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859-257-1000

or toll free at

1-800-333-8874.

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Need directions?

We're growing to serve Kentucky, but don't let our growth interrupt your travel. Free maps detailing the streets in and around the medical center are available to help you navigate your way through campus. Complete with written directions, these maps are a great way to find your way around.

For a free map of UK HealthCare facilities in Lexington, call toll free 1-800-333-8874.



A more comfortable mammogram

A mammogram, or X-ray of the breast, is used to detect and evaluate breast abnormalities. In order to spread the tissue for a lower radiation dose and ensure a sharper image, the breast is squeezed between two plastic plates. Although the test can save lives, some women do not have regular mammograms because of the discomfort. Now UK's Comprehensive Breast Care Center is a certified Softer Mammogram ProviderSM, offering MammoPad[®], a warm cushion between the breast and the mammography machine that makes the experience more comfortable. **For more information on MammoPad, including a free sample of the cushion, call toll free 1-800-333-8874.**



Is your abdominal pain Crohn's disease?

Crohn's disease may occur at any age, but most often it is diagnosed in people between the ages of 15 and 35. Crohn's disease, which is considered an inflammatory bowel disease (IBD), causes diarrhea and abdominal pain. It is not considered fatal, and although there is no cure, it can be managed. With the largest team of gastroenterologists in Kentucky, the Digestive Health Program at UK HealthCare specializes in the diagnosis and treatment of diseases affecting the digestive system. **For a free brochure on living with Crohn's disease, call toll free 1-800-333-8874.**



UK HealthCare

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UK House Calls

January 2007

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Is laser vision correction right for you?



UK HealthCare

Is laser vision correction right for you?

Laser vision correction is a relatively quick outpatient surgical procedure that precisely reshapes the cornea to minimize or eliminate dependency on corrective eyewear. Whether you are a candidate for laser-assisted *in situ* keratomileusis (LASIK), photorefractive keratectomy (PRK), laser-assisted epithelial keratomileusis (LASEK) or implantable contact lens (ICL), professionals at the UK Refractive Surgery Service are specially trained to evaluate and care for your vision. **For a free fact sheet on laser vision correction, call toll free 1-800-333-8874.**



Upcoming health events

Saturday, Jan. 20

Cartilage repair: New therapies to return you to an active lifestyle
10 a.m., W.T. Young Library Auditorium
401 Hilltop Avenue, Lexington
Please join us as Christian Latterman, 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**.

Saturday, Jan. 27

Ask the Pharmacist
6:30-7:30 p.m.
WKYT-TV and WYMT-TV
Here's your chance to have your medication questions answered by the experts. This televised special will feature UK College of Pharmacy faculty and community pharmacists answering questions phoned in by television viewers.

Get programming and local channels for both WKYT and WYMT by visiting www.wkyt.com/programming.



Measuring heart strength

Known as an exercise stress test, an electrocardiogram (ECG or EKG) measures the strength of your heart. Although you may be asked to ride a stationary bike or walk on a treadmill for the test, the purpose is to monitor your heart, not measure your athletic ability. The Gill Heart Institute has an expert team of health care professionals, including internationally renowned cardiologists, to diagnose and treat any heart condition.

For a free brochure on exercise stress test, call toll free 1-800-333-8874.

Be an organ donor

More than 600 Kentuckians are currently awaiting a life-saving organ transplant. A single donor may benefit up to 50 people by donating organs including the kidney, heart, liver, lung, pancreas and small bowel, as well as tissues including bone, cartilage, skin, corneas, heart valves, saphenous veins, tendons and ligaments.

The 12 Weeks of Giving campaign was designed to register 10,000 new organ donors by February 12 through the www.donatelifeky.org Web site. Kentucky Organ Donor Affiliates (KODA) and other members of the Donate Life Kentucky Coalition ask you to register today to meet this important goal.

To register as a new organ donor, visit www.donatelifeky.org.



Bringing health care to you

All across the state, UK HealthCare is teaming up with community facilities to provide the best in advanced medicine to Kentuckians. Our partnerships include a pediatric gastroenterology clinic at Frankfort Pediatric Associates in Frankfort, a neurosurgery clinic at Springview Hospital in Lebanon, a digestive health clinic at the Pattie A. Clay Regional Medical Center in Richmond and the Gill Heart Institute—Danville. These are just a few of the many outreach efforts provided by UK HealthCare. **For more information on UK HealthCare, call toll free 1-800-333-8874.**



Treating cerebral aneurysms

A cerebral aneurysm is a thin spot on a blood vessel in the brain that fills with blood and puts pressure on a nerve or surrounding tissue. Microvascular clipping uses a small clamp at the neck of the aneurysm to cut off the blood supply. Endovascular embolization passes a small coil through a catheter to block circulation and cause the aneurysm to clot. At

UK HealthCare, our expert team of physicians use both clipping and coiling to treat cerebral aneurysms. **For a free brochure on cerebral aneurysms, call toll free 1-800-333-8874.**



Is your pain a sprain or a strain?

Treatment for sprains and strains, common but different injuries, varies depending on the location and severity of either. Knowing more about your pain can give you an advantage on the road to healing. A sprain involves the stretching or tearing of a ligament, a band of tissue that connects bones to other bones. A strain involves damage to a muscle or tendon, tissue that connects muscle to bone. The experts at UK Orthopaedics and Sports Medicine treat many local sports teams, and they can help you too. Whether it's a mild pain or severe injury, UK HealthCare can get you back in the game. **For a free brochure on sprains and strains, call toll free 1-800-333-8874.**



For information or an appointment, call UK Health Connection at 859-257-1000 or toll free 1-800-333-8874.

Visit our Web site at ukhealthcare.uky.edu for health and service information.