

**doctors** 4 **life**  
YOUR LIFE, YOUR HEALTH, YOUR HOME



**Lexington Clinic**  
Since 1920

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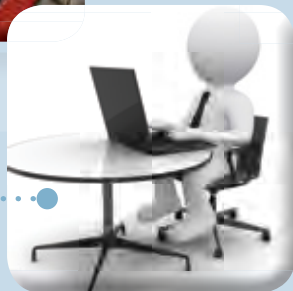
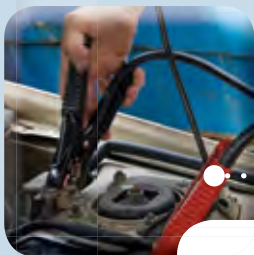
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## Dear Friends,

THE PHYSICIANS AND STAFF of Lexington Clinic would like to thank you for choosing Lexington Clinic for your family's medical needs!

Lexington Clinic is committed to the highest quality care and well-being of our patients. In this issue of *Doctors 4 Life*, we are focusing on the health needs of men! You'll find articles on topics concerning sleep disorders, eye health, and information regarding some of the most important steps men can take to maintain good health! Each of these articles includes important information our expert physicians want to share with you, our readers.

Because this publication is created with you in mind, we also invite you to share any topics you would like covered in future issues. If you want to learn more about a certain health condition or topic, send an email to [editor@lexclin.com](mailto:editor@lexclin.com).

We hope you enjoy this issue of *Doctors 4 Life*, and we look forward to hearing from you!

Sincerely,  
Andrew H. Henderson, MD, Chief Executive Officer

## Your Questions Answered

➤ **Q.:** *What can I do for age spots at home?*

**A.:** Over-the-counter glycolic or salicylic acid lotions and retinol formulations may help improve pigmentation associated with age spots. Otherwise, multiple prescription formulations exist. Several procedures, such as chemical peels and laser treatments with a physician, can help as well. The most important thing you can do is to use sunscreen daily. For more information about age spots or to schedule an appointment with a dermatologist, call 859.258.4DOC (4362).

➤ **Q.:** *I have had problems with my feet for years and have decided it is time to go see a podiatrist. Does Lexington Clinic have a podiatry department?*

**A.:** Yes! Lexington Clinic does have a podiatry department. Our specialists treat a wide variety of foot and ankle problems and do not require an outside referral, although your insurance may. The Lexington Clinic Podiatry Department even offers a specialty clinic in Nicholasville! For more information or to schedule an appointment, call 859.258.4DOC (4362).

➤ **Q.:** *I live outside of Lexington, but would still like to see a Lexington Clinic physician. Does Lexington Clinic offer outreach services in surrounding communities?*

**A.:** Lexington Clinic has offices in both Nicholasville and Richmond. Many of our physicians also offer outreach clinics at these and other facilities in the surrounding area. Be sure to ask your physician if this is an option for you or visit [LexingtonClinic.com](http://LexingtonClinic.com) for more information.

Congratulations to the winner of the Facebook "Like Us" contest from our spring edition of *Doctors 4 Life*. Thank you to all who participated!



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. If you have any comments or questions regarding this publication, please contact the editor at [editor@lexclin.com](mailto:editor@lexclin.com).



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Since 1920



Need to speak with someone about finding a doctor?  
Call 859.258.4DOC (4362) or visit [LexingtonClinic.com](http://LexingtonClinic.com).

Jeanne Lewis, RN, Lexington Clinic Resource Referral Services

Lexington Clinic



# Are You Getting Enough

# Z's?

**Sleep disorders prevent more than 40 million Americans—and many of their spouses—from enjoying the hours of restful sleep they need.**



## Tackling Low Testosterone

**As part of the natural aging process, the level of testosterone produced by the body declines at a rate of 1 to 2 percent per year starting at age 40. For a small percentage of men, testosterone levels fall low enough to trigger a range of uncomfortable symptoms.**

Low testosterone levels can cause men to experience hair thinning, reduced muscle mass, infertility or decreased sexual function and desire.

Simple blood tests—taken in the morning when hormone levels are most stable—are used to measure testosterone. Low levels may be due to aging, illness, injury or a problem with the pituitary gland or another body system. Another factor is obesity, which increases the conversion of testosterone to estrogen.

### The Benefits of Injections

Left untreated, low levels of testosterone lower bone density and thus increase risk of osteoporosis. For men, regular intramuscular injections may be prescribed to combat symptoms and improve overall health by restoring the hormone to normal levels over time.

*For referral to a physician who can check your testosterone levels, call 859.258.4DOC (4362) or visit [LexingtonClinic.com](http://LexingtonClinic.com) and select "Find a Physician."*

A good night's sleep does more than recharge your batteries. Adequate rest can improve overall health and boost the immune system. Unfortunately, conditions such as obstructive sleep apnea, restless leg syndrome and insomnia can prevent proper rest and adversely affect health and quality of life.

Left untreated, sleep disorders can have a dramatic negative effect on a person's health. Insomnia and restless leg syndrome lead to daytime sleepiness, a contributing factor in many auto accidents. Additionally, chronic obstructive sleep apnea has been linked to an increased risk for cardiac conditions.


Fortunately, the Lexington Clinic Sleep Center has a full range of treatment options available to help patients struggling with sleep disorders.

"Proper treatment of sleep disorders begins with an accurate diagnosis," explains John Dineen, MD, Lexington Clinic sleep medicine specialist. "Our multidisciplinary team includes specialists in otolaryngology, pulmonary diseases and neurology who are able to evaluate and manage a full range of airway diseases and recommend the most effective treatment option, including surgery."

Lifestyle modifications and use of continuous positive airway pressure therapy (CPAP) help many patients with common sleep problems.

*For more information or to make an appointment, call 859.258.4DOC (4362) or visit [LexingtonClinic.com/sleep](http://LexingtonClinic.com/sleep).*

**The Lexington Clinic Sleep Center provides a complete spectrum of services for patients with sleep disorders at a state-of-the-art facility with comfortable sleep suites for overnight or day sleep studies. Accreditation by the American Academy of Sleep Medicine testifies to the center's commitment to ensuring the highest quality of care.**



Even if you follow your physician's advice about managing your cholesterol, blood pressure and diabetes, you can still be at risk for a heart attack if you carry excess weight. A recent study comparing the outcomes of heart attacks in middle-aged men found a 60 percent greater likelihood of not surviving among men who are obese compared with those who are not.

# Take Charge of Your Health

**Men** are **statistically** more likely than women to smoke and drink, **make risky choices and not go to the doctor regularly**—with long-term health consequences. Buck that trend and **beat the odds** by **scheduling an appointment** for a check-up.

**ACCORDING TO** the U.S. Centers for Disease Control and Prevention, women are 33 percent more likely than men to see a physician on a regular basis, start doing so at a younger age, and list preventive or annual care as the reason for the visit. These numbers suggest

## Just for Men

Talk to your physician about the best age to begin screening for prostate cancer. Many men receive an initial baseline screening in their early 40s, with the frequency of follow-up testing based on the result.

Screening the prostate allows physicians to find cancer as early as possible. Men should receive a **digital rectal exam (DRE)** and

**prostate-specific antigen (PSA)** test at regular intervals.

During a DRE, your physician checks the shape and texture of the prostate gland through the rectum.

A PSA test measures the amount of a specific protein made by the prostate in the blood. Increased levels may indicate the presence of cancer.

### Testing Validation

Before use of PSA tests became as widespread as they are today, 21 percent of newly diagnosed cases of prostate cancer had metastasized (spread to other organs in the body), and 68 percent of cases were confined to the prostate (localized). Now, only 4 percent of new cases have metastasized, while 90 percent remain localized.

men have a long way to go to catch up with women in the area of preventive healthcare.

For example, many men do not know they should be screening each month for testicular cancer, which most commonly affects men ages 15 to 34.

"A monthly self exam is an important tool to find testicular cancer early, when it's most easily treated," says Stephen J. Monnig, MD, Lexington Clinic urologist. "Men who find a lump, see blood in their urine or notice any other sudden change should discuss the symptom with a physician."

A frank conversation with a physician can help identify the cause along with options for resolving the condition.

### Healthy Heart

Cardiac conditions and cardiovascular disease are leading threats to men's health. Starting at age 20, a man should have his blood cholesterol levels checked as often as recommended by his physician.

Blood pressure should be tested at least every two years, starting at age

### Prodigal Sun

Skin cancer is the most common type of cancer among American men. To limit exposure to ultraviolet light—the cause of most skin cancers—take advantage of shade, use sunscreen with a sun-protective factor (SPF) of at least 30, and wear hats, sunglasses and sun-protective clothing.



*"Many men are natural competitors, but keep in mind that it's possible to live a healthier life without going to extremes."*

William Wittman, MD, Lexington Clinic internal medicine physician

18 and continuing for life. Stopping smoking, exercising and limiting sodium intake can help manage blood pressure without medication or make it easier to control with medication.

"Many men are natural competitors, but keep in mind that it's possible to live a healthier life without going to extremes," says William Wittman, MD, Lexington Clinic internal medicine physician. "Exercising just 20 to 30 minutes, three times each week is beneficial to our health."

Activity levels tend to increase as the habit of exercising becomes more ingrained. Additional good habits to cultivate include adding fruits and vegetables to your diet and avoiding sugar-rich soda.

Physicians should conduct mole examinations during annual check-ups. A man should also perform monthly skin self-exams and immediately ask his physician to look at any mole with "ABCD" characteristics:

- **A**symmetrical
- **B**order is blurred, irregular or ragged
- **C**olor varies
- **D**iameter has changed

### Take Control

In the middle adult years, many people start to experience difficulties with close vision and hearing. If not already on a regular schedule for those tests, men should get both of those baseline screenings at age 40. Follow-up tests are generally recommended every two to four years.

Another important function of regular check-ups is making sure vaccinations are up to date. The tetanus-diphtheria-acellular pertussis booster is needed every 10 years. Cases of pertussis, commonly known as whooping cough, are making a resurgence in children. The reason? Only 2.1 percent of adults receive regular vaccinations. As a result,

more adults are infecting their children, grandchildren and other youngsters.

"Men often don't have health on their radar until they are sick," says Craig Irwin, MD, Lexington Clinic internal medicine physician. "Establishing a relationship with your physician makes you partners working toward your better health."

Your physician can help you get on track through screenings and information about healthy lifestyle habits. Preventive care includes getting enough sleep, keeping your weight down, watching what you eat and making smart choices about the right kinds of exercise for your age and overall state of health.

*For a referral or to make an appointment, call 859.258.4DOC (4362) or visit [LexingtonClinic.com](http://LexingtonClinic.com) and select "Find a Physician."*



## A Visually Pleasing ARRANGEMENT

If you experience difficulties focusing clearly or moving your eyes normally when working on a computer, make sure your workstation is arranged properly. The American Optometric Association recommends the following setup:

- If your computer is close to a window or if interior lighting is bright, consider dimming the office lights or moving your computer to a darker area.
- Keep the monitor clean of fingerprints and dust.
- Position the monitor and keyboard straight in front of you.
- Place the computer monitor 20 to 26 inches from your eyes, depending on the size of the monitor.

The Eyes Have It:

# Computer VISION Syndrome

**If you're one of the million Americans constantly on your phone or computer, bright liquid crystal display (LCD) screens may negatively affect your vision.**

Eye doctors report about one-third of their patients experience digital device-related vision problems. Especially if your job requires you to spend most of your time in front of your computer screen or checking your phone regularly, follow these measures for relief from symptoms such as eyestrain, dry or irritated eyes, fatigue and headaches.

- **Blink often.** It may seem like a human response to blink your eyes when necessary, but when working behind a screen people tend to blink less. Continual blinking prevents eye irritation and dryness. Over-the-counter eye drops can also help keep your eyes moisturized.

- **Invest in computer eyewear.** To maintain optimal eye health, talk with your optometrist or ophthalmologist about the possibility of personalized computer glasses. For people wearing contact lenses, computer glasses may provide overall visual clarity while working on a computer.

- **Take a break.** People who stare at a computer screen for hours are likely to become fatigued and less productive. Looking away from your computer can help you maintain focus. Think 20/20/20 vision! Every 20 minutes, spend 20 seconds looking at something at least 20 feet away.

- **Visit your eye doctor regularly.** Even if you experience minimal eye irritation, schedule a yearly eye exam with an

optometrist or ophthalmologist. Notify your eye specialist right away if you notice any changes.

Nearly 20 percent of people are not even aware that computer vision syndrome exists. If you are at risk and find it hard to break away from looking at a digital screen during the day, set an alarm to remind yourself to exercise your eyes. Taking regular breaks to look away from your computer or phone will help you maintain vision health, increase work efficiency and perhaps even give you a chance to enjoy some face-to-face communication.

*For help finding an optometrist or ophthalmologist, call 859.258.4DOC (4362) or visit [LexingtonClinic.com](http://LexingtonClinic.com) and select "Find a Physician."*

# Man's Best *Fitness* Friend

Your tail-wagging, wet-nosed, four-legged pal is more than a great companion! A dog helps your body, mind and spirit.

**Dog owners** are 34 percent more likely than non-owners to get the recommended minimum amount of exercise each week. Research shows owning a dog can also reduce the owner's stress and blood pressure.

Playing with your pup makes you happy by increasing your serotonin and dopamine levels, which have pleasurable and calming properties.

If you don't already own a dog, be sure when searching for one that you take into consideration the animal's personality fit for your family and adult size given the amount of space you have at home.



## Summer's Here!

**Warm weather** means it's time to crank up the grill and get a few chores done around the yard. The following common household objects get more use during the summer. Use them carefully to avoid an accident!

**Ladders**—incorrect use causes more than 220,000 injuries each year.

- Place the ladder one foot back for each four feet up.
- Never stand higher than the third rung from the top.

**Grills**—cause an average of 7,900 house fires a year.

- Keep grills away from deck railings and out from under eaves of the home.
- Remove grease and fat buildup from the grill before using.

**Lawn Mowers**—send around 80,000 people to the emergency room each year.

- Use a stick to remove debris. NEVER use your hands or feet.
- Wear goggles, gloves, closed-toe shoes and long pants when operating.

If you need to buy, rent or borrow a chain saw or other power tool for a home project, consult an expert to be sure you have the right equipment for the job and know how to use it properly. Follow these tips and spend your summer by the pool and not in the emergency room.



## Simply Aloha Salmon Burger

Your friends will think a chef flew in from the islands to teach you to grill these easy luau burgers!

### Ingredients

- 1 12.8-ounce package salmon burgers
- 1/4 cup teriyaki sauce
- 1 6-ounce can pineapple slices, drained
- 4 slices red onion
- 4 slices Swiss cheese, if desired
- 4 leaves green leaf lettuce
- 4 hamburger buns

### Directions

Preheat grill to medium-high heat. Grill salmon patties according to package directions, brushing periodically with teriyaki sauce. Grill pineapple slices until browned and warm. Remove patties and pineapple slices and set aside, then toast buns on the grill. Place a salmon burger on a bun; add pineapple, onions, lettuce and cheese, as desired.

### Nutrition Information

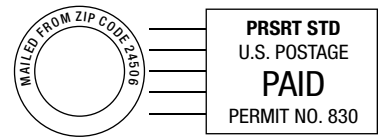
#### Per serving

Servings: 4  
Calories: 284  
Total fat: 9.6 g  
Cholesterol: 61.1 mg  
Sodium: 727.3 mg  
Potassium: 91.9 mg

Total carbohydrates: 18.6 g  
Protein: 31.1 g

Source: SeaPak.com





Throwing, running, jumping, hitting, kicking or diving – there are many causes of sports injuries. Whatever the cause, you want a pro to get you back to play. The sports medicine doctors at Lexington Clinic are the team physicians for the Lexington Legends, area universities and regional high schools. They are the pros to take care of you – any sport, any injury – whether you play for big money or just for fun.

## **Lexington Clinic Orthopedics – Sports Medicine Center**

Visit us online at [LCSportsMed.com](http://LCSportsMed.com) for more information or, to make an appointment, call **859.258.4362.**

**Sports Injury Drop-In Clinic**  
**859.258.8575 | M-F, arrive by 7:30 a.m.**  
*No appointment necessary.*

***Any sport.  
Any injury.***



Ben Kibler, MD



David Dome, MD



Peter Hester, MD



Trevor Wilkes, MD