

All About Us...

Who is UofL Family Medicine?

The Department, founded in 1972, is dedicated to training physicians to become Board Certified specialists in Family Medicine. In 2003, the Department changed its name to Department of Family & Geriatric Medicine because it administers a Fellowship Training Program in Geriatric Medicine. The faculty, residents, nurse practitioners and medical assistants are committed to providing quality patient care that effectively blends the efforts of you, your family and our staff. A well-equipped, well-staffed office and the hospitals downtown Louisville Medical Center enable us to provide you with the most up-to-date health care services.

We welcome you as a patient and appreciate the opportunity to provide you with medical services.

What is Family Medicine?

Family Medicine is the field of medicine in which a physician assumes responsibility for the comprehensive and continuing care of patients and families, regardless of age, gender or illness.

Family Medicine physicians provide health care for: childhood illnesses, injuries & accidents, allergies, sports injuries, dermatology (skin) problems, adult medical problems, joint & muscle problems and emotional problems. Other available services include: well baby checks, immunizations, preventive exams, obstetrics (prenatal care & deliveries), gynecologic care (eg. birth control, pap smears, menstrual prob-

lems), minor surgery, care for aging adults and home health care and Sports Medicine.

We have offices located at:

Newburg Facility

1941 Bishop Lane, Ste., 900
(502) 852-6684



Cardinal Station Facility

215 Central Avenue

*Family Medicine, Ste. 100, (502)852-2822

*Center for Primary Care, Ste. 205, (502) 852-5205

*Sports Medicine Office, Ste. 200, (502) 637-9313

What is Sports Medicine?

Owsley Brown Frazier Sports Medicine provides general care and treatment for individuals of all ages and fitness levels, ranging from the professional athlete to the weekend warrior. Physicians seek to promote lifelong fitness and wellness, as well as encourage the prevention of illness and injury.

To learn more about us, please visit our website:

<http://louisville.edu/medschool/familymedicine>

New Year's Resolutions & Weight Loss



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Move It, Move It, Move It

Article written by Drs. Jonathan Becker & Jessica Stumbo

Winter is the most difficult time of the year to stay active. Holiday parties, family dinners, and the cold weather force so many of us to be creative when it comes to finding ways to stay active. It is recommended that adults engage in moderate intensity exercise for 2 hours and 30 minutes a week – this is just 30 minutes on five of every seven days.

Here are some tips that may be useful:

- ◇ If time is tight, no worries. Even sessions of ten minutes at a time have been found to be beneficial.
- ◇ Set a weekly goal and work on it with family or friends. Exercise is much easier with a buddy.
- ◇ Something as simple as walking is a perfect way to stay in shape. Just make sure you are going fast enough so you are struggling to have a pleasant chat.
- ◇ Doing small things like taking the stairs and parking the car farther away in the lot all add up.
- ◇ If the weather is nasty and you don't have access to a gym, think about shopping malls, shoveling the snow, or free exercise videos on the internet.

For more information, visit <http://www.louisvilleky.gov/HealthyHometown/> for metro Louisville resources about exercise classes, activity ideas, and weight management resources.

If you are new to exercise and have any health issues such as high blood pressure, heart disease, or breathing problems it is important you check with your primary care physician before starting a program. It is also important to see your doctor if you experience trouble breathing, chest pain, or dizziness with activity. So, good luck, stay warm, and keep moving!

Residency 101

by Tanya Keenan,
 Residency Program Manager



Established in 1972, the Family Medicine Residency training program has been training family doctors for 40 years at the University of Louisville. Over the past four decades, the program has graduated more than 240 family doctors practicing across the United States. The program is accredited to train 24 residents per year in Louisville and 12 in Glasgow, KY, with the goal to provide well trained family doctors for professional medical practice. Training involves exposing residents to a variety of patients and specialties so that they learn to care for their patients from birth through death. For more information on our program, please call (502) 852-5499 or visit us at : <http://louisville.edu/medschool/familymedicine/familymedicineresidency>.

New Year's Resolutions & Weight Loss

Shed the Weight



It's the beginning of a new year and many of us resolve to lose weight. Here are a few suggestions for those who have gained a few pounds over the past few years and those who have much to lose.

Tips for gradual weight gainers:

- Improve carbohydrate quality by consuming less liquid sugars (e.g. soda) and other sweets, as well as fewer starches (e.g. potatoes, corn) and refined grains (e.g. white bread, white rice, breakfast cereals low in fiber, other refined carbohydrates).
- Eat more minimally processed foods (e.g. fruits, vegetables, whole grains, nuts, yogurt, etc.) and fewer highly processed foods (e.g. potato chips, white breads, processed meats, sugary beverages)

A Harvard School of Public health study found the typical weight gain for eating one increased daily serving of the following foods caused the following weight gain every 4 years:

- ⇒ Potato chips +1.69 lb
- ⇒ other potatoes +1.28 lb
- ⇒ sugar-sweetened beverages +1.00 lb
- ⇒ unprocessed meats +0.95 lb
- ⇒ processed meats +0.93 lb

Tips for those who have several pounds to lose:

- Break down weight loss into small steps, initially focus on losing about 10 % of present weight in 6 months (ie. 250 pounds = 25 pounds of

weight loss or goal of 235 pounds in 6 months).

- Eat mindfully – before you reach for food, ask yourself, “Am I really hungry? “
- Avoid trying extreme diets which includes cutting back calories to less than 1600 / day. Extreme diets may cause weight loss in the short term, but almost any extreme diet is doomed to fail. What works best to lose weight and keep it off? Choosing healthy foods and eating smaller portions, slowly.
- Be more active. Find movements that you enjoy (don't forget dance, walking, yoga, etc.) and do every day.
- Turn off the TV which gives more time to be active or cook a healthy meal. Two easy ways to cut back on TV-watching: take the TV out of your bedroom, and make sure it's off during mealtime.
- Avoid sugar sweetened drinks. Drink instead water or unsweetened drinks.

Get support

There are many ways to get help for weight loss! Please visit our website for more resources! (listed at the bottom of this page)

Article written by,
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We offer group and personalized weight management sessions at our Cardinal and Newburg Family Offices.

Top 3 New Year's Resolutions

Forty to forty five percent of American adults make one (or more) resolutions each year. The top 3 New Year's Resolutions by far, are always: weight loss, exercise and quitting smoking.

Research shows just how resolutions are maintained as time goes on:

- ⇒ 75% past the 1st week
- ⇒ 71% past the 2nd week
- ⇒ 64% after 1 month
- ⇒ 46% after 6 months

Many individuals who make resolutions don't keep them but research does reveal that making them is useful. People who specifically declare their resolutions are ten times more likely to attain their goals than people who do not.

Source:
Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers, by John C. Norcross, Marci S. Mrykalo, Matthew D. Blagys, University of Scranton. Journal of Clinical Psychology, Volume 58, Issue 4 (2002).
John Norcross is a co-author of [Changing For Good](#).

<http://proactivechange.com/resolutions/statistics.htm>



University of Louisville Physicians

Family Medicine Residency Offices

Louisville, KY

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Rudd Suite 690
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(502) 852-5499

Glasgow, KY

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Family Medicine Clinical Offices

Cardinal Station

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Newburg

1940 Bishop Lane, Suite 900
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Center for Primary Care

215 Central Station, Suite 205
P (502) 852-5205 F (502) 852-5405

Sports Medicine

215 Central Avenue, Suite 200
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Family Medicine Patient, **Dr. Ruth Hill Jones**, named GuardiaCare's January 2012 Centenarian of the Month!!!

Dr. Ruth Hill Jones

A Life Member and President
Emeritus of the Amanda Smith W. M. S.

Dr. Jones graduated from Central High School, Louisville, KY, in 1927. Her educational background includes a Bachelor of Arts degree from Wilberforce University. At Wilberforce she was initiated into Delta Sigma Theta Sorority, member of Mu Lambda Lambda Debating Society and Psi Eta Mu Scholastic Organization. She attended Fisk University in the summer of 1932-34 with basic graduate work in Library Science. She also received a Masters degree in Library Science from the University of Chicago and a Master of Arts degree from Indiana University. In 1999, Simmons Bible College awarded her an Honorary Doctorate of Literature.

After graduating from Wilberforce, she married Paul L. Jones of Chicago, Illinois, who unfortunately was killed in a deadly car accident five years later.

Dr. Jones worked as a Librarian in the Jefferson County Public School System from 1945-1983. After retiring, she served as a Librarian at Simmons Bible College in the Parrish memorial Library for 22 years. Dr. Jones is now the oldest living Librarian in the Commonwealth of Kentucky.

Dr. Jones served at Quinn Chapel African Methodist Episcopal Church as Reading Clerk for 30 years. Under the Pastorate of the Reverend Dr. Clement W. Fugh, now the General Secretary of the African Methodist Episcopal Church, Dr. Jones was made a Steward, a position which she now holds as Emeritus. She was President of the Ever Ready



Club and a member of the Lay Organization. Motivated by the tenure of her sister, Ernestine Mason, (Past President of the Amanda Smith Women's Missionary Society & The West Kentucky Conference Branch Women's Missionary Society) Dr. Jones served as Vice President of the Amanda Smith WMS for 7 years and President of the organization for 15 years. Dr. Jones has earned the honor of Life Membership in the Women's Missionary Society of the A.M.E. Church for more than 25 years of meritorious service, received in 2004.

Some of her many awards include: The Louisville Board of Education Certificate of Honor in Recognition of Faithful Service; Certificate of Appreciation for Love and Devotion to Quinn; Certificate of Appreciation of the West Kentucky Women's Missionary Society's Phenomenal Women; Certificate of Exemplary

Service to Quinn Chapel from the Lay Organization; and the Education Pioneering Award from the Louisville Public Schools. Dr. Jones is also a Kentucky Colonel, an honorary title bestowed upon her by approval of the Governor of Kentucky, because of her service and contributions to both Kentucky and the global community.

Dr. Ruth Hill Jones is a Centenarian, having attained the age of 102 years. She celebrated her 100th birthday on July 31, 2009, at Quinn Chapel African Methodist Episcopal Church with family, church members, and friends.

Dr. Jones believes there is much goodness in living a true life of service, which means showing the world what a real Christ-like life is like. She believes real Christianity creates real service and love for the people you come in contact with and why you do the things you do, and that your motivation comes from within you. She believes "As we continue serving the Master, we behold a true servant of the Most High. Lo and behold, we become a 'new' individual in the service of God."

Dr. Ruth Hill Jones is a sincere, dedicated and lifelong Christian. Her motto is "Service to God and to her Fellowman." Putting God first and her Fellowman next is true religion. Her exemplary life has exhibited these virtues.