



The Cornpicker

Bulletin of Fairbury, IL Rotary Club

"Rotary Shares"

Fairburyrotary.com



2007 - 2008 Officers

President	Keith Bahler
Pres. Elect	Josh Clemons
Vice President	
Sec/Treas	Leroy McPherson
Editor.	Leroy McPherson

DATE/TIME/

PLACE: Nov. 6, 2007 - 12 noon at Marchelloni's

ATTENDANCE: 27 + Tim Johnson & Chuck Goodwin

SING-A-LONG: I've Been Working On The Railroad - Blow The Man Down

LOTTO: J. Clemons and T. Casson

ACTION ON THE AVENUES

CLUB SERVICE

Programs:

- 11/13 - Jim Paternoster
- 11/20 - Harry Pick
- 11/27 - John Strong

AREA CLUB MEETINGS

Bloomington	12:00 Noon	Thursday	Elks Club
Gibson City	6:45 a.m.	Wednesday	The Country Kettle
Gilman	6:05 p.m.	Tuesday	Gilman Lounge
Lincoln	11:50 a.m.	Wednesday	Elks Country Club
Normal	12:00 Noon	Wednesday	Bone Student Center
Piper City	6:15 p.m.	Monday	Azz Izz Tavern



PERFECT ATTENDANCE

B. Orth

Bits & Pieces

How a person masters his fate is more important than what his fate is.
 Wilhelm Von Humboldt (1767-1835)

OSF & St. James
 Tim Johnson, Director of Diagnostic Services

CARDIA CALCIUM SCORING

This is a new procedure using C.T. Scan to detect coronary heart disease. They are able to x-ray tiny images and look for calcium and plaque - fat, etc. which narrow the arteries. Angina and coronary disease are early stages of heart problems. You need to change your life style. You need to be checked if you are a man 45 or older and women at age 55. This is something you can do on your own. You are high risk if you have high cholesterol, diabetes, have a history of heart disease, overweight, etc. You have to lie down, be able to hold your breath 20 seconds. You must not have caffeine for four hours before the test. There is no real prep. other than no caffeine, smoking, a heart rate of less than 90. You would need to wear comfortable clothing. You get your score report from the hospital. They also send it to your doctor. You want a score of 0. See scores to right.

Each year we see 150,000 heart attacks with no symptoms. C.A.D. develops at an early stage around 20 based on family history, parents, and siblings. They detect before you get clogging. This is a screening exam, not covered by insurance. The exam costs \$150.00.

Cardiac calcium scoring

Score	Presence of plaque
0	No plaque is present. You have less than a 5% chance of having heart disease. Your risk of a heart attack is very low.
1-10	A small amount of plaque is present. You have less than a 10% chance of having heart disease. Your risk of a heart attack is low. However, you may want to quit smoking, eat better, and exercise more.
11-100	Plaque is present. You have mild heart disease. Your chance of having a heart attack is moderate. Talk with your doctor about quitting smoking, eating better, beginning an exercise program, and any other treatment you may need.
101-400	A moderate amount of plaque is present. You have heart disease, and plaque may be blocking an artery. Your chance of having a heart attack is moderate to high. Your health professional may want more tests and may start treatment.
Over 400	A large amount of plaque is present. You have more than a 90% chance that plaque is blocking one of your arteries. Your chance of having a heart attack is high. Your health professional will want more tests and will start treatment.