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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](http://ukhealthcare.uky.edu) to subscribe or download a copy.

7-327

## Childbirth classes for pregnant women and families

UK HealthCare offers a wide variety of childbirth classes for pregnant women and their families.

- The Childbirth Preparation Program is designed for parents who want a better understanding of the changes that occur with pregnancy, labor and birth.
- Baby Basics provides tips to help make the first weeks home with your newborn easier.
- Infant CPR covers cardiopulmonary resuscitation.
- Nursing Your Infant focuses on proper positioning and latch-on, adequate breastfeeding, and how to prevent and resolve discomfort.
- Big Brothers and Sisters Are Special prepares children ages 2 to 6 to for the arrival of a new brother or sister.

In addition to childbirth education classes, we also offer an online newsletter with helpful tips and information from pregnancy to your child's first birthday. **For a free brochure detailing available classes and registration, call toll free 1-800-333-8874. To sign-up for our e-newsletter, visit [ukhealthcare.uky.edu/newsletter](http://ukhealthcare.uky.edu/newsletter).**



## The highest quality care for the tiniest patients

Kentucky Children's Hospital has the only Level III neonatal intensive care unit (NICU) in the region. Level III

NICUs are defined by having continuously available personnel, including neonatologists, neonatal nurses and respiratory therapists, as well as specialized equipment to provide life support for as long as needed. At Kentucky Children's Hospital, we believe in involving parents with their baby's care to give them more of a sense of control, help them bond with their baby, and help babies feel secure and loved. **For free fact sheets on bringing your preemie home and the Kentucky Children's Hospital, call toll free 1-800-333-8874.**

## Health information delivered to your inbox

*Health\*Click* is a free service of UK HealthCare to help our community stay up to date with medical advances in diagnosis, treatment and new technologies. Choose from a wide variety of topics and we will send periodic e-mails as new information becomes available in your area of interest. Prefer printed mail? We can send information to your mailbox, too. **To sign up for *Health\*Click*, visit [ukhealthcare.uky.edu](http://ukhealthcare.uky.edu) and click on the *Subscribe to Health\*Click* link or call toll free 1-800-333-8874.**



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# UK House Calls

June 2007

### In this issue:

Keep the wisdom, lose the wrinkles

A new era of patient care has begun

New cancer treatment focuses radiation to reduce side effects

UK HealthCare

## New cancer treatment focuses radiation to reduce side effects

Used to treat cancer, stereotactic body radiation therapy (SBRT) is a noninvasive procedure that delivers a targeted, highly precise dose of radiation directly to the tumor. Special equipment secures the patient and produces a three-dimensional map, with millimeter precision, of the cancer's exact location. This precision minimizes damage

to healthy tissue and decreases side effects such as nausea, weakness and fatigue. **For a free fact sheet on stereotactic body radiation therapy, call toll free 1-800-333-8874.**

## Noninvasive treatment for trigeminal neuralgia, only at UK HealthCare

Trigeminal neuralgia, a chronic pain that affects the largest nerve in the head, causes sudden extreme burning or shock-like facial pain. Attacks can be spontaneous or triggered by movements such as talking, eating or brushing your teeth. Using the gold standard for care to treat intracranial stereotactic radiosurgery procedures, UK HealthCare is the only place in Kentucky offering Gamma Knife® as a noninvasive treatment option for trigeminal neuralgia. **For a free booklet on trigeminal neuralgia, along with a free fact sheet on the Gamma Knife, call toll free 1-800-333-8874.**



A new era of patient care has begun

On May 30 UK HealthCare broke ground for the new 1.1 million square foot UK Albert B. Chandler Hospital. The new hospital will provide a state-of-the-art healing environment for Kentuckians and consist of two bed towers on top of a four-floor base. Additional features will include a large lobby linking the new UK Chandler Hospital, Kentucky Children's Hospital and Gill Heart Institute. Private patient rooms are designed to transform into individual intensive care areas if needed, as well as accommodate medical advances and multiple visitors. **For more information on the new hospital, call toll free 1-800-333-8874.**

## Study finds long-term heartburn therapy increases risk of hip fractures

A recent study found a significant increase in the risk of hip fractures among patients prescribed long-term high-dose proton pump inhibitor (PPI) therapy, found in popular prescription heartburn medications, including Nexium®, Prevacid® and Prilosec®. These medications reduce acid in the stomach to aid heartburn relief. They also make it more difficult for the body to absorb calcium. Without the bone-building effects of calcium, the body may not be able to build strong bones, resulting in an increased risk of hip fractures. **For a free copy of *Advances & Insights* detailing a UK physician's insight into long-term heartburn therapy and the risk of hip fractures, call toll free 1-800-333-8874.**

## Keep the wisdom, lose the wrinkles

New laser technology is available to help with wrinkle reduction, skin rejuvenation, red and brown spots, even acne. Mild treatments, with little or no down time, can enhance your appearance and help maintain younger and more toned-looking skin. Most skin types can enjoy some benefits of the laser. Don't wait any longer to look as young as you feel. These treatments cost less than you might expect. **For a free brochure on cosmetic surgery at UK HealthCare, call toll free 1-800-333-8874.**

## Upcoming health events

### Dystonia Saturday, June 9

10 a.m.  
W.T. Young Library  
401 Hilltop Avenue, Lexington

Please join us for *Twisted*, a documentary by Laurel Chiten, whose narration connects the stories of individuals with dystonia. After the movie, UK HealthCare physicians John Slevin, Byron Young, Sara Salles and Sanford Archer will discuss dystonia treatment options, including deep brain stimulation and BOTOX® therapy. Parking is free and light refreshments will be served.

Free, but space is limited. Register by calling toll free **1-800-333-8874.**

### International adoption Monday, June 25

7 p.m. – 9 p.m.  
Lexington Public Library Beaumont Branch  
3080 Fieldstone Way, Lexington

Join Dr. Shawn Taylor, a pediatrician who has worked in international adoption for more than 10 years, as she discusses the medical needs of internationally adopted children. Parking is free and light refreshments will be served.

Free, but space is limited. Register by calling toll free **1-800-333-8874.**

### Osteoporosis and spinal fractures Saturday June 30

10 a.m.  
W.T. Young Library  
401 Hilltop Avenue, Lexington

Join Dr. Karin Swartz as she discusses the latest minimally invasive surgery options for spinal fractures. Kyphoplasty, one of the options, is used to treat painful vertebral body collapse and fracture. Parking is free and light refreshments will be served.

Free, but space is limited. Register by calling 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](http://ukhealthcare.uky.edu) for health and service information.