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Diabetes: Time to Move Into Action Sponsored by Regional HealthCare Foundation

FEBRUARY 19TH 2018 BY DEE LOFLIN

Diabetes: Time to Move Into Action Sponsored by Regional HealthCare Foundation

Dexter, Missouri - Dr. Dodson Cravens, Pharm D, CDE, from Poplar Bluff Regional Medical Center, held an program sponsored by the Regional Healthcare Foundation recently in Dexter. About 30 people attended and asked questions at Cox's Corner on Thursday evening.

The program was the first in a series and was open free to anyone interested in learning about diabetes, nutrition, weight loss, and exercise.

Dr. Cravens emphasis was on diabetes, but valuable information on weight loss and improving general health was also provided.

"It's time to move into action," stated Cravens. That was the theme throughout the program. He emphasized exercise was the key to a health life.

Dr. Cravens is the Director of Clinical Pharmacy Services and the Director of Diabetes Education Team at Poplar Bluff Regional Medical Center.

"You can help your metabolism by changing your energy balance, or the balance between what you consume and what you burn off, through a healthy diet and regular physical activity," stated Cravens.

Regional Healthcare Foundation hopes to have more of these informational programs in the near future.

If you would like more information about Diabetes programs contact the Regional Healthcare Foundation and they can direct you for further information. Call (573) 624-1607.

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2018 Flu Epidemic May Be Worst on Record

FEBRUARY 19TH 2018 BY DEE LOFLIN

2018 Flu Epidemic May Be Worst on Record

The nationwide flu outbreak could be the worst on record, federal health officials said today while releasing a grim report that at least 63 children have died from influenza.

The flu is a virus, and there are three different strains circulating this year. The flu vaccine is meant to fight against H3N2, H1N1 and influenza B.

CDC officials aren't exactly sure why this season has been so rough, but most of the country has been hit by the flu at the same time, which officials said was unusual.

The predominant virus this year has been H3N2, which means there have been more complications among the young and elderly. The flu vaccine isn't as effective against this strain as it is for the others.

Flu season began in October; the average duration is 16 weeks, but it can last up to 20 weeks.

As the nation continues to battle one of the worst flu seasons in years, some people may be wondering if they should still get a flu vaccine, especially this late in the season, and with reports that the vaccine may be even less effective than experts previously estimated.

Is it too late to get a flu shot? No, it is not too late. Though experts suggest getting a flu shot in October, the flu season can last all the way into May. So health officials are continuing to urge people to get vaccinated if they haven't already.

Does the flu shot work right away? No, unfortunately, the effects are not immediate. According to the Centers for Disease Control and Prevention (CDC), it takes roughly two weeks after being vaccinated for your body to create antibodies and provide protection against the flu.

How do I know if I have the flu? The flu is a highly contagious respiratory illness caused by influenza viruses. It can be mild, or it can be severe, and can even lead to death.

According to the CDC, symptoms of the flu include:

Fever, or feeling feverish/chills

Cough

Sore throat

Runny or stuffy nose

Muscle or body aches

Headaches

Fatigue (tiredness)

Some may experience vomiting and diarrhea. However, the CDC says this is more common among children than adults.

What are the best medicines to treat the flu? There are plenty of medicines to treat the flu, called antivirals, which quicken recovery and prevent potentially serious complications.

According to the CDC, the best FDA-approved antiviral medicines this season include:

Oseltamivir (Tamiflu)

Zanamivir (Relenza)

Peramivir (Rapivab)

CDC officials also said to make sure people wash their hands, stay home if they're sick and to cover their mouths when they cough or sneeze.

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Frank Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors

JANUARY 26TH 2018 BY DEE LOFLIN

[Frank Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors](#)

Frank M. Kinder Appointed Chairman of SoutheastHEALTH's System Board of Directors

Cape Girardeau, Mo. (January 24, 2018) – SoutheastHEALTH has announced the appointment of Frank M. Kinder as Chairman of the System Board of Directors, effective January 1. Kinder, a Cape Girardeau native, has a long history with the health system. His father James A. Kinder, MD, was the first board-certified pediatrician between St. Louis and Memphis and served on the Southeast Board of Trustees from 1977 to 1985. In May of 2000, the Board recognized his father's service by naming Southeast's Department of Pediatrics in his honor.

Frank Kinder returned to Cape in 2002 after a career in corporate marketing with companies such as Pizza Hut, Nestle, Accenture and Verizon. He joined Red Letter Communications in 2002 when he purchased half of the agency. During his time as President, Red Letter flourished, growing from 12 to over 50 employees. He sold his holdings in June of 2017 and resigned as president, but remains an advisor to the Red Letter Board. He currently consults on strategy and growth planning with several private clients.

“To be selected as Chairman of the System Board of Directors is an honor and a responsibility that I take very seriously. Over the past few years, SoutheastHEALTH enlarged its regional presence, forged new partnerships that benefit patients, expanded services and earned national recognition for the care we provide. I am particularly interested in the emerging collaborative efforts between SoutheastHEALTH and Saint Francis Medical Center, the results of which can only be positive for our community. SoutheastHEALTH has a strong and viable future, and I look forward to continuing my service,” said Kinder.

“Frank brings valuable leadership and experience to the Board of Directors and will have a key role as SoutheastHEALTH pursues our mission to offer the best in healthcare services to residents of southeast Missouri and southern Illinois,” said Bob Neff, SoutheastHEALTH’s immediate past Board chairman and general manager of Ford Groves in Cape Girardeau.

Kinder began his affiliation with SoutheastHEALTH in 2006 when he became a member of the Hospital Association. He was appointed to the Board in the fall of 2009 to fulfill an unexpired term and in 2010 was appointed to the Board Executive Committee. Kinder has served on a number of health system committees and completed the Missouri Hospital Association’s Governance Excellence Certification Program for board members. He also served as Chairman of the SoutheastHEALTH Medical Group Board of Directors.

“Frank’s depth of business experience along with his extensive track record in marketing strategy will continue to guide SoutheastHEALTH for ongoing success,” said Ken Bateman, President and CEO of SoutheastHEALTH. “These are turbulent times for healthcare, but I’m confident that with the help of the current system board, we will prevail through this volatile climate and continue to meet the needs of the communities we serve. I’d also like to extend my gratitude to Bob Neff for his service as Board Chairman. Under his leadership, SoutheastHEALTH achieved a credit rating increase, a return to profitability, and strong volume growth in our service area.”

Board officers also include Steve Green, Vice Chairman; Charlie Kruse, Secretary; Stan Crader, Treasurer; and Bob Neff, Immediate Past Chairman. Also serving on the Board of Directors are Ken Bateman, Donny Beasley, Jim Dufek, PhD, Kevin Ford, Chris Hutson, Mike Kohlfeld, Ben Lewis, Christine Mackey-Ross, Gabe Soto, MD, PhD, Al Spradling, III, and Burl Stamp.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 50 care locations in 14 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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Merritt Keys Joins Southeast Neurology

JANUARY 17TH 2018 BY DEE LOFLIN

Merritt Keys Joins Southeast Neurology

Merritt Keys, BSN, RN, DNP, also has joined the professional staff at Southeast Neurology.

She completed her Bachelor of Science degree in Nursing at the Goldfarb School of Nursing at Barnes-Jewish College.

She earned her Doctor of Nursing Practice degree at the University of Missouri – Columbia.

Southeast Neurology is located at 1723 Broadway, Ste 310, Cape Girardeau, MO 63701.

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Crystal Iwuchukwu Joins Southeast Neurology

JANUARY 17TH 2018 BY DEE LOFLIN

[Crystal Iwuchukwu Joins Southeast Neurology](#)

Crystal Iwuchukwu, RN, BSN, FNP, has joined the professional staff at Southeast Neurology.

She completed her RN degree at Brookdale College and earned her Bachelor of Science in Nursing at Kean University.

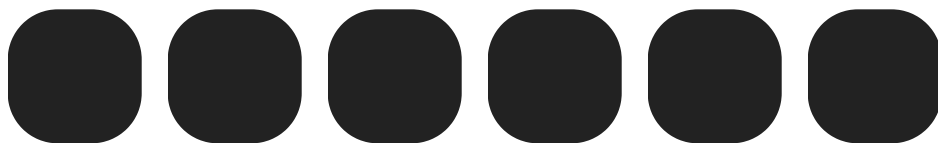
Iwuchukwu received her Nurse Practitioner degree from the Columbia University School of Nursing and her Family Nurse Practitioner degree from Southeast Missouri State University.

Southeast Neurology is located at 1723 Broadway, Ste 310, Cape Girardeau, MO 63701.

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