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Red Cross Needs Your Blood!

AUGUST 07TH 2014 BY DEE LOFLIN

Red Cross Needs Your Blood!

*Written by
Dee Loflin, SMT Manager/Editor*

Stoddard County, Missouri – Blood is always in high demand; however the summer months create shortages according to Red Cross officials. Many people are traveling, on vacation, or enjoying the outdoors.

Stoddard County has several upcoming Blood Drives to help with those shortages.

Friday - August 8, 2014 - Mingo Job Corps Center located at 4253 State Hwy T, Puxico. Time 9:00 a.m. - 2:00 p.m.

Monday - August 18th – Dexter Rotarians are hosting a Blood Drive at the Sacred Heart Catholic Church in Dexter from Noon – 5 p.m.

Friday - August 22nd – Dexter Eagles are hosting a Blood Drive from 1:30 p.m. – 6:30 p.m.

Saturday – August 23rd – Dexter Eagles will continue their Blood Drive from 10:30 a.m. – 3:30 p.m.

Friday – August 29th – Life Chapel Assembly of God in Puxico will host a Blood Drive from 3:00 p.m. – 7:00 p.m.

Friday – August 29th – Dexter Church of Christ will host a Blood Drive from 2:00 p.m. – 6:00 p.m.

The American Red Cross encourages eligible blood donors to make and keep donation appointments to maintain the summer blood supply and help prevent a shortage. Donors of all blood types are currently needed, especially those with type O negative, B negative and A negative.

While the need for blood remains constant during the summer, donations drop. Between June and August, on average, two fewer donors give blood at each Red Cross blood drive than what hospitals need. This seasonal decline could be overcome if just two additional donors – above what is expected – give blood at each Red Cross blood drive this summer.

Every two seconds someone in the United States needs blood. Recently, a patient needed 79 blood products after injuries sustained during a car accident.

Thanks to blood donors who gave in the days and weeks prior, blood products were readily available for this patient and thousands of others at approximately 2,700 hospitals and transfusion centers across the country supported by the Red Cross.

This summer, there are 100 chances to give hope with the Red Cross by giving blood. Visit redcrossblood.org or call 1-800-RED CROSS to learn more and make an appointment.

How to donate blood

Simply call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

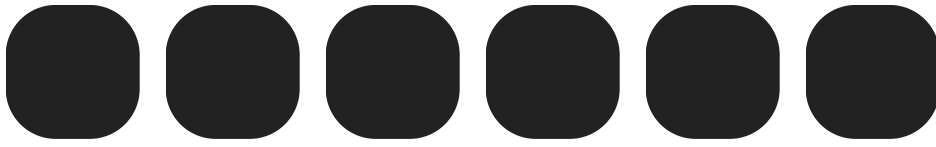
About the American Red Cross

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit redcross.org or visit us on Twitter at [@RedCross](https://twitter.com/RedCross).

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[Go to post](#)



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[TOP](#)

A Success Story in the Making - A Life Changing Journey

JULY 23RD 2014 BY DEE LOFLIN

A Success Story in the Making - A Life Changing Journey

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Many people have seen the benefits of Dr. Becking's wonderful ability to help people lose weight. His program works so well, his appointment book is filled almost to capacity at his Dexter location, but that's ok, he will make room for more who want to be "losers"!

The following is a testimonial from Monica, a success story in the making!

"My life changing journey began on June 11, 2014. I refuse to call it a diet. To me, a diet is a short-term fix to a long-term problem. Becking Clinic and ChiroThin inspire a life change."

"My plan is to lose weight and NOT regain it. A common problem I have faced with all of the million of other diets and pills I have done in the past. My decision to check out Becking Clinic started when a friend was posting his success on Facebook. I was beyond skeptical about any program that guaranteed a 20-pound weight loss in 42 days. I mean, who does that?!! That can't be healthy, right? WRONG!!!!!!!!!"

"I went in for my consultation with Sara and Dr. Becking loaded with questions to debunk this new "fad" (or so I thought). The biggest issue for me was the no exercise component. I was in the middle of training for a 10K and participating in CrossFit. The outside of my body was strong and getting toned. I didn't want to lose that. Dr. Becking assured me that I would perform all of my activities even better than I currently was after completion of the program."

"On the way to the clinic for my consultation I heard the song called Inside Out which contains the lyrics "consume me from the inside out". I had a fleeting thought that I was working hard on changing the outside of my body, but really should be focused on the inside for a change."

"While speaking with Dr. Becking God kept placing this thought back in my mind so I decided to take a step of faith and trust and believe in Dr. Becking's word that this would be a beneficial program for me. I am now on day 34 and down 32 pounds and 11.5 inches. Who would have thought! Not me. Eating clean, healthy food has left me feeling better and looking healthier than I have in years, even without exercise. "

"Although I am looking forward to July 24 when I will be able to resume my training for an upcoming half marathon. Thanks to Dr. Becking and Sara at Becking Clinic, I finally have some self-confidence that I haven't ever had in my life. I look forward to continuing to eat the portions and foods I have been eating for the past 6 weeks."

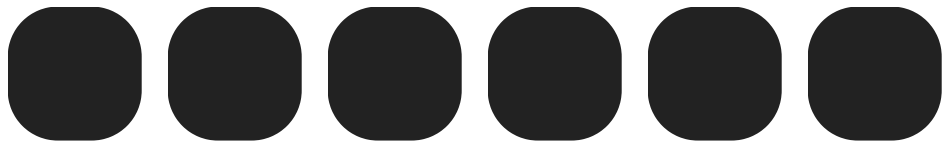
"Will I stumble? Sure. Will I rise up again to regain control of my food? You bet. No longer will my poor food choice be allowed to turn in to a poor food choice week. Will I do it alone? No way. Becking Clinic staff and the support of their Facebook group will be with me every step of the way."

Dr. Becking is now located in the Countywide Insurance building at 140 S. Walnut St. and will meet with you for a consultation. To make an appointment call 573-243-9777 or go to his website by clicking **HERE**.

LAST UPDATED ON JULY 23RD 2014 BY DEE LOFLIN

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[Go to post](#)



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[TOP](#)

Ed Worley - Dr. Becking's Biggest Loser!

JULY 10TH 2014 BY DEE LOFLIN

Ed Worley - Dr. Becking's Biggest Loser!

*Written by
Dee Loflin, SMT Manager/Editor*

Dexter, Missouri – Dr. Becking’s program for weight loss works! It works so well he is now offering appointments in Dexter once a week.

Ed Worley can attest to that! He is their current record holder at 66 pounds lost in 42 days. He just started his second round on the 4th of July and is on pace to lose 300 pounds by May of 2015. Way to go Ed!

“Dr. Becking and his team are the real deal,” stated Worley. “I have known Dr. Becking for almost two years and I must say, he is truly passionate about his practice. I witnessed my father going to so many chiropractors growing up that it created a negative image in my mind. Dr. Becking earned my business, my trust and my referral! The weight loss program is unbelievable!”

Dr. Becking and his staff believe that this program will work for you so much so that they have opened an office in Dexter. Dr. Becking is now located in the

Countywide Insurance building at 140 S. Walnut St. and will meet with you for a consultation. To make an appointment call 573-243-9777 or go to his website by clicking **HERE**.

“The support the client receives is unmatched anywhere I have ever been! I am proud to say I go to the Becking Clinic and I recommend all my friends and family to go to the People's Choice Award winner! Thank you Becking Clinic for all you have done in my life! Blessings to Dr. Becking and his team!”

If you want a healthier lifestyle just make the call and become one of the biggest losers at the Becking Clinic. It will change your life!

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[Go to post](#)



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TOP

Prevention Services for Men and Women

JULY 02ND 2014 BY DEE LOFLIN

Cancer Prevention For Women

Mom may have said it, but it's still good advice: An ounce of prevention is worth a pound of cure.

We believe that's right - and that's why **SoutheastHEALTH** is committed to health education for women with programs like Heart Smart screenings and the Southeast Breast Care and Diagnostic Center, located at #60 Doctors' Park in Cape Girardeau.

The Southeast Breast Care & Diagnostic Center provides the most advanced breast health care services available in one convenient location including the latest Digital Mammography technology and diagnostic imaging (X-ray, ultrasound, digital mammography, bone density).

The Center is designed to provide a unique approach to comprehensive breast care. Here patients are treated with the utmost care and dignity, and services are provided in calm, comfortable and attractive surroundings.

Screenings are completed promptly and efficiently by a team of health care professionals including some of the most respected breast care specialists in the region.

The American Cancer Society recommends that all women age 40 and older should have a mammogram every year.

Any woman whose family history indicates a special risk should consult her physician about beginning mammograms at an earlier age.

Southeast Hospital's mammography services reflect our commitment to care that is as personalized as it is technologically advanced.

The service is located at #60 Doctors' Park in Cape Girardeau. To schedule an X-ray, ultrasound, digital mammography or bone density test, call 573-334-6464.

Hours of the clinic include: 7:30 a.m. - 4:30 p.m., Monday - Friday for Diagnostic Imaging

Cancer Prevention For Men

Each fall, Southeast Missouri Hospital and the Cape Girardeau Urology Associates, Inc., co-sponsor a free Prostate Screening Clinic.

For more information about Prostate Screening, call 573-651-5550.

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[TOP](#)

Family Swim Night Sponsored by SoutheastHEALTH

JUNE 27TH 2014 BY DEE LOFLIN

[Family Swim Night Sponsored by SoutheastHEALTH](#)

Written by
Dee Loflin, SMT Manager/Editor

Dexter, Missouri – Summer means sizzling heat and swimming! Jump, splash, and dive, and stay cool in the pool on Family Swim Night!

SoutheastHEALTH and Dexter Parks and Recreation will host a Family Swim Night at the Dexter Aquatic Center. The public is encouraged to attend.

The event will be held Thursday, July 3rd from 5:30 p.m. – 7:30 p.m. There will be door prizes and lots of fun!

The first 35 kids that bring their families will receive a FREE T-shirt.

Just a few safety tips to follow:

1. Always swim with a buddy.
2. Never leave a young child unattended.
3. Protect your skin with sunscreen.
4. Drink plenty of water regularly and avoid caffeine.
5. Avoid distractions when supervising children.
6. Young children need flotation devices such as arm floaties.

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