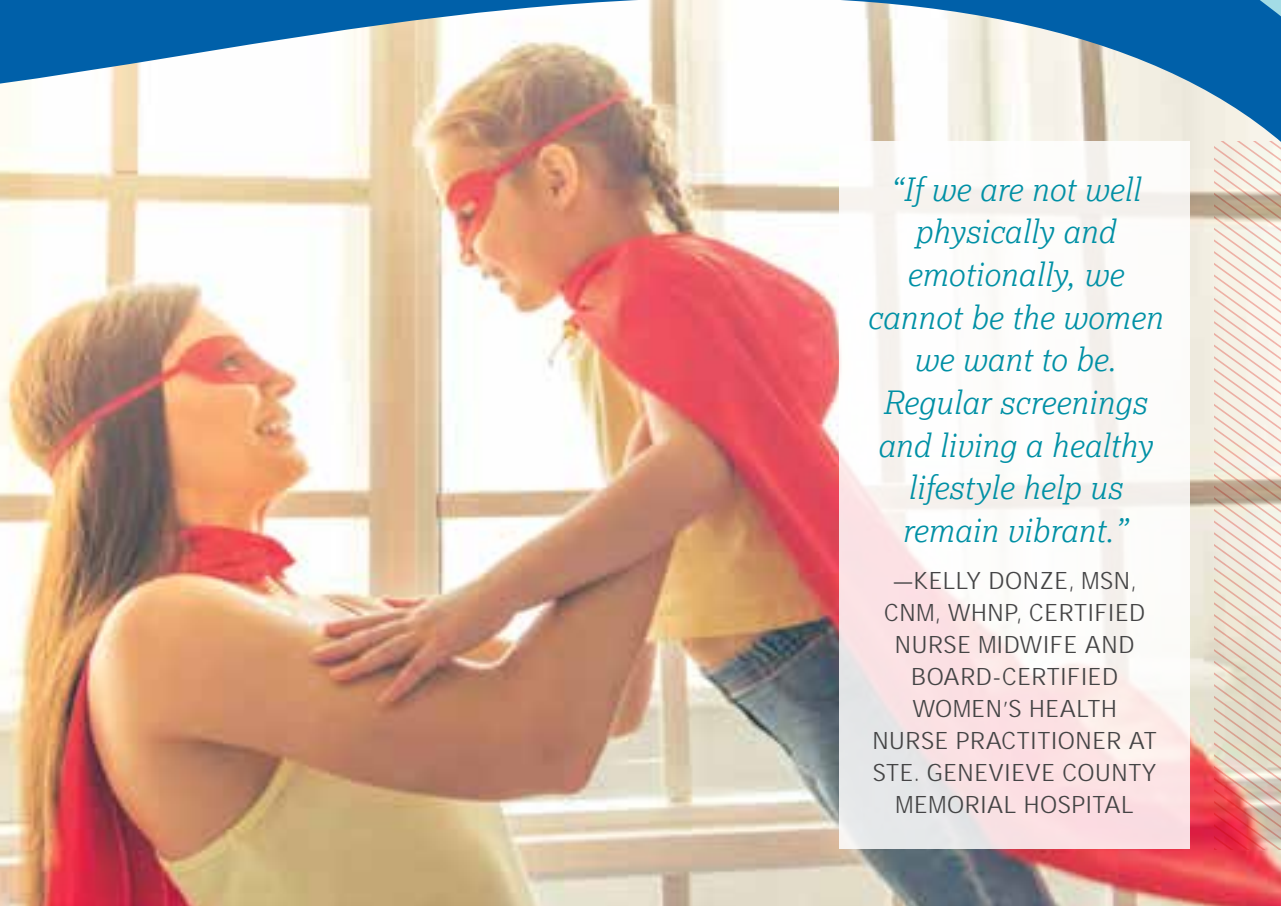


CARE SPRING 2018 connection

MY HEALTH. MY HOME. MY HOSPITAL.

WONDER WOMEN



“If we are not well physically and emotionally, we cannot be the women we want to be. Regular screenings and living a healthy lifestyle help us remain vibrant.”

—KELLY DONZE, MSN, CNM, WHNP, CERTIFIED NURSE MIDWIFE AND BOARD-CERTIFIED WOMEN’S HEALTH NURSE PRACTITIONER AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL

▶ WOMEN OF ALL AGES DEDICATE THEMSELVES TO THEIR JOBS, THEIR FAMILIES, AND THEIR FRIENDS. MAINTAIN YOUR SUPERHERO STATUS BY ALSO TAKING TIME FOR YOURSELF.

Routine exams and preventive screenings play a big role in keeping women of all ages healthy.

“It is important to see an OB/GYN every year to prevent health problems before they develop,” says Kelly Donze, MSN, CNM, WHNP, certified nurse midwife and board-certified women’s health nurse practitioner at Ste. Genevieve County Memorial Hospital. “We can detect many things during an annual well-woman exam even before you experience any symptoms. The earlier we can diagnose these problems, the more successful the treatments will be.”

BABY ON BOARD?

One of the benefits of establishing a relationship with an OB/GYN is having a resource for advice about family planning—whether you’d like to start a family or recently learned you’re expecting.

For example, Kelly notes that providers can educate you about important decisions you will need to make about prenatal care and, if you’re trying to get pregnant, diet and lifestyle tips that may help you conceive.

HEALTHY FOR LIFE

Today’s healthy women know that overall wellness requires commitment. Whether you’re planning a family or simply wanting to age gracefully, stay up-to-date on these screenings:

- **Well-woman exams**—These annual visits include a pelvic exam, a general health assessment, and a breast exam.
- **Pap tests**—At least every three years, women ages 21 to 65 need a Pap test, which helps physicians identify early changes in cells lining the cervix that may lead to cervical cancer.
- **Annual mammograms**—Women ages 40 to 74 should have these at least every other year, earlier or more frequently if recommended by a provider.



KELLY DONZE, MSN, CNM, WHNP

TO SCHEDULE AN APPOINTMENT, CALL ANY OF OUR THREE WOMEN’S WELLNESS SERVICES LOCATIONS: STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL, 573-883-5715; BLOOMSDALE MEDICAL CENTRE, 573-483-2727; OR WOMEN’S WELLNESS AT THE PLAZA, 573-883-1199. YOU CAN ALSO VISIT US ONLINE AT WWW.STEGENEVIEVEHOSPITAL.ORG.

The Heart of the Matter

ALTHOUGH CARDIOVASCULAR DISEASE AFFECTS MEN AND WOMEN EQUALLY, WOMEN NEED TO PAY SPECIAL ATTENTION TO THEIR HEARTS.



MATTHEW BOSNER, MD, FACC, FACP

“**Before age 50**, women have the same risk as men for heart disease,” says Matthew Bosner, MD, FACC, FACP, director of Cardiology at Ste. Genevieve County Memorial Hospital. “However, cardiovascular disease in women over 50 and those who’ve gone through menopause surpasses prevalence in men. It’s really important for women to follow up with their doctors at least once a year to assess their cardiovascular risk.”

TAKE CHARGE

High blood pressure, high cholesterol, Type 2 diabetes, smoking, and obesity are all risk factors for heart disease that women can control

with diet and exercise or medications. Dr. Bosner also suggests women ask their providers to use a heart disease-risk calculator, such as the one available at www.cvriskcalculator.com. If the score is over 10, those same lifestyle changes and medications may help lower risk.

KNOW THE SIGNS—AND ACT ON THEM

“Women have a natural instinct to put care for others above their own needs,” Dr. Bosner says. “They will typically delay going to the emergency room longer than men might.”

Chest pains and shortness of breath should be red flags to seek medical attention for a potential heart condition.

TO SCHEDULE AN APPOINTMENT WITH DR. BOSNER, CALL 573-883-2782.



KNOW WHAT YOU'RE MADE OF

A BODY COMPOSITION ANALYSIS CAN GIVE YOU THE INFORMATION YOU NEED TO REACH OPTIMAL HEALTH.

Being healthy goes beyond simply knowing your body mass index (BMI)—a measurement of your weight compared to your height. Although your BMI can help determine if you need to lose weight, it doesn't tell the whole story.

"Someone can have a normal BMI but still carry around excess body fat and have a low muscle mass. Both of those can raise a person's risk for chronic diseases," says Kim Browne, MSN, ANP-BC, CUNP, nurse practitioner at Ste. Genevieve County Memorial Hospital's Transformations Medical Weight Clinic. "On the other hand, some people have great muscle mass and normal body fat but measure overweight. That doesn't mean they're at risk for chronic disease."



KIM BROWNE, MSN, ANP-BC, CUNP

STARTING AT SQUARE ONE

At Transformations Medical Weight Clinic, Kim uses a special body composition scale that analyzes body fat, muscle mass, and visceral fat—a type of harmful abdominal fat that isn't visible—to get a better picture of a person's overall health. She uses that information to help patients set realistic weight-loss goals.

"There are so many fad diets out there that aren't effective or sustainable," Kim says. "People need to be educated about their body composition so they can set safe and realistic goals. Then we help them learn the most effective ways to lose weight."

CALL KIM AT 573-883-4445 TO SCHEDULE A FREE CONSULTATION AND WEIGHT ANALYSIS TO GET A BETTER PICTURE OF YOUR HEALTH.



Meet the NEW YOU

AT GENESIS MED SPA, MEDICINE HAS NEVER BEEN SO REJUVENATING.

For more than a decade, Genesis Med Spa has blended sophisticated aesthetics and advanced medical treatments to improve the health and appearance of the body, skin, and face. The clinic, located in the Bloomsdale Medical Centre, operates under the direction of Joseph W. Sharlow, MD, FACS, board-certified general surgeon affiliated with Ste. Genevieve County Memorial Hospital.

"Our vision was to offer the community a medical spa that could reintroduce patients to their natural beauty," says Brittany Wehner, business coordinator at Genesis Med Spa. "Through innovative procedures and advanced technology, we've been able to do just that."

The clinic aims to:

- **Envision.** You'll get a complimentary consultation during which our practitioners will work with you to create an individualized treatment plan.
- **Enhance.** With more than 25 years of combined expertise, the staff at Genesis Med Spa has completed extensive training in all our procedures, some of which aren't available anywhere else within 200 miles of our facility. The goal of Genesis Med Spa has always been to reverse the toll time and gravity can take on the body.
- **Embrace.** All treatments are designed to help you appreciate and reveal your natural beauty.

Genesis Med Spa offers numerous services, ranging from laser hair removal to body contouring. Recently, Genesis Med Spa became the only facility in our area to offer MonaLisa Touch, a vaginal rejuvenation procedure to address dryness and incontinence issues that can significantly affect quality of life.

SCHEDULE YOUR COMPLIMENTARY, PRIVATE CONSULTATION BY CALLING GENESIS MED SPA AT 573-483-9700.

Time for a Colon Screening?

DON'T STRESS! THESE TESTS ARE MUCH EASIER THAN YOU MAY THINK.

All adults at average risk for colorectal cancer should start getting screened starting at age 50—earlier if they have a family history or other risk factors. Colonoscopy is considered the gold standard for screening, but other tests are available. Discuss your options with your surgeon or primary care physician.

The reason colonoscopies are so valuable is that they give doctors the most thorough view of the colon and rectum and the opportunity to remove and test polyps that may be cancerous. Contrary to what you may think, though, preparing for and undergoing a colonoscopy isn't a big deal.



JOSEPH W. SHARLOW, MD, FACS

PREPPED AND READY

"In order for a colonoscopy to be successful, a colon prep should be done the day before," says Joseph W. Sharlow, MD, FACS, board-certified general surgeon affiliated with Ste. Genevieve County Memorial Hospital. "This includes being on a clear liquid diet and drinking a cleansing prep. Preps today are of a lower volume, about half of the previous amount needed."

The screening itself usually takes about 15 minutes. Patients are sedated the entire time, so they don't experience any pain during the procedure, and they can return to a normal diet immediately after a screening. If results are normal, another screening isn't necessary for 10 years.

"Most patients comment on why they hesitated about having the study done," Dr. Sharlow says. "They often ask, 'When are you going to start?' after the procedure is complete."



TO SCHEDULE A COLONOSCOPY, CALL YOUR PRIMARY CARE PROVIDER. IF YOU NEED A PROVIDER, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

A SUCCESSFUL SURGERY, Made Simple

HAVE A SURGERY COMING UP? KEEP THESE IMPORTANT TIPS IN MIND.

Undergoing an operation can feel overwhelming, and nothing is more frustrating than showing up on the big day and having your procedure delayed or rescheduled.

There are things you can do to prevent that from happening, says Cindy Mueller, RN, director of Surgery at Ste. Genevieve County Memorial Hospital. To start, she advises following all instructions your provider gives you.

“We tell patients not to eat or drink anything after midnight the night before surgery—that’s very important in order to undergo anesthesia safely,” Cindy says. “People think, ‘I’ll just have a glass of water,’ and then we have to push their surgery back.”

You should also:

- Tell the person interviewing you about your medication list and everything you take regularly. That includes over-the-counter medications and supplements.
- Alert the hospital right away if you run a fever or feel sick before the day of your surgery. “If your general health is not good, we don’t want to perform an elective surgery on you,” Cindy says.

SURGERIES YOU NEED, CLOSE TO HOME

Ste. Genevieve County Memorial Hospital’s team of experienced surgeons performs general procedures, such as laparoscopic gall bladder removal, as well as more complex surgeries, including joint replacements and breast reconstructions. Often, our surgeons use advanced, minimally invasive techniques that allow patients to go home the same day.

“While our hospital is small, it is privately owned and not part of a big company,” Cindy says. “If you have surgery here, you’ll receive personalized, professional care from our staff. You’re not just a number.”

FOR MORE INFORMATION ABOUT OUR SURGERY DEPARTMENT, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG, SELECT “MEDICAL SERVICES” AND THEN “SURGERY SERVICES.”



Getting through withdrawal can be the most difficult stage of the journey for people who want to recover from addiction. After deciding to seek out treatment, these individuals may face days of uncomfortable and potentially dangerous side effects, including seizures, elevated blood pressure, and heart problems.

“Patients may start to go into withdrawal, decide they can’t take it, and give up because it’s too painful,” says Terry Westrich, service coordinator for New Vision, a nationwide company that partners with local hospitals to provide medical services to people dealing with addiction. “We provide an intermediate service to help get them through it so they can be more successful in the long term.”

READY FOR THE JOURNEY AHEAD

When patients come to New Vision at Ste. Genevieve County Memorial Hospital, a team of nurses and physicians provides

medications and supervision to ensure safe withdrawal. During the three- to five-day period this usually takes, providers also work with patients on next steps and craft an individualized treatment plan for after they leave, whether that involves a residential program or outpatient counseling.

“When patients are discharged, they have their next appointments set up—they know the date and time of their next treatment,” Terry says. “We help lift the burden of planning so they can focus on getting better.”

New Vision is open to anyone age 18 and older who is living with addiction—particularly to alcohol, opioids, or benzodiazepines—and is willing to seek treatment. For those who need support with withdrawal, New Vision is here to help.

FOR MORE INFORMATION ABOUT NEW VISION OR TO GET HELP, CALL 573-883-1165.

Coming to an Rx Bottle Near You

Bloomdsdale Pharmacy has become one of the first pharmacies in the nation to reinforce safe medication use thanks to MedsOnCue, a digital service that provides on-demand access to videos about safe medication use.

By scanning the QR code on your prescription label, you can access videos in the MedsOnCue library about your specific medication. These videos inform you about how to take the medication safely as well as any potential side effects, so you can limit avoidable reactions.

“MedsOnCue creates an immediate connection between you and the information you need to take your medications as directed,” says Jill McCalister, pharmacy manager at Bloomdsdale Pharmacy. “Whether at our pharmacy counter or at your kitchen counter, we want to be a trusted source of information for you and your family.”

THE BLOOMSDALE PHARMACY OFFERS PERSONALIZED CARE WITH PRESCRIPTION SERVICES, OVER-THE-COUNTER MEDICATIONS, MEDICATION THERAPY, AND MORE. LEARN MORE AT WWW.BLOOMSDALERX.COM.



RESOURCE MEDICAL DIRECTORY

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
573-883-2782/573-483-3131

JoAnn Uding, MSN, FNP-BC
Regine Politte, MSN, FNP-BC
573-883-2782

BREAST SURGERY/ GENERAL SURGERY

Theresa Cavins, MD, FACS
573-883-2525

CARDIOLOGY

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

EMERGENCY MEDICINE

Brad Stoner, MD
573-883-2751

ENT

Justin Roberts, DO
573-883-5717

FAMILY PRACTICE

Dan Frissell, MD
573-883-2782

Jonathon Bird, MD
Christine Herrington, MSN,
APRN, FNP-BC
Rikki Schaefer, PA-C
573-483-9492

Melissa Naeger, MSN, FNP-C
573-883-7474

Annie Wolk, MSN, FNP-C
Jacqueline Wolk, MSN, FNP-C
573-483-2929

GENERAL SURGERY

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

Theresa Cavins, MD, FACS
573-483-2525

David M. Steele, MD
573-547-8390

INTERNAL MEDICINE

Briccio Cadiz III, MD
573-883-2782

Susan O'Donnell, MD
573-883-7424

Srinivasan Raghavan, MD
573-483-3131

Niranjana Raju, MD
573-883-7474

MEDICAL SPA

Joseph Sharlow, MD, FACS
573-483-9700

NEPHROLOGY

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

NEUROLOGY

David Curfman, MD
314-996-7080

OBSTETRICS/GYNECOLOGY

Tony Lam, MD, FACOG
Britney Tarrillion, MSN, APRN,
FNP-BC
573-883-5715

Racheal Lynn Whitaker, MD, FACOG
Phillip Kintner, MD
Kelly Donze, MSN, WHNP, CNM
573-883-1199

Mary Crecelius, MSN, WHNP,
APNG, CCBE
573-483-2727

OCCUPATIONAL MEDICINE

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

ONCOLOGY

Alan P. Lyss, MD
Atif Shafiqat, MD, FACP
573-883-7735

ORTHOPEDICS

Craig Ruble, MD
Scott VanNess, DO
Thomas Berkbigler, DO, PT
Holly Huelskamp, MSN,
FNP-BC
573-883-7772

PAIN MANAGEMENT

Michael Fan, MD, PhD
573-483-3131

Lacey Sullivan, MSN, FNP-BC
573-883-4420

PEDIATRICS

Kelli Brockman, MD
573-483-9492

Shilpa Desai, MD
Bhargav Kanani, MD
Gail Craft, RN, FNP, CS
573-883-4455

PODIATRY

Brian L. Martin, DPM
Christopher R. Sloan, DPM, FACFAS
573-883-7772

PSYCHIATRY/COUNSELING

Srinivas Chilakamarri, MD
Vickie Bruckerho, MSW, BSW,
LCSW, BCD
573-883-2782

PULMONOLOGY

Michael Jeffrey Barkoviak, MD,
FCCP

Gary R. Goldstein, MD, FCCP,
D, ABSM

Ann M. Pierce, MSN, APRN,
FNP-C
573-883-2782

RHEUMATOLOGY

Sandra Schreiner
Homan, MD
573-883-2782

SPEECH PATHOLOGY

Kristin Yow, MA, CCC-SLP
573-883-4490

UROLOGY

Kevin Enger, MD
Kim Browne, MSN, ANP-BC,
CUNP
573-883-4450

WEIGHT MANAGEMENT

Kim Browne, MSN, ANP-BC,
CUNP
573-883-4445



St. Genevieve County Memorial Hospital welcomes **Srinivasan Raghavan, MD**, to its Bloomsdale Medical Centre staff. Dr. Raghavan specializes in internal medicine and is seeing new patients. To schedule an appointment, call 573-483-3131.

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 condition or wellness goal you and your loved ones have, St. Genevieve County Memorial Hospital offers the following services for you:

- Adult Fitness
- Allergy Care
- Arthritis
- Blood Bank
- Calcium Infusion
- Cardiac Monitoring
- Cardiac Rehab
- Cardiology
- Case Management
- Chronic Care Management
- Community Education
- Community Relations
- Counseling
- Dermatology
- Diabetes Education
- Diagnostic Imaging
 - 64-slice computed tomography (CT)
 - Bone densitometry
 - Digital mammography
 - Magnetic resonance imaging (MRI)
 - Nuclear medicine
 - Positron emission tomography/computed tomography (PET/CT)
 - Ultrasound
 - X-ray
- Electrocardiography (EKG)
- Electroencephalography (EEG)
- Emergency Care
- Home Health
- Laboratory
- Lifeline
- Lymphedema Therapy
- Medical Weight Management
- Nephrology
- Neurology
- Nutrition
- Occupational Medicine
- Occupational Therapy
- Oncology
- One-day Surgery
- Orthopedics
- Pain Management
- Patient Education
- Pediatrics
- Pharmacy Services
- Physical Therapy
- Podiatry
- Prenatal Education
- Pulmonary Function Testing
- Pulmonary Medicine
- Respiratory Therapy
- Rheumatology
- Sleep Studies
- Social Work
- 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
- Telemedicine
- Urinary Incontinence Treatment
- Urology
- Women's Services
- Wound Care

CALENDAR

MARCH

COLORECTAL CANCER AWARENESS MONTH

AMERICAN RED CROSS BLOOD DRIVE

March 29
Noon-3 p.m., Hospital education/conference room

DOCTOR'S DAY
March 31

APRIL

TASTE OF STE. GENEVIEVE
April 7

6-9 p.m., St. Genevieve Community Center
Visit www.stgenevievehospital.org to order tickets and for more information.

ART OF WOMEN'S HEALTH 5K RUN/WALK
April 27
6 p.m., downtown Ste. Genevieve

MAY

AMERICAN RED CROSS BLOOD DRIVE
May 30

Noon-3 p.m., Hospital education/conference room

Due for a screening mammogram and your week is too busy?
You can now schedule your mammogram on Saturdays at Bloomsdale Medical Centre from 8 a.m.-1 p.m. Contact your provider for scheduling.

CLASSES AND SUPPORT GROUPS

Speaker's Bureau: 573-883-7777

Breastfeeding Class

April 5, 12
7-9 p.m., Hospital education/conference room

Childbirth Education

March 12, 20, 27
May 1, 8, 15
7-9 p.m., Hospital education/conference room

Natural Birthing Class

April 10, May 22
7-9 p.m., Hospital education/conference room

Call 573-883-5715 to register for all childbirth classes.

Taking Down Cancer Support Group

March 7, April 4, May 2
7-8 p.m., Hospital

Parkinson's Pals Support Group

March 14, April 11, May 9
10 a.m., Hospital education/conference room

Begin Again Widow Support Group

May 15
5 p.m., Hospital cafeteria



St. 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 home page at www.stgenevievehospital.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).
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.

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.stgenevievehospital.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.stgenevievehospital.org today to access health information, hospital news, programs, and job listings.

Like us on Facebook!

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

