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## Weight Management First Steps

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FEBRUARY 06TH 2017 BY DEE LOFLIN

Weight Management First Steps

**Cape Girardeau, Missouri** - Join SoutheastHEALTH for this free, informative seminar as they discuss strategies for beginning the process of health improvement and weight management on Monday, Feb. 6 at 6 p.m. and Thursday, Feb. 23 at 2 p.m. at HealthPoint Plaza, 2126 Independence in Cape.

Nutrition, physical activity and behavior modification will be discussed and you will receive details about the options HealthPoint Fitness offers to assist with this challenging effort.

You will learn how their individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program.

The program includes: Starting Point and Biometrics Weight Loss Programs; Nutritional Coaching; Personal Training; and more.

Register online at [SEhealth.org/classes-events](http://SEhealth.org/classes-events) or call 573-986-4440.

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# 28 Days of Heart Health by SoutheastHEALTH

FEBRUARY 03RD 2017 BY DEE LOFLIN

## 28 Days of Heart Health by SoutheastHEALTH

**Dexter, Missouri** - February is National Heart Month! Throughout the month of February, SoutheastHEALTH will feature articles about Heart Health. They are sponsoring 28 days of heart health with heart healthy tips, facts and events.

Click [HERE](#) for more details and to go to their website.

**Research has proven that [participants in cardiac rehab programs](#) have 25% reduction in risk of recurrent heart attack.**

Cardiac Rehab is a monitored program, prescribed by a physician, which helps individuals achieve heart healthy lifestyles through exercise training, nutrition education and risk factor modification.

Southeast's program was awarded Certification by the American Association of Cardiovascular and Pulmonary Rehabilitation - one of just three programs in the region to attain this certification.

### **Phases of Cardiac Rehab**

#### PHASE I

The initial phase of Cardiac Rehab begins during the time a patient is hospitalized, recovering from a heart-related problem or surgery.

#### PHASE II

The second phase of the program includes a 12-week monitored exercise program and educational sessions on topics such as cardiac risk factors, stress management and healthy eating. On an outpatient basis, patients attend exercise sessions one to three times per week, using treadmills, arm ergometers, stationary bicycles, seated steppers and weights. Exercise is done under the supervision of RNs and an exercise physiologist who help

them attain cardiovascular fitness.

### PHASE III

This phase is a continuation of Phase II activities but patients do not wear a cardiac monitor. This phase is also self-paid.

Cardiac Rehab may be appropriate for any individual who recently experienced:

- Heart attack
- Cardiac stenting
- Stable angina that is being treated medically
- Open heart surgery (coronary artery bypass graft)
- Valve surgery
- Congestive heart failure
- Angina equivalent dyspnea

In most cases, yes. With a qualifying diagnosis and physician prescription, most health insurance companies will cover Cardiac Rehabilitation. Ask your physician for a prescription to Cardiac Rehabilitation. Then call 573-331-7950 to set up an appointment.

Unlike most fitness facilities, Southeast's Cardiac Rehab program follows specific guidelines for exercise in keeping with the American College of Sports Medicine and the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

The staff includes registered nurses, an exercise physiologist, respiratory therapist and registered dietitian. Regular reports are sent to your physician for his or her review. The program also includes:

- ECG and blood pressure monitoring
- Individualized exercise programming to meet specific needs of each participant
- Individualized risk factor modification and education
- Exercise sessions in a small group setting with others who have experienced similar health issues

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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.

## HOW TO OBSERVE

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.

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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.

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# RHF 10th Annual Team Fitness Challenge

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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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