YOUR HEALTH INFO, Only a Few Taps Away

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The Vaccine That PREVENTS CANCER

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Get a Better NIGHT’S SLEEP

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Now, there’s an app for that! Download our new patient portal app at www.stegenevievehospital.org.
Your Best Shot

Many people who don’t get the flu shot think they don’t need it—but here’s why they do:

- **They’re at high risk.** People older than age 65 or with a chronic illness, pregnant women, and children age 5 and younger are at highest risk for getting the flu.
- **They could be making their friends and loved ones sick.** It’s possible to pass the virus to others, even without getting sick. The flu shot keeps the virus from spreading.
- **The world is germ-y in winter.** Cold weather drives us indoors, in close contact with others, and flu can spread when infected people cough, sneeze, or just talk. Why risk getting sick from a friendly conversation?

SCHEDULE AN APPOINTMENT TODAY TO GET YOUR FLU SHOT. NEED A DOCTOR? CALL 573-883-7777 OR VISIT WWW.STEGENEVIEVEHOSPITAL.ORG.

Baby Blues: Cradle Cap

Cradle cap is a common skin problem that can affect infants to 3-year-olds, but it can still alarm any parent, considering the thick, scaly yellow or brown spots on a newborn’s scalp that accompany the condition.

The good news? Cradle cap is harmless, isn’t contagious, and in no way means you aren’t keeping your baby clean. In fact, the condition’s exact cause remains unknown. It could be triggered by glands in your baby’s scalp producing too much oil or yeast that grows in the skin’s oil.

Most cases of cradle cap can be treated at home, though severe cases may require medication. Try gently massaging scales off skin—you can use mineral or baby oil to loosen them—and washing with mild shampoo daily while scales are present.

HAVE QUESTIONS ABOUT YOUR CHILD’S HEALTH? TALK TO A PEDIATRICIAN. IF YOU NEED ONE, CALL 573-883-7777 OR VISIT WWW.STEGENEVIEVEHOSPITAL.ORG.

Do you have Type 2 diabetes? If so, how well are you managing it? The answer could play a big role in your long-term health.

People who take their medications—even when they feel good—and regularly check their blood sugar reduce their risk of vision problems, kidney and heart diseases, neuropathy, and other diabetes-related complications.

Controlling Type 2 diabetes also means you should:

- **Keep your weight in check.** Work with your healthcare team to develop a meal plan, as well as an exercise routine that allows you to get 30 to 60 minutes of activity most days of the week.
- **Stress less.** Stress causes blood sugar to spike. Learn to lower your stress, or seek professional help if necessary.
- **Know your ABCs.** That’s your A1C (blood sugar), blood pressure, and cholesterol levels. Ask your healthcare provider what those levels should be and how to reach them.

OUR FREE 2018 DIABETES CALENDAR HAS LOTS OF INFORMATION ABOUT MANAGING DIABETES. IF YOU WOULD LIKE TO RECEIVE ONE, VISIT ONE OF OUR PRIMARY CARE CLINICS OR CALL 573-883-4402.
GUARD YOUR CHILD WITH GARDASIL

VACCINATING YOUR CHILDREN AGAINST HUMAN PAPILLOMAVIRUS (HPV) CAN LOWER THEIR RISK OF CERTAIN CANCERS LATER IN LIFE.

“It’s amazing that we can prevent cancer with a vaccine,” says Mary Crecelius, WHNP, APNG-BC, CCBE, nurse practitioner at Ste. Genevieve County Memorial Hospital. “We definitely encourage everyone to have Gardasil in their immunization schedules.”

However, vaccination rates remain low. Here are three facts about the vaccine every parent should know:

1. **BOTH GIRLS AND BOYS NEED THE HPV VACCINE.** HPV can cause cervical, vulvar, and vaginal cancers in women. But it can also cause penile cancer in men as well as genital warts and anal and throat cancers in both sexes.

2. **THE VACCINE IS SAFE.** Gardasil, the only HPV vaccine currently available in the U.S., has been extensively tested and deemed safe by the Centers for Disease Control and Prevention (CDC) and the American Congress of Obstetricians and Gynecologists.

3. **THE VACCINE IS NEEDED BEFORE A PERSON BECOMES SEXUALLY ACTIVE.** The CDC recommends all children receive their first of two doses at age 11 or 12. If a child receives the vaccine at age 15 or later, three doses are recommended.

“The sooner a child receives the vaccine, the stronger the immune response will be,” Mary says.

TO GET YOUR CHILD THE VACCINE, SCHEDULE AN APPOINTMENT WITH HIS OR HER PEDIATRICIAN OR CALL OUR WOMEN’S WELLNESS OFFICE AT 573-483-2727.

FOR MORE INFORMATION ABOUT STROKE CARE, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG AND SEARCH “UNDERSTANDING STROKE.”
YOUR HEALTH, IN THE PALM YOUR HAND

The New MHealth App, available to patients at Ste. Genevieve County Memorial Hospital, makes it easy for you to find your medical information when you need it most.

Thanks to an enhancement of our MEDITECH Patient Portal, you can now access your account through a new, convenient smartphone or tablet app. Free to download and easy to use, the patient portal app can be installed in just a few steps:

1. Visit the app store on your mobile device and download the MEDITECH MHealth app.
2. If you allow MHealth to access your location when you launch the app, and you’re in Ste. Genevieve or Bloomsdale, the “Portals Near Me” option will show you Ste. Genevieve County Memorial Hospital’s portal. If you aren’t in those areas, choose “Allow,” select “Near Me” and tap on “Missouri.”
3. Log in using the ID and password you use to access your portal account.

Everything you can do through the Web portal, you can do through the app.

“Previously, patients had to save the patient portal link as a bookmark on either their phone or computer,” says Judy Schmieder, RN, director of clinical informatics at Ste. Genevieve County Memorial Hospital. “The MEDITECH MHealth app is an easier, more mobile-friendly gateway to our patient portal. The app provides patients with secure, convenient access to their health information via mobile devices.”

Here’s a visual guide to navigating the app:

- **Messages**
  Send messages to or receive messages from your clinic provider. All information exchanged goes directly into your electronic health record and is encrypted for security.

- **Reports**
  View diagnostic imaging reports, such as computed tomography scans, magnetic resonance imaging, ultrasounds, and x-rays.

- **Visit history**
  Tap here to see a list of visits to your healthcare providers. You can also view basic health information, such as your blood pressure, body mass index, and weight.

- **Conditions**
  This is where you’ll find a list of your diagnoses and when those conditions first started.

- **Immunizations**
  This screen shows you a history of your immunizations, such as flu vaccines and tetanus shots. It is especially helpful for parents of school-age children.

- **Results**
  Tap here to see lab results dating back to as early as 2004.

- **Health Maintenance**
  Review a list of routine screenings, such as colonoscopies and mammograms, you may need.

Wired for the Future

In summer 2017, Hospitals & Health Networks named Ste. Genevieve County Memorial Hospital one of Healthcare’s Most Wired hospitals and health systems in the nation. Ste. Genevieve County Memorial Hospital was one of 13 hospitals in Missouri to earn the recognition.

The award recognizes hospitals that increasingly use information technology, such as mobile apps and telehealth, to improve the health of the communities they serve and streamline their services.

In addition to our online Patient Portal and new MEDITECH...
MHealth app for smartphones and tablets, we’ve made it easier to stay updated on the health of a loved one, such as a spouse or parent. With the patient’s consent, you can register for proxy access to view his or her medical records. Have the patient fill out and sign a Proxy Access form at his or her primary care provider’s office. Parents can also view medical records for their children younger than age 13, in accordance with Missouri law.

A tutorial on the Patient Portal is available at www.stegenevievehospital.org.

“"The patient portal app makes it easier to stay engaged with your personal health care. It is a convenient way to use the same patient portal capabilities you’ve been using for the past few years—no matter where you are.”"

—JUDY SCHMIEDER, RN, DIRECTOR OF CLINICAL INFORMATICS AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL
HAVING A HARD TIME GETTING A GOOD NIGHT’S REST? RETHINK YOUR PRE-BEDTIME SNACK ROUTINE.

What you eat can make a big difference in the quality of your sleep. Avoiding caffeine and alcohol in the hours before bedtime, and eating a varied, well-rounded diet throughout the day, can help you get better rest.

Just before bed, snacks that combine protein and complex carbohydrates have been found to help certain individuals sleep. Nuts, like the walnuts found in this healthy pesto, contain protein, as do whole grains, which also offer a dose of healthy carbs. Spread some of this pesto on whole-wheat crackers for a healthy pre-bed snack.

INGREDIENTS
1 cup peas, fresh or thawed frozen
½ cup grated Parmesan cheese
1 cup basil leaves
1 cup spinach, fresh or thawed frozen
½ cup walnuts
2 cloves garlic
¼ cup extra virgin olive oil
¼ cup water
¼ teaspoon salt
¼ teaspoon black pepper

DIRECTIONS
1. Add peas, Parmesan cheese, basil, spinach, walnuts, and garlic to a food processor or blender.
2. Add in water, oil, salt, and pepper. Blend until the ingredients form a thick sauce.
3. Place pesto in an airtight container. Refrigerate until needed.

NUTRITIONAL INFORMATION
(Makes 8 Servings)
Calories: 139  Cholesterol: 4mg
Carbohydrates: 4g  Fiber: 2g
Total fat: 12g  Sodium: 154mg
Saturated fat: 2g  Protein: 4g

Recipe courtesy of “What’s Cooking? USDA Mixing Bowl” and Cooking Matters Colorado

A TESTIMONIAL BY STEPHANIE GREMMINGER, STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL COMMUNICATIONS SPECIALIST, FORMER SNORER

Our guest one Tuesday afternoon at the Rotary Club of Ste. Genevieve was Saba Khalil, DMD, and his topic was sleep apnea. He works with local dentist Phil Loida at Family Dentistry of Ste. Genevieve.

“Even mild cases of sleep apnea can shorten your life,” Dr. Khalil said in his entertaining presentation.

Wait. Shorten our life? But I don’t have sleep apnea. I don’t gasp for air throughout the night. I am constantly awakened, though, by a “Stop snoring!” from my husband when I’m usually tangled up in a dream. Another rude awakening—“Roll over!”—makes it hard to get back to sleep.

“If you are snoring, an obstruction is occurring,” Dr. Khalil continued. “This is often caused by the soft palate and uvula. They tend to relax into your throat when you fall asleep. So when air passes through these soft structures, they vibrate against one another. The snoring is the result of the vibration, and the consequence is a body deprived of oxygen.”

Hmm. Maybe it was time to put my embarrassment aside and find a solution. The first step in diagnosing sleep apnea to any degree was to undergo a sleep study, which can be ordered by your physician. Luckily, Ste. Genevieve County Memorial Hospital offers sleep studies—even those you can do at home, which appealed to me more than a night’s stay at the hospital.

The study revealed I do have mild sleep apnea. Now what?

At the Rotary meeting, Dr. Khalil talked about using a dental appliance that resembles a sports mouth guard and forces the lower jaw down and forward, keeping the airway open and preventing problems in breathing and snoring. These appliances aren’t for everyone. Severe cases of sleep apnea may require other alternatives, such as a continuous positive airway pressure, or CPAP, machine.

It’s important to have a device customized to each individual to prevent possible jaw problems. It took several visits to Family Dentistry, but the proper setting was locked in and to my (and my husband’s) surprise, I wasn’t snoring anymore.

A second sleep study revealed no signs of sleep apnea. Instead of four to five hours of restless sleep a night, I’m now sleeping a solid six or more. Quality sleep cannot be overrated.

FOR MORE INFORMATION ABOUT SLEEP STUDIES, CALL RESPIRATORY SERVICES AT 573-883-7778, OR VISIT WWW.STEGENEVIEVEHOSPITAL.ORG.
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Allergy
Audiology
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Vascular Surgery
Weight Management

Specialized Care, Close to Home for YOU!
Our Specialty Clinic has brought the expertise and resources of metro St. Louis to Ste. Genevieve since 1994. The clinic’s current visiting professionals specialize in the following areas:

Call 573-883-5151 for more information.
Take a Journey

Ste. Genevieve County Memorial Hospital's 50th Anniversary is quickly approaching, and the hospital needs your help to mark the occasion.

On May 30, Ste. Genevieve County Memorial Hospital will celebrate an important milestone: The 50-year anniversary of the day workers laid the hospital's cornerstone. To commemorate the big day, team members will come together to open a time capsule buried the day the cornerstone was laid. That big reveal will take place during the American Hospital Association's National Hospital Week, kicking off a nearly two-year celebration.

How can you help? The hospital is looking for memorabilia that has historical significance—think artifacts from people who were on the scene during the hospital's construction, as well as old letters, photographs, newspaper and magazine articles, and items from hospital celebrations over the years. These items will create a display designed to take community members on a journey through 50 years of local history and progress.

"Ste. Genevieve County Memorial Hospital is a community hospital," says Tina Scruggs-Poston, director of marketing and community relations. "We want the community to know what has been happening over the past 50 years and to see how much health care has changed and what those changes mean for the hospital and community."

Search for any memorabilia you have. If you would like to submit it to the hospital for the 50th Anniversary Event, call the Marketing Department at 573-883-4402.

Join in the Fun!

Beginning in May 2018, Ste. Genevieve County Memorial Hospital will celebrate with a variety of anniversary-themed festivities, including:

• “Throwback” days, such as a 50-cent day where you can get food in the cafeteria for the same prices as decades ago

• Floats in area schools’ homecoming parades

• A 50th-anniversary celebration for staff members and the community, tentatively scheduled for May 2019

The hospital's annual fundraisers will also feature a touch of 50th-anniversary flair.