

# Health Point

## Here's to Healthy Hearts

### February is American Heart Month

As we grow older, life brings us new pleasures. It may be the joy of having grandchildren and seeing them grow up. Or it could be the opportunity to travel or develop a new hobby during retirement.

Unfortunately, growing older also brings with it new medical challenges, including an increased risk for heart disease. More than 80% of heart attacks occur after age 65, and heart disease is still the leading cause of death in the U.S. If you want to live a long and happy life and see the dreams of your Golden Years come true, then you need to take care of your heart. Making the commitment to a heart-healthy lifestyle can add years to your life. With February being American Heart Month, now is the time to educate yourself about this disease and take positive steps in your life to help prevent it.

#### What is Heart Disease?

Your heart and blood vessels carry life-giving oxygen and nutrients to the cells throughout your body. Heart disease is usually caused by a narrowing or blockage of the blood vessels that supply oxygen to the heart. There are several different types of heart disease. Three of the most common are:

- **Coronary Heart Disease** occurs when the arteries that supply blood to the heart become hardened and narrowed.
- **High Blood Pressure** occurs when the pressure of the blood against the walls of the arteries consistently exceeds 140/90.
- **Atherosclerosis**, also known as hardening of the arteries, is caused by a buildup of cholesterol and calcium deposits (plaques) inside the lining of the arteries.

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February 5

WOMEN'S HEART DAY

Technology Focus:  
Arthroscopic Surgery

CANCER CONTROL MONTH



# Here's to Healthy

# Hearts (cont.)



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### How many people have heart disease?

More than you think. It's estimated that heart disease affects 60 million Americans.

### How many people have high blood pressure?

50 million Americans suffer from high blood pressure, also called hypertension. Everyone should have their blood pressure checked at least once a year. That's because hypertension usually has no symptoms. No wonder high blood pressure is often called the Silent Killer. As your blood pressure rises, your risk for heart attack and stroke, as well as kidney and eye damage, increases. Fortunately, medication and lifestyle changes are usually effective.

Now that you have a basic understanding of heart disease, it's time to take action. To give your heart the care it deserves, start by reading the article *Live What You Learn* on this page.



**Ryan West, MD**  
Internal Medicine  
& Pediatrics

-- Here's to Healthy Hearts --

## Live What You Learn

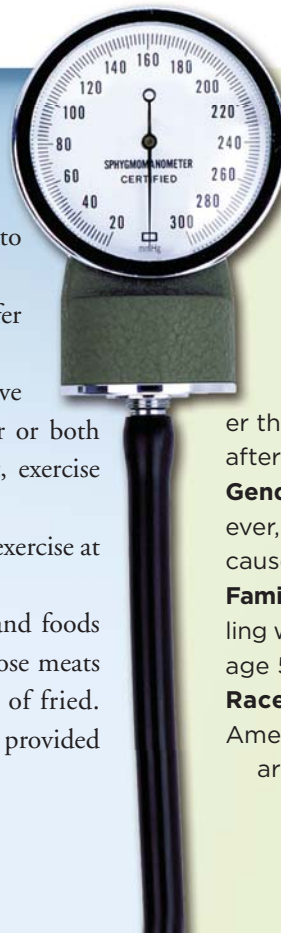
Fortunately, there are several proactive steps you can take to reduce your risk for heart disease. So take charge!

**Stop Smoking:** You are two to four times more likely to suffer from heart disease if you continue to smoke.

**Reduce Cholesterol and Lower High Blood Pressure:** Have your cholesterol and blood pressure checked. If either or both are too high, ask your personal physician how diet, exercise and/or medication can help reduce your risk.

**Exercise and Lose Weight:** 30 minutes of aerobic exercise at least three times a week is a good start.

**Eat a Healthy Diet:** Avoid saturated fats and foods cooked in margarine and shortening. Choose meats that are baked, broiled or grilled instead of fried. Limit your intake of salt and eat more fiber provided by whole grains, fruits and vegetables.



-- Here's to Healthy Hearts --

## Are You at Risk?

Unfortunately, there are some risk factors for heart disease over which you have no control.

**Age:** The older you are, the greater the risk. 80% of heart attacks occur after age 65.

**Gender:** Men are at greater risk. However, heart disease is also the leading cause of death among women.

**Family History:** Having a parent or sibling who has had a heart attack before age 55 increases your risk by 33%.

**Race:** African Americans, Hispanic Americans and Native Americans are more at risk.

## Rates Decline But Disease Still Too Common

April is Cancer Control Month, a good time to highlight the many recent advances in the fight against cancer.

Here's the good news: cancer rates and deaths have declined for the past two decades, for several reasons. Cancer screenings, such as mammograms, have become more effective in detecting the disease earlier when survival rates are higher. The treatment of cancer through chemotherapy, radiation and other techniques has also improved. And thanks to increased awareness about the risk factors that cause cancer, more people are eating healthier, exercising more, quitting smoking and losing weight.

Even with all these advances, cancer is still the second leading cause of death after heart disease. One in two men and one in three women will develop cancer.

So what can you and your loved ones do to help detect cancer? First, during your yearly physical exam, ask your personal physician to conduct a cancer-related checkup of your skin, thyroid, lymph nodes, testicles (for men) and ovaries (for women). Also, be sure to discuss what cancer screenings and tests you may need.

Here are the American Cancer Society's screening guidelines for four of the most common types of cancer.

**Breast Cancer:** Starting at age 40, women should have a mammogram once a year.

**Colon and Rectal Cancer:** Starting at age 50, men and women should consider one of several tests that screen for cancer and polyps.

**Cervical Cancer:** Starting at age 21 or within three years after having sexual intercourse, women should have a Pap test every year.

**Prostate Cancer:** Starting at age 50, men should discuss screening options with their physician.

NOTE: People at increased risk for certain cancers may need to begin screening at an earlier age or follow a more frequent schedule. Please consult a personal physician for more information.



**Susie Conklin, MD**  
Gastroenterology



## Are You At Risk For Diabetes?

Are you 45 or older? Are you overweight or obese? If you answered "Yes" to both questions, you may be at risk for diabetes. Other risk factors include a family history, high blood pressure or high cholesterol.

Diabetes is a lifelong medical condition marked by high levels of a sugar called glucose, a source of energy for the body. Insulin, which is produced by the pancreas, moves glucose from the bloodstream to the body's muscle and fat cells. With diabetes, the pancreas does not produce enough insulin and/or the muscle and fat cells do not respond to the insulin.

The rate of diabetes has been growing at an alarming

rate – 5% a year since 1990. Currently, almost 24 million people in the United States suffer from diabetes, and almost six million people who have diabetes are unaware that they have the disease.

Fatigue, always being thirsty, increased urination, increased appetite and blurred vision are the usual symptoms for diabetes. If you have any of these symptoms, ask your personal physician about having a Fasting Plasma Glucose Test to check for diabetes. You can also go to [www.diabetes.org](http://www.diabetes.org) and take the Diabetes Risk Test, or visit our hospital website at: [www.BourbonHospital.com](http://www.BourbonHospital.com) for more information.



[www.BourbonHospital.com](http://www.BourbonHospital.com)



Bourbon Community Hospital  
9 Linville Drive  
Paris, KY 40361

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-- Women's Heart Day --

## Go Red on February 5!

**What's the #1 killer of American women?** The answer, surprising to many, is heart disease. If you think the answer is cancer or some other medical condition, you're not alone. In a study conducted by the American Heart Association of 1,000 women, only 13 percent knew that coronary heart disease is the greatest health threat for women.

You can help change this misperception. The first Friday in February has been designated as "Go Red For Women Day" to raise awareness about the risk of heart disease and stroke in women. By wearing your favorite red outfit on February 5, you'll be showing your support for this national movement to educate women about their risk of heart disease.

Here's another step you can take. Go to [www.GoRedForWomen.org](http://www.GoRedForWomen.org) and take the Go Red Heart Checkup to determine your risk level. It only takes a few minutes. You'll receive a customized Personal Action Plan for making changes in your diet and lifestyle so you can live "Heart Smart." And who knows? It just might save your life. For more information, visit us at: [www.BourbonHospital.com](http://www.BourbonHospital.com).



### FOCUS ON TECHNOLOGY:

## Arthroscopic Surgery

Major surgery doesn't have to be a major inconvenience thanks to arthroscopic surgery. Dr. Samuel Coy, an Orthopedic Surgeon with Bourbon Community Hospital, performs many arthroscopic surgeries. Here is more information.

### What is Arthroscopic Surgery?

With arthroscopic surgery, we use a video scope to look at the joint during the operation. The surgeon performs the surgery as he or she is looking at a video monitor. The advantages of arthroscopic surgery are many: much smaller incisions, faster healing and quicker recovery.

### What injuries can be treated using Arthroscopic Surgery?

We can diagnose and treat many joint injuries, like rotator cuff tears in the shoulder. We can repair a shoulder injury or reconstruct an ACL tear in the knee. You hear a lot about athletes suffering an ACL tear, but ACL tears are also common in the general active population.

### What exactly is it?

The ACL is a ligament in the interior of your knee that connects the tibia bone in your leg to the femur bone in your thigh. The ligament tears when it is subjected to a great amount of stress during twisting injuries to the knee.

### How do you repair an ACL?

Hamstring tendons are used to reconstruct the ACL through tunnels in the femur and tibia. Most of the surgery is performed arthroscopically to allow easier and faster rehab.

**Samuel Coy, MD**  
Orthopedic Surgery

