

Marcum & Wallace Honored With KHA Quality Award

Marcum & Wallace Memorial Hospital (MWMH) was recently honored with the Kentucky Hospital Association (KHA) Quality Award. This award is presented to honor hospital leadership and innovation in quality, safety and commitment in patient care.

In the Critical Access Hospitals (acute care hospitals with 25 beds or less) Category, MWMH was chosen for the hospital's Project HOME Network Community Lung Cancer Screening Program.

The Project HOME (Helpful Opportunities for Medical Care Enhancement) Network is a rural health network comprised of 14 agencies in two counties. The aim of the network is to improve the health of the community through collaboration with other health care agencies.

"We are dedicated to improving the health of our community," said Susan Starling, MWMH President & CEO. "One way we can do this is through cancer screening and early detection. It's an honor to be recognized for our efforts."

In 2013, the United States Preventative Services Task Force (USPSTF) developed recommendations for annual screening for lung cancer with low-dose computed tomography.

Kentucky has one of the highest death rates from lung cancer in the nation, and the area that MWMH serves has an even higher lung cancer death rate, so lung cancer screening is even more important for the community. Because of this project, patients living in the rural area can receive a high quality, comprehensive lung cancer screening without the need to travel to a large urban hospital.

"As of March 2015, 43 patients have been accepted into the program," said Sharon Whitaker, MWMH Director of Radiology. "Of those patients, two were positive for cancer and referred to the cancer team at the University of Kentucky



Marcum & Wallace Hospital Director of Radiology, Sharon Whitaker, accepts the 2016 Kentucky Hospital Association (KHA) Quality award from KHA Board Chairman Kevin Halter. Marcum & Wallace received the award for the Lung Cancer Screening Program.
(Photo and story courtesy of Arielle R. Estes)

Markey Cancer Center."

Marcum & Wallace Hospital (MWMH) in Irvine became a designated CT Lung Cancer Screening Center by the American College of Radiology (ACR) in October in 2015. For more information about a lung cancer screening, speak to your primary care provider.

Founded in 1956, MWMH is a licensed 25-bed Critical Access Hospital providing inpatient acute care, outpatient services, emergency services with a Level IV Trauma Center, and primary care with clinics in Irvine, Beattyville and Clay City. MWMH is characterized by its family-centered care, community involvement, and progressive ideas

in healthcare. MWMH is recognized by Becker's Hospital Review as a top "100 Great Community Hospital" and "6th Cleanest Hospital in Kentucky." MWMH has extended the healing ministry of Jesus by improving the health of our communities for more than 50 years and is a major source of jobs for the region. MWMH has modern facilities, state-of-the-art equipment, highly-skilled professional personnel and a medical staff that offers primary care and a wide range of specialty services. MWMH is a member of Mercy Health, one of the largest Catholic healthcare systems in the nation. For more information, visit www.marcumandwallace.org

Kitchen Diva Measuring Your Health

Even in the 21st century, with all of the high-tech gadgets that are available to monitor our health, a tape measure can be quite telling. We have seen the emergence of powerful electronic devices equipped with sophisticated sensors that check our heart rate, blood pressure, steps, etc. The tape measure is not as widely used, but it can reveal a lot, too.

Research shows that waistline measurement is a good indicator of diabetes risk and is generally more accurate than body mass index (BMI) readings. This is because belly fat deposited around the waist invades the spaces between our organs, causing insulin resistance.

Here are a few other indicators of insulin resistance that are causes of pre-diabetes and diabetes:

* **Waist size:** According to the National Institutes of Health, a waist size greater than 35 inches for women or 40 inches for men increases the risk of diabetes. To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. The tape measure usually will pass within an inch or so of your belly button. Measure your waist just after you breathe out.

* **Belly fat:** Scientists believe that belly fat increases insulin resistance because of its proximity to the portal vein, which carries blood from the intestinal area to the liver. Substances released by belly fat (visceral fat), including free fatty acids, enter the portal vein and are transported to the liver. Studies show that waistline measurements are directly linked with higher levels of total cholesterol and LDL (bad) cholesterol, lower levels of HDL (good) cholesterol, and insulin resistance/diabetes risk.

Insulin, a hormone made by the pancreas, moves glucose or sugar generated from the food we eat out of the bloodstream and into the body's cells, where it is either burned for immediate energy or stored for later use.

Insulin resistance occurs because of problems with the cells that prevent sugar from entering. This causes the pancreas to produce more and more insulin to solve the problem. Our blood sugar may gradually stay higher than normal.

Studies also demonstrate that healthy fat tissue acts as an active "organ," releasing a variety of bioactive proteins into our blood. Adiponectin is one of these important proteins. It increases fat breakdown to release energy, which lowers the number of free fatty acids in the blood and improves our cells' response to insulin. However, excessive storage of fat, especially around the organs, reduces adiponectin production, increasing our risk for insulin resistance and other health problems.

* **Age, ethnicity and family history:** If a parent, sister or brother has been diagnosed with Type 2 diabetes, there is higher risk for family members.

* **Other risk factors:** Researches indicate lack of sleep, improper diet, certain medications and lack of exercise as possible causes for extra belly fat. Moreover, experts agree that excess abdominal fat is really dangerous and puts you at high risk for developing many serious diseases. People with excess belly fat are at greater risk of heart disease, high cholesterol, sleep apnea and diabetes.

Choosing a plant-based diet will help you boost immune function and also help you get a toned, flat stomach. Smoothies are an easy and delicious way to incorporate more belly fat-fighting fruits and vegetables into your diet. Try this recipe for my Belly Fat-Busting Smoothie, and drink your way to a flat stomach!



BELLY FAT-BUSTING SMOOTHIE

- 1/2 large, ripe avocado
- 1/2 banana
- 4-ounces spinach, fresh or frozen with liquid
- Juice of 1 large grapefruit
- Juice of 1 lime
- 1/4 inch thumb of ginger, peeled and grated
- 8 mint leaves
- 1/3 cup ice water

Combine all ingredients together in a blender. Process well until it reaches a smooth, thick consistency. Pour in glasses and drink immediately. Makes 2 (8-ounce) servings.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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Estill Extension Hosts Free Summer Meals

The Estill County Extension Office, under the direction of 4-H Extension Agent Isaac L. Hollon and Extension intern Amber Hargis, will be hosting a summer feeding program in cooperation with God's Pantry of Lexington.

There are three lunches being hosted: Tuesdays at 11:00 a.m. at the Estill County Cooperative Extension Office on Golden Court off Stacy Lane Road, Tuesdays at 1:00 p.m. at

St. Timothy's Outreach on Barnes Mountain Road, and Wednesday at 12 at the Cobb Hill Volunteer Fire Department on Watson Ridge Road.

Children 18 and under will receive a bagged lunch and farm to table programming. Our SNAP-ED assistant, Jessica, will be doing programming with the adults who wish to participate. These lunches are going from now through the last week of July.

Four Local Students Graduate Cumberland

On Saturday, May 7, University of the Cumberland conferred 745 degrees, including four from Estill County, during their annual commencement ceremony: 200 bachelor's degrees, 487 master's degrees, and 14 doctorate degrees. The degrees conferred also included three associate's degrees and 41 education specialists.

Graduates from Es-

til County include Austin Moore of Irvine, earning a Master of Arts in Teaching degree in Social Studies; Elizabeth Muncy and Neysa Puckett, both of Ravenna, and both earning a Master of Arts in Education degree in Literacy Specialist P-12; and Kristen Wilson of Irvine who earned a Master of Arts in Education degree in Read Write Specialist P to 12.

Local Police Log

A South Irvine resident has been arrested on a felony for not paying child support. James Garrett Rose was arrested on a warrant Monday, June 6 by Deputy Russell "Doc" Morris.

■ Iva Donna Wallace, 44, of Church Street, Irvine was charged with public intoxication and criminal mischief third on June 10. The citation states this occurred during an ambulance ride to Marcum & Wallace Hospital.

■ Eric D. Cox, 39, of Edgewater Drive, Irvine was served a bench warrant June 9 for failing to appear in Estill Circuit Court on diversion charges.

■ Three bench warrants from Madison County Circuit Court were served on Jimmy G. Marcum, 46, of Richmond Road, Irvine on June 7 by Irvine Officer Sam Hensley.

■ The theft of a lawn mower was reported by Carrie Smallwood of Hudson Mill Road, Irvine on June 5. She told Deputy Russell "Doc" Morris the John Deere riding mower was parked in her driveway. She had someone coming to put a belt on it. She left home and when she returned, the mower was gone.

■ Marsha Jones of South Irvine Road reported a break-in at her residence on June 7.

When she returned home, she noticed that her front door was open.

Deputy Morris said the door had been kicked in and the frame was damaged. Jones did not report anything missing.

A neighbor saw a white Jeep at the residence.

■ Karen K. Smith of Iron Works Road was arrested June 9 by Deputy J. Daniel Smith after she was involved in a collision on Iron Works Road.

The deputy charged the woman with operating a motor vehicle under the influence of alcohol and/or drugs.

Bailiff Glenn Carroll later served a bench warrant on Ms. Smith.

Until They All Come Home ...

VETERANS POST by Freddy Groves

A World War II aircraft missing since July 1944 has been located in the Pacific. The Navy TBM-1C Avenger was found by Project RECOVER, a group whose purpose is to use advanced high-tech methods to find missing-in-action Americans and aircraft.

This aircraft, found in 85 feet of water in a lagoon near the Pacific Island of Palau, is only one of what might be dozens of U.S. planes and the remains of 80 American airmen, all hidden in the coral reefs and mangrove forests.

The players in the Project RECOVER consortium are all big names: University of Delaware's College of Earth, Ocean and Environment; Scripps Insti-

tution of Oceanography at the University of California San Diego; and the BentProp Project, a non-profit that's been searching for MIAs for two decades.

The technology used would be impressive even if the work isn't being done on the ocean floor: scanning sonars, cameras, unmanned aerial systems, diver propulsion systems and underwater robots. They study currents and climate, historical data and firsthand accounts ... all to try to determine where a missing aircraft might be. In the past the group has located a downed Corsair fighter off Palau and a F6F Hellcat.

It's thought that there are 78,000 service members missing around the

globe. Once information is discovered, it's sent to the Department of Defense's POW/MIA Accounting Agency so the families can be notified.

Patrick Scannon, founder of the BentProp Project, part of Project RECOVER, describes his feelings about finally locating sites under the sea, "We've found the temporary tomb of Americans who've been missing in action for a long, long time. It is a privilege to be there ... so that the families can understand the fate of their loved ones."

To learn more, see bentprop.org, scripps.ucsd.edu/projects/projectrecover and the film "Last Flight Home" on Amazon Prime.

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