

Smile
Selection To Smile About

You Want It? We've Got It!

Spotlight Special

2004 Bee 3 Horse Trailer
with basic living quarters, white
Manager Has Reduced!
\$7,995

Spotlight Special

Several To Choose From!
READY TO RIDE!

07 Chevy Corvette

LOW MILES!
Dream Car!
Auto, Targa top, push button start, only 5k miles

08 Chevy Cobalt

GREAT MPG!
Best Deal!
4dr., auto, air, pw, pl, tilt, 10k miles, factory warranty

06 Pontiac G6

Red & Ready!
Sporty Ride
Call for deal of the week!
Pw, pl, tilt, cruise, auto, 37k miles

06 Chevy Colorado

Z71 PKG.
Best Deal!
Z71, 4x4, 5 sp., cruise, running boards, clean truck

06 Chevy Impala LS

NICE!
"Priced To Sell!"
Cruise, tilt, pw, pl seats, auto

03 SAAB 93

LOADED!
"Get It Today, Price Won't Last Long!"
4 door Sedan ARC., Keyless entry, all power, sunroof, tilt, heated seats, sunroof, alloy wheels, anti-theft

06 Chevy Silverado LT Turbo

DIESEL!
Call for Price!
Ext. Cab, K2500, auto, 4x4, pw, pl, pwr. seats, cruise, tilt

08 Hyundai Sonata

BALANCE OF FACTORY WARRANTY!
Priced Right! Call Today!
V6, pl, pw, cruise, tilt, 1 owner, off lease

04 Ford Freestar LT

VACATION TIME!
Excellent Value!
Cruise, tilt, pw, pl, leather, pwr. seats

05 Pontiac Sunfire

GAS SAVER!
Best Deal!
810 miles, 5 speed, manual steering

07 Pontiac Grand Prix

SHARP!
"Priced To Sell!"
Silver, 32,000 miles, auto, pwr. seat, pw, pl, cruise, tilt, tilt

05 Dodge Ram SLT

ONLY 54K!
"Get It Today, Price Won't Last Long!"
54,000 miles, cruise, auto, pw, pl

06 Ford Freestar

FAMILY RIDE!
Call for Price!
Pw, pl, pwr. seats, tilt, maroon, cruise, 64K, rear air

07 Dodge Caliber

SHARP!
Best Deal!
auto, pw, pl, 4cyl., tilt, good gas mileage

05 Chrysler Sebring Touring

BALANCE OF FACTORY WARRANTY!
Call for a Great Deal!
Pw, pl, tilt, cruise, auto, 37k miles

06 Buick Rendezvous CXL

LOADED!
Call Today!
3rd row seat, leather interior, rear air, sunroof, all pwr.

04 Ford F150 XLT

LOW MILES!
"Priced To Sell!"
55k miles, 4x4, pw, pl, 2 dr., cruise, tilt, running boards, auto

99 Ford Mustang

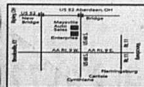
FUN CAR!
"Get It Today, Price Won't Last Long!"
6 cyl., auto, pw, pl

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BOURBON COMMUNITY HOSPITAL

Healthpoint

volume 2, issue 2 MAY 2009

FIGHTING ARTHRITIS

Ways To Keep This Incurable Disease Under Control

One in seven Americans has some form of arthritis. That's 30 million people, and the numbers are climbing as baby boomers grow older. Simply put, arthritis is inflammation of the joints. There are 143 joints in your body, and almost any joint in the body can be affected, but arthritis usually strikes on the hands, hips, knees, feet and spine. **Osteoarthritis** is the form of the disease most prevalent in people 60 and older. This degenerative joint disease occurs when there is a breakdown of cartilage in the joints. Cartilage is the rubbery material at the end of bones that functions as a kind of shock absorber to reduce friction within the joint. The less cartilage there is, the greater the pain. In the worst case, bones rub against bone. The pain and stiffness associated with osteoarthritis can be severe, even debilitating.

There is no known cure for osteoarthritis, but there are several remedies that can relieve or eliminate the pain. Consult first with your primary care physician, who can help you choose the right approach.

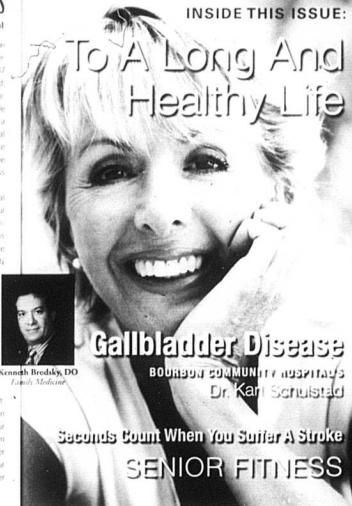
Losing weight is one of the simplest treatments for osteoarthritis because it reduces the stress on weight-bearing joints such as the knee or hip. Reducing a one-pound body weight, for example, reduces the force of an activity by another conservative treatment. If these simple measures do not relieve the pain, then it's time to consider other options, such as physical therapy, medication and even surgery.

A physical therapist can provide a customized exercise plan to strengthen the muscles around the joint, increase flexibility, and reduce pain. A physical therapist can also recommend medical devices such as shoe inserts, braces or splints designed to reduce pain. You might also consult an occupational therapist, who can provide the tools and teach you the techniques that reduce stress on your joints during daily activities. Ask your primary care physician for a referral to a physical or occupational therapist.

Medication is another available treatment. Taking acetaminophen (Tylenol) for example can often help with mild or moderate pain. Your physician may prescribe more potent pain-inflammatory drugs known as NSAIDs. For more severe cases of pain, corticosteroid shots or stronger prescription painkillers such as codeine can be suggested by your doctor. If none of these are effective, you may want to consider joint replacement surgery.

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To A Long And Healthy Life



Gallbladder Disease

BOURBON COMMUNITY HOSPITAL'S
Dr. Karl Schriestad

Seconds Count When You Suffer A Stroke

SENIOR FITNESS

MAKING COMMUNITIES HEALTHIER IN BOURBON AND SURROUNDING COUNTIES