



Destination Health

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HEALTH AND WELL-BEING
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ANNUAL WOMEN'S CONFERENCE

'Your life is **1 CHOICE AWAY**
from being different'
*After tragedy, this
year's speaker made some big changes*



ABBY RIKE ROCKENBAUGH peppers her sentences with little laughs. When she says she loves speaking to groups of women, she stretches out the word "love" like a delicious piece of taffy. Rockenbaugh is a joyful lady. Which might be surprising, because 10 years ago her husband, Rick; 5-year-old daughter, Macy; and 2-week-old son, Caleb, were killed in a car accident. And for more than two years, Rockenbaugh was mired in the deepest of grief.

How she climbed out of her despair and reclaimed her life will be part of her keynote speech at the annual T.J. Samson Community Hospital Women's Conference. The event is set for Thursday, March 23, at the Cave City Convention Center.

TAKING A CHANCE ON A TV SHOW "The thing with grief is that it makes other people

uncomfortable around you," Rockenbaugh says. She found it almost impossible to leave her bed. Something in her life needed to get better. Out of the blue—guided by God, Rockenbaugh believes—she met a couple who had appeared on the TV show *The Biggest Loser*. After talking to them, she auditioned for the show. She was chosen to be a contestant. "It was nutty for me to do that," she says. "I didn't want to be on a game show. But I'd been overweight all my life. I needed something to jumpstart my life again." By the time the grueling series ended in 2009, she had lost nearly 90 pounds. And her life was moving forward again. People encouraged her to share her story, and she became a public speaker.

"I was stuck in my life, in my grief," she says. "Too many people are stuck in their lives, for whatever reasons. But really, they're not stuck. Their life is one choice away from being different."


'SELF-CARE IS NOT SELFISH' The title of her talk will be "Working It Out: How Health and Wellness Promotes Mind, Body and Soul Healing." "I focus on whole health," Rockenbaugh says. "How taking care of yourself is a key component to working through...whatever. Self-care is not selfish." What does she hope the women at the conference will take away from it? "My biggest desire is that they take action, which will be different for everyone there," she says. "For some, it might be weight loss. For others, it might be doing something outside their comfort zone." According to Bethany Matthews, Women's Conference Co-Chair, Cathy Botts, Fitness Instructor, will also be a speaker in one of the educational sessions. "This is such a great event for women of all ages in our community," says Matthews. "We are honored to present such an enjoyable and educational day where women can come together to learn, laugh and be inspired."

TJ Samson SHERRI SHINES AWARD *Woman of Inspiration*

Do you have a wonderful woman in your life who inspires you? This great lady may be the rock in your family, the best friend you can't live without, or a sweet neighbor who has been through many difficulties in her life and has risen above them all. We want to honor two deserving ladies in our community who demonstrate the power of inspiration. We want to pamper them with relaxation, and a day to make them feel special in every way.

This year at our T.J. Samson Women's Conference, we will be rewarding two special inspiring women with complete makeovers! This is done in memory and in celebration of Sherri Davis. Sherri was an outstanding much-loved employee at T.J. Samson who passed away last year following a brave battle with cancer.

If you would like to nominate someone, visit tjsamson.org to print the nomination form. Entries must be returned by Friday, March 3.


women's conference

I'M REGISTERING FOR: ☐ \$45 Individual Registration ☐ \$280 Table of 8
☐ \$40 Early Registration by Friday, March 3

Registration includes presentations, health screenings, lunch and style show, and conference materials.

In partnership with Glasgow Business and Professional Women's Club.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Registration deadline: March 16, 2017

Return to: T.J. Samson Women's Conference
1301 N. Race Street, Glasgow, KY 42141

Questions: 270.651.4534 or bmatthews@tjsamson.org

FEATURE



Are you searching
for relief from sinusitis?
For an appointment,
call 270-651-1111.

TAKING THE PRESSURE OFF

How to ease the pain of sinusitis

YOU MIGHT FEEL pain at first—some say it's like a mask squeezing tightly over your eyes and across your nose. Your cheeks become tender and sore. Then comes a stuffy nose, along with a nasty postnasal drip down the back of your throat.

Perhaps you were just getting over a lousy cold. And now, this! What you might have is sinusitis—an all-too-common condition, in which blocked sinuses often trigger infections and facial pain or pressure. Bacterial or viral infections, allergies, asthma, and other health problems can cause sinusitis.

HOW THE PRESSURE BUILDS Within your skull are four pairs of hollow spaces known as your paranasal sinuses. They can be found around the eyes, nose, forehead and

cheekbones, and they connect to the nasal passages. Inflammation makes their lining swell, keeping mucus from draining properly. As a result, mucus and air become trapped inside the sinus cavities.

And when that happens, your face—and perhaps even your teeth—may hurt. These blocked sinuses make it easy for germs to thrive. So your congested nose might also produce a thick discharge. Other signs and symptoms of sinusitis include:

- Coughing.
- Fever.
- Bad breath.
- A sore throat.
- Decreased sense of smell.

A TIMELINE OF SYMPTOMS There are several different kinds of sinusitis. Each is categorized by how long the symptoms last. Common types include:

Acute sinusitis. Symptoms last less than four weeks.

Recurrent acute sinusitis. You may have this type if you experience four or more infections that clear up and return in a single year.

Chronic sinusitis. These infections last longer than 12 weeks. Because the sinuses are always inflamed, symptoms such as postnasal drip may go on for months or years.

SEEKING NEEDED RELIEF If you think you have sinusitis, tell your doctor. He or she might suggest:

- Using a nasal saline rinse.
- Taking medicines for pain relief.
- Using decongestants or nasal sprays that reduce swelling.
- Getting plenty of fluids and rest.
- Taking an antibiotic if bacteria—not a virus—caused your infection.

If you have frequent sinus infections, your primary care provider might refer you to an ear, nose and throat (ENT) specialist.

The ENT will confirm your diagnosis and set up a treatment plan that may include using steroid nasal sprays or oral steroids, such as prednisone. Surgery is sometimes an option for persistent sinusitis.

Sources: American Rhinologic Society; Centers for Disease Control and Prevention; National Institute of Allergy and Infectious Disease

PEDIATRIC PRIMARY CARE CLOSE TO HOME



Alisha Risen,
APRN, CPNP

WHEN ALISHA RISEN, APRN, CPNP, was a junior at Greensburg High School, a health teacher inspired her to choose a nursing career. She followed her dream, and today she is a pediatric provider in her hometown.

Risen is a certified nurse practitioner at the T.J. Health Greensburg Clinic. The clinic—which opened last September—provides a new option for pediatric primary care services close to home.

CHILDREN'S CHECKUPS, SHOTS AND MORE Time for your baby's checkup? Are your little one's shots up-to-date? Does your teen need a physical? The Greensburg clinic is dedicated to kids. An ongoing relationship with a primary care provider can help keep kids healthy from birth to age 18. Risen provides a range of services, including:

Wellness exams. Babies need frequent checkups at each stage of infancy. By age 2 years, exams are generally scaled back to once a year.

Vaccines. Recommended immunizations help protect babies and older kids against serious diseases.

Sports physicals. These exams help ensure kids can safely participate in sports.

Care for common illnesses and injuries. These can include sore throats; ear, eye or skin infections; respiratory illnesses; cold and flu symptoms; rashes; urinary tract infections; and stomachaches.

Developmental concerns. From first steps to hearing problems, parents may have questions or concerns about a child's physical or emotional growth.

Certain lab tests, such as rapid tests for strep, RSV (respiratory syncytial virus) and flu. "We offer that right there in the office, so parents can know before they leave," Risen says.

Allergy shots, when ordered by a specialist.

EXPERT IN KIDS' HEALTH CARE Risen, who splits her time between the T.J. Health clinics in Greensburg and Columbia, has additional training that allows her to specialize in pediatrics. And she's supported by a highly qualified nurse. Risen can diagnose illnesses; prescribe medicines; and, if needed, make referrals to a specialist.

She provides age-appropriate patient education and works to address a child's physical, emotional and

developmental needs. "I want parents to feel comfortable that their children are getting quality care," she says.

CONNECTED TO THE COMMUNITY Born and raised in Greensburg, Risen and her husband, an area doctor, have two children. Before she became a nurse practitioner, she was a registered nurse and served at Greensburg Elementary for 15 years.

Risen is proud to serve her community, where many parents already know her as a neighbor, former school nurse and friend. And it all began with that high school health class—and a love of kids.

"This is my home," Risen says. "I'm helping to provide a service that's needed."

GET IN TOUCH

T.J. Health Greensburg – Pediatric Services

603 Columbia Highway, Greensburg
Mondays and Wednesdays, 8 a.m. to 4:30 p.m.

T.J. Health Columbia Clinic

902 Westlake Drive, Columbia
Tuesdays and Thursdays, 8 a.m. to 4:30 p.m.
For an appointment, call 270-973-KIDZ (270-973-5439).



DIABETES TAKE CHARGE

Rein in your risk of heart disease and stroke

If you have diabetes, you're probably well aware of some of the health risks that come with the disease, like eye and nerve problems. But there is another serious problem that many people with diabetes don't know about: the increased risk for cardiovascular disease (CVD).

CVD occurs when blood vessels to the heart or brain become clogged with fatty deposits. If these deposits break apart, they can form a blood clot. The clot can restrict blood flow to the brain or heart, causing a heart attack or stroke.

People with diabetes are more prone to having a heart attack or stroke because they tend to have risk factors that can cause CVD, including:

- High blood pressure.
- Unhealthy cholesterol levels.
- Obesity.
- An inactive lifestyle.

Smoking or having unstable blood sugar levels adds to the risk.

Check out our
calendar on
page 8 for classes
and events that
can help you take
better control
of your health.

IN THE KNOW AND IN CONTROL You can avoid—or at least delay—CVD by grabbing the reins and controlling any risk factors you have.

Here are six tips for taking charge:

- 1 Know your numbers.** Review your A1C, blood pressure and cholesterol levels with your doctor. Set target goals, and form a plan to meet them.
- 2 Eat healthy foods.** Fill your plate with fruits, vegetables and whole grains. Choose heart-healthy fats, such as fish and nuts. And limit saturated and trans fats, such as fatty meats and pastries.
- 3 Get active!** Swim, cycle or walk at least 30 minutes on five days of the week. You can start with three 10-minute increments per day. Make sure your doctor is OK with your fitness plans.
- 4 Lose weight, if recommended.** Eating a nutritious diet and exercising can be a big help here.
- 5 If you smoke, try to quit.** Even if you've tried before without success, give quitting another chance. It often takes several attempts to finally ditch the habit for good.
- 6 Take any medicines your doctor prescribes.** Medicines may give your numbers a healthy nudge in the right direction.

Sources: American Diabetes Association; American Heart Association; National Institutes of Health

CELIAC DISEASE: GOING AGAINST THE GRAIN

YOUR DINNER PLATE may be the last place you look if you're often fatigued or if you have pain in your joints and bones. But that might be where the culprit lies—if you have celiac disease.

Celiac disease is a digestive disorder that causes problems in the intestines when a person eats gluten, a protein found in grains such as wheat, rye and barley.

Eating these foods causes the body's immune system to attack the lining of the small intestine. When this lining is damaged, the body can't absorb nutrients properly.

IS IT CELIAC DISEASE? Celiac disease runs in families and can occur in children or adults.

Adults might experience some of the following signs of the condition:

- Weight loss.
- Muscle cramps.
- Depression.
- Intestinal problems, such as abdominal pain, bloating and diarrhea.

Because symptoms vary widely among people who have this disorder, it can go undetected for some time.

In some people, a stressor—such as surgery, infection or pregnancy—may bring on symptoms.

Children with celiac disease may have delayed growth in addition to digestive symptoms. Irritability is also a common symptom in children.

Blood tests can help your doctor make a diagnosis.

The only way to treat celiac disease is to eat a gluten-free diet. For most people, this can reverse the damage caused by the disease and help them feel better.

Sources: Academy of Nutrition and Dietetics; American Gastroenterological Association; National Institute of Diabetes and Digestive and Kidney Diseases

7 WAYS TO KEEP YOUR

Roughly 2.5 billion times. ♦ That's how often your heart will beat by the time you reach age 70. It's amazing, really. Nonstop, 24/7, the beat goes on—and on and on. ♦ Normally, something with that kind of staying power would come with an owner's manual—and a good maintenance plan. We're not born with either one of those, of course. But over time, doctors have learned a lot about how the heart functions—and what we need to do to maintain a steady beat. Here are seven ways to help keep your ticker in tip-top shape.



1 Get to know your heart. Several simple tests can tell you a lot about what's going on with your heart and if you have risk factors that may affect its health.

Blood cholesterol. Cholesterol is a waxy substance naturally produced by your body. You can make more than you need, though—especially if your diet's high in saturated fat and trans fat. To see where your levels stand, the American Heart Association (AHA) recommends adults 20 and older get their cholesterol checked at least every four to six years.

Why it matters: Excess cholesterol can cause plaque to build up inside arteries in the heart. Over time, that plaque can harden and narrow arteries, which limits the flow of oxygen-rich blood to the heart. Plaque can also rupture, causing clots that lead to heart attacks.

How testing helps:

A blood cholesterol test reveals levels of:

- **LDL**, the bad cholesterol that clogs arteries. You want it to be low—ideally below 100 mg/dL of blood.

- **HDL**, the good cholesterol that may help clear the arteries of LDL. The higher your HDL, the better. A level of 60 mg/dL or more actually helps protect against heart disease.

- **Triglycerides**, a type of fat in the blood that may be associated with plaque buildup when LDL levels are high or HDL levels are low. A normal triglyceride level is below 150 mg/dL.

- **Total cholesterol**, a combination of LDL, HDL and 20 percent of your triglycerides. It's best if that's below 180 mg/dL.

Your doctor will look at your cholesterol levels in relation to other factors—such as

your age and family medical history—to determine if you're at risk for heart disease. If your cholesterol levels need improving, changing your diet; getting more exercise; and, in some cases, taking medication may be recommended.

Blood pressure. Blood pressure measures the force of blood traveling through your arteries. It consists of two numbers: the force when your heart is contracting (systolic pressure) and the force when your heart is resting between contractions (diastolic pressure).

The AHA recommends adults 20 and older have their blood pressure checked at every health care visit or once every two years if readings are normal—less than 120/80 mm Hg.

Why it matters: High blood pressure can damage your arteries, leading to plaque buildup, heart attack and

heart failure. And it can be deadly. According to the AHA, if you have high blood pressure at age 50, your life expectancy is about five years less than that of someone without the condition.

How testing helps: You can have high blood pressure without realizing it. A reading is considered high if the systolic number is 140 or higher or if diastolic pressure is 90 or higher.

But even readings above 120/80 put you at risk for the condition and deserve attention. In both cases, lifestyle changes may bring pressure down. Medication may be needed, as well.

Body mass index (BMI) and waist circumference. BMI—a measurement of your weight in relation to your height—and your waist circumference can indicate whether you're at a healthy weight. Your doctor can help you calculate these numbers. Alternatively, you can grab a tape

measure to determine your waist size and use an online calculator to figure out your BMI. Go to www.morehealth.org/bmi.



Why it matters:

Excess weight forces your heart to work harder. It may also raise

We want to show your heart some love. Check out our calendar on page 8 for the times and locations of our cholesterol screenings.

your blood pressure and have negative effects on your cholesterol and triglycerides.

How testing helps: Knowing if you're overweight or carrying too many pounds around your middle may motivate you to change your diet and exercise more—key steps in losing weight.

For most people, a BMI between 25 and 29.9 is considered overweight. Readings of 30 or higher indicate obesity.

Waist circumference reaches the danger zone at 35 inches for women and 40 inches for men.



2 Keep your heart fit. Your heart is a muscle. And like any muscle, it gets stronger with exercise. That helps it pump blood more efficiently. But the benefits don't stop there.

HEART GOING STRONG



3 Feed your heart well. Your entire body, including your heart, is fueled by food. So quality matters.

A heart-healthy diet includes

lots of delicious options, such as:

- Fruits, vegetables and whole grains.
- Fat-free or low-fat dairy products.
- Skinless poultry and fish—especially those containing omega-3 fatty acids, like salmon and trout.
- Limited amounts of lean red meat.
- Nuts and legumes.

Also aim to eat fewer foods with sodium, added sugar and refined grains. It's best to limit saturated fat and trans fat too, or to replace them with healthier options, such as polyunsaturated and monounsaturated fats.



4 Rid your heart of smoke. You know by now that smoking hurts the lungs. But do you know that it also harms the heart? In fact, smoking is a major risk factor for heart disease. And the risk goes up even higher if a smoker also has other risk factors, such as high blood pressure or unhealthy cholesterol levels.

Smoking lowers HDL (the good cholesterol), can lead to blood clots and makes it harder to exercise. And you don't have to smoke yourself for it to be problematic. Simply being around others' smoke puts your heart at risk.

If you do smoke, one of the best things you can do for your heart is to quit—no matter how long you've smoked. It isn't easy to stop smoking, but it's doable. With a good plan, some people quit on their own. But there are stop-smoking programs and medications that can help as well. Ask your doctor for quitting advice.

And keep this in mind: Just a year after quitting, your excess risk of future heart disease is cut in half. Fifteen years after your last cigarette, it's as if you never smoked at all.



5 Rest your heart. It doesn't stop beating, but your heart does need a break. That comes during sleep.

According to the National Sleep Foundation, you put your heart at risk if you don't get enough rest. Although experts don't fully understand the connection, too little sleep has been linked to heart failure and heart attack in adults.

Maintaining consistent sleep schedules, keeping your bedroom dark and quiet, and avoiding large meals and caffeine near bedtime may help you sleep better. But if you have ongoing sleep problems, speak with your doctor.



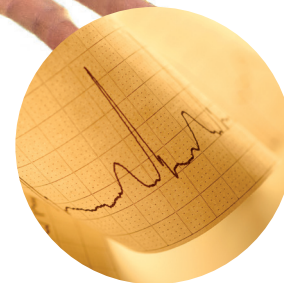
6 Relax your heart. When you're stressed, your breathing, heart rate and blood pressure increase. Normally, that helps you cope with whatever is temporarily triggering your stress. But if stress becomes chronic, it can take a toll on your

heart. That may be compounded if it causes you to lose sleep or engage in unhealthy behaviors, such as overeating, smoking or drinking alcohol.

That's why it's important to find healthy ways to manage stress.

Try to do at least one thing that you enjoy every day. Even taking a few minutes to sit quietly and breathe deeply may help you feel calmer.

Do your best not to overschedule yourself, and try to avoid people or situations that upset you. If things become overwhelming, talk with a mental health professional.



7 Listen to signals from your heart. It's not always easy to know when something is wrong with your heart. It can take many years for heart disease to develop, and you might not have symptoms until the problem is serious. Sometimes, a heart attack is the first indication of trouble. Signs and symptoms of a heart attack include:

- Chest pain or discomfort.
- Pain, tingling or discomfort in the arms, back, neck, jaw or stomach.
- Shortness of breath.
- Fatigue.
- Nausea, vomiting or indigestion.
- Sweating or cold, clammy skin.
- A racing or uneven heartbeat.
- Dizziness or lightheadedness.

If you think you're having a heart attack, call 911. Don't wait to make the call—prompt treatment may save your life.

Other possible signs and symptoms of heart problems you shouldn't ignore include: chest pain that worsens with physical activity and goes away with rest; swelling in your feet, legs, stomach and veins in your neck; or a heartbeat that is too fast, too slow or irregular.

Let your doctor know if your heart is signaling something is wrong. Treatments can often help you feel better and keep your ticker going for a long time.

HEALTH TALK NEWS, VIEWS & TIPS



To your good health—simple things help make healthy aging possible

Have you noticed that the numbers in the phone book seem to be getting smaller? Do you find it harder to get down on your knees to look under the bed—and to get up again?

There's no question that age brings changes to our lives. And yes, some of them we'd prefer to avoid.

Physically, for example, stiffening joints can make it harder to get around. And many people

find that their short-term memory just isn't what it used to be. Often, difficult personal situations, such as the death of a spouse, can add to the negative changes.

But age can bring positive changes too. One survey found that many older people say they have less stress and more time for family, interests and hobbies than they used to. In fact, the vast

Decide to have an active mind and body. Remember the adage "Use it or lose it."

majority of older people report they are satisfied with their lives.

To a great extent, what older age will be like for you depends on how you live now and how you cope with the changes that come your way. You may not be able to turn back time, but you can move in a direction that may make getting older easier and more pleasant. Here are a few pointers:

Decide to have an active mind and body. Remember the adage "Use it or lose it."

Opt to be involved. Isolation can contribute to depression and other health problems. So keep connected to family and friends. Social connections can help ensure that you have physical and emotional support for what comes your way.

Choose a healthy lifestyle. The advice you heard when you were younger still applies: Eat well, maintain a healthy weight, get enough rest, don't smoke, do what you can to stay safe and see your doctor regularly.

Relish your leisure time. Do things you enjoy, and allow yourself some downtime. Too much stress can contribute to a host of health problems.

Practice healthy ways to cope. Believe in yourself, and remember: You can handle whatever comes your way.

Sources: AGS Foundation for Health in Aging; Centers for Disease Control and Prevention; Mental Health America; Pew Research Center

Beat back winter blues



Can you predict your mood by the calendar?

In late fall or early winter—as the days grow darker—does your mood darken too? And do you feel like yourself again several months later when there's plenty of sunlight?

If this pattern sounds familiar, you may have what doctors call seasonal affective disorder (SAD).

SAD is a type of depression that comes and goes like clockwork, often starting in October or November and going away by spring. Its main trigger appears to be shorter days, which disrupt the body's internal clock and may affect serotonin—a brain chemical that helps regulate mood.

Symptoms of SAD include:

- Feeling hopeless or irritable.
- Feeling tired during the day.

- Oversleeping.
- Craving carbohydrates.
- Gaining weight.

Highly treatable If there's any chance SAD is affecting you, tell your doctor. Research shows that light therapy—a treatment using artificial light—eases SAD symptoms for most people within a few weeks of starting it.

Typically, this therapy involves sitting in front of a box that emits a very bright light for 30 minutes every morning—and doing so faithfully well into the spring.

And when light therapy isn't effective by itself, doctors may combine it with antidepressants, talk therapy or both.

Sources: National Alliance on Mental Illness; National Institutes of Health



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270.659.5599

To make an
appointment with one of
our occupational therapists,
call 270-659-5660.

MOVING FORWARD

How an occupational therapist can improve your quality of life

YOU DON'T HAVE to be injured on the job or even have a job to benefit from seeing an occupational therapist (OT).

Whatever your occupation, if you have a disabling mental or physical condition, an OT can help you improve your ability to perform tasks at home as well as in the workplace.

And anybody who is having problems with daily living because of a health crisis—it doesn't have to be work-related—can also benefit from time spent with an OT.

HOW AN OT CAN HELP An OT is a highly trained health care professional who helps people who have been through some type of life-changing experience—such as a brain injury or stroke—improve basic motor skills and find other ways to master the tasks of daily work or home life.

For example, if you have had a stroke and are paralyzed on one side of your body, an OT can help you learn how to do things one-handed or relearn how to use the impaired side of your body.

You may also benefit from occupational therapy if you have:

- A work-related injury, such as a low-back problem or a repetitive stress ailment.
- Arthritis, cerebral palsy or another chronic health condition.
- Mental health or behavioral problems, including Alzheimer's disease and post-traumatic stress disorder.
- A spinal cord injury, amputation or burn-related injury.

MAKING YOUR LIFE EASIER An OT can help you with all types of activities, from using a computer to caring for daily needs—such as dressing, cooking and eating—to finding a suitable job.

An OT can also aid you in setting up an exercise program to increase strength and dexterity and teach you how to use adaptive devices, such as wheelchairs.

The goal of an OT is to do whatever it takes to help you improve your quality of life so you can live it to the fullest.

Sources: American Occupational Therapy Association; U.S. Bureau of Labor Statistics

TJ Health Columbia Behavioral Health Unit

Half of all Americans will experience a mental illness during their lifetime. Mental illness or emotional problems affect all aspects of our lives. We may become so overwhelmed that we cannot function in our daily lives.

Signs and symptoms indicating an illness may include one or more of the following:

- Suicidal Behavior and/or Threats
- Violent Behavior
- Sleep Disturbances
- Eating Disturbances
- Severe Agitation
- Medication Noncompliance
- Severe Mood Swings
- Severe Sadness
- Excessive and Uncontrolled Anger
- Hearing Voices



Anyone may call us to make a referral – a physician, caregiver, concerned family member or friend.

901 Westlake Drive • Columbia, KY 42728

270.384.7516

CALENDAR

Unless otherwise noted, all classes and support groups take place in the Community Center of the T.J. Health Pavilion. For more information, please call 270-651-4355.

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 CPR/First Aid

Classes are offered quarterly. For dates and times, please call the Continuing Education Department at 270-651-4355.

Learn heartsaver CPR skills for people 8 years and older (adult) and basic first aid. \$40 for each class. Classes are held in the T.J. Samson Community Hospital fourth-floor classroom.

HEALTH AND WELLNESS

Health Screenings at the Pavilion

Wednesday, March 1, 7 to 9 a.m.

- Total cholesterol: \$5.
- Lipid panel: \$20.
- Blood sugar: \$1.
- Bone density: \$5, by appointment.

Call the Continuing Education Department at 270-651-4355.

Bariatric Surgery Seminar

Third Monday of each month • 6 p.m.

Informational seminar on the benefits of bariatric surgery, hosted by Dr. Patrick Klapheke. For information, call 270-659-5945.

PARENTING

Childbirth Preparation and Newborn Care

Wednesdays, Feb. 22 through March 29 and April 12 through May 17, 5 to 9 p.m.

Register in your second trimester. Classes are held in the T.J. Samson Community Hospital fourth-floor classroom. Call Ashley Blythe at 270-651-4295.

SUPPORT GROUPS

All support groups are free.

Bariatric Support Group

Third Monday of each month • 5:30 p.m.

For people in the process

of having bariatric surgery or who have already had the surgery. For more information, please call Megan Asberry at 270-659-5945.

Bereavement Support Group

Third Monday of each month • 2 to 3:30 p.m.

For people who have lost loved ones. Call Marcie Crain at 270-651-4430.

Grandparents Support Group

Third Friday of each month • 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.



Oncology Support Group

Group sessions are offered quarterly. For dates and times, call Amy Stephens at 270-659-5893.

Open to individuals affected by all types of cancer. The group is formed to give family, caregivers and survivors the support and strength to move forward together.

Sweet Nothings

Third Tuesday of each month • 5 to 6 p.m. For people who have diabetes and for their families. Call Melissa Waldron at 270-781-8039.

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 Health Library

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

3 Event Calendar

Learn about screenings and health classes and sign up online.

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: the health information you need—at your fingertips.



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T.J. Samson

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