

health

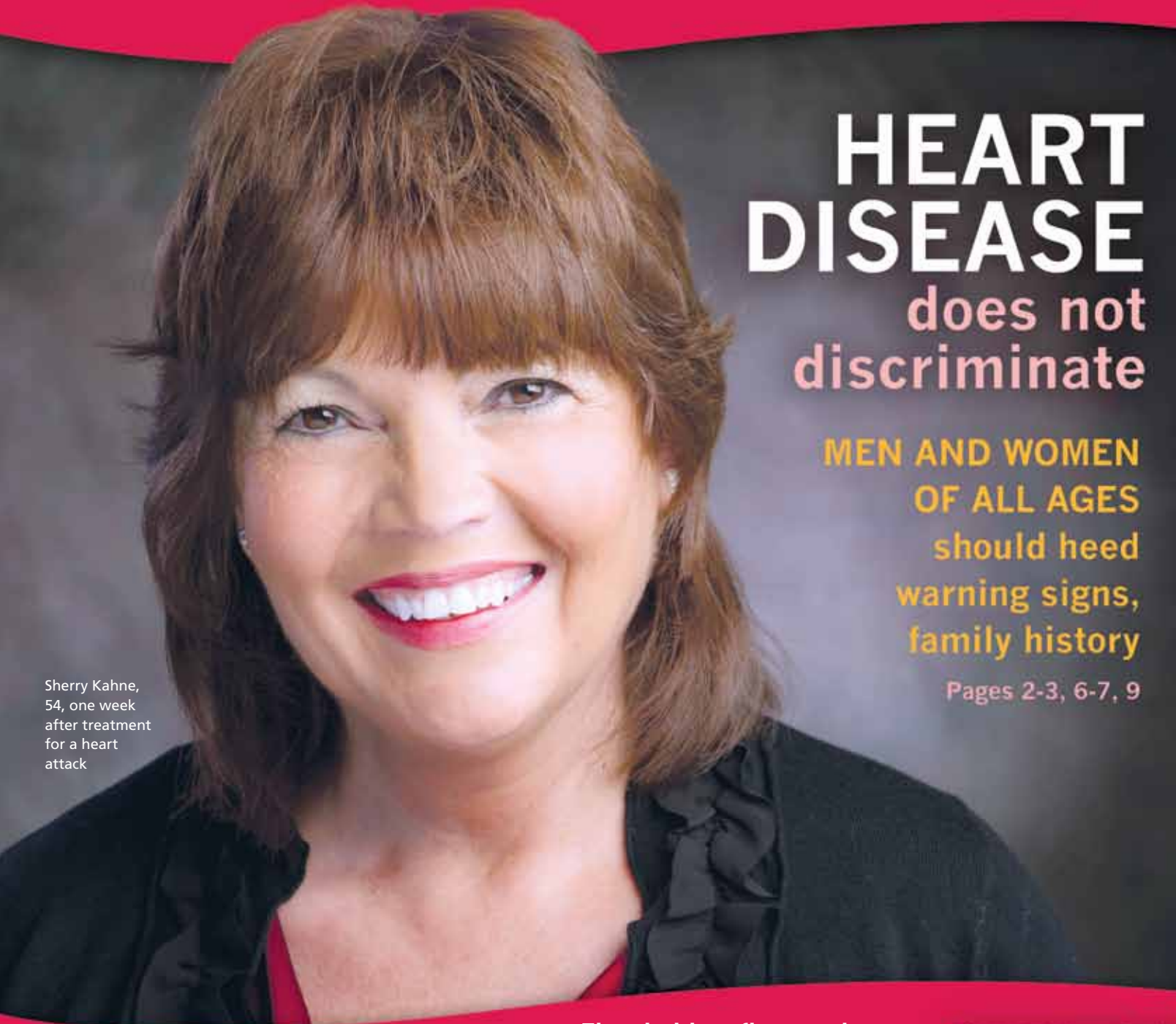
SOURCE

HEART DISEASE does not discriminate

**MEN AND WOMEN
OF ALL AGES
should heed
warning signs,
family history**

Pages 2-3, 6-7, 9

Sherry Kahne, 54, one week after treatment for a heart attack



inside

First babies, first anniversary

2012's first babies—the Gerard twins from Vienna, Ill.—mark the first anniversary of western Kentucky's only Neonatal Intensive Care Unit at Western Baptist.

Page 11





WHY DO YOU NEED ACCREDITED CHEST PAIN CENTER WITH PCI?

Seconds matter when you're having a heart attack. Western Baptist is the only western Kentucky hospital nationally-accredited as a Cycle III Chest Pain Center with Percutaneous Coronary Intervention. PCI, also known as angioplasty, uses a stent to open clogged arteries, meaning Western Baptist staff meets national time standards to provide this life-saving treatment.

HEARTBURN OR HEART ATTACK? CALL 1-800-575-1911

Is that chest discomfort heartburn or a heart attack? That may be a tough call, but here's an easy one: When you need help identifying the signs of a heart attack or stroke, phone our award-winning Chest Pain and Stroke Hotline at **1-800-575-1911** to speak with a registered nurse at Western Baptist. It's free and available 24/7.



Sherry Kahne, 54, has a message for women:

HEART ATTACK SYMPTOMS CAN BE DIFFERENT FROM MEN



Sherry Kahne knew she had a family history of heart disease, but she still had trouble thinking it could happen to her.

"I've lost too many family members too young to this disease," said Kahne, owner



Sanjay Bose, M.D.

of Image Promotions of Paducah.

Kahne has battled high blood pressure since her 30s, but she recently began having heart disease symptoms. "I had the heaviness in my chest, pain in my arm, shoulders and back and in my jaw, and I chose not to do anything," she said. "I was in shock. I thought, 'I'm 54 and this can't be happening to me.'"

After a couple of days, Kahne couldn't ignore the symptoms any longer, and she made an appointment with Western Baptist cardiologist Sanjay Bose, M.D. During a heart cath, he found 100 percent blockage in one artery and opened it up with a stent.

"I started to feel better right away," Kahne said. "Dr. Bose was just phenomenal. He was so nice. I was treated like a princess."

Sherry Kahne

Dr. Bose said it's important for people – especially women – to understand chest pain is not the only heart attack symptom.

"It could have other manifestations, such as arm pain, jaw pain, elbow pain, nausea, sweating and shortness of breath," Dr. Bose said.

Kahne has vowed to educate others

about heart disease, especially that symptoms can be different in women.

"I'm surprised how many people don't know the risk factors and symptoms," she said. "If you have risk factors you can control, like smoking and a bad diet, combined with family history, which you can't control, then you're asking for a problem."



Heart attack symptoms for women

- Discomfort in your chest, commonly mistaken as heartburn
- Pain in the back, shoulders, arms, neck, throat or jaw
- Shortness of breath
- Irregular heart beats
- Weakness
- Nausea
- Sweating

Risk factors for heart disease

- Smoking
- Family history
- High blood pressure
- High cholesterol
- Diabetes



Host: Amy Watson



HealthBreak

WPSD Local 6 and KFVS 12 • Available online at westernbaptist.com, paducahsun.com, isurfpaducah.com and wpsdlocal6.com

HEAD AND NECK CANCER SCREENING SET FOR APRIL 27

Western Baptist Hospital will offer a free head and neck cancer screening on Friday, April 27. The screening is open to anyone with risk factors – smoking, chewing tobacco, drinking or prior head or neck cancer – and not under the care of an ear, nose and throat specialist. Appointments are required; phone (270) 575-2895 for reservations.

Help change future of cancer care

You can participate in a historic cancer study, much like the one decades ago that discovered the link between smoking and cancer.



James Gould, M.D.

Men and women from 30 to 65, never diagnosed with cancer, can enroll in the American Cancer Society's Cancer Prevention Study-3 at Western Baptist Hospital in April. It's part of a national study involving up to half a million people.

They may enroll by completing an online baseline study at cancer.org/cps3. During the online study, an appointment will be scheduled at Western Baptist Hospital for physical measurements and a blood test. Available times are 4 to 8 p.m. Thursday, April 19, and 9 a.m. to 1 p.m. Saturday, April 21, in the atrium of Doctors Office Building 2 at Western Baptist.

Over the next 20 to 30 years, participants will fill out surveys every few years.

"This study will help us better understand what causes cancer, so we can be better equipped to prevent cancer," said Western Baptist oncologist James Gould, M.D.

For more information, visit westernbaptist.com or phone (270) 575-2895.

Baptist Heart Center's next innovation: HYBRID ROOM BEING ADDED THIS YEAR

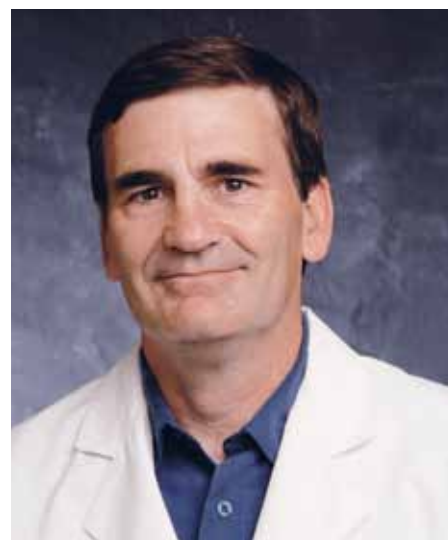
Western Baptist Hospital is building the next generation of innovation at the Baptist Heart Center, including a hybrid room for advanced medical care and expanded areas to provide more comfort and privacy for patients and their families.

Cardiothoracic surgeon Carl Johnson, M.D., said the hybrid room will feature a unique blend of advanced surgery with high-tech imaging. Doctors can team together for specialized procedures, such as minimally-invasive valve replacement.

"It's a combination of a vascular lab, a radiology lab and an operating room in one place," Dr. Johnson said.

The Western Baptist Foundation donated \$400,000 toward the \$12.3 million cost of the expansion, which includes four new surgical suites, renovation of 11 existing surgery suites and a new waiting room. The final phase will feature renovation of the outpatient surgery area on the first floor.

Besides the hybrid room, other new operating rooms include two for open heart procedures and one for the existing da Vinci robot, the only one in western Kentucky. It is used for hysterectomies, as well as prostate/kidney and throat cancer surgeries.



Carl Johnson, M.D.

Learn more on HealthBreak the week of Feb. 28 on WPSD Local 6 and KFVS 12. A different HealthBreak is added weekly and archived online at westernbaptist.com.

WINTER CALENDAR All events are free at Western Baptist unless otherwise noted

Heart Health Fair Saturday, Feb. 25 9 a.m. to noon Atrium, Doctors Office Building 2 EKG, cholesterol, blood sugar and blood pressure screenings. No fasting required. Info: (270) 575-2895.	Women's Event Thursday, March 1 Baptist Heart Center auditorium Shopping, 10 to 2; entertainment, 11:30; lunch, fashion show and panelists on cancer care, 12 to 1. Reservations required: (270) 575-2871.	StorkSmart Thursday, April 5 4 to 5:30 p.m. Second floor, Doctors Office Building 2 Pregnancy information and tours of labor and delivery suites for expecting families.	Hip and Knee Screening Saturday, April 21 Baptist Rehab, 115 Kiana Court, Paducah Appointments are required; phone (270) 575-2895 for reservations.	Head and Neck Cancer Screening Friday, April 27 Western Baptist Hospital Appointments are required; phone (270) 575-2895 for reservations.	Stroke Brunch Tuesday, May 8 11 a.m. to noon Baptist Heart Center auditorium Reservations required: (270) 575-2895.
---	--	---	---	--	---

'SMALLER INCISIONS, BIGGER SMILES'

Metropolis teen pleased with thyroid surgery

Katelin Stratmeyer had baffling symptoms for two years before doctors found a mass growing on her thyroid.

"I was really tired all the time, and I would fall asleep in class every hour," said Stratmeyer, 18, a senior at Massac County High School in Metropolis, Ill. "My hair was falling out, and my weight was always up and down."

Stratmeyer's doctor James Eickholz, M.D., discovered the mass, which had grown to the size of a small egg, and referred her to otolaryngologist John R. Resser, M.D., at Western Baptist.

Fortunately, a biopsy revealed it



John R. Resser, M.D.

was not cancer. Dr. Resser removed the mass with incisions much smaller than they used to be.

"The thyroidectomy procedure has changed a lot in the past 10 years," he said. "Improvements with surgical technology have allowed for much smaller incisions. We like to say we have smaller incisions, but bigger smiles."

Stratmeyer, who plans to major in agriculture business in college, said her incision scar is an afterthought now that she's feeling better.

"You can hardly see it," she said. "He did a great job."

Katelin Stratmeyer





CARDIAC REHAB HELPS HEART PATIENTS RECOVER

The Baptist Heart Center's Cardiac Rehab Center helps heart patients recover by minimizing physical complications and improving functional capacity. We offer individual exercise prescriptions and educational programs designed to help you maintain a healthy lifestyle. The center is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. Info: **(270) 575-2745**.

Baptist Heart Center's Cardiac Rehab Center

TERESA CASH NAMED CARDIOVASCULAR SERVICES DIRECTOR

Teresa Cash, R.N., is the new director of Cardiovascular Services, responsible for cardiac rehab, cardiology diagnostics, the cath lab and the close observation unit. Her experience includes outpatient services director and chest pain center supervisor. See more about Cardiovascular Services at westernbaptist.com/heart.



Teresa Cash, R.N.

STRIKING COINCIDENCE

Two Paducah men – neighbors, both in their 40s – caught off-guard by heart attacks the same day

David Vishon knows what it's like to be in a combat zone. A former U.S. Army drill sergeant, he has done two stints in Iraq and Afghanistan and one in Korea.



Stephen Young, M.D.

Army Corps of Engineers at the Smithland Lock and Dam, was taken by ambulance to Western Baptist Hospital's Chest Pain Center.

A few hours earlier, the same scenario had played out with Anthony Vaughn, 45, of Paducah (not pictured).

He was brought to the Emergency department with similar symptoms. Vaughn, who lives in the same neighborhood as Vishon, said he thought he had heartburn until the pain in his chest grew stronger throughout the day.

HEART ATTACK SYMPTOMS

- Pressure or crushing pain in chest, which may radiate into left arm or jaw
- Sweating
- Nausea
- Shortness of breath

But it was a heart attack in December that really scared him.

"I was at work when I got a feeling in my chest like heartburn," said Vishon, 40, of Paducah. "Then the pain in my arms started. It felt like someone was kneeling on my forearm. My chest started getting tight and I had a pins and needles sensation from my head to my ankles."

Vishon, who works with the U.S.

Both men had heart attacks caused by blocked arteries.

"It was serious because they are young people," said cardiologist Stephen Young, M.D. "This came completely out of the blue for both of them. We got them both into the cath lab, opened the artery with a balloon and put a stent in it. Both were treated in less than 90 minutes,

which is the national goal for most heart attack patients."

Dr. Young was amazed at the coincidences. "Even their blockages were in the same place," he said.

Both men smoke and have family history of heart disease and high blood pressure, but they are making lifestyle changes.

Vishon, who was living on a diet of fried food, has made big changes in his diet.

"I'm staying away from salt and fast foods," he said. "You have to do everything in moderation."

Vaughn is trying to quit smoking. "Dr. Young said if I didn't get to the hospital when I did, I could have died," Vaughn said. "It's scary. I'm thankful to Dr. Young. He saved my life."



David Vishon

Murray man, 39, thankful for FAST TREATMENT OF HEART ATTACK

Allen Mack and his wife, Holly, planned to go skiing over New Year's, but their plans were canceled at the last minute. They now believe it was divine intervention.



Allen Mack



Bradley McElroy, M.D.

"It would have been a catastrophe if his heart attack had happened up there in the middle of nowhere," Holly said.

Instead, Mack was home in Murray and felt fine until a burning sensation in his chest grew stronger by the minute.

"My chest was on fire," said Mack, 39, a deputy jailer at the Calloway County Jail. "It was like someone took a blow

torch to my chest. A heart attack never crossed my mind in the beginning. I just wanted a quick way to cool off."

Holly drove her husband two miles to Murray-Calloway County Hospital's Emergency department as he began having other symptoms, including nausea and arm numbness. Physicians

on call gave him a clot-busting medication and transferred him to Western Baptist Hospital.

Mack was taken to the cardiac cath lab, where cardiologist Bradley McElroy, M.D., used clot extraction devices, as well as

angioplasty, to remove a clot and plaque from the blood vessel.

Mack left the hospital two days later and has changed some bad habits. He quit smoking; he has taken up walking and healthier foods. "The most important thing is to listen to your body," Mack said. "Your body doesn't lie."

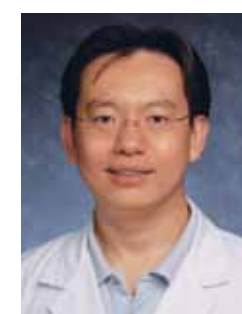
REPAIR WITHOUT OPEN-HEART SURGERY

Valve fix returns Richards, 56, to active lifestyle

Doug Richards, 56, of Kevil, didn't know anything was wrong with his heart until he went to the doctor with flu-like symptoms.



Doug Richards



K. Ken Ung, M.D.

A routine exam revealed he had mitral valve prolapse, a heart problem in which the valve separating the upper and lower chambers of the left side of the heart does not close properly.

Western Baptist cardiothoracic surgeon K. Ken Ung, M.D., decided minimally-

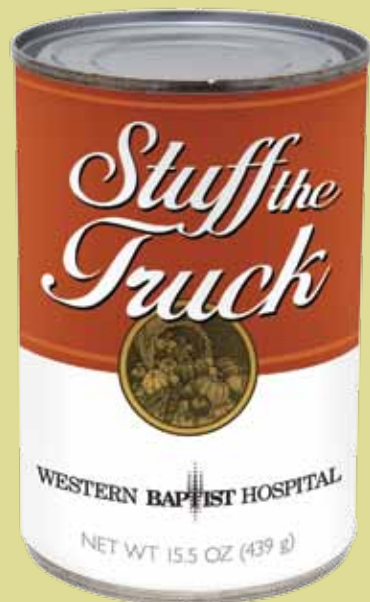
invasive mitral valve repair was the perfect option for Richards because of his age and otherwise excellent health.

"Mr. Richards' valve was leaking and through this operation, we were

able to repair it," Dr. Ung said. "I wanted to offer him the least invasive way, the least painful way of doing this operation. The ultimate goal is to be able to offer valve surgery without having to do a full open-heart procedure, without having the extended recovery, without having the extensive pain."

Richards said he felt great within days and returned quickly to his job at New Page in Wickliffe.

If you have questions about heart attack or stroke symptoms, speak to a Western Baptist nurse anytime 24 hours a day at the Chest Pain & Stroke Hotline: **1-800-575-1911.**



WESTERN BAPTIST COLLECTS nearly 15,000 pounds of food

Western Baptist Hospital employees and community helpers doubled their donations from 2010 during the 2011 "Stuff the Truck" food drive, and plans already are under way to top it this year.

Approximately 14,822 pounds of food were donated to Paducah Power's "Stuff the Truck" food drive. Food was distributed to food pantries at The Salvation Army, Paducah Cooperative Ministry and Family Service Society.

The food drive for 2012 has already begun. Bring a canned good as admission to Western Baptist's Heart Health Fair from 9 a.m. to noon Saturday, Feb. 25, in the atrium of Doctors Office Building 2. Free screenings will include EKG, cholesterol, blood pressure and blood sugar.

Phone (270) 575-2895 for more information.

HIP AND KNEE SCREENING PLANNED FOR APRIL 21

Western Baptist will offer a free hip and knee screening on Saturday, April 21, at Baptist Rehab Center, 115 Kiana Court. Appointments are required; phone (270) 575-2895 for reservations. A physical therapist will examine and offer exercise tips or refer for more specialized treatment. An orthopedic surgeon will offer a consultation, if needed. Registration is limited to people with hip or knee pain not related to an injury currently being treated.

Brookport woman **PLEASED** with anterior approach hip replacement

Marlene Kineman had trouble sleeping at night because of arthritis in her hip.

"I was having pain in my hip area, and it woke me up at night," said Kineman, 74, of Brookport, Ill.

Kineman is well-rested since having a hip replaced through the anterior approach in October.

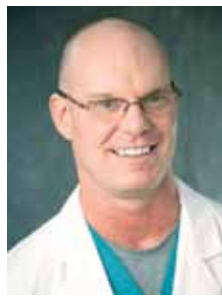
The new approach is to the front (or anterior) of the hip joint, rather than from the side or back. Rehabilitation is accelerated, and hospital time is decreased because the hip is replaced without detaching the muscle from the pelvis or femur, as required in other surgical approaches.

Orthopedic surgeon Burton Stodghill, M.D., performed Kineman's surgery.

"We are having great success with the anterior approach," Stodghill said. "Patients find their post-operative recovery is significantly shorter and their pain is significantly



Burton Stodghill, M.D.



Ted Jefferson, D.O.



Marlene Kineman

less. They have essentially no problems with dislocations and are able to return to their normal lives quickly, with minimal interruptions to their daily routine."

Kineman said her physical therapist was amazed at how well she got around after surgery.

"I could walk without a cane after five weeks," she said. "It worked very well for me."

Stodghill's partner Stephen Jackson, M.D., also performs the procedure, as well as orthopedic surgeon Ted Jefferson, D.O. "It's been

available for a long, long time, but it was difficult to do," Dr. Jefferson said. "A new operating table became available that makes it easier, so it's becoming more and more popular. It's taking the hip replacement world by storm."

Dr. Withrow's HeartBeat

by Patrick Withrow, M.D.
Vice President / Chief Medical Officer
Western Baptist Hospital



Available online at westernbaptist.com

KNOW YOUR NUMBERS for heart health

We all have a multitude of important numbers to remember in our daily life. Whether it's a phone number, PIN number or our Social Security number, we can't get away from digits we need to know.

There are other numbers even more important to remember because they can save lives. Three key numbers that can indicate cardiac risk are blood pressure, cholesterol levels and waist size.

Healthy numbers are a sign of a healthy heart, and they are attainable with lifestyle changes. Eating healthy, exercising regularly and avoiding smoking can turn bad numbers into good ones.

BLOOD PRESSURE Key to heart health

Blood pressure consists of two numbers: systolic and diastolic pressure. Systolic pressure measures the pressure of blood against artery walls when the heart pumps blood out during a heartbeat, while diastolic pressure measures the same pressure between heartbeats, when the heart fills with blood.

The numbers to know are:

- Normal blood pressure is 120/80.
- Pre-hypertension is 120-139/80-89.
- Hypertension is 140+/90+.

CHOLESTEROL Predictor of heart attack

Cholesterol can be "good" or "bad." Cholesterol is measured in three separate numbers: HDL (good), LDL (bad) and triglycerides.

The numbers to aim for:

- Total cholesterol of 200 mg/dL or lower.
- HDL of 50 mg/dL or higher for a woman and 40 mg/dL or higher for a man.
- LDL of 100 or lower, unless other risk factors exist, such as diabetes or pre-existing cardiovascular disease. In that case, the LDL should be closer to 70.
- Triglycerides of less than 150 mg/dL.

WAIST SIZE The connection to heart disease

Waist size can predict heart disease risk even more than weight or BMI (Body Mass Index). If your waist size is more than 35 inches in women and 40 in men, it increases the risk of cardiovascular disease, diabetes, metabolic problems, high blood pressure and abnormal cholesterol.

HEART HEALTH FAIR

You can learn all these numbers and more at Western Baptist Hospital's free Heart Health Fair from 9 a.m. to noon Saturday, Feb. 25, in the atrium of Doctors Office Building 2. I will be available for questions throughout the event.

Free health screenings include blood pressure, cholesterol, blood sugar and EKG. Phone (270) 575-2895 for more information.

CHEST PAIN AND STROKE HOTLINE

For help identifying signs and symptoms of a heart attack or stroke, phone our award-winning Chest Pain and Stroke Hotline at 1-800-575-1911 to speak with a registered nurse at Western Baptist.

Send your QUESTIONS!

Do you have a cardiac question tugging at your heart? Send it to heartbeat@bhsi.com or mail it to **HeartBeat, 2501 Kentucky Ave., Paducah, KY 42003**. If we use it in a future HeartBeat column, you will receive a Western Baptist Hospital door prize.



FOUNDATION WOMEN'S LUNCHEON TO FOCUS ON CANCER CARE

The Western Baptist Hospital Foundation will host its annual women's luncheon Thursday, March 1, in the Baptist Heart Center Auditorium, featuring local vendors, fashion tips from Talbots and a panel discussion on cancer care. Speakers are radiation oncologist Jeffrey Triplett, M.D., oncology director Mary White, R.N., and breast cancer survivor Victoria Seng, Ph.D., R.N., (pictured left). Reservations: (270) 575-2871.

Marshall woman says 'NOTHING COMPARES' TO WESTERN BAPTIST

Brenda Landers has been a patient at other hospitals, but she says nothing has compared to her treatment at Western Baptist, which was recently named one of the country's Top 100 Hospitals for Patient Experience and winner of the Women's Choice Award by WomenCertified®.

"I couldn't believe the difference," said Landers, 70, of Aurora. "It was such a good experience. I've been there two times and once in the Emergency department, and everyone was really nice."

Landers came to Western Baptist last summer after having a bad reaction to medicine. She had just spent several days in another hospital after having both knees replaced.

"The difference was daylight and dark," Landers said. "It was quiet, and the nurses weren't talking or gossiping out in the hallways.

Housekeeping was as quiet as could be. Everything was nice and clean."



Brenda Landers

A WALKING MIRACLE

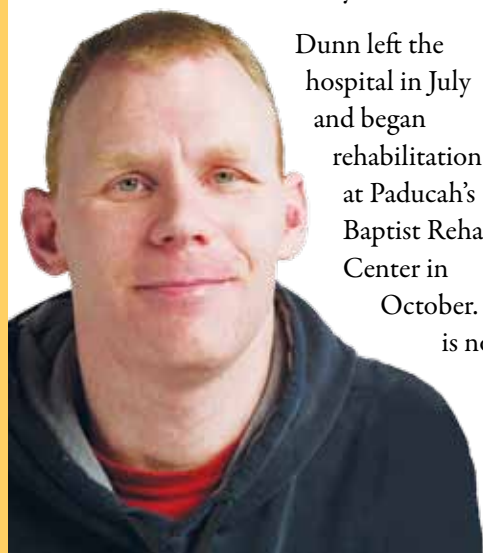
Melber man says 'whole bunch of miracles,' including rehab, saved him after 100-foot fall

Daniel Dunn has no doubt his ongoing recovery from a near-fatal fall nine months ago is a miracle.

"It's a whole bunch of miracles," said Dunn, 37, of Melber. "All the doctors are amazed at what's taken place. I had to learn how to walk again."

Dunn, an avid outdoorsman, was hiking last Memorial Day at Burden Falls in southern Illinois when his life changed forever. In an attempt to rescue a friend who was falling, they both fell 75 to 100 feet over the waterfall and were airlifted to a hospital in Evansville, Ind. They both suffered life-threatening injuries.

After multiple surgeries, Dunn began the slow process of healing, with parents Ron and Margaret Dunn and brother Robert by his side.



Dunn left the hospital in July and began rehabilitation at Paducah's Baptist Rehab Center in October. He is now

Daniel Dunn



Tony Bohannon

able to walk with a cane and live on his own.

"Daniel has worked really hard and has made tremendous progress," said physical therapy clinical manager Tony Bohannon.

"When he first came to us, he needed someone close to him with any walking or transfers because his balance was so bad. He was dizzy all the time and didn't much strength in one of his legs and the other leg didn't have any sensation. He can walk and transfer by himself now with much better safety."

Bohannon said Dunn benefited from physical and occupational therapy at one place.

"It meant that he didn't have to go to multiple places to get help, but we could meet all his needs here," Bohannon said.

The center also offers speech therapy – helpful especially to stroke victims who may need all three services. "We focus on getting to the heart of the problem and not just treating their symptoms," said Bohannon. "We want our patients to know that if they give 100 percent, we will be right there with them every step."

Phone Baptist Rehab at (270) 534-1200 for more information.

KANGAROO CARE ENCOURAGES SPECIAL BONDING WITH BABY

Western Baptist Hospital offers KangarooCare or skin-to-skin, a special way to hold a baby shortly after birth. If a mother chooses KangarooCare, mom and baby bond for 30 minutes to an hour while in recovery. Breastfeeding moms can feed their babies for the first time during this time. Phone the StorkLine at (270) 575-BABY for more information.



NICU CELEBRATES 1st anniversary with 2012's first babies: the Gerard twins from Vienna

Tony and Berna Gerard of Vienna, Ill., chose Western Baptist Hospital for the birth of their twin sons because it was close to relatives. It proved to be the best choice when the boys came seven weeks early and benefited from the Neonatal Intensive Care Unit.

"It was the best decision we could have made," Berna said. "Everybody was so great. It's like family the way everyone takes care of each other."

The twins, Aldi and Vodra, were born on Jan. 1, becoming the first babies in the region born in 2012.

Since the area's first NICU opened at Western Baptist a year ago, more than 180 babies and families have been able to stay close to home for special care.

Neonatologist Edward O'Neill, M.D., said most babies are admitted to the NICU because of respiratory problems or problems related to their prematurity.



Tony and Berna Gerard, and twins

"The clearest benefit for these families and their babies, who once had to be transferred out of this region, is they now can stay close to home," Dr. O'Neill said.

Tony Gerard, a professor at Shawnee Community College in Ullin, Ill., said the NICU and its staff were most impressive.

"Dr. O'Neill came by every day and looked us up to tell us what was going on," he said. "It's one of the best experiences I've ever had with a healthcare professional."

For more information about the NICU, speak to a Western Baptist nurse at the StorkLine: (270) 575-BABY.



Edward O'Neill, M.D.



Gerard twins Aldi and Vodra



StorkLine
24-HOUR HOTLINE

StorkLine is a free 24-hour hotline answered by Western Baptist nurses at (270) 575-BABY. Here is a common question.

QUESTION: My child is complaining of a sore throat. How should I treat it?

ANSWER: One of the hallmark symptoms of the flu is a sudden onset of sore throat. Treat the symptoms, but call the child's physician as soon as possible. An antiviral medication may reduce the severity of flu symptoms and reduce the length of the illness.

Another cause may be strep throat, often marked by white patches on the throat and red spots on the tongue or in the roof of the mouth. These symptoms warrant a call to the doctor within 24 hours. An infection with strep always requires an antibiotic.

If your child has a fever, always call your doctor or Baptist Health line for the correct dosage of medicine based on your child's weight. Children grow rapidly so it is easy to under-dose. Do not give over-the-counter cough and cold medication without speaking to your doctor.

Larry O. Barton
President and CEO

Bonnie Schrock VP & Chief Administrative Officer
Dona Rains Director of Marketing & Planning

Kathryn Joyner Marketing Coordinator
Angie Kinsey Communications Coordinator

Lora Croley Marketing Manager
Jamie Ehling Planning Coordinator

HealthSource is published by Western Baptist Hospital. The information is intended to inform and educate about subjects pertinent to health, not as a substitute for consultation with a personal physician. © 2011 Printed in U.S.A.

(270) 575-2100

Heart Health

9 a.m. to noon
Saturday, Feb. 25

Western Baptist Hospital
Doctors Office
Building 2 Atrium

Free screenings: EKG,
cholesterol, blood pressure
and blood sugar

Phone (270) 575-2895
for more information

Fair

Admission:
A can or package of
non-perishable
food for local food
pantries.



OUR FREE GIFT TO YOU!

If you like this magazine, you can receive it free each quarter in the mail from Western Baptist Hospital. To make sure you are on the mailing list, just phone (270) 575-2797 or e-mail angie.kinsey@bhsi.com to receive this complimentary subscription.

