. And others have been able to stop using their high blood pressure medicine."

**PERSONALIZED TREATMENT** A key reason for these successes? The program takes an individualized approach to weight loss. Every participant:

- Has a thorough physical exam and a variety of lab tests to find out if an undetected health problem—such as an underactive thyroid—might be causing weight gain.
- Completes a detailed nutritional survey to see if certain eating habits—such as skipping breakfast and overeating later on—have contributed to his or her weight gain.
- Follows a personal eating plan that is built around healthy food choices but still reflects individual preferences.
- Keeps a daily food diary that is reviewed monthly.
- Receives regular weight-loss coaching.
- Receives personal recommendations for exercise.

One thing doesn't change, however, from participant to participant. That's the program's emphasis on slimming down in a safe and healthy way.

"This isn't a quick fix," says Mortimer. "We want to encourage a healthful lifestyle you can keep for a lifetime."

To learn more about this medically supervised weight-loss program, call 270-629-5433.





**Y**ou've heard

the message many times: Women get heart disease and have heart attacks just like men do.

◆ The American Heart Association (AHA) has been driving home those facts to women, as a group, for many years.

◆ Now the organization would like women

to make that message more personal and more relevant to their everyday lives. It is urging every woman to sit down with her doctor and ask two questions:

● "What factors keep me personally from being in optimum heart health?"

● "What are some practical steps I can take—given my age, health and background—to change them?"

**NEW RISKS TO CONSIDER** The idea of a more individualized and real-life approach to heart health is the result of updated guidelines the AHA released in 2011 for the prevention of cardiovascular disease (CVD) in women.

Included in the updated guidelines were some new risk factors for CVD that apply specifically to women. Among them: health issues—such as pre-eclampsia and diabetes—that may crop up only during pregnancy.

"Things like elevations in blood pressure or gestational diabetes increase a woman's risk for developing diabetes or hypertension later in life," says Ileana L. Piña, MD, one



important cultural and medical differences," Dr. Piña says.

### POSSIBLE PROBLEMS, PRACTICAL SOLUTIONS

Most of what's in the guidelines isn't new. And that's because the basics of heart health haven't changed: Don't smoke, keep a healthy weight, stay active and eat right.

However, once you know and understand your personal risk factors for CVD, it's crucial to take those staples of preventing disease and make them work specifically for you so they become an essential part of your life.

"It's important to maintain a heart-healthy life," Dr. Piña emphasizes. "Your focus should be on heart health, not just heart disease."

Here are examples of how to do that:

**Take a measure of your weight.** "It's vital to keep a healthy body weight and avoid abdominal obesity," Dr. Piña says. Aren't sure if your weight puts you at risk for CVD? Ask your doctor. Meanwhile, you can check your waist size (an indicator of too much belly fat) yourself with a tape measure—less than 35 inches is healthy for women.

**Be physically active.** You don't have to join a gym or step on a treadmill. "Just go for regular walks," Dr. Piña says. If you don't feel comfortable doing that in your neighborhood, walk inside a nearby mall.

**Feed your heart well.** Fruits and vegetables. Fish. Nuts. Whole grains. Talk frankly with your doctor about any obstacles in your life to eating these heart-healthy foods. Brainstorm ways to get around them.

**Keep working with your doctor.** Ask your doctor if you can sign up for email reminders about screenings, medication refills or other alerts. And be sure to let him or her know of any changes in your life that may throw roadblocks in your personal path to heart health.

# Women & heart health

## What's new for you?

of the authors of the guidelines.

So even though these conditions may disappear after childbirth, they can remain CVD risks for a long time.

For instance: Women with a history of pre-eclampsia face double the risk of having a stroke, heart disease and dangerous blood clots in their veins 5 to 15 years after their pregnancy compared to women who never experienced pre-eclampsia, according to the AHA.

What might this mean for you? If you had a complication such as gestational diabetes or high blood pressure during pregnancy, your doctor needs to carefully monitor and control your risk for CVD.

Another new risk factor women may not know about: Having certain immune disorders, such as lupus and rheumatoid arthritis, can significantly increase a woman's risk for CVD. According to the AHA, if you have one of these conditions, you should be screened for CVD, even if you don't have evidence of heart disease.

The updated guidelines also emphasize the need to recognize the impact that racial and ethnic factors can have on CVD. For example: High blood pressure is a particular problem for African American women, as is diabetes for Hispanic women.

"It's important to look at women in these groups because there may be

Find a cardiologist to take care of your heart at [www.tjsamson.org](http://www.tjsamson.org).

# WHY DIABETES SCREENING MATTERS

*The most common type of diabetes in America—and a leading cause of death—often has no symptoms*

BY LINSEY NEUHAUS, MD



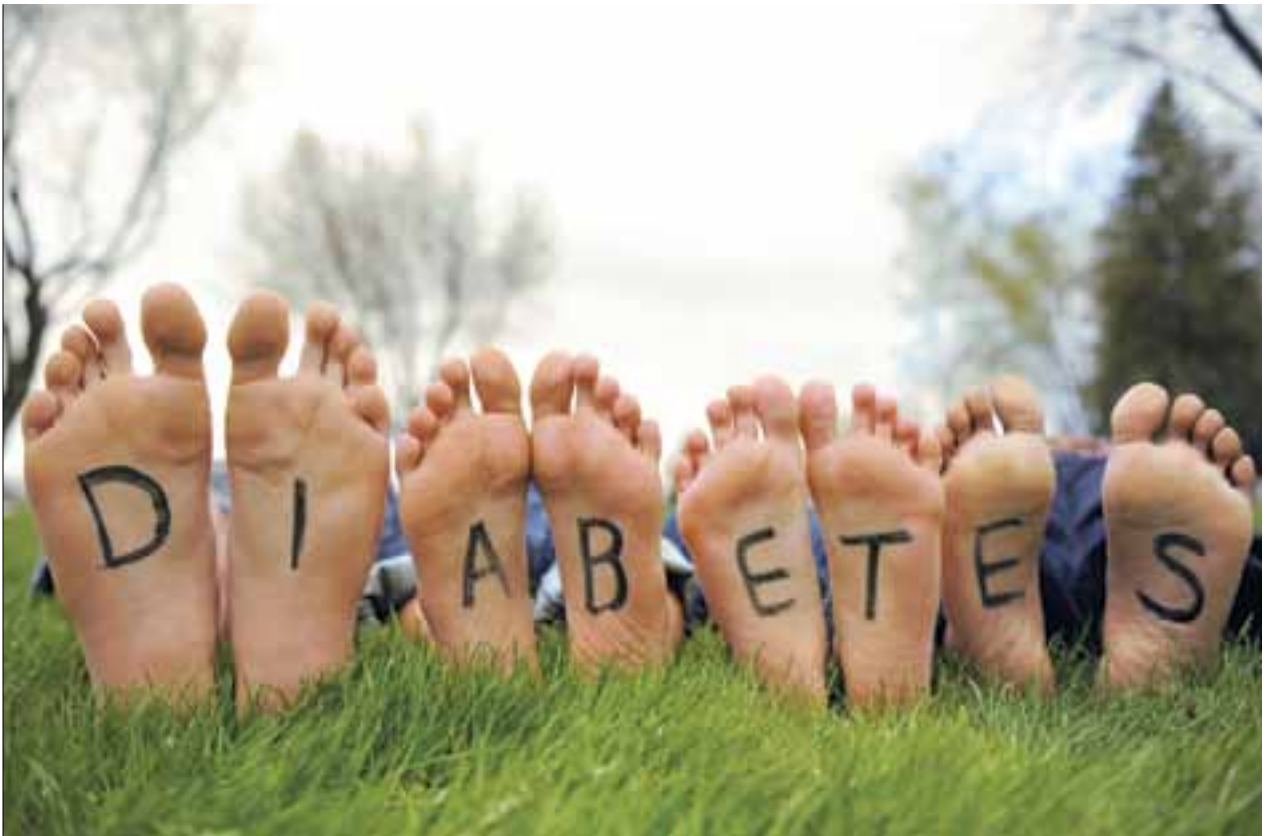
**Linsey Neuhaus, MD,**  
a member of T.J.  
Health Partners

**DIABETES IS A** very common disease that can be associated with significant complications. It is estimated that up to 35 percent of the U.S. population has a blood sugar abnormality. It is often asymptomatic for many years prior to diagnosis. Diabetes is a controllable disease that can be managed with diet, exercise and medications. Often the complications can be prevented or delayed with early diagnosis and treatment.

Diabetes is classified as type 1 or type 2. Type 1 is a disease in which insulin is not produced by a person's pancreas. It always requires insulin for treatment. Type 2 is a disease in which a person's body becomes resistant to the insulin produced by the pancreas so that enough cannot be made. Type 2 accounts for 90 to 95 percent of diabetes cases in the United States, and is the sixth leading cause of death in the U.S. It may be treated with lifestyle changes, oral medications and insulin.

Often type 2 diabetes has no clear symptoms. Some people may notice increased thirst, increased urination, fatigue or blurry vision. But it's most often found during routine screening. These screenings include a blood sugar measurement taken eight hours after a meal, a random blood sugar test if symptoms are present, a test that measures average blood sugar over three months or a blood sugar measurement after consuming a set amount of sugar.

**KNOW YOUR RISK FACTORS** There are several different guidelines for screening for type 2 diabetes, but all of them take into account certain risk factors. The greatest of these are being over 45, overweight and inactive. Some other risk factors are having high blood pressure, cardiovascular disease, elevated triglycerides, diabetes while pregnant or a family history of diabetes. Some ethnicities also have a higher risk. These include African



Americans, Hispanics and Native Americans.

If you have these risk factors or any symptoms, talk to your physician.

Although diabetes is often found by screening, some people do not have diabetes but also do not have normal glucose metabolism. Often this is referred to as impaired glucose tolerance, impaired fasting glucose, prediabetes or borderline diabetes. If this is the case, diet and exercise are often prescribed to prevent progression to a diagnosis of diabetes.

Diet and exercise are the most effective treatment for impaired glucose tolerance and diabetes. Often this involves losing 5 to 10 percent of body weight and exercising at least 150 minutes every week. This should be done under a physician's care to ensure that you are healthy

**Left untreated, diabetes can lead to amputation, blindness, stroke and kidney disease. Talk to your doctor about getting screened.**

enough for these changes. Your physician might also refer you to a nutritionist to discuss a healthy diet. Often this includes three small meals and two or three small snacks daily. This helps the body make better use of the insulin you produce naturally.

If you or someone you know has the symptoms of diabetes or has any of the risk factors noted above, you should discuss screening with your doctor.



**GET ON THE ROAD TO A HAPPIER LIFE:** Donna Tyson will be the keynote speaker at T.J. Samson's Women's Conference on Thursday, Feb. 16. Tyson is a nationally acclaimed motivational speaker known for her ability to touch hearts and inspire people to reach their highest potential. Please make plans to join us!

*Save The Date...*

THURSDAY  
**February 16, 2012**

**TJ Samson** *Women's*  
*Your Community. Your Hospital.* CONFERENCE

*Cave City Convention Center*

LUNG CANCER

# IT CAN HAPPEN TO ANYONE

BY ASHA KARIPPOT, MD

ONCOLOGIST WITH T.J. HEALTH PARTNERS ONCOLOGY CLINIC



**Asha Karippot, MD,** a member of T.J. Health Partners

**YOUR LUNGS ARE** an essential part of your respiratory system. Air enters your body through your nose or mouth, passes through your windpipe and each bronchus and into your lungs.

Lung cancer is the deadliest cancer for both men and women.

Cancer begins in cells, the building blocks that make up the tissues that form the organs of the body. Healthy cells grow and divide to form new cells when the body needs them. When normal cells grow old or get damaged, they die, and new cells take their place. Sometimes this orderly process goes wrong. New cells form when the body does not need them, and old or damaged cells do not die as they should. These extra cells often form a mass of tissue called a growth or tumor.

Malignant lung tumors may be a threat to life, may grow back after being removed, can invade nearby tissues and organs, and can spread to other parts of the body. Cancer cells spread by breaking away from the original tumor and entering blood vessels. The cancer cells attach to other organs and form new tumors that may damage those organs. The spread of cancer is called metastasis.

Nationwide, an estimated 221,000 new cases of lung cancer will be diagnosed each year. In Barren County, the average number of deaths each year due to lung cancer is 36.

The risk of developing lung cancer increases with age. Lung cancer can occur in young people, although it is unusual in people younger than 40 years old. After age 40, the risk for developing lung cancer slowly increases every year. Some people have a genetic risk or predisposition for lung cancer. Anyone with a parent or sibling with lung cancer has a higher-than-average risk of developing lung cancer.

**T.J. Samson hosts a free cancer support group. If you or a loved one has been diagnosed with cancer, join us for comfort and camaraderie. Call 270-651-4745 for dates.**

**KNOW THE SIGNS, SEE YOUR DOCTOR** The most common symptoms of lung cancer include cough; shortness of breath; wheezing; chest pain; voice hoarseness; headache; and arm, shoulder and neck pain.

If you have symptoms that suggest lung cancer, your doctor or nurse will perform a complete exam and a chest x-ray. If the chest x-ray shows a mass in your lung that could be a tumor, additional testing is performed. This may include blood work and a CT scan of the lower neck,



## Take the first step to reducing your risk—quit smoking

**Cigarette smoking is the biggest risk factor for lung cancer; it causes 85 percent of all lung cancers in the United States. A smoker's risk of developing lung cancer is 10 to 30 times greater than that**

**of a nonsmoker. All forms of tobacco and smoking, including pipes, cigars and chewing tobacco, are major risk factors for cancers of the mouth, throat and lungs. The risk of lung cancer increases with**

**the number of cigarettes smoked and the number of years of smoking. The risk of cancer remains high for several years after quitting smoking but is lower than a smoker's risk within 5 to 10 years after quitting.**

**A former smoker's risk of lung cancer will never be as low as a lifelong nonsmoker's risk. Talk to your doctor if you need help to quit smoking. Find a doctor at [www.tjsamson.org](http://www.tjsamson.org).**

entire chest and upper part of the abdomen. To confirm the diagnosis, a biopsy will be performed.

**IF YOU NEED TREATMENT** Treatments for lung cancer include surgery, radiation and chemotherapy.

● **Surgery** for lung cancer removes the tissue that contains the tumor. The surgeon also removes nearby lymph nodes. The surgeon will either remove a small part of the lung, a lobe of the lung or the entire lung.

● **Radiation therapy** uses high-energy rays to kill cancer cells. It affects cells only in the treated area. Treatments are usually done five days a week for several weeks. The side effects depend mainly on the type of radiation therapy, the dose of radiation and the part of the body that is treated.

● **Chemotherapy** uses drugs to kill cancer cells. The drugs enter the bloodstream and can affect cancer cells all over the body. Usually, more than one drug is given. Cancer-fighting drugs are usually given through an IV but can be taken orally. Chemotherapy is given in cycles, with a rest period after each treatment period. The length of the rest period and the number of cycles depend on the drugs used.

The side effects depend mainly on how much of which drugs are given. The drugs can harm normal cells that divide rapidly. When chemotherapy lowers your levels of healthy blood cells, you're more likely to get infections, bruise or bleed easily, and feel very weak and tired. Your

health care team will give you blood tests to check blood cells. If the levels are low, there are medicines that can help your body make new blood cells.

**COMFORT CARE** Lung cancer and its treatment can lead to other health problems. You may need comfort care to prevent or control these problems. Comfort care is available both during and after treatment. It can improve your quality of life.

It's important for you to take care of yourself by eating well during treatment. You need the right amount of calories to maintain a good weight. You also need enough protein to keep up your strength. Eating well may help you feel better and have more energy.

You'll need regular checkups after treatment for lung cancer. Even when there are no longer any signs of cancer, the disease sometimes returns because undetected cancer cells remained somewhere in your body after treatment. Checkups help ensure that any changes in your health are noted and treated, if needed. Checkups may include a physical exam, blood tests, chest x-rays, CT scans and bronchoscopy. If you have any health problems between checkups, contact your doctor.

**FIND OUT MORE** Click on "Health Information" at [www.tjsamson.org](http://www.tjsamson.org) to get even more information about lung cancer—from prevention to screening to treatment and beyond.



# KANGAROO CARE FOR BABIES

*Skin-to-skin snuggles with mom help newborns cope with birth*

**IF YOU ARE** expecting a new baby and have plans to deliver at T.J. Samson Community Hospital, you can look forward to something called kangaroo care. Kangaroo care is a practice in which you hold your baby in a special way directly on your chest, skin to skin. Doctors say that holding a baby skin to skin is the best care for your baby.

Immediately following birth, your baby will be placed on warm blankets on your abdomen and quickly dried. After a quick diapering and getting a new hat, your baby will be placed skin to skin with you. The baby snuggles on your chest while covered with a blanket, similar to being swaddled in a kangaroo's pouch.

Kangaroo care has several benefits for you and your baby. Your body will automatically warm your baby. It helps regulate your baby's heart rate, body temperature and breathing. Your baby will transition to being in the outside world more easily by being close to you, hearing

your heartbeat and your voice, and feeling your touch.

Babies who receive kangaroo care cry less and sleep more. Studies have also shown that kangaroo care helps with brain development and better sleep patterns. However, sometimes there are medical reasons that keep you from holding your baby kangaroo-style right after birth. If this is the case, kangaroo care will start as soon as you are able.

We will encourage you to keep your baby in kangaroo care for one to two hours after delivery so that he or she can get that important first feeding, stay warm and get to know you. Kangaroo care is a good practice during your hospital stay and when you get home.

The doctors, midwives, nurses and staff at T.J. Samson Community Hospital look forward to helping you welcome your newborn into the world in a way that both you and your baby will enjoy. We strive to make the birth of your baby an enjoyable memory of a lifetime.

## PARENTS: MAKE THE GRADE

*What you can do to help your child succeed in school*

### "HOW WAS SCHOOL TODAY?"

That's a question you're bound to ask often during the school year.

As a parent, there's much you can do to make sure that your child's response is a positive one.

Consider the following tips to help your child succeed at school.

**Set aside ample time for tackling homework, and create a permanent study spot.**

**Help make homework a habit.** Set aside ample time for tackling homework, and create a permanent study spot—either in your child's bedroom or another part of your home—that allows your child to concentrate. Be sure



that the TV stays off during homework time.

Also be available to answer questions and provide guidance—but never do your child's homework.

**Boost brainpower with breakfast.** Regular breakfast-skipping is tied to lower school performance. Breakfast helps provide fuel to learn.

**Make sleep a priority.** Kids who are chronically sleep-deprived are more likely to have problems learning and paying attention and are at higher risk of being

overweight than their more rested classmates. School-age children generally need at least nine hours of shut-eye every night.

**Be a positive force.** Express interest and excitement about the school year. Encourage initiative and curiosity. Praise your child when he or she participates in school activities and tries new things. Attend school functions, and stay involved in your child's education. Your positive attitude is likely to be contagious.



## Simple ways to protect young children from choking hazards

Choking is a major hazard for kids, especially among the 3-and-younger crowd. Simple precautions, however, can help keep your kids safe.

**Be food savvy.** Food causes the most choking incidents. Among the most common culprits: hot dogs, grapes, hard candy, nuts, raw carrots and chunks of peanut butter. Be sure to:

■ Cut grapes, hot dogs and other foods

into small pieces.

■ Cook veggies, so they are easier to chew and swallow.

■ Be sure kids are seated while eating and that they don't stuff a lot of food into their mouths at one time.

See what measures up. Among nonfood items, rubber balloons are the biggest cause of choking deaths. Other hazards include small balls, marbles,

magnets, coins and button-type batteries.

Keep such items out of reach of young children. And toys with pieces smaller than 1¾ inches (about the diameter of a toilet paper tube) should be kept away from children younger than 3 years old.

**Be prepared.** Learn CPR and choking first aid—just in case.

Sources: American Academy of Pediatrics; American Academy of Otolaryngology—Head and Neck Surgery



**COLDS**

# 5 TRUTHS TO KNOW

**HOW MUCH DO YOU KNOW** about one of the most common illnesses around? Take this true-or-false quiz to test your know-how about colds.

**TRUE OR FALSE** Colds are caused by bacteria.

**FALSE** Colds are actually caused by viruses—in fact, more than 200 types of viruses can cause those sniffing, sneezing, coughing symptoms. Because colds are not caused by bacteria, taking antibiotics won't help cure a cold. The only time you might need an antibiotic is when a cold gives rise to complications, such as an ear or sinus infection.

**TRUE OR FALSE** Taking decongestants or antihistamines will help you get over a cold more quickly.

**FALSE** Over-the-counter medicines can help you manage symptoms for the duration of your illness. But that cold will last about one to two weeks, no matter what medicines you take. It just has to run its course. Other ways to feel better in the meantime: Get plenty of rest, drink lots of fluids, gargle with warm salt water to soothe a sore throat or use petroleum jelly to relieve a sore, raw nose.

**TRUE OR FALSE** Most colds occur in the fall and winter months.

**TRUE** This may be because cold weather keeps people indoors, which increases the chance that you'll come in contact with someone who has a cold and who can spread the virus to you. Humidity may play a role too—cold viruses survive better in the drier winter months than in more humid weather. Cold air may also dry the inside of your nose, making you more susceptible to infection.

**Because colds are not caused by bacteria, taking antibiotics won't help cure a cold.**

**TRUE OR FALSE** Washing your hands is one of the most effective ways to keep colds from spreading.

**TRUE** Some cold-causing viruses can live up to three hours on the skin and on surfaces such as doorknobs and stair rails. If you touch an infected surface and then touch your nose or eyes, the virus can enter your body and increase your risk of coming down with a cold. You can lower that risk by frequently washing your hands with soap and water, which helps stop the spread of viruses.

**TRUE OR FALSE** Taking large doses of vitamin C can keep you from catching a cold.

**FALSE** Numerous studies have failed to show that vitamin C will prevent colds. At best it may shorten a cold or lessen the severity of symptoms, though that effect has not been clearly proven either. Talk to your doctor before taking or giving high doses of vitamin C. Too much of this vitamin can cause problems, such as diarrhea, which can be a health threat to children and older adults.

Sources: American Lung Association; National Institute of Allergy and Infectious Diseases

# A SEASON OF SADNESS

*Winter can trigger depression*

**AS FALL SLIDES DEEPER INTO WINTER**, does a familiar downturn in your mood start to settle in? If so, you might have seasonal affective disorder (SAD).

SAD is a type of depression linked to low amounts of sunlight that occur during the shorter days of winter. Symptoms tend to start in the fall and diminish with the brighter days of spring. Often, January and February are the most difficult months for someone with SAD.

Along with having depressive symptoms, such as low self-esteem or hopelessness, a person who has SAD may:

- Feel extremely tired much of the time.
- Lack interest in usual activities, including sex.
- Try to avoid social contact.
- Overeat or crave sweet or starchy foods.
- Sleep more than usual or wake during the night or early morning hours.

While many people are only mildly or moderately affected by SAD, others can have significant symptoms that affect their daily lives.

Most of the people who have SAD are women, many of whom first notice the symptoms in their 20s.

And since SAD is related to seasonal changes in light, people may be more likely to have SAD the farther north they live—and the episodes may be more severe and long-lasting too, the National Alliance on Mental Illness (NAMI) reports.

**INTO THE LIGHT** If you suspect you have SAD, talk to your health care provider. Effective treatments are

available. It's also important to make sure you don't have a more serious medical condition, such as major depression.

For milder SAD, health professionals may suggest that you improve the natural lighting in your home and that you do more activities outdoors, such as walking, during daylight hours. If these changes don't help, light therapy may be prescribed.

Light therapy, also called phototherapy, involves increasing your exposure to bright white light, the source of which is often a special fluorescent light box. Light treatments may last 20 minutes or longer each day during the winter.

Studies show that light therapy is effective in up to 80 percent of people who have SAD, reports the NAMI.

Antidepressant medicines and talk therapy—either alone or with light therapy—also may be recommended to help you feel better.

To learn more about SAD, go to [www.nami.org](http://www.nami.org).



# CALENDAR

Unless otherwise noted, all classes and support groups take place at the T.J. Samson Educational Resource Center. More information can be obtained by calling the center at 270-651-4745.

**OUR FOCUS AT T.J. SAMSON COMMUNITY HOSPITAL IS ON YOUR FAMILY'S HEALTH. CHECK OUT THE MANY OPPORTUNITIES BELOW TO IMPROVE AND PRESERVE YOUR HEALTH.**

## of EVENTS



### EDUCATION

#### American Heart Association Adult and Pediatric CPR

**Call for dates.**  
Learn heartsaver CPR skills for people younger than 8 years old (pediatric) or people 8 years and older (adult). \$30 for each class.

#### American Red Cross First Aid

**Call for dates.**  
6:30 to 9 p.m.  
Get instruction and certification in basic first aid skills. \$30.

#### Blood-Borne Pathogen Training

**Call for dates and times.**  
This training meets OSHA guidelines. \$10.

### FITNESS

#### Samsonite Exercise

**Every Tuesday 9:30 to 10:30 a.m.**  
A low-impact exercise program for Samsonite members. Contact Sharon Dickerson at 270-651-4819. Free.

### HEALTH AND WELLNESS

#### Health Screenings

**First Wednesday of each month 6:30 a.m. to noon**  
 ■ Total cholesterol: \$5.  
 ■ Lipid panel: \$20.  
 ■ Blood sugar: \$1.  
 ■ Coloscreen kit: \$2.

### PARENTING

Classes are in the T.J. Samson Community Hospital fourth-floor classroom. For more information, contact Dana Carpenter at 270-651-4295.

#### Beginning Breastfeeding

**Call for dates and times.**  
For moms interested in breastfeeding. Preregistration is required.

#### Childbirth Preparation and Newborn Care

■ **Thursdays, Feb. 23 to March 29**  
 ■ **Thursdays, April 12 to May 17**  
 6 to 8:30 p.m.  
 For expectant parents. Preregistration is required.

### SUPPORT GROUPS

All support groups are free.

#### Alzheimer's Support Group

**Third Monday of each month 7 to 8 p.m.**  
 For people caring for loved ones with Alzheimer's. Call Teri Klein at 270-651-4743.

#### Autism Support Group

**Call for dates. 6:30 to 8 p.m.**  
 For people caring for loved ones with autism. Call Leslie Spillman at 270-651-4480.

#### Bereavement Support Group

**Second Thursday of each month 2 to 3:30 p.m.**  
 For people who have lost loved ones. Call April Shirley at 270-651-4430.

#### Better Breathers

**First Monday of each month 5 to 6 p.m.**  
 For people with respiratory problems. Call Karen Gilkey at 270-651-4350.

#### Cancer Support Group

**Call for dates. 6:30 to 7:30 p.m.**  
 For people dealing with cancer and for their family and friends.

#### Fibromyalgia Support Group

**Third Wednesday of each month 4:30 to 5:30 p.m.**  
 For people with fibromyalgia.

#### Grandparents Support Group

**Call for dates. 11 a.m. to 1 p.m.**  
 Sponsored by Glasgow/Barren Counties Family Resources and Youth Services Center. Call Tammy Lindsey at 270-651-1327.

#### Grateful Hearts

**First Tuesday of each month 6:30 to 7:30 p.m.**  
 For people who have or want to know more about heart problems. Contact Anna Shaw at 270-651-4833.

#### Sweet Nothings

**Third Tuesday of each month 5:30 to 6:30 p.m.**  
 For people who have diabetes and for their families.

[www.TJSAMSON.org](http://www.TJSAMSON.org)

#### 1 Find a doctor

Get connected to the right physician for you and your family. Our provider directory makes it easy to search by name or specialty.

#### 2 Events calendar

Learn about screenings and health classes and sign up online.

#### 3 Health Information Library

Find reliable, up-to-date health information and learn more about related services and events.

#### Bookmark it

Here's your 24/7 source for the latest in health care information. At work or at home, you can connect with the resources you need, including doctors in your area, health education classes, support groups and more.

[www.TJSAMSON.org](http://www.TJSAMSON.org): the health information you need — at your fingertips.



DESTINATION HEALTH is published as a community service for the friends and patrons of T.J. SAMSON COMMUNITY HOSPITAL  
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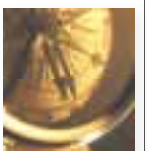
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**HEALTH**  
 DESTINATION

**WINTER 2012**