Good News, Working Moms!

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Lexington Clinic Director of Reimbursement and Chief Compliance Officer Melinda Blanche with family
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 women! You’ll find articles on topics concerning diabetes, hidden risk factors for women and information for working moms! 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, simply 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.: My New Year’s resolution is to get a physical and start taking better care of myself, but I don’t have a primary care physician. Do you have a list of primary care physicians?
A.: Yes we do! You can find a complete list of Lexington Clinic locations and physicians at LexingtonClinic.com, or you can call our resource referral nurse at 859.258.4DOC (4362) for a list of physicians in your area!

➤ Q.: How often should you receive a screening colonoscopy?
A.: In general, it is recommended that patients receive a screening colonoscopy at age 50. However, there are many instances when a colonoscopy may be scheduled at an earlier age, including increased risk factors for, or a family or personal history of, colorectal cancer. How often you receive a colonoscopy will be determined by your physician based on the factors above and the results of your initial colonoscopy.
For more information or to schedule a colonoscopy with a Lexington Clinic gastroenterologist, call 859.258.4DOC (4362).

➤ Q.: Does Lexington Clinic offer information or updates on Facebook?
A.: Yes! Lexington Clinic recently launched a new corporate Facebook page containing photo albums, upcoming event information and information about healthcare, diseases and conditions! Check us out and become our fan!

Congratulations to Cindy Sears, the winner of the Find the Hidden Horse contest from our fall edition of Doctors 4 Life. Thank you to all who participated!
If you’re a new mother wondering about the effect your returning to work will have on your child, a new study may ease your mind.

Under certain conditions, children whose mothers returned to work full-time within 12 months of giving birth performed on par with children whose mothers stayed home, according to a study released by the Society for Research in Child Development.

Although overall results showed poorer performance on cognitive tests from infants whose mothers worked full-time, some exceptions applied.

To Work or Not to Work?
Mental growth performance by children of working mothers equaled that of children whose mothers stayed home under the following circumstances:

- When mom’s work increased family income and improved the quality of life at home
- When quality childcare resources were selected
- When the mother continued to be actively involved in her child’s growth

The study also showed that the children of mothers who worked part-time were less likely to develop behavioral problems.

With these results in mind, working moms can feel more assured of making the best choice for themselves and their littlest family members.

Visit LexingtonClinic.com/peds to learn more about children’s healthcare needs or to request an appointment with a pediatrician.

More Reasons to Measure Your Waistline

Knowing your body measurements does more than help you pick the right clothing size. Keeping tabs on weight gain, especially around the waist, can alert you to health risks you can control!

Women who carry excess weight, especially around the midsection, increase their likelihood of developing potentially serious health conditions. Results from a recent study published in the Archives of Internal Medicine associated an increased waist-to-hip ratio with higher risk of pancreatic cancer in women—and the danger doesn’t stop there.

“Women with larger waistlines also are at increased risk for heart attack and stroke,” says Lisa Hall, M.D., Internal Medicine/Pediatrics physician at Lexington Clinic Veterans Park. “These conditions are linked to poor dietary and exercise habits.”

Calculate Your BMI

To determine your body mass index (BMI), use the following formula:

- Your weight in pounds x 703 = A
- Your height in inches x your height in inches = B
- A divided by B = your BMI

Calculate your body mass index (BMI) using the formula above, then see where you fall within this range:

- Underweight: Below 18.5
- Healthy: 18.5–24.9
- Overweight: 25.0–29.9
- Obese: 30.0 and above

Maintaining an ideal body weight is not about crash dieting but about making healthy lifestyle choices, such as eating plenty of fruits and vegetables and getting regular exercise.

Check with your primary care physician before starting any diet or exercise program. If you are looking for a primary care physician, call our resource referral nurse at 859.258.4DOC (4362).

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What Can I Do?
More than 66 percent of Americans are considered overweight. Are you? To see if you’re in this category,

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Healthy Habits
to Last a Lifetime

With the coming of the New Year, many people set fresh goals for themselves. Popular resolutions for women include eating better, spending more time with family or committing to an exercise program. Read on to learn some important reasons to stay motivated, so you won’t have to make the same plan next year!

THE FOLLOWING 4 lifestyle changes have the biggest total effect on women’s health. By giving yourself a healthy makeover in these areas, you will create improvements that last far beyond the next 12 months.

Snub Out Smoking
An estimated 18.3 percent of American adult women smoke cigarettes—and about 8.6 million Americans suffer from at least one smoking-related illness, according to the American Lung Association. If you’re a smoker, no matter how long you’ve had the habit, kicking it is the best remedy.

“The relationship between the number of years smoked and lung health, sometimes called ‘pack years,’ is used to quantify the effects of smoking,” says Cheryl McClain, M.D., Family Medicine physician at Jessamine Medical and Diagnostics Center.

Too Young to Have a Stroke? Think Again.

If you are a woman younger than 55, you might not consider yourself at risk for stroke. While the major contributing factors are age, being overweight, and having high blood pressure and cholesterol levels, consider these hidden risk factors for stroke:

• Having migraines
• Taking oral contraceptives
• Undergoing hormone replacement therapy
• Having an autoimmune disorder, such as diabetes or lupus
• Having a clotting disorder

These factors, especially when combined with other risks, can have a cumulative effect on your health. Talk with your physician about ways to reduce your chance of having a stroke.
To calculate pack years, multiply the number of packs consumed per day by the number of years spent smoking. High numbers translate into significant risk factors for a variety of diseases, including primary lung disease and heart disease. Quitting is the best step a smoker can take to improve lung health, and there is no better time to start than today.”

Mamata Majmundar, M.D., Family Medicine physician at Lexington Clinic Andover Family Health Center, also encourages women who smoke or have smoked in the past to schedule regular dental appointments to check for irregularities and preserve oral health.

Preserve Healthy Skin

If you have a family history of skin cancer, used tanning beds or received frequent sunburns in the past, make it a habit to examine your skin for any abnormal moles or spots that change color, shape or size. Take preventive steps to protect your skin from further skin damage as well.

“I encourage women to wear sunscreen throughout the year,” says Dr. Majmundar. “Moisturizing products are now available that can be worn under makeup and applied easily.”

Select a sunscreen product with a sun protection factor (SPF) of at least 30, limit sun exposure at midday (between the hours of 10:00 a.m. and 3:00 p.m.), and wear sunglasses and protective clothing when outdoors.

Bite Into Good Health

Proper nutrition plays a big role in overall health—especially with regard to lowering risk factors for heart disease, diabetes and other chronic conditions. Tina Fawns, M.D., Family Medicine physician at Lexington Clinic Richmond, recommends women start making positive changes in dietary habits by focusing on carbohydrates to avoid, such as sugary foods.

“Consuming unhealthy carbs leads to problems with weight gain, greater diabetes risk, elevated triglycerides and high cholesterol,” says Dr. Fawns. “Replace breads and pastas that will turn into fat with non-starchy vegetables and lean meats that provide more energy and vitamins.”

When a craving comes on, Dr. Fawns suggests eating a small, snack-sized portion of a food low in carbs, such as:

- One small apple
- Granola bar
- Low-fat yogurt
- Strawberries

“Parents help children establish good habits when they model the desired behavior,” says Dr. McClain. “Act the way you want your kids to act, which includes making good decisions about food options and portion sizes.”

One of the easiest ways to implement healthful dietary changes for the whole family is not to keep unhealthy foods in the house.

Take a Whole-Health Approach

For many women and men, taking a pill is a natural response to an uncomfortable symptom. Many positive steps to improve health, however, do not involve either prescription or over-the-counter medication. Staying physically active, for example, can help maintain healthy body weight and lower blood pressure and cholesterol levels.

“Exercise enables you to better manage blood sugar levels, blood pressure and weight,” says Dr. Fawns. “Even more significantly for those who are seeking to change their moods or attitudes, exercise helps a person better handle stress and feel more energetic throughout the day.”

According to Dr. Majmundar, exercise also can help build strong bones and prevent bone deterioration, which is especially important for women with a family history of osteoporosis.

Building Blocks for Health

“By making these four basic lifestyle changes and getting regular health screenings for breast and colon cancer, women can have a strong impact on protecting themselves against chronic diseases and cancer,” says Dr. Majmundar.

All three physicians emphasize the importance of starting somewhere.

“Just 10 minutes of walking a day can have a huge benefit and set the foundation for a healthy relationship with exercise,” says Dr. McClain. “Find something you enjoy and get a friend involved to increase the social interaction part of exercise and make it more fun.”

Dr. McClain explains that it’s never too late to make a positive change for your health, so think of these four lifestyle shifts as the equivalent of the fountain of youth—and jump in with gusto!

For help finding a physician who can help you make healthy lifestyle choices, call 859.258.4DOC (4362) or visit LexingtonClinic.com.

Stay on Track

If you need help holding to your goal of creating a healthier lifestyle, check out these resources recommended by Lexington Clinic physicians:

Super Size Me—This documentary can motivate a change in eating habits, according to Cheryl McClain, M.D., Family Medicine physician at Jessamine Medical and Diagnostics Center.

The Culprit and the Cure—This book, by Steven Aldana, provides excellent information about setting realistic, healthy goals, according to Tina Fawns, M.D., Family Medicine physician at Lexington Clinic Richmond.

MayoClinic.com—This website delivers research-based, expert-reviewed health information about a variety of medical conditions and health management tips, according to Mamata Majmundar, M.D., Family Medicine physician at Lexington Clinic Andover Family Health Center.
If you haven’t been diagnosed with diabetes, you undoubtedly know someone who has and may even be aware that the terms Type 1 and Type 2 diabetes have something to do with blood sugar—but what exactly?

According to Rebecca Tweardy, P.A.-C., C.D.E., Diabetic Educator at Lexington Clinic, each type of diabetes comes with its own trademarks. Here are some ways they differ.

★ Toll on the Body:

In Type 1 diabetes—typically diagnosed in children and young adults—the body produces little to no insulin, which leads to the following symptoms:

- Unexplained weight loss
- Unusual increase in thirst
- Frequent urination during both day and night
- Fatigue
- Blurred vision

Type 2 diabetes, which can be diagnosed in children and adults, occurs when the body does not produce enough insulin or the body’s cells do not utilize insulin as they should. While those diagnosed with Type 2 diabetes may experience the same symptoms as those affected by Type 1 diabetes, they often exhibit no symptoms whatsoever.

★ Causes:

In Type 1 diabetes, family history may be a factor, but the disease often occurs singularly. Family history carries more weight as a cause in cases of Type 2 diabetes, which can also be influenced by obesity, history of gestational diabetes, inactivity, age and race.

★ Prevalence:

Type 1 diabetes usually strikes children and young adults, although it can occur at any age. Between 5 and 10 percent of all diagnosed cases of diabetes are Type 1, and causes and risk factors are unknown.

Type 2 diabetes cases occur more frequently and account for approximately 90 to 95 percent of all diabetes diagnoses. Actions people can take to prevent this type of diabetes include maintaining a healthy weight and diet and increasing levels of physical activity.

★ Treatment options:

Lexington Clinic offers comprehensive treatment options for each type of diabetes. These services include in-office diabetes education, insulin pump education and management, and in-office blood glucose meter analysis. By partnering with a team of physicians, maintaining a healthy lifestyle, eating a healthy diet, exercising frequently and attending regular medical check-ups, those with diabetes can live a full and productive life.

To find out more about diabetes education and the treatment options available at Lexington Clinic, call our Endocrinology Department at 859.258.4401.
Women’s Health Maintenance

Each year brings certain milestones. April signals tax time, which, in turn, means the Kentucky Derby shortly follows. If you’re a woman, each year also means having an annual gynecological check-up.

“Current guidelines don’t specify an annual Pap test be performed on all women; however, these women still should have a yearly pelvic exam. Doing so allows a woman and her physician to monitor for and detect any abnormalities that could be of concern, such as signs of cervical cancer,” says Tamara James, M.D., Lexington Clinic OB/GYN physician.

Beyond routine screening, Dr. James suggests an extra step in battling cervical cancer. Two vaccines, Gardasil® and Cervarix®, have been clinically shown to reduce the incidence of the disease when administered between the ages of 10 and 26.

January is Cervical Health Awareness Month, meaning there’s no better time for a screening. Call 859.258.4DOC (4362) to schedule an appointment with a Lexington Clinic OB/GYN physician.

Simply Zesty: Secret Ingredient

CHILI

If you’re looking for a fast-cooking, delicious meal to warm your family this winter, give this recipe a try. The teaspoon of cocoa powder makes a surprisingly big difference!

Ingredients
1 pound lean ground turkey
1 small yellow onion, diced
1 15-ounce can light red kidney beans, drained and rinsed
1 28-ounce can diced tomatoes
2 8-ounce cans tomato sauce
1 cup water
1 tablespoon chili powder
1 teaspoon sugar
1 teaspoon unsweetened cocoa powder
1 teaspoon salt

Directions
In a pot over medium heat, stir ground turkey and onions until turkey crumbles and is no longer pink (about 10 minutes). Drain liquid.

Stir in beans, tomatoes, tomato sauce, water, chili powder, sugar, cocoa and salt. Bring to a boil, then lower heat, cover and simmer 30 minutes, stirring occasionally.

Note: if you want a thicker chili, simmer and continue stirring for another 30 minutes. Optional toppings can include sliced green onions, sour cream, shredded cheddar cheese, chopped avocado or crushed corn chips.

Nutrition Information, without optional toppings
Per serving
Servings: 6
Calories: 191.6
Fat: 5.8 grams
Carbohydrates: 18.1 grams
Protein: 18.8 grams
Fiber: 6 grams

Join the Fight Against Breast Cancer

Every woman is at risk of developing breast cancer—regardless of age, race or family history. Your first line of defense is staying up-to-date with regular self-screenings and mammograms to increase your chance of catching the disease early.

At Lexington Clinic, our Center for Breast Care provides comprehensive breast care services—including radiology services and digital mammography—and is accredited by the American College of Radiology as a Breast Imaging Center of Excellence.

“Our Center for Breast Care offers the latest technology for the detection of cancer,” explains Wendy Cropper, M.D., board-certified Internal Medicine physician at Lexington Clinic South Broadway. “The Center provides a superior source of breast health information and diagnostic screening services for women across Central and Eastern Kentucky.”

To learn more about the services offered at the Center for Breast Care, visit LexingtonClinic.com/breastcancercare.
Do it for those who love you. Do it for you.
Have your annual mammogram.

We offer mammography services in a comfortable setting with timely results, flexible appointment times and three convenient locations. Our full-service Center for Breast Care uses a multi-disciplinary approach and offers a specialized team of physicians and healthcare professionals. All working together with state-of-the-art technology to provide you with the high quality medical care you deserve.

OUR SERVICES
• Digital Mammography
• Breast MRI and Ultrasound
• Ultrasound Guided Breast Cyst Aspiration and Breast Biopsy
• Stereotactic Breast Biopsy
• Clinical Counseling
• Sentinel Node Biopsy

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