

CARE SUMMER 2021 connection

MY HEALTH. MY HOME. MY HOSPITAL.



Get Back On Track *with Your* **CANCER** **SCREENINGS**



Stay Safe
THIS SUMMER

**BIOFIRE'S
RESPIRATORY PANEL:**
*A Faster Way to Diagnose
COVID-19 Infections*

Reviving the
HOUSE CALL

Stay Safe THIS SUMMER



While you might feel more than ready for life to return to normal, COVID-19 is still a threat until you become fully vaccinated. The Pfizer and Moderna vaccines require two shots, and you are considered fully vaccinated two weeks after your final shot.

After getting fully vaccinated, you can resume any activities you participated in before the pandemic, according to the Centers for Disease Control and Prevention (CDC). That means:

- No longer needing to self-quarantine if you've been exposed to someone who has COVID-19, unless you show symptoms
- Traveling freely within the U.S. (the CDC advises taking precautions if planning international travel)
- Visiting stores, restaurants and other public places without needing to wear a mask or social distancing, unless required by businesses or federal, state, local, or tribal laws

If you are not fully vaccinated, you should continue to:

- Avoid crowds
- Stay six feet apart from anyone who doesn't live with you
- Wear a mask

**NEED YOUR VACCINE? VISIT
COVIDVACCINE.MO.GOV.**

WELCOME BACK!

More than a year after the COVID-19 pandemic began, Ste. Genevieve County Memorial Hospital is restarting in-person events, programs, and classes. **We** are excited about engagements already on the calendar, including **our** childbirth and breastfeeding classes. For a full calendar of events, turn to Page 7.

Also on the summer schedule is our Back to School Fair on August 5 from 11 a.m. to 12:30 p.m. At this event, students of all ages can pick up backpacks and school supplies provided by Ste. Genevieve County Memorial Hospital and community businesses. Sack lunches will also be available.

Keep an eye out for other opportunities to connect with Ste. Genevieve County Memorial Hospital throughout the summer, including the **18th Annual Friends Foundation Golf Classic on June 25** and the Taste of Ste. Genevieve on August 7.

**TO REGISTER FOR OUR COMMUNITY EVENTS, CALL 573-883-7729.
FOR INFORMATION ON FOUNDATION EVENTS, CALL 573-883-7725.**

Breast Is (Still) Best

The U.S. Department of Agriculture recently released new dietary guidelines intended to encourage mothers to breastfeed their babies as long as possible. The recommendations say infants should be breastfed for at least the first six months of life, before introducing high-nutrition soft and solid foods.

"Breast milk is specifically designed for your baby," says Bernadette Hill, MSN, RN, director of the Women's Health & Childbirth Center at Ste. Genevieve County Memorial Hospital. "Breast milk is very nutrient dense, and it has a lot of the antibodies that help protect babies from illnesses."

Bernadette says women typically burn more calories than they consume while breastfeeding, so it's easier for moms to reach their pre-pregnancy weight if they breastfeed.

Breastfeeding moms should try to eat a healthy, balanced diet of fruits, vegetables, whole grains, low-fat dairy, and lean proteins.



BERNADETTE HILL, MSN, RN

**TO GET INFORMATION
ABOUT OUR BREASTFEEDING
CLASSES, VISIT WWW.
STEGENEVIEVEHOSPITAL.ORG
AND SELECT "NEWS
AND EVENTS."**



STICK TO YOUR *Screening Schedule*

WHEN THE COVID-19 PANDEMIC HIT IN 2020, MANY ASPECTS OF NORMAL LIFE CAME TO A HALT. THIS INCLUDED IMPORTANT HEALTH SCREENINGS THAT CAN DETECT A RANGE OF DISEASES FROM HEART DISEASE TO CANCER.

“**Routine cancer screening** decreased by up to 90 percent at the height of the pandemic,” says Matthew Stein, MD, medical oncologist and hematologist at the Alan P. Lyss Center for Cancer Care and Clinical Research. “It has been estimated that this could translate to 10,000 extra deaths from colorectal and breast cancer in the next decade. Infrequent testing can result in fewer cancers being detected early, potentially when there is a greater chance to control or even cure a patient’s disease.”

WHICH SCREENINGS DO YOU NEED?

With vaccines readily available and a return to normalcy closer than ever, it’s time to get back on track with your screenings. That means:

- Annual mammograms for women ages 45 and older
- Annual skin cancer screenings for adults of all ages
- Cervical cancer screenings for women age 21 and older



- Colorectal cancer screenings beginning at age 45
- Low-dose CT lung cancer screenings for adults age 55 and older who meet certain criteria

“I have seen an uptick in referrals for diseases such as breast and lung cancer,” Dr. Stein says. “But the fact is that early detection can save lives.”



MATTHEW STEIN, MD

YOUR PRIMARY CARE PROVIDER CAN TELL YOU WHICH SCREENINGS YOU NEED. TO FIND A PROVIDER, VISIT WWW.STEGENIEVEHOSPITAL.ORG/FINDADOC.

Living and Learning

FOR 70-YEAR-OLD ALVIN BROWN, DILIGENCE PAID OFF WHEN IT CAME TO MANAGING HIS TYPE 2 DIABETES.

Last fall, Mr. Brown had his A1c level—a measure of how much sugar is in the blood—checked, and it was a 10. An A1c of 6.5 or higher means you have Type 2 diabetes. Getting a diagnosis of Type 2 diabetes was no great surprise, Mr. Brown says.

“There’s some diabetes in my family,” he says. “My doctor has been telling me that I was borderline for the past six years or so.”

A TEAM EFFORT

Mr. Brown is not coping with diabetes alone. Along with his wife, who has helped him stick with a healthy diet, he is working with Regine Politte, MSN, FNP-BC, diabetes educator at Ste. Genevieve County Memorial Hospital. Regine oversees the hospital’s diabetes self-management program, which combines one-on-one visits with education programs to help people with Type 2 diabetes eat healthier, be more active, monitor their blood sugar, take medication, and find other ways to manage their conditions—and fit



REGINE POLITTE, MSN,
FNP-BC



those strategies into a daily routine.

“Alvin understands the importance of education and support for diabetes management, and he works hard to adjust his lifestyle,” Regine says. “His diligence has really paid off for him.”

Mr. Brown’s A1c level has dropped to 5.5.

TO SCHEDULE AN APPOINTMENT WITH REGINE, CALL POINTE BASSE FAMILY HEALTH CARE AT 573-883-2782. YOU CAN ALSO JOIN OUR “SGCMH DIABETES WELLNESS” GROUP ON FACEBOOK.

A New Kind of House Call

STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL IS BRINGING BACK HOUSE CALLS WITH A NEW HOME VISITS PROGRAM HEADED BY NURSE PRACTITIONER ANNIE WOLK.

Home Visits combines the care and patient-focused mission of nursing with the decision-making role of a physician. Patients and families can receive medical services in the comfort of their homes.

“It’s basically an office visit on wheels,” Annie says. “We focus on high-risk patients for 24 to 48 hours after a hospital discharge. Our goal is to manage their symptoms and improve their quality of life. We also want to reduce unnecessary hospital admissions for patients with chronic illnesses.”

According to Annie, the most obvious benefit of a house call is that patients receive care in the privacy of their homes.

“Some patients have difficulty moving due to illness, injury, or age,” she says. “Having to make arrangements to go to a doctor’s office can increase their levels of anxiety, stress, and pain. Having the care provider come to them instead of going to the hospital or emergency room is much easier and more convenient for the patient.”

Arranging for a home visit is easy. All it takes is a phone call to your provider.

“Your primary care doctor can put in an order, and I’ll schedule a visit with you,” Annie says. “Our goal is to make it as easy as possible for you to get the health care you need.”

The Home Visits program differs from the hospital’s successful Home Health services.

“This new approach has a different focus than care in the hospital,” Annie says. “We look at how to achieve your best health in your home environment, then we add a higher level of care with a more detailed assessment. We’re also able to manage acute symptoms. We can conduct examinations, provide diagnoses, prescribe medication and treatments, and more. There also are no criteria to use the Home Visits program. Anyone living with a chronic diagnosis who is at a high risk for admission to a hospital would benefit. You do not have to be homebound in order to qualify.”

Annie remains in regular contact with your physician.

“I collaborate with the primary care doctor and stay in constant contact with them,” she says. “The goal is to improve patient outcomes and provide high-quality care.”

The Home Visits program rolled out a month ago.

“We’ll continue to grow the program,” Annie says. “It’s exciting to start a new program delivering personalized care to the community, and I’m looking forward to it.”



ANNIE WOLK, NP

TO LEARN MORE ABOUT HOME VISITS, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG.





Fast Diagnosis, Faster Relief

Sometimes, you don't have one health problem—you have many. Detecting them all ensures you get the treatment you need for full recovery.

BioFire's Respiratory Panel can diagnose a number of respiratory conditions at the same time.

This is particularly important during the current pandemic. Some research suggests that up to 20 percent of people with COVID-19 are also infected with at least one other respiratory virus. Not treating these additional infections could slow your healing from COVID-19. Our advanced lab tests allow doctors to develop treatment plans that can address all infections you may have.

BioFire's Respiratory Panel:

A Faster Way to Diagnose COVID-19 Infections

A NEW TECHNOLOGY AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL HELPS DOCTORS DIAGNOSE COVID-19 AND MANY OTHER RESPIRATORY CONDITIONS ALL AT ONCE.

In the medical world, quick diagnosis has always been important. With the COVID-19 pandemic, speed has become even more essential. To ensure you get the quickest and most accurate test results, the laboratory at Ste. Genevieve County Memorial Hospital recently acquired the BioFire FilmArray System.

"This tool helps us improve patient care and satisfaction by providing comprehensive testing and faster, better results," says Shelly Nortin, MT (AAB), medical technologist at Ste. Genevieve County Memorial Hospital. "From admission and treatment options to additional testing or isolation, quick turnaround helps clinicians make quick, accurate decisions."

FAST AND SENSITIVE

BioFire's Respiratory Panel can determine the presence of viruses and other germs more quickly and with greater sensitivity than other testing methods. Viruses, bacteria, yeast, and antimicrobial-resistant genes are all detected by a single test. When symptoms make it difficult to determine which disease is causing problems, BioFire provides a precise diagnosis.

At Ste. Genevieve County Memorial Hospital, BioFire's Respiratory Panel is used to diagnose 22 different respiratory illnesses, including:

- COVID-19
- Influenza

- Respiratory syncytial virus, or RSV

We will soon have multiple tests available using the BioFire system for stool and blood pathogens.

LESS WAITING, MORE HEALING

During a BioFire respiratory test collection, a swab is wiped around your nasal cavity and then submitted to the laboratory. Results are typically available within an hour.

Thanks to BioFire's quick and accurate results, you spend less time waiting, and your provider can begin treatment earlier and with greater confidence.

"Ste. Genevieve County Memorial Hospital works hard to bring the most technologically advanced testing to the hospital," Shelly says. "It's important to make this type of advance accessible, so patients don't have to go to a large hospital setting and can stay in the community for quality care."

ARE YOU STRUGGLING WITH A RESPIRATORY CONDITION? PROVIDERS AT STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL HAVE ACCESS TO BIOFIRE TESTING AND CAN HELP GET TO THE BOTTOM OF YOUR ISSUE. FIND A PROVIDER AT WWW.STEGENEVIEVEHOSPITAL.ORG/FINDADOC.

INNOVATIVE IMAGING



THE PHILIPS INCISIVE CT SCAN BRINGS HIGH-QUALITY IMAGING TECHNOLOGY CLOSE TO HOME.

Computed tomography (CT) scans are used for a variety of tests and diagnostics, ranging from broken bones to heart disease. The new Philips Incisive CT scanner uses low-dose radiation to create images of bones, blood vessels, organs, and tissues while minimizing patient and provider exposure to radiation.

“The new CT system allows us to maintain our commitment to providing our patients with the safest care,” says Tammy Meyer, director of Diagnostic Imaging at Ste. Genevieve County Memorial Hospital. “While the new scanner quickly delivers extraordinarily high-resolution images to physicians, its most significant benefit is the machine’s ability to automatically adjust radiation dosages to the most minimal level possible while patients are undergoing a scan.”

IMPROVING PATIENT EXPERIENCE

The new Philips Incisive CT is a 128-slice machine. “Slices” are essentially different images that the machine takes and are then merged to create a 3D view of the organ or body structure. As a result, patients get more accurate diagnoses and treatments.

“Our previous CT would typically take 20 to 30 minutes to do a scan,” Tammy says. “Our new 128-slice CT reduces the time to only 10 to 15 minutes. The fast scanning speed reduces the need for patients to hold their breath. This is especially critical for imaging traumatic injuries and elderly or pediatric patients.”

In addition, our CT Pro 128 provides the imaging software for low-dose CT lung screenings, which evaluate the lungs for possible cancer nodules, and calcium score screenings, which can measure your risk for coronary heart disease. Both screenings can prevent long-term complications.

TO SCHEDULE AN IMAGING PROCEDURE, CONTACT YOUR PROVIDER OR CALL 573-883-4488.

Lemon Cornmeal Cake

A ZESTY LEMON CAKE PAIRED WITH FRESH FRUIT MAKES FOR AN EASY, LIGHT SUMMER DESSERT.



INGREDIENTS

1 cup yellow cornmeal	1 tablespoon oil
1 cup flour	1 egg yolk
½ cup sugar	¾ cup nonfat milk
1 tablespoon baking powder	3 egg whites
1 teaspoon salt	3 tablespoons lemon juice
¾ cup low-fat lemon yogurt	½ cup powdered sugar
2 teaspoons grated lemon peel	Fresh berries or peach slices

DIRECTIONS

1. Preheat oven to 400 degrees Fahrenheit.
2. Mix first five ingredients in a bowl.
3. Combine yogurt, lemon peel, oil, egg yolk, and milk. Stir into dry ingredients just until blended.
4. Whip egg whites until stiff. Fold into cornmeal mixture.
5. Pour into round nine-inch cake pan coated with nonstick cooking spray.
6. Bake for 20–25 minutes or until done.
7. To make the glaze, blend lemon juice and powdered sugar over low heat until thoroughly combined. Pierce cake top repeatedly with fork. Slowly pour glaze over cake top. Serve cake slices with fresh fruit.

MAKES 12 SERVINGS

Serving size: 1 slice
 Calories: 164
 Total fat: 2g
 Saturated fat: 0g
 Sodium: 351mg
 Carbohydrates: 33g
 Dietary fiber: 1g
 Total sugars: 16g
 Protein: 4g

Recipe courtesy of the California Department of Health Services

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.

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, MD

BLOOMSDALE MEDICAL CENTRE FAMILY HEALTH CARE—BLOOMSDALE

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

PRIMARY CARE

Jonathon Bird, MD
Cristella Torres, MD
Rikki Schaefer, PA-C

BLOOMSDALE PHARMACY

573-483-2626

ALLERGY

Allergy, Asthma & Food Allergy
Centers of St. Louis
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Josie Vitale, MD
Ross Palis, MD

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573-483-9700
Joseph Sharlow, MD, FACS

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573-483-3131
Srinivasan Raghavan, MD

MÉTIS BREAST CARE/ GENERAL SURGERY

Métis Breast Center
573-483-2525
Theresa Cavins, MD, FACS

PEDIATRICS

Kelli Brockman, MD

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

573-883-2525
Mary Crecelius, MSN, WHNP, APNG,
CCBE

FAMILY HEALTH CARE— PINE DRIVE MEDICAL CENTRE

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

PRIMARY CARE

Susan O'Donnell, MD
Niranjana Raju, MD
Erika Leung, MD
Briccio Cadiz, III, MD
Melissa Naeger, MSN, FNP-C
Kelly Grein, MSN, FNP-BC

CARDIOLOGY

Matthew Bosner, MD, FACC, FACP

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

AUDIOLOGY

573-756-0500
Karen Melton, AuD, CCC-A

CARDIOLOGY

573-883-5151
Raffi Krikorian, MD

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James Donnelly, MD

ENDOCRINOLOGY

Naman A. Ghazal-Albar, MD

NEUROLOGY

314-996-7080
David Curfman, MD

PSYCHIATRY/COUNSELING

Srinivas Chilakamarri, MD

PULMONOLOGY

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

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

HOME HEALTH

990 Park Drive
Ste. Genevieve, MO 63670
573-883-7724/573.883.7750 (after
hours)

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
Belal Firwana, MD, MS
Matthew Stein, MD

SPEECH PATHOLOGY

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

STE. GENEVIEVE ORTHOPEDICS

573-883-7772
Scott VanNess, DO
Thomas Berkbigler, DO, PT
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
Britney Tarrillion, MSN, APRN, FNP-BC
Kelly Donze, MSN, CNM, WHNP

SHARLOW SURGICAL CLINIC

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

MID AMERICA REHAB

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

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

OPHTHALMOLOGY

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

CALENDAR

Speaker's Bureau 573-883-7777

AUGUST

BACK TO SCHOOL FAIR

August 5

11 a.m.-12:30 p.m.,
Ste. Genevieve County
Memorial Hospital drive thru

TASTE OF STE. GENEVIEVE

August 7

6 p.m.-9:30 p.m., Ste.
Genevieve Community Center
Sports Complex

BLOOD DRIVE

August 17

10 a.m.-3 p.m., Hospital/
education conference room

CLASSES AND SUPPORT GROUPS

CHILD BIRTH EDUCATION

August 5

6:30-9:30 p.m., OB department

BREASTFEEDING EDUCATION

August 12

7-9:30 p.m., OB department

WELCOME TO THE NEIGHBORHOOD!

New residents, we have a welcome gift for you. Call 573-883-7777 for more information.



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 home page 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.



A Prescription for Personalized Care

STE. GENEVIEVE COUNTY MEMORIAL HOSPITAL'S RETAIL PHARMACIES AREN'T JUST PLACES TO FILL PRESCRIPTIONS. THEY'RE ALSO RESOURCES TO HELP YOU LIVE HEALTHIER.

Whether you visit our newest pharmacy, Ste. Genevieve Pharmacy at Pine Drive Medical Centre, or the Bloomsdale Pharmacy at Bloomsdale Medical Centre, both locations feature caring staffs that offer services designed to meet your needs. That includes medication management, which allows the pharmacy teams to help you adhere to medication instructions, counsel you about chronic diseases, and conduct medication reviews.



JILL MCCALISTER, PharmD

“The purpose of medication management services is to help you better understand your medications and why you take them,” says Jill McCalister, PharmD, retail pharmacy manager at Ste. Genevieve County Memorial Hospital. “That, in turn, helps increase adherence and leads to better health outcomes.”

YOUR PRESCRIPTIONS, YOUR WAY

Our pharmacies offer a variety of helpful programs, including:

- **Amplicare Assist.** Jill will help you choose the Medicare Part D plan that best meets your needs.

- **Medication synchronization.** Coordinate prescription refills so you can pick up all of your medications during one monthly visit to the pharmacy.

- **MedsOnCue.** Access a library of educational videos about specific medications.

“We provide excellent, personalized, and compassionate care to our patients,” Jill says. “Many of our pharmacy staff members grew up in Ste. Genevieve or are local to Ste. Genevieve and the surrounding area. We treat our patients just as we would treat our family members, and many of our patients are our family members.”

The Ste. Genevieve Pharmacy at Ste. Genevieve County Memorial Hospital now offers a meds-to-beds program. This program allows patients to receive their medications at the bedside before they leave the hospital, saving them a trip to the pharmacy on their way home.

FOR MORE INFORMATION ABOUT OUR PHARMACIES' SERVICES, VISIT WWW.STEGENEVIEVEHOSPITAL.ORG, SELECT "MEDICAL SERVICES," AND THEN "PHARMACY SERVICES."