

Keep your heart healthy

You get lots of hearts in February—chocolate hearts, lace hearts, hearts covering a message from your valentine. But you only have one heart to keep healthy.

Physicians at the Linda and Jack Gill Heart Institute at the University of Kentucky remind you that the following dietary and lifestyle habits can help keep your heart healthy.

- Do not smoke or live with a smoker.
- Limit fat and cholesterol in diets.
- Control weight and blood pressure.
- Be aware of family history, particularly of heart attacks at an early age.

Exercise. Stay active, such as walking briskly, biking, jogging or swimming several times a week.

If you do have a heart attack, it is important to seek medical attention as soon as possible. Symptoms of heart attacks or heart disease can include a feeling of fullness, pressure or discomfort in the center of the chest, neck, jaws, shoulders, arms, elbows or upper back. Some people also experience apprehension, sweating and nausea.

Researchers at the University of Kentucky Linda and Jack Gill Heart Institute are working to find ways to repair damaged hearts and keep hearts healthy.

"The Institute is dedicated to the mission of providing excellent cardiovascular care, educating cardiovascular professionals, and advancing knowledge of cardiovascular disease for the purpose of identification, treatment and prevention," said Alan Daugherty, Ph.D., associate professor of internal medicine and physiology, UK College of Medicine, and director of atherosclerosis research at the Gill Heart Institute.

The Gill Heart Institute soon will have an 87,000-square-foot, five-story, state-of-the-art facility located near the front of the UK Hospital Emergency Department. The building, which is expected to cost as much as \$22 million, should be completed in 2001. Linda and Jack Gill of Houston, Texas, donated \$5 million in 1997 to help build the facility and fund professorships.

Cardiovascular research is particularly important to Kentuckians because people living in the nine states in the Mississippi and Ohio River valleys have a higher risk of dying

from coronary heart disease than people in the rest of the country. This increased risk has led to the area being called "Coronary Valley."

Cardiovascular epidemiologists and other experts who attended the Coronary Valley Symposium in April 1998 concluded that this increased risk was due to diet, lifestyle, high blood pressure and diabetes—all manageable factors.

With that conclusion in mind, starting in Clay County, researchers from the UK Chandler Medical Center are running the Coronary Valley Project to try to identify people who are at high risk for coronary heart disease. The goal of the project is to examine whether community-based screening and education initiatives can prevent coronary disease in whole communities.

Other active areas of cardiovascular research at the Medical Center

include atherosclerosis (narrowing and hardening of the arteries), treatment of heart failure through clinical trials, and studies of devices for treating heart arrhythmias.

"Our research in atherosclerosis has implications not only for developing new treatments for preventing heart attacks and reducing cholesterol, but also in preventing aortic aneurysms," Daugherty said.

Jay Mason, M.D., chair of the Department of Internal Medicine, UK College of Medicine, said he plans to continue building the cardiovascular research programs at the Medical Center, especially in the areas of cardiac arrhythmias and congestive heart failure.

"While we have strong clinical programs in these areas, we need to build basic research programs as well," Mason said.



Rockcastle County Judge-Executive Buzz Carloftis and road worker Carlos McClure load a loveseat onto a county truck during last week's Commonwealth Clean-up. During the four day clean-up four illegal dumps in the southern part of the county were cleaned up.

Lambert expresses appreciation

Chief Justice Joseph E. Lambert, of Mt. Vernon, has expressed his appreciation to the General Assembly for Monday's passage for the Senior Status Special Judge Act, HB 439. Commenting on the Act Lambert said: "A chronic problem in

American courts is backlog and delay. This act will go a long way toward solving this problem in Kentucky. Under the Act, there will be a pool of recently retired judges available for temporary assignment whenever and whenever a need exists and

the cost to Kentucky taxpayers will be far less than creating new judgeships to meet the need.

"It is my duty as Chief Justice to be a good steward of the people's money. It is also my duty to assure that the Kentucky Court of Justice fulfills its constitution mission by providing prompt, high quality legal decision-making. The citizens of Kentucky have a right to be heard in court without delay due to case backlog. This Act will help Kentucky continue as a national leader in judicial administration," Lambert said.

"Greenwood"

(Cont. from front)

will bring to this show," Peterson said.

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THE NATIONAL WILD TURKEY FEDERATION'S LOCAL CHAPTER WILDCAT MOUNTAIN LONGBEARDS MOUNT VERNON, KY

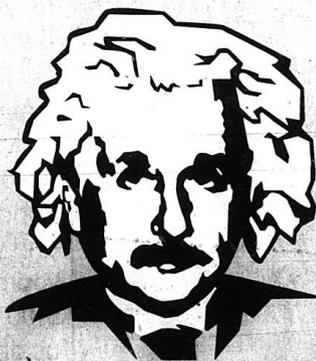
WILL HOST A TURKEY SEMINAR AND NON-SANCTIONED CALLING CONTEST CONDUCTED BY Anthony Brown and Jeff Noel with Knight and Hale Game Calls

WHERE: ROUNDSTONE ELEMENTARY

WHEN: SATURDAY, APRIL 1st
BEGINNING 10:00 A.M.

COST: \$3.00 PER PERSON FOR SEMINAR. ENTRY FEES FOR CALLING CONTEST \$5.00 AND \$10.00

PRIZES/TROPHIES WILL BE AWARDED FOR FURTHER INFORMATION CALL: LARRY HENSLEY 256-9481; MIKE MCCUIRE 256-5184; JOAN GARRISON 558-8038; JERRY MARTIN 453-9906 OR TONY MAHAFFEY 256-4885



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