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To receive this free newsletter every month, call us at

859-257-1000

or toll free at

1-800-333-8874.

Visit our Web site at ukhealthcare.uky.edu to subscribe or download a copy.

6-874

Love your heart with a healthy diet

Heart disease, the No. 1 killer of women and men, can largely be prevented. February is National Heart Month and a good time to begin eating a more heart-friendly diet. Simple steps include incorporating more fruits and vegetables and reducing salt intake to no more than 2,300 milligrams a day. There are lots of heart-healthy foods for you to consider, and we can help you get started. With internationally renowned physicians, the Gill Heart Institute offers comprehensive cardiac services when you need them.

For a free brochure on the Gill Heart Institute and a guide to a heart-healthy diet, call toll free 1-800-333-8874.



Two ways to give research, education on breast cancer

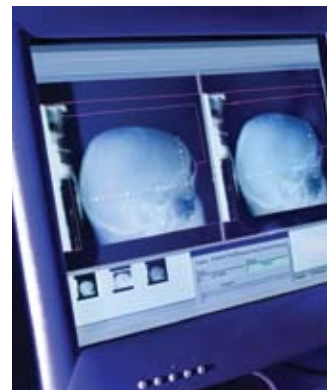
By choosing the Driving for a Cure license plate, now available at your county clerk's office, you can contribute to the Breast Cancer Research and Education Trust Fund with an additional, tax-deductible donation. This fund will add to Kentucky's efforts to reduce the incidence and mortality rate of breast cancer in the Commonwealth. Another way to give is by marking the special check-off option to contribute all or a portion of your Kentucky state income tax returns. Both donation methods will be used to advance Kentucky programs promoting breast cancer research, education, treatment, screening and awareness. **For more information, call toll free 1-800-333-8874.**



Learn more about hydrocephalus

Hydrocephalus is a condition in which excess cerebrospinal fluid accumulates in the brain, causing harmful pressure. Although cerebrospinal fluid is a natural cushion for the brain, too much fluid poses risks to cognitive and physical development and in some cases may be fatal. The condition may occur in adults, but can also be congenital, affecting one in every 500 children. The fellowship-trained pediatric neurosurgeons at UK HealthCare can diagnosis and treat this condition.

For a free brochure on hydrocephalus, call toll free 1-800-333-8874.



UK HealthCare

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UK House Calls

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UK HealthCare

Know what to expect, from pregnancy until baby's first birthday

UK HealthCare offers a free weekly e-mail especially for new and expecting parents. Beginning with the seventh week of pregnancy and continuing through the first year of your child's life, these weekly updates answer questions about how the baby is developing and what you should anticipate, whether you are a first-time parent or are adding to your family.

To subscribe, visit www.ukhealthcare.uky.edu/newsletter.



Upcoming health events

Wednesday, February 14

Car Seat Checkup Clinic
2 p.m. -4p.m.
State Farm Claims Office
2323 Alexandria Drive, Lexington
Certified child passenger safety technicians and instructors will offer free car seat checkups.

Tuesdays

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

Saturday, February 10

Heart, Sole & Glove
Prediction 5K Run/Walk
9:30 a.m.
Coldstream Park, Newtown Pike/I-75
Embassy Suites Parking Lot
Entry Fee: \$15
Visit www.uky.edu/HR/Wellness or call **859-257-WELL (9355)** to learn how to register.

Walk-in clinic treats sports-related injuries

Millions of people seek medical care for shoulder problems each year. Common complaints are sprains, strains, arthritis, tendonitis and separations. Injuries often are the result of physical activity. UK Sports Medicine, team physicians for many area athletic teams, offers a walk-in clinic 7:30 – 8 a.m. Monday – Friday, for anyone with an acute (occurring in the last week) sports-related injury. **For a free brochure detailing shoulder problems, call toll free 1-800-333-8874.**



A closer look at digestive problems

Traditional upper endoscopy and colonoscopy exams are unable to reach the small intestine. But using capsule endoscopy, a pill-sized video capsule with a lens and light source, doctors can examine the lining of the middle part of the gastrointestinal tract. This examination may detect polyps, Crohn's disease, ulcers and tumors. With the largest team of gastroenterologists in Kentucky, UK HealthCare offers a comprehensive approach to the screening, diagnosis and treatment of digestive conditions. **For a free brochure on understanding capsule endoscopy, call toll free 1-800-333-8874.**



Is your thyroid gland healthy?

The thyroid, a small, butterfly-shaped gland located at the base of your neck, produces hormones that help control the functions of many other organs, including the heart, brain and skin. Thyroid imbalances may be difficult to

diagnose because the symptoms, which include fatigue, hair loss, insomnia and constipation, are often mistaken for symptoms of other illnesses. If you have these symptoms or notice bulges or protrusions when you swallow, you should have your thyroid

checked. **For a free guide on how to take the thyroid Neck Check™, call toll free 1-800-333-8874.**



Implantable device may mean music to your ears

A cochlear implant is an electronic device that bypasses damaged structures in the inner ear and directly stimulates the auditory nerve, allowing some deaf individuals to learn to hear and interpret sounds and speech. Surgically implanted behind the ear, the implant has a microphone to pick up sound, a speech processor to select and arrange sounds, a transmitter and receiver/stimulator to convert signals into electric impulses and electrodes to send impulses to the brain. Ranked as one of "America's Best Hospitals" for ear, nose and throat services by *U.S. News & World Report*, UK HealthCare offers cochlear implants as a treatment option for appropriate candidates. **For a free fact sheet on cochlear implants, call toll free 1-800-333-8874.**



Advanced approach to hysterectomy

For many surgeries, including hysterectomy, the da Vinci Surgical System® provides improved outcomes over standard minimally invasive techniques.

This advanced technology offers three-dimensional imaging and 360-degree instrumentation for better visibility by the surgeon. Minimally invasive surgery often means less pain, faster recovery and fewer complications than traditional surgery. In this region, only UK HealthCare offers the da Vinci system. **For a free brochure on hysterectomy with da Vinci, 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.