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Santa Visits Missouri Southern Healthcare

DECEMBER 20TH 2011 BY UNKNOWN

Santa Visits Missouri Southern Healthcare

Visit With Santa

Santa Claus paid a visit recently to Missouri Southern Healthcare in Dexter! Area children had the opportunity to visit with the jolly elf himself and share their holiday wishes to ol' St. Nick. With Santa are Ben Christian and his faithful dog, Bo Duke. Each child received a special photo of their visit with Santa Claus as a special gift from Missouri Southern Healthcare. (MSH photo)

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Santa Claus is Coming to MSH

DECEMBER 11TH 2011 BY STAFF WRITER

Santa Claus is Coming to MSH

Santa Claus is coming to Missouri Southern Healthcare! Don't miss your chance to see Santa and get your picture made with the Jolly Ole Saint Nick in the Lobby of the Hospital!!!

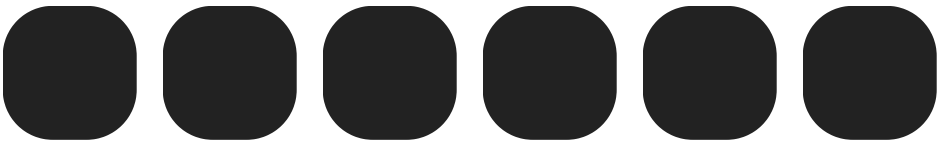
All the fun begins on Thursday, December 15 from 3:30 - 6:30 p.m. Your chance to get your Christmas pic with Santa is FREE and a courtesy of Missouri Southern Healthcare. There will also be cookies and punch to enjoy!

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What Is Your Flu I.Q.?

NOVEMBER 28TH 2011 BY STAFF WRITER

What Is Your Flu I.Q.?

What is your Flu IQ? Take this quiz and find out!

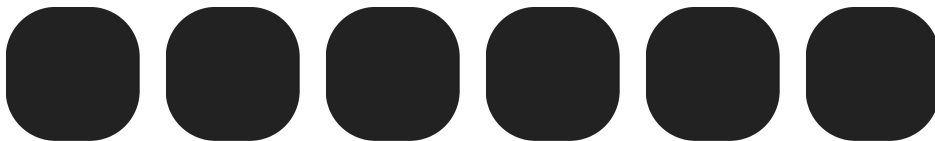
Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year.

Flu IQ

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November is American Diabetes Month

November is American Diabetes Month

By SMT Medical Contributing Writer

With nearly 26 million children and adults in American living with diabetes, and another 79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country.

There are more than seven million Americans undiagnosed with diabetes. We encourage everyone to take control of your health and learn the signs and symptoms of diabetes.

Health messages can so easily be lost amid the constant barrage of information you receive every day. To make it easy, below is a list of type 1 and 2 symptoms that can help you determine whether you or someone you care about should be thinking about this disease.

Type 1 Diabetes

- Frequent urination
- Unusual thirst
- Extreme hunger
- Unusual weight loss
- Extreme fatigue and Irritability

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Type 2 Diabetes

(Often people with type 2 diabetes have no symptoms)

- Any of the type 1 symptoms
- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/fee
- Recurring skin, gum, or bladder infections

And, we don't want to talk about the symptoms without also mentioning a few steps you can take to prevent or delay type 2 diabetes. Did you know that as little as 30 minutes a day, five days a week, of moderate physical activity or losing 7 percent of your body mass – that's only 15 pounds if you weigh 200 pounds – can make all the difference!

With nearly 26 million children and adults in American living with diabetes, and another

79 million at high risk for developing type 2 diabetes, the disease is taking a devastating physical, emotional and financial toll on our country. Yet, most Americans don't consider diabetes a serious matter. They feel it is someone else's responsibility; someone else's problem.

Recent numbers by the Centers for Disease Control and Prevention paint a desperate situation of where we are at, and where we are headed:

- Every 17 seconds, someone is diagnosed with diabetes.
- Diabetes kills more people each year than breast cancer and AIDS combined.
- Recent estimates project that as many as 1 in 3 American adults will have diabetes in 2050 unless we take steps to Stop Diabetes.

Now is the time to act.

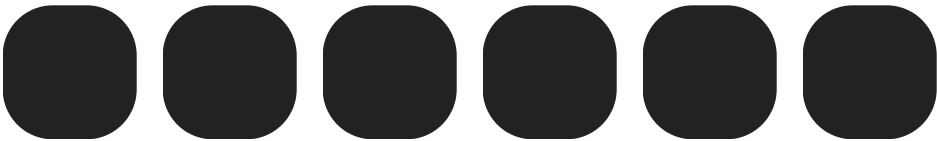
At Missouri Southern Healthcare, we have two certified diabetes educators on staff, Family Nurse Practitioner Judy Pedigo and Family Nurse Practitioner Amy Holland.

If you have any of the signs and symptoms related to diabetes, please call us. Judy Pedigo, F.N.P. is located at MSH Family Medical Care in Dexter 573-624-7575 and Amy Holland, F.N.P. is located at MSH Bloomfield Family Clinic in Bloomfield 573-568-3686.

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