



From left: Kiwanis president Donald Coyle, sponsor Sue Hamm, new members Kristiana Burk, Mike Greer and Tracy Thompson, sponsor Jeff Burdette and Tammy Cox, past president.

Kiwanis welcomes new members

The Rockcastle County Kiwanis Club welcomed three new members into the club on Thursday at the regular meeting. Kristiana Burk, Mike Greer, Tracy Thompson and their sponsors took part in the induction service: Kristiana recently moved to Mt. Vernon after accepting the position of Director of the Rockcastle County Library. She graduated from Western Kentucky University with a double major in Library Science and Education. She brings many skills, enthusiastic energy and a willingness to work hard on our projects, as well as a spirit of cooperation and caring. She will certainly be an asset to the club.

Mike Greer moved to our county after accepting a position with County Attorney Jeff Burdette. Mike was born and raised in Pike County, and went to high school at Johns Creek High School. He majored in Social Sciences and graduated in 1991 from Pikeville College. He received his law degree from the University of Kentucky and worked for some time for both Brown, Todd and Heyburn and Frost and Jacobs. In 1997 he worked for the Department of Public Advocacy for Floyd County and later for Jessamine County. His experience and knowledge will also be an asset to the club.

Tracy Thompson is a native of Mt. Vernon who graduated from RCHS in 1981. He graduated from the University of Kentucky in 1986 and spent twelve years in the Restaurant Industry with Bob Evans and Applebees. He is presently employed as a Finan-

cial Consultant with Merrill Lynch in the Ashland, Kentucky office. Tracy is the son of Fay Thompson and the late Jerry Thompson of Mt. Vernon. He is married and has two children,

Justin, 7, and Hannah, 3. The club is very pleased that Tracy chose to join in the work with us in our community.

Cunningham attends symposium

James A. Cunningham, M.D., whose medical office is in Mt. Vernon, was among more than 350 physicians who attended the 50th Anniversary Annual Obesity and Association Conditions Symposium October 5-7 in Arlington, Virginia, under the sponsorship of the American Society of Bariatric Physicians (ASBP).

Dr. Cunningham has been a member of the ASBP since 1989.

The meeting featured some of the nation's leading obesity researchers and clinicians, and was designed to expose the participants to the latest tools and techniques for combating overweight and obesity, one of the nation's leading health problems and the cause of some 300,000 preventable deaths each year.

Keynote speaker for the meeting was Randolph F. Wyckoff, M.D., M.P.H., Deputy Assistant Secretary for Health in the Department of Health and Human Services. He spoke on "The Epidemic of Obesity" and the steps being taken from a public health standpoint to slow the progression of

obesity across the nation. Obesity is one of the most serious chronic diseases in the U.S. and is the second leading cause of preventable death in the nation. An estimated 97 million American adults are overweight or obese, and are at increasing risk for developing diabetes, hypertension, dyslipidemia, coronary artery disease and other life-threatening conditions.

The incidence of obesity among American children and adults is rapidly increasing and many children are developing medical conditions, such as type 2 diabetes, which are more commonly found in adults.

Bariatrics is the medical specialty dealing with the treatment of overweight and obese patients. ASBP's Bariatric Practice Guidelines call for treating the overweight patient with a comprehensive program of proper diet and nutrition, appropriate exercise, behavior modification (lifestyle changes) and when indicated, the use of prescription anti-obesity medications and other drugs and supplements.

Free and reduced cost mammograms are available

In conjunction with Breast Cancer Awareness Month in October, the Kentucky Women's Cancer Screening Project is promoting the availability of free or low-cost mammograms and breast exams to eligible women.

This year, more than 175,000 women in the United States will learn for the first time that they have breast cancer, and more than 43,000 will lose their lives - 700 women in the state of Kentucky alone. In 1997, breast cancer was the second leading cause of cancer deaths among Kentucky women accounting for 615 deaths.

However, early detection and prompt treatment can significantly reduce the suffering and deaths caused by this disease.

"While treatments and medical technology advance, women still die from this disease and as we get older, risk factors become greater," according to Kentucky First Lady Judi Patton, honorary chairperson of the Kentucky Breast Cancer Coalition. "The greatest weapons we have for detection are clinical breast exams and mammograms. These steps are the first line of defense for detecting breast cancer in its early stages. And every woman in the commonwealth, beginning with her fortieth birthday, should make these a routine part of her yearly physical exam."

Women ages 40 and older with incomes at or below 100 percent of the federal poverty level who are uninsured are eligible for free annual mammograms and clinical breast exams through their local health departments.

Uninsured or underinsured women age 40 and older whose incomes are from 101 percent to 250 percent of the federal poverty level are eligible for these services at low cost on a sliding fee scale. Women younger than 40 years of age may be eligible to receive screening services if they have a family history of breast cancer.

Experts stress that all women are at risk for breast cancer and the earlier breast cancer is detected, the better a woman's chance for survival. Breast cancer incidence increases with age. Women age 40-44 are nearly twice as likely to be diagnosed with breast cancer as women age 35-39,

with incidence rates of 118.8 per 100,000 women compared to 61.1 respectively. The incidence rate doubles again at the age group 50-54 to a rate of 250.9, and continues to increase, such that in the age group 60-64 the rate is 347.4, and by the age group 75-79, it is 480.8 per 100,000 women.

Experts also say the key to an early diagnosis is a mammogram, or breast x-ray, because it can detect a tumor before a woman or even her physician can feel it. Women diagnosed early by an annual mammogram experience a 90-95 percent survival rate.

The American Cancer Society recommends that women age 40 and over receive a mammogram every year.

Since its first year of operation, the Kentucky Women's Cancer Screening Project, sponsored by the Kentucky Department for Public Health, has provided over 103,000 mammograms to low income across the state.

According to Patty Sewell, program coordinator for the Kentucky Women's Cancer Screening Project, "Kentucky has an advantage over many states in that the women's cancer screening project has strong support from the governor's office and our legislators. For state fiscal year 2001, an additional \$200,000 was provided to increase the number of women receiving mammograms. That additional money was distributed to the areas that need it the most based on several factors including percentage of late stage breast cancers, the proportion of women with

low incomes in the population and the percentage of those populations being reached in those areas."

Sewell said these additional funds will be used to increase the number of screening mammograms in the Allen County, Bullitt County, Floyd County, Greenup County, Jefferson County, Johnson County, Oldham County, Magoffin County, Martin County, Moore County, Montgomery County and Pike County health departments and in the Barren River, FIVCO, Gateway, Little Sandy and North Central district health departments.

Prior to 1990, local health departments in Kentucky were providing limited breast cancer screening services consisting of instruction in breast self-examination and counsel-

ing on risk factors for breast cancer. When new state funds became available in 1990, services were expanded to include clinical breast exams performed in local health departments, referrals for screening mammograms and referrals for follow-up diagnostic tests. In each of Kentucky's 120 counties, breast cancer screening services are provided through local health departments using local mammography facilities, five mobile mammography vans, one portable unit and local physician's offices.

For more information about the Kentucky Women's Cancer Screening Project, contact Pamela Spradling, Public Education Coordinator at 502-564-7996. For questions about where to get a mammogram, call your local health department at 256-2242.

SOUP BEAN SUPPER

Fri., Oct. 27, 5 to 7 p.m.

RCMS cafeteria before football game

\$3 per person

(tickets may be purchased at the door)

Soup beans, cornbread, onions, relish, kraut, weiners, drinks

Get a mammogram now so you'll be around to take care of your family later.

Call 256-2195 to schedule an appointment.



If you're like most women, you spend your time taking care of others, and disregarding your own needs. It's time to do something for yourself.

More than 40,000 women die of breast cancer annually. Many could have been saved if the disease had been discovered sooner. In fact, there is a 97 percent survival rate when breast cancer is diagnosed in its early stages.

Throughout October, Rockcastle Hospital and Respiratory Care Center, Inc. is offering mammograms at a reduced cost in conjunction with National Breast Cancer Awareness Month.

Do something for yourself for a change. Get a mammogram. It's only \$65, and it could save your life.

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145 Newcomb Avenue
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