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The Beat Goes On at SoutheastHEALTH of Stoddard County

FEBRUARY 28TH 2017 BY DEE LOFLIN

The Beat Goes On at SoutheastHEALTH of Stoddard County

Dexter, Missouri - SoutheastHEALTH of Stoddard County will host a **FREE SEMINAR** on Tuesday, February 28, 2017 from 5:30 p.m. - 6:30 p.m.

Seating is limited so please call 1-800-800-5123 to reserve your spot.

The panel includes Fernando Arzola, MD and Reza Jala, MD.

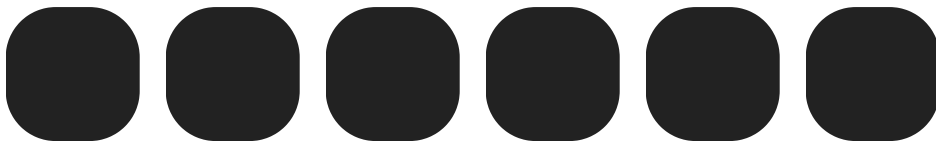
"Heart failure is a major health problem in the United States. It is one of the most common reasons people over the age of 65 are hospitalized. It can get worse over time and can even lead to death. The good news is there are ways to help manage it. Join our panel of experts to learn more about heart failure, Heart Failure Clinic and treatments like CardioMEMS that are being used to help people deal with this disease."

SoutheastHEALTH of Stoddard County is located at 1200 North One Mile Road in Dexter.

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SoutheastHEALTH to Collaborate with Cardiothoracic Surgery Division at Washington University School of Medicine in St. Louis

FEBRUARY 24TH 2017 BY DEE LOFLIN

SoutheastHEALTH to Collaborate with Cardiothoracic Surgery Division at Washington University

Cape Girardeau, Missouri - SoutheastHEALTH and the Division of Cardiothoracic Surgery at Washington University School of Medicine have always prided themselves on standing apart from the crowd on the strength of their dedication to quality.

Under a new agreement they will together create opportunities for young physicians and improve health care for patients throughout the region as the Division of Cardiothoracic Surgery at Washington University School of Medicine begins working in collaboration with SoutheastHEALTH.

"We are pleased to work with The Division of Cardiothoracic Surgery at Washington University School of Medicine," said Ken Bateman, president and CEO of SoutheastHEALTH. "Bringing our two entities together marries the value our community hospital offers with the innovation and excellence only a world-class university can provide."

Washington University School of Medicine's cardiothoracic division is a leading international cardiothoracic (heart, lungs and chest) surgery program. Established in the 1930s, it was one of the earliest programs of its kind. Today, the division provides care and research in four specialties — adult cardiac surgery, adult general thoracic surgery, pediatric cardiothoracic surgery and cardiothoracic critical care — and is dedicated to training future generations of cardiothoracic surgeons.

The new collaboration represents the latest positive chapter in SoutheastHEALTH's impressive comeback story. Just two years ago, the organization faced significant financial challenges. Since Bateman joined the organization in late 2014, his leadership has brought the organization out of the red and into a position where it is well poised to

seek opportunities for growth.

Bateman said he's eager to explore the many ways the ideas developed by experts at the Cardiothoracic Division can improve patients' experiences and outcomes at SoutheastHEALTH.

"We're always asking ourselves how we can improve quality, increase patient satisfaction and optimize the value proposition we can offer our patients," said Bateman. "This agreement, and the experience and energy the university's faculty and students will bring to bear, is an exciting way we can do exactly that."

Southeast Medical Group's Medical Director, Cardiothoracic and Vascular Surgery Paul D. Robison, MD, and Ralph J. Damiano Jr., MD, Chief, Division of Cardiothoracic Surgery at Washington University School of Medicine and Barnes-Jewish Hospital, will lead the clinical collaboration efforts focused on providing southeast Missouri patients leading-edge medical treatments, research and access to clinical trials. Robison aspired to develop an affiliation of this nature since joining Southeast in July 2013.

"By design, this collaboration will enhance the level of interventional heart care by bringing evidence-based innovations in surgical techniques and treatment options for our critically ill heart patients," said Robison. "Dr. Damiano has been a valued collaborator of mine for years and I'm pleased to bring this relationship and collaboration together for the benefit of SoutheastHEALTH and those we serve."

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SoutheastHEALTH Auxiliary to Host Volunteer Drive

FEBRUARY 14TH 2017 BY DEE LOFLIN

SoutheastHEALTH Auxiliary to Host Volunteer Drive

Dexter, Missouri - The SoutheastHEALTH Center of Stoddard County Auxiliary will host its annual St. Valentine's Day Volunteer Drive.

On Tuesday, February 14th from 2:00 p.m. - 4:00 p.m. in the Employees' Lounge inside the Southeast HEALTH Center the Auxiliary members will gladly take your Membership Due of \$5.00. there will also be DOOR PRIZES!!

"The purpose of the Auxiliary is service to SoutheastHEALTH and support of its mission through donation of time, talents, expertise, monetary gifts, assistance with volunteer recruitment, and participation in community outreach to promote good health and good will."

Throughout the year, the Auxiliary hosts numerous fund-raising events.

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Weight Management First Steps

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.

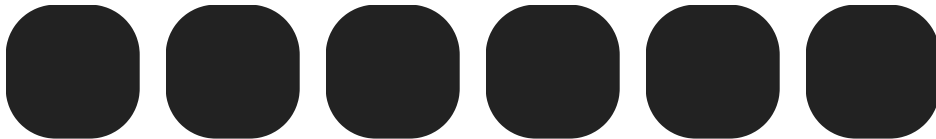
You will learn how their individualized approach evaluates your current fitness level, personal goals and medical issues before recommending any weight loss or fitness program.

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

Register online at SEhealth.org/classes-events 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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