



For the *health* of it

Community Health Charities' quarterly news

BIKE, SHOP, WALK & GOLF FOR HEALTH

Walk MS 2009

The Kentucky Southeast Indiana Multiple Sclerosis Society is holding a walk on April 11 at Waterfront Park in downtown Louisville. For more information call 502.451.0014 or email walkMSky@kyw.nmss.org.

Blue Hydrangea Tea Party

Ovarian Awareness Kentucky is hosting a progressive tea party at the LaGrange Historic Shopping District on April 19 from 1 to 5 p.m. To purchase tickets for \$10, call 502.225.5800.

Golfer's Gauntlet

On April 20, the Epilepsy Foundation will host the Golfer's Gauntlet in Sellersburg, In. This is a one-of-a-kind tournament that will test your skills with different challenges throughout the course. For more information call 502.584.8817.

Tour de Cure

The American Diabetes Association will host their annual bike ride on Saturday, May 16. Whether you are an avid cyclist or a leisure rider, you will enjoy this Tour! [Sign up here.](#)

Stroke Awareness Day

On May 30 from 10 a.m. to 2 p.m. the Stroke Association will be hosting a Health Fair at Mall St. Matthews in Louisville.

[Check out additional upcoming events on our website!](#)

LOCAL LEADER IN HEALTH INDUSTRY AWARDED FOR CONTRIBUTIONS

President and CEO of SHPS, Rishabh Mehrotra, received the 2009 Community Health Leadership Award in March.



Community Health Charities of Kentucky presented this year's award to Rishabh for his numerous contributions to improving health care.

Rishabh was named President of SHPS in 2006, bringing 19 years of experience in health care, benefits and information technology with him. Rishabh was described as a "visionary" by Managed Healthcare Executive for his thought-leading publications.

In 2007, Rishabh coauthored the book, "Making Medicaid Work," with former Speaker of the House Newt Gingrich. The book provides a framework for a Medicaid system that delivers high-quality, efficient and cost-effective health care to everyone.

Since Rishabh assumed the position of President and CEO, SHPS has significantly increased its community involvement. This increase is a testament to Rishabh's fundamental belief that SHPS has an obligation to

support and enrich the communities in which it operates.

Each of the 23 member charities were also able to recognize an Outstanding Volunteer of the Year at the event.

CHURCHILL PONIES UP FOR BREAST CANCER



Churchill Downs will donate \$1 of each Kentucky Oaks ticket sold to Susan G. Komen for the Cure and the fight against breast cancer.

The May 1 event will include a survivor's parade, a fashion contest, and selected survivors will form a first-ever Kentucky Oaks winner's circle after the race. Bravo TV will be broadcasting the sporting event live.

Oaks attendees are being asked to incorporate some pink into their attire. Pink is the official color of the Komen organization and of the Oaks.

[Purchase your tickets now!](#)

HEALTH IN THE HEADLINES

A new report **alzheimer's association** by the national Alzheimer's Association projects a 31 percent increase in Alzheimer's disease patients in Kentucky over the next decade and a half.

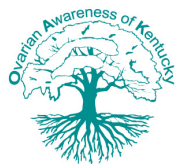
The report, titled "2009 Alzheimer's Disease Facts and Figures," predicts

that 97,000 Kentuckians will have Alzheimer's by 2025, a 31 percent increase from 2000. The report predicts that, in Indiana, the Alzheimer's population will increase to 120,000 by 2010 and 130,000 by 2025.

[Read the entire article.](#)

A SURPRISING DIAGNOSIS

I was sitting in my cubicle at work one Friday afternoon in August, 2001 when I received a call from my gynecologist. He advised me that the tests he had ordered indicated that I may have ovarian cancer. That is where my cancer journey began.



I had surgery and the doctor's initial diagnose was corret, I had ovarian cancer. We had very little cancer in our family, heart disease, yes, but not cancer, so it was a real shock for me.

In searching for information on the disease, I learned of a support group for women with gynecologic cancers in Louisville, O.A.K. (Ovarian Awareness of Kentucky). I attended my first meeting in December of 2001. Since that time O.A.K. has become a part of my life.

I have gained so much information and strength to fight this disease from the other women in our group that I can't imagine how I would have survived without O.A.K.

O.A.K. is much more than a support group. We participate in programs to help educate women about the symptoms of ovarian cancer. We also are involved in a program, "Survivors Teaching Students: Saving Women's Lives" where we talk to third year medical students at the state uni-

versities, telling them our stories.

Ovarian cancer is the most lethal gynecologic cancer and one of the five leading causes of cancer deaths for women in the United States. Until there is a test to diagnose ovarian cancer, raising public awareness of the symptoms is our goal, hopefully so the disease will be diagnosed at an earlier stage and lead to a better prognosis.

I am still moving in that cancer journey but O.A.K. has made it much easier for me to travel.

-Joy Hannah

HEALTHY HABITS



Could you have diabetes and not know it? It's time you found out. According to the American Diabetes Association, there are 23.6 million children and adults

in the US with diabetes and nearly a quarter of them do not know it! In addition to those who already have diabetes, there are also 57 million Americans who have pre-diabetes. **Take the test online** to see if you are at risk for having or developing type 2 diabetes.

LAUGHTER REALLY IS THE BEST MEDICINE

Research has shown health benefits of laughter ranging from strengthening the immune system to reducing food cravings to increasing one's threshold for pain. Humor also has several important stress relieving benefits.

So, take one minute to enjoy this video, for the health of it!

