

Boost Your Odds of

Beating Heart Disease

Pages 4 & 5



Improving Health Care for You

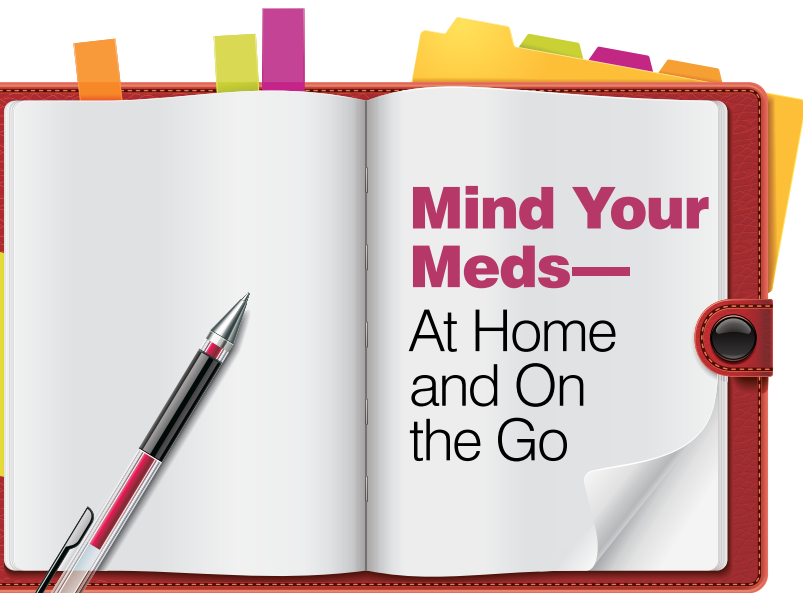
Ste. Genevieve County Memorial Hospital, along with other Missouri hospitals, is joining Missouri Health Connection (MHC). MHC is a secure way to share your electronic health records with medical teams at any Missouri hospital or emergency room. With your permission, your private and secure health records will be marked for quick access when needed, alerting healthcare staff to your health problems, allergies, medicines, and test results. You'll have peace of mind in an emergency knowing you helped the medical team provide you with better care. You can join for free by visiting Ste. Genevieve County Memorial Hospital and signing up. For more information, contact MHC at 573-777-4550 or info@missourihealthconnection.org.

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Mind Your Meds— At Home and On the Go

Managing your medications while on vacation is crucial, but the breaks in routine that come with traveling can make it easy to forget to take your pills.

Medication journals can help you keep up with what to take and when. Some smartphone apps will help you set reminders and schedules, but even a basic notebook allows you to keep track. When you're creating a medication journal, be sure you include the following:

- The names of all medications and their dosages
- Which conditions they treat
- The name(s) of the prescribing doctor(s)
- What each medication looks like
- Any potential side effects
- How you take each medication
- The times and days you actually take them

Before you hit the road this summer, download the free medication journal available at www.stegenevievehospital.org. Click on "Patients and Visitors" and then "Health Information."



Beating the **Heat**(stroke)

When high temperatures and heat waves strike, protect yourself from heat-related illness with the following tips.

Know your risk: Heatstroke affects adults older than age 65 and very young children more than the general population. Chronic diseases, including heart and lung diseases, and certain medications, such as diuretics and those for blood pressure, also increase your risk.

Watch for signs: Keep an eye out for confusion, dizziness, nausea, rapid breathing, and a racing heartbeat. Individuals suffering from heatstroke also stop sweating and their skin may feel hot or dry to the touch.

Keep your cool: Drink plenty of fluids and wear loose, light-colored clothing when exerting yourself in the heat. Whenever possible, plan outdoor work or strenuous activities for mornings and evenings, when temperatures are lower.

If you or a loved one is suffering from heatstroke, call 911 or get to the nearest emergency room immediately. For more tips on staying cool, visit www.stegenevievehospital.org and click on "Patients and Visitors" then "Health Information."

Welcome, **Dr. Breckenridge**

Ste. Genevieve County Memorial Hospital is pleased to welcome Angela Breckenridge, DO, FACOG, to Women's Wellness Services.



Angela Breckenridge, DO,
FACOG

Dr. Breckenridge comes to Ste. Genevieve County from West Bend, Wisconsin, where she practiced obstetrics and gynecology for 19 years. She completed her medical education at Kirksville College of Osteopathic Medicine in Missouri and went on to complete an OB/GYN residency in Grand Rapids, Michigan, in affiliation with Michigan State University Metropolitan Hospital. She says she was drawn to Ste. Genevieve County Memorial Hospital by the desire to work in a smaller, more clinical setting.

"I wanted to get back to my roots," Dr. Breckenridge says. "I really like being involved in my community and making a difference. I started looking around to find the same love that brought me to Wisconsin, and I found Ste. Genevieve."

Dr. Breckenridge specializes in the treatment of vulvar diseases, menopausal disorders, infertility, heavy bleeding, and endometriosis. She also performs a number of advanced surgical procedures, including minimally invasive hysterectomy and Essure® tubal occlusion surgery.

To schedule an appointment, call 573-883-5715 or visit www.stegenevievehospital.org for more information.

To schedule an appointment, call 573-883-5715 or visit www.stegenevievehospital.org for more information.

Breast Implants, Mammograms, and Self-Exams

Breast augmentation surgery shouldn't mean the end of routine mammograms and monthly breast self-exams.



“Women with implants often are afraid of having mammograms,” says Theresa Cavins, MD, FACS, medical director of Métis Breast Care Center at Bloomsdale Medical Centre and chief of surgery at Ste. Genevieve County Memorial Hospital. “Yet all women, including women who have breast implants, can reduce their risk of cancer with regular screenings.”

Breast implants are unlikely to rupture during a mammogram, nor do they raise or lower a woman's risk of getting breast cancer later in life. However, implants can make mammogram images more difficult to read—which is why it's important to choose

a breast center that routinely helps women with augmented breasts.

“The Métis Breast Care Center at Bloomsdale Medical Centre is a full-service clinic, offering diagnostics, preventive care, and treatment services, including breast implants,” Dr. Cavins says. “Our technicians are familiar with implants and know the best techniques to use when screening augmented breasts.”

Women should also continue with breast self-exams, Dr. Cavins adds.

“Approximately 40 percent of breast cancers are found initially by women who do self-exams,” she says. “It's important for women to refamiliarize themselves with their breast tissue after implant surgery. Establishing a new baseline helps make problems easier to spot.”

For more information about screening services after breast augmentation, or to schedule a breast implant consultation, call 573-483-2525 or visit www.metisbreastcenter.org.



Theresa Cavins, MD, FACS

Addressing Dementia

Some forms of memory loss are just a part of aging, but that doesn't mean every forgetful moment should be shrugged off.



Dale Kraenzle, RN, CS, ANP

A recent study found that nearly 55 percent of adults older than 70 never get screened for dementia, even though many of those adults are suffering from some form of the disease.

“Dementia is very difficult for people to address,” says Dale Kraenzle, RN, CS, ANP, nurse practitioner at Ste. Genevieve County Memorial Hospital. “But with screening, you can pick up on the problem early and give

people input on treating their illness before it progresses.”

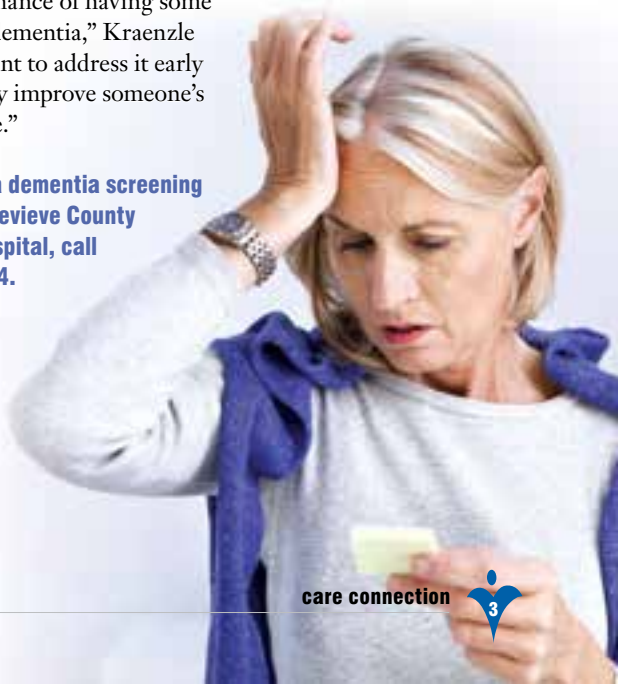
Anyone exhibiting the following warning signs should be screened for dementia:

- **Disruptive memory loss**, such as forgetting information just learned, asking the same question over and over, or putting something in an unusual place and being unable to retrace steps to find it
- **Orientation issues**, such as being unable to navigate a familiar location
- **Confusion over activities of daily living**, such as following a recipe or paying a bill

Occasionally, screenings can pick up on health issues, such as thyroid problems, that can mimic dementia. A patient may improve after those conditions have been treated, Kraenzle says.

“Nevertheless, once an adult reaches age 85, he or she has a 50-percent chance of having some elements of dementia,” Kraenzle says. “We want to address it early and hopefully improve someone's quality of life.”

To schedule a dementia screening with Ste. Genevieve County Memorial Hospital, call 573-883-7474.





Boost Your Odds of Beating Heart Disease

By Matthew Bosner, MD, FACC, FACP

Knowledge is power when it comes to cardiovascular health, and Cardiac Care Services at Ste. Genevieve County Memorial Hospital can provide the knowledge you need to keep your heart in shape.

The 411 on Cardiovascular Problems

Angina: a temporary blockage of blood flow to the heart; symptoms include chest pain that results from the temporary decrease in blood flow to the heart tissue.

Heart attack: a blockage of blood flow to the heart that results in the death of heart tissue

Transient ischemic attack (TIA): a temporary blockage of blood flow to the brain that dissipates within 24 hours; TIAs may lead to stroke-like symptoms, such as slurred speech, paralysis, and temporary vision problems.

Stroke: a blockage of blood flow to the brain that results in the death of brain tissue

Your cardiovascular system is intricate and complex. Starting with your heart, the system is responsible for pumping blood throughout the body via blood vessels to provide nourishment and energy to various organs and muscles. A blockage in any one of those vessels can cause tissue or organ damage—not to mention damaging and potentially fatal conditions such as heart attack or stroke.

So why are some people more likely to suffer these types of blockages than others, and is there anything you can do about them?

Knowing Your Risk

A risk factor is something a doctor sees in your health history or in a medical test or exam that suggests you have a higher or lower chance for a particular condition. Risk factors are derived from years of medical research involving thousands of individuals. For cardiovascular disease, the most common risk factors are:

- **Gender:** Men are more at risk than women, but after menopause, women have a risk equal to that of men.
- **Family history:** You're at higher risk if a first-degree, nonsmoking relative died of heart disease before the age of 55.
- **Smoking:** Your risk is greater if you've smoked within the past six to 12 months.



The Value of Information

Dewight Littleton clearly recalls a time several years ago when he was struggling with his health.

“I’m an outdoor person,” Mr. Littleton says. “I love hunting and working in my garden, but I got to the point where I couldn’t even walk a few steps without being out of breath.”

Mr. Littleton’s doctor referred him to Matthew Bosner, MD, FACC, FACP, director of cardiology at Ste. Genevieve County Memorial Hospital. When Dr. Bosner met with Mr. Littleton, the cause of the problem became clear. The 58-year-old Ste. Genevieve resident was living with poorly controlled diabetes, sleep apnea, and chronic obstructive pulmonary disease.



Matthew Bosner, MD,
FACC, FACP

Dr. Bosner examined Mr. Littleton’s heart and lungs and adjusted his medications accordingly. But it was the time Dr. Bosner spent answering his questions that Mr. Littleton believes made the most difference.

“Dr. Bosner and his nurse, Jenny, explained things to me in terms I could understand,” Mr. Littleton says. “I followed Dr. Bosner’s advice and now, I can garden and hunt again. I am 100-percent impressed with the care I’ve received.”

together. This group of conditions, often called “metabolic syndrome,” is mostly seen in individuals who are overweight, especially in the midsection of the body. Overweight is defined as a waist size greater than 40 inches in men and 35 inches in women.

Treating Your Individual Problems

The preventive cardiovascular services program at Ste. Genevieve County Memorial Hospital, through a coordinated team-based approach in partnership with your primary healthcare provider, will tailor an individualized strategy to assess your current cardiovascular risk profile. Although there is no “one size fits all” prescription for preventing heart disease, the program utilizes a number of tools when needed, including state-of-the-art cardiovascular imaging, medications, and the Transformations weight loss program; being overweight is a major trigger of diabetes.

The staff is always available for consultation and would be delighted to discuss any individual’s situation. Also, patients can take advantage of our Second Opinion Service where previous records are gathered and evaluated. The patient receives a report on his or her cardiovascular status, along with recommendations to a primary healthcare provider. Most insurance plans cover second opinions as a further evaluation of cardiovascular conditions.

Call Ste. Genevieve County Memorial Hospital’s Cardiac Care Services at 573-883-2782 to schedule an appointment with Dr. Bosner.

- **Chronic health conditions:** Diabetes, high blood pressure, and a high LDL (bad) cholesterol level put you at a greater risk.

What You Can, and Can’t, Change

There is not much you can do about your gender or family history, but smoking and managing chronic conditions are certainly within your control.

Cigarette smoke is toxic to blood vessels. It deprives tissues of oxygen and nutrients and thickens blood, which promotes blood clots—the primary cause of heart attacks and strokes. It generally doesn’t matter how long you have smoked cigarettes; when you stop smoking, your risk for a heart attack or stroke directly related to cigarettes reverts to that of a nonsmoker within six to 12 months.

The chronic health conditions associated with heart disease—high blood pressure, cholesterol, and diabetes—are, interestingly, commonly found as a group and can be diagnosed and treated



CLASSIC SUMMER GAZPACHO

The perfect no-cook dish for a hot summer day, gazpacho lets you make the most of your garden's or farmers market's freshest picks.

INGREDIENTS

- 3 pounds tomatoes, coarsely chopped
- 2 red bell peppers, seeded and chopped
- 1 cucumber, seeded, peeled, and chopped
- ½ red onion, chopped
- 2 garlic cloves, minced
- ½ cup extra-virgin olive oil
- ¼ cup red wine vinegar
- Salt and black pepper
- Fresh basil, parsley, or other herb of choice

DIRECTIONS

Place the tomatoes, bell pepper, cucumber, red onion, garlic cloves, olive oil, and vinegar in a blender or food processor and pulse until the soup has reached your desired consistency—longer for a smoother soup, shorter if you prefer it chunky. Taste it, and season with salt and pepper as needed. Top with fresh herbs and serve.

Depending on the ripeness and variety of your tomatoes, your soup may feel a little watery. If so, tear up a slice or two of stale bread and toss that in. If it feels too thick, add ¼ cup of water at a time to thin it out.

NUTRITIONAL INFORMATION PER SERVING

Servings: 6	Carbohydrates: 15.2g
Calories: 200	Fiber: 3.7g
Total Fat: 12g	Cholesterol: 0mg
Saturated Fat: 1.6g	Sodium: 22.6g
Protein: 2.7g	



Swaddle Sacks for Safer Sleep

More than 150 babies are born each year at Ste. Genevieve County Memorial Hospital, and we want them to get a safe night's sleep, right from the start.

In keeping with American Academy of Pediatrics (AAP) guidelines, we are wrapping new babies in HALO® SleepSack® wearable blankets to keep them warm as part of an initiative called the HALO Safer Way to Sleep.

Why Wearable Wraps?

According to the AAP, loose blankets and quilts increase a baby's risk of Sudden Infant Death Syndrome, or SIDS, but wearable blankets reduce the danger significantly. By using swaddling sleepsacks, the professionals at the Women's Health and Childbirth Center are helping to keep babies safe before they head home, and they are educating parents about the benefits of swaddling babies for the first year of life.

"Our nurses already teach new parents how to properly position and set up appropriate sleep environments for newborns—in their own cribs and on their backs without any stuffed animals, bumpers, or loose blankets," says Lisa Bird, RN, BSN, director of the Women's Health and Childbirth Center at Ste. Genevieve County Memorial Hospital. "The use of HALO SleepSack wearable blankets in our hospital is another great way to demonstrate safe sleep practices to parents."

The Ste. Genevieve County Memorial Hospital Auxiliary donated \$2,500 to support the HALO Safer Way to Sleep initiative.

For more information about maternity care at Ste. Genevieve County Memorial Hospital, visit www.stegenevievehospital.org and select "SGCMH Women's Health & Wellness" under the "Medical Services" menu.





Calendar

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.

May

May 12—Meet and Mingle with Mary Crecelius, MSN, WHNP, APNG

6–8 p.m. The Factory, 204 S. A Street, Farmington, MO. Meet the newest team member of Genesis Med Spa. RSVP by May 8 at mail@medspagenesis.com or 573-483-9700. Mary will continue her full-time medical practice in Women's Wellness Services.

June

June 3—American Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room.

June 10—Parkinson's Pals Group

10 a.m., Hospital education/conference room.

June 12—Home Alone Class

8 a.m.–noon, Hospital education/conference room. Participants must have completed the second grade. Cost: \$15. Call 573-883-4402 to register.

June 13—Breastfeeding Class

9 a.m.–noon, Bloomsdale Medical Centre. Call 573-883-5715 to register.

June 15—Babysitting Class

8 a.m.–4 p.m., Hospital education/conference room. Participants must have completed the sixth grade. Cost: \$25. Call 573-883-4402 to register.

June 20—Ride to Survive Fundraiser

7:30 a.m. start. Join us for a community bike challenge and walk fundraiser to support our local cancer survivors/patients. To register, visit www.stegenevievehospital.org.

June 24—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room.

June 26—Friends Foundation Golf Classic

11 a.m. Castle Ridge Golf Course. Call 573-883-7725 to register.

July

July 8—Parkinson's Pals Group

10 a.m., Hospital education/conference room.

July 11—Childbirth Education

9 a.m.–3 p.m., Bloomsdale Medical Centre. Call 573-883-5715 to register.

July 22—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room.

July 25—Natural Birthing Class

9 a.m.–noon, Bloomsdale Medical Centre. Call 573-883-5715 to register.

August

August 5—American Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room.

August 8—Breastfeeding Class

9 a.m.–noon, Bloomsdale Medical Centre. Call 573-883-5715 to register.

August 12—Parkinson's Pals Group

10 a.m., Hospital education/conference room.

August 26—Parkinson's "Use It and Keep It" Group

10 a.m., Hospital education/conference room.

Speaker's Bureau: 573-883-7777

LOOKING FOR A PHYSICIAN?
Call our physician referral line at 573-883-7777.

ReSource Medical Directory

Health care that's miles ahead, not miles away!

Adult Primary Care

Sharon Grass, RN, CS, FNP
573-883-7474

Dale Kraenzle, RN, CS, ANP
573-883-7424

Mary Ann McCullough, MSN,
RN, ANP-BC
573-883-2782

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

Breast Surgery

Theresa Cavins, MD, FACS
573-483-2525

Cardiology

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

Counseling

Vickie Bruckerhoff, BSW,
MSW, LCSW, BCD
573-883-2782

Family Practice

Donald Balacuit, DO
573-483-9492

Jonathon Bird, MD
573-483-9492

Dan Frissell, MD
573-883-2782

Doug Bishop, MSN, ANP-BC
573-483-9492

Shawn Lenn Geile, APRN-BC,
FNP-BC
573-483-9492

Christine Herrington, MSN,
FNP-BC
573-483-9492

Regine Politte, MSN, FNP-BC
573-483-3131

General Surgery

Joseph Sharlow, MD, FACS
573-883-5717

David M. Steele, MD, FACS
573-547-8390

Internal Medicine

Briccio Cadiz III, MD
573-883-2782/573-483-3131

Susan O'Donnell, MD
573-883-7424

Niranjana Raju, MD
573-883-7474

Sherry Ritter, MD
573-883-7424

Nephrology

Derek Larson, MD
573-883-7772

Graeme Mindel, MD
573-883-7772

Jay Seltzer, MD
573-883-7772

Obstetrics/Gynecology

Tony Lam, MD, FACOG
573-883-5715

Angela J. Breckenridge, DO,
FACOG
573-883-5715

Mary Crecelius, MSN, WHNP,
APNG
573-883-5715

Kelly Donze, MSN, CNM, WHNP
573-883-5715

Occupational Medicine

Luann Miller, MSN, CS, FNP
573-883-7759

Oncology

Alan P. Lyss, MD
573-883-7735

Atif Shafqat, MD, FACP
573-883-7735

Orthopedics

Scott VanNess, DO
573-883-7772

Craig Ruble, MD
573-883-7772

Holly Huelskamp, MSN,
FNP-BC
573-883-7772

Pain Management

Michael Fan, MD, PhD
573-883-4420

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

Pediatrics

Shilpa Desai, MD
573-883-4455

Bhargav Kanani, MD
573-883-4455

Gail Craft, RN, CS, FNP
573-883-4455

Podiatry

Christopher R. Sloan, DPM,
FACFAS
573-883-7772

Rheumatology

Chad Ronholm, MD
573-883-2782

Speech Pathology

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

Urology

Kevin Enger, MD
573-883-4450

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

Weight Management

Jonathon Bird, MD
573-883-4445

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

Wound Care Specialists

Regine Politte, MSN, FNP-BC
1-877-295-2273

Specialized Care, Close to Home

In addition to our fine medical staff, our Specialty Clinic brings the expertise and resources of metro St. Louis to Ste. Genevieve. The hospital has brought specialists to the community since 1994 and currently has visiting professionals who see patients in Ste. Genevieve on a regular basis. Our specialty services include:

- Allergy
- Audiology
- Cardiology
- Dermatology
- Nephrology
- Neurology
- Podiatry
- Vascular surgery

Call 573-883-5151 for more information about services at Ste. Genevieve County Memorial Hospital's Specialty Clinic.



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 and select "Patient Portal."

Online Resources

Visit www.stegenevievehospital.org today to access health information, hospital news, programs, and job listings.

Check out our new site! It's informative and—best of all—easy to use!





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.

Get a Step Ahead of Lung Cancer

If you're a current or former smoker who has an elevated risk of lung cancer, a noninvasive imaging exam at Ste. Genevieve County Memorial Hospital can provide valuable insight into the health of your lungs.

Lung cancer is the deadliest form of cancer, and it affects between 69 to 93 of every 100,000 Missourians. Early diagnosis of the disease is crucial to the success of treatment and patient survival. In February 2015, in partnership with Missouri Baptist Medical Center in St. Louis, Ste. Genevieve County Memorial Hospital began offering low-radiation-dose spiral computed tomography (CT) scans to individuals who have a high risk of lung cancer based on age and history of smoking.

Early Warning Exam

During the CT test, patients lie on a table while the scanning apparatus rotates around them, capturing images of the lungs from different angles. A radiologist at Ste. Genevieve County Memorial Hospital interprets the images and sends the results to a patient's healthcare provider and a lung screening nurse navigator.

"I notify patients of the results afterward and guide them through any follow-up tests that might be necessary," says Elizabeth Arenas, RN, BSN, OCN, lung screening nurse navigator at Missouri Baptist. "My job is to answer any questions patients have and be a resource for them during the three-year lung cancer screening program, which includes annual low-dose CT scans."

Patients can follow up with oncology services at Ste. Genevieve County Memorial Hospital if needed. If more extensive specialized care is needed, patients have access to additional services available at Missouri Baptist.

"Lung cancer screening is a powerful preventive tool with the potential to save lives," says Susan O'Donnell, MD, chief of medicine at Ste. Genevieve County Memorial Hospital. "We are excited to be able to help reduce the burden of this terrible disease in Ste. Genevieve County."

Our 2015 Cancer Education Initiative, supported by the Ride to Survive, will focus on lung cancer. The program works to educate and create community awareness about lung cancer through health fairs and other community events. As part of the education program, a key number of recipients who fit the screening criteria will receive a free lung screening.

For more information about lung cancer screening criteria or to schedule an exam, call 855-399-5864 or visit www.stegenevievehospital.org.

Lung cancer claims more lives each year than colon, breast, and prostate cancers combined, according to the American Cancer Society.

