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To schedule your mammogram, please call 859.258.4444. LexingtonClinic.com/breastcancercare
Helping Children Cope with Images of Disaster, Strife and Death

It seems our modern society is inundated with images of trauma, death and destruction. The images are nearly impossible to escape, playing relentlessly on TV and social media outlets. We are constantly exposed to reports of shootings, riots and racial strife; to natural disasters such as hurricanes, flooding and wildfires; to global concerns such as missile launches, nuclear weapons testing and threats of deportation; and to local news of drug epidemics and family violence.

As adults, we are – mostly – able to put these images into their proper perspective. We think and worry about them the right amount and set them aside. But for children, the constant churn of negative news isn’t as easy to process. They have limited skills with which to understand and process traumatic events, which puts them at increased risk for developing an unhealthy reaction.

**Signs to Watch For**

How can we know if exposure to this type of news has had negative psychological impact on our children? Signs to look out for include problems with peer and family relationships; self-esteem issues; changes in grades and school performance; and heightened emotions of fear, anger, guilt, and shame.

Children may experience nightmares and report having dreams about dying; develop beliefs in omens and predictions of future disasters; become pessimistic about the future; become disinterested in activities they once enjoyed; and develop physical symptoms, such as stomach aches, headaches and insomnia. Children may become hypervigilant and be fearful and nervous without reason.

These symptoms may last for a long period of time

Exposure to trauma through the media may also intensify symptoms of other psychological disorders, such as attention-deficit hyperactivity disorder, eating disorders, major depression, oppositional defiant disorder, panic disorder, phobias, and separation anxiety disorder.
The Role of Parents

Parents must play an active role in monitoring children’s exposure to negative news. Without parental guidance and reassurance, children may not be able to fully process and understand the images of tragedy and strife to which they may be exposed. Parents can significantly help by having honest and open dialogue with their children, discussing what they have seen and how it may or may not impact them. Parents should consider limiting exposure to trauma-inducing news coverage.

Advice from The Mr. Rogers’ Parenting Book is as good today as when it was first published in 2002, which encourages children to “…look for the helpers. You’ll always find people helping.” This changes the focus from the crisis itself to how people help one another in times of crisis.

There is no one-size-fits-all solution; every child is different, and every situation is unique. No one knows your child better than you. As parents, we must anticipate the questions our children are likely to ask and adapt our responses to his or her needs and development. Appropriately discussing the images they have seen on TV, as well as fears and emotions elicited by these images, can be critical. Remember, children count on parents and caregivers to help them deal with stressors. They rely on you for reassurance in times of uncertainty and strife.

Professional Assistance

If your child exhibits signs and symptoms of an emotional or behavioral issue – there is help. Bluegrass provides services for children, adults and families to live their best life. Bluegrass’ professional staff provide talk therapy through individual and family counseling. For questions, support and more information, call the 24-hour helpline at 1.800.928.8000.
Breast cancer is the most commonly occurring cancer in women, with nearly a quarter of a million cases diagnosed annually, according to the U.S. Centers for Disease Control and Prevention. Every day, 112 women lose their lives to breast cancer.

Although the incidence of breast cancer has leveled off in the general population, it has increased in two ethnic groups: black women and Pacific Islanders. While breast cancer is the No. 2 cause of death among women in the U.S., it is the No. 1 cause of death among women of Hispanic descent. It is unclear why this is so, but genetics, access to care and lifestyle factors may play a role.

Nonetheless, every October, emphasis is placed upon the importance of screening mammography in the early detection of breast cancer. Entire towns are “painted pink” to raise awareness of breast cancer and as a reminder to “get your mammogram.” It is an important message, not only in October but year-round, as early detection presents the best opportunity for successful treatment and survivorship.

Over the past two decades, there has been significant progress in the technology used to detect breast cancer. Screening mammography is widely hailed as having a significant impact in the fight against breast cancer. Additional imaging modalities have been introduced to the general public in the past 10 - 20 years include digital mammography, breast MRI, breast ultrasound, contrast-enhanced mammography and 3D mammography.

Lexington Clinic Center for Breast Care offers 3D mammography to all women and is the first facility in Central Kentucky to offer contrast-enhanced mammography. This is a promising new technology for diagnosing breast cancer, especially in women with dense breast tissue and those with a family history of breast cancer.
3D Mammography

Technically called tomosynthesis, 3D mammography uses advanced computer modeling to create a three-dimensional image of each breast. During this type of mammogram, the equipment rotates around the breast, capturing a series of images. The data is reconstructed into high resolution “slices” to allow the radiologist to view layers of breast tissue. This breakthrough in technology improves sensitivity and reduces false positives. This means that cancers are detected earlier and fewer women are called back for additional views of areas that end up being normal tissue.

“With traditional two-dimensional mammography, tumors and other abnormalities can sometimes be hidden by overlapping normal tissue,” said Chad Harston, M.D., a board-certified radiologist at Lexington Clinic who specializes in women’s imaging. “This can be especially problematic for women who have dense breast tissue or cysts,” Harston said.

“Lexington Clinic is one of the few breast imaging centers that offers three-dimensional mammography without increasing radiation exposure,” Harston noted. “Our technology allows us to create 3D and 2D images simultaneously, which keeps radiation doses low.”

Contrast-enhanced spectral mammography

Contrast-enhanced spectral mammography (CESM) is a promising new test with significantly improved sensitivity for breast cancer. The testing procedure is similar to a routine mammogram except that in a contrast-enhanced mammogram, the patient receives an intravenous injection of iodine-based contrast material before images are obtained. The contrast accumulates in malignant lesions faster than normal tissue. This makes it possible to detect cancers that may otherwise be obscured in women with dense breasts. About 50% of women who are eligible for screening mammography have dense breast tissue and would benefit from this test.

Two sets of images are obtained almost simultaneously during a contrast-enhanced mammography exam, one is a normal mammogram and the other is a CESM image. These two images work together to help providers pinpoint any areas with abnormalities.

“In the past, women with dense breast tissue were at a significant disadvantage,” Dr. Harston noted. “The main weakness of traditional mammograms is that it relies on simple black and white contrast. Fatty tissue is black and glandular tissue is white. However, breast cancer also appears white on mammograms. So with a traditional mammogram, looking for a cancer in dense tissue is like looking for a polar bear in a snowstorm. Dense glandular tissue can completely obscure some tumors because both appear white on mammograms. About 70 percent of missed cancers occur in women with dense tissue.”

Dr. Harston continued, “We can now offer contrast-enhanced mammography to these women. This test has significantly improved sensitivity - in fact, the sensitivity is similar to MRI, but at a fraction of the cost.”

Both 3D mammography and CESM have been found to:
• Detect smaller tumors that may have been hidden during two-dimensional mammography
• Increase accuracy in pinpointing the size, shape and location of a tumor or abnormality
• Reduce the need for biopsy and/or additional imaging in women who do not have cancer

Lexington Clinic provides mammography and screening mammography services at Lexington Clinic South Broadway, Lexington Clinic East and Jessamine Medical and Diagnostic Center. Advanced breast health services including 3D mammography and contrast-enhanced mammography are provided at the Center for Breast Care on South Broadway.

For more information or to schedule a mammogram, please call (859) 258-4444.
Car Loan Refinancing: A win-win for you, and others too!

Whether you’re single or married, young or old, buying a car is one of the biggest financial commitments you will ever make. According to Experian, the average paid for a new vehicle is now at $34,000. And that’s just the average!

Unfortunately, buying a new car isn’t always the rational, need-based experience it should be. Emotions quickly become involved, often leading us to decisions that aren’t always in our own best interest. One of those decisions involves letting the dealer handle financing.

The car dealer is ALWAYS looking out for his/her best interests. Yes, the salesperson may seem concerned about your financial well-being and offer to “take care of” the negative equity on your current car. The finance manager will “work with you” to get you into a payment “you can afford” by stretching the loan over six, seven or, in some cases, even eight years.

Just remember: car dealers make money selling cars, add-ons and financing. They will do everything they can to sell you a car and maximize their profit on the sale, even if it means you have more car than you need and more debt than you can afford.

Before you go car shopping, it’s important to do your financial research as well as car research. Know your credit score and what others with a similar score are paying for car loans. If you plan to trade in your current vehicle, know what you owe (if anything), and its current value. Consider getting pre-approved for a car loan through the University of Kentucky Federal Credit Union. Not only does this eliminate the whole back-and-forth process with the finance manager, it can really help you stick to your budget.
But if you’ve already made the leap and now have “borrower’s remorse,” don’t despair. It’s not too late to do something about it: refinance!

Unlike banks, the University of Kentucky Federal Credit Union is owned by its members, not shareholders. Because of this, UKFCU offers low-interest rates on new and used car loans. And refinancing is incredibly easy ... and free. Not only that, UKFCU offers 1 percent cash back on the balance of any loan from another financial institution refinanced with UKFCU. More information on the cash back program can be found at www.ukfcu.org in the personal loans section.

Refinancing can make a difference in your monthly payment ... and in the amount of interest you pay over the life of your loan. If you currently have a $25,000 car loan with five years left to pay at 6 percent interest, refinancing to a lower rate could save you thousands of dollars! That’s money you could invest in retirement, use to pay off other debts, or save for a down payment on a home.

To make the deal even sweeter, during October, UKFCU will make a $25 donation to breast cancer research at the Markey Cancer Center at the University of Kentucky for every auto loan refinanced.* It’s a perfect way to help others while helping yourself!

To find out more, stop by any UKFCU branch, visit the Credit Union online at ukfcu.org or call, toll free, 1-800-234-UKCU (8528).

* -- Offered 10/1/17-10/31/17.
Existing UKFCU loans not eligible.
Must be at least $5,000 loan balance to qualify for 1% cash back and donation. Other restrictions may apply. See representative for details.
NON-Steroidal Treatment for Painful Foot and Ankle Conditions

By Dr. Nicole Freels, FACFAOM - Lexington Podiatry

Have you ever wondered how an athlete can recover so quickly from a foot or ankle injury? Sometimes, it seems almost miraculous. One minute, they're being carted off the field and then, two weeks later, they are back in the game playing as hard as ever.

What's the secret? Well, there are several!

First, of course, we're talking about elite athletes in top physical condition. They train constantly, strengthening their muscles, tendons and ligaments so they can withstand the punishment. They use the right equipment – including shoes – to protect their feet and ankles.

They try, for the most part, to eat a nutritious diet that provides the vitamins and minerals their bodies need to stay healthy and regenerate after injury. They receive nearly immediate care when they do get hurt.

They have access to experts: nutritionists, athletic trainers, massage therapists and physicians who employ the latest research findings to help them return to the field safely and quickly.

For more than 20 years they've had another advantage in healing that is just now becoming available to the general public: Platelet Rich Plasma Therapy, or PRP for short.

What is PRP?
Platelets are a component of blood. Thinking back to high school, you probably remember learning about the red blood cells, which carry oxygen throughout the body and the white blood cells, which are integral in fighting off infection. But you have probably forgotten all about platelets.

Platelets are small, colorless cells that circulate throughout the blood stream and aid in healing. When you cut yourself, platelets rush to the injury site and bind together, stopping the bleeding. They contain healing growth factors that can decrease inflammation and pain, improve tissue healing (tendons, plantar fascia, ligaments), and increase angiogenesis (formation of new blood supply).

In PRP, we draw some of the patient's own blood into a tube (just like when you get a lab test). The blood is placed in a centrifuge and spun around very quickly, causing the different cells to separate from one another. We remove the concentrated platelets and inject them into and around the affected area. This concentration of platelets can contain five times or more of the usual amount of growth factors found in whole blood. This is especially helpful to patients who have poor circulation or for injuries that occur where blood flow is typically limited.

The area will be painful at first, but the pain can be successfully managed with Tylenol and ice. Following the injection, the affected area is immobilized (typically with a boot and/or crutches) for about two weeks. This allows the concentrated platelets to begin healing the injured area while preventing further injury.

Patients return to the office in two weeks for re-evaluation. If necessary, PRP therapy may be provided a second, or even third time.

PRP is quite safe and has been used to treat musculoskeletal conditions for more than 20 years. Patients love it because it promotes natural healing.

In fact, both Tiger Woods and LA Dodgers pitcher Takashi Sarto have used PRP to help them recover from injury. It's useful in the treatment of both acute and chronic conditions, including peroneal tendonitis, posterior tibial tendonitis, plantar fasciitis, Achilles tendinitis, ankle ligament sprains, and osteoarthritis.

PRP if not recommended for patients who:
• have metastatic disease
• have a tumor
• have an active infection
• have a low platelet count
• are pregnant or breastfeeding

Superior to steroid injections?
Steroid injections have been a staple in the treatment of painful foot and ankle conditions for decades. The benefits of steroid injections are many, including almost immediate relief with limited side effects. However, some patients are allergic to certain steroid injection components and cannot receive this type of direct anti-inflammatory. Because PRP uses components of the patient's own blood, the risk of an allergic reaction is extremely low, if not non-existent. Many patients prefer the PRP approach because it employs your body's own natural healing properties.

We at Lexington Podiatry are pleased to offer this option to our patients. Please give us a call at (859) 264-1141 to learn more.

Dr. Nicole Freels, FACFAOM, is a podiatrist with Lexington Podiatry. Her office is located at 2700 Old Rosebud Road in Lexington. Visit her on the web at LexingtonKyPodiatry.com or call the office at (859) 264-1141.
Stayng connected. Feeling you’re a part of something – a family, a place, an ideal – is an important part of the human experience, regardless of your age or health.

Finding ways to connect people, children with grandparents, fathers with daughters, sisters with each other, is an important part of what a great long-term care center does. After all, the facility isn’t just caring for the person in residence – it’s caring for the entire family.

Regency Memory Care, a brand-new care facility in Mount Sterling, Ky., is leveraging modern technology and the compassion and concern of its staff to help ensure residents and their families remain connected and involved with each other and the world.

Residents can connect to the outside world through traditional means, including face-to-face interactions with Regency staff, visits from friends and relatives, reading newspapers, watching TV, listening to radio and, of course, through the U.S. Mail. Because Regency Memory Care provides free, accessible wi-fi access throughout the facility, residents can take advantage of newer communications technologies, including Facebook and other social media platforms, websites and email. A special Skype room allows residents to connect via videoconferencing with family members and friends anywhere in the world, seamlessly and without charge.

Communication technology is truly a bridge between Regency residents and the rest of the world, with the possibilities for interaction, connection and communication as deep and as broad as the internet itself.

The ability to Skype with family members allows residents to visit with their children, grandchildren, other family members and friends and be a part of their lives. Regency residents can have a presence in their families’ lives, from the comfort and safety of the facility.

For many families, there is a lot of angst associated with placing a loved one in a care facility, especially when family members live hundreds of miles away or must travel extensively for business. Making that actual, physical visit can be impossible. But with Skype, families can visit as often as they like, for as long as they like.

Staying connected is about more than just small talk. Researchers have found when seniors are able to connect online with those who matter to them, they experience fewer episodes of loneliness and depression; have better overall cognitive functioning; enjoy better physical health; and have a greater sense of well-being.

Regency staff members love being able to offer the service to their residents and families because it can make such a huge impact in everyone’s lives.

Regency provides the equipment, technical assistance and support needed to make Skype work, but residents are able to visit privately during Skype sessions, just as they would if the family member were physically present.

Regency Memory Care staff members are proud to offer advanced communication technologies to residents, but technology is only a part of the story. Regency staff develop close, caring relationships with each resident and provide the type of loving care one would only expect to find in a home setting.

To learn more about the highly individualized care provided to every resident at Regency, visit the website at RCMemoryCare.com. Or, better yet, call Regency at (859) 398-8875 to schedule a visit.

Regency Memory Care is located at 130 Mount Sterling Way in Mount Sterling, Ky.
Fall is full of nature's beautiful bounty, like buckets of crisp glistening apples, artist-palette dipped leaves, and fields piled with giant pumpkins and gourds. But beware. The beast of October can rear its ugly head, snatching up nutrients, crashing blood-sugar levels and overwhelming parents and children alike. It's not the ghouls and goblins or mysteries of Cabbage Night, but the tradition that happens on Halloween that can zap even the best intentions and become unruly: candy!

Everyone has their favorite time of year, or holiday, and one doesn't have to be a kid dressed up in a costume to look forward to the spooky spectacle of Halloween, just be sure to use caution. The good news is we can still partake of the stories, magic, mystery, creativity and treats of Halloween, without sacrificing the healthy habits we've worked so hard to keep this year.

The American Heart Association recommends women get no more than 6 teaspoons (24g) of added sugar a day and men no more than 9 teaspoons (36g) a day. So, what exactly does that mean? To give you an example, five Reese's Peanut Butter Cup Miniatures have about 23g of sugar. Maybe you're not a master at math, but you can see how easily the sugar, fat, and calories can add up, surpassing the recommendations.

The overflowing candy bowls, break-room novelties, or your child's pillowcase stash can be tempting, but the added sugar, calories and fat taken in over several days or weeks, even if in a bite-sized version, can add up quickly to no good. The "just one more" mentality may wreak havoc on your blood glucose and waistline, leaving you feeling more like Dr. Jekyll and Mr. Hyde. Go for a small handful, enjoy, then move them out of sight with an 'abracadabra and alakazam,' they're gone, and you're done!

Non-food items that can be fun to give or receive include:
- fun-sized blowing bubbles
- crayons, markers, pens or art supplies
- rubber spider or bat rings
- mini-toy cars
- bouncing balls
- tokens or vouchers for games or to local businesses
- friendship bracelets
- stampers
- stickers
- balloons
- comic books
- water bottles
- toothbrushes
- grab bags made from $1 store items

Healthier Alternatives
Maybe you're thinking, 'What happens to trick or treating if all the sugar is banished?' Nothing. Nadda. Halloween can still be enjoyed and fun is still had, without the excess. It is simply about understanding that occasional treats can be appropriate and can be enjoyed. However, bringing health and wellness to you and your children's lives or those you interact with, really benefits everyone. Some healthier alternatives for parties, Halloween bags, and festivities may include:
- whole-grain cheddar flavored crackers
- fruit snacks made with 100 percent fruit with added vitamin C
- sugar-free gum
- animal-shaped graham crackers made without trans-fat
- mini rice cereal treat bars
- unsalted bags of pretzels
- popcorn balls
- apples
- tangerines
- raisins
Cutting Down on the Excess
There have been many tactics regarding how much or how long the Halloween candy stays in the house or how much children should be allowed. Every parent may have a slightly different approach. It really is about finding a plan that works for your household. It should be neither super restrictive or overly lenient.

First and foremost, balanced meals appropriate for their needs should always be a priority, but treats can have a place too. Food’s role is to nourish our bodies for growing, healing, functioning, and thriving. We wouldn’t want empty calories and excess sugar to take the place of those important nutrients. It may be useful to set a date for when the candy is to be moved out of the house or set a number on how many pieces allowed in a day. Playing a game with the guidelines or talking about your favorite pieces can be a fun, bonding experience too.

Some additional ideas to cut down on the excess of Halloween and share the wealth includes getting a community group together and participating in a program like Operation Shoebox, which promotes packing up the goodies and sending to troops overseas. Many dentists’ offices also encourage kids to bring in their Halloween loot in exchange for cash with ‘buy-back’ programs; often the office will be participating in Operation Gratitude where the candy and care packages will be also sent to soldiers across the globe. Check with your local dentist’s office to see what is offered or how you can help.

Don’t forget the power of movement for you and your family as well. Meandering through a corn maze, going for a brisk fall walk, or raking those leaves can help burn some calories, enhance respiratory function, and clear the mind from the ‘to-do’ lists. Use the cooler weather to your advantage to get outside, but then enjoy a cup of spiced cider, homemade hot cocoa, or tea with a loved one. Fall is amazing and so are you. Happy Halloween!

A registered dietitian nutritionist (RDN) is able to individualize your nutrition plan based on your needs, goals, environment, genetic predispositions, health condition, physical activity and many other factors. Ask your physician how to schedule an appointment with me or schedule through my private practice by visiting eatrightrx.com for more information.

Resources:
1. http://www.heart.org/HEARTRG/GettingHealthy/NutritionCenter/HealthyDietGoals/Added-Sugars_UCM_305858_Article.jsp
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GET THE MOST OUT OF YOUR HEARING AIDS BY USING THEM!

By Ann L. Rhoten, Au.D., CCC/A
Kentucky Audiology and Tinnitus Services

I am constantly shocked by the number of new patients who come to my office who already have hearing aids that they never wear! Why? Because they didn’t fit right, weren’t comfortable, were of poor quality, or they didn’t know how to use them properly.

When it comes to hearing aids, everyone’s needs are different. The first – and most important – step to making sure you get the most out of them is to purchase devices that are specifically designed to meet your lifestyle. Do you spend a lot of time on the phone? Is most of your day spent in conversation with others? In loud places like restaurants? Some devices are better suited to loud environments while others have special features that aid phone conversations.

An audiologist who is knowledgeable about your needs and concerns can work with you to make sure you get the best equipment for your unique situation. Once you’ve found the right hearing aids, here are some hints on adapting to them:

Take it slow. Chances are, your hearing has been in decline for years. With your new hearing aids, you will hear sounds that have completely faded from your awareness: the coffee pot, a ticking clock, the furnace, water heater, street traffic. At times, it can be overwhelming. For the first few days, spend time with your hearing aids in a quiet environment, listening to the various sounds and trying to identify where they are coming from. This will help you acclimate to the new sensory input and help your brain develop the ability to block out background noise.

Talk to yourself. Most people are surprised to find out how loud they speak or how their voice sounds. This is totally natural as your brain has been receiving muffled auditory input for some time. As you talk to yourself, practice adjusting the volume and tone of your voice and listening to the changes.

Time to go out. After your quiet start, it’s time to take your hearing aids for a spin. Go out for lunch, the mall, or the grocery and experience the noise of public spaces. Listen for the various sounds and try to isolate them. The goal is to keep training your brain!

Dr. Ann Rhoten Au.D., CCC/A is an independent audiologist in Lexington. If you know someone suffering with hearing loss, assure them there is help. With nearly three decades of experience, Dr. Rhoten offers the knowledge and the professional service each patient needs.

Start talking to others. Conversation is the heart of the human experience. Talk to your friends and family, at first individually and then in groups. In group conversations, you’ll have to practice focusing on one speaker at a time and blocking other conversations from your mind. It will take work, but you can do it!

Build up your use time. As you become more comfortable with your new hearing aids, extend the amount of time you use them. After six to eight weeks, you should be able to wear your aids all day long without trouble. If this isn’t the case, be sure to talk to your audiologist about any problems you may be having. In most cases, all that’s required is a simple adjustment. Some people report irritation from their hearing aids. It’s important that you keep your devices clean to avoid bacterial infection. Another possibility is an allergic reaction to the materials used to manufacture the devices. Hypoallergenic hearing aids are available.

Get adjusted. Go back and see your audiologist as recommended, especially during the initial breaking-in period. Discuss any problems you may have had or any adjustments that might be helpful to you. Most audiologists will make adjustments free of charge for at least a year after purchase. Take advantage of this service! After all, your hearing aids won’t do you any good in a box or a drawer.

Ann Rhoten, Au.D., CCC/A is an audiologist with Kentucky Audiology and Tinnitus Services, 1517 Nicholasville Road, Suite 202, Lexington. Kentucky Audiology offers FlexTrial, allowing our clients to try out their hearing aids in daily situations before making a commitment. For more information, please call K.A.T.S. at (859) 554-5384.
Don’t let bone loss cut you short!

Although osteoporosis has affected humans since the beginning of time, it wasn’t until 1994 that the World Health Organization officially acknowledged and defined it as a disease. Osteoporosis occurs when the body loses too much bone mass; when the body makes too little bone; or a combination of the two.

It most commonly affects women and people over the age of 40. One in three women and one in four men over age 50 will get osteoporosis. Right now, there are 54 million Americans diagnosed with the condition.

A fracture is the most common sign of osteoporosis. As bones lose density, they become brittle and are easily broken. The first bones to be affected are those in the spine. Each year, 750,000 Americans are diagnosed with spinal compression fractures related to osteoporosis. Another 750,000 experience fractures of the shoulder, wrist or hip related to osteoporosis.

Individuals with spinal compression fractures often lose height (think of your grandmother or great grandmother and how she seemed to grow shorter with each passing year). A condition commonly called “dowager’s hump” is sign of advanced osteoporosis.

Who’s at risk
Your risk for developing osteoporosis is greater if you:

• Are a postmenopausal woman
• Smoke/use tobacco products
• Have small/thin frame
• Suffer from an autoimmune disease
• Have digestive conditions such as celiac disease or IBS
• Have had bariatric (weight loss) surgery
• Have been treated for breast or prostate cancer
• Have blood disorders such as leukemia, lymphoma or sickle cell
• Suffer from Parkinson’s disease, have had a stroke or spinal cord injuries
• Suffer from, or have had, an eating disorder such as anorexia or bulimia
• Have endocrine or hormonal disorders, including diabetes and hyperparathyroidism
• Have other conditions such as COPD, AIDS/HIV, kidney or liver disease, malnutrition, or alcohol/drug abuse
Certain medications, including steroids, can interfere with the body's ability to make bone. Be sure to talk with your physician or pharmacist about all medications you may be taking.

**Detecting osteoporosis**

You can't feel your bones getting weaker ... and waiting for a fracture to happen is a bad idea. But there is a simple test that can reveal bone loss quickly and accurately: dual energy X-ray absorptiometry, or DEXA scan, for short. Most insurances, as well as Medicare, cover the cost of the test. DEXA scan takes about 15 minutes to complete, is completely painless and is the most accurate method for measuring bone density. Specialized X-ray equipment captures images of the hip and spine area, which is analyzed by a computer. Results are reported in the form of a T-score and Z-score.

The T-score compares the patient's bone density to that of a healthy 30-year-old of the same sex; the Z-score compares the results with that of an average person of the same age and sex. Lower scores mean lower bone density. A T-score of -2.5 or lower indicates osteoporosis; a T-score between -1.0 and -2.5 indicates below-normal bone density (osteopenia). Armed with this knowledge, the patient and primary care provider can work together to reduce the risk of developing osteoporosis or to better manage it.

At Lexington Diagnostic Center and Open MRI, we specialize in providing the highest-quality, customer-focused diagnostic imaging services, including DEXA scan. What's more, our costs are always significantly lower than those at the hospital.

If you'd like to know more about DEXA at Lexington Diagnostic Center, give us a call at (859) 278-7226. We are conveniently located at 1725 Harrodsburg Road, Suite 100, with plenty of close-by, free parking.

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**LEXINGTON DIAGNOSTIC CENTER & OPEN MRI**

1725 Harrodsburg Road, Suite 100, Lexington, KY 40504

859-278-SCAN (7226)

www.LexingtonDiagnostic.com

The mission of Lexington Diagnostic Center & Open MRI is to provide high quality compassionate medical imaging services at fair prices for all patients throughout the commonwealth.
Save the DATES!

Fall Festival
October 20, 2017

The YMCA of Central Kentucky invites you to its annual Fall Festival, 6 to 8 p.m. Friday, Oct. 20 at every Y location! Enjoy fun-fall themed activities, games, and sample all the Y has to offer! Free admission and fun for the whole family! If you join on this day, we’ll waive your $50 joining fee!

Reindeer Ramble – Dec. 9

The Reindeer Ramble 5K returns to Keeneland at 9 a.m. Saturday, Dec. 9. New this year: a 10K! Registration is now open - time to start choosing your reindeer team. The Reindeer Ramble is a fun way to participate in a run/walk while supporting scholarships for kids to attend YMCA summer camps. We encourage participants to don their favorite holiday sweater, Santa suit, or “holiday festive” attire and embrace the spirit of the holiday fun with this run/walk.

You may register as an individual runner/walker or with a group as a Santapede team. Teams consist of 3-10 people (adults and children may be combined in one group). There’s one hitch—you have to be linked together with a garland or ribbon throughout the entire race.

Top finishers in each category, and most festive Santapede teams will be recognized. To ensure you receive a race shirt, please register in advance of race day. Visit the Y nearest you, or go online to ymcky.org/ramble for more information and to register.
At Millpond Integrative Health and Wellness Center of Lexington, we devote much of our time and passion to treating chronically ill patients - especially those in pain. We’re proud to offer a wide range of holistic treatments that are based on years of experience and cutting-edge technologies.

Earlier this year, we at Millpond were proud to introduce the newest weapon in the non-surgical treatment of chronic pain: regenerative stem cell therapy, or RST. In RST, placental stem cells are injected directly into the affected areas.

The healing procedure is painless and based upon nature’s own incredible powers. Regenerative stem cells are injected into the affected area, where they immediately begin to do their work. RST works in by encouraging the production of hyaluronic acid, a building block of the synovial fluid, a thick, gel-like substance that cushions the joint. Loss of synovial fluid has been linked with the pain and stiffness of osteoarthritis, according to the Arthritis Foundation.

RST supports the production of certain types of cytokines that have anti-inflammatory properties. These naturally occurring compounds can reduce painful swelling and inflammation in the joint, aiding in the healing process.

One of the primary goals of RST is the production of new joint tissue. RST injections contain cellular growth factors, which have been shown to support the growth of new joint tissue.

Regenerative stem cell injections are suited for arthritic and/or degenerative conditions, especially those of the knees, hips, shoulders, neck and lower back. RST has been used to effectively treat degenerative conditions of the cartilage and ligaments; bone spurs; bursitis; and tendonitis.

Patients can experience a significant decrease in pain and improved range of motion within weeks of the first treatment! Patients who have the received RST at Millpond Integrative Health and Wellness Center tell us the results have been life-changing. Patients who have been unable to walk, climb stairs or play a pain-free round of golf suddenly find themselves feeling more active, more engaged and more alive than they have felt in a long time.

Millpond Integrative Health and Wellness Center is one of the first clinics in Central Kentucky to offer this highly advanced form of therapy. I am pleased to make this truly amazing therapy available as it is my hope more people will be able to experience its amazing benefits. Regenerative Stem Cell therapy has the potential to allow patients in pain to avoid potentially addictive medications and/or invasive surgery.

As RST is a more natural, less invasive way to reduce pain and swelling and begin healing, there are few, if any restrictions to its use. Those who have used steroids in the past for joint pain, and suffered the ill side effects of it, find RST to be especially beneficial.

Because Regenerative Stem Cell therapy injections are derived from amniotic cells, not embryonic or fetal tissue, there are no ethical concerns. RST injections are regulated by the FDA and, over the course of more than 60,000 treatments nationwide, there has never been a reported problem with type of therapy.

RST, coupled with exercise to strengthen the muscles, tendons and ligaments, has the potential to permanently improve the function and comfort of troublesome joints ... not just mask pain. If you’re suffering from chronic joint pain, degenerative conditions or arthritis, give our office a call to learn more about RST and whether you might be a candidate for this cutting-edge treatment.

Caitlin Gerrard, PA-C, is a certified physician assistant with Millpond Integrative Health and Wellness Center, 3650 Boston Road, Suite 188, Lexington. For more information, please call the office at (859) 219-0617.
Meal planning is great for saving time, but, ideally, it should save you money, as well. When you’re on a strict budget, meal planning can be quite the task. If you don’t have much money to work with for groceries and unsure where to start, I am hopeful this guide for planning meals on a budget will be helpful.

Before you start anything else, you should have an idea of what foods and recipes are the most cost-effective and appealing to you. Be on the look out for inexpensive ingredients that still have some nutritional value as well as taste good. Below are some great options:

- Sweet potatoes
- Lentils
- Eggs
- Squash
- Beans

Other options you might consider: brown rice, mushrooms, tofu, peanut butter.

Look for versatile foods, too. Chicken, of course, is the main ingredient in many meals or tofu if you’re vegetarian.

Plan Based on Sales:
You can also plan meals based on the items that your local store has on sale for the week.

Get Bigger Discounts:
Couponing isn’t for everyone, but if you find a way to do it efficiently, it can significantly cut your expenses.

Plan Your Shopping Trip
Once you have your recipes in order, you can make a list of your meals for the week.

Eating organic
If eating organically is important to you, but you also have to watch your money, check out the foods listed below. They offer nutritional value and great taste!

- Peaches
- Apples
- Bell Pepper
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Grapes
- Spinach
- Lettuce
- Potatoes
Your Attitude Determines Your Competence
Life-giving Attitude Part Three: Do It Afraid.

By Alex Anderson, Senior Associate Pastor at Bayside Community Church

Jeff was a bit quiet for me. It took a little while to get him going, but we eventually clicked. He was a really smart guy. The company he worked for gave him one project after another and he rose quickly as a manager.

So I tried to follow the plan and schedule that Moose had done with me. It didn’t work. Jeff’s schedule was not as flexible as mine. So we went to lunches and occasional dinners as it fit into his schedule. Actually Jeff was very far along in his life-giving nature and attitude and he became as much of an encouragement to me as I was to him.

At times I thought, “Alex, what are you doing? Who do you think you are trying to be? How can you be a leader to someone already as life-giving and intelligent as Jeff? And besides, you are not out of the woods yet yourself. You still have issues... even your issues have issues.”

Have you ever felt this way?

It was a good thing that I was attending Moose’s small group for men. I got the chance to give him an update and let him in on how I was feeling about this whole leadership thing. In his usual life-giving fashion, he would say something wise that would teach me a lesson and encourage me to stay in the game.

I was actually feeling fearful of looking bad or making a mistake. My insecurity was the issue. As I shared this with Moose he would say, “Do it anyway, do it afraid; the fear won’t last long.” As usual, he was right. I learned the fear was a temporary distraction.

I knew that God wanted me to be in Jeff’s life, at least for a season, so I mustered up all the courage I could. I mean, don’t think it was totally terrible... I wasn’t a complete wimp. But I was hiding my insecurity like crazy for a while. Then something began to slowly happen to me. I began to like this one-on-one leadership thingy. I began to feel comfortable doing this.

What Moose was teaching me...again...was how to develop a life-giving competency.

It started with a promise I had made to Moose to pray for someone that I could lead through the process that he had taken me through for a year or so (“Your attitude Determines Your Significance”).

The commitment I made to Moose then forced me (with all my fears and insecurities) to rely on courage (that I didn’t know I had), which over a relatively short period of time gave me a sense of confidence. Most of the people I was doing life with at the time had no idea I was going through this, but one did...Moose.

Fast forward many years...I have developed from that experience a strong competency in the area of one-to-one leadership. I now enjoy the change that I see in men as they grow in their life-giving attitudes.

Here’s the bottom line. Make a commitment to do something in your life that is powerful enough to cause you to...do it afraid. Let the courage that is deep inside of you find its way to the top of your heart. It will meet the challenge and it will change you.

You will find yourself becoming more comfortable being uncomfortable.

And as you do, confidence will soon take over. Over time your competency will increase...and that is where the real fun begins my friend.

Now it’s your turn. Go make a powerful commitment to do something life-giving for someone else. That one unselfish promise could change your life forever in a way you never dreamed!

It did mine.

To your spiritual health,
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