

# Primary News

summer edition 2009

## Welcome to the Summer Edition of Primary News.

We are closely approaching the second anniversary in our new Primary Care Medical Center facility at the corner of 12th and Glendale. The response from you and the public has been fantastic. We have strived over this period of time to increase our efficiency and the number of services that we offer. Again, we thank you for your support and for having chosen us to be your physician and the provider of outpatient medical services. In this newsletter you will find a lot of news about new services and physician that we offer.

At Primary Care Medical Center, we provide all of the primary care services in one convenient setting. This includes Family Practice, Internal Medicine, Pediatrics, and Obstetrics and Gynecology. All of these services are available 24-7 with office hours being from 8-8 Monday thru Friday and from 8-6 on Saturday, and 1-6 on Sundays. These hours help to reduce waiting times, reduce overall health care costs by reducing expensive visits to the emergency room, and to promote continuity of care by keeping all of your health care records in one location.

As an additional benefit of being a patient of Primary Care, you can have almost all of your diagnostic tests performed within the office which leads to quicker diagnoses with better outcomes at reduced costs. There is also less time lost due to scheduling and waiting. All of our physicians care for their own patients with coverage and back up by partners both in the office and in the hospital should they be out of town. At Primary Care, we value the relationship with our patients on a long term basis. All of our physicians plan on staying in Murray for their entire professional careers.

### this issue



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## HOURS

MONDAY - FRIDAY

8am-8pm

SATURDAY

8am-6pm

SUNDAY

1-6pm

1000 SOUTH 12TH STREET

MURRAY · KENTUCKY

270.759.9200

# Bladder Control Solutions

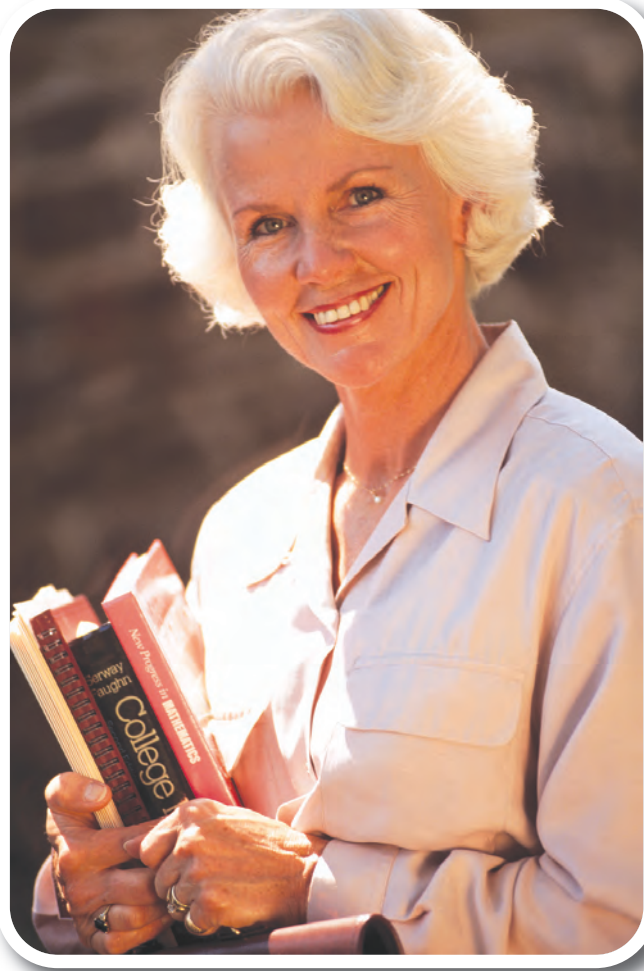
Dr. Matthew Price

For many women, lack of bladder control negatively impacts their daily routine. Loss of bladder control – or urinary incontinence – can restrict activity as women are afraid to lift, bend, or exercise for fear of an “accident.” Many women are forced to wear urinary liners, pads, or even diapers due to bladder leakage and this daily expense can quickly become a financial burden as well. For years, women have been forced to tolerate this embarrassing problem – but there are easy solutions for women to improve bladder control.

Dr. Matt Price and Dr. Corey Forester, specialists in gynecology and women’s health, are trained in modern diagnosis and treatment for urinary incontinence – providing medical and surgical solutions to women with difficulty controlling their bladder. “We provide in-office testing which enables us to determine whether a patient is better treated with medicine or with a simple outpatient procedure to improve bladder control,” according to Dr. Forester.

Dr. Price says his patients are “no longer forced to live with leakage of urine from cough, laugh, or sneeze and can be treated for the ‘gotta go, gotta go – urgency’ symptoms.” Many patients are best treated with a tension free

vaginal taping, or TVT. “The TVT procedure has become the gold-standard treatment for stress urinary incontinence symptoms. Patients are able to have the procedure performed on an outpatient basis with a short recovery time. The treatment provides a highly successful way to improve the quality of life for women who previously struggled with urinary leakage.”



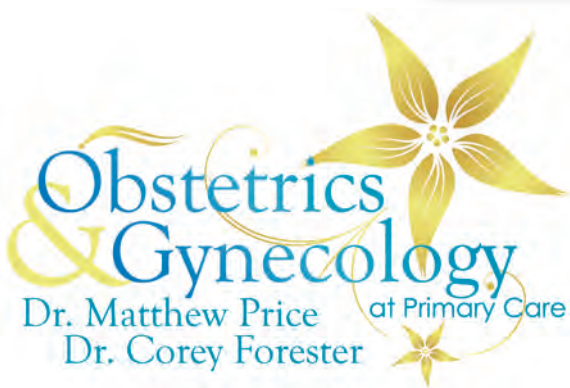
Urinary incontinence remains an undetected and undertreated problem for many women. However, patients shouldn’t worry about seeking help for this treatable condition. To find out if you may benefit from treatment, consider these simple questions:

- Do you ever leak urine when you don’t want to?
- Do you leak urine when you cough, laugh, exercise or sneeze?
- Do you leak urine on the way to the bathroom?
- Do you use pads, liners, tissue, or cloth in your undergarments to stop leakage?

If you answer yes to any of these questions, you may benefit from a personal bladder control solution offered by Dr. Price and Dr. Forester at

Primary Care Medical Center. “Patients find great satisfaction in improved bladder control with this minimally invasive procedure for incontinence. I’ve welcomed hundreds of smiles from patients when they return to the office no longer leaking urine and living an active lifestyle without fear of bladder leakage,” said Dr. Matt Price.

Personal treatment solutions are available for your bladder control symptoms at Primary Care Medical Center. Dr. Price and Dr. Forester are accepting new patients at 759-9200.



# Primary Care Medical Center Opens Purchase Area's Most Advanced MRI Imaging Suite

Primary Care Medical Center's commitment to quality patient care begins with recruiting and retaining physicals with excellent reputations in training and in practice. This commitment to patient care extends into acquiring equipment and technicians to obtain the best possible images.

Primary Care Medical Center just installed a Toshiba Vantage 1.5T MRI system. The new magnet technology offers:

- Superior image quality
- High performance gradients which support a wide range of imaging techniques.
- Unique non-contrast MRA eliminates the need to inject patients with contrast which Toshiba's vantage systems are the only systems available to offer this improved safety.
- More room in a short magnet which allows the head to remain outside of the MRI during many procedures to reduce claustrophobia.
- Pianissimo technology with reduced exam noise up to 90% to provide you with a quieter, more comfortable exam.

All of this is being provided in a custom designed MRI suite at a fraction of the cost of what patients are used to being charged for MRI exams in the area. These services allow patients of

Primary Care Medical Center to obtain the most advanced technologies for rapid, accurate diagnosis in a comfortable, professional environment.



# Primary Care Freedom Fest 5K Run

The annual Primary Care Freedom Fest 5K Run was held on July 4, 2009 at 7:00am. The race is one of many events during the annual Freedom Fest Celebration. The race was a great success with 175 participants; this is the largest group of runners in the history of the race. Primary Care plans to continue to sponsor this event every year. We hope that it continues to grow with more participation each year.

The 2009 overall male and female winners were James Bowens and Lindsay Zeiler. Medals were awarded to the 1st, 2nd, and 3rd place winners in each age category. For a complete list of winners, please visit the Primary Care website at [www.primarycaremedicalcenter.com](http://www.primarycaremedicalcenter.com)

The overall male winner is very close to one of our employees. He is the son of Mindy Bowens, Dr. Price's nurse, James Bowens.



## Get Daily Health Tips

Find us on Facebook at:

[www.facebook.com/pages/Murray-KY/Primary-Care-Medical-Center/107316910973](http://www.facebook.com/pages/Murray-KY/Primary-Care-Medical-Center/107316910973)



Follow us on Twitter at:

at [www.twitter.com/PrimaryCareMed](http://www.twitter.com/PrimaryCareMed)



## Profile On 5K Run Winner: James Bowens

James started running cross-country in 8th grade. He was asked to run with the high school team that first seasons. He qualified to run at the state cross-country meet all four years of high school, finishing 10th place among over 300 runners at the Kentucky State Cross Country Meet his senior year. James also qualified for the State Track Meet three years in a row. In his senior year, he finished 5th place in the 1600 meter run and 3rd in the 3200 meter run. He received a cross-country/track scholarship to Morehead State University, where he will be a junior this fall. Last season, he finished in the top 20 at the OVC cross Country Championship. He is a health and physical education major and plans to teach and coach.



# Limit your risk of Osteoporosis

Dr. Corey Forester

Osteoporosis is a skeletal disease characterized by deterioration of bone tissue and decreased bone strength. These effects make bones more fragile and can ultimately lead to fractures if left untreated.

Estrogen has a positive impact on bone maintenance; therefore, menopausal women are especially susceptible. Fifteen percent of US women aged 50 years and older have osteoporosis, while an additional 40% have low bone mass or osteopenia.

To screen for osteoporosis, bone mineral density (BMD) testing using DEXA is recommended for all postmenopausal women aged 65 years or older, and those younger than 65 who have one or more of the following risk factors:

- History of prior fracture
- Family history of osteoporosis
- Poor nutrition or thin build
- Low calcium or vitamin D intake
- Inadequate physical activity
- Caucasian race
- Impaired eyesight despite adequate correction
- History of falls
- Alcohol use
- Estrogen deficiency
- Smoker
- Dement

Although treatment may stabilize one's BMD and decrease their risk of fracture, bone loss is largely irreversible. This is why prevention is key. There are three components to lifestyle modifications that patients can make on their own: diet, exercise, and cessation of smoking. Postmenopausal women should not only take in an adequate amount of calories from a balanced diet, but also a total of 1500mg of calcium and 800IU of vitamin D daily. Menopausal women

should also participate in weight bearing exercise for at least 30 minutes/day, three times per week. Smoking one pack per day results in an additional 5-10% reduction in bone density,

so if you are smoker, your physician can help you develop a plan to stop. For those with additional risk factors, lifestyle alone may not be enough for prevention, and additional medications may be required.

Treatment options for those with osteoporosis or those at high risk of developing the disease come in the form of a pill, injection, or IV. The pills can be taken daily, weekly, monthly, or every three months depending on patient preference and sever-

ity of disease. The injections can be given daily or every three months. Reclast is a new IV medication that can be given once a year for treatment and once every two years for prevention of osteoporosis. Reclast infusion is easy, well tolerated, and can be given in your doctor's office at Primary Care Medical Center.

Below is a list of things that you can do to protect yourself from developing osteoporosis.

- If you are 65, call 759-9200 to schedule a DEXA scan
- Contact your doctor at Primary Care Medical Center to arrange a personal risk assessment and treatment plan
- Eat a healthy diet, supplementing additional calcium and vitamin D as needed.
- Weight bearing exercise for 30 minutes, three times per week
- Stop smoking and limit the use of alcohol

Schedule an appointment to decrease your osteoporosis risk with Dr. Forester and Dr. Price by calling 759-9200.



# Dr. Elizabeth Forester joins Primary Care Medical Center

**D**r Elizabeth Forester, Board Certified in Psychiatry, has joined Primary Care Medical Center. She is a Summa Cum Laude graduate of the University of Kentucky. She also graduated with Distinction from the University of Kentucky College of Medicine. Dr. Forester received many award and scholarships while attending UK; including being elected chief resident of the general psychiatry program for the 2008-2009 academic year by her fellow residents and the nomination endorsed by faculty. She was also the recipient of Abraham Wikler Award for the Outstanding Resident in June 2009.

Dr. Forester was the recipient of a full scholarship to attend the American Academy of Pain Medicine in Orlando, FL in February 2008. She was chosen to represent the department at a resident symposium entitled “Advances in the Diagnosis, Biology and Treatment of Major Psychiatry Disorders” in Palm Beach, FL in September 2007.

Dr. Elizabeth Forester is married to Dr. Corey Forester, Ob/Gyn, who joined Matt Price at Primary Care Medicine Center in July 2009. They are the third husband/wife team to come to Murray, Kentucky. “We are very proud to have recruited both Drs. Elizabeth and Corey Forester to Murray and Primary Care Medical Center. Both of these physicians were Chief Residents in their residency program which is an exceptionally high honor, “ said Dr. Robert Hughes, Managing Partner of Primary Center Medical Center.

Dr. Elizabeth Forester will be seeing patients at Primary Care Medical Center on September 15, 2009.

“We are very proud to have recruited both Drs. Elizabeth and Corey Forester to Murray and Primary Care Medical Center. Both of these physicians were Chief Residents in their residency program which is an exceptionally high honor.”

-Dr. Robert Hughes



Specialty Care  
*at* Primary  
Care   
MEDICAL CENTER

# Preparedness

Dr. Robert Hughes

A lot of us take for granted that we will never be involved in a disaster whether it is a tornado, earthquake, flood, ice storm, or other disaster. Last year, a lot of us lost our innocence with the great ice storm that dominated our area and most of Kentucky. In a disaster, only after everything goes wrong, do we realize we are on our own. The bigger the disaster, the longer we will be on our own. The question arises are we ready?

The first think we need to do is to make an emergency plan. The information for your plan can be downloaded at: <http://homelandsecurity.ky.gov/community/ready/make-plan.htm>. Second, you need to prepare an Emergency Kit which included one gallon of water per person for 3 days, 3 days of non-perishable food and on opener. candles, toilet items, batteries, dust mask, first aid kit, flashlight, battery-operated radio, duct tape, and a knife. Thirdly, you can get involved by becoming an informed volunteer. Information on this can be obtained by going to : <http://homelandsecurity.ky.gov/community/ready/getinvolved.htm>.

Hopefully, we will not have a natural disaster to deal with; however, preparedness is the first step to survival.

A lot of focus has been placed recently on the H1N1 Virus commonly known as the Swine Flu. While the virus at present appears to be relatively mild, we need to keep our vigilance and knowledge up about this potential problem. A lot of questions are arising locally and worldwide about the virus. The information needs to be accurate and consistent. Here at Primary Care Medical Center, we are obtaining our information and recommendations from the Centers for Disease Control in Atlanta and from the state health department in Frankfort. You can access a lot of good solid information on the Swine Flu by going to <http://cdc.gov/h1n1flu/>. We are also providing daily health tips on our Twitter and Facebook pages for Primary Care Medical Center. You can follow these for local information and recommendations by going to: <http://www.twitter.com/primarycared> and <http://www.facebook.com/pages/Murray-KY/Primary-Care-Medical-Center/107316910973>.

## Husband Wife Team Join Primary Care Medical Center

Matt Price, M.D. has been joined by Corey Forester, M.D., an obstetrician and Gynecologist in practice this summer. Dr. Forester, who is a native of Mayfield, and his wife Elizabeth Forster, M.D., who is a Psychiatrist moved to Murray this summer after completion of their residencies at the University of Kentucky. Dr. Forester's practice is located in the Women's Health area of the new Primary Care Medical center at 12th Street and Glendale Road.

Corey, as most of the employees know him at the Murray-Calloway County Hospital where he worked before going to medical school, is happy to be back in the area. His father, Tom Forester is a Respiratory Therapist at the Murray-Calloway County Hospital and his mother is an administrative assistant at the Fulton Hospital. Dr. Forester is looking forward to working with Dr. Price. Matt has built an impressive practice in a short period of time due to his hard work, determination, and caring but most importantly, due to the public's support of his efforts. This has helped the hospital to increase the Obstetrical services delivered by over 15% in just one year. Matt and I look forward to helping the

hospital realize its dream of being a regional medical center by expanding our services even more throughout the region, according to Dr. Forester.

Dr. Hollis Clark, who is President of Primary Care Medical Center, said the he and the physicians are thrilled to see Drs. Elizabeth and Corey Forester join their practice and be a part of the greater Murray community. We are always looking to bring quality physicians into our community and the Drs. Forester are that. This is a win-win situation for the community, hospital and us.

