When It's
More Than
Just a Headache

The Roots of
DEMENTIA

What's Good for
THE BODY
Dear Friends,

WELCOME TO THIS YEAR’S first issue of Doctors 4 Life. In case you haven’t noticed, we have made some exciting changes to this publication, but have kept the concerns of your health in mind.

In this issue, we talk about the head, specifically health problems that affect your head. You’ll find information on how to tell the difference between a migraine and just a headache, seasonal allergy tips, an article about the different types of dementia and more!

We hope you enjoy the updates we’ve made, and as always, encourage you to send your feedback to us or suggest new topics at editor@lexclin.com.

Thank you and enjoy!
Andrew H. Henderson, M.D.
Chief Executive Officer

Get connected with Lexington Clinic! Did you know you can find helpful health tips, healthy recipes, the latest in Lexington Clinic news and more, all from the comfort of your home? Not only does Lexington Clinic have a convenient and helpful website that provides information about our physicians and specialties, you can join the conversation on Facebook and Twitter, too! Make sure to like and follow our pages to get the latest updates and tips for your life.

Facebook: Facebook.com/LexingtonClinicKY
Twitter: twitter.com/LexingtonClinic

We’ve been working on our dance moves (have you seen our new commercial yet?), and now we want to see yours! Send us a quick clip of you or a family member (with their permission of course) getting their groove on to either editor@lexclin.com or on one of our social media pages, and you will be entered for a chance to win a $50 VISA gift card.

*Please note, by sending us your submission, you give Lexington Clinic permission to use and post your clip.
What’s Good for the Body…

NEED ANOTHER REASON TO ENCOURAGE YOUR KIDS TO PLAY OUTSIDE? HERE’S ONE: IT COULD MAKE THEM SMARTER.

A NEW STUDY led by researchers at the University of Illinois found that physical activity may boost cognitive function in children. After studying more than 200 youngsters ages 7 to 9, researchers determined that those who participated in an after-school physical activity program were able to process images faster and more accurately during computer tests than their inactive peers.

Children enrolled in the after-school program spent 70 minutes outside each day in unstructured play. Kids kicked a soccer ball around, played tag, jumped rope and enjoyed other games. While their physical fitness only increased by about 6 percent after nine months, their cognitive function was significantly better. Lesson learned? Sending your kids outside to play may help them perform better in the classroom.

When It’s More Than Just a Headache

IF YOU THINK A MIGRAINE IS JUST AN INTENSE HEADACHE, YOU COULD BE INCORRECTLY IDENTIFYING YOUR PAIN.

APPROXIMATELY 90 PERCENT of all headaches are tension-related. These headaches are brought on by muscle tightness in the shoulders or neck, which is often stress-induced. A migraine is different.

“Migraines are generally hereditary, and affected individuals have a low threshold to trigger abnormal changes in certain brain substances causing swelling of blood vessels and irritation of nerves,” says Eliza E. Robertson, M.D., Ph.D., Lexington Clinic neurologist.

“This causes moderate to severe pain, multiple hypersensitivities and other symptoms not usually seen in a tension-type headache.”

Different Symptoms, Different Treatments

Migraine pain can affect just one side of the head or shift sides. Sufferers often describe the pain as throbbing or pounding. Unlike tension-type headaches, migraines are often accompanied by other symptoms such as:

- Distorted vision
- Dizziness
- Exhaustion
- Feeling unusually cold or warm
- Loss of appetite
- Nausea and vomiting
- Sensitivity to light, noises or smells

Most chronic migraines require prescription medication. However, using medication more than twice per week to treat migraines can cause “rebound migraines.” The best treatment is to avoid things that trigger your migraines, and your physician can help you identify your triggers and develop strategies to minimize the frequency and severity of your migraines.

Only a physician can make a proper diagnosis. If you believe you’re experiencing migraines or would like more information, call 859.258.6800 or visit LexingtonClinic.com/neurology.
The Roots of Dementia

Dementia is a condition with which many people are familiar, but few know what it is or what causes it. Often, this debilitating condition is a sign of something much more serious.

“Dementia is a decline in memory and other mental functions which interferes with the patient’s ability to function properly, such as difficulty with cooking, driving a car or keeping up with personal finances,” says Craig A. Knox, M.D., Ph.D., Lexington Clinic neurologist. “It is also a rather broad term for a symptom which can be caused by many conditions.”

Some of those conditions include:

- Frontotemporal dementia—Several types of dementia exist, all with very different symptoms. This type begins with changes in behavior and socially inappropriate comments or behaviors. It can cause lack of initiative, difficulty with language functions and other symptoms. Often, memory loss is actually minimal and it tends to cause more problems with behavior and personality changes.
- Lewy body disease—A condition in which the patient develops memory loss and/or dementia, as well as hallucinations, tremors, difficulty walking and signs of Parkinson’s disease, all within one year.
- Multiple strokes—Can cause dementia, typically causing episodes of slurred speech and numbness or weakness on one side of the body.
- Fluid accumulation on the brain—Typically causes difficulty with memory, difficulty walking and urinary incontinence.
- Head injuries
- Vitamin B12 deficiency
- Low thyroid

“In my experience, Alzheimer’s disease is by far the most common cause of dementia,” says Dr. Knox, and statistics from the Alzheimer’s Association affirm this, reporting that 60 to 80 percent of dementia cases are caused by Alzheimer’s. However, it is important to note that while a symptom of this disease, dementia is not always caused by Alzheimer’s.

Only a physician can make a proper diagnosis. If you, or someone you know, is exhibiting signs of dementia, schedule an appointment to see a neurologist so the proper diagnosis can be made. For help finding a neurologist, call 859.258.6800 or visit LexingtonClinic.com/neurology.

Ask the Physician: Is it Dementia or Alzheimer’s?

A loved one has been exhibiting signs of dementia. Does that mean they have Alzheimer’s?

“Dementia, while one of the signs of Alzheimer’s, isn’t always associated with this disease. There are other conditions which can also cause dementia, including frontotemporal dementia, Lewy body disease, multiple strokes, fluid accumulation on the brain, head injuries, Vitamin B12 deficiency, low thyroid and more.”—Craig A. Knox, M.D., Ph.D., Lexington Clinic neurologist
AS HAY FEVER SEASON APPROACHES, PEOPLE ALLERGIC TO GRASS AND RAGWEED ARE PREPARING EARLY WITH NEW ORAL THERAPIES RECENTLY APPROVED BY THE U.S. FOOD AND DRUG ADMINISTRATION (FDA).

FOR PATIENTS WITH SEASONAL ALLERGIES that can’t be treated by just antihistamines, relief has usually come in the form of allergy injections. However, new oral therapy options may soon make injections a thing of the past for some seasonal allergy sufferers.

The Power of a Pill
Several oral immunotherapies (therapies that trigger an immune response) recently approved by the FDA are designed to help protect patients from grass and ragweed allergies. These new options can be taken by simply placing a pill under the tongue once daily.

“Most patients with allergies are allergic to multiple allergens and are best treated with allergy injections, or immunotherapy,” says Nelson Lamkin, Jr., M.D., Lexington Clinic allergist. “However, a few patients are allergic to only a single allergen, such as grass or ragweed with symptoms for only a few weeks per year. For these, oral [also called sublingual] therapy remains a treatment option.”

The Protocol
As with allergy shots, oral allergy medication should be administered prior to allergy season. About 12 weeks ahead of the season is the general rule for starting these oral therapies.

The first dose should be given by a healthcare professional in an office setting, and the patient should be observed for approximately 30 minutes after taking the drug. If no adverse reactions occur, the patient may begin taking the medication once daily at home.

Oral and injection allergy therapies are equally effective at reducing symptoms triggered by ragweed and grass. Similar medications to protect patients from other allergens are already in the works.

Only a physician can make a change in your medication. If you are interested in exploring new options for allergy treatments, contact a Lexington Clinic allergist today to discuss what is best for you. For help finding an allergist, call 859.258.5244 or visit LexingtonClinic.com/allergy.

Decisions, Decisions
The following may help you select the therapy that’s right for you:

Pills ...
• are painless.
• can be taken at home.
• may cause sore throat and itching sensations in the ears and mouth.

Shots ...
• can be customized to each patient.
• have a strong history of efficacy.
• must be given by a healthcare professional, requiring trips to your doctor’s office as often as twice each week.
The Doctor’s Office isn’t the only place you can see Lexington Clinic physicians and staff. We will be out in the community at different events throughout the year. We hope to see you and your family at one of the events listed below!

**April**

**Lexington Legends Giveaway Nights**—Lexington Clinic sponsors two nights at the Lexington Legends home games. A limited number of squishy baseballs will be available to fans in attendance. April 18 and April 28, Whitaker Bank Ballpark.

**Diabetes: What You Need to Know**—Patient Education class for people with diabetes and interested family members. *Not appropriate for children or patients with gestational diabetes.* April 9, 6:00 p.m.–7:00 p.m., Apostles Anglican Church.

**Central Baptist Maternity Fair**—Lexington Clinic physicians and staff will provide information for you and your baby. April 25, 11:00 a.m.–130 p.m., Keeneland Entertainment Center and Barn.

**May**

**Lexington Legends Giveaway Nights**—Lexington Clinic sponsors three nights at the Lexington Legends home games. A limited number of squishy baseballs will be available to fans in attendance. May 9, May 22 and May 29, Whitaker Bank Ballpark.

**16th Annual Maternity Fair**—Lexington Clinic physicians and staff will provide information for you and your baby. May 9, 9:00 a.m.–12:30 p.m., Embassy Suites on Newton Pike.

**American Heart Association Heart Walk**—Lexington Clinic physicians and staff will provide information about your heart health. May 9, registration opens at 8:30 a.m., walk begins at 9:00 a.m., Keeneland Race Course.

**Diabetes: What You Need to Know**—Patient Education class for people with diabetes and interested family members. *Not appropriate for children or patients with gestational diabetes.* May 14, 6:00 p.m.–7:00 p.m., Apostles Anglican Church.

**Step Out, Walk to Stop Diabetes**—Lexington Clinic will participate with a team and provide information for diabetes patients. May 30, time to be announced, Keeneland Race Course.

**June**

**Lexington Legends Giveaway Night**—Lexington Clinic sponsors two nights at the Lexington Legends home games. A limited number of squishy baseballs will be available to fans in attendance. June 9 and June 14, Whitaker Bank Ballpark.

**Lexington Clinic Orthopedics–Sports Medicine Center Night at Legends**—Lexington Clinic Orthopedic physicians and athletic trainers will provide information about Lexington Clinic’s Orthopedic–Sports Medicine services. June 20, game start at 7:05 p.m., Whitaker Bank Ballpark.

**American Cancer Society Relay for Life**—Lexington Clinic Cancer Centers will participate with a team and provide information about the services Lexington Clinic offers for cancer patients. June 5, Masterson Station Park.

**Red, White and Boom**—Lexington Clinic will once again be a sponsor of Lexington’s 4th of July celebration, Red, White and Boom. June 26 & 27, Whitaker Bank Ballpark.

**Diabetes Basics**—Patient education class for patients with diabetes that will cover the basics of this disease. Please RSVP to this event one week in advance, 859.288.2446. June 11, 5:30 p.m.–7:30 p.m., Lexington Clinic Training Center, 350 Elaine Drive, Suite 100, Lexington, Ky.
Is It a Concussion?

**EVEN A MILD** hit to the head could cause a concussion, a potentially serious brain injury. The following physical, cognitive, emotional or sleep-pattern changes indicate a need for follow-up care:

- Dizziness, nausea or blurred vision
- Irritability or mood swings
- Mental confusion, difficulty concentrating or slurred speech
- Sleeping more or less than usual

These symptoms may appear long after the incident. Call your doctor if you observe any of these symptoms and be sure to mention the head injury.

For more information about concussions, or for help finding a medical professional to treat a concussion, contact Lexington Clinic at 859.258.4362 (4DOC) or visit LexingtonClinic.com.

Simply...

Spicy Chicken Salad

Give this favorite dish a healthy, zesty makeover with Greek yogurt and a dash of curry powder.

**Ingredients**
- 2 cups chopped cooked chicken*
- ¼ cup raisins
- 1 cup diced celery
- 4 cups spinach leaves
- ¼ cup sliced almonds
- 2 teaspoons curry powder
- 1 cup fat-free Greek yogurt

**Directions**

In a small bowl, combine all ingredients except spinach leaves, mixing well. Place one cup of spinach per person on a serving plate. Divide the chicken salad into quarters and serve over the spinach.

**Nutrition Information**

Makes 4 servings
Calories: 190.5
Total fat: 4.9 g
Cholesterol: 38.6 mg
Sodium: 111.2 mg
Carbohydrates: 14.5 g
Fiber: 2.6 g
Sugar: 8.8 g
Protein: 22.7 g

*For easy preparation, place raw chicken tenders on a baking sheet and broil for 10 minutes, then flip and broil 10 minutes more.

AX Those Allergens!

**YOUR HOME SHOULD BE A SAFE SPACE—NOT A PLACE THAT TRIGGERS YOUR ALLERGIES! HERE ARE SOME WAYS TO SHOW IRRITANTS THE DOOR.**

- **Pillows**—Dust mites accumulate over time. To banish them, use hypoallergenic pillow covers and wash pillows and pillowcases in hot water weekly.

- **Pets**—Pet allergens are difficult to eliminate, particularly if your pet lives inside full-time. Try keeping your pet out of your bedroom. If allergies persist, replace carpeting with wood or another hard floor surface.

- **Pollen**—Keep windows closed on days when the pollen count is high. Don’t line dry your clothes outside, and shower when you come indoors.

LexingtonClinic.com
Need help finding a physician or scheduling an appointment?

A specially trained referral nurse offers assistance Monday – Friday from 8:00 a.m. – 4:30 p.m. Call 859.258.4DOC (4362) or visit LexingtonClinic.com/findaphysician

Lexington Clinic
Your doctors for life.
Over 225 providers  Over 30 Specialties  30 locations

Accredited by the

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.