

# Hancock Health & Wellness

Hancock County Health Coalition

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## Prostate Screenings – She Nags, But You’ll Thank Her Later

*“I’m only going if I’m extremely sick.” “I’m healthy, and I have no reason to go to the doctor.” “I don’t have time to go to the doctor.” “I don’t like doctors.”* These are just four of the many reasons men give to avoid going to the doctor, according to a 2007 American Academy of Family Physicians online poll. Of the 1,100 men who participated in the survey, 69% said they had a spouse or significant other. Eighty percent of those who were ‘attached’ said their wife or significant other influence their decisions to go to the doctor. The efitnessnow.com website states, “If you’re married and often wish your wife would nag you less, perhaps you should thank her instead.

Studies show that married men are at a lower risk for prostate cancer.”

When should a wife or significant other nag their loved one to ask his doctor about prostate issues? A man who has an average risk of prostate cancer (with no male family members having had the disease) should begin the discussion with his doctor about prostate screenings at age 50. That age drops to 45 if a brother, father, or son has been diagnosed with prostate cancer before the age of 65, or if he is African-American. If more than one family member has been diagnosed, the talk with your doctor about screenings should begin at age 40.



September is  
Prostate Cancer  
Awareness Month

### Inside this issue:

Free KY Rx Card	2
Fall Prevention Conference	2
Eye Diseases in Adults	3
Walking Programs	3
Homemakers Stroke Presentation	3
Breast Cancer Awareness	4

## Prostate Cancer Statistics

According to the Centers for Disease Control, based on 2006 data, prostate cancer is the most common form of cancer in men.

Only lung cancer accounts for more deaths in men than prostate cancer.

Prostate cancer claims the lives of more than 41,000 American men each year.

In Kentucky, incidents of prostate cancer deaths increased by 8% between 2008 and 2009.

The lifetime odds of developing prostate cancer are 1 in 6.

99% of men diagnosed with prostate cancer that has not spread throughout the entire body survive at least 5 years.

### Register for a FREE Prostate & Limited Colorectal Screening

- Thursday, September 16th
- 5:00 - 7:30 p.m.
- Mitchell Memorial Cancer Center-OMHS
- To Register: Call 1-800-811-9162 or 270-685-7100

## Prostate Cancer Screenings (continued from page 1)

Screening tools to check for prostate cancer include the PSA blood test and the DRE exam, both of which are recommended by the American Cancer Society. The blood test checks the amount of Prostate-Specific Antigen (PSA) in the blood. If the PSA level goes up, so does your risk of prostate cancer. The DRE (Digital Rectal Exam) is performed by a doctor who manually checks the prostate for

irregular or firm areas.

The occurrence of prostate cancer rapidly increases after a man reaches 50 and 70% of all prostate cancers strike men age 65 and over. If you're a male between 50 and 70 years of age, you can register for a FREE prostate and limited colorectal screening on Thursday, September 16 from 5:00 to 7:30 p.m. at the Mitchell Memorial Cancer Center at

1020 Breckenridge Street in Owensboro. Each participant will view a 5-minute video, receive a clinical exam and PSA blood test, along with a take-home kit to detect colorectal bleeding. These screenings are being made possible by the American Cancer Society, the Kentucky Cancer Program, and the Mitchell Memorial Cancer Center, as well as local physician practices.

## Free Prescription Drug Card Launched in Kentucky

A new statewide discount drug card program called the Kentucky Rx Card has been launched. This program is free to all residents of the Commonwealth and will provide savings of up to 75% on prescription drugs, but savings should average around 30%. The Rx Card program has no restrictions to membership, no income requirements, no age limitations, and no

applications to fill out.

The program was launched to help uninsured and underinsured residents of Kentucky afford their prescription medications. It can also be used, however, by Kentuckians who have health insurance coverage with no prescription benefits, or those who have non-formulary or non-covered medications.

To download your free Kentucky Rx Card, go to [www.kentuckyrxcard.com](http://www.kentuckyrxcard.com). If you are unable to access the website, you can visit any CVS/pharmacy or Kmart location in Kentucky and ask the pharmacy to have your prescription processed through the Kentucky Rx Card program.

*Kentucky Rx Card is accepted at over 50,000 pharmacy locations across the country.*

## Making a Difference that Pays – Fall Prevention Conference

The Green River Falls Prevention Coalition is sponsoring a Fall Prevention Conference on September 22, 2010 from 12:00 Noon to 4:00 p.m. (CST). This conference will be held at the Owensboro Christian Church, Building E at 2818

New Hartford Road in Owensboro. The \$10 Conference Fee includes a lunch buffet and all conference materials.

Attendees could be eligible for 4.0 continuing education credits (CEU's).

Go to [www.healthdepartment.org](http://www.healthdepartment.org) for updated credit information and a brochure download. You must register by September 20<sup>th</sup> to attend. Call Don Crask at 270-852-5426 if you have questions.

## Common Eye Diseases in Adults – [www.preventblindness.org](http://www.preventblindness.org)

**Age-related macular degeneration (AMD)** is a leading cause of vision loss among older adults. The disease results in the loss of the ability to see fine details. Laser treatment can sometimes help control vision loss due to leaking blood vessels found in some cases of AMD, especially when treated early.

**Cataract** is a clouding of the eye's lens. Many people 65

and older have some degree of cataract. If the cataract causes vision loss, it can be surgically removed.

**Diabetic Retinopathy** is a complication of diabetes and causes blood vessels inside the eye to swell and leak. New abnormal blood vessels may start to grow. Controlling blood sugar helps lessen the risk of vision loss. Diabetics should have annual dilated eye exams.

**Glaucoma** is a disease that eventually causes vision loss by 'silently' destroying the optic nerve. When treated early, most cases can be controlled, thereby reducing the risk of vision loss and blindness. You are at high risk if you have a family risk of glaucoma, you're over 65, you're African-American and over 45, have diabetes, or you've had an eye injury, or you've been on long-term steroid drugs.

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## Walking Programs – Where do you start? (from About.com)

- 1) Get your doctor's approval first.
  - 2) Invest in a really good pair of sneakers.
  - 3) Plot your walking route in advance.
  - 4) Make a date with yourself and stick to it.
  - 5) Have a back-up plan in case of rain,
- like walking at the mall or using a walking video in your home.
- 6) Begin with 10 minutes 3 times each week and increase by 5 minute intervals as you gain strength.
  - 7) Increase your frequency to 5 times each week.
- Tips:
- a) Choose your walking surface wisely, whether it's gravel, sand, pavement, or the mall floor.
  - b) Be ready for a little soreness.
  - c) Be sure to stretch before you walk, when you've reached a 30 minute walk routine.



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## Hancock County Homemakers Annual Meeting – 9/20/10

The Hancock County Health Coalition will be making a presentation to the local Homemakers group at their annual meeting about the risks and signs of strokes. The presentation will include a short video of F.A.S.T., an easy way to check for signs

of a stroke in a friend or loved-one.

F is for Face. Does it droop on one side when they are asked to smile?

A is for Arm. Does one arm drift downward when they are asked to raise it?

S is for Speech. Is their

speech slurred or strange?

T is for Time. It's time to call 9-1-1 or get them to the hospital if the person exhibits any of these symptoms.

If your group would like to see a health-related presentation, contact Pam Ramsey at 927-9063.

# Hancock County Health Coalition

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The Hancock County Health Coalition was formed in January of 2009 to raise awareness about health issues in our community. We have sponsored or collaborated with other agencies to provide the following events and activities since that time:

- \* 2009 and 2010 Heart Health Luncheons
- \* 2010 Colon Cancer Awareness Luncheon
- \* 2010 Stroke Awareness Ladies' Tea
- \* 2009 and 2010 Longest Day of Play
- \* 2009 and 2010 Back to School Bash

Our future plans include:

- \* Breast Cancer Awareness Lunch & Learn – October 2010
- \* Prostate Cancer Awareness Breakfast – December 2010
- \* *"We Can@"* 3 Parent Fitness & Nutrition Classes – Fall/Winter 2010
- \* *"We Can@"* Student Fitness & Nutrition Classes – Fall 2010
- \* Development of a Youth Health Council – Fall 2010

The Hancock County Health Coalition also publishes weekly articles in the Hancock Clarion which reaches approximately 3,000 households.

## "Raising Awareness for a Bright Future"



## Breast Cancer Awareness Month is Coming – October, 2010

The Hancock County Health Coalition Breast Cancer Awareness Committee has planned many activities in observance of Breast Cancer Awareness Month:

Breast Cancer Awareness Day at Bill's on the Hill IGA in Hawesville – Look for the big pink pig and pig petting zoo, and informational booths as well as free hot dogs and sodas on Friday, September 24<sup>th</sup> from 10:00 a.m. to 4:00 p.m.

As part of the "Paint the Town Pink" campaign, you will notice pink shopping bags around the county to

draw further attention to the breast cancer cause.

Paint the Town Pink – The deadline to display pink ribbons and logos for Breast Cancer Awareness month is Friday, October 24<sup>th</sup>.

Breast Cancer Awareness Lunch & Learn – October 8<sup>th</sup> from 12:00 to 1:00 p.m. at Hawesville United Methodist Church – Attendees must register by emailing Holly Simpson at: [partners@hancockky.us](mailto:partners@hancockky.us), or calling Holly or Lorri at the Career Center at 927-8066 by Friday, October 1, 2010. This event is sponsored by Perry County Memorial

Hospital, the Susan G. Komen Breast Cancer Foundation, KY-ASAP, and the Hancock County Health Coalition.

Breast Cancer Survivors Dinner – October 23<sup>rd</sup> at 6:00 p.m. at the Hancock County High School – Watch for more information in the Hancock Clarion as the event date nears.

If your group would like to be involved in these or other breast cancer awareness activities, please call Rita Stephens at 927-8434 or Pam Ramsey at 927-9063.