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Sibling Class Set for About to Be Big Brothers, Sisters

OCTOBER 31ST 2017 BY DEE LOFLIN

Sibling Class Set for About to Be Big Brothers, Sisters

Cape Girardeau, Missouri - Sibling Class, scheduled for Wednesday, Nov. 1 and again on Wednesday, Nov. 22 from 5:30 until 7 p.m. in the Harrison Room at Southeast Hospital, is designed to help children prepare, in a positive way, for the addition of a new family member.

The class is geared toward children, ages 3 to 8. Class size is limited. Register online at SEhealth.org/Events or by calling (573)331-6190.

LAST UPDATED ON OCTOBER 31ST 2017 BY DEE LOFLIN

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Kids Ag/Farm Education Area at the Stoddard County Fair

SEPTEMBER 20TH 2017 BY DEE LOFLIN

Kids Ag/Farm Education Area at the Stoddard County Fair

Join SoutheastHEALTH tonight at the fair from 6-8 p.m. in the Kids Ag/Farm Education Area.

There will be fun activities for the kids including a “Get Active” prize wheel, “Future Doctor/Nurse” photo booth and information on healthy eating for kids!

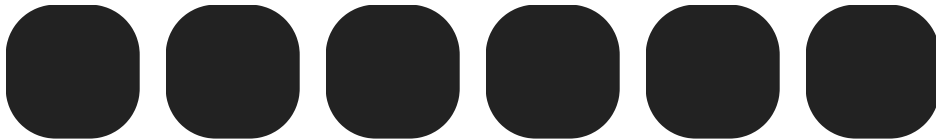
Stop by and see us for some fun!

SoutheastHEALTH is proud to sponsor the Kids Ag/Farm Education area this year.

LAST UPDATED ON SEPTEMBER 20TH 2017 BY DEE LOFLIN

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Cape Girardeau Neurosurgeon Performs Nation's First SI Joint Fusion Using Latest Mazor X Platform

AUGUST 28TH 2017 BY DEE LOFLIN

Cape Girardeau Neurosurgeon Performs Nation's First SI Joint Fusion Using Latest Mazor X Platform

Cape Girardeau, Missouri - SoutheastHEALTH Neurosurgeon Kevin Vaught, MD, of Regional Brain and Spine, is the first neurosurgeon in the U.S. to perform a sacroiliac joint (SI) fusion using the latest generation of the Mazor X™ surgical assurance platform.

The Mazor X was put into use at Southeast Hospital earlier this month. The hospital is the first in Missouri with the Mazor X platform. The system combines unprecedented pre-operative planning tools and analytics with unparalleled intra-operative guidance, giving patients the most advanced spinal surgery options available.

SI joint dysfunction is improper movement of the joints at the bottom of the spine that connects the sacrum to the pelvis that results in pain in the lower back or upper legs and inflammation of the SI joint, Dr. Vaught explains. The sacrum is a triangular shaped bone at the bottom of the spine below the lumbar region and connects to the pelvic bones known as the iliac crest on the right and left side of the SI joints. "These joints act as shock absorbing structures and typically only move a small amount," Dr. Vaught says.

SI joint pain normally occurs from the joint moving too little due to degenerative joint disease or too much due to loose ligaments that support the joints due to pregnancy or trauma. Dr. Vaught adds that "approximately 25 percent of low back pain is due to SI joint dysfunction. Most patients will improve with conservative care such as therapy and injections."

If surgery is necessary, the procedure typically lasts less than an hour and requires an overnight stay in the hospital. "Most patients appreciate significant pain relief soon after surgery," adds Dr. Vaught.

Patient benefits of Mazor minimally-invasive procedures include less pain, less blood loss, smaller incisions, shorter hospitalization and a quicker recovery time. Of particular benefit to patients with the Mazor X is a dramatic reduction in radiation exposure during surgery.

LAST UPDATED ON AUGUST 28TH 2017 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/v8ah/Cape-Girardeau-Neurosurgeon-Performs-Nations-First-SI-Joint-Fusion-Using-Latest-Mazor-X-Platform>

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2017 Stoddard County Health Fair

AUGUST 26TH 2017 BY DEE LOFLIN

2017 Stoddard County Health Fair

Dexter, Missouri - On Tuesday, August 29th the Dexter Public Schools, SoutheastHEALTH of stoddard County, Stoddard County Public Health Center and the Stoddard County Health Coalition will have a Health/Resource Fair in the High School Gymnasium.

Dexter Students will be able to attend from 1 p.m. - 3 p.m. and then from 3 p.m. - 6 p.m. it will be open to the public.

Health Care Professionals, Organizations, and Vendors from the surrounding area will be available to provide resources to the public.

Free Testing will include Blood Pressure, Blood Sugar, Vein Screenings, Bone Density, Vision and Hearing Screenings, Mental Health Assessments, and Athletic Physicals (1 p.m. - 3 p.m. only).

There will even be demonstrations on Safety, Fitness, and Nutrition.

Participants can register for door prizes, including 4 Cardinal's Tickets September 30, 2017 game.

The Dexter High School Gym is located at 1101 West Grant Street. The public is encouraged to attend!

LAST UPDATED ON AUGUST 26TH 2017 BY DEE LOFLIN

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SoutheastHEALTH Auxiliary to Host Sweet Treat Sale

AUGUST 14TH 2017 BY DEE LOFLIN

SoutheastHEALTH Auxiliary to Host Sweet Treat Sale

Dexter, Missouri - If you like baked goods, you won't want to miss out on this Sweet Treats Sales at SoutheastHEALTH of Stoddard County on Thursday, August 31, 2017.

" stated Melba Baker.

There will be homemade cakes, cupcakes, cookies, pies, muffins, and even hot sweet mustard!

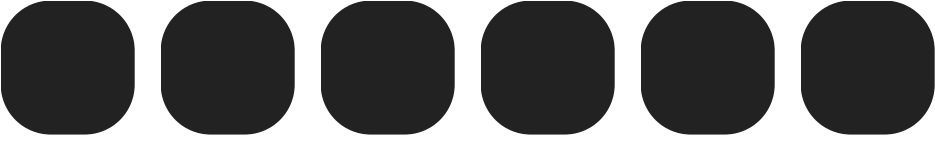
The event will be in the hospital lobby from 9:00 a.m. - 4:00 p.m.

August 31 - Sweet Treats Sale - 9 am-4 pm - Hospital Lobby

LAST UPDATED ON AUGUST 14TH 2017 BY DEE LOFLIN

<https://showmetimes.com/Blogpost/v84q/SoutheastHEALTH-Auxiliary-to-Host-Sweet-Treat-Sale>

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