

# CARE SPRING 2022 connection

MY HEALTH. MY HOME. MY HOSPITAL.

STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL INTRODUCES TELEHEALTH FOR HOME HEALTH.



## HOME HEALTH, REMOTE SERVICES

AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL, HOME HEALTH HAS ADVANCED TO BE EVEN MORE CONVENIENT.

**If a chronic** disease has sent you or a loved one to the hospital, you want to be sure you have the knowledge and tools to recover after discharge.

That's when Ste. Genevieve County Memorial Hospital's Home Health program steps in. They can help people with congestive heart failure, chronic obstructive pulmonary disease, diabetes, and other chronic conditions. Home Health gives you a seamless connection to your medical providers from the comfort of home. To make those services even easier to access, we now offer Home Health services via telehealth or remote monitoring for patients.

"Telehealth does not replace nursing visits or on-call services, but it does help us, as well as patients, manage a diagnosis," says Teresa Friesz, RN, Home Health nurse at Ste. Genevieve County Memorial Hospital. "Telehealth allows us to monitor for early signs of complications and reduce hospital readmissions and Emergency department visits."

### SERVICES OFFERED

Before we can begin remote monitoring, a member of our nursing staff will visit you or your loved one's home to set up any necessary equipment and show how to use it. Going forward, you will simply need to turn the equipment on. Our Home Health team will monitor readings and other information remotely.

Currently, the following can be monitored via home health telemedicine:

- Blood sugar levels
- Blood pressure
- Oxygen saturation
- Pulse
- Weight

If a reading looks troubling, the nurse gives you a call and then alerts your primary care provider.

When necessary, the nurse can adjust medications or recommend an in-person visit to a clinic or the hospital.

### CONTROLLING YOUR HEALTH

Though different than traditional home health, telehealth has major benefits.

Your health status is monitored in real time. Results are sent directly to health professionals, and problems are identified even if you're home alone.

"Telemedicine helps us take action before a problem can reach crisis level," says Judy Schmieder, BSN, RN, director of clinical informatics at Ste. Genevieve County Memorial Hospital. "Remote monitoring can help reduce the frequency of home health visits, make us more efficient, and lower the cost of care."

FOR MORE INFORMATION ABOUT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL HOME HEALTH SERVICES, CALL 573-883-7724.

## The Doctor Is ALWAYS IN

IN RECENT YEARS, A NEW MEDICAL SPECIALTY HAS EMERGED CALLED HOSPITAL MEDICINE. HOSPITALISTS ARE MEDICAL PROVIDERS WHO FOCUS ON CARING FOR PATIENTS INSIDE THE HOSPITAL.

**In the early** spring of 2021, Ste. Genevieve County Memorial Hospital began using hospitalists for night coverage. This service was so successful, they transitioned to 24/7 hospitalist coverage later in the year—with a telemedicine twist.

"Telehospitalists have been found to replicate the same access and level of care as in-person hospitalists," says Jennifer McBride-Hobbs, MSN, RN, NE-BC, chief nursing officer at Ste. Genevieve County Memorial Hospital. "Having them provides a physician presence that allows for immediate care needs to be addressed without fear or delay."



JENNIFER MCBRIDE-HOBBS, MSN, RN, NE-BC

### HOW IT WORKS

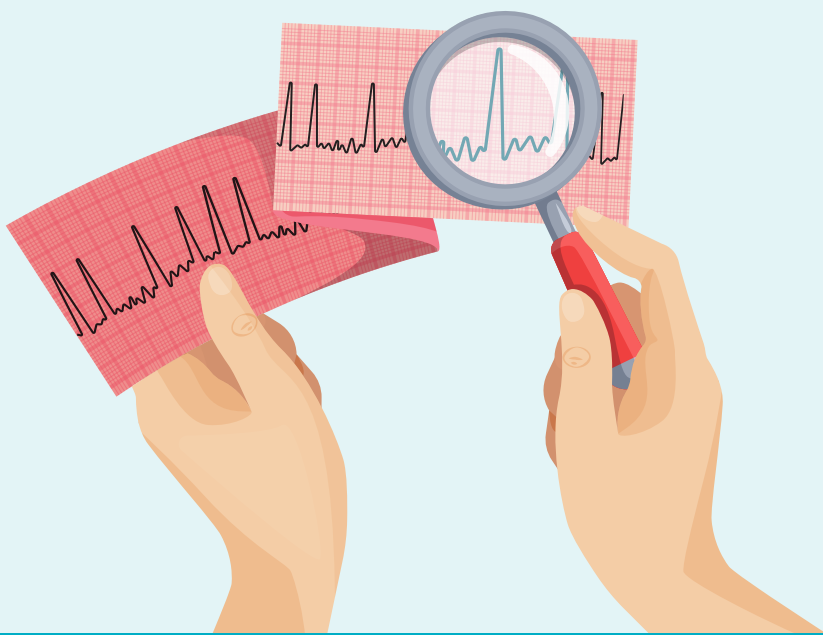
There's always an advanced practice provider available in person at the hospital. As this provider makes rounds, the telehospitalist comes along as needed via a secure, high-resolution internet connection.

A special stethoscope allows the telehospitalist to listen to the patient's chest, and patients and family members can speak with the telehospitalist if desired.

"This approach allows us to supply quality, cost-effective care, while still providing a personalized patient touch," Jennifer says.

FOR MORE INFORMATION ABOUT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL SERVICES, VISIT WWW. STEGENEVEVEHOSPITAL.ORG.





## A RISKY RHYTHM

WITH ATRIAL FIBRILLATION (AFIB), YOUR HEART RHYTHM GETS OFF TRACK—AND YOUR STROKE RISK GOES UP. TREATING THIS ABNORMAL RHYTHM CAN HELP PROTECT YOUR HEART AND BRAIN.

**AFib is a** heart rhythm that's rapid, sluggish, or inconsistent. Without a steady rhythm, your heart may have a difficult time pumping blood. Blood clots may form in the organ's upper chambers, and if one breaks away and gets stuck in an artery that feeds the brain, a stroke can occur.

"AFib is more common as people age, and it's more likely to occur with associated heart conditions, including high blood pressure," says Matthew Bosner, MD, FACC, FACP, director of cardiology at Ste. Genevieve County Memorial Hospital. "Other AFib risk factors include previous heart problems, such as heart attack or stroke, and diabetes, kidney disease, and electrolyte abnormalities."

### GETTING BACK ON BEAT

For many people with AFib, the first clue that they have the condition is a fluttering heartbeat. Other symptoms may include a rapid heartbeat, fatigue, dizziness, and shortness of breath. However, not everyone experiences symptoms, which is why regular checkups with your primary care provider (PCP) are important. Your PCP can monitor your heart health and take action when necessary.

"The two goals of AFib treatment are controlling symptoms and thinning the blood," Dr. Bosner says. "If we can keep your heart rate to less than 110 beats per minute using medication, you generally feel better. Thinning the blood with medication reduces stroke risk."

**NEED A PCP WHO CAN HELP YOU STAY ON TOP OF YOUR HEALTH AND MANAGE RISK FACTORS FOR AFIB? FIND ONE AT [WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC](http://WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC).**



MATTHEW BOSNER, MD, FACC, FACP

# DON'T SKIP YOUR SCREENINGS

GETTING REGULAR HEALTH SCREENINGS IS AN IMPORTANT PART OF STAYING HEALTHY.

**When you are** feeling well, it can be tempting to put recommended health screenings on the back burner. But because symptoms of some diseases can be silent or go unnoticed, getting screened for cancer and other diseases is one of the most important things you can do for your health.

### PRIORITIZING YOUR HEALTH

Scheduling an annual wellness exam with your primary care provider allows you to not only discuss any questions you may have but also ensures that you are up to date on all recommended screenings.

At your appointment, your provider will check important measures of your health, including your weight and blood pressure, and recommend screenings based on these and other genetic and lifestyle risk factors, such as your age, family health history, activity level, diet, and cigarette and alcohol use.

"Cancers in early stages can be silent or have very minor symptoms," says Rikki L. Schaefer, MMS, PA-C, primary care provider at Ste. Genevieve County Memorial Hospital. "Regular screening helps us find pre-cancerous lesions or small masses and treat them before they spread."



RIKKI L. SCHAEFER, MMS, PA-C

**REQUEST AN APPOINTMENT FOR THE SCREENINGS YOU NEED AT [CARE.STEGENEVIEVEHOSPITAL.ORG/SCREENINGS](http://CARE.STEGENEVIEVEHOSPITAL.ORG/SCREENINGS).**



WHEN YOU DEVELOP BACK PAIN, YOU MAY THINK YOU OVERDID IT WITH CHORES OR EXERCISE—BUT IT MIGHT BE YOUR URINARY TRACT ALERTING YOU TO ANOTHER ISSUE.

## LISTEN TO YOUR BACK PAIN

**Many people experience** back pain. It's one of the most common reasons people visit their doctor. What you may not realize, however, is that urological problems can trigger back pain that you may not immediately associate with conditions that affect your bladder, kidneys, and other urinary organs.

For example:

- **Bladder and kidney infections** can cause back pain near your ribs.
- **Kidney stones** can cause sharp back pain that may feel like a cramp.
- **Prostatitis**, inflammation of the prostate, can lead to pain in the lower back.

### WHEN IT'S TIME TO SEE A UROLOGY SPECIALIST

Urological conditions often trigger many other symptoms besides back pain. So if you experience back pain and notice blood in your urine, a sudden urge to urinate, urinary incontinence, pain while urinating, or other signs that concern you, it's a good idea to schedule an appointment with a urology specialist.

Although primary care providers and gynecologists can treat many minor urological conditions, urology specialists are uniquely qualified to address chronic and severe problems that plague men and women alike—urinary tract infections, interstitial cystitis (painful bladder), urinary incontinence, and overactive bladder. Urology specialists can also help men find solutions for erectile dysfunction and women manage bladder prolapse and other conditions that may result from childbirth.



KIM BROWNE, MSN, ANP-BC, CUNP



ROBIN GOFF, MSN, FNP-BC, CUNP

**IF YOU'RE DEALING WITH AN UNCOMFORTABLE BLADDER OR KIDNEY ISSUE, CALL 573-883-7474 TO SCHEDULE AN APPOINTMENT WITH ONE OF OUR UROLOGY SPECIALISTS, KIM BROWNE, MSN, ANP-BC, CUNP, AND ROBIN GOFF, MSN, FNP-BC, CUNP.**





# Alternatives to Total Knee Replacements

DID YOU KNOW THAT KNEE CARTILAGE DAMAGE IS TYPICALLY THE MOST COMMON PROBLEM SEEN IN A GENERAL ORTHOPEDIC CLINIC? THE GOOD NEWS IS THAT SURGERY ISN'T THE ONLY TREATMENT OPTION.

**People often associate** knee pain with age, but it can also affect younger adults who have led active lives.

“Each patient’s needs are unique,” says Jesse Beard, DO, orthopedic surgeon at Ste. Genevieve County Memorial Hospital. “Our orthopedic team is equipped to review your case and help you decide which treatment plan is right for you.”



JESSE BEARD, DO

## TYPES OF JOINT DAMAGE

According to Dr. Beard, people with cartilage damage in their knees generally fall into one of two categories:

- **Mild cartilage damage** that benefits from nonsurgical options, such as physical therapy, bracing, over-the-counter and prescription pain relievers, and injections
- **Advanced cartilage damage** that is often treated with surgery

“A total knee replacement is not always necessary or the right option,” Dr. Beard says. “We have other procedures that allow people to keep their original joint structure and can help prevent or prolong ever needing a total knee replacement.”

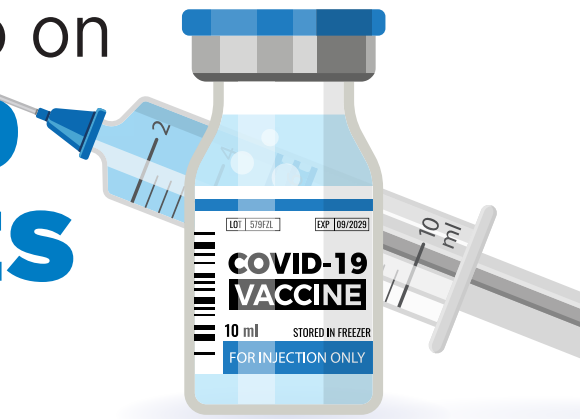
## A UNIQUE APPROACH TO KNEE PAIN

Dr. Beard performs procedures at Ste. Genevieve County Memorial Hospital that are not currently available anywhere else in our area. Those procedures include:

- **Matrix-associated autologous chondrocyte implantation.** During this procedure, the surgeon takes some of your cartilage cells and sends them to a lab to reproduce. Then, the surgeon uses these cells to repair damage.
- **Osteochondral allograft transplantation.** During this surgery, a cylinder plug of donor cartilage and bone is implanted into your cartilage defect.
- **Osteotomy.** In an osteotomy, the bone is cut, shifting weight off the damaged side of the joint. This can help relieve pain and significantly improve function in your knee. Osteotomies are often used in combination with cartilage restoration procedures to increase the longevity of the newly implanted cartilage.

FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT, CALL 573-883-7772.

# The Latest Info on COVID-19 VACCINES



HERE'S WHAT YOUR FAMILY NEEDS TO KNOW.

**It's been well** over a year since COVID-19 vaccines became available to the public, and research continues to show that they are safe and effective.

“Both the Centers for Disease Control and Prevention (CDC) and the Missouri Department of Health and Senior Services recommend that everyone not yet vaccinated who is age 5 or older get a COVID-19 vaccination as soon as possible,” says Katie Hogenmiller, BSN, RN, infection preventionist at Ste. Genevieve County Memorial Hospital. “The benefits of COVID-19 vaccines outweigh any known and potential risks, which are extremely rare.”



KATIE HOGENMILLER, BSN, RN

## VACCINES SAVE LIVES

The COVID-19 vaccine remains the most effective way to prevent severe illness and death from COVID-19, even as new variants continue to develop.

“You do not have to have been previously ill to end up in the intensive care unit (ICU) with COVID-19,” Katie says. “At Ste. Genevieve County Memorial Hospital, 100 percent of sick patients who have ended up in the ICU have been unvaccinated.”

People who have chronic health conditions, such as cancer, diabetes, high blood pressure, and obesity, are at the highest risk of serious illness from COVID-19.

## GET BOOSTED

People age 12 and older who received the Pfizer vaccine can get a booster and should receive one five months after their second dose. Those 18 and older may receive a Moderna booster five months after their second dose. If you received the Johnson & Johnson vaccine, the CDC recommends receiving a Moderna or Pfizer booster two months later.

CALL YOUR LOCAL HEALTH DEPARTMENT OR A PHARMACY NEAR YOU TO GET YOUR COVID-19 VACCINES.



## Broccoli and Everything Salad

ADD SOME COLOR—AND IMMUNE-BOOSTING NUTRIENTS—TO YOUR NEXT DINNER WITH THIS EASY SALAD.

### INGREDIENTS

- 3 cups chopped broccoli (fresh)
- 1 medium carrot, diced
- 2 stalks celery, thinly sliced
- ½ cup raisins or dried cranberries
- ¼ cup chopped onion
- 1 cup diced cooked protein (ham, chicken, turkey, or tofu)
- ¼ cup low-fat mayonnaise
- ½ cup nonfat or low-fat plain yogurt
- 1 tablespoon sugar
- 1 teaspoon vinegar

### DIRECTIONS

1. Wash hands with soap and water.
2. In a large bowl, mix together broccoli, carrot, celery, raisins, onion, and protein.
3. In a separate bowl, mix together mayonnaise, yogurt, sugar, and vinegar.
4. Add mayonnaise mixture to salad and mix well.
5. Refrigerate leftovers within two hours.

Try adding apples or jicama.

Recipe courtesy of the National Library of Medicine and [www.foodhero.org](http://www.foodhero.org)

Join us for the Taste of Ste. Genevieve, on April 9 at 6 p.m., at the Ste. Genevieve Community Center Progress Sports Complex. Get tickets online at [tinyurl.com/yvyk4rnx](http://tinyurl.com/yvyk4rnx).

# RESOURCE MEDICAL DIRECTORY

## APPLE KIDS PEDIATRICS

590 Pine Drive  
Ste. Genevieve, MO 63670  
573-883-4455

## PEDIATRICS

Shilpa Desai, MD, FAAP  
Bhargav Kanani, MD, FAAP  
Gail Craft, RN, CS, FNP-BC

## EAR, NOSE, AND THROAT

573-883-7749

Justin Roberts, DO  
Samuel Medaris, DO

## BLOOMSDALE MEDICAL CENTRE FAMILY HEALTH CARE—BLOOMSDALE

255 Boderman Lane  
Bloomsdale, MO 63627  
573-483-9492

## PRIMARY CARE

Jonathon Bird, MD  
Rikki Schaefer, MMS, PA-C  
Morgan Ritter, MSN, APRN, FNP-C, CNL

## PEDIATRICS

Kelli Brockman, MD

## CARDIOLOGY

Matthew Bosner, MD, FACC, FACP

## GENESIS MED SPA

573-483-9700  
Joseph Sharlow, MD, FACS

## INTERNAL MEDICINE

573-483-3131  
Srinivasan Raghavan, MD

## MÉTIS BREAST CENTER/GENERAL SURGERY

573-483-2525  
Theresa Cavins, MD, FACS

## SPINE AND PAIN MANAGEMENT

573-483-3131  
Michael Fan, MD, PhD  
Lacey Sullivan, MSN, FNP-BC

## WALK-IN CLINIC

573-483-2929  
Anne Wolk, MSN, FNP-C  
Jacqueline Wolk, MSN, FNP-C  
Elena L. May-Plaza, FNP-BC

## WOMEN'S WELLNESS SERVICES

573-483-2525  
573-483-9492  
Julia Hoffman, MD, FACOG  
David L. Weinstein, MD, FACOG  
Juliana Verticchio, MD, FACOG  
Jennifer Smith, MD, FACOG  
Mary Crecelius, MSN, WHNP, APNG, CCBE

## BLOOMSDALE PHARMACY

573-483-2626

## FAMILY HEALTH CARE—PINE DRIVE MEDICAL CENTRE

575 Pine Drive  
Ste. Genevieve, MO 63670  
573-883-7474

## PRIMARY CARE

Susan O'Donnell, MD  
Erika Leung, MD, MSc  
Zaki Chowdhury, MD  
Melissa Naeger, MSN, FNP-C  
Kelly Grein, MSN, FNP-BC

## CARDIOLOGY

Matthew Bosner, MD, FACC, FACP

## INFECTIOUS DISEASE

Chandra Dommaraju, MD

## UROLOGY

Kevin Enger, MD  
Kimberly Browne, MSN, ANP-BC, CUNP  
Robin Goff, MSN, ANP-BC, CUNP

## FAMILY HEALTH CARE—POINTE BASSE

753 Pointe Basse Drive  
Ste. Genevieve, MO 63670  
573-883-2782

## PRIMARY CARE

Dan Frissell Jr., MD  
JoAnn Uding, MSN, FNP-BC  
Regine Politte, MSN, FNP-BC  
Robert Bohner, DNP, APRN, FNP-C

## AUDIOLOGY

573-756-0500  
Lee Supitov, AuD, CCC-A

## CARDIOLOGY

Raffi Krikorian, MD

## DERMATOLOGY

James Donnelly, MD

## ENDOCRINOLOGY

Naman A. Ghazal-Albar, MD

## NEUROLOGY

314-996-7080  
David Curfman, MD

## PSYCHIATRY/COUNSELING

Srinivas Chilakamarri, MD  
Jared Arnett, MSN-PMHNP  
Brandie Filer, MSW, LCSW

## PULMONOLOGY

Gary Goldstein, MD, FCCP, D, ABSM  
Michael Barkoviak, MD, FCCP  
Ann Pierce, MSN, APRN, FNP-C  
Marcee Stegemeier, MSN, APRN, FNP-BC

## RHEUMATOLOGY

Sandra Hoffmann, MD  
Kelly Grein, MSN, FNP-BC

## TRANSFORMATIONS MEDICAL WEIGHT LOSS CLINIC

573-883-4445  
Kimberly Browne, MSN, ANP-BC, CUNP  
Laura Selby, RDN, LD

## STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL

800 Ste. Genevieve Drive  
Ste. Genevieve, MO 63670

## OCCUPATIONAL MEDICINE

573-883-7759  
Lisa Engle, MSN, APRN, FNP-BC

## ONCOLOGY/HEMATOLOGY ALAN P. LYSS CENTER FOR CANCER CARE & INFUSION

573-883-7735  
Matthew Stein, MD

## SPEECH PATHOLOGY

573-883-4490  
Valerie Besand, MA, CCC-SLP  
Kristin Yow, MA, CCC-SLP  
Isabel Hotop, MS, CCC-SLP

## STE. GENEVIEVE ORTHOPEDICS

573-883-7772  
Scott VanNess, DO  
Thomas Berkgigler, DO, PT  
Jesse Beard, DO  
Holly Huelskamp, MSN, FNP-BC

## PODIATRY

Brian Martin, DPM

## NEPHROLOGY

314-720-0900  
Derek Larson, MD, FASN  
Jay Seltzer, MD  
Graeme Mindel, MD

## WOMEN'S WELLNESS SERVICES

573-883-5715  
Tony Lam, MD, FACOG  
Kelly Donze, MSN, CNM, WHNP  
Britney Tarrillion, MSN, APRN, FNP-BC

## SHARLOW SURGICAL CLINIC

573-883-5717  
Joseph Sharlow, MD, FACS  
Deborah Raney, MSN, FNP-BC

## PLAZA FAMILY HEALTH CARE WALK-IN CLINIC

120 Plaza Drive  
Ste. Genevieve, MO 63670  
573-883-4408  
John Pipkin, MSN, FNP-C  
Elle Grither, MSN, FNP-BC  
Mackenzie Roth, PA-C

## HOME HEALTH

990 Park Drive  
Ste. Genevieve, MO 63670  
573-883-7724  
573-883-7750 (after hours)

## MID AMERICA REHAB

21964 Highway 32  
Ste. Genevieve, MO 63670  
573-883-9366  
490 Highway 61  
Bloomsdale, MO 63627  
573-483-5040

## OPHTHALMOLOGY

Premiere Eye Associates  
466 Market Street  
Ste. Genevieve, MO 63670  
573-883-2774  
Humeyra Karacal, MD

## Look who's joining the Ste. Genevieve County Memorial Hospital medical staff!

Maryam Baikpour, MD, OB/GYN,  
Women's Wellness, Bloomsdale  
Medical Centre

Deniane John, MD, Family Medicine,  
Family Health Care - Pointe Basse

Aswin Kansakar, MD,  
Internal Medicine, Family Health  
Care - Pine Drive Medical Centre

Hannah Kertz, MD, OB/GYN,  
Women's Wellness - Ste. Genevieve  
County Memorial Hospital



## Your Source for PERSONALIZED HEALTHCARE SERVICES

Your husband hurt his back during spring cleaning. Your daughter needs a sports physical. You're ready to begin your family. No matter what health conditions or wellness goals you and your loved ones have, Ste. Genevieve County Memorial Hospital offers the following services to help you:

- Adult Fitness
- Allergy Care
- Arthritis
- Blood Bank
- Bone Health
- Calcium Infusion
- Cardiac Monitoring
- Cardiac Rehab
- Cardiology
- Case Management
- Chronic Care Management
- Community Education
- Community Relations
- Dermatology
- Diabetes Education
- Diagnostic Imaging
  - Bone densitometry
  - CT scan
  - Digital mammography
  - MRI
  - Nuclear medicine
  - Positron emission tomography/computed tomography (PET/CT)
  - Ultrasound
  - X-ray
- Electrocardiography (EKG)
- Emergency Care
- Genetic Testing
- Geriatric Care
- Home Health
- Laboratory
- Lifeline
- Lymphedema Therapy
- Medical Weight Management
- Nephrology
- Neurology
- Nutrition
- Obstetrics/Gynecology
- Occupational Medicine
- Occupational Therapy
- Oncology
- One-day Surgery
- Orthopedics
- Osteoporosis Treatment
- Pain and Spine Management
- Patient Education
- Pediatrics
- Pharmacy Services
- Physical Therapy
- Podiatry
- Prenatal Education
- Psychiatry/Counseling
- Pulmonary Function Testing
- Pulmonary Medicine
- Respiratory Therapy
- Rheumatology
- Sleep Studies
- Social Work Services
- Speech Therapy
- Sports Therapy
- Stress Tests
- Substance Abuse Treatment
- Support Groups
- Surgical Services
  - Arthroscopic
  - Ear, nose, and throat
  - Endoscopic
  - General
  - Gynecological
  - Ophthalmologic
  - Orthopedic
  - Podiatric
  - Urological
- Swing Bed/Transitional Care
- Telemedicine Services
- Urinary Incontinence Treatment
- Urology
- Women's Services
- Wound Care

### 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](http://www.stegenevievehospital.org) and select "Patient Portal."



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.

### Visit Us Online!

Visit [www.stegenevievehospital.org](http://www.stegenevievehospital.org) to access health information, hospital news, programs, and job listings and to register for our Patient Portal. It's fast and easy to use.

Like us on Facebook, Instagram, and Twitter!



With more than 100 providers, we have a doctor for you! Visit [www.stegenevievehospital.org/findadoc](http://www.stegenevievehospital.org/findadoc) or call our Physician Referral Line at 573-883-7777.



Ste. Genevieve County Memorial Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our homepage at [www.stegenevievehospital.org](http://www.stegenevievehospital.org).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-808-9008. (TTY: 1-800-735-2966).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-808-9008。(TTY: 1-800-735-2966)。

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.

LOOKING FOR A PHYSICIAN? CALL OUR PHYSICIAN REFERRAL LINE AT 573-883-7777.