

The Top Six Risk Factors for Heart Disease and Stroke

1. Lack of physical activity
2. Being overweight
3. High Blood Cholesterol/High blood pressure
 - Total Cholesterol should be < 200mg/dl
 - Triglycerides <150 mg/dl
 - HDL cholesterol >45mg/dl for men and >55mg/dl for women.
 - LDL cholesterol <100 for moderate risk factors for heart disease, <70 for high risk factors
 - High blood pressure
 - Normal BP<120/80 borderline high 139/89
 - Consider life style changes (lose weight, decrease salt intake, increase exercise)
 - Hypertension 140/90 can start damaging organs
4. Smoking
5. Diabetes
 - Normal blood sugar range 60-110
 - Normal Hgb A1C <6
 - Good control for diabetics <7
6. Stress
 - Manage it better! Get rest and get moving.

Fitness Challenge Questions:

1. *What is a normal HDL cholesterol for women?*
2. *What is a normal HDL cholesterol for men?*
3. *What is a normal blood pressure?*

E-mail your answers to the address below:

fitness.challenge@knoxcommhosp.org

If your team has a name, please put it with your answers.

This will make it easier to find your team.

Team Meeting with Bruce White, CEO

Agenda items:

- 2009 Year-End Results
- Employee incentive Program

There will be three opportunities to attend!

**Date: Thursday, February 25
Time: 7:30 am**

**Date: Monday, March 1
Time: 7:30 am**

**Date: Thursday, March 4
Time: 3:00 pm**

All meetings will be held in the 3rd floor meeting room.

Mount Vernonopoly Game

Rewards and Recognition is doing monthly drawings to give away a limited supply of Mount Vernonopoly.

There's been a lot of interest to know how to purchase this fun board game. It is available locally at Herald's, Alcove, Pink Cupcake, Second Chance Consignment and Southside Diner. KCH is the starting point on the game!

Thank you - Inclement Weather Warriors

Thanks to everyone for doing their part in keeping our services running smoothly during the recent spell of snowy weather. Stay safe and warm!



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March is Colorectal Cancer Awareness Month

Knox Community Hospital is offering free colorectal cancer screening kits during the month of March. Early detection saves lives!

If everyone aged 50 and older were screened regularly, as many as 60% of deaths from this cancer could be prevented.

Screening kits will be available weekdays 8:00 am - 4:30 at:

- *Volunteer Desk at KCH Front Entrance*
- *Central Registration Desk at KCH*
- *Registration Desks on ground floor at the Knox Medical Pavilion*



Mobile Blood Drive at **Knox Community Hospital**
Emergency Department Parking Lot
Thursday, February 25 | 1:00 pm - 7:00 pm
To schedule an appointment contact
Carole Wagner or call 1-800-GIVE-LIFE.

“Enter to win FREE groceries for a year from Kroger!”

Get Your ZZZZ's

*Sleep : Good for us all
Here's why... from the Sleep Lab*

1. **Learning and memory:**
Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
2. **Metabolism and weight:**
Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
3. **Safety:** *Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.*
4. **Mood:** *Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.*
5. **Cardiovascular health:** *Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.*
6. **Disease:** *Sleep deprivation alters immune function, including the activity of the body's killer cells.*

Patient Feedback - 6th Floor

Wow! Amazing care! I always had my meds on time and was constantly asked if there was anything that could be done to help me feel better and more comfortable.

Specialty Clinics Adds Visiting Urologist

Dr. D. Scott Barkin is now seeing urology patients. To schedule an appointment, please call central scheduling at 392-TEST. Dr. Barkin is board-certified by the American Osteopathic Board of Urology Surgery.



D. Scott Barkin, DO

New Radiologist at KCH

Welcome back, Dr. Huddle! Dr. Huddle was at our hospital from 1993 to 1995 and we are happy to have him with us again. He is board-certified in Radiology.



John Huddle, DO

The Education Corner



Upcoming Classes

Pre-registration required for all classes.

Please call Kathy Gray at ext 9791.

March 3, Wed.	BLS (Basic Life Support) - Initial
Time:	8:00 am - 1:00 pm
Location:	Education Resource Center
Cost:	\$50.00 non-employees FREE to KCH employees
March 4, Thurs.	BLS (Basic Life Support) - Renewal
Time:	8:00 am, 11:00 am, 2:00 pm and 5:00 pm
Location:	Education Resource Center
Cost:	\$35.00 non-employees FREE to KCH employees
March 5, Fri.	Heartsaver AED - 8:00 am \$35.00 non-employees Heartsaver First Aid - 1:00 pm \$30.00 non-employees Family & Friends - 6:00 pm - 9:00 pm
Cost:	\$15.00 non-employees All 3 FREE to KCH employees
Location:	Education Resource Center
April 10 & 11, Sat. & Sun.	ACLS (Advanced Cardiac Life Support)
Time:	Day 1: 8:00 am - 4:30 pm Day 2: 8:00 am - 1:00 pm
Location:	3rd Floor Meeting Room
Cost:	\$150.00 non-employees \$35.00 to KCH employees
May 1 & 2, Sat. & Sun.	ACLS (Advanced Cardiac Life Support)
Time:	Day 1: 8:00 am - 4:30 pm Day 2: 8:00 am - 1:00 pm
Location:	3rd Floor Meeting Room
Cost:	\$150.00 non-employees \$35.00 to KCH employees
May 14 & 15, Fri & Sat.	PALS (Pediatric Life Support)
Time:	9:00 am - 4:00 pm
Location:	Education Resource Center
Cost:	\$150.00 non-employees \$45.00 to KCH employees

Please call Trisha Harding at ext 9921 to register.

March 29 & 30, Mon. & Tues.	Safe Sitter
Presented by:	Knox Community Hospital
Time:	Days 1: 9:00 am - 4:00 pm Days 2: 9:00 am - 2:30 pm
Location:	Education Resource Center
Cost:	\$25.00
April 7, Wed.	Pain Speaks: Are You Listening?
Presented by:	Ann Hudson, RN, CHPN
Time:	12:00 pm - 1:00 pm OR 5:30 pm - 6:30 pm
Location:	Education Resource Center
Cost:	\$10.00 non-employees FREE to KCH employees
April 19, Mon.	Medical Terminology
Time:	8:00 am - 4:30 pm
Location:	Education Resource Center
Cost:	\$25.00 non-employees FREE to KCH employees

1.0 Contact Hours available!

There will be a new Joint Commission question in next week's issue.