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SoutheastHEALTH Auxiliary to Host Volunteer Drive

FEBRUARY 14TH 2017 BY DEE LOFLIN

SoutheastHEALTH Auxiliary to Host Volunteer Drive

Dexter, Missouri - The SoutheastHEALTH Center of Stoddard County Auxiliary will host its annual St. Valentine's Day Volunteer Drive.

On Tuesday, February 14th from 2:00 p.m. - 4:00 p.m. in the Employees' Lounge inside the Southeast HEALTH Center the Auxiliary members will gladly take your Membership Due of \$5.00. there will also be DOOR PRIZES!!

"The purpose of the Auxiliary is service to SoutheastHEALTH and support of its mission through donation of time, talents, expertise, monetary gifts, assistance with volunteer recruitment, and participation in community outreach to promote good health and good will."

Throughout the year, the Auxiliary hosts numerous fund-raising events.

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Weight Management First Steps

FEBRUARY 06TH 2017 BY DEE LOFLIN

Weight Management First Steps

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Cape Girardeau, Missouri - Join SoutheastHEALTH for this free, informative seminar as they discuss strategies for beginning the process of health improvement and weight management on Monday, Feb. 6 at 6 p.m. and Thursday, Feb. 23 at 2 p.m. at HealthPoint Plaza, 2126 Independence in Cape.

Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort.

You will learn how their individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program.

The program includes: Starting Point and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more.

Register online at SEhealth.org/classes-events or call 573-986-4440.

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28 Days of Heart Health by SoutheastHEALTH

FEBRUARY 03RD 2017 BY DEE LOFLIN

28 Days of Heart Health by SoutheastHEALTH

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Dexter, Missouri - February is National Heart Month! Throughout the month of February, SoutheastHEALTH will feature articles about Heart Health. They are sponsoring 28 days of heart health with heart healthy tips, facts and events.

Click **HERE** for more details and to go to their website.

Research has proven that [participants in cardiac rehab programs](#) have 25% reduction in risk of recurrent heart attack.

Cardiac Rehab is a monitored program, prescribed by a physician, which helps individuals achieve heart healthy lifestyles through exercise training, nutrition education and risk factor modification.

Southeast's program was awarded Certification by the American Association of Cardiovascular and Pulmonary Rehabilitation - one of just three programs in the region to attain this certification.

Phases of Cardiac Rehab

PHASE I

The initial phase of Cardiac Rehab begins during the time a patient is hospitalized, recovering from a heart-related problem or surgery.

PHASE II

The second phase of the program includes a 12-week monitored exercise program and educational sessions on topics such as cardiac risk factors, stress management and healthy eating. On an outpatient basis, patients attend exercise sessions one to three times per week, using treadmills, arm ergometers, stationary bicycles, seated steppers and weights. Exercise is done under the supervision of RNs and an exercise physiologist who help them attain cardiovascular fitness.

PHASE III

This phase is a continuation of Phase II activities but patients do not wear a cardiac monitor. This phase is also self-paid.

Cardiac Rehab may be appropriate for any individual who recently experienced:

- Heart attack
- Cardiac stenting
- Stable angina that is being treated medically
- Open heart surgery (coronary artery bypass graft)
- Valve surgery
- Congestive heart failure
- Angina equivalent dyspnea

In most cases, yes. With a qualifying diagnosis and physician prescription, most health insurance companies will cover Cardiac Rehabilitation. Ask your physician for a

prescription to Cardiac Rehabilitation. Then call 573-331-7950 to set up an appointment.

Unlike most fitness facilities, Southeast's Cardiac Rehab program follows specific guidelines for exercise in keeping with the American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

The staff includes registered nurses, an exercise physiologist, respiratory therapist and registered dietitian. Regular reports are sent to your physician for his or her review. The program also includes:

- ECG and blood pressure monitoring
- Individualized exercise programming to meet specific needs of each participant
- Individualized risk factor modification and education
- Exercise sessions in a small group setting with others who have experienced similar health issues

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National Women Physicians Day

FEBRUARY 02ND 2017 BY DEE LOFLIN

National Women Physicians Day

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Dexter, Missouri - On February 3, honor the path that female doctors have paved since 1849 as we recognize National Women Physicians Day.

This day marks the birthday of Dr. Elizabeth Blackwell, the first woman to receive a medical degree in the United States in 1849. Dr. Blackwell initiated the movement that helped women gain entry and equality in the field of medicine.

National Women Physicians Day celebrates the courage of Elizabeth Blackwell and the accomplishments of female physicians everywhere. At the same time, the day

strives to bring improvements to the workplace for the growing number of women physicians entering the field of medicine.

While the number of women doctors gradually increased in the last two decades, 2016 statistics show 35% of physicians are women. A study published in JAMA Internal Medicine last year revealed that women doctors earn on average 8% less than their male counterparts. That discrepancy along with nearly a third of women physicians reporting sexual harassment in the workplace and large majority experiencing gender bias. Clearly, there is still work to be done.

National Women Physicians Day recognizes not only the strides that have been made by generations of women doctors but that a balance must be struck that allows women to succeed professionally while balancing family. Join National Women Physicians Day in celebrating these accomplishments and supporting women physicians as colleagues, friends, family and doctors.

HOW TO OBSERVE

On February 3rd we are asking not only the medical community, but also our larger community of patients, families, and the public to celebrate National Women Physicians Day in hospitals and clinics, medical schools and on social media. This is an exciting time for medicine as we are connecting virtually and creating a collective voice that can be used to create positive changes for physicians and patients alike. Use #IAMBLACKWELL, #WomensDocsInspire and #NWPD to share on social media.

Shown in the photo are two of SoutheastHEALTH in Dexter finest female doctors Jennifer Sellman and Cheryl Rich.

Photo by Amy Ellinghouse, SoutheastHEALTH of Stoddard County.

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Fernando Arzola, MD Joins Staff at SoutheastHEALTH

JANUARY 06TH 2017 BY DEE LOFLIN

Fernando Arzola, MD Joins Staff at SoutheastHEALTH

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Dexter, Missouri - Fernando A. Arzola, MD, Cardiology, has joined the Medical Staff at Southeast Hospital. He is affiliated with Cardiovascular Consultants and will be permanently based at its Dexter clinic. Dr. Arzola comes to SoutheastHEALTH from Van Buren, Arkansas, where he practiced with Crawford Cardiology.

He holds a Bachelor of Arts from the University of Puerto Rico, Mayaguez, Puerto Rico.

Dr. Arzola earned his MD degree from Central University of the Caribbean, Cavey, Puerto Rico.

He completed an internship in Internal Medicine at St. Elizabeth Hospital Medical Center in Youngstown, Ohio, and completed an Internal Medicine residency and a fellowship in Cardiology at University District Hospital, Puerto Rico Medical Center, San Juan.

Dr. Arzola served with the U.S. Army Reserve, attaining the rank of major, before retiring in 1997.

He commented that practicing in mid-sized to smaller communities is appealing “because they are similar to the communities I grew up in as a child. It’s wonderful to get to know your patients inside and outside your practice. They become your friends and neighbors and there is a true sense of community.”

Preventive medicine is important, he adds. “I am a strong believer in prevention, making every effort to prevent damage in the first place. I don’t want patients to wait for heart attacks to occur. I want to help them try to prevent it from ever occurring. Why does the farmer do preventive maintenance on his farming equipment? To reduce the number of equipment failures during harvest. My patients’ hearts and bodies are more important than equipment and I am committed to bringing a focus on the preventive approach to disease in our community.”

He is pleased to be in Dexter, noting, “My wife and I feel blessed to be able to serve the people of Stoddard County and the surrounding region, bringing Cardiology services closer to home.”

Dr. Arzola’s professional memberships include the American Society of Echocardiography, the Military Office Association of America and the Reserve Officer Association.

SoutheastHEALTH of Stoddard County will still have their Cardiologists that visit from Cape each week, but have expanded their offering to meet the needs of the community by having a cardiologist available every day.

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