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Southeast Pediatrics to Sponsor Super Kids Event

JULY 15TH 2015 BY DEE LOFLIN

[Southeast Pediatrics to Sponsor Super Kids Event](#)

Cape Girardeau, Missouri - Area “Super Kids” are invited to take part in an event sponsored by Southeast Pediatrics at HealthPoint Fitness in Cape Girardeau from 6 to 7:30 p.m. on Thursday, July 30. The event is open to children, ages 4 to 10.

At “Super Kids,” children will visit stations and take part in these educational, hands-on activities:

- Play It Safe Outdoors – Learn the importance of having fun in the sun without burns and bug bites.
- How Sweet It Is! – Kids (and adults) will be surprised to see just how much sugar is hiding the beverages they love.
- Fun with Fitness – Join in the fun with HealthPoint Fitness class demonstrations and activities.
- Eating Healthy – Southeast’s dietitians will show kids how yummy foods can be fun and healthy.

The first 200 participants will receive \$10 Academy Sports gift cards for completing all of the stations and participating in the evening’s activities.

Parents and kids also may visit with pediatricians and staff from Southeast Pediatrics. The medical practice includes Greg Cugini, MD; Paul Leland, DO; Kali Francis, MD; and Chelsea Grigery, MD; and nurse practitioner Lindsay R. McVey, FNP, BC.

Space is limited, so register today by calling 1-844-482-5833 or register online at SEhealth.org/classes-events.

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Signs of Too Much Heat - Watch Out for Heat Related Illness

JULY 14TH 2015 BY DEE LOFLIN

Signs of Too Much Heat - Watch Out for Heat Related Illness

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness.

It is important to know the symptoms of excessive heat exposure and the appropriate responses. The [Centers for Disease Control and Prevention](#) provides a list of warning signs and symptoms of heat illness, and recommended first aid steps. Some of these symptoms and steps are listed below.

HEAT CRAMPS:

Heat cramps may be the first sign of heat-related illness, and may lead to heat exhaustion or stroke.

Symptoms:

- Painful muscle cramps and spasms usually in legs and abdomen
- Heavy sweating

First Aid:

- Apply firm pressure on cramping muscles or gently massage to relieve spasm.
- Give sips of water unless the person complains of nausea, then stop giving water

HEAT EXHAUSTION:

Symptoms:

- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

First Aid:

- Move person to a cooler environment
- Lay person down and loosen clothing
- Apply cool, wet cloths to as much of the body as possible
- Fan or move victim to air conditioned room
- Offer sips of water
- If person vomits more than once, seek immediate medical attention.

HEAT STROKE:

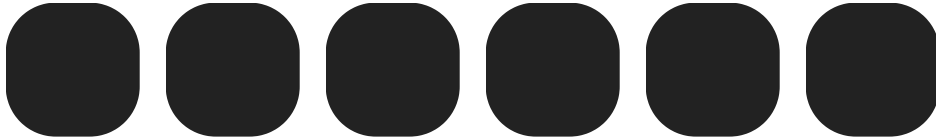
Symptoms:

- Altered mental state
- One or more of the following symptoms: throbbing headache, confusion, nausea, dizziness, shallow breathing
- Body temperature above 103°F
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Faints, loses consciousness

First Aid:

- Heat stroke is a severe medical emergency. Call 911 or get the victim to a hospital immediately. Delay can be fatal.
- Move the victim to a cooler, preferably air-conditioned, environment.
- Reduce body temperature with cool cloths or bath.
- Use fan if heat index temperatures are below the high 90s. A fan can makes you hotter at higher temperatures.
- Do NOT give fluids.

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July Is National UV Protection Month

JULY 01ST 2015 BY DEE LOFLIN

[July Is National UV Protection Month](#)

Sunshine is here to stay

When you think of summer, most think having fun in the sun with friends and family. It's important to also keep your safety top priority. July is UV Safety Month and a good time to brush up on safety tips to keep your family healthy in the sun. Here are the top three summer health concerns and how to avoid them:

Too Much Sun

Staying out in the sun too long can lead to problems like sunburns, premature aging, eye damage and even skin cancer. Fortunately, it's easy to protect yourself from the harmful UV rays that cause most of these problems:

- Wear sunglasses: Your sunglasses should have a label on them that says they protect

against UV-A and UV-B rays.

- **Wear the proper clothing:** Sun shirts over swimsuits and large hats protect your body by blocking the sun's harmful rays.
- **Stay in the shade:** You should try to stay out of the sun from 10am to 4pm. Babies less than a year old should never be out in the sun.
- **Wear sunscreen:** It's not just for swimming or sunbathing. Wear sunscreen with an SPF of 15 or higher on exposed skin areas every day. Remember to reapply every few hours if active.

Water Danger

Drowning is a leading cause of death among little ones. Take a few simple precautions to keep swimming time at the pool or beach safe.

- **Supervise, supervise, supervise:** All children, even those who can swim, should have adult supervision while near a body of water. Swim lessons are recommended for kids 4 and over. For children who can't swim, stay within several feet of them while they are in water; consider using floating arm bands or a life vest.
- **Secure your pool:** If you have a pool, use a net or fence to keep kids away when you're not swimming.
- **Learn CPR:** Basic courses are offered in your community and you can take an infant-specific course as well. Visit www.heart.org or www.redcross.org for details.

Dehydration and Heat Exhaustion

During hot summer months, everyone needs to drink more water to balance fluids lost by sweating. Keep your kids well hydrated, especially if they are playing outside. Also, be sure never to leave a child alone in a hot car. Even a few minutes can be deadly because the heat inside the car builds quickly and there is no air flowing through the car when doors and windows are closed.

For more information, visit www.cdc.gov.

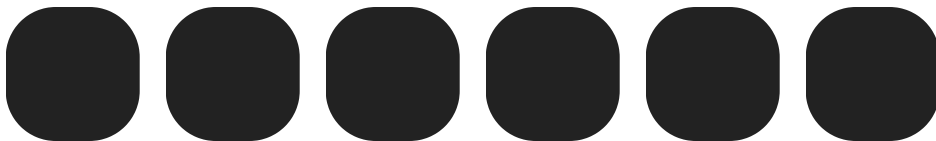
And don't forget about your pets. Even dogs can get a sunburn especially on their nose. So make sure they have plenty of shade and water to drink. When a dog pants, that means

he is HOT!!

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Southeast Display Art for the Health of It

JUNE 29TH 2015 BY DEE LOFLIN

[Southeast Display Art for the Health of It](#)

Cape Girardeau, Missouri - Original artwork – 33 pieces in all – graces a Southeast Hospital hallway in the 22nd annual Art for the Health of It exhibition.

The exhibition was formally unveiled at a reception on Sunday, June 28. Jointly sponsored by SoutheastHEALTH and the Arts Council of Southeast Missouri, the public exhibit is on display until Aug. 27 in the first-floor hallway between elevators A and C.

The Cape Girardeau Area Medical Society and its Alliance also sponsor awards for the juried exhibit. Taking Best of show honors this year was William Nace's "Edisto Island" photo. Second place went to Diane Shaw for her "Lake Front" painting. Juror's awards went to Janet Bixler for "Good Grazing," Mary Ann Hartman for "A Café in Buenos Aires," Jamie Leming for "Birds in Three," and Vicki Outman for "Springwood Lane Fall." A total of 72 pieces of artwork were

entered.

Wendy Kurka Rust of Cape Girardeau served as this year's juror. Rust said, "I consider all the pieces selected to be displayed in the show winners. I picked out six pieces that spoke to me more artistically and meaningfully concerning healing as if I was sitting in a doctor's or hospital's waiting room viewing them."

Shown in the photo: An opening reception for the Art for the Health of It exhibition was held Sunday, June 28, at Southeast Hospital.

</images/2015 Images/Artwork on Display.jpg>

Pictured from left: Juror's Award winners Janet Bixler, Vicki Outman and Jamie Leming, Best of Show winner William Nace, Arts Council of Southeast Missouri Executive Director Murielle Gaither and SoutheastHEALTH Auxiliary member Joyce Miller. Not pictured: second place winner Diane Shaw and Juror's Award winner Mary Ann Hartman.

William Nace's "Edisto Island" photograph took the Best of Show at the annual Art for the Health of It exhibit at Southeast Hospital.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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SoutheastHEALTH Spotlight - Dr. Chad White

JUNE 26TH 2015 BY DEE LOFLIN

SoutheastHEALTH Spotlight - Dr. Chad White

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Dexter, Missouri - This week's SoutheastHEALTH Center of Stoddard County Doctor Spotlight is J. Chad White, D.O.

Dr. White attended Missouri State University where he received his undergraduate degree. He earned his medical degree at Des Moines University – College of Osteopathic Medicine in Des Moines, Iowa. He is Board Certified AOBFP – Family Practice.

He served his Internship at Washington Regional Hospital in Fayetteville, Arkansas and his Residency at Highlands Regional Medical Center in Prestonsburg, Kentucky.

Dr. White's special interests are in Emergency Medicine. In addition to working in his office at Southeast Medical Plaza, he also works in the Emergency Room at SoutheastHEALTH Center of Stoddard County.

In his spare time, Dr. White enjoys spending time with his family, including wife Courtney, and daughters Tori, Cali, and Kaci.

SoutheastHEALTH Center of Stoddard County's Emergency Room staff act as team. They know each other and they trust each other. They understand the importance of making crucial decision in a period of seconds.

You can count on Dr. White and his emergency staff when seconds count. Take comfort in knowing you are in good hands at SoutheastHEALTH's emergency center in Dexter.

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