Fall in Love with maintenance-free living.

Independent living cottages at Highgrove in Lexington and Ashton Grove in Georgetown.

Come for a tour with Melissa
502.777.2799
www.ashtongroveseniortliving.com
115 Ashton Grove Path,
Georgetown, KY 40324

Come for a tour with Shay
859.245.0100
www.highgrovetatescreek.com
4251 Saron Drive,
Lexington, KY 40515

LOVE WHERE YOU LIVE

Live independently without spending your free time working on your yard or home. Our Cottages offer the best in concierge-style living, with numerous amenities all in a resort-like setting.
FEBRUARY 2020

4 The Consequences of Hearing Loss Are Often Underestimated
6 Addiction Recovery Isn’t Always A Straight Path: How Medication-Assisted Treatment Can Help
8 Love is in the Air: Isn’t it Time You Loved Where You Live? Tour a Cottage
12 You’ve Heard it A Million Times, High Cholesterol Leads to Heart Disease, But That’s Not Necessarily True! What You Need to Know
14 Choose to Eat for Healthy Feet: Lose Weight, Feel Great, and Reverse Disease
16 Hands-Only CPR Saves Lives
18 Do You Know the Symptoms of a Stroke?
19 Spiritual Wellness: WholeHearted

IS YOUR GUT TRYING TO TELL YOU SOMETHING?

If you suffer from...
- Food Sensitivities
- Cramps, Bloating, Gas
- Joint Pain
- Fatigue
- Trouble Sleeping
- Autoimmune Disorders like Crohn’s, Celiac, RA and others

Your digestive system could be sending you an SOS!

LEXINGTON HEALTH 24-7 Magazine

LEXINGTON HEALTH 24-7 Magazine can be found in most Lexington-area health and medical facilities including hospitals, doctors’ offices, and gyms, as well as many other high-traffic locations.
Pick up your free copy of LEXINGTON HEALTH 24-7 Magazine today.

©Copyright LEXINGTON HEALTH 24-7 Magazine 2020. All rights reserved. Any reproduction of the material in this magazine in whole or in part without written prior consent is prohibited. Articles and other material in this Magazine are not necessarily the views of LEXINGTON HEALTH 24-7 Magazine. LEXINGTON HEALTH 24-7 Magazine reserves the right to publish and edit, or not publish any material that is sent. LEXINGTON HEALTH 24-7 Magazine will not knowingly publish any advertisement which is illegal or misleading to its readers. The information in LEXINGTON HEALTH 24-7 Magazine should not be construed as a substitute for medical examination, diagnosis, or treatment.

Millpond Wellness Center
A Wellness Way Affiliate

Medical Services | Nutrition | Chiropractic
859-219-0617
www.millpondwellnesscenter.com

You have the right, within seventy-two (72) hours, any obligation to pay for services performed in addition to this free of discounted service.
THE CONSEQUENCES OF HEARING LOSS ARE OFTEN UNDERESTIMATED

By Ann L. Rhoten, Au.D., CCC/A

Baby Boomers — those born between 1946 and 1964 — have had a profound and lasting impact on American society, changing every facet of life as they moved from childhood through adolescence, from adulthood to middle age and now, into their senior years.

The aging trend will continue, and not just because of Baby Boomers. By 2060, nearly a quarter of Americans will be age 65 or older. The population of the oldest of the old — people over 90 — will more than quadruple in that time, according to U.S. Census Bureau projections.

This is a good thing, a blessing, to have our fathers and mothers, grandparents and great-grandparents in our lives for so long. Seniors are staying in the workforce longer, sharing their knowledge and experience and providing perspective on the fleeting nature of life and work.

But there are many challenges, too. One of the most important — for the individual, families and communities — is how to keep our seniors physically active, engaged and mentally sharp. Achieving these goals requires some thought and planning.

Being proactive
The Centers for Medicare and Medicaid Services has placed more emphasis than ever on preventing, detecting and treating disease early. This strategy saves money, pain, suffering and lives. New Medicare enrollees have access to a range of preventative services, counseling with their doctors, and even screening exams, at no cost. Providers are required to review basic systems and inquire about the patient’s health history, functional ability, safety and hearing impairment, among other things.

While I believe this Welcome to Medicare visit is a wonderful thing, and I am thankful that hearing impairment is addressed, I don’t believe it’s enough. Sadly, hearing loss is widely perceived, by patients, families and even some physicians, as something that just happens with old age and is of no great consequence.

Nothing could be further from the truth!

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.
Forty-eight million Americans have hearing loss, according to the Hearing Loss Association of America. By the time they reach their 70s, two-thirds of Americans have hearing impairment, with that number increasing significantly for every decade of life past 70. Yet, only about a quarter of seniors use a hearing aid or other assistive device! Can you imagine the controversy that would arise if only 25 percent of Americans who needed glasses had them?

As an audiologist — someone who specializes in hearing — I am dismayed. Hearing is such an essential part of our being. It brings us joy, knowledge, connection, comfort, safety and so much more. It helps keep us mentally sharp, emotionally balanced and engaged in the world around us.

Hearing impairment is big deal!

Even moderate hearing loss can have a profound effect on one’s experience of life. A 2013 study tracked about 2,000 older adults for six years and found that those who began the study with hearing loss were 24 percent more likely than those with normal hearing to experience worsening problems with thinking, making decisions and memory, what we frequently call cognitive decline.

A slightly older study, published in 2011, followed more than 600 people over a 12- to 18-year period. This study linked the level of hearing loss (mild, moderate, severe) to a risk of developing dementia, a much more serious condition than cognitive decline. Researchers found those with just moderate hearing loss were at three times greater risk for dementia. Those with severe hearing loss had a five-fold greater risk.

It’s not clear why this is so, but researchers have some ideas.

**Brain stress.** We know that folks with hearing impairment are in a constant state of stress, struggling to make out words and process sounds. The brain simply has to work much harder to process auditory input and fill in the blanks, something that comes easily to the non-hearing impaired. Researchers think this constant stress may overwork the brain, leaving it with fewer resources for the higher-level function of comprehension.

**Brain remodeling.** Another thought is that the brain, which is very plastic, may remodel itself as auditory input lessens. There is some hard evidence to support this idea, although it’s not conclusive: MRIs of older adults with hearing impairment show less brain matter in the temporal lobes and auditory cortex, the parts of the brain responsible for receiving and processing sound. Without stimulation, these structures appear to atrophy, much like unused muscles will grow weak and shrink without exercise. Further, researchers have seen atrophy of the entire brain linked to hearing impairment.

**Our brains need other brains!** Human beings are innately social. That is, we work together, talk together, worship together and share thoughts, ideas, dreams and memories with other humans. Hearing impairment interferes with this, which can lead to social isolation, depression and even mental health problems. Not being able to hear, or hearing only a few words of every sentence, can lead to misunderstandings, hurt feelings, frustration, paranoia and anger, which in turn can worsen isolation.

Whatever the mechanism, and we may find that all three are at play, we know hearing deserves a lot more credit than it’s been given! The good news is French researchers have shown, at least for some patients, restoration of hearing can slow or even reverse cognitive decline. So it’s not too late to do something about hearing loss!

Ann Rhoten, Au.D., is an audiologist with Kentucky Audiology and Tinnitus Services, 1517 Nicholasville Road, Suite 202, Lexington, who specializes in treating people of all ages with hearing loss, tinnitus or other hearing problems. New patients are always welcome. For more information, visit her online at kyttinnitus.com or call (859) 554-5384.
Addiction Recovery Isn’t Always A Straight Path:
How Medication-Assisted Treatment Can Help

According to the Center for Disease Control, 88,000 people die of alcohol-related deaths and 70,000 from drug overdoses each year. New Vista provides a comprehensive Substance Use Recovery program, which offers therapy and psychiatric care along with case management and peer support services. They are also able to offer additional services due to their training and accreditations. Both genetics and habits play a role in how the brain is wired when it comes to addiction.

Medication-Assisted Treatment (MAT)
For years, medical professionals have been helping patients overcome addictions with medically assisted treatments that block areas of the brain that control addiction. For example, the drug naloxone can block the NMDA (N-methyl-D-aspartate) receptor in the brain, which reduces the desire to drink. And in the same way, methadone, buprenorphine, and naltrexone can be used to combat Opioid addictions.

According to SAMHSA (Substance Abuse and Mental Health Services Administration)

Medication-assisted treatment is used in combination with counseling and behavioral therapies under the direct supervision of trained and regulated practitioners. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. Learn about many of the substance use disorders that MAT is designed to address.
The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the adverse effects of the abused drug. Medications used in MAT are approved by the Food and Drug Administration (FDA), and MAT programs are clinically driven and tailored to meet each patient’s needs. Combining medications used in MAT with anxiety treatment medications can be fatal. Types of anxiety treatment medications include derivatives of Benzodiazepine, such as Xanax or valium.1

Federal law requires patients who receive treatment in an OITP (Opioid Treatment Programs) to receive medical, counseling, vocational, educational, and other assessment and treatment services, in addition to prescribed medication. The law allows MAT professionals to provide treatment and services in a range of settings, including hospitals, correctional facilities, offices, and remote clinics.1

MAT has proved to be clinically effective and to significantly reduce the need for inpatient detoxification services for these individuals. MAT provides a more comprehensive, individually tailored program of medication and behavioral therapy. MAT also includes support services that address the needs of most patients.1

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to:

- Improve patient survival
- Increase retention in treatment
- Decrease illicit opiate use and other criminal activity among people with substance use disorders
- Increase patients’ ability to gain and maintain employment
- Improve birth outcomes among women who have substance use disorders and are pregnant
- Research also shows that these medications and therapies can contribute to lowering a person’s risk of contracting HIV or hepatitis C by reducing the potential for relapse. Learn more about substance misuse and how it relates to HIV, AIDS, and Viral Hepatitis.1

A common misconception associated with MAT is that it substitutes one drug for another. Instead, these medications relieve the withdrawal symptoms and psychological cravings that cause chemical imbalances in the body. MAT programs provide a safe and controlled level of medication to overcome the use of an abused opioid. And research has shown that when provided at the proper dose, medications used in MAT have no adverse effects on a person’s intelligence, mental capability, physical functioning, or employability.1

The path to change is not one you have to travel alone. New Vista professionals provide individual, family, and group counseling. We use evidence-based treatment to help clients achieve their fullest potential.

About New Vista
New Vista is a Community Mental Health Center providing clinical services to nearly 25,000 adults, children, and families in 17 Central Kentucky counties. New Vista is a mission-driven nonprofit working with the communities to develop innovative programs to respond rapidly to both individual and community needs.

If you or a loved one needs help with substance use services, please call our 24-Hour Helpline at 1.800.928.8000.

newvista
24-Hour Helpline 1.800.928.8000
newvista.org
LOVE IS IN THE AIR: ISN’T IT TIME YOU LOVED WHERE YOU LIVE?

Tour a Cottage

Deciding to transition into a senior community, independent or assisted living can be confusing. But as individuals age, many seniors experience physical limitations or find it tasking to remain on top of things like yard work, shopping, cooking, and home upkeep. In some cases, they miss the socialization with others after the passing of a spouse. Choosing to relocate into a senior living community is the optimal decision for countless individuals. In many cases, couples prefer to transition into a senior community that is independent but offers state-of-the-art amenities and convenience as they age. That’s where Highgrove and Ashton Grove surpass their peers because they offer phases to make those transitions easy and enjoyable for all of their residents.

You Have Options
Highgrove and Ashton Grove Senior communities are committed to enriching the lives of each resident by providing personalized care, welcoming living spaces, remarkable amenities, and personalized services within the phases of living arrangements that many senior communities fail to offer. These phases are made up of three distinct levels, independent living (highly-sought-after cottages), assisted living, and memory care facilities.

What Exactly is Independent Living?
At Highgrove and Ashton Grove, their independent living is for seniors who are able to live on their own in one of the charming cottages on site, because they desire the conveniences of living within a community that provides top of the line amenities and services, such as landscaping, social activities, chef-inspired dining, transportation, and security within a community that feels like family. The independent cottages are where many individuals and couples begin their journey, and if they ever need to transition into the assisted living or memory care facility, it is conveniently located within the same comfortable and family-oriented community.
Highgrove and Ashton Grove’s senior living commitment and expertise are to help residents thrive in a vibrant environment through socialization, personalized care, comfortable and inviting living spaces, numerous amenities, and incomparable services for the aging population.

Highgrove & Ashton Grove Senior Living Communities
Experience maintenance-free living in your private residence and as part of a lovely, secure community. Stay close to friends and a host of social, recreational, spiritual, and educational activities. The Highgrove and Ashton Grove communities were designed to be resort-like, with a professionally trained chef, fine dining experiences, salon services, social events, housekeeping, and more. Each residence is equipped with a mobile emergency response system.

If you’re moving into an independent cottage, the staff will ensure the movers place everything in the correct area and leave everything else in your capable hands. If you are moving into an Assisted Living or Memory Care apartments, they will assist you in setting up your new residence as needed and feeling comfortable in your new surroundings.

You’ll Feel Right at Home
Highgrove and Ashton Grove will do everything in their power to give you a warm welcome, including introducing all of their staff members, encouraging visits from other residents, inviting you to social events, and more. Your family and friends are always welcome and will quickly become a part of the community as well.

The Cottages: What’s Included?
- Home maintenance
- Yard work
- Snow removal
- Trash removal
- All utilities
- Transportation
- Restaurant-style dining
- Social and recreational activities
- Emergency pendant

Nearby Conveniences
People of all ages want to live near conveniences; this is especially true for the aging population. That is why Highgrove and Ashton Grove are located close to shopping centers, markets, restaurants, medical facilities, and pharmacies. But you don’t have to worry about leaving on your own; if it suits you best, you can take the community transportation if you desire. And many residents find the cottages and the conveniences within the resort-like campus more than enough for the majority of the time.

Love Where You Live
If you are looking for comfort, care, and the good things in life, you should tour the cottages at Highgrove and Ashton Grove. Residents enjoy a vibrant social life, gracious amenities, comfortable and secure surroundings, restaurant-style dining, professional caregivers, and as little or as much assistance as they desire over time.

Leave behind grass mowing, snow shoveling, and meal planning to join friends for fun and uplifting activities on-site and nearby.

What Residents Want You to Know
“We fell in love with the appearance of Ashton Grove during its construction stage. After meeting with Davonna and Melissa several times, we were sold on the idea of the independent cottage concept. We felt that it would be a great situation for us, especially at our ages. We are so pleased with our new cottage and the care and attention we have received. We are home!!! We are so looking forward to becoming a member of the Ashton Grove family. We hope to be here for a very long time.”—Jim & Danna Hoffmaster

If it matters to you, it matters to us—For more information, or to arrange a tour, please call today!

Tour in February and Receive a FREE Valentine Gift!
BUY. SELL. BUILD. INVEST.

#JustAskMelia

Downtown living coming soon!

DISTILLERY HEIGHTS

CONTACT MELIA
859-351-3661
melia@MeliaRealty.com

Introducing SMART Hearing Aids
SMART hearing technology helps your ears work better where hearing happens—in your brain. That means more natural speech clarity and better hearing in background noise.

Feel Absolutely, Positive Right Before You Buy
1) Make an appointment for an initial hearing evaluation
2) Take home a state-of-the-art SMART hearing aid today. We allow you to try many different types and price levels with no commitment or deposit required
3) Take your time evaluating which hearing aid suits you best

The Choice is Yours
Call (859) 554-6384
to Schedule Your Risk-Free Hearing Aid Test Drive

KENTUCKY AUDIOLOGY & TINNITUS SERVICES
1517 Nicholasville Road #202
Lexington, KY 40503

Ann L. Rhoten, Au.D., CCC/A
Doctor of Audiology
http://kytinnitusremedies.com
ARE YOU DISABLED?

- HAVE YOU APPLIED FOR SOCIAL SECURITY DISABILITY OR SSI BENEFITS?
- ARE YOU CAUGHT UP IN RED TAPE?

An experienced Social Security Claims Advocate can help you:
- Assist you in filing your initial application.
- Filing out and filing your appeals.
- Gather medical and other important information to submit to Social Security.
- Contact your doctors to obtain a report of your medical condition.
- Obtain documents from your Social Security file and review them.

NO FEES PAID UNLESS YOU WIN!

For a FREE CONSULTATION, call
Patsy R. Hughes
Disability Claims Advocate
1-859-263-7780

THE BLUEGRASS SALT ROOM’S 5 YEAR ANNIVERSARY!

Dry salt therapy is a drug-free, safe, and all natural breathing therapy. During 45 minutes in our Salt Room a halogenator disperses a salt aerosol into the air simulating the salted micro-climate of the ancient European salt caves. Inhalation of the ionized air benefits the lungs, sinuses, and skin for both adults and children.

Bluegrass Salt Room
239 E. Brannon Rd
Nicholasville, KY 40356
(859) 425-1111
www.kentuckysaltroom.com

Asthma • Allergies • Cough Congestion
COPD • Ear Infections • Sinusitis
Relax & Unwind • Immune System Support
You’ve Heard it A Million Times, High Cholesterol Leads to Heart Disease, But That’s Not Necessarily True!

What You Need to Know

By Justin Pearce, D.C.
Millpond Wellness Center

There is a bit of deception, whether direct or indirect and a great deal of confusion about how cholesterol affects the heart and vascular system. What most medical professionals and patients believe is very outdated and misleading information. Even the way cholesterol is measured is obsolete.

Your body needs cholesterol, as it is vital to your proper organ function, your brain’s plasticity, and every cell. Some of the most prescribed medications for lowering cholesterol can cause more harm than good. For example, one commonly prescribed drug, in particular, causes cognitive confusion and degeneration, ED, and immune system weakening. Over the years, there has been an increasing number of studies showing that cholesterol is not the cause of heart disease. In fact, having high cholesterol, and other issues like allergic rhinitis, autoimmune disease, arthritis, and cancer are due to an inflammatory response within your body. When the body is inflamed, especially chronically, that is the ‘real’ cause of heart and vascular disorders (and other diseases).

However, it is important to note that not all cholesterol is the same. We know that HDL is the ‘good’, and LDL is the ‘bad’, but it goes, even more, deeper than that. The problem is when LDL becomes oxidized due to inflammatory issues, or blood sugar issues. The oxidized particles become too small and cause problems as they get under the thin layers of your blood vessels, causing damage. Inflammation is what causes cholesterol to be detrimental to one’s health.
Inflammation can be linked as the root cause of almost any ailment or illness a person has, including high blood pressure, atherosclerosis, heart disease, and even heart attack and stroke. Inflammation contributes to health conditions that worsen heart problems, including diabetes, metabolic syndrome, sleep apnea, and obesity.

Chronic Inflammation—The Root Cause of Disease

Dr. Pearce of Millpond Wellness Center explains, “Chronic inflammation is a long-term response to something amiss in the body. Again, it is the body’s immune system trying to make things right; in the best way, it knows how. Chronic inflammation is not good for your body. I cannot emphasize this enough. The body is not designed to be in a constant state of inflammation.”

“Since the early 2000s, we have known that chronic inflammation plays a role in many conditions, including diabetes, irritable bowel syndrome, fibromyalgia, and even heart disease. Since February is American Heart Month, I thought I would spend a little time talking about inflammation and its effects on the heart.

“Concerning plaque buildup in the arteries (atherosclerosis), researchers believe that fatty plaque and other substances on the inside of artery walls — triggers an inflammatory response from the body. The body perceives this build-up as a foreign substance and attempts to wall it off. The surrounding tissues become inflamed, the blockage worsens, and one of two things can happen. The plaque can break loose, and travel to the heart, lungs, or brain (causing a heart attack pulmonary embolism or stroke, respectively), or the artery can completely close, stopping blood flow. When this happens in the coronary arteries, the heart muscle is starved of oxygen and nutrients, causing a heart attack.”

Dr. Pearce continues, “One way to measure inflammation in the body is a test c-reactive protein levels or CRP. CRP is made in the liver and sent out to the body via the bloodstream as a reaction to inflammation. Higher levels of CRP are correlated with heart attack, stroke, diabetes, arthritis, bacterial infections, and a host of chronic conditions. By measuring levels of CRP, we can both see whether the body is suffering from inflammation and also monitor efforts to reduce and eliminate inflammation.

“Here at Millpond Integrated Health and Wellness Center, we understand how important it is to identify and address the underlying causes of illness, such as chronic inflammation. That’s why we use in-depth testing panels for inflammation and other disorders such as hormones and thyroid levels because the truth is in the real numbers. The numbers that most physicians do not order for their patients.”

Getting your chronic inflammation under control and alleviated is critical for your long term health. If you want to avoid heart disorders, autoimmune dysfunction, dementia, cancer, and to live your life in the healthiest way for your optimal aging, Millpond Wellness Center has specific plans and protocols that are drug-free and are helping numerous patients live well!

To learn more, please visit at MillpondWellness.com, follow them on Facebook, or give their office a call. They can help you reduce chronic inflammation, restore your body to balance, and reduce your risk of heart disease.
Choose to Eat for Healthy Feet: Lose Weight, Feel Great, and Reverse Disease.

By Brian K. Bailey, D.P.M., M.S., Body-Mind-Spirit Foot Center

If you want healthy and happy feet, you need to eat food the way God made it—not processed or fast food but whole foods. Whole foods are things grown in the ground, picked from a tree, or from the ocean or land. It is not from a frozen, pre-packaged, microwaveable meal or a box or bag of chemically laden chips or crackers. If you think of your body as a top-of-the-line automobile, you don’t run it on junk or cheap gas. You invest in the quality of fuel to maintain and get the most mileage out of the vessel.

Optimal weight and health (including foot health) work synergistically.

Exercise is very good for your health; however, exercise alone doesn’t work very well for weight loss.

Two teaspoons of vinegar in one or more cups of ice water before every meal can level blood sugar and decrease appetite.

Eat 25 to 50% of your food fresh/raw vegetables and fruits.

The ideal dinner salad would include dark greens, the best of which are kale and arugula including walnuts and some beans like chickpeas or black beans would be great. Sprinkle on a tablespoon of ground flaxseed add red onions and red cabbage. Other great additions would be homemade hummus, peppers, and avocado.

Eat one and 1/2 cup of beans every day. The best beans are black beans, lentils, red beans, pinto beans, garbanzo beans, etc.

Extra virgin olive oil one to three tablespoons a day. Add garlic and Italian seasoning for a powerful anti-inflammatory benefit. Don’t cook with it. Cook using avocado oil.

Eat one cup of cruciferous vegetables every day: broccoli, cabbage, cauliflower, Brussels sprouts, kale.
Eat one serving of nuts and seeds, almonds, walnuts, pecans, pumpkin seeds, ground chia seeds. (not peanuts).

Eat one citrus fruit daily, blood orange is great. Eat some of the white peel on the fruit you eat.

Eat one serving of berries: blackberries, raspberries, blueberries. Barberrries and goji berries are great for blood sugar control and fat burning.

Eat one apple a day.

Eat two servings of whole grains every day. Not hybridized wheat. Choose from ancient grains, whole grain oatmeal, like steel-cut oats or regular old fashion oats, not quick cook. Add walnuts and berries (barberries, goji berries, blueberries, blackberries, raspberries, or strawberries). Add spice your oats cinnamon and cardamom.

Do not use artificial sweeteners. Small amounts of yacón syrup, erythritol, stevia, monk Fruit, or honey are acceptable alternatives. Yacón syrup has been shown clinically to reduce obesity and insulin resistance.

Purple, blue, or sweet potatoes are good for you in minimal amounts, but not white potatoes.

Limit or even better, eliminate your consumption of animal products; if you are going to eat eggs, limit your consumption to a couple of free-range organic eggs per week. The worst meat to eat is commercial chicken instead, eat farm-raised, or organic chicken in small amounts and grass-fed beef in small amounts. Consume whole fat organic yogurt, the best would be goat yogurt.

Get 1 to 4 tablespoons of ground flaxseed every day, which can be added to oatmeal or soups after cooking.

Drink organic coffee and green tea three to five servings a day. Super coffee is a great fat burner that is available here at the office.

FLORASSIST® Mood Improve can decrease your appetite and increase your sense of wellbeing.

Also, vitamin D3 5000 Farm-raised and molecular distilled fish oil three capsules daily. People who have diabetes, neuropathy or fatigue would benefit from taking Mitochondrial energy booster four capsules daily. All of these are available at the office.

The time you eat has a lot to do with weight loss and weight gain. Those who eat a big breakfast eat less the rest of the day and burn more calories. If you eat late in the day, you will gain weight and burn fewer calories. Stop eating at least three hours before going to sleep.

The best meal to have for dinner is a big salad. The more time you have between your last meal and going to bed will help you lose weight and you will sleep better. Sleep time and quality are essential to health and a trim waist. Get at least seven hours of sleep and not more than nine hours of sleep every night.

Everyone should lose 2 pounds a week following these guidelines. If you need help, keep a food diary and make an appointment.

Brian K. Bailey, D.P.M., M.S., is a podiatrist with Body-Mind-Spirit Podiatric Center in Ashland, Ky. The office is located at 500 14th Street, at the intersection with Central Avenue. New patients are welcome. For more information, please call the office at (606) 324-FOOT (3668).

Dr. Brian K. Bailey is a Podiatric Physician & Surgeon with a private practice located in Ashland, KY. He is also a Clinical Professor of Podiatric Medicine & Surgery at Pikeville College of Osteopathic Medicine and a Personal Wellness Coach & Fitness Trainer. Dr. Bailey has written several books, including: Secrets to Happiness, Inner Peace and Health, Metabolic Syndrome 2011, Nutrients for Prostate Cancer Prevention and Eradication, Breast Cancer Prevention and Wholistic Treatment, and Prostate Cancer Prevention and Wholistic Treatment.
Hands-only CPR saves lives

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Experts say chances of survival double and sometimes triple if hands-only CPR is started within the first moments of an adult collapsing.

Although the terms cardiac arrest and heart attack are often used to mean the same thing by the general public—they are not the same. Cardiac arrest is an electrical malfunction in the heart that causes an irregular heartbeat and disrupts the flow of blood to the brain, lungs and other organs. During cardiac arrest, the heart starts beating erratically, often quickly with very little effect.

A heart attack occurs when a part of the heart muscle doesn't receive the oxygen it needs to function and begins to die. Heart attacks often come with symptoms, such as a shortness of breath or chest pain.

If you see someone collapse, follow these steps to perform hands-only CPR:

1. Alert 9-1-1 or have someone make the call.
2. Quickly position the unresponsive victim on their back.
   - Begin CPR by placing the heel of your hands one on top of the other between the nipples of the victim's chest.
   - With locked elbows and shoulders over the chest, fall forward pressing down 2 inches.
   - Deliver about 100-120 compressions per minute. That's about the tempo of the Bee Gee's song "Stayin' Alive" or "Crazy in Love" by Beyoncé.
   - Lift hands slightly after each compression to allow the chest to recoil.
   - Take turns with another bystander until help arrives, but keep CPR interruptions to a minimum. Don't stop until the compressions can be taken over by paramedics or another bystander.
3. Use an automated external defibrillator (AED) if available.

If your organization is interested in taking CPR courses, contact the King's Daughters CPR Training Center at (606) 408-9297 or go to KingsDaughtersHealth.com/Community-Events for a list of upcoming courses.

Popular songs that you can perform CPR to

"Stayin' Alive" - Bee Gees
"Crazy in Love" - Beyoncé
"Sweet Home Alabama" - Lynyrd Skynyrd
"I Will Survive" - Gloria Gaynor
"Just Dance" - Lady Gaga
"MMMBoop" - Hanson
"Baby Shark" - Pinkfong
"Hips Don't Lie" - Shakira
"Work It" - Missy Elliott
"Rock Your Body" - Justin Timberlake
"Hey Soul Sister" - Train
"Somebody to Love" - Queen
Generosity of King’s Daughters team members leads to donation of 25 AEDs to community agencies

Last June King’s Daughters donated 25 AEDs to community agencies thanks to the generosity of team members who purchased special Heart Month apparel.

A total of $2,260 was raised through sales of t-shirts, water bottles and grocery tote bags to King’s Daughters team members. The proceeds were used to purchase Philips HeartStart defibrillator kits. Fourteen local agencies, including multiple first-responders and schools, were given the kits comprised of a defibrillator; two batteries; adult and pediatric pads; and a carrying case. King’s Daughters purchasing department was able to negotiate a great price for the kits, which normally sell for $2,000 each.

AEDs are portable medical devices that deliver an electrical shock to an individual suffering from sudden cardiac arrest (SCA), a condition that affects more than 350,000 Americans each year. Only about 10% of people who experience an SCA outside of a hospital setting survive. The device can be used by non-medical professionals, which provides simple visual and audio commands for the user.

“It is a lifesaving tool to have in our community and we are very happy to be able to do this,” said King’s Daughters Vice President and Chief Compliance Officer Mona Thompson on AED distribution day last year.

Boyd County Sheriff Bobby Jack Woods thanked King’s Daughters for their support at the event during his remarks. He noted it can sometimes be difficult for local first responders to achieve an optimal three to five-minute response time in certain areas of Boyd County.

“These AEDs are really going to help us because of the response time,” said Woods.

King’s Daughters Health Foundation established the criteria for awarding the AEDs, accepted applications from agencies and selected recipients.

Proceeds from this year’s Heart Month t-shirt sales will again be used to purchase and donate AEDs. You can also help make this life-saving technology more accessible and show that you wear “Red for a Reason” by purchasing a Heart Month t-shirt. T-shirts can be purchased until Feb. 14 at stores.printmycause.com/kdmscheartmonth or by scanning the QR code at right.

The following agencies received an AED last year:

- Ashland Police Department (2)
- Ashland-Boyd County Emergency Management (1)
- Boyd County Sheriff’s Department (2)
- Carter County Sheriff’s Department (2)
- Floyd County Sheriff’s Department (1)
- Greenup County Sheriff’s Department (2)
- Ironton Police Department (2)
- Portsmouth Police Department (2)
- Westwood Fire Department (1)
- Wurtland Volunteer Fire District (1)
- Ashland Independent Schools (4)
- Boyd County Schools (2)
- Greenup County Schools (2)
- Safe Harbor (1)
Do You Know the Symptoms of a Stroke?

Knowing the Signs Can Save Lives

Every year in the United States nearly 800,000 people will suffer from a stroke. If it's not caught early enough, it can lead to death, paralysis, cognitive impairment, aphasia and many more complications.

There are Several Different Types of Strokes:
- Hemorrhagic strokes are when a damaged blood vessel begins to bleed then ruptures
- Ischemic strokes are formed by blood clots that obstruct a blood vessel that supplies blood to the brain
- TIA (Transient Ischemic Attack), also known as a mini-stroke, is caused by a temporary clot that blocks blood flow

When oxygen and blood can't reach the brain, the brain cells begin to die very rapidly. When you are experiencing symptoms of stroke, minutes matter! There is a medication called tissue plasminogen activator (tPA) that can break through a blood clot, but not everyone with stroke can receive the clot-busting drug tPA. If the medical team deems it fit for you, the medication must be given within 3 to 4 1/2 hours of the onset of symptoms.

Signs and Symptoms
Adding to the original FAST acronym, BE FAST adds two additional stroke symptoms, which help individuals recognize and prevent 95 percent of acute strokes.

B – Balance loss
E – Eyesight changes
F – Face drooping
A – Arm weakness
S – Speech difficulty
T – Time to call 911

STROKE BY THE NUMBERS

Every 40 seconds someone has a stroke

About 55,000 more women than men have a stroke each year

1 in 4 strokes are in people who have had a previous stroke

#5 Cause of death in the USA

80% of all strokes can be prevented

Staying Healthy and Avoiding Stroke Complications
- Keep weight down
- Workout (30 minutes of cardiovascular exercise daily)
- Eating a Healthy diet of vegetables, fruit and lean protein
- Maintain normal blood pressure
- Regulate Lipid levels and any cholesterol issues
- Manage stress
- Get regular physicals and check-ups
- Know the Signs of stroke
- Don’t delay, if you or someone you know has stroke symptoms, call 911

www.lexingtonhealth247.com
WHOLEHEARTED

By Jodi Thomas

I love Valentine’s Day. Not just the flowers and the chocolate and all that good stuff, but I have always loved the idea of celebrating love... and on a trivial note, seeing all the pink and red hearts just makes me happy for some reason.

Lately I’ve been thinking a lot about my own heart. When reflecting on 2019 and what I hope for this year, I really desire to live wholeheartedly. And the first step in doing this is learning to pay attention to my heart. I’m reading a great book right now called Soulful Simplicity by Courney Carver. I highly recommend it. In the book, she discusses living wholeheartedly and that we have to learn to listen to our hearts. She has an exercise where in a quiet moment, you place both hands on your heart, one hand on top of the other, and just sit in the quiet for a moment or two, and ask yourself, “What is my heart saying? What is my heart feeling?”

Yet, most of us are terrified to do this. Why? Because, without a doubt, most of us are never taught to listen to our hearts. We are taught to “suck it up,” to keep pushing forward, to fulfill our myriad responsibilities, regardless what our hearts might be saying, or trying to say. And there are many times where we have to do just that—it’s part of being an adult. But there’s an equal, if not more, need for us to listen to those precious hearts of ours, that have often long been covered up by obligation, fear of what other people think, busy-ness, and self-medication with our vices of choice.

The primary reason we need to learn to listen to our hearts are that our hearts are very important to God. Proverbs 4:23 says, “Above all else, guard your heart, for everything you do flows from it.” Think about what that says and the implication of it. Both good and bad flow from our heart, based upon the state of our heart. Ignore your heart for too long, and this is disastrous for living the kind of life that you once imagined for yourself.

In fact, our hearts are so valuable to God that they are the very place that Christ has decided to take up residence. Ephesians 3:17 says, “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith.” Additionally, Romans 5:5 says that God pours out His love into our hearts. Now, I spend a lot of time nurturing my relationship with God. But to be completely honestly, many times I don’t feel God’s presence or love. These are things that I have to take by faith. But even this comes from the heart, for Romans 10:10 says “For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved.”

When I truly believe these truths, which comes from my very heart, that Christ actually lives in my heart and God’s love is poured into my heart, I am empowered to live in God’s love and to express that love to others in my day to day life. And folks, there is just nothing in life more important than that.

Not only does God reside in our heart, he desires to protect it. Philippians 4:7 says “And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” How does the peace of God guard our heart? It guards it against worry, against anxiety, against unforgiveness... all of the things that wreck havoc on our hearts and create stress in our lives.

Our hearts are so valuable to God, that He desires all of our hearts. In Luke 10:27, Jesus said the greatest commandment was to “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind.”

When you see those pretty pink and red hearts this Valentine’s Day, I hope you are reminded that your heart is a unique treasure to God. There is no other heart like yours. It is so valuable to Him that Jesus died on the cross so that He could live there and God’s love be poured out into your heart. Because your heart is of the utmost value to God, you need to value it, too. Learn to listen to it. Learn to respect it. Don’t ignore it. I hope you will join me in the quest of living wholeheartedly in 2020.
bluegrass.org is now newvista

We see the good ahead.

Caring professionals serving Central Kentucky since 1966.

- Mental Health
- Substance Use
- Intellectual and Developmental Disability

24-Hour Helpline 1.800.928.8000 | newvista.org