Dear Friends,

THIS YEAR, Lexington Clinic is proud to celebrate our 90th anniversary! The physicians and staff would like to thank our patients for choosing Lexington Clinic and helping us reach this incredible milestone!

Lexington Clinic exists to serve our community, and in this issue of Doctors 4 Life you’ll find articles on topics including our history, services, and some of the system improvements Lexington Clinic has been implementing to ensure our patients continue to receive top-quality medical care. 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 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

Have a question for one of our experts? Simply e-mail your inquiry to editor@lexclin.com for answers to your questions and possible inclusion in an upcoming issue.

» Q.: Does Lexington Clinic take walk-in patients when they can’t see their regular physician?
A.: Absolutely! Lexington Clinic Walk-In Care locations are designed to assist our patients with healthcare needs that arise after hours, on weekends, or at times when you need to be seen sooner than an appointment with your regular physician can be arranged. Best of all, if your regular physician is part of Lexington Clinic, your symptoms, treatment, and the physician’s notes from your walk-in care visit will be instantly available to your regular physician for quick, consistent follow-up care through Lexington Clinic’s electronic health record (EHR) system. For more information about our walk-in care locations and services, visit LexingtonClinic.com/walkin.

» Q.: I have heard that sunscreen isn’t necessary on cloudy or overcast days. Is that true?
A.: Despite what you may have heard, sunscreen is your single biggest defense against skin cancer and should always be used—even on cloudy or overcast days—and especially during the summer months. Sunscreen is particularly important for children, as studies show that people receive 80 percent of skin damaging sun exposure by age 18. Keep a constant layer of a sun protection factor (SPF) 15 or higher sunscreen on and you’ll have a great summer and great skin!

» Q.: Does Lexington Clinic have an obstetrician that I could see even after my baby is born?
A.: Yes! Five female physicians offering a wide range of services from routine obstetrics and family planning to comprehensive gynecology and gynecologic procedures staff Lexington Clinic’s Department of Obstetrics and Gynecology. All physicians are board-certified or board-eligible and provide high-quality care for women, by women. For more information about Lexington Clinic’s Obstetrics and Gynecology Department, visit LexingtonClinic.com/baby.

Congratulations to the Winners!
Congratulations to the winners of our gas card giveaway! Watch for more chances to win in future issues of Doctors 4 Life.

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

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

Electronic health records (EHR) compile a patient’s entire medical history—including prescriptions—into a convenient digital format. By using this technology, Lexington Clinic physicians can communicate more effectively with each other and accurately monitor a patient’s medical condition.

IN 2005, Lexington Clinic became one of the first medical facilities in our region to implement this paperless—and environmentally friendly—real-time system. “The flow of information is so critically important in patient care today,” says Robert L. Bratton, M.D., Chief Medical Officer of Lexington Clinic. “If we can control and improve that flow, that’s where we can make a major difference in how we take care of patients.”

How EHR Benefits You

EHR creates a steady flow of information among healthcare professionals. For example, when a patient comes to Lexington Clinic for treatment, he or she may begin by seeing a primary care physician. This physician may refer the patient to a specialist or for laboratory or imaging tests. Wherever the patient goes within Lexington Clinic, the information in his or her EHR is instantly available to all physicians involved in the patient’s care.

The system offers unrivaled efficiency, consistency, and quality of care for patients, allowing physicians to more closely monitor current and chronic medical conditions. For example, a physician treating a person with diabetes can use the information contained in the EHR from specialist visits to easily observe and monitor the patient’s foot and eye health—two areas where patients with diabetes have a higher risk of problems related to their condition.

EHR also allows physicians to send patient prescriptions directly to any EHR-equipped pharmacy, eliminating the need for paper prescriptions, saving the patient time and trouble, and making EHR a must have for superior patient care.

For more information about EHR and how the technology benefits you, visit LexingtonClinic.com.

A Streamlined Imaging System

In July 2007, the staff at Lexington Clinic implemented the picture archiving and communication system (PACS), an advanced technology that allows physicians to digitally view the results of imaging scans.

WHILE TRADITIONAL film images are not always clear, PACS images can be altered to obtain a better view.

PACS has transformed imaging at Lexington Clinic. For example, if a radiologist viewing a mammogram notices a possible area of concern, he or she has the ability to zoom in on the image or adjust the lighting or darkness of the scan in order to create the most precise view possible. This technology enables Lexington Clinic physicians to diagnose health conditions more quickly and accurately.

“Using a secure password, physicians can log on to PACS and look at important test results such as a patient’s X-ray or MRI scan,” says Shailendra Chopra, M.D., M.R.C.P., F.R.C.R., staff radiologist at Lexington Clinic. “The advanced system allows physicians in separate offices to pull up the same image and collaborate in determining the appropriate treatment plan for each patient.”

In the past, a radiologist might have needed to call a patient back for a repeat scan if the image was unclear. By using PACS technology, patients experience fewer repeat scans—and therefore less exposure to radiation—as well as shorter wait times for imaging results.

For both the patients who come to Lexington Clinic for care and the radiologists who provide much-needed services, PACS provides a new diagnostic option in the form of clearer imaging scans. By combining clarity and accuracy with speed, PACS has quickly become an invaluable asset to both Lexington Clinic radiologists and those who use their services. The result for patients is as clear as a PACS imaging scan—a higher level of care.

LexingtonClinic.com
In 1916, three Lexington physicians formed a partnership that would create a tremendous impact on the healthcare system throughout Central and Eastern Kentucky. After visiting the famed Mayo Clinic in Rochester, Minnesota, Dr. Waller Bullock, Dr. David Barrow, and his son, Dr. David Woolfolk Barrow were so impressed with the quality of treatment and services the facility provided that they returned to Lexington determined to bring that same level of medical care to the Bluegrass Region. On July 1, 1920, the three partners, along with six other local physicians, opened Lexington Clinic.

At that time, Lexington had two hospitals, Saint Joseph Hospital and Good Samaritan Hospital. The city and these facilities lacked many of the specialties that were necessary for a complete healthcare system. Lexington Clinic stepped up to fill the void, providing the community with those much-needed specialty and subspecialty services and, in the process, helped to transform Lexington into a regional medical hub.

Lexington Clinic has been a part of many medical “firsts,” including:
- Introducing the region’s first pathologist, Dr. Elmer Maxwell, who joined Lexington Clinic in 1920, established Lexington Clinic’s pathology lab and assisted the two hospitals in setting up pathology labs of their own.
- Bringing Dr. Donnan Harding onboard in 1925 as Lexington’s first trained radiologist. Dr. Harding, who was a pioneer in both diagnostic and therapeutic X-ray technology, established radiology departments at Lexington Clinic and both hospitals.
- Lexington Clinic was the only facility in Lexington equipped to develop X-ray film and provided X-ray coverage for Good Samaritan Hospital until the 1930s and to Saint Joseph Hospital until the early 1960s.
- Lexington Clinic physicians were instrumental in developing the first cardiac care unit at St. Joseph Hospital.
- Lexington Clinic installed the first 16-slice CT scanner in Lexington in 2004.
- In 2006, Dr. Richard Floyd performed the first thoracic ablation surgery for atrial fibrillation in Lexington.

2010 marks Lexington Clinic’s 90th anniversary. At 90 years old, Lexington Clinic is older than insulin and penicillin and is Kentucky’s largest and oldest multi-specialty outpatient medical clinic.

Lexington Clinic opened its doors on July 1, 1920 at the Gratz Park Inn, later relocating to its current facility on South Broadway.
Lexington Clinic has been serving Central and Eastern Kentucky communities for 90 years and has seen generations of patients come through our doors. For decades, Lexington Clinic physicians have cared for entire families, and many patients have known their physicians for their entire lives.

Lexington Clinic Today

Today, physician-owned and operated, Lexington Clinic is Kentucky’s oldest and largest multi-specialty medical practice. After 90 years of service, Lexington Clinic is continuing our tradition of excellence, providing primary care services and more than 30 specialties in 18 locations throughout Central and Eastern Kentucky, making it easy and convenient for patients in local communities to receive the care they need. With the addition of an accredited Ambulatory Surgery Center, four after-hours and walk-in care locations, and the implementation of a paperless, environmentally friendly electronic health record (EHR) system and picture archiving and communication system (PACS), Lexington Clinic continues to be a leader in healthcare excellence.

Named one of the 2010 Best Places to Work in Kentucky, Lexington Clinic is one of the largest employers in the region and was voted one of the 2010 Best Places to Work in Kentucky.

Great employees are at the heart of Lexington Clinic’s operation. Lexington Clinic is one of the largest employers in the region and was voted one of the 2010 Best Places to Work in Kentucky.

A Member of the Community

Lexington Clinic’s dedication to the community goes beyond providing unparalleled healthcare and a great place to work. As an integral part of Central and Eastern Kentucky, Lexington Clinic makes a point to give back to the communities that have been instrumental to our success. Through corporate and employee donations, volunteer work, and fundraising events, Lexington Clinic and our staff are able to leave a tremendous impact on the community by aiding local charities and people in need. Annual support is provided to more than 20 different local charities and community groups, including, but not limited to, the Alpha Phi Alpha Martin Luther King, Jr. Breakfast, American Cancer Society, American Heart Association, Hospice of the Bluegrass, Komen Race for the Cure, Lexington Art League, and Women Leading Kentucky.

Offering fast and consistent service to patients is a top priority at Lexington Clinic, which is constantly growing, expanding, and evolving to meet the ever-changing needs of the communities we serve and continuing our tradition of offering high quality medical care with compassion, innovation, and integrity. For more information about Lexington Clinic and our physicians and services, visit LexingtonClinic.com.

(Above, left) The Center for Breast Care at Lexington Clinic uses a multi-disciplinary approach to breast care. The center’s highly trained physicians provide customized treatment options for patients.

(Above, right) Dr. Ben Kibler, Lexington Clinic Orthopedics-Sports Medicine physician, operates at Lexington Clinic’s Ambulatory Surgery Center.

(Bottom, right) Dr. Clarissa Belling, Lexington Clinic gynecologist, is pictured with the da Vinci® Surgical System utilized for cutting-edge, minimally invasive surgical procedures providing shorter recovery times and increased comfort for patients.
The Cardiology Department was fully established in the 1940s by A.L. Cornish, M.D. and Cary Blaydes, M.D., who recently retired after 46 years of service. Drs. Cornish and Blaydes not only established Lexington Clinic’s Cardiology Department, but they were also instrumental in setting up the first cardiac care unit in Lexington at St. Joseph Hospital. Over the decades, Lexington Clinic cardiologists have been actively involved in bringing revolutionary advances in the field of cardiology to Lexington. Whenever possible, our expert physicians offer the latest technologies and less invasive procedures in order to maximize the patient experience.

A Valued History

Lexington Clinic Cardiology’s rich tradition continues on through new generations—Dr. A.L. Cornish’s son, Allen Cornish, M.D., is also a Lexington Clinic cardiologist. “We are committed to providing top-quality care and treating patients as individuals rather than cases,” says Dr. Cornish, who currently serves as Head of the Cardiology Section.

Lexington Clinic has a strong history of generations following in the footsteps of their forefathers and practicing medicine together. In addition to Dr. Cornish, cardiothoracic surgeon Richard Floyd IV, M.D., also followed in the path of his father, Richard Floyd III, M.D., when he joined Lexington Clinic. Both Dr. Cornish and Dr. Floyd feel practicing in the same facility where their fathers did gives them a special connection to Lexington Clinic and to their patients.

The Lexington Clinic Cardiology Department also currently employs a father/daughter physician team. John Sartini, M.D. and his daughter Sarah Sartini Rugg, M.D. both practice at Lexington Clinic’s South Broadway campus.

“It is extremely satisfying to have the opportunity to practice with your child and see that the standard of care you have set is something that future generations are eager to emulate,” Dr. Sartini says.

Regardless of the generation, Lexington Clinic Cardiology patients see the same physician every time they visit—not just the person who happens to be on call. The result is the development of long-term relationships with expertly trained physicians that benefit families for generations to come.

For more information, visit LexingtonClinic.com/cardiology.

Committed to Cutting-Edge Care

Lexington Clinic Cardiology continually seeks out highly trained physicians and staff, as well as new technologies and procedures, to improve the care of our patients. Physicians within the department participate in continuing medical education to keep abreast of new technologies and implementations in order to provide outstanding care for our patients. All department laboratories—including echo, vascular, and nuclear—are nationally accredited, demonstrating a dedication to the highest standards of care.
Simply Heart Healthy:

Sautéed Shrimp on Warm Black Bean Salad

Pair flavorful shrimp with fiber-packed black beans for this delicious—and heart healthy—summertime meal.

**Ingredients**

- 1¼ pound large shrimp, shelled and deveined
- 2 teaspoons olive oil
- 1 lime
- 1 small onion, chopped

**Directions**

Sprinkle shrimp with ¼ teaspoon salt and ⅛ teaspoon coarsely ground black pepper. In a non-stick skillet heat 1 teaspoon oil on medium for one minute. Add shrimp and cook until shrimp turn opaque throughout. Grate 1 teaspoon lime peel and squeeze 2 tablespoons lime juice. Transfer shrimp to small bowl and cover to keep warm. Heat remaining oil on medium heat for one minute. Add onion and pepper and cook until tender. Stir in cumin and cook for one minute. Then add black beans, lime peel and juice, ¼ teaspoon salt and ⅛ teaspoon black pepper. Cook for three minutes. Spoon bean mixture onto 4 dinner plates and top with shrimp. Sprinkle with cilantro.

**Nutrition Facts**

- Servings: 4
- Calories: 240
- Total Fat: 5g
- Carbohydrates: 24g
- Protein: 16g
- Dietary Fiber: 8g

Source: goodhousekeeping.com.
We are doctors, nurses and healthcare professionals who have spent 90 years committed to our mission of caring for your health.
We are devoted to our values and dedicated to our patients.
We are fully integrated healthcare, making your life easier.
We are technology you can rely on and the compassionate care you deserve.
We are great people providing great healthcare.

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

Your doctors for life.
Celebrating 90 years.