

HEALTH DIGEST

Health fair

Temple-Community Partners in Faith will sponsor its sixth annual "Just do it ... for the Health of it" free health fair 10 a.m. to 2:30 p.m. May 15 at Our Lady of Guadalupe Catholic Church, 707 S. Sixth St. in Temple.

The event will offer screenings of blood pressure and blood sugar and immunizations as well as entertainment, food and door prizes. Booths will provide medical and legal consultations and information on services for the elderly, incapacitated and crisis pregnancies as well as information on social services, immigration, drug and alcohol abuse, health insurance, CHIP/Medicaid, job training services and more.

For more information, contact the Rev. Tom Chamberlain at 773-6779.

Matter of Balance

Two Matter of Balance classes are set to begin in the next couple of weeks.

The eight-part classes are designed to help people manage falls and increase activity levels.

Upcoming classes are:

■ 10 a.m. to noon, Tuesdays, May 4 to June 22, at the Central Texas Council of Governments Building, 2180 N. Main St., Belton.

■ 1:30 to 3:30 p.m., Tuesdays, May 4 to June 22, at Country Lane Seniors Community, 2916 Country Lane, Temple.

■ 10 a.m. to noon, Wednesdays, May 12 to June 30, at Hearthstone Cottonwood, 3002 Jack Rabbit Road, Temple. Reservations are required. Call 770-2334 for information.

Scleroderma

The Scleroderma Support Group meeting will be 2:30-4 p.m. May 16 at the North Austin Medical Center in Classroom 2C, second floor at 12221 MoPac Expressway in Austin. The speaker will be Dr. Kris Owens, DDS, periodontist. Refreshments will be served. For more information, call Julie Tefft at 512-863-0039.

HIV testing

Free HIV and syphilis testing is available through Central Texas Support Services in Temple. HIV education and prevention information is also available. For more information, email preventhivaid@aol.com or call 771-3352.

Blood drive

The BNSF Blood Drive will be 7-9 a.m. and 3-5 p.m. Friday at 2100 Baker Blvd. To sign up to donate, contact Derek Anderson at 771-4626. All May donors receive a free Texas blood donor T-shirt; a star-shaped magnetic refrigerator clip; a free appetizer from Texas Roadhouse and a chance to win pair of Six Flags tickets.

Doctors implement world's smallest heart pump

Cardiologists at Scott & White Healthcare have started using a new device to help some heart patients — the world's smallest heart pump.

The Impella 2.5 heart pump is a thin tube and a new tool for treatment of critically ill patients that are experiencing advanced cardiac failure or shock in recovering from heart attack or other injury. It is inserted without surgery

and pumps blood from the left ventricle directly into the aorta to improve overall blood flow to the body, easing the workload on the heart and allowing physicians time to consider appropriate options for care.

"This is for the patient who comes in experiencing severe shock, low blood pressure and impaired cardiac function," said Dr. Scott Gantt,

the chief of Scott & White's interventional cardiology section. "The whole purpose of this device is to improve overall blood supply to the body when the heart is not working well enough. It is a small, tiny pump, which helps increase the amount of blood coming out of an individual's heart by a little more than two liters."

As a temporary cardiac

assist device, the Impella 2.5 takes just a few minutes to insert in the hospital's cardiac catheterization lab. It can be quickly inserted into the heart's left ventricle through the femoral artery, into the ascending aorta, across the valve and into the left ventricle. The pump can remain in place for short-term support. As much as two and a half liters of blood are

delivered by the pump from the left ventricle heart chamber into the aorta.

"Many centers are starting to use this assist pump in hopes we can improve chances of survival for some patients," Dr. Gantt said. "The hope is it will support the patients in these extreme situations and give us some time to see if the heart will improve."

Classes explore age-old issues

BY JANICE GIBBS
TELEGRAM STAFF WRITER

There are a number of classes available through the Area Agency on Aging of Central Texas that tackle many of the problems faced by individuals as they age.

Those who have become caregivers for parents and spouses face any number of issues, as do the individuals who are living with chronic diseases.

Savvy caregiver

This is a training program for caregivers who are caring for a loved one who has Alzheimer's disease or other forms of dementia.

The program is based on the notion that family members who become caregivers assume a role — caregiver — for which they are unprepared and untrained. The role is usually built on their relationship with the person for whom they care, but the role is different from the relationship.

Classes are scheduled for 6-8 p.m. Wednesdays, May 5-June 9, Temple Business Incubator, 19 N. Main St.; Thursdays, 10 a.m.-noon, May 6-June 10, Sterling House, 3902 W. Adams Ave.; Fridays, 9-11 a.m., May 21-June 25, Gatesville Senior Center, 208 Lutterloh.

Savvy Caregiver Support "Come and Go" Group

Every Wednesday, 10 a.m.-noon, Area Agency on Aging of Central Texas, 2180 N. Main St., Belton. Call 770-2339 for information.

A Matter of Balance: Managing Concerns About Falls

This program consists of eight two-hour sessions designed to help older adults, 60 and over, reduce their fear of falling through group discussion, problem-solving strategies and increasing the physical activity levels of those who have concerns about falls.

The fall prevention classes are for those who:

- Are worried about falls
- Had a fall in the past
- Limit activities because of concerns about falling
- Are interested in improving flexibility, balance and strength

Classes can help you learn to:

- Control falls and fear of falling
- Increase your activity
- Reduce fall hazards in your home
- Build strength and balance

All classes are free. Classes have been going on in Central Texas for the last year and a half. They truly have changed how everyone looks at fall prevention and the fear of

falling. For information and registration, call Walter Langford at 770-2334 or walter.langford@ctcog.org.

New classes begin:

■ Friday, May 7, 9-11 a.m., Scott & White Clinic in Georgetown, 4945 Williams Drive. Limited to 12 participants. To register, 800-447-7169 ext 2334

■ Wednesday, May 12, time to be announced, Hearthstone Assisted Living, 3002 Jack Rabbit Road, Temple. To register, call 800-447-7169 ext 2334.

Taking Control of Your Chronic Illness

People with chronic conditions have similar concerns and problems and must deal not only with their disease, but also with the impact the disease has on their lives and emotions. Lay people with chronic conditions, when given a detailed leaders manual, can teach the workshop as effectively, if not more effectively, than health professionals.

The Chronic Disease Self-Management Program was developed at Stanford University Education Research Center and the Northern California Kaiser Permanente Medical Care Program.

The class meets once a week for six weeks for 2 and a half hours. Participants receive the "Living a Healthy Life with Chronic Conditions" book by author, Dr. Katie Lorig.

Next scheduled class begins 9-11:30 a.m., Wednesday, June 2, at Wildflower Assisted Living, 706 Red Coat Drive, Temple. Class size is limited to 20 participants. To register call, 800-447-7169 ext 2339.

Diabetes Self-Management Program

The class, beginning in June, will meet for 2 and a half hours once a week for six weeks. Participants will receive the "Living A Healthy Life With Chronic Conditions" book by author, Dr. Katie Lorig.

People with diabetes have similar concerns and problems and must deal not only with their disease, but also with the impact these have on their lives and emotions.

Powerful Tools for Caregivers



File photo

The Area Agency on Aging and other organizations in Central Texas have classes and support groups to help area residents maintain balance — both literally and psychologically — in their lives.

This six-week education program is for family and friends who are caring for older adults suffering from stroke, Alzheimer's, Parkinson's disease or similar long-term conditions.

The class provides the skills and confidence needed to better care for oneself while caring for others.

The class will begin in June and will meet for 2 and a half hours once a week for six weeks.

Additional services in the community.

■ UMHB Community Life Center, 717 College St., Belton.

This class provides affordable family, group and individual counseling for treating depression, anger control and relationship issues.

Respite services.

These services are designed to give caregivers of individuals with dementia or Alzheimer's disease some time for themselves.

■ Tuesday Solace, 1-4:30 p.m. Tuesdays, St. Francis Episcopal Church, Hickory and Stratford, Temple. Contact Dorothy Vitek at 939-2377.

■ The Thursday Club, 9:30-1:30 p.m. Thursdays, First Lutheran Church, 31st Street and Adams, Temple. Contact Jean Kitchens at 771-2942 or Joyce McKinney at 947-8198.

Eating Breakfast Boosts Weight Loss

BY RALLIE MCALLISTER, M.D.
CREATORS SYNDICATE

If you're skipping breakfast in an effort to slim down, it might be wise to rethink your weight-loss strategy. Studies show that folks who eat breakfast tend to be thinner and healthier than those who don't.

In a study of nearly 3,000 individuals enrolled in the National Weight Control Registry (NWCR), 78 percent reported

eating breakfast every day of the week. All NWCR subjects had maintained a weight loss of 30 pounds for at least one year. On average, the subjects had lost more than 70 pounds and kept it off for six years.

Skipping any meal — especially breakfast — seems to promote weight gain rather than weight loss, since breakfast-skippers are more likely to give in to mid-morning munchies or extra-large lunches.

The study included 52 obese women who were placed on a calorie-restricted diet and randomly assigned to one of two groups. The women in both groups consumed an equal number of calories each day, but one group ate breakfast while the other did not.

Women assigned to the breakfast-eating group lost an average of 19.6 pounds in three months. Those assigned to the breakfast-skipping group lost an average of 13.6 pounds.

The subjects who ate breakfast reported feeling less hungry later in the day. As a result, they ate fewer calories at lunch and dinner, and they were less likely to engage in mindless snacking throughout the day.

Eating protein-rich foods, such as eggs or nuts, at breakfast is an excellent way to help stabilize blood-sugar levels and stave off hunger for hours. Dietary protein also helps build muscle tissue, which burns far more calories than fat tissue, even when the body is at rest.

For some folks, getting out of bed each morning is a challenge in itself, but when it comes to boosting weight loss and overall health, investing a few minutes eating a nutritious breakfast is an excellent investment of your time.

Rallie McAllister, M.D. is a family physician, speaker, and co-founder of www.MommyMDGuides.com, a website featuring child-raising tips from trusted doctors who are also moms.



Robert Dunlop Ph.D.,
Audiologist

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