

# Health Point

## Fat Check

### Obesity in America is a National Epidemic

When it comes to gaining weight, America is headed in the wrong direction. Since 1990, the number of obese adult Americans has increased an astounding 60 percent. Today, one in every three Americans is considered obese, a medical condition in which a person's actual weight exceeds his or her ideal weight by more than 20 percent.

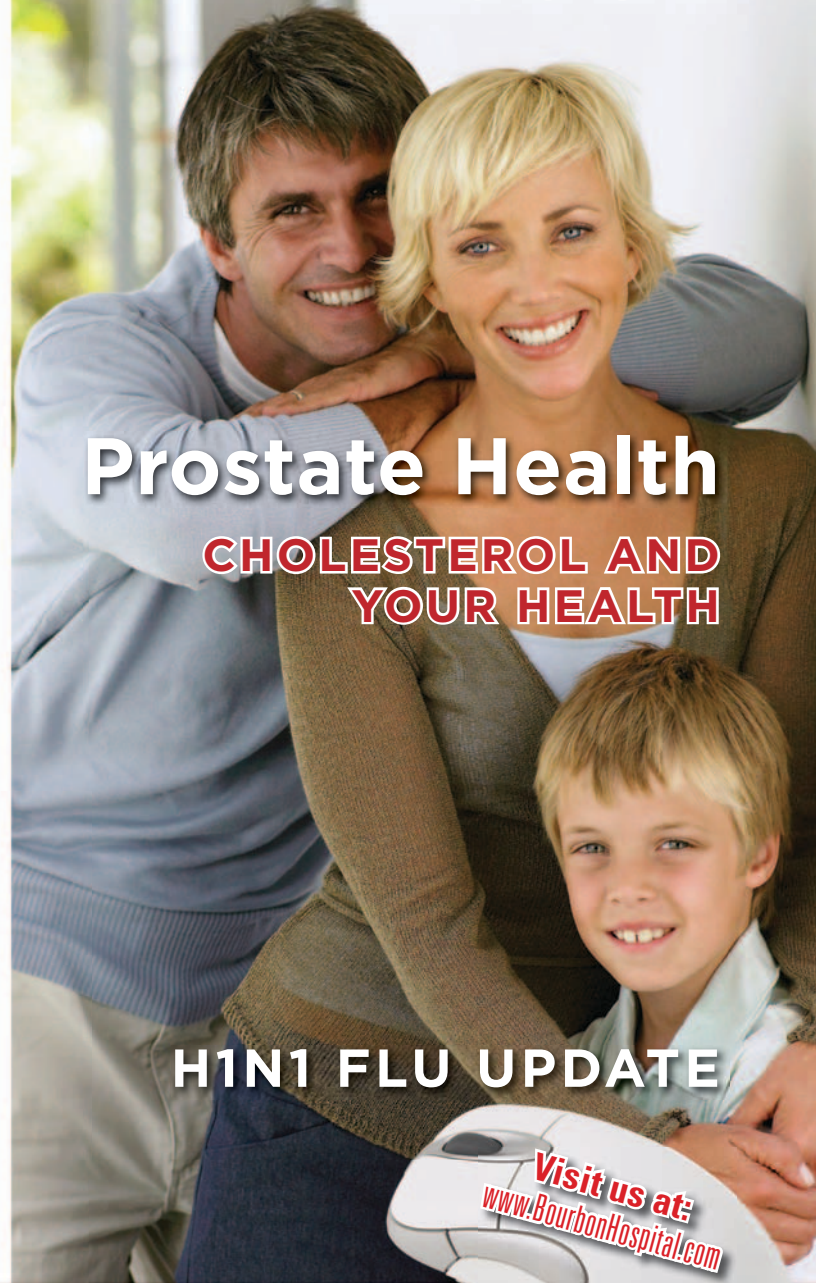
Your Body Mass Index (BMI) is one measure to determine if you are obese or overweight. (See the article, *Are You At Risk?*, for more information about your BMI.) Measuring your waistline is another way to check your weight. According to the American Heart Association, a high-risk waistline is 35 inches or more for women and 40 inches or more for men.

Obesity is a serious health issue because it sets the stage for a host of medical problems: high blood pressure, stroke, heart disease, type 2 diabetes, arthritis, gallbladder disease and a greater risk for breast, prostate and colon cancer. The list goes on and on. Obesity-related illnesses are responsible for the deaths of 300,000 Americans each year. Only tobacco kills more people. The cost of treating these obesity-related illnesses is a staggering \$150 billion a year.

**Children Are At Risk, Too!** Adults aren't the only age group at risk. One in every three children is now obese or overweight, and the number of overweight children ages 6 - 11 has doubled in the past 20 years. Among American teenagers, the news is even more alarming. The number of overweight adolescents has tripled in the past two decades. These children are much more likely to become overweight adults and face serious medical issues.

*continued on page 2*

## Family Health ISSUE

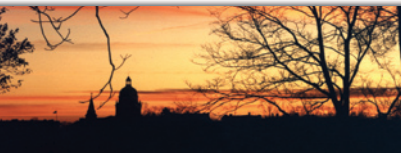


## Prostate Health

### CHOLESTEROL AND YOUR HEALTH

## H1N1 FLU UPDATE

Visit us at:  
[www.BourbonHospital.com](http://www.BourbonHospital.com)



To calculate your BMI online, visit our website and click on Health Information/Self-Assessment Tools. For a list of internal medicine and family practice physicians, any of whom can check your BMI and advise you on achieving a healthy weight, please visit our online physician directory:

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**Ryan West, M.D.**  
IM/Pediatrics

## Fat Check (cont.)

**How Did We Get Here?** Obesity in America has many causes. Some of these causes have been around for generations. For example, your metabolism, the rate at which the body burns energy, slowly declines as you grow older, making it increasingly difficult to lose weight. Say you have a healthy weight at age 25. If you gain just one pound a year, you will be 30 pounds overweight by age 55!

**Take Charge of Your Weight!** In the end, losing weight is a matter of personal responsibility. It's all about putting a plan together, making positive changes in your life and staying committed to your goals. Talk to your personal physician about your weight loss goals and ask for advice and support. Your physician may also refer you to a nutrition specialist if you need additional advice. With the right support and knowledge, combined with your determination, you will lose weight!

First Lady Michelle Obama has launched a nationwide program called "Let's Move" to help prevent childhood obesity. The program will educate parents about the benefits of good nutrition and exercise, provide healthier foods in schools, and promote more exercise and physical education for children. Visit our website at [www.letsmove.bourbonhospital.com](http://www.letsmove.bourbonhospital.com) for more information about "Let's Move" and childhood obesity.

## Are You At Risk?

*How do you know if you are overweight or obese?* One of the common ways is the Body Mass Index (BMI) which is a general measure to gauge your weight in relationship to your height. BMI is a number that is good to use as a starting place – to track your fitness and weight loss progress. (Note: For certain highly-musclcd body types, BMI can be inaccurate.) If your BMI is 25 or over, talk to your physician about starting a regular exercise program and ways you can improve your diet.

### BMI Score \_\_\_\_\_

Less than 18.5 - *Underweight*  
18.5 to 24.9 - *Healthy Weight*  
25.0 to 29.9 - *Overweight*  
Over 30.0 - *Obese*

## Live What You Learn

*What's the best way to meet the many health challenges of growing old?*

To lose weight, the goal is simple: **burn more calories than you eat.** It all comes down to having a healthy diet and getting regular exercise.

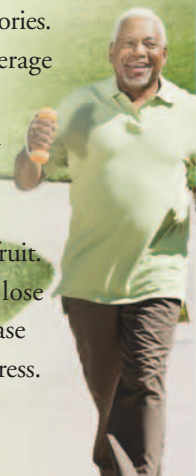
**Healthy Diet:** Almost everyone knows the keys to healthier eating: more fruits and vegetables, less fat, more fiber. Here are some simple tips:

**Count The Calories:** One pound of body fat is equal to 3,500 calories. So if you eat just 500 calories more than you need a day (the average person needs 1,800 calories), you'll gain a pound in just a week.

**Can The Soda:** Drink one less can of soda a day for a year and you'll consume 52,000 fewer calories. That's 15 pounds!

**Eat A Healthy Breakfast:** It revs up your metabolism so you'll burn more calories. Try whole-grain cereal with nonfat milk or fresh fruit.

**Regular Exercise:** If you exercise 30 minutes every day, you can lose 12 pounds in a year. Regular exercise also helps prevent heart disease and osteoporosis, and helps you sleep more soundly and have less stress.



# September Is Prostate Health Month

## Too many men are dying from embarrassment.

Prostate cancer is the second leading cause of cancer deaths in men. One in 10 men will develop prostate cancer, and more than 30,000 die each year from the disease. Most cases occur after the age of 65, and the risk does increase with age.

Despite all this, many men are reluctant to seek treatment. Some mistakenly believe the treatment will result in impotence or incontinence. Others are simply ashamed to talk about their symptoms with a physician.

The prostate is a small gland, about the size of a walnut, located below the bladder and in front of the rectum. As men age, their prostate naturally grows larger. Indeed, about 80 percent of men will eventually develop a condition called prostate enlargement, also known as BPH. This condition is non-cancerous, but it can cause problems with urination. It can often be treated with medication.

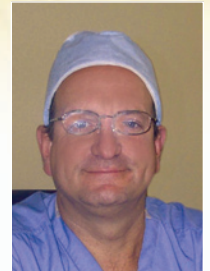
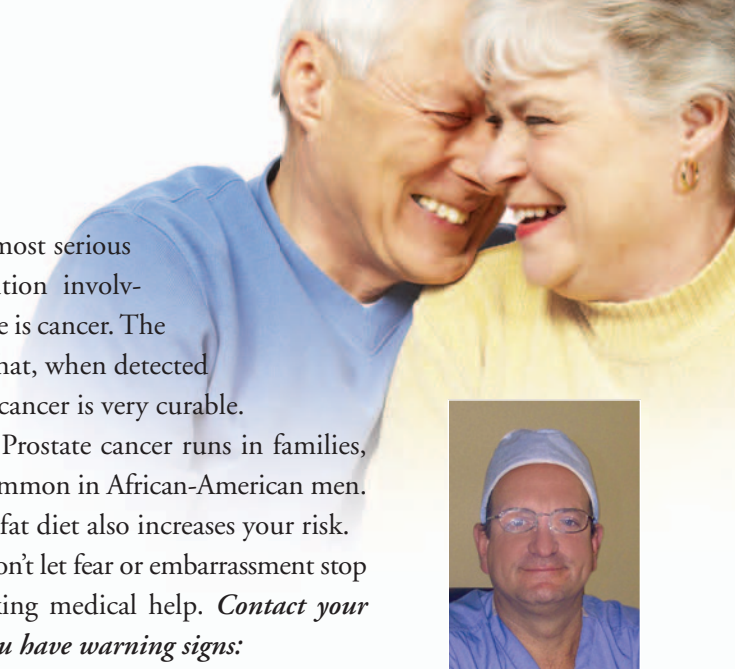
By far, the most serious medical condition involving the prostate is cancer. The good news is that, when detected early, prostate cancer is very curable.

**Risk Factors:** Prostate cancer runs in families, and is more common in African-American men. Eating a high-fat diet also increases your risk.

**Symptoms:** Don't let fear or embarrassment stop you from seeking medical help. *Contact your physician if you have warning signs:*

- Difficulty or inability to urinate
- Frequent urge to urinate
- Blood in urine or a burning sensation
- Frequent pain and/or stiffness in lower back, hips and upper thighs

**Treatment Prevention:** After age 50, have your physician conduct a rectal exam and blood test once a year or more often if you have a family history or are African-American.



**Ramon Caballero, M.D.**  
Urologist

For a physician who can assess your risk for prostate cancer or provide a screening, call our free physician referral service at  
**1-888-988-7798**



## Your Cholesterol: THE POWER OF 200

### Do you know your total cholesterol number?

You should if you want to live a longer, healthier life. Your risk for heart attack, stroke and other serious medical conditions increases as your cholesterol levels rise. That's the reason seeing your primary care physician and getting tested is so important. A total cholesterol level of 200 to 239 is considered borderline at risk. Anything over 240 is high and puts you at twice the risk for heart disease.

High cholesterol is caused by two factors you can't control (age and heredity) and two factors you can control: diet and exercise. Fortunately, small changes in these two areas can make a big difference. (See the article *Live What You Learn.*)

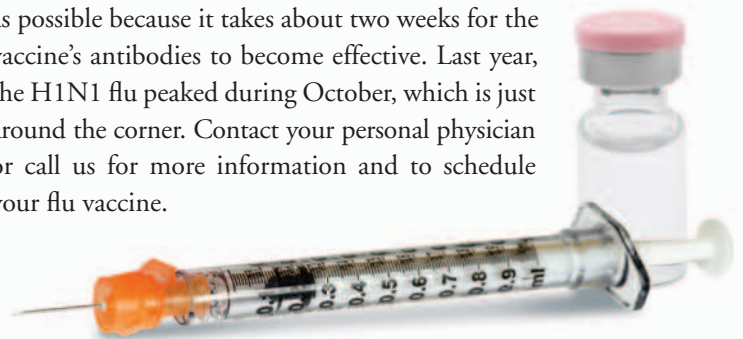
## H1N1 Flu Update

Remember the fall of 2009, when everyone was talking about the H1N1 flu? People were scared. Then suddenly, the number of cases dropped dramatically. By December, fears of an epidemic had faded away.

Now, with the 2010 flu season just around the corner, people need to know that the H1N1 flu virus is still a serious, potentially life-threatening health issue. Indeed, the Center for Disease Control and Prevention (CDC) has recommended that everyone over the age of six months receive a flu vaccine in 2010. This year's vaccine will offer protection against the 2009 H1N1 virus as well as two other "regular" flu viruses. One shot is all you need.

Getting the vaccine is especially important if you suffer from chronic medical conditions such as asthma, diabetes, heart disease and kidney and liver disorders.

You should plan to have your flu vaccine as soon as possible because it takes about two weeks for the vaccine's antibodies to become effective. Last year, the H1N1 flu peaked during October, which is just around the corner. Contact your personal physician or call us for more information and to schedule your flu vaccine.



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Bourbon Community Hospital  
9 Linville Drive  
Paris, KY 40361

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## Your Back-To-School Medical Checklist

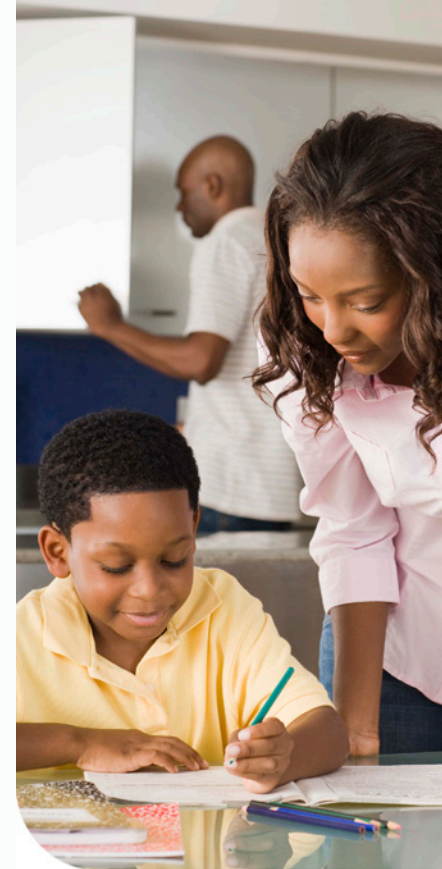
**The start of school is one of the busiest times of the year for parents.** Here are some action steps you can take to make sure your children are ready for a healthy school year.

**Immunizations:** Many school systems will not allow a child to enroll unless his or her immunizations are up to date. Check with your pediatrician or family doctor and schedule an appointment if necessary.

**Don't Forget The Eyes:** A child's eyesight can change quickly, and poor eyesight usually translates to lower grades. Right before school starts is a good time to have your child's eyes tested.

**Address Any Special Health Concerns:** If your child has a special medical condition, such as asthma, or is taking a medication, be sure to communicate this information to the school.

**Start Going To Bed Earlier:** Suddenly switching to a much earlier wake-up time at the start of the school year can be a difficult transition for children. Make it easier by adjusting your child's bed time 10 – 15 minutes earlier each night during the week before school begins.



### FOCUS ON TECHNOLOGY:



**Nathan Moore, M.D.**  
Family Medicine

## Dexascan

Here's good news for men and women over age 50 in the fight against osteoporosis. A state-of-the-art technology called Dexascan is now available to diagnose this all-too common disease.

Osteoporosis is a disease that thins and weakens the bones. If left untreated, it can lead to bone fractures, especially of the hip, spine or wrist. An estimated 44 million Americans are at risk for the disease, which affects 55 percent of men and women ages 50 and older.

A Dexascan is one of the most accurate ways to measure bone density, which is used to diagnose osteoporosis. In less than 10 minutes, this safe, painless, non-invasive procedure uses a low dose of X-ray radiation (about 1/10 the amount used for a chest X-ray) to measure the quantity and quality of the material inside your bones.

Bone loss can occur for many years without showing any signs or symptoms until a fracture occurs. That's the reason osteoporosis is often called the "Silent Disease" and why it's so important to have a bone density test, especially for women who are 65 and older. Postmenopausal women under the age of 65 should also be tested if they have one or more risk factors. Talk to your family physician or OB/GYN to see if you need to schedule a bone density test.

Find out whether or not you could have low bone density and should consider having a Dexascan.

Call our 24-hour health information and physician referral service at 1-888-988-7798.

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