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## Is It the Cold or Flu?

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JANUARY 16TH 2018 BY DEE LOFLIN

Is It the Cold or Flu?

**You're sneezy. You're wheezy. You feel just plain bad. Is it a cold or is it the flu? We got the skinny on these two winter woes from SoutheastHEALTH Infection Preventionist Carol Jordan.**

**If you have a cold, you'll probably have symptoms that get better in 7 to 10 days including:**

Runny, stuffy nose  
Mild sore throat  
Coughing  
Sneezing  
Headache or body aches  
Lethargy

**If you've been bitten by the flu bug, you'll experience symptoms that come on quickly and last for 1 to 2 weeks including:**

Dry, hacking cough  
Moderate to high fever  
Shaking chills  
Severe muscle or body aches  
Stuffy, runny nose  
Severe fatigue  
Headache

**When to see a healthcare professional** Contact your healthcare provider if your symptoms do not improve or if you have symptoms of pneumonia such as:

Trouble breathing  
Severe sore throat  
High, persistent fever  
Chest pain  
Cough that produces green mucus

**Need a healthcare provider?**

Southeast Primary Care has over 40 providers located throughout the region. Our team is specially trained and skilled in comprehensive first connection and continuing care for people of all ages.

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**Best way to avoid the flu?**

Get your flu shot.  
If you are sick, stay home.

**Wash your hands using the following steps:**

Wet your hands with water and then apply soap.

Lather, and be sure to include the backs of your hands, between your fingers and under your nails.

Scrub for at least 20 seconds. Need a timer? Hum your favorite tune for 20 seconds or so.

Rinse well.

Dry using a paper towel or air dry hands.

No water? Use alcohol-based hand sanitizer that contains at least 60% alcohol.

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## Betty Keirsey Named Auxilian of the Year

JANUARY 02ND 2018 BY DEE LOFLIN

[Betty Keirsey Named Auxilian of the Year](#)

Dexter, Missouri - Betty Keirsey was recently named the Auxilian of the Year for the SoutheastHEALTH Center of Stoddard County Auxiliary.

Betty has served as President of the Auxiliary for the past two years.

She is described as dedicated and hard-working.

She is active in many aspects of the Auxiliary and is also involved in the community.

Betty is presented her award by Bonnie Harty, 2016 SoutheastHEALTH Auxilian of the Year and incoming Auxiliary president for 2018.

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## Adopt an Angel at SoutheastHEALTH

DECEMBER 07TH 2017 BY DEE LOFLIN

[Adopt an Angel at SoutheastHEALTH](#)

The Angel Tree is up at SoutheastHEALTH Center of Stoddard County! Stop by and adopt an angel!

Each year, the nursing department at SoutheastHEALTH Center of Stoddard County sponsors the Angel Tree project.

Area nursing homes and residential care facilities are asked to submit a list of names (up to 10) and needs of residents that no longer have family around for Christmas.

SoutheastHEALTH Center employees and the community then have the opportunity to adopt these angels from the tree.

This year, they have over 90 angels on the tree located in the ICU nursing area.

They encourage you to get involved in this worthwhile project.

Pictured with the Angel Tree is Angela Angel, RN. Angela is the Director of Southeast Home Health of Dexter.

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## Sounds of the Season Holiday Spectacular Set for

# December 3, 2017

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NOVEMBER 17TH 2017 BY DEE LOFLIN

## Sounds of the Season Holiday Spectacular Set for December 3, 2017

The SoutheastHEALTH Foundation will present “Sounds of the Season,” an entertaining Christmas spectacular featuring outstanding musical and vocal talent on Sunday, Dec. 3, at 2 p.m. at Cape First Church, 254 South Silver Springs Road. Celebrity emcees are Crystal Britt and Jim Burns, KFVS12 Breakfast Show anchors.

Doors open at 1:30 p.m. with casual, pre-concert entertainment.

The 22nd annual benefit concert supports cancer patients in need through the Southeast Cancer Care Fund. Serving as Honorary Chairperson for this year’s event is Sikeston businessman and cancer survivor Charles “Ed” Carr.

“Sounds of the Season” Director, well-known musician Jerry Ford, says over the past two decades, the event has become a tradition for many families. Performers this year include the Jerry Ford Orchestra with Tina Trickey, Casey Janet Mills, Jennifer Brothers, Clayton Hahs, Kristen Schweain and the Scott City Honor Choir.

“All patients want medical professionals who are top notch in his or her fields of treatment,” Carr says. “However, when it comes to the journey of cancer, patients need that and more. The Southeast Cancer Center is ‘that and more,’ and you can help support their efforts by attending this wonderful concert.”

Tickets are \$10 each and are available online at [Sehealth.org/Sounds](http://Sehealth.org/Sounds), at the SoutheastHEALTH Foundation, 1849 Broadway or at the door.

Those who donate \$100 or more by Nov. 27 will receive free tickets and recognition in the concert program.

All money raised will be used to help provide the many special needs of those battling cancer.

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## Get the Whole Story on Lung Cancer, Bernie Resident to Speak

NOVEMBER 01ST 2017 BY DEE LOFLIN

[Get the Whole Story on Lung Cancer, Bernie Resident to Speak](#)

If you think only smokers die from lung cancer, you are less than half right.

Only 20.9 percent of lung cancer victims are current smokers. Learn more about lung cancer at a free seminar hosted by SoutheastHEALTH on Thursday, Nov. 2, at the Southeast Cancer Center, 789 South Mount Auburn Road.

Participants will learn about signs and symptoms of lung cancer, prevention and early detection, new and current treatment options and support and other resources.

Lung cancer survivor Coy Becker of Bernie, Mo., will share his story first-hand.

Serving on the panel of experts for the seminar are

George Berberian, MD, Cardiothoracic Surgery  
Andrew Dickey, MD, Hematology/Oncology  
Stephen LaRue, MD, Pathology  
Aravind Pothenini, MD, Pulmonology  
Joseph Miller, MD, Radiation Oncology  
Andrew Moore, MD, Hematology/Oncology  
Jehan Murugaser, MD, Primary Care  
Beth Altenthal, BSN, RN, Cancer Nurse Navigator  
Doug Heuring, BS, RCP, RRT, Respiratory Therapy and  
Debbie Leoni, MSA, RN, Cardiovascular Outreach Services.

Reserve your seat now by calling 800-800-5123 or register online at [SEhealth.org/lungs](http://SEhealth.org/lungs).

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