



Don't miss all the free screening opportunities of "Friends of Logan Memorial" The program is designed for those aged 50 or older, interested in living a healthy lifestyle. There is no cost for membership and free Health Screenings are available throughout the year.

If you or a friend is interested in enrolling in the complimentary Friends of Logan Memorial program, complete the application below and mail it back to the hospital, or call 725-4601 for more information.

If you or a friend are interested in enrolling in the complimentary Friends of Logan Memorial program, visit our website at [www.LoganMemorial.com](http://www.LoganMemorial.com) or fill out the application below and send it to Friends of Logan Memorial, 1625 Nashville St., Russellville, KY 42276. Please call us at 725-4601 if you have questions.

### Friends Membership Application

Please complete the information below and return to Logan Memorial Hospital.  
You will receive a membership card within 2 weeks.

Name \_\_\_\_\_ Gender (circle) Male Female  
 Address \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 City/Zip \_\_\_\_\_ Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_

Mail To: Friends of Logan Memorial, 1625 Nashville St., Russellville, KY 42276

Below is a list of the 2011-2012 Screening Opportunities.

- September PSA test (Prostate Cancer)
- October Family Health Fest (Free gift at registration)
- November Peak Flow testing
- December Glaucoma Screening
- January Nutritional Education Luncheon
- February EKG (appointment required)
- March Colon cancer kits

## Medical Staff of Logan Memorial Hospital

### Family Practice:

Dr. Lawrence Gotts  
Dr. Patrick Hayden  
Dr. Charles Mathis

### Gastroenterology:

Dr. Abrar Arshad

### General Surgery:

Dr. Adam Ellis  
Dr. Michael Campbell

### Gynecology:

Dr. Steven Beverly  
Dr. Carl Dobson

### Radiology:

Dr. Beth Cooper  
Dr. L. Sharon Smith  
Dr. Stan Amonette  
Dr. William Brannick  
Dr. Robert Francis  
Dr. Michael Marks

### Internal Medicine:

Dr. Muhammad Ahmed  
Dr. James C. Dodson  
Dr. Brian Humble  
Dr. Kamal Singh  
Dr. Kushal Singh

### Gerontology:

Dr. Abby Singh

### Orthopedics:

Dr. Joseph Zehner

### Pediatrics:

Dr. Ronald Elder  
Dr. Varsha Humble

### SPECIALTY STAFF

#### Cardiology:

Dr. Tullio Emanuele  
Dr. Mark Koenig  
Dr. G.S. Scoville

### Dermatology:

Dr. Clemens Esche

### Electrophysiology:

Dr. Frank Schwender

### Nephrology

Dr. Frank Boateng

### Ophthalmology:

Dr. John McCubbin  
Dr. Aaron Porter

### Pain Management:

Dr. Ram Pasupuleti

### Podiatry:

Dr. Jennifer Bengel  
Dr. Kevin Davis

### Physical Therapy:

Jeff Stevens

### Urology:

Dr. Vivek Narain  
**Emergency Room:**  
Dr. Maulik Desai, Director  
Dr. Terry Crafton  
Dr. Akhter Khan  
Dr. Christopher Bunch  
Dr. Thokur Vyas

### Nurse Practitioner:

Melinda Hann, ARNP  
Freda Meador, ARNP  
Stacia Washer, ARNP

### Nurse Anesthetists:

Jessie Glass, CRNA  
Jeff Jones, CRNA  
Ed Petrusch, CRNA

1625 Nashville Street  
Russellville, KY 42276

*Logan Memorial Hospital*



New Vision  
Fall 2011



## Family Health Fest 2011



**FAMILY HEALTH FEST**  
The health fair is designed to promote wellness and disease prevention.

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**BREAST CANCER AWARENESS MONTH**  
Breast cancer is the most common type of cancer found in American women.

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**BLOOD PRESSURE**  
What do those numbers mean and what is considered normal?

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**FRIENDS OF LMH**  
Don't miss all the free screening opportunities of "Friends of Logan Memorial"

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FAMILY  
HealthFest  
2011

It's nearly time for the Tobacco and Heritage Festival, which also means it's time for Logan Memorial Hospital's Family Health Fest. Coordinators have been working diligently to make this year's event even bigger than prior years. The health fair, which will take place on the campus of the hospital, is designed to promote wellness and disease prevention and provide information on various health topics. Over 30 exhibitors will be on hand with information about their organization. Participants will also have the opportunity to win door prize drawings each hour.

### Screenings Available

The free screening offerings have grown from prior years. The screenings available during the healthfair include blood sugar\*, lung function, body fat analysis, glaucoma screening, lipid profile\* (cholesterol), cardiac risk assessment as well as blood pressure checks.

### Kids Corner

Since many area children will be celebrating Fall Break, organizers have expanded activities to include a Kid's

Corner, which will be located outside on the south end of the building. Children's activities include inflatables and crafts. All children's activities are free.

A free meal catered by Logan County FFA will be available beginning at 10 AM. Anyone with questions should call 725-4601 or visit the website at [LoganMemorial.com](http://LoganMemorial.com). Don't miss the fun, join us for Logan Memorial Hospital's annual Family Health Fest on Wednesday, October 5 from 8 AM until Noon.

\*Indicates fasting of at least six hours is recommended for accuracy.

## Dr. Campbell Joins Staff



Logan Memorial Hospital is pleased welcome Dr. Michael Campbell to the medical staff.

Dr. Campbell is a native of Muhlenburg County and is board certified in General Surgery. He completed medical school and residency at University of Louisville School of Medicine.

Dr. Campbell's office is located on the campus of Logan Memorial in Building 2, Suite 104. Appointments may be made by calling 725-4315.

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# OCTOBER IS BREAST CANCER AWARENESS MONTH



Breast cancer is the most common type of cancer found in American women. One out of every eight women will develop breast cancer at some time during her life. The earlier the detection, the better the chances of successful treatment.

The American Cancer Society recommends monthly breast self-examinations for women 20 or older and clinical breast exams by a health care professional every year. A mammogram should be performed every one to two years on women 40 to 49, and every year on women age 50 or over.

Overall, self-awareness can play a major role in detecting breast cancer. Women are advised to watch for changes in their bodies and breasts. If you notice changes in your body, specifically in how your breasts look or feel, immediately contact your health care provider.

Celebrate Breast Cancer Awareness Month by scheduling your mammogram today. Each person having a mammogram at Logan Memorial Hospital during the month of October will receive a complimentary electrocardiogram (EKG) and physician interpretation.

## Logan Memorial Goes Pink!

The staff at Logan Memorial Hospital is committed to reminding women to have a mammogram. During the month of October you may notice an unusually high number of our staff with such fashions as pink hair and feather extensions. Our team decided this would be a great way to celebrate Breast Cancer Awareness and raise funds for the American Cancer Society. A portion of the proceeds from the hair extensions and coloring will be donated to Relay for Life. A special thank you to Nancy's Hair Salon for their services, and help with the project.



## MEN'S PROSTATE CANCER SCREENING WEDNESDAY, SEPTEMBER 21 BEGINNING AT 5:30 PM

Prostate cancer is a serious condition that can be life-threatening, but it is also very treatable if detected early. As a part of Prostate Cancer Awareness Month, Logan Memorial Hospital will offer free prostate cancer screenings on Wednesday, September 21, beginning at 5:30 p.m. The screening process involves drawing blood from the arm to test for a prostate-specific antigen (PSA) and a digital rectal exam. All assessments are done confidentially and are conducted by urologist, Dr. Vivek Narain. There are a limited number of appointments available for this free service. Only participants not currently under the care of an Urologist are eligible. An appointment is required; call 725-4601 to schedule.

## FIRST AID REFRESHER COURSE WEDNESDAY, SEPTEMBER 28 1 PM - 4:30 PM

Logan Memorial Hospital will offer an American Heart Association first aid course for non-clinical participants. The session will follow the AHA approved instruction and include treatment until emergency medical assistance arrives. Curriculum includes handling choking, burns, broken bones, using an AED. There is an \$11.50 charge to cover the cost of educational materials. The meeting will be held in the Private Dining Room of Logan Memorial. Call 725-4601 to register.

## FAMILY HEALTHFEST 2011 WEDNESDAY, OCTOBER 5 8 AM - NOON

Logan Memorial Hospital will hold the annual Family Healthfest on Wednesday, October 5, from 8 a.m. to 12 noon as a part of the Tobacco and Heritage Festival celebration. The event will be held on the campus of Logan Memorial Hospital. (See page one for all the details.)

# UNDERSTANDING EXACTLY WHAT YOUR BLOOD PRESSURE NUMBERS MEAN

BY BRIAN HUMBLE, M.D., INTERNAL MEDICINE



Typically, a visit to the doctor's office includes a nurse taking a blood pressure reading. What do those numbers mean and what is considered normal? A single high blood pressure reading does not necessarily mean you have high blood pressure. However if your results stay at 140/90 mm Hg or higher over time, your doctor will likely investigate the cause and possibly develop a treatment plan.

Blood pressure rises with each heartbeat and falls when the heart relaxes between beats. Exercise, posture, stress or sleep will affect results. The top number is referred to as "systolic" and is the higher of the two numbers. The systolic reading measures the pressure in the arteries when the heart beats. More attention is usually given to the top number as a risk factor for heart disease in those age 50 and older. Typically systolic blood pressure increases with age due to stiffening of large arteries and plaque build-up. The "diastolic" or bottom number measures the pressure in the arteries when the heart muscle is resting and refilling with blood.

## American Heart Association's Recommended Blood Pressure Guidelines

Blood Pressure Category	Systolic Mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	Less than 120	And	Less than 80
Pre-hypertension	120-139	Or	80-89
High Blood Pressure Stage 1 (Hypertension)	140-159	Or	90-99
High Blood Pressure Stage 2 (Hypertension)	160 or higher	Or	100 or higher
Hypertensive Crisis (Emergency Care Needed)	Higher than 180	Or	Higher than 110

It is possible to feel perfectly well but have very high blood pressure. That's why hypertension is sometimes called "the silent killer." Consistently high blood pressure is an extremely serious condition and may lead to stroke, kidney failure, blindness or a heart attack.

Visit LoganMemorial.com to learn more about hypertension, and click on "Health Information" to complete a self-assessment and identify your personal risk for heart disease.

## HOSPITAL LAUNCHES ELECTRONIC NEWSLETTER



Have you ever spent hours trying to find reliable health and medical information on the Internet? Look no further. Logan Memorial Hospital has expanded LoganMemorial.com to include a vast collection of health information. An e-newsletter option-found on the main page of the site-offers viewers the capability to customize the health information emailed to you each month. Select only the topics which interest you. Some of the possible 23 health topics include: women's health, fitness, heart disease, diabetes and parenting.

Subscribers are even able to receive reminders for doctors appointments and take on-line health assessments. The site offers a comprehensive selection of self-assessments; including heart disease, depression, colon cancer and stress management.

LoganMemorial.com also offers diabetic and heart healthy recipes. Visit LoganMemorial.com and subscribe to the monthly newsletter to receive information on upcoming events and screening opportunities.