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National Women Physicians Day

FEBRUARY 02ND 2017 BY DEE LOFLIN

National Women Physicians Day

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.

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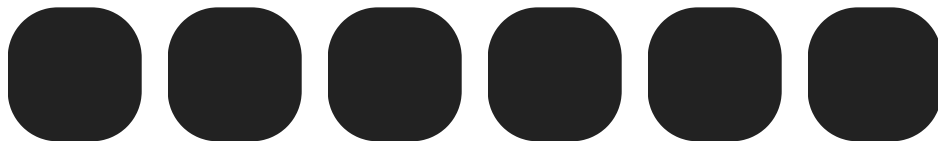
On February 3rd we are asking not only the medical community, but also our larger community of patients, families, and the public to celebrate National Women Physicians Day in hospitals and clinics, medical schools and on social media. This is an exciting time for medicine as we are connecting virtually 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 Cheryll Rich.

Photo by Amy Ellinghouse, SoutheastHEALTH of Stoddard County.

<https://showmetimes.com/Blogpost/v6jt/National-Women-Physicians-Day>

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Fernando Arzola, MD Joins Staff at SoutheastHEALTH

JANUARY 06TH 2017 BY DEE LOFLIN

[Fernando Arzola, MD Joins Staff at SoutheastHEALTH](#)

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.

LAST UPDATED ON JANUARY 06TH 2017 BY DEE LOFLIN

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RHF 10th Annual Team Fitness Challenge

JANUARY 04TH 2017 BY DEE LOFLIN

RHF 10th Annual Team Fitness Challenge

Dexter, Missouri - The Regional Healthcare Foundation will once again sponsor the "TRI" Team Fitness Challenge! This is the 10th year the Fitness Challenge has been in existence and is quite popular with the community.

The main focus of people who participate is to improve their health. People are very conscious that diabetes, heart disease, and high blood pressure are on the rise in our area. The Fitness Challenge offers weekly accountability for weight loss. Team support serves as a reinforcement for shedding those unwanted pounds.

The 2017 TRI Team Fitness Challenge will begin on Wednesday, January 11th and continue until Wednesday, April 26th.

Teams may sign up for the Challenge on January 11th, 18th or the 25th. Teams will consist of 3 people and each team must have a creative name ready at time of sign-up. Individuals who do not have a team can still sign up and will be combined into teams of three.

Each week handouts will be provided about health and nutrition. Blood pressure checks will be made at the beginning of the Challenge and then at the end of the Challenge for comparison

Many people enjoy the holidays and all the fine dining and special treats knowing they will get serious about losing those extra holiday pounds by participating in the Fitness Challenge!

A new component has been added to the Fitness Challenge this year. The Walkers for Wellness Program, a piggyback program for previous Fitness Challenges, will now be the Exercise for Wellness Program and a part of the Fitness Challenge. Participants may enroll for the Exercise for Wellness Program along with the Fitness Challenge. participants may sign up for both programs or sign up for one of the programs.

Weekly charts for the “TRI” Team Fitness Challenge will be available to show the progress of each team. Charts will list team names and the percentage of weight loss for the team.

Weights are completely confidential.

Prizes For Fitness Challenge: Prizes are based on the greatest percentage of weight loss of the team.

1st Place Team - \$1,000
2nd Place Team - \$500
3rd Place Team - \$250

There will be a \$250 cash prize for the individual who loses the greatest number of pounds.

Additional Incentives For Fitness Challenge : Weekly Drawing for \$25 Wal-Mart Gift Card

To enter weekly drawing participant must have lost weight!

Perfect Attendance Drawing For Fitness Challenge!

Participants weigh in weekly on Wednesdays from 7:30 a.m. until 5:30 p.m. Team members are not required to weigh in at the same time of day.

Let's get those bodies shaking and moving!! Enter the Fitness Challenge and change your life!

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Church of Christ Hosting Blood Drive

JANUARY 02ND 2017 BY DEE LOFLIN

[Church of Christ Hosting Blood Drive](#)

Dexter, Missouri - The American Red Cross is dangerously low on blood donations. The Dexter Church of Christ is hosting a Blood Drive on Friday, January 6, 2017 located at 1014 North One Mile Road in Dexter from 2 p.m. - 6 p.m.

No appointment is necessary; however if you can go online to schedule your appointment it will decrease the time you have to wait. The need is great this time of year and the American Red Cross needs blood NOW!

A decline in donations occurs from Thanksgiving to New Year's Day when donors are busy with family gatherings and travel. However, patients don't get a holiday break from needing lifesaving transfusions. In fact, every two seconds, someone in the U.S. needs blood.

Platelets and type AB plasma also needed

Platelet donors and those with type AB blood are also continually needed to help ensure patients receive the lifesaving blood products they need. Platelets – a key clotting component of blood often needed by cancer patients, surgical patients and bone marrow recipients – must be transfused within five days of donation, so donations are constantly needed. Donors with type AB blood are urged to give blood or platelets to restock the plasma supply. Type AB donors have the universal plasma type, which can be given to patients of all blood types.

How to donate blood

The free Blood Donor App – available in app stores by searching for American Red Cross or by texting BLOODAPP to 90999 – not only makes appointment scheduling easy, but donors can also access their digital donor card and be notified when their donation is distributed to a hospital. Donors can also visit redcrossblood.org or call 1-800-RED CROSS (1-800-733-2767) 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.

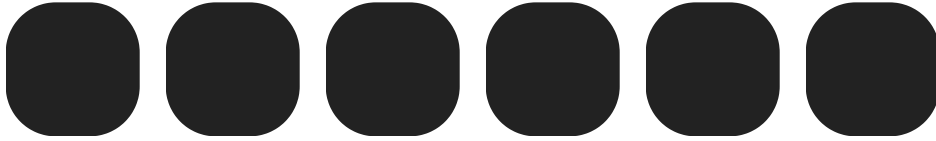
Blood donors in the Missouri-Illinois Blood Services Region can now save time at their next donation by using RapidPass to complete their pre-donation reading and health history questionnaire online, on the day of their donation, prior to arriving at the blood drive. To get started and learn more, visit redcrossblood.org/RapidPass and follow the instructions on the site.

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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Sue Ann Williams, CEO, Addresses Crowd at Groundbreaking Ceremony

DECEMBER 22ND 2016 BY DEE LOFLIN

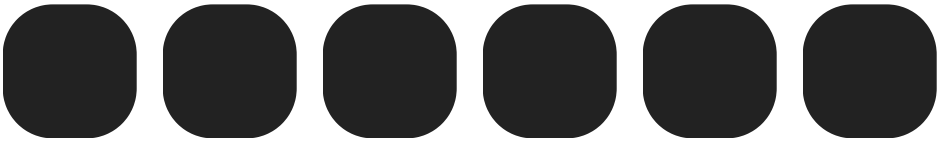
[Sue Ann Williams, CEO, Addresses Crowd at Groundbreaking Ceremony](#)

Dexter, Missouri - Cold temperatures did not deter a large crowd for the official groundbreaking for SoutheastHEALTH Center of Stoddard County's Emergency Services Expansion and adult Voluntary Behavioral Health Unit in Dexter. More than 50 jobs will be added to the facility.

Pictured: Sue Ann Williams, CEO, SoutheastHEALTH Center of Stoddard County addresses the crowd at the Groundbreaking Ceremony of the new Emergency Department expansion and the Adult Behavioral Health addition. Aaron Mathis, President of the Regional Healthcare Foundation, Ken Bateman, President and CEO of SoutheastHEALTH and Robert Neff, SoutheastHEALTH System Board Chairman look on.

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