

TRH first in the state to implement twiage system to improve prehospital and emergency room care

Taylor Regional Hospital will introduce TWIAGE System, a cloud-based platform for prehospital notification of impending ambulance arrival, across its network beginning June 29th. The secure tool streamlines and shares patient information, including EKG transmissions, photographs and video feeds with Emergency Room physicians to provide a complete picture of all incoming ambulances on one central platform – all before the patient arrives at the hospital. TWIAGE allows first responders and phy-

sicians to accelerate life-saving critical care and better allocate hospital resources to improve patient experiences and outcomes. “This advanced and secure technology puts telemedicine at the fingertips of emergency first responders and physicians to accelerate life-saving patient care. EMS providers in Taylor, Marion, Adair and Green Counties can seamlessly relay real time patient information directly from our EMS partners to our Emergency Department at Taylor Regional Hospital. TWIAGE will assist our

Medical Center to more quickly manage resources for patients who are experiencing stroke, heart attack or trauma. TWIAGE will provide real-time, on the scene communication so that hospital care can start even sooner. Real time speed and information saves lives when responding to emergencies. Our additional cost and investment in TWIAGE is important to me and the excellent staff at Taylor Regional Hospital. We want the very best Emergency care for this great community and the entire region.” stated Joseph G.

Hugar President and CEO of Taylor Regional Hospital. The HIPAA-compliant, secure TWIAGE platform can be used on any mobile device by first responders. Taylor Regional Hospital employees and community-based personnel have been trained on the platform. Renee Taylor, EMS Director, stated, “I feel that TWIAGE will assist in expediting information to the hospital. By standardizing the process, there will be little room for error and there will be documented patient care before

we even arrive to the ER. By using this app, we can keep vital patient information off the radio. Standardizing the process will be the big change; everyone calls in report differently, with TWIAGE, it will all be called in the same.” Chris Taylor, Chief and Executive Director of Fire-Rescue-EMS, added, “Campbellsville Fire-Rescue and EMS is excited to be able to be partner with Taylor Regional Hospital with the use of TWIAGE. This new technology will assist with emergency department staff

by having accurate pre-hospital patient information on a secure HIPAA-compliant platform. We can actually send pictures of EKG strips, pictures of trauma injuries and patient information to speed up the ER process. This will decrease EMS wait times and increase efficiency. Emergency department staff will also be able to have real time GPS-estimated time of arrival for incoming medic units. The TWIAGE system will aid in situational awareness and coordination which will be a positive result for our patients.”

The brain needs proper diet and exercise; it's something to remember in June, Brain and Alzheimer's Awareness Month

By DR. GREG JICHA
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Healthy brain aging is a concern for all of us. June is recognized as Brain and Alzheimer's Awareness Month. It's normal to struggle with small things such as recalling names — and we all experience some slowing of the thought processes with advanced age — but everyone hopes to avoid serious cognitive impairment.

Some cognitive difficulties, such as Alzheimer's disease, have underlying pathological causes that we are still working to understand. However, we know that brains can also lose function simply through poor physical, mental and social health. Many of the

causes of cognitive decline are preventable. Just as we create exercise regimens for the body, we should create a routine for brain health. As a general rule, what is good for heart health is good for brain health. Getting regular exercise, eating well and maintaining a healthy weight all promote a healthy brain. People of all ages, particularly seniors,

benefit from leaving the house, engaging in learning activities and having an active social life. It is important to commit to a schedule that encourages all of these healthy brain aging activities. Summer, in many ways, is an ideal time to set up a routine for healthy brain aging. Warm weather offers the opportunity to get physical exercise through gardening

and walking. Many community organizations offer summer classes in dance, photography, art, music and other hobbies. Summer also is the season of farmers markets and fresh produce. Fresh fruits and vegetables contain compounds called plant polyphenols. These compounds, which help plants fight off disease, have been observed in animal models to extend lifespan by promoting general cellular health. Blackberries, raspberries, blueberries and red wine are all good sources of polyphenols. Anyone interested in healthy brain aging also can practice “neurobics.” These “aerobics for the brain” are activities that can be thrown into the daily

schedule on a whim. Examples include taking a different route home, shopping at a different grocery store, or purposely driving or walking through an unfamiliar neighborhood. These simple activities activate areas of the brain as the person navigates unfamiliar territory. Social engagement is key for seniors, who might find their social circle shrinking as friends and relatives move, develop serious illness or die. Senior centers offer social activities. Something as simple as gathering with others for a regular card game can help keep the cognitive functions of the brain sharp. For some seniors, moving into a

senior-living community is ideal, because it provides increased opportunities for structured activities and socialization with peers. Through socialization, hobbies, lifelong learning, healthy eating, physical activity and challenging their brain on a daily basis, most people have the capacity to achieve healthy brain aging. I have seen some patients reverse mild cognitive impairment simply by adopting a healthier lifestyle — so it's never too late to encourage healthy brain aging. Greg Jicha, M.D., Ph.D, is assistant professor of neurology in the University of Kentucky College of Medicine and UK's Sanders-Brown Center on Aging.

Laugh About It Reap the many health benefits of a good laugh

METRO CREATIVE CONNECTION

Most people have heard the adage that “laughter is the best medicine.” There are many indications that laughter can be beneficial to the mind and body, and that the perks of laughter and humor are far-reaching. Various professionals have studied the clinical benefits of laughter, including Dr. Lee Berk and Dr. Stanley Tan at Loma Linda University in California. Here is what these experts say in regard to the benefits of a few good belly laughs.

Boosts the immune system
A 2016 study titled “The Laughter Prescription” and published in the American Journal of Lifestyle Medicine found that the amount of laughter a person experiences is related to the immune system's ability to fight off infections, among other benefits. The study references additional research that indicated spontaneous (not forced) laughter boosts the immune system by increasing natural killer (NK) cell

activity. Levels were measured after participants watched a one-hour humorous video. NK cells are lymphocytes with a unique ability to kill a broad spectrum of cancerous and virus-infected cells, according to the National Institutes of Health. Laughing out loud improves immune system function and increases heart rate and oxygen levels.

Lowers blood pressure
Individuals who laugh often have lower blood pressure than those who laugh less often. Lower blood pressure reduces the risk for stroke and heart attack.

Helps heal the brain
Laughing can help reverse symptoms of grief or depression by increasing the pleasure-enhancing neurochemicals in the brain, according to the Dr. Sears Wellness Institute. A good laugh also may help people recovering from chronic illnesses by helping to alleviate fear and anxiety that could otherwise preoccupy the mind.

Suppresses stress hormones
Drs. Berk and Tan found that the stress hormones epinephrine and cortisol decrease following laughter. Laughter may help people feel less stressed and overwhelmed.

Provides a small body workout
Hearty laughter can exercise the diaphragm, contract the abdominals and even work the shoulders and muscles in the face. Laughter also gets the heart pumping at a rate that burns a similar amount of calories per hour as walking slowly.

Provides natural pain relief
Research suggests that laughter decreases inflammation that may contribute to pain. Researchers at the University of Maryland found that laughing also increases blood flow, which may help to reduce pain as well. Finding ways to laugh more is an easy and fun way to improve overall health.

Take steps toward financial freedom

Next week, we observe Independence Day, an opportunity to celebrate all the liberties we enjoy in this country. Of course, there are different types of freedoms — such as financial freedom, which can open the doors to many other opportunities. What steps can you take to gain your financial independence?

Here are a few suggestions:

- Save, invest ... and repeat. There's really no shortcut to achieving financial freedom — you do have to save and invest for many years. And that means you should take full advantage of the opportunities available to you. If you have a 401(k) or similar retirement plan at work, try to put in as much as you can afford each year, and when your salary goes up, increase your contributions. Even if you have a 401(k), you may also be eligible to fund an IRA. Both a 401(k) and an IRA offer tax benefits and an array of investment options, so they are powerful retirement savings vehicles.
- Invest for growth. How much you invest is obviously a key factor in reaching your financial freedom. But how you invest is also important. If you're going to accumulate the resources you need to retire comfortably and meet your other financial goals, you will need to devote a reasonable percentage of your investment dollars to growth-oriented vehicles, including stocks and stock-based mutual funds. Of course, these investments will fluctuate in value, so you'll need to be prepared to accept a certain level of risk. Your individual risk tolerance will help determine how much of your portfolio should be devoted to growth investments.
- Put financial windfalls to work. Whenever you receive a financial



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windfall, such as a bonus from your employer, a tax refund or even an inheritance, consider putting some of it to work in your investment portfolio. Over time, these windfalls can add up.

- Reduce your debts. It may be easier said than done, but try to reduce, or eliminate, as many debts as you can. The less money you have to pay each month on your debts, the more you'll have available to save and invest. Of course, some debts, such as your mortgage, can't be easily erased, but if you can find ways to cut down on spending, you may be surprised at how much progress you can make toward debt reduction.
- Prepare for the unexpected. Life is unpredictable — and some unforeseen events could threaten your ability to achieve, and maintain, your financial independence. For example, if you were unable to work for a while due to illness or injury, you might be forced to dip into your savings and long-term investments just to help meet your cost of living. You can help protect yourself from this risk by building an emergency fund containing several months' worth of living expenses, with the money kept in a liquid, low-risk account. And you may want to consult with a financial professional to learn about other protection strategies.

It will take a concerted effort to reach your financial independence — but, like all freedoms, it offers immense benefits.

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