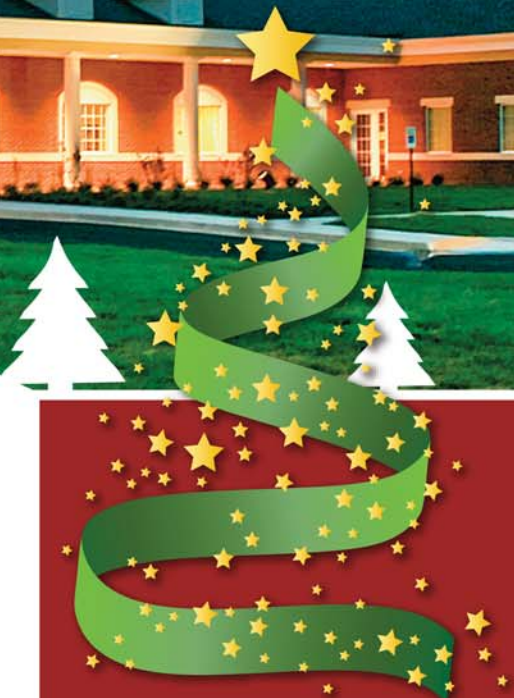




Primary News

holiday edition 2009



Welcome to the Holiday Edition of Primary News.

Welcome to the Holiday Edition of Primary News. We hope that this Christmas season is all that you and your family wishes it to be. The physicians and staff would like to wish all of you a very Merry Christmas and a Happy New Year.

In this holiday issue, we have included many articles of interest to the community. We have put over the past 3 months more information on our Facebook and Twitter pages. This information is timely as to what is happening locally, regionally, and nationally in health care. We hope to keep you up to date as health news unfolds regarding local epidemics, common illnesses and their treatment, and information on health care reform.

We thank you for your support now and throughout the years as we continue to grow and improve healthcare in our community and region. All of our efforts would not be possible without your trust and support. We take that trust seriously, and we promise to be there for you and your family.

Merry Christmas and enjoy this holiday edition of Primary News.



HOURS

MONDAY - FRIDAY
8am-8pm

SATURDAY
8am-6pm

SUNDAY
1-6pm

1000 SOUTH 12TH STREET
MURRAY · KENTUCKY
270.759.9200

New Additions to our Family

Dr. Susan Heffley

The Physicians and Staff of **Primary Care Medical Center** are proud to announce the addition of Dr. Susan Heffley to the practice. She is a Family Practitioner and will begin seeing patients in our office on January 4, 2010.

Dr. Heffley is a graduate of the University of Evansville and the University of Louisville School of Medicine. She completed her residency in Family Medicine and Geriatric Care at the University of Louisville.

Please help us in welcoming Susan, her husband Joe, and their daughter, Rachel to Murray.



Millie Kadner

Primary Care welcomes its newest Family Nurse Practitioner, Millie Kadner. Millie brings with her 25 years nursing experience in Murray. Millie is a graduate of Murray State University and the University of Southern Indiana. She is a member of the American Academy of Nurse Practitioners and the Kentucky Coalition of Nurse Practitioners. As a Nurse Practitioner, she is trained to provide care for patients of all ages.

Millie is a hometown girl and is proud to serve this community. She is married to Richard Kadner and has one son. She welcomed a new addition to her family this year, a grandson. She is very proud of him and considers him her pride and joy.

Please help us welcome Millie to our practice.



The Helping His Kids Foundation

Helping His Kids Foundation is an organization that gives toys to needy children at Christmas. Dr. Robert Hughes brought the Helping His Kids program to Murray about 4 years ago. Over the last four years, HHK has given toys to over 5000 children. This is a wonderful ministry and is a great way to give back to the community.

Many volunteers come together to make the toy give away a success. The toys are set up at Hardin Baptist Church and the parents of the children come in and get to pick the toys they want for their child. This is a unique situation since the parents get to choose which toys their child will like best.

This year we had many volunteer from the community and also from Calloway and Murray High Schools. The students helped load the trucks for delivery and then unloaded and un-boxed the toys.

Thank you so much to all of those who helped make this year's toy giveaway a success.



www.helpinghiskids.org



Murray High School Volunteers



Calloway High School Volunteers

Lovett PAMGMA President

Sarah J. Lovett, Practice Administrator of **Primary Care Medical Center**, was recently named President of the Purchase Area Medical Group Management Association (MGMA).

Founded in 2008, the Purchase Area MGMA is affiliated with the Kentucky Medical Group Management Association (KMGMA) and the National MGMA.

The National MGMA was founded in 1926. The mission of MGMA is to advance the art and science of medical group management to improve the health of our communities. As the largest professional organization for practice managers and administrators, MGMA is the recognized voice of the profession.

Meetings of the Purchase Area MGMA are held each month on the second Thursday of the month. At each meeting, an educational session with a topic relevant to practice management is presented. Some meetings offer nationally recognized speakers. For more information, about meetings and locations, please visit the Purchase Area MGMA's website www.purchasemgma.org.



Visit us on Twitter and Facebook

You can find **Primary Care Medical Center** on Facebook and Twitter. This is a great way for us to get information out quickly to a large number of people. In healthcare, information is essential and with the use of the internet we are able to disperse information at a moment's notice. You will find health tips, office information, and "What's Going Around in Murray" on Facebook and Twitter.

Get Daily Medical Tips

Follow us on **Twitter** at www.twitter.com/PrimaryCareMed and

Facebook at www.facebook.com/pages/Murray-KY/Primary-Care-Medical-Center/107316910973



Heart Attack and Stroke Prevention

Dr. Michael Adams

As we age our risk of a cardiovascular event increases. This is mostly due to accumulative changes in our blood vessels like slowly progressive plaque formation and stiffening of the arteries. We can all testify to our body's general loss of elasticity in our joints and muscles. Well this also occurs in our blood vessels and as a result you are more likely to have high blood pressure (hypertension) the older you get. Consequently, your heart has to work harder to pump against these "tight pipes" and your heart is more likely to get poor blood supply if your coronary arteries are atherosclerotic. But don't despair. There are lots of things you can do to minimize your risk of heart attacks or stroke.



First, take a baby aspirin every day. This simple measure will reduce your risk of heart attack or stroke by 25%. If you have abnormal bleeding or melena (black tarry stools indicative of probable stomach ulcer bleeding) then you must check with your doctor before starting aspirin.

Second, don't smoke. You've heard all the reasons this is bad for you. It is a big factor in atherosclerotic plaque formation in your arteries (hardening of the arteries). So pick a date and stop.

Third, know what your blood pressure is. Ideally, your blood pressure should be in the 120's over the 70's. (120-130/70-80) for men and less for women. If you check it over three months and it is too high then see your doctor and take your blood pressure readings with you when you go.

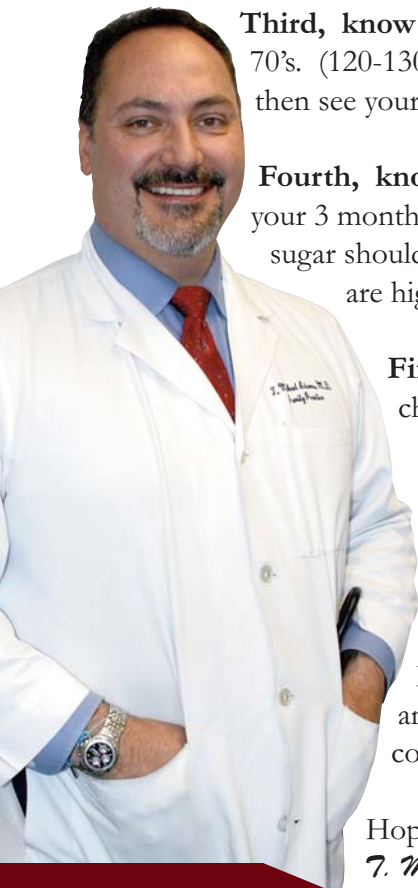
Fourth, know your sugar level. Your doctor can test your blood to check your current glucose level and your 3 month blood sugar level (hemoglobin A1C). Fasting glucose should be less than 110 and random sugar should never be above 200. The hemoglobin A1C should be less than 6.0. If any of your sugars are higher than this then you likely have diabetes and should be on diet and medication.

Fifth, lose that extra weight. A lot of people lose weight and resolve their HTN, high cholesterol, diabetes, and painful knees all at once.

Lastly, know your cholesterol. Many of us inherit bad cholesterol genes but some of us eat the wrong way also. Your doctor can check a fasting (nothing to eat the 10 hours prior to lab draw) lipid panel for you. Your doctor will let you know what your goal numbers are and the best way for you to get there.

Keep your life simple and enjoy your every day as a gift. Be grateful for the people in your life and try to bring joy to those around you. Perhaps these are the most important suggestions I could make to improve and prolong your life.

Hoping you and yours live well,
7. Michael Adams, M.D.



Dr. Daniel Butler Remains Board-Certified

Lexington, Kentucky September 2009 – The American Board of Family Medicine is pleased to announce the successful completion of its Recertification Examination by Daniel Forrest Butler, MD. Board certification confers a standard of excellence in knowledge and practice to physicians who not only certify via the examination process, but who also work diligently on the maintenance of these skills

To achieve recertification by the ABFM, a family physician must verify the completion of 300 hours of acceptable continuing medical education over the past six years; possess a full and unrestricted license to practice medicine in the United States; and successfully complete a one-day, written examination of cognitive knowledge and problem-solving abilities. This examination covers the disciplines of the specialty including, but not limited to: adult medicine; care of newborns, infants, children, and adolescents; maternity and gynecological care; community medicine; care of the older patient; human behavior and mental health; and care of the surgical patient.

The American Board of Family Medicine (ABFM), one of twenty-four Member Boards of the American Board of Medical Specialties, is the second largest medical specialty board in the United States. Founded in 1969, it is a voluntary, not-for-profit, private organization whose purposes include improving the quality of medical care available to the



public, establishing and maintaining standards of excellence in the specialty of Family Medicine; improving the standards of medical education for training in Family Medicine, and determining by evaluation the fitness of specialists in Family Medicine who apply for and hold certificates.

Additional information regarding the American Board of Family Medicine may be obtained from its website at www.theabfm.org

Graves & Marshall Counties

For our patients and readers of *Primary News*, we want to wish you a happy and enjoyable Holiday Season. Many new patients from the surrounding counties have recently begun to receive their health care from us. We thank you for your trust. Our Family Practitioners, Internists and Pediatricians have admitting privileges at the Jackson Purchase Medical Center and the Marshall County Hospital. Should you or your family wish to be cared for at your local hospital or the hospital in Murray, we can honor your wishes. If you present to any of these hospitals' emergency rooms, please tell them that your doctor is one of the physicians at **Primary Care Medical Center**.



Paulette Irvan: 25 Years of Service

Dr. Bob and Joyce Hughes celebrated 25 years of practice in Murray on October 2, 2009 with their original employee from 1984, Paulette Irvan. Paulette is still an employee of **Primary Care Medical Center**, and she is often the first person patients encounter as they enter the practice. To honor Paulette for her dedication and service to the practice and community, the physicians of **Primary Care Medical Center** presented her and her husband with an all expense paid trip to Las Vegas.



Dr. Clark Receives Award

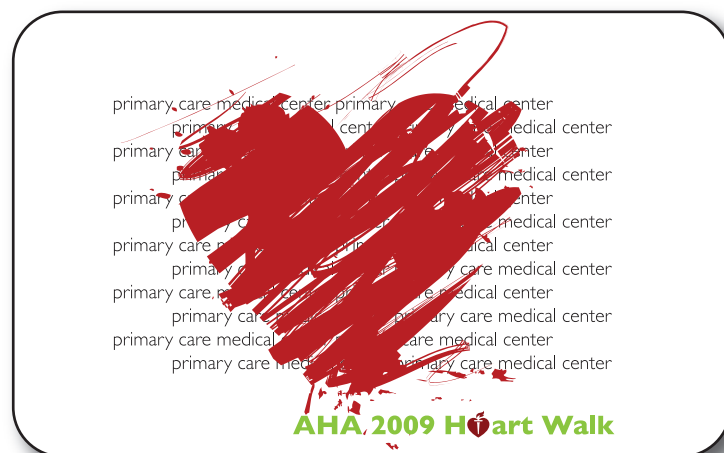
Dr. Hollis Clark was named as the 2009 Favorite Family Practitioner. Congratulations, Dr. Clark! Dr. Clark has enjoyed over 22 years of practice in Murray. He joined his father, Dr. Charles Clark, in practice in 1988. Dr. Clark was born in Murray and enjoyed growing up here. He graduated from Murray High School and Murray State University. His Medical School was the University of Tennessee. Upon completion of his education he returned to Murray. Dr. Clark is quite proud to be a part of over 60 years of Clark Family medical care provided to Murray and Calloway County. He states, *"It has been a pleasure to work in my home town."* Additionally he is honored to have worked with Janet Essary, his only nurse for 22 years. Her expert nursing care is a very large part of the practice. Their team approach has offered quality care to patients through the years.



The American Heart Association Heart Walk

Primary Care was involved with the American Heart Association Heart Walk. The physicians and staff worked very hard to raise money. This year the employees enjoyed snack days where donations were paid to enjoy an afternoon treat. A gas card raffle was also done to raise money for this event. Dana Hopkins was the lucky winner of the gas card

The physicians and staff worked very hard to raise money for this worthy cause. They raised \$2,000.00 for this wonderful cause.

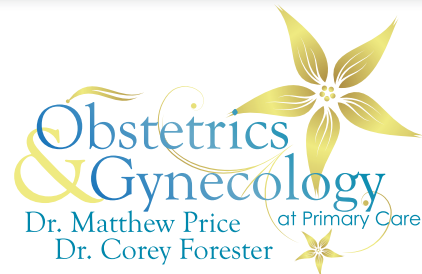


Early Detection & Yearly Checkups

Dr. Corey Forester

As 2009 is coming to an end, many are busy with holiday gatherings and preparing their New Year's resolution lists. Beginning a new year is also a great time to make sure that we are up to date on our screening exams. Healthy or not, we should all make appointments to see our primary care physicians each year. Every physician will agree, the best prognosis is found when prevention and early detection of disease are implemented. Depending on your age, your physician can advise which of these screening tests are right for you. For instance, women age 21 and older should receive a yearly pap smear. This is also a great opportunity to discuss self breast examination, contraception, family planning, and safe behavior choices. Women in their 40's should talk to their physicians concerning mammography, pap testing, leakage of urine, and perimenopausal symptoms. Also, yearly pelvic exams may aid in the detection of ovarian cancer. Women 50 years and older should discuss all of the above, plus colonoscopy to screen for colorectal cancer. In this age group, bone loss becomes a greater risk. A DEXA scan can be performed to evaluate your bone density and calculate your chance of developing osteoporosis. Please, make an appointment with your physician to discuss your health and schedule the appropriate screening tests for 2010.

For all of your women's health needs, Dr. Corey Forester and Dr. Matthew Price are now accepting new patients at 759-9200.



Primary Care Supports Local High School Sports

Primary Care Medical Center is the proud sponsor of Calloway Laker and Murray Tiger Basketball. For the past two years, **Primary Care** has had the privilege of being the Primary Sponsor and has had the opportunity to sponsor game nights with each school. Each school allowed **Primary Care** to purchase a logo that was placed on the gym floor in the respective school colors. Money was donated to the school and each school chose how the funds were allocated to the respective athletic programs of the school. We are dedicated to supporting the school systems and plan to continue this partnership for many years.



Merry
Christmas!

from the Physicians & Staff of
Primary Care Medical Center

Primary Care 
MEDICAL CENTER