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Women First Partners with SoutheastHEALTH

APRIL 01ST 2014 BY DEE LOFLIN

Women First Partners with SoutheastHEALTH

Dexter, Missouri - Women First, an established obstetrics and gynecology practice in Cape Girardeau, has partnered with the Southeast Medical Group of SoutheastHEALTH, effective April 1.

Joining the Southeast Medical Group from Women First are Eric Morton, DO; Chris Rosenquist, MD; Heather Cugini, MD;, and Marianne Cook, APRN, BC-FNP. Women First of SoutheastHEALTH will remain in its current location at 1111 North Mount Auburn Road.

The new affiliation brings the number of experienced and dedicated obstetrics/gynecology specialists in the Southeast Medical Group to six. Southeast Obstetrics & Gynecology was established in 2011 with Dianne Woolard, MD, FACOG, Christy Cook, WHNP, and Glenda Robison, WHNP. That practice has grown to include two additional obstetricians and gynecologists, Wendelly Vasquez, MD, and Jennifer Lovegreen, MD.

“We are very excited about this opportunity to expand the reach of our medical practice by collaborating with the SoutheastHEALTH network,” said Dr. Rosenquist. “We are looking forward to working with Southeast and its team of skilled healthcare professionals.”

SoutheastHEALTH Vice President of Physician Services Matt Shoemaker, DO, added, “This is an exciting time for SoutheastHEALTH as we continue to expand and enhance services across our region. The addition of this well-respected specialty practice is in keeping with our commitment to provide our patients the best in women’s healthcare services.”

Shown in the photo provided by Amy Ellinghouse are Women First of SoutheastHEALTH physicians Eric Morton, DO, Chris Rosenquist, MD, and Heather Cugini, MD.

LAST UPDATED ON APRIL 01ST 2014 BY DEE LOFLIN

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Closer to Home with Telemedicine

FEBRUARY 18TH 2014 BY AMY ELLINGHOUSE

Closer to Home with Telemedicine

Telemedicine Reaches Out to Patients

SoutheastHEALTH is reaching out to patients through telemedicine in Dexter and Perryville, Mo., eliminating the need for some patients to make long trips to the doctor.

“Currently, we are offering various levels of telemedicine service in endocrinology and cardiology,” says Debbie Leoni, director of Cardiovascular Outreach Services.

On the Monitor

“You can talk to and see your doctor via a computer monitor and internet connections. The doctor can examine and diagnose the patient with the help of special cameras,” she explains. The general exam camera magnifies what the doctor is able to view. An electronic stethoscope allows the doctor to listen to the patient’s lungs and heart.

Southeast Endocrinology physicians Darren Allcock, DO, and Wu Wen, MD, PhD, welcome the new technology.

“I think it is fantastic,” says Dr. Allcock, adding that it’s particularly helpful for patients who have “a hard time” making long trips.

Dr. Allcock says his patients come from a wide area, extending throughout southeast Missouri and into parts of Arkansas, Tennessee and southern Illinois. Many of them have a long way to travel to see an endocrinologist.

Patient Friendly Technology

Telemedicine, which is in its early stages at SoutheastHEALTH, already has garnered support from Southeast Endocrinology patients in southeast Missouri who can have their follow-up visit in **Doctors Park, Suite 4, on the Southeast Health Center of Stoddard County campus** in Dexter, Mo., rather than have to make the long journey to Cape Girardeau, Dr. Allcock points out.

Dr. Wen says telemedicine makes follow-up visits “easier and more convenient” for patients.

Geneva Vaughn of Bloomfield, Mo., suffers from diabetes. She says it’s great that she can drive a short distance to Dexter for a telemedicine appointment with Dr. Allcock rather than having to make a nearly 100-mile roundtrip to Cape Girardeau and back.

Geneva’s not intimidated by the technology. “It doesn’t bother me one little bit,” she says. “I am ready for this. It’s amazing what they can do.”

Telemedicine Clinics

Southeast Endocrinology currently has telemedicine clinics at Dexter twice a month on Thursday afternoons. More clinics could be offered in the future, Dr. Allcock says.

As with a regular office visit, there is a nurse in the exam room with the patient, he notes. The nurse will contact the physician for the start of the telemedicine session. She will stay in the room to get orders and make sure there are no technical problems.

Board-certified **cardiologist and cardiac electrophysiologist Gabe Soto, MD, PhD**, of Cardiovascular Consultants in Cape Girardeau is an advocate of telemedicine. “Through telemedicine, we have the opportunity to provide expert consultative services to patients seeking care in their local community hospitals,” he notes.

“This represents another example of SoutheastHEALTH offering area residents high quality healthcare at a low cost and close to home, and is in keeping with SoutheastHEALTH’s continued expansion of services throughout the region,” he says.

To learn more about telemedicine, visit SEhealth.org/telemedicine.

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Dexter Ladies Bowling Association Make Donation

FEBRUARY 10TH 2014 BY DEE LOFLIN

Dexter Ladies Bowling Association Make Donation

Article Submitted to
news@showmetimes.com

Dexter, Missouri - The Dexter Ladies Bowling Association recently made a donation to the Southeast Cancer Center Patient Experience Fund. The association raised \$352 during their Annual Cake Walk held at the Bernie Fall Fest. The donation will be earmarked for use for patients from Stoddard County.

On hand for the donation were (l to r) Sam Duncan, SoutheastHEALTH Foundation Senior Development Officer, Sue Ann Williams, Assistant Administrator at SoutheastHEALTH Center of Stoddard County, and Bev Dockins, Alberta Stover and Debbie Smith of the Dexter Ladies Bowling Association.

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National Spaghetti Day

JANUARY 04TH 2014 BY DEE LOFLIN

National Spaghetti Day

*Written by
Dee Loflin, SMT Manager/Editor*

United States – “On top of spaghetti, all covered with cheese, I lost my poor meatball, when somebody sneezed. It rolled off the table, and on to the floor, and then my poor meatball, rolled out of the door.” Many of us remember this little rhyme and when we were kids we would "sing at the table" when Mom served the family spaghetti dinner.

Today, January 4th is National Spaghetti Day! And what goes with spaghetti – meatballs and garlic bread and a large glass of sweat tea!

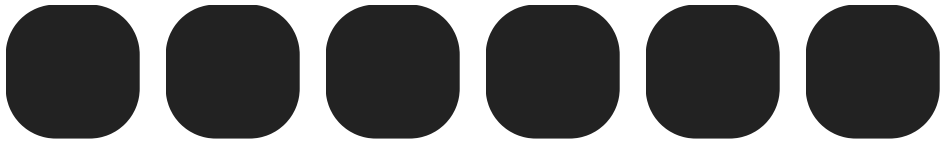
The National Pasta Association has a wonderful website for great recipes and information about healthy pasta meals. There’s even a Kids Corner.

Pasta is the perfect foundation for a healthy, delicious and satisfying meal. Go to I Love Pasta.org for more information or click **HERE**.

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Pet Health and Safety Tips in Extremely Cold Weather

JANUARY 03RD 2014 BY DEE LOFLIN

[Pet Health and Safety Tips in Extremely Cold Weather](#)

*Submitted by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri - With the upcoming drop in temperatures it safe to say that our fluffy friends can not handle this type of extremely cold weather. Here is a list of helpful tips from the Human Society of Missouri that will help protect your pet during frigid conditions and keep them safe.

Bring Your Pet Inside: If your dog or cat normally stays outside please bring them in even if it's in the garage. Thermometers show one temperature, but wind chills can make it feel much colder. Limit time outdoors and be mindful of frostbite on ears, tail and paws. Dogs and cats who stay indoors can't handle these extreme temperature changes for long periods of time.

Acclimate Your Pets to Cold Weather: If your pets spend a lot of time outdoors, but typically live inside; make sure to introduce them gradually to

dropping temperatures, rather than exposing them to the extreme cold all at once.

Provide Adequate Shelter: If your dog lives outdoors, you must provide a well-insulated and draft-free doghouse. The opening should face south with a sturdy, flexible covering to prevent icy winds from entering. Line the floors of the shelter with straw, not hay or towels/blankets. They can become damp or freeze making the space even colder.

Beware of Antifreeze and Rock Salt: Antifreeze often collects on driveways and roadways. Although it smells and tastes sweet to your pet, it is lethal. Deicing products like rock salt can irritate footpads. Be sure to rinse and dry your pet's feet after being outside.

Dray Off Wet Pets: A wet pet is a cold pet. Towel dry your pet if he gets wet from rain or snow. Also, it is important to clean and dry paws to prevent tiny cuts and cracked pads.

Provide Plenty of Food and Water: It takes more energy in the winter to properly regulate body temperatures, so your pet needs additional calories if he spends a lot of time playing or working outdoors. Your pet is just as likely to get dehydrated in the winter as in the summer; so be sure to provide plenty of fresh water. Refill outside bowls often to prevent freezing.

Shown in the photo is Maddie Loflin, grand-pup to Dee Loflin. This was Maddie's first snow!

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