

# SENIOR LIVING

## Response time essential to minimizing effects of heart attack, stroke and cardiac arrest

(MS) — One of the biggest concerns for seniors is ailments that affect the heart. For years, the leading cause of death among Americans has been coronary heart disease. While the dangers of heart disease and stroke (the third leading cause of death among Americans) are common knowledge, many might not know that early recognition of symptoms may make the difference between life or death.

How quickly a person responds to symptoms of heart attack, stroke or cardiac arrest can also determine how much of a sufferer's life can be recovered. For example, in the case of stroke, each second that passes without recognition could prove very costly. However, if given within three hours of the onset of symptoms, a clot-busting drug can reduce long-term disability for the most common type of stroke. With that in mind, the following is a list of warning signs for heart attack, stroke and cardiac arrest.

**Heart Attack**  
The American Heart Association notes many people do not instantly recognize symptoms of a heart attack. Heart attacks often start suddenly and slowly, with pain or discomfort that leaves many people wondering what's happening to them. Far too many people disregard the symptoms until it's too late. In general, chest pain is the most common warning sign. However, women are more likely to experience other symptoms, including nausea or vomiting, neck or jaw pain and shortness of breath. The following are common heart attack symptoms that should raise red flags:

- Chest discomfort: Discomfort in the middle of the chest that lasts several minutes or comes and goes intermittently is a warning sign of a heart attack. Of-ten, feelings of unusual fatigue, lightheadedness, or squeezing characterize chest pain associated with heart attack.
- Shortness of breath: This can occur both with or without chest pain, so don't assume that shortness of breath, when unaccompanied by other symptoms, is something to brush aside.

**Stroke**  
A quick response to stroke is especially important, as the longer it takes to recognize and respond to a stroke, the greater the risk of paralysis and loss of some brain function. Unlike some diseases of the heart, stroke symptoms are often characterized by the suddenness of their nature. Common indicators, according to the American Stroke Association, include:

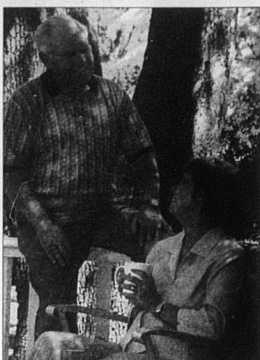
- Sudden numbness or weakness: This will affect the face, arm or leg, and will do so on one side of the body.
- Sudden confusion: Stroke sufferers will suddenly become confused, and may have trouble speaking or understanding what is happening.
- Difficulties with vision: Stroke sufferers will suddenly lose vision in one or both eyes.
- Difficulty staying upright: Sudden dizziness and

struggling to walk from a loss of coordination or balance is common.

- Sudden severe headache: This will appear out of nowhere, and an ambulance should be called immediately.

**Cardiac Arrest**  
Thanks to its sudden nature, the symptoms of cardiac arrest should be known by the relatives of people with heart problems. Because cardiac arrest strikes suddenly, it's the responsibility of loved ones to recognize what's happening and act quickly. Symptoms of cardiac arrest include:

- Loss of responsiveness: This is sudden and the person suffering will not respond to tapping on the shoulder.
- Abnormal breathing: Breathing patterns will change entirely, and the victim will not breathe normally even if you lift their head up.
- In the case of any of the aforementioned symptoms, it's always best to be safe rather than sorry. Consult a physician to receive peace of mind.



Oftentimes, how quickly a loved one, such as a spouse, responds to symptoms of heart attack, stroke or cardiac arrest can determine the severity of damage.

# Learn the ways to prevent medication errors

(MS) — Medication errors can occur at any step during the health care process. It's estimated that on average, there is at least one medication error per hospital patient per day, although error rates vary widely across facilities. Errors can also occur at the pharmacy and result from doctors prescribing medications that just aren't compatible. Estimates suggest that millions of people are injured each year from medication errors — mostly seniors. This should cause as no surprise because seniors often take several prescriptions to maintain good health and manage chronic diseases. Studies show the average senior takes four or five prescription drugs and two over-the-counter drugs on any given day, and this can compound the risk for complications. That adds up to quite a number of pills and liquids being consumed daily, which can be confusing in and of itself. Plus, slower metabolism among seniors means that drugs will remain in the body longer than in younger people, making them more prone to adverse drug reactions and the potential for overdose.

Every one of these items has the potential to interact with new drugs your doctor may be thinking of prescribing. Electronic prescribing is safer because it eliminates problems with handwriting legibility and, when combined with decision-support tools, automatically alerts prescribers to possible interactions, allergies, and other potential problems. Technicians still need to be worked out, but forecasters predict that by 2008 all health care providers should have plans in place to write prescriptions electronically.

1. Be aware that drugs can be listed and prescribed by their trade or generic name. Some over-the-counter medications contain the same ingredients. For example, cold remedies can contain acetaminophen (Tylenol), therefore taking pain relievers on top of cold medicines could prove dangerous. Always read the packaging and warning labels before taking a drug or supplement.

2. Drinking alcoholic beverages when you are taking some medications may alter their effects or create hazardous reactions.

3. Pharmacies may offer special services to make managing medications easier. For example, some can print labels in larger print for the vision impaired. Prescriptions may be color-coded if multiple members of the family are taking different drugs and the opportunity for confusion exists.

4. Paper prescriptions may become extinct soon. New

computerized systems for prescribing drugs may reduce the number of drug-related mistakes. Studies indicate that paper prescriptions are associated with high error rates. Electronic prescribing is safer because it eliminates problems with handwriting legibility and, when combined with decision-support tools, automatically alerts prescribers to possible interactions, allergies, and other potential problems. Technicians still need to be worked out, but forecasters predict that by 2008 all health care providers should have plans in place to write prescriptions electronically.

5. Develop a rapport with your pharmacist. He or she can prove a wealth of knowledge on medications and answer any questions you may have concerning prescriptions or general health care.

6. Create a system at home that keeps medications organized according to when you need to take them. Some people prefer a pill organizer in which they distribute pills. When the cavity is empty, they've taken all the pills for the day. Others feel this presents confusion because the pills are taken out of their original bottles. A chart placed in the bathroom or where you keep your medications could prove handy.

7. If you notice any strange feelings or side effects in response to a medication, alert your doctor.

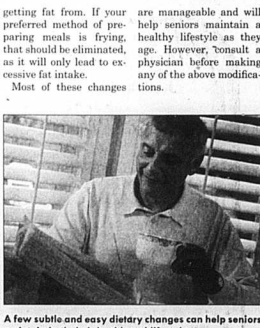
# Eating and the Elderly: Approaching diet as you age

(MS) — Parents often hear about the need for their children to eat a healthy and balanced diet. But what about the parents of those parents? As people age, a balanced diet remains important. For seniors, maintaining a healthy diet is very important as they head deeper into their golden years. Oftentimes, maintaining a healthy diet means making changes to your existing diet to counter the changes in body composition experienced as you grow older. Because your body will gradually lose bone and muscle while gaining fat as you grow older, these changes can go a long way to helping you maintain your current health.

- **Keep protein a part of your diet.** As people grow older, protein becomes more important, in large part because protein helps to maintain a healthy immune system and prevents the wasting of muscle. Discuss with your physician the various ways in which you can incorporate high quality proteins, such as fish, eggs and poultry, into your diet.
- **Make sure you're eating enough carbohydrates and fiber.** A diet with the right amount of fiber will help you avoid problems such as constipation. Carbohydrates are necessary, because they provide a good source of energy, something seniors need if they hope to maintain a more active and less sedentary lifestyle.
- **Continue to consume calcium.** Bone diseases such as osteoporosis can be the result of calcium deficiency, and most seniors will admit their calcium intake isn't what it should be. Since osteoporosis weakens bones and makes them more susceptible to breaking, consuming calcium is essential for seniors to avoid potentially debilitating breaks. Seniors who don't like the taste of milk or other dairy products, can consider a calcium supplement or regularly include broccoli, a good source of calcium, in their diet.
- **Drink enough water.** Dehydration is common among seniors due to the reduction in the body's overall water content. Regardless of their age, seniors should drink water with each meal. Oftentimes, low water levels in the body can result in fatigue. How much water you should drink depends on individual body weight, so consult with your physician and stick to his or her recommendations.
- **Don't eliminate fat entirely.** While it's important for seniors to limit their fat intake, fat remains an important energy source, so eliminating fat entirely is not a good idea. Low fat dairy products and lean meats are good sources of fat, which also provide necessary vitamins to maintain health. Also consider where you're getting fat from. If your preferred method of preparing meals is frying, that should be eliminated, as it will only lead to excessive fat intake.

Most of these changes are manageable and will help seniors maintain a healthy lifestyle as they age. However, consult a physician before making any of the above modifications.

A few subtle and easy dietary changes can help seniors maintain both their health and lifestyle.



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# LIFESTYLE

## Births

### Watkins announce birth of twins



Jason and Brandie Watkins of Paris, announces the birth of their daughter Arabella Marina Watkins and son Maxwell Aramus Watkins. Bella and Max were born on April 16, 2007 at Central Baptist Hospital. Bella weighed six pounds and one ounce and Max weighed six pounds and 15 ounces. Maternal grandparents are John and Bobbie Workman of Paris and paternal grandparents are George and Brenda Watkins of Carlisle.

### Kenneys announce birth of daughter

Alyssa Grace Kenney is thrilled to announce the birth of her new baby sister, Paige Brennan Kenney. Alyssa and Paige are the daughters of Shane and Shasta Kenney. Paige was born on April 16, 2007 at Central Baptist Hospital. She weighed seven pounds thirteen ounces and was 20 inches long. Maternal grandparents are Ronnie and Ketha Clark of Carlisle. Paternal grandparents are Terry and Janet Kenney of Carlisle. Maternal great-grandparents are Elaine Hardwick and Louise Clark. Along with her big sister Paige was also welcomed home by her special aunts Hannah, Katie and Lori and uncles Jared and Duane.



### Today's Weather

#### Local 5-Day Forecast

Thu 5/10	Fri 5/11	Sat 5/12	Sun 5/13	Mon 5/14
86/62	84/62	82/57	78/59	82/61
A few thunderstorms possible. Highs in the mid 80s and lows in the low 60s.	Partly cloudy with a chance of a shower.	Partly cloudy with a chance of a shower.	Partly cloudy with a chance of a shower.	Mostly sunny with a few clouds.
Source: Sunset 6:30 AM 6:38 PM	Sunrise: 6:29 AM 6:37 PM	Sunrise: 6:20 AM 6:35 PM	Sunrise: 6:11 AM 6:33 PM	Sunrise: 6:02 AM 6:31 PM

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### Kentucky At A Glance

Paducah 87/64

### Area Cities

City	High	Low	City	High	Low
Abingdon	86	60	London	86	60
Beaufort	86	60	Morehead	86	60
Cincinnati, OH	85	60	Murray	86	60
Cornopolis	85	60	Paris	86	60
Covington	85	60	Shelbyville	86	60
Cynthiana	85	60	Union	86	60
Danville	85	60	Wartburg	86	60
Elizabethtown	84	60	Wilmore	86	60
Evansville, IN	85	60	Yatesboro	86	60
Frankfort	85	60			

### National Cities

City	High	Low	City	High	Low
Atlanta	84	60	San Francisco	86	60
Boston	79	59	Seattle	86	60
Chicago	79	59	St. Louis	86	60
Dallas	79	59	Tampa	86	60
Denver	75	50	Wichita	86	60

### Moon Phases

Full Moon: May 2  
Last Quarter: May 15  
New Moon: May 28

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At dusk, all participants will share in a special luminaria ceremony to remember those individuals who have been affected by cancer. Candles will be lit in honor or memory of cancer patients and placed around the perimeter of the track. You are invited to support this effort by purchasing a luminaria in honor of a loved one who has been touched by cancer. Simply fill out the form below and mail your order to the address listed.

**Luminaria Order Form**  
Minimum Contribution: \$5 per name

No. of Luminaria	In honor of	Name of Person Being Honored
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
<input type="checkbox"/> 7	<input type="checkbox"/> 8	<input type="checkbox"/> 9
<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12

Your Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_

Please mail this form and donation to:  
Linda Juchter  
208 Clifney Drive  
Carlisle, KY 40311

Total amount enclosed \$ \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_  
Please make checks payable to the American Cancer Society.

By virtue of judgment and consent of the parties hereto, the undersigned have agreed to make enforceable... [Legal notice text follows regarding a judgment and consent between Whitaker Bank and Ray A. Snapp et al.]

Upon the sale of the above-mentioned property, the undersigned have agreed to make enforceable... [Additional legal notice text regarding property sale and enforcement.]

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