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859-257-1000

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6-873

Rose Street traffic rerouted


As of Nov. 20, Rose Street at South Limestone has been closed permanently to accommodate construction of the new UK Chandler Hospital. Southbound traffic on Rose Street now accesses South Limestone via the recently extended Huguelet Drive. This new route maintains appropriate flow for campus traffic, improves pedestrian safety and ensures safe, easy access to the hospital directly from South Limestone.

For a free issue of Renewal detailing the rerouting of Rose Street, call toll free 1-800-333-8874.




ROSE ST.

Remember fire safety this holiday season



Whether decorating your home with extra lights, cooking for family and friends, or trying to stay warm this winter, fire is a serious risk during the holidays. Monitor burning candles, never leave cooking unattended and do not overload electrical outlets. Check your smoke alarms and take other necessary steps to keep your loved ones safe. **For a free brochure with information on fire safety, call toll free 1-800-333-8874.**

Could your wrist pain be carpal tunnel syndrome?



If you experience numbness in your hand or wrist, along with sudden piercing pain that shoots through your wrist and up your arm, you may suffer from carpal tunnel syndrome. The carpal tunnel is a narrow passageway of ligaments and bones that holds the median nerve. When pressed, the median nerve causes numbness, weakness or pain. Diagnosing and treating the problem will help avoid further nerve damage. **For a free brochure describing the symptoms and treatment of carpal tunnel syndrome, call toll free 1-800-333-8874.**

UK HealthCare

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RETURN SERVICE REQUESTED

UK House Calls

December 2006

In this issue:

More convenient access to the hospital via Limestone

Get help for restless legs

Specialized treatment for COPD

UK HealthCare

A tiny balloon may restore normal blood flow to your heart

When the heart's arteries become clogged with cholesterol or other substances, the reduced blood flow may cause chest pain. The blockage may result in a heart attack. By placing a catheter into an artery, doctors can thread a tiny wire to the blockage and expand a balloon that stretches the artery, allowing the blockage to pass. This procedure is called angioplasty. Specially trained interventional cardiologists at the UK Gill Heart Institute are experts in angioplasty. **For free information on coronary angioplasty, call toll free 1-800-333-8874.**



Restless legs interfere with everyday life

Restless Leg Syndrome (RLS) is a common, debilitating condition that affects 10 percent of Americans. Results from the 2005 National Sleep Foundation poll show that women and Southerners are at an increased risk. RLS may cause depression and anxiety. It may also interfere with sleep, everyday living and work performance. **For a free brochure on RLS, call toll free 1-800-333-8874.**



Coughing, shortness of breath can signal lung disease

Chronic Obstructive Pulmonary Disease (COPD), the fourth-leading cause of death in America and in Kentucky, refers to a large group of diseases that damage the lungs. Common symptoms include coughing up mucus, chest tightness and shortness of breath. A spirometry test is an easy and painless way to diagnosis COPD. UK HealthCare offers the only COPD clinic in the state of Kentucky. **For a free fact sheet on COPD, call toll free 1-800-333-8874.**



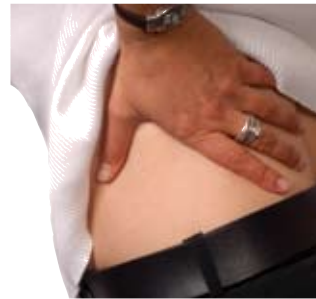
Free health information now available downtown

"Reading Rx: A healthy dose of knowledge," a unique partnership between UK HealthCare and Lexington Public Library, offers a wide variety of free health information from a leader in advanced medicine. With a convenient location dedicated to learning, the kiosk makes useful health information more accessible. Whether you're looking for facts on a neurological disorder, options for cancer treatment, news in heart care or an expert's opinion on current health trends, you'll find the information you need at Reading Rx. Stop by often to get the latest health material.

Reading Rx: A healthy dose of knowledge is now at the Central Library in downtown Lexington.

Low back pain doesn't have to keep you down

Whether it's the result of injury, osteoporosis or kidney infection, low back pain is the second most common neurological ailment in the United States. With the diverse and collaborative team of health care professionals at UK HealthCare to diagnose and treat any cause, low back pain doesn't have to keep you down for good. **For a free brochure on low back pain, call toll free 1-800-333-8874.**



Making decisions about colorectal cancer treatment options

Although colon and rectal cancer share many features and are often referred to together as colorectal cancer, treatment options may be different. Cancers of the colon and rectum are serious, but treatable. The multidisciplinary team of health care professionals at UK Markey Cancer Center works together with patients to develop the best treatment plan for each patient's individual circumstances. **For a free copy of colon and rectal cancer treatment guidelines, call toll free 1-800-333-8874.**



Upcoming health events

Saturday, Jan. 20
Cartilage repair: New therapies to return to an active lifestyle
10 a.m. W.T. Young Library Auditorium
401 Hilltop Avenue, Lexington
Please join us as orthopaedist Christian Lattermann, MD, discusses surgical treatment options to get you back to an active lifestyle. Light refreshments will be served and parking is free.
Free, but please register by calling toll free 1-800-333-8874.

Tuesdays
Birthing Center tours
1 p.m. -2 p.m.
UK Chandler Hospital
800 Rose Street, Lexington
Free, but registration is required by calling 859-257-5168.

Holiday cards for sale
Support Kentucky Children's Hospital by purchasing holiday cards designed by our very own patients. Available at Joseph-Beth Booksellers, Lexington area Kroger's and the UK Chandler Hospital gift shop, two separate designs are sold in packs of 12 cards for \$11.99. Proceeds benefit Kentucky Children's Hospital.