ARE YOU AWARE OF YOUR Breast Cancer Risk?

Approximately one in eight women in the United States will develop breast cancer at some point during her life, according to the National Cancer Institute. The earlier the condition is found, the easier it is to treat. That’s why it’s so important for women to keep up with regular screening mammograms, which can lead to early detection. The U.S. Preventive Services Task Force recommends women have a mammogram every other year beginning at age 50. However, you might need earlier or more frequent screening if you:

- Carry mutated versions of the BRCA1 and BRCA2 genes
- Started menstruating before age 12
- Began menopause after age 55
- Have a parent, sibling, or child who developed breast cancer

IF IT’S TIME FOR YOUR MAMMOGRAM, CALL YOUR PRIMARY CARE PROVIDER TO REQUEST ONE. IF YOU NEED A PROVIDER, FIND ONE AT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

TAKE YOUR BEST SHOT

The flu affects millions of people each year, taking them out of school and work and even landing some in the hospital. The Centers for Disease Control and Prevention (CDC) recommends a yearly flu vaccination for everyone age 6 months and older. Try to be vaccinated by the end of October, when flu viruses start being active, advises the CDC. Your body needs two weeks to develop full immunity. Even if you can’t get vaccinated by the end of October, you should still get a flu shot. It will protect you at any point during the flu season.

It’s especially important for groups at high risk of complications to be vaccinated, in particular:

- People age 65 and older
- Children age 5 and younger
- People with chronic conditions, including lung disease, cancer, and diabetes
- Women who are pregnant or two weeks postpartum

MAKE AN APPOINTMENT WITH YOUR PRIMARY CARE PROVIDER TO GET YOUR FLU SHOT. NEED A PROVIDER? VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

WELCOME, Dr. Leung

After completing a geriatric medicine fellowship at Beth Israel Deaconess Medical Center in Boston, Erika Leung, MD, internal medicine practitioner, longed to return to Missouri, where she performed her residency. Originally from Montreal, Dr. Leung is eager to bring her patient-centered approach and passion for caring for older adults to Ste. Genevieve County Memorial Hospital.

“I like the idea of being able to help out those in need and talk to people about difficult decisions they may have to make,” she says. “I am also interested in rural medicine because you get to see a broader scope of illnesses.”

When Dr. Leung is not practicing medicine, she loves to travel and learn about other people. She speaks English, French, Spanish, and basic Chinese.

“I also love to read, hike, ski, and explore different cuisines,” she says. “Part of why I am excited about coming back to Missouri is that it has an amazing food scene and offers so many fun hiking trails!”

ERIKA LEUNG, MD

DR. LEUNG PRACTICES AT PARK DRIVE FAMILY HEALTH CARE. FOR APPOINTMENTS, CALL 573-883-7474.
The Cancer Prevention Program at Ste. Genevieve County Memorial Hospital recently added an online survey called Cancer IQ that can better help you learn if your genes and family history put you at risk for certain types of cancer.

Interested patients can schedule an appointment with Mary Crecelius, MSN, WHNP, APNG, CCBE, genetic counselor at Ste. Genevieve County Memorial Hospital, during which they complete the five-minute survey. She reviews the results and determines whether genetic testing is appropriate.

“If the history meets certain criteria, I draw blood and send it to a lab, where a panel of tests is run to look for genetic changes that could increase the risk of cancer,” Mary says. “Our hope is that, in finding a gene change before cancer occurs, we can set up health screenings and other options to prevent cancer.”

SHOULD YOU BE SCREENED?
You may benefit from scheduling an appointment with Mary for genetic screening if any of these criteria apply:

- You had breast, colon, or gastrointestinal cancer before age 50.
- You have multiple cancers on one side of the family.
- You have a personal history of rare cancers, such as ovarian cancer or male breast cancer.

Genetic testing also helps people with a cancer diagnosis, Mary adds. Care teams at the hospital use the information to learn which treatment plans and medications might be most successful.
PATIENT SAFETY REQUIRES TEAMWORK AND COMMUNICATION—BUT NOT ONLY AMONG PROVIDERS.

You’re not just handing yourself over to the professionals when you go to the hospital—you’re actually a key player in the outcome of your health during treatment.

“Communication is the basis of all healing,” says Matthew Bosner, MD, FACC, FACP, chief of the Department of Medicine and director of Cardiovascular Services at Ste. Genevieve County Memorial Hospital. “We have a ‘huddle’ every morning where the entire team gets together in the same room to review each patient’s care plan.”

These routine meetings are combined with a robust plan to identify possible threats to patient safety as well as opportunities for improvement, according to Morgan Ritter, MSN, RN, CNL, day shift house supervisor at Ste. Genevieve County Memorial Hospital. For example, she says, each care team provides bedside shift reports and participates in mandatory continuing education, policy reviews, and task force committees.

ON THE FIELD
Every patient undergoes a thorough evaluation as soon as they walk in the door.

“Upon admission, our nurses initiate an assessment that focuses on nutrition, fall risk, skin integrity, and risk for readmission,” says Kim Lalumandier, BSN, RN, ACM, case manager at Ste. Genevieve County Memorial Hospital. “We also verify family contact information and the need for a social service consult.”

Preventing healthcare-acquired problems, such as infections and fall-related injuries, is also a high priority.

“We give blood thinners to prevent clotting in bedridden patients or patients recovering from surgery,” Dr. Bosner says. “In addition, we’ve decreased catheter use to inhibit urinary tract infections and made sure to inspect IV sites, changing them every three days.”

A TEAM EFFORT
Family members are a vital part of patient safety. They should be keeping their eyes and ears open for instructions.

“Everyone needs to listen to what the nurse is saying,” Dr. Bosner says. “We want the family to be involved in the patient’s care once he or she goes home, so we educate them on what steps need to be taken. Vigilant and coordinated care is the best thing you can do to ensure patient safety.”

FOR MORE INFORMATION ON PATIENT SAFETY AND QUALITY, CALL HIRSHELL PARKER AT 573–883–4430.
The seed of an idea has begun to sprout. Gardeners at the Bloomsdale Community Garden at Bloomsdale Medical Centre are closely watching its seedlings of heirloom pumpkins, tomatoes, cauliflower, broccoli, basil, cantaloupes, squash, sweet potatoes, and an assortment of mystery plants (you know, the plants you forgot to label) grow.

“We’ve been talking about this garden for some time, so I’m really excited it has become a reality,” says Mary Crecelius, MSN, WHNP, APNG-BC, CCBE. “Healthy eating can really benefit our health. We believe in whole foods and are really promoting fruits and vegetables in our diets.”

GAINING GROUND
Here in the Midwest, we might consider certain east- and west-coast trends to be on the fringe. Did you know there are doctors who write prescriptions for vegetables? When patients take these scripts to a pharmacy, they get fresh produce instead of medications. While we’re not at that stage yet, the idea of the farm-to-hospital movement is making its way to our neck of the woods.

“It’s fun to be on the leading edge, and as they say, there’s never a crowd at the leading edge,” laughs Theresa Cavins, MD, FACS, breast and general surgeon at Ste. Genevieve County Memorial Hospital. “We’ve known for a long time that eating more plant-based foods and fewer animal products is associated with a decreased risk for cancer, heart disease, diabetes, obesity, and almost all the common ailments in our country. If we can encourage people to plant a garden, go to farmers markets, or even shop more often from their grocery store’s produce department, that’s a big step in the right direction.”

FRIENDS WHO PLAY TOGETHER
“Nutrition aside, there are other reasons to consider why some people live longer, healthier lives,” Mary says. “The suggestion is that a strong sense of community is a contributing factor. Community gardens can increase a sense of community, foster the development of community spirit, and bring people together.”

For those reasons, Dr. Cavins and Mary hope the garden becomes a respite for gardeners and nongardeners alike.

“We may add a picnic bench and table, walking paths—even a Little Free Library box where residents can share books,” Dr. Cavins says. “If our harvests grow large enough, perhaps we can have a community dinner. I love the idea of bringing people together. Our vision really is to promote healthy eating, exercise, and relaxation.”

ALL RESIDENTS ARE INVITED TO HELP WITH THE BLOOMSDALE COMMUNITY GARDEN. FOR MORE INFORMATION AND TO GET ON THE VOLUNTEER SCHEDULE, CALL THE BLOOMSDALE MEDICAL CENTRE AT 573-483-2727.
AN OVERDOSE Antidote
A MEDICATION CALLED NALOXONE CAN SAVE A LIFE IN THE EVENT OF AN OPIOID OVERDOSE.

From 2010 to 2016, the number of deaths related to prescription and illicit opioid use doubled, rising from 21,089 deaths in 2010 to 42,249 in 2016, according to the National Center for Health Statistics. But naloxone may be one important tool for preventing further increases.

Naloxone counteracts the effects of an opioid overdose, namely slowed or stopped breathing. It can prevent an individual from dying before he or she receives medical attention.

“People who misuse drugs and/or their family members should consider having a dose of naloxone available and be familiar with how to use it,” says Laura Fowler, RPh, director of Inpatient Pharmacy Services at Ste. Genevieve County Memorial Hospital. “Patients taking pain medication, especially at higher doses or in combination with other medications, such as other opiates, antidepressants, sleep medicine, or anxiety medicines, should also consider having naloxone available.”

Under Missouri state law, any individual can get naloxone from a local pharmacy, including the Bloomsdale Pharmacy.

“There have been standards put in place by our state government to make naloxone more accessible to the general public,” Laura says. “Outpatient pharmacies play a vital role in providing this much-needed service.”

NEW VISION, A MEDICAL STABILIZATION SERVICE FOR PEOPLE WITH SUBSTANCE USE DISORDERS, IS ALSO AVAILABLE AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL. TO LEARN MORE, CALL 800-939-2273 OR 573-883-1165.

Chipotle Pumpkin BLACK BEAN CHILI

THIS HEARTY, SPICY CHILI IS PERFECT FOR FALL.

INGREDIENTS

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tablespoons vegetable oil</td>
<td>1 cup no-salt-added chicken broth</td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>1 can no-salt-added black beans, drained and rinsed</td>
</tr>
<tr>
<td>1 celery rib, chopped</td>
<td>1 12.5-ounce can no-salt-added chicken, drained, or 1½ cups cooked, shredded chicken</td>
</tr>
<tr>
<td>2 jalapeños, seeded</td>
<td>1 chipotle pepper in adobo sauce, finely chopped</td>
</tr>
<tr>
<td>and chopped</td>
<td>1 teaspoon brown sugar</td>
</tr>
<tr>
<td>3 cloves garlic, minced</td>
<td>2 green onions, finely chopped</td>
</tr>
<tr>
<td>1 teaspoon ground cumin</td>
<td>lime wedges</td>
</tr>
<tr>
<td>1 teaspoon dried oregano</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon ground pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons tomato paste</td>
<td></td>
</tr>
<tr>
<td>1 can no-salt-added</td>
<td></td>
</tr>
<tr>
<td>diced tomatoes</td>
<td></td>
</tr>
<tr>
<td>1 cup canned pumpkin puree</td>
<td></td>
</tr>
</tbody>
</table>

DIRECTIONS

1. Heat oil in Dutch oven or large saucepan over medium heat. Add onions, celery, jalapeño, garlic, cumin, oregano, and pepper. Sauté for 5 to 8 minutes or until vegetables soften.
2. Add tomato paste and cook for 2 minutes.
3. Add tomatoes, pumpkin puree, chicken broth, black beans, chicken, chipotle pepper, and brown sugar. Bring to a boil.
4. Reduce heat to low. Simmer, stirring occasionally, for 1 hour or until chili is thick and flavorful. Salt to taste.
5. Garnish with green onions and serve with lime wedges.

NUTRITIONAL INFORMATION

Serves 4 to 6
Calories: 240 Carbohydrates: 29g
Total fat: 6g Cholesterol: 35mg
Saturated fat: 0g Fiber: 8g
Protein: 18g Sodium: 210mg

Recipe courtesy of Produce for Better Health Foundation, www.morematters.org
ADULT PRIMARY CARE
Sharon Grass, RN, FNP, CS 573-883-7474
Dale Kraenzle, RN, ANP, CS 573-883-7424
Mary Ann McCullough, MSN, ANP-BC, CS 573-883-2782
JoAnn Uding, MSN, FNP-BC 573-883-7424

BLOOMSDALE WALK-IN CLINIC
Dan Frissell Jr., MD 573-883-2782
Annie Wolk, MSN, FNP-C 573-883-2782

BREAST SURGERY/GENERAL SURGERY
Theresa Cavins, MD, FACS 573-483-2525

CARDIOLOGY
Matthew Bosner, MD, FACC, FACP 573-483-2525

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

GENERAL SURGERY
Joseph Sharrow, MD, FACS Deborah Raney, MSN, APRN, FNP-BC 573-883-5717

INTERNAL MEDICINE
Briccio Cadiz III, MD 573-883-2782

ADULT PRIMARY CARE
Sharon Grass, RN, FNP, CS 573-883-7474
Dale Kraenzle, RN, ANP, CS 573-883-7424
Mary Ann McCullough, MSN, ANP-BC, CS 573-883-2782
JoAnn Uding, MSN, FNP-BC 573-883-7424

BLOOMSDALE WALK-IN CLINIC
Dan Frissell Jr., MD 573-883-2782
Annie Wolk, MSN, FNP-C 573-883-2782

BREAST SURGERY/GENERAL SURGERY
Theresa Cavins, MD, FACS 573-483-2525

CARDIOLOGY
Matthew Bosner, MD, FACC, FACP 573-483-2525

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

GENERAL SURGERY
Joseph Sharrow, MD, FACS Deborah Raney, MSN, APRN, FNP-BC 573-883-5717

INTERNAL MEDICINE
Briccio Cadiz III, MD 573-883-2782

ADULT PRIMARY CARE
Sharon Grass, RN, FNP, CS 573-883-7474
Dale Kraenzle, RN, ANP, CS 573-883-7424
Mary Ann McCullough, MSN, ANP-BC, CS 573-883-2782
JoAnn Uding, MSN, FNP-BC 573-883-7424

BLOOMSDALE WALK-IN CLINIC
Dan Frissell Jr., MD 573-883-2782
Annie Wolk, MSN, FNP-C 573-883-2782

BREAST SURGERY/GENERAL SURGERY
Theresa Cavins, MD, FACS 573-483-2525

CARDIOLOGY
Matthew Bosner, MD, FACC, FACP 573-483-2525

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

GENERAL SURGERY
Joseph Sharrow, MD, FACS Deborah Raney, MSN, APRN, FNP-BC 573-883-5717

INTERNAL MEDICINE
Briccio Cadiz III, MD 573-883-2782

ADULT PRIMARY CARE
Sharon Grass, RN, FNP, CS 573-883-7474
Dale Kraenzle, RN, ANP, CS 573-883-7424
Mary Ann McCullough, MSN, ANP-BC, CS 573-883-2782
JoAnn Uding, MSN, FNP-BC 573-883-7424

BLOOMSDALE WALK-IN CLINIC
Dan Frissell Jr., MD 573-883-2782
Annie Wolk, MSN, FNP-C 573-883-2782

BREAST SURGERY/GENERAL SURGERY
Theresa Cavins, MD, FACS 573-483-2525

CARDIOLOGY
Matthew Bosner, MD, FACC, FACP 573-483-2525

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

EMERGENCY MEDICINE
Brad Stoner, MD 573-883-2782

ENT
Justin Roberts, DO 573-883-5717

FAMILY PRACTICE
Dan Frissell Jr., MD Regine Pollette, MSN, FNP-BC 573-883-2782

GENERAL SURGERY
Joseph Sharrow, MD, FACS Deborah Raney, MSN, APRN, FNP-BC 573-883-5717

INTERNAL MEDICINE
Briccio Cadiz III, MD 573-883-2782

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:
- Allergy
- Cardiology
- Dermatology
- Vascular Surgery
- Weight Management

Call 573-883-5151 for more information.
Matthew Bosner, MD, FACC, FACP, cardiologist and chief of the Department of Medicine and director of Cardiovascular Services at Ste. Genevieve County Memorial Hospital, may not be ready to add politician to his business card, but he is ready to take his commitment to public health one step further. On April 3, voters in Ste. Genevieve County elected him to the Ste. Genevieve County Health Department board with 53.5 percent of the vote.

“I’ve always been interested in public health issues as a preventive cardiologist,” Dr. Bosner says. “But really what prompted me to get involved was the opioid crisis.”

Dr. Bosner is the only physician in the county certified through the American Society of Addiction Medicine to prescribe detoxification medications, and prior to being elected, he worked with Sandra Bell, the health department’s administrator, to deal with this pressing issue.

“In our community, the opioid epidemic is really rampant,” he says. “We have to bring together public health, education, and social services initiatives. It’s not just a mental health illness. It’s a medical condition.”