

CARE WINTER 2019 connection

MY HEALTH. MY HOME. MY HOSPITAL.

Saved by a Heart Scan

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A SUCCESSFUL NEW YEAR

Losing weight is one of the most common New Year's resolutions we make. Here are a few ways to stick with your goals throughout the year:

- **Know why you want to lose weight.** It's far easier to commit to a new goal if you're achieving it for your own reasons, not someone else's.
- **Focus on the process.** Losing weight requires lifestyle changes that can take time. Rather than pledging to lose 20 pounds, for example, commit to walking 30 minutes a day three days a week, or eating two fewer desserts per week.
- **Set a reasonable goal.** Weight loss differs for everyone. Providers at our Transformations Medical Weight Clinic can work with you to determine what achievable, healthy weight loss looks like for you. Join us the first Tuesday of the month at 5:30 p.m. for a free introductory weight loss session about how to live a healthy lifestyle.

LET TRANSFORMATIONS MEDICAL WEIGHT CLINIC HELP YOU ACHIEVE YOUR RESOLUTION TO LOSE WEIGHT. CALL 573-883-4445 OR VISIT WWW.STEGENEVIEVEHOSPITAL.ORG, WHERE YOU CAN ALSO CHECK OUT OUR TRANSFORMATIONS TESTIMONIALS.

THE POWER OF Planned Giving

When you include a gift to the Ste. Genevieve County Memorial Hospital Friends Foundation in your financial or estate plan, you create a long-lasting legacy of service to your community.

Planned giving allows you to support programs and services at Ste. Genevieve County Memorial Hospital in the way that best aligns with your values and financial goals. The Friends Foundation can work with you to establish a charitable gift annuity or remainder trust that transfers money or property to the foundation while ensuring a lifetime income for you.

We accept:

- Bequests to the Friends Foundation in a will
- Charitable endowments
- Donated retirement assets or life insurance
- Gifts of stocks, bonds, or real estate

With your planned gift, you'll receive tax benefits—and the satisfaction of knowing you are helping your friends, family, and neighbors. And, it's not too late to join our Legacy Campaign, naming opportunities for our new Medical Office Building set to open in early 2020.

FOR MORE INFORMATION ABOUT PLANNED GIVING OR THE LEGACY CAMPAIGN, CALL HOLLI LEDBETTER AT 573-883-7725 OR VISIT WWW.STEGENEVIEVEHOSPITAL.ORG.



Local Care for **Allergies**

Allergy sufferers will be pleased to know that doctors from the Allergy, Asthma & Food Allergy Centers are now seeing patients at the Bloomsdale Medical Centre.

Many people with allergies think nothing, aside from over-the-counter medications, can be done about their allergies. However, an allergist can learn what you are allergic to and help you find the right treatments.

Allergies can even be eliminated with allergy shots, if appropriate for your symptoms, says Josie Vitale, MD, allergist at the Allergy, Asthma & Food Allergy Centers.

"Allergy shots can really be transformative," she says. "The shots work extremely well because they're the only thing that can change the immune system and eliminate your allergy."

THE PROFESSIONALS AT ALLERGY, ASTHMA & FOOD ALLERGY CENTERS SEE PATIENTS EVERY TUESDAY. FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT, CALL 314-849-8700.

Caring for the Caregiver



YOU NEED TO CARE FOR YOURSELF BEFORE YOU CAN TAKE CARE OF OTHERS.



ERIKA LEUNG, MD

Caregiving can be a difficult job, and it only becomes more difficult as you get older. More than a third of all caregivers in the United States are age 65 or older, according to the National Alliance for Caregiving and AARP. Older caregivers often juggle personal health issues in addition to caring for a spouse or family member.

“Caregiving can become a full-time job,” says Erika Leung, MD, geriatric specialist at Ste. Genevieve County Memorial Hospital. “It can range from arranging pills once a week to spending 24 hours a day by your loved one’s side.”

Trying to manage the emotional and physical aspects of caregiving without practicing self-care can result in stress, burnout, and poor physical and mental health. Unfortunately, some caregivers don’t seek help from friends, family, or medical professionals.

Taking advantage of respite care programs can give you the chance to recharge and focus on your health.

“We have a social services department that can help,” Dr. Leung says. “We also have skilled nursing and home health aides.”

Beyond taking breaks, you should get seven or more hours of sleep every night, eat a healthy diet, and stay physically active. Visit your doctor for regular check-ups, as well, to make sure you address any of your own medical issues.

SCHEDULE AN APPOINTMENT WITH DR. LEUNG BY CALLING 573-883-7474.

Holiday Sugar Shock

LEARN HOW TO NAVIGATE THE HOLIDAYS WITH TYPE 2 DIABETES.

The holiday season is a great opportunity to spend time with loved ones, but it also poses a number of hurdles for people with diabetes. Use the following strategies to stay healthy into the new year:

- **BYODFD (Bring Your Own Diabetes-Friendly Dish).** Ensure you have something healthy to eat at the next holiday party you attend by offering to bring your own nutritious dish.
- **Do not skip meals.** Trying to save up your calories so you can splurge at a big dinner or party can make it difficult to keep your blood sugar levels under control.

- **Cut down on holiday toasts.** Limiting or eliminating alcohol intake can make it easier for you to keep your blood sugar levels in check and help you avoid any harmful interactions with your diabetes medications.
- **Set reminders.** The holidays can shake up your routine, and you may neglect regular blood sugar checks. Set daily reminders on your phone to avoid an emergency.

- **Stay active.** Physical activity can help keep blood sugar levels steady and burn calories. It can also lower stress levels and improve your mood and quality of sleep. Avoid the temptation to skip workouts. Schedule a few exercise sessions into each week.



REGINE POLITTE, MSN, FNP-BC



FOR MORE INFORMATION ABOUT DIABETES MANAGEMENT, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG. SELECT “MEDICAL SERVICES,” AND THEN “DIABETES MANAGEMENT. TO GET SCREENED FOR DIABETES, SCHEDULE AN APPOINTMENT WITH REGINE POLITTE, MSN, FNP-BC AT 573-883-2782.

Protection From *Pertussis*

IT CAN LINGER FOR MONTHS AND MAKE CHILDREN MISERABLE. BUT THERE IS A WAY TO PREVENT THIS DANGEROUS DISEASE.

Pertussis, also called whooping cough, is an upper respiratory infection. It causes violent and uncontrollable coughing and makes breathing difficult. When someone with pertussis takes a deep breath after a coughing fit, he or she may make a “whooping” sound.

Pertussis is highly contagious, so prevention is key. The best way to prevent the disease is by getting vaccinated. Before the diphtheria, tetanus, and pertussis (DTaP) vaccine was introduced in the late 1940s, pertussis was the leading cause of illness and death among U.S. children, according to the American Lung Association.

“Pertussis can happen at any age, but it’s especially concerning when it occurs in babies,” says Meagan Conwell, MSN, RN, CNL, staff nurse at Apple Kids Pediatrics. “Babies under age 2, especially if they have not been vaccinated, tend to be hospitalized for breathing issues related to pertussis.”

ONE FOR ALL

Vaccines protect babies from this serious illness, and they prevent parents, grandparents, and anyone who spends time with babies from spreading the disease. Babies

who get pertussis are also at risk for dehydration and heart failure.

Infants and children should receive five vaccinations of the DTaP vaccine:

- at 2 months old
- at 4 months old
- at 6 months old
- between 15 and 18 months old
- between 4 and 6 years old

As children get older, they will need another pertussis vaccine—tetanus, diphtheria, and pertussis (Tdap). Your child should receive his or her first Tdap vaccine between ages 11 and 12. Adults who never received the Tdap vaccine should get at least one dose. Pregnant women should receive the Tdap vaccine during weeks 27–36 of their pregnancies.

Vaccines are available at the local health department, but you can also receive one at all Ste. Genevieve County Memorial Hospital clinics.



“Little ones tend to suffer the most from pertussis, and adults can infect them without realizing it. If everyone gets vaccinated against the disease, they will be less likely to spread it to little ones.”

—MEAGAN CONWELL, MSN, RN, CNL, STAFF NURSE AT APPLE KIDS PEDIATRICS

TO FIND A PROVIDER WHO CAN VACCINATE YOU OR YOUR CHILDREN AGAINST PERTUSSIS, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

Did You Know?

In many cases, babies with pertussis do not cough. Instead, they might have symptoms such as apnea (a pause in breathing) or skin turning blue.



You can have pertussis—and pass it along to people who are unvaccinated—even if the condition doesn’t make you sick.



It can take three to six months for pertussis to resolve.



A LIFESAVING SCAN

AT THE ADVICE OF HIS PRIMARY CARE PROVIDER, JACK ROZIER HAD A CT HEART SCORE THAT ALERTED HIM TO SERIOUS PROBLEMS WITH HIS CARDIOVASCULAR HEALTH.

Mr. Rozier had been noticing that physical activity, such as going up and down stairs was causing him to be short of breath. It didn't feel good. So he decided to see his provider, Dale Kraenzle, RN, ANP-BC, CS, and ask if it would be a good idea for him to start exercising.

"I told Dale I needed to lose some weight because I was short of breath just going up and down the steps," Mr. Rozier says. "Dale immediately suggested I get a heart scan and told me it was only \$75. I thought, I've wasted \$75 on dinner and a bottle of wine, so I might as well try it. After the test, we reviewed the results, and he told me to see a cardiologist soon."

Mr. Rozier had a CT heart score, a noninvasive test that uses CT images of the heart that allows doctors to detect and measure calcium-containing plaque in the four main coronary arteries. The higher the score, the higher the risk for coronary artery disease or heart attack.

After viewing Mr. Rozier's CT heart score results, a cardiologist suggested he have a stress test—which Mr. Rozier failed.

His cardiologist ordered additional testing, which resulted in even more concerning results. Mr. Rozier was told he needed a cardiac catheterization procedure to treat a 90–100 percent blockage in his arteries. He also learned that he would most likely need stents.

"After about 10 minutes, the gentleman who was doing the cardiac cath came out and told my wife, Susan, 'I'm really not sure how your husband is walking around,'" Mr. Rozier recalls.

Mr. Rozier eventually had eight bypass procedures.

SUCCESS AFTER A SETBACK

After his surgeries, Mr. Rozier attended cardiac rehabilitation and seemed to be improving, but then life threw him another curveball.

"One Sunday morning, I was walking and couldn't go 100 yards," Mr. Rozier says. "I told my wife about it, and she took me to the doctor.

His doctors found more blocked arteries, leading to another cardiac catheterization and stent.

Today, Mr. Rozier has changed his diet and started exercising to take better care of his health, and he is participating in a research study.



"It takes exercise and a change of lifestyle to say the least. But the heart scan Dale recommended saved me."

—JACK ROZIER

TO SCHEDULE A CT HEART SCORE, CALL 573-883-4488.

7 Steps to a Healthier Heart

The American Heart Association's Life's Simple 7® is a list of the seven steps anyone can take to achieve and maintain a healthy heart.

1. Stop smoking.
2. Eat a healthier diet.
3. Get active.
4. Lose weight.
5. Manage your blood pressure.
6. Control cholesterol.
7. Reduce blood sugar.

Need a primary care provider who can help you achieve these goals? Find one at www.stegenevievehospital.org/findadoc.





Sweet Potato HASH & EGGS

THIS NUTRITIOUS TWIST ON BREAKFAST IS A GREAT WAY TO START THE DAY.

INGREDIENTS

- 2 large sweet potatoes, cubed
- 1 cup water
- 1 tablespoon plus 1 teaspoon vegetable oil, divided
- 2 chicken sausages, sliced
- 1 small yellow onion, peeled and diced
- 1 bell pepper, cored and diced
- 2 cloves garlic, peeled and minced
- 4 large eggs

DIRECTIONS

1. In a skillet, add the sweet potatoes and water. Bring to a boil over high heat.
2. Reduce heat to low and stir occasionally for 20 minutes or until the sweet potatoes absorb the water.
3. Add 1 tablespoon vegetable oil, sausages, onion, bell pepper, and garlic to the skillet, and stir occasionally for 20 minutes or until the sweet potatoes are tender and the onion is lightly browned.
4. Divide the hash evenly among four plates and keep warm.
5. Reheat the skillet over medium heat. Once hot, add the remaining teaspoon of vegetable oil.
6. Add the eggs to the skillet one at a time. Cook until the egg whites are solid and the yolks begin to thicken. Flip the eggs and cook for 1 minute more.
7. Top each serving of sweet potato hash with an egg and serve immediately.

NUTRITION INFORMATION

Serves 4

Calories: 346	Carbohydrates: 35g
Total fat: 14g	Fiber: 6g
Saturated fat: 3g	Sodium: 405mg
Protein: 20g	Cholesterol: 252mg

Recipe courtesy of "What's Cooking? USDA Mixing Bowl!"



STOP THE SNIFFLES

MOST COLDS WILL GO AWAY BY THEMSELVES, BUT THERE ARE THINGS YOU CAN DO TO EASE YOUR CHILD'S SYMPTOMS.

Most children will have eight to 10 colds in the first two years of their life, according to the American Academy of Pediatrics. That number often increases once children reach school age, as classrooms and playgrounds are opportunities for close contact with germs. In most cases, your child's cold will go away on its own and not develop into something more serious.

"When a child has a cold, the main goal is to ensure it does not spread into the lungs," says Meagan Conwell, MSN, RN, CNL, staff nurse at Apple Kids Pediatrics. "If a parent hears wheezing or rattling while a child is breathing, especially in babies, the cold could develop into pneumonia or bronchitis, so they should be seen by a doctor right away. Otherwise, parents can treat their child's symptoms until the cold virus runs its course."

It's important to remember that colds are caused by viruses, not bacteria. Asking for antibiotics, which kill only bacteria, will not help treat a cold.

3 WAYS TO IMPROVE YOUR CHILD'S SYMPTOMS

While you and your child wait for a cold to go away, here are three things you can do to help your child feel better.

1. To help lower a fever, give your child acetaminophen, or, if they are older than 6 months, ibuprofen can be given.
2. Run a cool-air humidifier to increase moisture in the air.
3. Use saline drops or a bulb syringe in the nostrils to relieve a stuffy nose.

TO LEARN MORE ABOUT OUR AVAILABLE PEDIATRIC SERVICES, CALL
573-883-4455 OR 573-483-9492.

RESOURCE MEDICAL DIRECTORY

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

ALLERGY, ASTHMA & FOOD ALLERGY

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Ross Palis, MD
Josie Vitale, MD
Manoj Warriar, MD
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573-883-2782

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Jacqueline Wolk, MSN, FNP-C
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UROLOGY

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Kim Browne, MSN, ANP-BC, CUNP
573-883-4450

WEIGHT MANAGEMENT

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

CALENDAR

Speaker's Bureau 573-883-7777

NOVEMBER 25–DECEMBER 20

THE FRIENDS FOUNDATION GIVING TREE

Memorialize or honor a loved one during the holiday season! Call 573-883-7725 for more information. To purchase an ornament, visit www.stegenevievehospital.org.

DECEMBER

FRIENDS FOUNDATION SILENT AUCTION December 2–6

8 a.m.–4 p.m., Hospital lobby
Join us for some holiday cheer! Find gifts and support your local hospital. The auction closes at noon on December 6.

AMERICAN RED CROSS BLOOD DRIVE December 19

10 a.m.–3 p.m., Hospital education/conference room
To register, visit www.stegenevievehospital.org.

FEBRUARY

AMERICAN RED CROSS BLOOD DRIVE February 13

10 a.m.–3 p.m., Hospital education/conference room
To register, visit www.stegenevievehospital.org.

WOMEN'S HEALTH FAIR February 29

8 a.m.–1 p.m., Ste. Genevieve County Memorial Hospital.
Join us for screenings, vendor booths, and activities to look good, feel good and stay healthy. The fair will feature presentations, demonstrations, and a panel discussion about women's health.

CLASSES AND SUPPORT GROUPS

Breastfeeding Class, Parts 1 and 2

December 5, 12; February 6, 13
7–9 p.m., Hospital education/conference room

Childbirth Education

January 7, 14
7–9 p.m., Hospital education/conference room

Newborn Care

February 8
9 a.m.–noon, Hospital education/conference room

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

Begin Again: A Widow Social Support Group

December 10: Holiday Bingo; February 11: Be My Valentine
5:30 p.m., Hospital cafeteria. Call 573-883-7729 to RSVP.

Parkinson's Pals Support Group

December 11, January 8
10 a.m., Hospital education/conference room

Call 573-883-5151 for more information.

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
- Podiatry
- Audiology
- Dermatology
- Weight Management

Visit Us Online!

Visit 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!



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.

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.

When Time Is of the **THE ESSENCE**

SEEKING MEDICAL ASSISTANCE QUICKLY FOR
STROKE-LIKE SYMPTOMS CAN BE LIFESAVING.



Prevention Points

To prevent stroke, be sure to:

- Eat healthy foods and avoid those high in salt, trans fat, and saturated fat.
- Exercise regularly.
- Don't smoke.
- Limit alcohol to two drinks per day for men and one for women.
- Manage high cholesterol, high blood pressure, and diabetes.

During the most common type of stroke, a blood clot disrupts blood flow to the brain, which can kill brain cells in minutes and affect speech, vision, or movement. Timely treatment can save brain cells and reverse stroke effects. However, too many people wait for stroke-like symptoms to go away on their own. That's a dangerous gamble.

“For strokes that occur because of blockages to blood flow, we can give an intravenous medication that breaks up blood clots, but we have to administer it within three to four-and-a-half hours after symptoms appear,” says Laura Bailey, BSN, RN, Emergency Department director and stroke coordinator at Ste. Genevieve County Memorial Hospital. “In most cases, we can reverse all of a patient’s symptoms if he or she seeks treatment soon enough.”

Waiting for hours or days to seek care can lead to irreversible damage.

SPEED SAVES

In the event of stroke-like symptoms, Laura urges everyone to B.E. F.A.S.T.:

- **Balance**—Is the person dizzy or having difficulty maintaining **balance**?
- **Eyes**—Double or blurry **vision** may occur.
- **Face**—Look for **facial droopiness** or an uneven smile.
- **Arm**—One **arm** may be weaker or less mobile than the other.
- **Speech**—**Speech** may be slurred or incoherent.
- **Time**—Call 911 **immediately** if you notice these symptoms.



IN THE EVENT OF A STROKE, HELP IS NEARBY. STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL IS A LEVEL 3 STROKE CENTER WHERE PATIENTS CAN RECEIVE DIAGNOSIS AND INITIAL TREATMENT FOLLOWED BY TRANSFER TO A LEVEL 1 STROKE CENTER IN ST. LOUIS FOR HIGHER-LEVEL CARE.