

Upcoming Speakers

May 2014

05/07 - Jim Sayre as Abraham Lincoln, Chautauqua Presentation
05/14 - Arch Gleason, Kentucky Lottery Commission
05/21 - Bob Stewart, Secretary of Tourism, Arts, and Heritage
05/28 - Barbara Veazey and Steve Bright

Club Leaders

Chris McNeill

President

Jamie Futrell

President-Elect

Phyllis B. Russell

Secretary

John A Williams Jr.

Vice President

Thomas Scott Taylor

Treasurer

Missy R Eckenberg

iPast President

Michael A. Muscarella

Membership Chair, Past President

Debbie DeWeese

Club Executive Secretary

Birthdays

Rebecca J Straley

May 01

Dan M. Tkach

May 03

Eugene Katterjohn

May 04

John R. Anderson III

May 06

Steven A. Bright

May 07

Tony A. Hamilton

May 12

Tom Grassham

May 14

Andrew S Wood

May 20

Suzanne Farmer

May 20

Guthrie H. Allen III

May 20

Robert L. Alexander

May 21



GearTeeth

The Rotary Club of Paducah

Website: www.PaducahRotary.org

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A Silent Killer



Vascular surgeon, Dr. Griffin Bicking, said one of the most easily treated diseases is often one of the deadliest. An abdominal aortic aneurysm can develop with little or no side effects and turn into a violent episode that can lead to sudden death. However, if detected through early screenings it can be monitored and repaired before a rupture. Dr. Bicking said once an aneurysm ruptures patients only have a 50-50 chance of making it to the emergency room. Even those that do make it to the hospital 50% never make it to surgery and the remaining 50% don't survive the surgery.

Those at a high risk for vascular disease and developing a life threatening aneurysm are smokers, white males over 55 with a family history of heart disease and how have high blood pressure, high cholesterol and diabetes. Dr. Bicking said lifestyle changes, including smoking cessation, exercise and prescriptions for controlling the other medical issues can reduce the chances of developing an aneurysm.

Early detection is key to avoiding the situation. If detected through an ultra sound or CT scan, non-invasive surgery can replace and redirect the blood flow. Only about 5% of patients must endure an "open" surgical procedure to the chest and abdominal area that takes hours to complete and weeks to recover from, even if the surgery is successful.

Dr. Bicking said health screenings for vascular issues and other diseases are scheduled for May 22nd at the Lone Oak Church of Christ, June 12th at the Community Life Church and August 7th at Baptist Health. Discount codes are available for the screenings.

More information can be found at www.westernbaptist.com


Announcements

April 30th, 2014

April is Rotary Magazine Month

President Chris thanked everyone who worked last week's Antique Quilt Show and Daniel Sene led Rotarians in an original song to the tune of "Working on the Railroad" to honor those who worked and specifically thanked the hard working Debbie DeWeese. A special thanks to this year's corporate sponsors: Banterra Bank, Bluegrass BMW and CSI.

The Club is also joining with other Rotarians in western Kentucky to collect funds for aid to those devastated by the recent tornadoes in Arkansas. Donations were taken at this week's meeting, but if missed it checks will still be accepted at the office. Just remember to put "Rotary #99" on the memo line.



Rotary Foundation Status:

Every Rotarian Every Year - 98% of Club

Paul Harris Fellows - 77 members, 44% of Club

Paul Harris Society - 33 members, 19% of Club

Guests

April 30th, 2014

Student guests – Fletcher Lyon, Alex Housman, and Courtney Nussabaumer – McCracken County; and Andrew Zaninovich – Paducah Tilghman;

Dona Rains – guest of Dr. Pat Withrow;

Niki Waldrige – guest of Danny Evitts;

Sharon Freyer and Ken Knapp – guests of Mike Muscarella;

Tracy Jones – guest of Kevin Peck;

Matt Cherry – guest of Jamie Futrell