

Care Connection

my health. my home. *my hospital.*

WINTER 2014



Our Surgery Department's \$1.5 Million Addition

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Diabetes Care**

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Tired of Playing Phone Tag?

Physician offices and other healthcare facilities are busier than ever. You might visit an office and see the staff doing loads of work to help make patients comfortable and get the healthcare services they need. Yet, when you call

in to schedule an appointment, the busy setting can result in frustrating phone tag.

So, here's your chance to end the frustration—register for the Ste. Genevieve County Memorial Hospital Patient Portal! The Portal gives you instant access to your health information, including laboratory results, medications, allergies and visit history. You are able to request appointments online and ask any appointment-related questions you may have, all in the comfort of your own home.

Questions are submitted and received through a secure communications center, and email notifications will alert you to any new messages and to other vital information, such as test results and appointment dates and times.

Take advantage of the conveniences afforded by the Ste. Genevieve County Memorial Hospital Patient Portal today. All the information you need to sign up is available at www.stegenevievehospital.org.

Power in Numbers

Pregnancy can be overwhelming for first-time and veteran moms alike. Ste. Genevieve County Memorial Hospital's CenteringPregnancy® program helps ease worries, providing women with a strong support system and facilitating a nurturing environment where both mother and baby will thrive.

How it works: Moms with similar due dates meet for up to nine sessions before their babies arrive to share experiences and questions about their pregnancies. An obstetric professional is on hand during those meetings for one-on-one health assessments and to offer advice either to the group or to individuals.

Why it works: Thanks to the increased support and education women receive from other moms and health providers, CenteringPregnancy benefits both mom and baby:

100 percent of women in the program are breastfeeding at discharge, compared to 71 percent of moms in traditional care, and they experienced 15 percent fewer inductions than traditional-care moms.



Four Times the Flu Protection

The flu shot is your best defense against this seasonal virus, and it helps stop the spread of the disease to others.

The standard flu vaccine (also called a trivalent vaccine) provides protection against three strains of the flu, which are selected from among a number of strains circulating during a given flu season.

This year, people have access to a new quadrivalent flu vaccine that protects against four strains, offering you an extra layer of protection. The good news is that it's available both as a shot and as a nasal spray for people who don't care for needles.

A lower-dose quadrivalent flu vaccine has been approved for children between 6 months and 3 years old, while a full-dose version is available for anyone age 3 and older. The quadrivalent nasal spray is for generally healthy people between ages 2 and 49.

Are you protected against the flu? Contact your provider to schedule a flu shot today.

It's also been exceedingly popular at Ste. Genevieve County Memorial Hospital. All the groups have a tenth session, known as "the reunion," after they have had their babies. Moms and their partners attend and bring their newborns for the occasion.

"The families have created a special bond, and some continue to meet after the program," says Tina Poston, Ste. Genevieve County Memorial Hospital's marketing director.

For more information about CenteringPregnancy and Women's Wellness Services, call 573-883-5715.



New Additions to Your Healthcare Team

Ste. Genevieve County Memorial Hospital welcomes two new physicians.



Sherry Ritter, MD

Ste. Genevieve County Memorial Hospital is pleased to announce the appointment of Sherry Ritter, MD, internal medicine physician, and Angela Breckenridge, DO, FACOG, obstetrician/gynecologist.

Prior to joining the medical staff at Ste. Genevieve County Memorial Hospital, Dr. Ritter completed her residency in Columbia, Missouri, working at University Hospital and Clinics, as well as Harry S. Truman Memorial VA Hospital, an experience she says she loved. She also enjoys working with a diverse group of patients.

“I practice general adult medicine, but I like treating a variety of problems,” she says. “I have a specific interest in treating diabetes and geriatrics and in working with hospice patients.”

Dr. Ritter may be new to the staff, but having been raised in Ste. Genevieve, she’s very familiar with our hospital and community.

Dr. Breckenridge has practiced obstetrics and gynecology for 19 years in West Bend, Wisconsin, but she was drawn to Ste. Genevieve by a desire to find a smaller, more communal clinical setting. Dr. Breckenridge is also getting back to her roots: She went to high school in St. Charles, Missouri, and completed her medical education in Missouri, as well.

“I really like becoming involved in a community and making a difference,” Dr. Breckenridge says. “When I came to visit Ste. Genevieve, I just loved it.”

Dr. Breckenridge was trained in traditional obstetric and gynecological surgery, as well as a wide variety of laparoscopic, abdominal, and vaginal surgery techniques. She will begin practicing at Ste. Genevieve County Memorial Hospital in January 2015.

Dr. Ritter is seeing patients at Park Drive Family Health Care. To schedule an appointment, call 573-883-7424.

Dr. Breckenridge will be seeing patients at both Women’s Wellness Services locations in Ste. Genevieve and Bloomsdale. To schedule an appointment, call 573-883-5715.



Angela Breckenridge, DO, FACOG

Multiple Choice

Thanks to new diabetes medications, people with Type 2 diabetes no longer have to plan their lives around pills and shots.

Requiring just one dose per day in most cases, three newer classes of diabetes drugs—GLP-1 analogs, DPP-4 inhibitors, and SGLT2 inhibitors—can make life easier for people with Type 2 diabetes.

“Patients used to have to change their lifestyles to fit their therapies because there weren’t many medications from which to choose,” says Laura Fowler, RPh, pharmacist at Ste. Genevieve County Memorial Hospital. “Now, we can customize therapies to fit patients’ schedules, making patients more likely to take their medications as prescribed and helping them achieve better blood-sugar control.”

Though older diabetes medications, such as metformin, are quite effective for many patients and remain physicians’ first choices for blood sugar management, people may develop resistance to older medications. Newer drugs can supplement, or be alternatives to, those older ones.

“All three newer classes of drugs can be taken with insulin to improve blood sugar control,” says Sharon Grass, RN, FNP, CS, diabetes educator and family nurse practitioner at Ste. Genevieve County Memorial Hospital. “GLP-1 analogs and DPP-4 inhibitors may also cause slight weight loss—a good thing for diabetes patients.”



Sharon Grass, RN, FNP, CS

To schedule an appointment with Sharon Grass at Park Drive Family Health Care, call 573-883-7424. To make an appointment with the Shared Care for Diabetes Group, call 573-883-7474.



Reconstructive Surgery for Our Surgical Wing

It's time for our surgery facilities to undergo an operation of their own.

Ste. Genevieve County Memorial Hospital has expanded in many ways over the last few years. Almost every aspect of the hospital has been changed...except one: our surgery facilities. Therefore, the hospital is launching a \$1.5 million surgical expansion in November, with an estimated completion date of June 2015.

"Surgery is one area in which we have seen considerable growth, especially with Women's Wellness Services," says Tom Keim, CEO of Ste. Genevieve County Memorial Hospital. "With our new expansion, the biggest difference will be improved privacy and customer service. People will enter through the side of the building and check in at a separate registration and waiting area specifically for surgical patients and their families. We are also adding six private pre- and post-operative rooms. That's a dramatic difference from what we have currently."

The lower level will house the practice of general surgeon Joseph Sharlow, MD. His new office will have its own waiting area, three exam rooms, and a procedure room.

"Moving his practice has long been a goal," Keim says. "The opportunity presented itself when we received an HVAC grant to replace our current system."

Construction is slated to begin on time, and crews will work around the surgery schedule.

"Of course, if an emergency surgery is needed, we have a plan B," Keim says. "The two trauma rooms in the Emergency

Department were designed to accommodate surgeries, and we can perform an emergency surgery there flawlessly."

A Wealth of Support

"The project will not place a financial burden on Ste. Genevieve County Memorial Hospital or the community," Keim says. "With the cost savings of upgrading our HVAC system, moving Dr. Sharlow in-house, and the Foundation's support of \$300,000, the overall cost is feasible."

"There was not one board member who hesitated at the donation commitment," says Shawn Long, director of the Ste. Genevieve County Memorial Hospital Friends Foundation.

The Foundation is also kicking off a Legacy Campaign to assist with the expansion. For \$25,000, a donor can name one of the six recovery rooms and will be recognized on our Donor Wall in the lobby. For \$500,000, the entire wing may be named after a donor or business. Donations can be spread over five years for the recovery rooms and 10 years for the wing.

"It's a great way to continue a legacy in your community," Long says.

If you are interested in honoring someone with a Legacy Campaign donation, call Shawn Long at 573-883-7725.

Our New Online Home!

Surf over to www.stegenevievehospital.org to see our newly revamped website.

We've updated our website to include more health resources, our Patient Portal and other features of value to our community. Take this quiz to learn more about our website and all the services Ste. Genevieve County Memorial Hospital offers. *Answers below.

1. **True or False: You can pay your medical bills online.**

2. **True or False: A medical staff member will respond to a Patient Portal request within 48 hours.**

3. **The Foundation has purchased which items during the last few years?**

- A. new scrubs
- B. training mannequin for nursing education
- C. soda machines
- D. new parking lot

4. **When did Ste. Genevieve County Memorial Hospital originally open?**

- A. 1949
- B. 1956
- C. 1969
- D. 1993

5. **What specialties does the medical staff currently offer?**

- A. orthopedics
- B. audiology
- C. cardiology
- D. nephrology
- E. all of the above

6. **When did the new emergency room open?**

- A. 2007
- B. 2008
- C. 2009
- D. 2010
- E. 2011

7. **Define "Métis," the name of the Women's Breast Center.**

- A. the last name of the hospital's founder
- B. our favorite French entrée served in the hospital café
- C. a piece of imaging technology used in breast cancer care
- D. people of mixed European and Native American descent



Ste. Genevieve County Memorial Hospital is dedicated to your family's health needs. Visit www.stegenevievehospital.org to sign up for our e-newsletter and receive the latest, most reliable health information.



Did You Know?

Our Auxiliary members offer handmade quilts in our gift shop. When you make a purchase from the Auxiliary gift shop, the money helps provide excellent care for you and your loved ones. Get information on Gift Shop sales online.

Need to catch up on old issues of Care Connection?

They're all online! Surf over to www.stegenevievehospital.org to get the trusted health information you need.

1. **Answer: True.** We offer secure online bill pay. If you need to discuss payment plans with an individual, call our patient financial services department at 573-883-7718.

2. **Answer: True.** Whenever you have a question, head to our Patient Portal to get the answer. Your healthcare provider's office will respond within 48 hours. Of course, for medical emergencies, call 911 or head to the nearest emergency room.

3. **Answer: B.** Ste. Genevieve County Memorial Hospital is dedicated to ensuring hospital staff members have resources to make sure you receive high-quality care in a comfortable environment.

4. **Answer: C.** The facility originally opened in 1969. In 1993, we expanded our services to include outpatient procedures and community wellness services.

5. **Answer: E.** Our hospital provides a wide range of primary and specialty care right here in Ste. Genevieve County, including oncology, orthopedics, pediatrics, pain management, and emergency care, just to name a few. Select the "Medical Staff" tab for a comprehensive listing of services.

6. **Answer: B.** 2008 marked the opening of the new emergency room. The project began in 2007, with a new entrance built in late 2009.

7. **Answer: D.** The métis people founded Ste. Genevieve in the 1700s, and we named our breast center after them to honor their unique culture.



COOK THIS, NOT THAT:

Thanksgiving Edition

A healthier twist on green bean casserole lets you enjoy the classic without excess sodium and calories.

A creamy green bean casserole can be good for your mouth but bad for your heart. The soy sauce, cream of mushroom soup, and French-fried onions traditionally used in this Thanksgiving favorite pack a punch of sodium. Using fresh, unprocessed ingredients lets you keep the flavor and leave the unsavory stuff behind.

Ingredients:

- 1 large onion, thinly sliced
- 2 tablespoons olive oil, divided
- 6 ounces button mushrooms, sliced
- salt and pepper, to taste
- 1 pound fresh or frozen green beans, cut in 1-inch pieces
- 6 ounces plain Greek yogurt
- ½ cup grated Parmesan cheese

Directions:

1. Preheat oven to 375°F. If using frozen green beans, set them out to thaw.
2. Sauté the onion slices in 1 tablespoon oil over low heat until they begin to caramelize and soften, about 20 minutes.
3. Meanwhile, sauté the mushrooms in the other tablespoon of oil until they begin to darken and turn brown, about 5 minutes. Remove from heat and set aside to cool.
4. Mix the Greek yogurt and Parmesan cheese in a small bowl, and add the green beans and cooled mushrooms, coating the vegetables thoroughly. Taste and then season with salt and pepper as needed.
5. Place the green bean mixture into a casserole dish and top with the caramelized onions.
6. Cook for 25 to 30 minutes, or just until the onions have turned crispy and golden.

Serves 6 to 8.

To find more healthy tips, “Like” us on Facebook! Go to www.facebook.com and search “Ste. Genevieve County Memorial Hospital.”

OURS vs.
THEIRS

	THEIRS	OURS
Calories	163	132
Fat	11g	7g
Sodium	485mg	191mg
Carbohydrates	17g	9g



A Time to Give Back

The holidays are a time of togetherness for family and friends—and for giving back. This season, help Ste. Genevieve County Memorial Hospital in its mission to provide the best medical care possible.

After Thanksgiving, residents can buy an ornament to memorialize a loved one during the Ste. Genevieve County Memorial Hospital Friends Foundation’s annual Giving Tree event. Your ornament will hang on one of the beautiful trees at the hospital that remain on display throughout the holiday season.

This year, on December 2, the Foundation will also participate in “Giving Tuesday,” a nationwide appeal for people to contribute a portion of their holiday spending to a favored charity.

“Everyone is familiar with Black Friday and Cyber Monday sales,” says Shawn Long, director of the Foundation. “But what if people challenged themselves to give back? That’s why we’re excited about Giving Tuesday, and we hope it can become a new tradition for people.”

All money raised by the Foundation will benefit projects that continue a legacy of delivering quality health care at the hospital. One of those projects includes a donation of \$300,000 that will help fund an addition to the surgical center and new medical imaging technologies.

“Whenever anyone makes a donation to the Foundation, it stays in the community,” says Long. “Donors get to see the impact of their generosity locally for years to come.”

Give back during the holidays and throughout the year! Call Shawn Long at 573-883-7725 to learn more.



Calendar

Welcome to the Neighborhood!

New residents of Ste. Genevieve and Ste. Genevieve County, we have a welcome gift for you. Call 573-883-7777 for more information.

December

December 4—Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room

December 10—Parkinson's Pals Group

10 a.m., Hospital education/conference room

December 13—Breastfeeding Class

9 a.m.–noon, Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

December 24—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room

January

January 10—Childbirth Education Class

9 a.m.–3 p.m., Bloomsdale Medical Centre

January 14—Parkinson's Pals Group

10 a.m., Hospital education/conference room

January 23—National Pie Day Auxiliary Pie Sale

Hospital Cafeteria

January 24—Natural Birthing Class

9 a.m.–noon, Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

January 27—Auxiliary Dinner Meeting

6:30 p.m., Hospital Cafeteria

January 28—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room

January 29—Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room

February

February 11—Parkinson's Pals Group

10 a.m., Hospital education/conference room

February 25—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room

February 28—Women's Health Fair

Ste. Genevieve County Memorial Hospital

Speaker's Bureau: 573-883-7777

LOOKING FOR A PHYSICIAN?
Call our physician referral line at 573-883-7777.

ReSource Medical Directory

Health care that's miles ahead, not miles away!

Adult Primary Care

Sharon Grass, RN, CS, FNP
573-883-7474

Dale Kraenzle, RN, CS, ANP
573-883-7424

Mary Ann McCullough, MSN,
ANP-BC
573-883-2782

JoAnn Uding, APRN-BC
573-483-3131

Breast and General Surgery

Theresa A. Cavins, MD, FACS,
Breast Surgeon
573-483-2525

Cardiology

Matthew Bosner, MD,
FACC, FACP
573-883-2782

Counseling

Vickie Bruckerhoff, BSW,
MSW, LCSW, BCD
573-883-2782

Family Practice

Donald Balacuit, DO
573-483-9492

Jonathon Bird, MD
573-483-9492

Dan Frissell, MD
573-883-2782

Shawn Lenn Geile, RN, FNP
573-483-9492

Christine Herrington, RN, MSN,
FNP-BC
573-483-9492

Regine Politte, FNP-BC
573-483-3131

General Surgery

Joseph Sharlow, MD, FACS
573-883-5717

David M. Steele, MD
573-547-8390

Internal Medicine

Briccio Cadiz III, MD
573-883-2782/573-483-3131

Susan O'Donnell, MD
573-883-7424

Niranjana Raju, MD
573-883-7474

Sherry Ritter, MD
573-883-7424

Nephrology

Graeme Mindel, MD
573-883-7772

Jay Seltzer, MD
573-883-7772

Derrick Larson, MD
573-883-7772

Neurology

Julia Zevallos, MD
573-883-5151

Obstetrics/Gynecology

Angela J. Breckenridge, DO,
FACOG
573-883-5715

Tony Lam, MD, FACOG
573-883-5715

Mary Crecelius, MSN, WHNP,
APNG
573-883-5715

Kelly Donze, MSN, CNM, WHNP
573-883-5715

Occupational Medicine

Luann Miller, MSN, CS, FNP
573-883-7759

Oncology

Alan P. Lyss, MD
573-883-7735

Atif Shafqat, MD, FACP
573-883-7735

Orthopedics

Craig Ruble, MD
573-883-7772

Scott VanNess, DO
573-883-7772

Holly Huelskamp, RN,
FNP-BC
573-883-7772

Pain Management

Michael Fan, MD, PhD
573-883-4420

Pediatrics

Shilpa Desai, MD
573-883-4455

Bhargav Kanani, MD
573-883-4455

Gail Craft, RN, CS, FNP
573-883-4455

Podiatry

Christopher R. Sloan, DPM,
FACFAS
573-883-7772

Rheumatology

Chad Ronholm, MD
573-883-2782

Speech Pathology

Elizabeth Kuykendall,
MS,CCC-SLP
573-883-4490

Urology

Kevin Enger, MD
573-883-4450

Kimberly Browne, MSN,
ANP-BC
573-883-4450

Weight Management

Jonathon Bird, MD
573-883-4445

Kimberly Browne, MSN, ANP-BC
573-883-4445

Wound Care Specialists

1-877-295-2273

Specialized Care, Close to Home

In addition to our fine medical staff, our Specialty Clinic brings the expertise and resources of metro St. Louis to Ste. Genevieve. The hospital has brought specialists to the community since 1994 and currently has visiting professionals who see patients in Ste. Genevieve on a regular basis. Our specialty services include:

- Allergy
- Audiology
- Cardiology
- Dermatology
- Nephrology
- Neurology
- Podiatry
- Vascular surgery

Call 573-883-5151 for more information about services at Ste. Genevieve County Memorial Hospital's Specialty Clinic.

A CLICK AWAY

Register for the new Patient Portal. It's fast and easy to use. The Portal provides patients and their families with access to their personal health information online at any time and from almost anywhere. To get started, visit www.stegenevievehospital.org and select "Patient Portal."

Online Resources

Visit www.stegenevievehospital.org today to access health information, hospital news, programs, and job listings. Our site is informative and—best of all—easy to use!





This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



Study Your Way to Better Sleep

As the days get shorter and darker, your first instinct may be to hibernate, and it's small wonder. Getting enough rest is linked to better mental, physical, and emotional well-being.

Unfortunately, a good night's sleep can be hard to find. Approximately 70 million people in the United States have trouble falling asleep and staying asleep. There are more than 80 official sleep and wakefulness disorders. One of the most common, sleep apnea, can be hard to diagnose.

Understanding Sleep Apnea

People with sleep apnea have trouble breathing when they sleep, either because their airways become blocked or because of miscommunications between the brain and the muscles that control breathing. When they stop breathing, their bodies go into an instinctive fight-or-flight survival mode, releasing the hormone adrenaline and waking them up.

Because this occurs while they sleep, most people with sleep apnea don't even know they have it.

"The most common sign of sleep apnea is fatigue," says Tom Sexauer, director of Respiratory Therapy at Ste. Genevieve County Memorial Hospital. "Untreated sleep apnea can severely reduce quality of life because people who have it rarely enter or stay in the most restorative sleep cycle. Oxygen deprivation and the chemicals entering their systems can also be harmful and contribute to other conditions such as obesity, diabetes, high blood pressure, and irregular heartbeat."

Head of the Class

A sleep study is the only definitive way to diagnose sleep apnea. During a sleep study, specially trained technicians use monitors to track your breathing, oxygen saturation, movements, heart rate, and airflow.

"Medical professionals then use the data to diagnose sleep apnea and any other sleep disorders, such as restless leg syndrome," Sexauer says. "Once a condition has been determined, the physician can prescribe appropriate treatments to help you sleep better and get your life back."

Trouble sleeping? Call your primary care provider to find out about scheduling a sleep study at Ste. Genevieve County Memorial Hospital today.