

doctors 4 life

YOUR LIFE, YOUR HEALTH, YOUR HOME



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On the cover
(clockwise from top left):
Kyle Childers, M.D.,
Pediatrics;
Baxter Napier, M.D.,
Family Medicine; and
Ryan Waddles, M.D.,
Internal Medicine



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Write In and Win

Find the horse hidden in this issue of *Doctors 4 Life* and enter to win a \$50 gas card! E-mails with the location of the horse should be sent to editor@lexclin.com and include your name, address, and phone number. Entries must be received by Monday, November 1, 2010, to be eligible to win.

Dear Friends,

THE PHYSICIANS AND STAFF of Lexington Clinic would like to thank you for choosing us 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*, you'll find articles on topics including the importance of primary care and preventive—sometimes life-saving—screenings and vaccines, and even tips to help you handle the stress that comes with the fast-approaching holiday season! Each of these articles includes important information our expert physicians want to share with you.

Because this publication is created with you in mind, we invite you to share any topics you would like to learn more about in future issues. To submit a topic, send an e-mail to 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, M.D., Chief Executive Officer

Your Questions Answered

➔ **Q.:** *I am expecting my first baby and need to find a pediatrician. Do you offer pediatrics?*

A.: Congratulations! It is important to find a pediatrician who will work with you to ensure your baby receives the highest quality care. Lexington Clinic offers pediatric care at four convenient locations: Lexington Clinic at Eagle Creek Medical Plaza, Lexington Clinic Palomar Family Health Centre, Lexington Clinic Veterans Park, and Lexington Clinic Richmond. Our experienced physicians and staff provide primary care for children, weekend appointments for sick children, and free prenatal consults for expecting mothers. For a complete list of services or to schedule an appointment, call 859.258.4DOC (4362).

➔ **Q.:** *Flu season is almost here. Will I need two separate shots this year to protect me from H1N1 and seasonal flu?*

A.: No. This year the vaccine for both seasonal flu and H1N1 will be available in a single shot. Always consult your physician before receiving any vaccinations. For more information or to schedule an appointment, call 859.258.4DOC (4362).

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.




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

Jeanne Lewis, R.N., Lexington Clinic Resource Referral Services

Lexington Clinic



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Since 1920



Reader Request:
Hypo- and
Hyperthyroidism
Explained

We all accept that weight changes, fatigue, and memory loss are a natural part of getting older—or are they? Many of the symptoms older Americans experience and write off as aging may, in fact, point to one of two common medical conditions, which—if left untreated—can lead to serious health complications.

HYPOTHYROIDISM and hyperthyroidism are conditions in which the body lacks sufficient thyroid hormone or is producing far too much. The thyroid is a butterfly-shaped gland in the front of your neck, responsible for controlling the body's metabolism. Having disproportionate levels of thyroid hormone can affect your entire body.

Low levels of thyroid hormone, or hypothyroidism, can make you feel tired and weak, and if left untreated, can raise your cholesterol levels and increase your risk of a heart attack or stroke. While the condition is most common in older adults, particularly women over age 50, it can strike at any age. Symptoms usually occur gradually and can include feeling tired, weak, or depressed, dry skin and brittle nails, constipation, memory problems, and heavy or irregular menstrual periods.

High levels of thyroid hormone, or hyperthyroidism, can cause a lot of processes in your body to speed up, and if left untreated, can lead to serious heart problems, bone problems, and a dangerous condition called thyroid storm. Symptoms usually include weight loss, rapid heartbeat, hair loss, heavy sweating, and feeling nervous or moody.

Both conditions can be evaluated and diagnosed with blood or other laboratory tests, ultrasounds, or thyroid scans and can be controlled and maintained with medication and/or other treatments.

"These thyroid conditions are very treatable, often with just one pill a day. Most patients feel much better after just a week or two, and the quality of their lives improves dramatically with more energy and better overall health," says Steve Kochu, M.D., Lexington Clinic Endocrinologist.

For more information about our Endocrinology Department, visit LexingtonClinic.com.

Staying **Up-to-Date** on Adult Vaccines

If you thought vaccines were just for kids, think again.

GREATER THAN ONE-THIRD of adults 65 years of age and older have not received the recommended immunizations against common, preventable diseases. "Vaccines are commonly associated with childhood," says Melissa Todd, R.N., Manager of Nursing Standards at Lexington Clinic. "Unfortunately, many adults are not aware of how vaccinations could benefit them."

To maintain good health throughout your adult life, Melissa recommends vaccinations against the following:

- **Pertussis** (whooping cough)—every 10 years for people under the age of 65, especially for those with a baby in the family.
- **Human Papillomavirus (HPV)**—for women age 26 years or younger to help protect against cervical cancer (also approved for males ages 9 to 26 to help prevent genital warts).
- **Pneumonia**—by age 65 to raise immunity to bacterial lung infections.
- **Shingles**—for adults 60 or older to help avoid this painful skin rash associated with the chickenpox virus.

Talk with your primary care physician about any questions or concerns.

To find a physician who can help you stay current on your vaccinations, call 859.258.4DOC (4362).



The 2010/2011 flu vaccine

provides protection against

seasonal flu and H1N1.

Since the flu season begins in November, it's ideal to receive the vaccine in October.

Find a Healthcare Provider

The most important decision you can make is one that many Americans put off for as long as possible—**choosing a primary care physician**. A primary care physician, such as a family medicine doctor or an internist, can be **your most important healthcare asset**.

PRIMARY CARE PHYSICIANS act as the gatekeeper for all of your health information. This physician will know you and your health history intimately and will be able to best coordinate your healthcare needs.

“A primary care physician can provide care for acute and chronic illnesses, preventive care, and health education for patients of all ages. This physician will look at your overall health and help you make informed decisions,” says Robert Davenport, M.D., Family Medicine physician at Lexington Clinic.

Primary Care Basics

One of your primary care physician's most important roles will be to provide you with preventive care and information, such as recommended immunizations and screenings. Preventive measures are a critical step that you and your family doctor can take together to maintain good health.

Selecting *the Right* Physician

When selecting a primary care physician, there are many important questions you should ask, including:

- Is the physician well trained and experienced?
- Who is available to see me if my physician is away from the office?
- How long does it usually take to get a routine appointment?
- How much time is allotted for a routine visit?
- Which hospitals does this physician use?
- If I cancel an appointment, will I be charged for it?
- Does the physician accept my health plan?

- What are the physician's office hours?
- Does the office offer extended or weekend hours?
- If I need follow-up tests or a specialist, where do I go?
- Is the location convenient?

Factors to consider when meeting with your possible physician:

- Is this physician a good listener?
- Does the physician speak in terms you can understand?
- Will this physician include me in the decision-making process and be a good partner for me?



Geraldine Jean, D.O., Obstetrics and Gynecology

Partner: Choosing a Primary Care Physician



Lexington Clinic mammography suite
Photos by Rachel Braswell.

Primary care physicians can also direct you to specialists when necessary and ensure the specialist has an understanding of your complete medical history, an important factor in ensuring you receive the best care.

“Unlike the primary care physician who works to help you maintain your overall health, the specialist focuses on a particular field of medicine, becoming knowledgeable in a certain body system or disease. You and your primary care physician should work together with specialists to ensure good communication and continuity of care,” says William Wittman, M.D., Lexington Clinic Internal Medicine physician.

If you are currently looking for a primary care physician, you have several choices depending upon your age, preference, and needs. Primary care physicians are generally divided into four classifications based on the age ranges they treat. These classifications are Internal Medicine, Family Medicine, Pediatrics, and Internal Medicine/Pediatrics.

Internal Medicine physicians generally treat only adults 18 years and older, while a pediatrician cares for infants and children from birth to 18 years of age. Family Medicine physicians and Internal

Medicine/Pediatrics physicians care for both children and adults. As you begin looking for a physician, closely examine your needs and preferences, and be sure to call the physician you are considering and ask about the specific age ranges his or her office treats.

When selecting a physician, it's important to research your options. Don't be afraid to call and ask questions. A primary care physician is your partner, so your chosen physician should understand and value what's important to you. Your physician should be a good listener and should speak to you in terms you can understand.

Before choosing a physician, call his or her office and find out if that physician accepts your health plan and who is available to see you in the event your physician is away from the office. You should also ask about the office's hours and cancellation policies and how long it usually takes to get a routine appointment. The more information you can gather, the more likely you are to find a physician you can build a good relationship with.

Getting the Whole Picture

Routinely seeing the same physician for regular check-ups is one of the most crucial steps in maintaining good health. While the convenience of urgent treatment centers is difficult to pass up, they are not set-up to accurately monitor your health over an extended period of time. Risk factors for diseases and health conditions, as well as subtle changes or symptoms, are much more likely to be caught early when your health is monitored regularly by your family doctor.

“Having a patient's complete medical history is important when determining why a particular body system isn't functioning properly. It also helps to eliminate the chances of unnecessary or repeat testing, saving time and money, and reducing patient frustration,” says Lisa Hall, M.D., Lexington Clinic Internal Medicine/Pediatrics physician.

Illness rarely strikes when convenient, and it's important to have a regular physician who is already familiar with your medical history.

“The best time to look for a primary care physician is when you are in good health. Establishing a relationship now will ensure the best comprehensive healthcare in case you become ill,” Dr. Hall adds.

For more information about Lexington Clinic's primary care physicians and services, visit LexingtonClinic.com.



Lisa Feng, M.D., Internal Medicine



Baxter Napier, M.D., Family Medicine



Make Your Health a *Priority* This Holiday Season

Choose This, Not That

Substituting healthier items for more fattening recipe staples can allow you to reach for an extra helping of your favorite holiday dishes without guilt. **Applesauce**, for example, can replace butter or oil in cookies, while **canned chestnuts** are a healthier alternative to bread in stuffing.

Everyone knows **canned pumpkin** makes a great pie, but it also can be used to add a healthy twist to another holiday favorite: mashed potatoes. Skip the heavy cream and butter, and mix in spices and herbs instead.

The holidays can seem to come and go in a flash. For many, the flurry of activity and constant temptation of delicious foods can make it easy to neglect good health. This year, why not **create a healthier holiday season**, allowing you to fully enjoy every moment?

Stress is a common complaint during the holidays, whether it stems from struggling to find the right gifts, hosting or visiting family, or honoring every commitment on a busy social calendar.

To combat stress, remember that you control what the holidays mean to you and how you celebrate them. Instead of beginning the season with expectations of stress, keep an open mind. Honor the traditions that matter most to you, but don't be afraid to start new ones. Take control of your schedule by carefully considering every party invitation instead of automatically agreeing to attend. Most of all, keep the holiday season in perspective—this busy time represents only a few weeks that should be enjoyed.

Eat Well and Stay Active

Once you've adopted the right attitude, consider the following ways to keep your body fit and healthy during the holidays.

- Portion control should be top of mind when it comes to healthy eating

during the holidays. Set a “toothpick limit” by counting the number of finger food items you indulge in at parties. If your family get-together includes a buffet dinner, select a small plate and limit yourself to one layer of healthy items, such as fresh fruit or shrimp cocktail, instead of a high stack of everything available.

- Workouts don't have to stop when the weather turns cold. In-home exercises, including yoga, aerobics, and following along with your favorite fitness DVD, can be just as effective as outdoor activities. Bond with family and shed some calories from holiday foods by going on walks after lunch or dinner.

Taking care of yourself by exercising, eating sensibly, and reducing stress may be the best gift you could possibly receive this holiday season.



For a mouthwatering pumpkin recipe perfect for crisp fall days, see page 7.



Simply Fall: Pumpkin-Spice Muffins

This aromatic pumpkin-spice muffin is delicious with a cup of coffee or cider.

Ingredients

- 1¾ cup flour (pastry, whole wheat or stone ground)
- 1 teaspoon low-sodium baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- ¾ cup pumpkin (cooked, drained, and mashed) or canned pumpkin
- ⅔ cup low-fat buttermilk
- 2 tablespoons canola oil
- ½ cup honey
- 2 egg whites, lightly beaten

Directions

Preheat the oven to 400° F. Line a 12-cup muffin tin with muffin papers. In a large bowl, sift together the flour, baking powder, baking soda, salt, and cinnamon. In a separate bowl, mix together pumpkin, buttermilk, oil, honey, and egg whites. Combine the contents of both bowls and stir until blended. Divide batter equally among the muffin cups. Bake 20 minutes or until muffins are lightly browned.

Nutrition Facts

Serving Size: 1 muffin
 Calories: 96.8
 Fat: 2.8 g
 Carbohydrates: 15.2 g
 Fiber: 2.6 g
 Source: *dlife.com*



Which Test Do You Need When?

Regular medical tests and screening exams help patients manage their risk for disease and detect conditions early, when they are most easily treated.

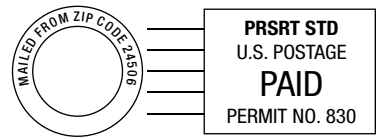
“Discuss the specifics of national screening recommendations with your physician to ensure you are receiving applicable tests at the appropriate times based on family and medical history,” says Robert Bratton, M.D., board-certified Family Medicine physician and Chief Medical Officer at Lexington Clinic.

Ask your primary care physician about the best time for you to begin undergoing certain screenings. These recommended guidelines can help you start the conversation with your doctor.

Recommended for:	Screening Test	Ages	Frequency
Everyone 	blood cholesterol levels	20 and older	discuss with your physician or nurse
	blood glucose test for diabetes	45 and older	3 years
	blood pressure	18 and older	2 years
	colonoscopy for colorectal cancer	50 and older	10 years or more often if you have a family or personal history
Men only 	digital rectal exam for prostate cancer	40 and older	discuss with your physician or nurse
	prostate-specific antigen (PSA) test for prostate cancer	40 and older	discuss with your physician or nurse
Women only 	bone density scan for osteoporosis	65 and older	at least once
	clinical breast exam	age sexually active or 21 and older	yearly
	mammogram for breast cancer	40 and older	1 to 2 years; discuss your family history with your physician
	Pap test	age sexually active or 21 and older	1 to 2 years
		30 to 65	3 years
	65 and older	discuss with your physician or nurse	
pelvic exam	age sexually active or 21 and older	yearly	

For more information about national guidelines for preventive medical tests, talk with your physician or visit ahrq.gov.





Lexington Clinic is celebrating its 90th anniversary with a fresh new website!

We have increased our user friendliness and added new services, while improving our current online services. The new website offers the latest news and health information, online appointment requests and downloadable patient forms. In addition, the new **Manage My Account** feature provides the convenience of online bill pay, all on a secure connection designed to help our patients get the quality care and information they need.

Visit us today at **LexingtonClinic.com!**



We are Lexington Clinic,
Central Kentucky's doctors since 1920.

Your doctors for life.
Celebrating 90 years.

