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# Welcome New Orthopedic Provider Dr. Matthew Baker

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JUNE 07TH 2019 BY DEE LOFLIN

## Welcome New Orthopedic Provider Dr. Matthew Baker

SoutheastHEALTH is pleased to welcome Matthew Baker, MD, Orthopedic Surgeon, to the Medical Staff of Southeast Hospital. Dr. Baker is affiliated with Southeast Orthopedics & Sports Medicine. He comes to SoutheastHEALTH with expertise in shoulder and elbow surgery along with highly specialized training that will be of benefit to many patients.

Orthopedic surgeon Matthew Baker, MD, enjoys practicing orthopedic surgery because he appreciates active people. He also enjoys helping patients accomplish their goals. For Dr. Baker, each orthopedic surgery case is unique and challenging. When Dr. Baker has free time, he enjoys being active, traveling, scuba diving and tinkering on cars. He chose to live in southeast Missouri because of the opportunity to engage in outdoor activities almost year round.

### **Certifications**

American Board of Orthopaedic Surgery

### **Education**

2009, University of Missouri - Kansas City School of Medicine, MD

2005, University of Missouri - Kansas City School of Medicine, BA

### **Residency**

2015, University of Missouri Kansas City School of Medicine

### **Fellowship**

2016, Johns Hopkins Department of Orthopaedic Surgery

### **Professional Affiliations**

American Academy of Orthopaedic Surgeons

American Shoulder and Elbow Surgeons

Missouri Shoulder Elbow Society

Missouri State Orthopedic Association

Mid-America Orthopedic Association

Arthroscopy Association of North America

Missouri State Medical Association

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## Heart & Lung Screening at SoutheastHEALTH

JUNE 07TH 2019 BY DEE LOFLIN

### Heart & Lung Screening at SoutheastHEALTH

The Heart and Lung Screening consists of a Low Dose CT Lung Screening and Calcium Scoring. Eligibility for these screenings is summarized below.

The screenings are \$75 for both, \$50 for one. Insurance does not cover voluntary, self-directed screenings.

Lung Screening Eligibility: - 55-80 years of age - Not previously diagnosed with lung cancer - Current smoker, or has quit within the last 15 years. - Tobacco smoking history of greater than or equal to 30 pack years. (one pack per day for 30 years, 2 packs per day for 15 years, etc)

Heart Screening Eligibility: - 35 years of age - No previous history of bypass surgery or cardiac stents - Has at least one cardiac risk factor, such as family history of premature heart disease, high cholesterol, hypertension, smoking, diabetes.

Limited number of screenings available. CALL 800-800-5123 to register.

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## Dennis Vinson Appointed to SoutheastHEALTH's System Board of Directors

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JUNE 04TH 2019 BY DEE LOFLIN

## Dennis Vinson Appointed to SoutheastHEALTH's System Board of Directors

Frank Kinder, SoutheastHEALTH System Board Chairman, has announced the appointment of Dennis Vinson to the System Board of Directors, effective May 23. Vinson is President, CEO and Founder of Signature Packaging and Paper, LLC, in Jackson, Mo. The company, founded in 2003 in Conyers, Ga., is a full service manufacturer of corrugated packaging and point of purchase displays. It has been a part of the Jackson business community since 2007.

“Vinson’s entrepreneurial leadership along with his extensive track record in understanding and building a successful business will benefit Southeast’s leadership for ongoing success,” said Ken Bateman, President and CEO of SoutheastHEALTH. “Healthcare reform is turbulent. However, I’m confident that with the current system board, we will continue to position viability for Southeast and meet the needs of the communities we serve now and into the future.”

Before founding Signature Packaging and Paper, Vinson most recently held positions with manufacturing companies within the financial arena in the northeastern U.S., serving as Senior Financial Executive.

Vinson is a 2015 graduate of the Harvard University, John F. Kennedy School for Executive Management. He received an undergraduate business degree from Trenton State College (now College of New Jersey) in Ewing Township, N.J.

Vinson is active in his community and state. He has served on both boards of the Cape Girardeau and Jackson Chamber of Commerce and currently is Chairman of the Board for the Missouri State Chamber of Commerce. He is a past member of the Missouri Governors Economic Steering Committee, the Boys and Girls Club of Cape Girardeau board and the MIC Missouri Innovation Corporation of Southeast Missouri State University.

“To be selected to serve on the System Board of Directors is an honor. Over the past few years, SoutheastHEALTH has expanded its regional presence, forged new partnerships that benefit patients, and earned national recognition for the care they provide. I look forward to contributing to their ongoing success,” said Vinson.

Board officers also include Frank Kinder, Chairman; 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 Angie Umfleet.

### 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 13 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.

LAST UPDATED ON JUNE 04TH 2019 BY DEE LOFLIN

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[TOP](#)

## SoutheastHEALTH Offers Innovative Treatment for Leaky Mitral Valves

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JUNE 03RD 2019 BY DEE LOFLIN

## SoutheastHEALTH Offers Innovative Treatment for Leaky Mitral Valves

An estimated 50,000 people in the United States undergo open-heart surgery each year for the treatment of a leaking mitral valve. However, this major surgery is not an option when patients are too old or have other medical complications.

At SoutheastHEALTH, cardiologists and cardiothoracic surgeons now are collaborating on a minimally invasive procedure that can repair the mitral valve in these previously untreatable patients.

“This truly is the next generation of minimally invasive cardiac procedures and it’s now available at SoutheastHEALTH in Cape Girardeau,” says Paul Robison, MD, MMM, CPE, FACS, FACC, FACCP, a cardiothoracic and vascular surgeon with Cardiovascular Consultants in Cape Girardeau, Mo.

The heart has four valves – aortic, mitral, tricuspid and pulmonary - that automatically open and close to keep blood flowing into and out of the chambers of your heart. These valves allow blood to flow only in one direction. Sometimes, though, they don’t work properly. If the flaps of the valve don’t close tightly, it can cause blood to flow backward in your heart. If the valve becomes stiff and opens only partially, it can limit blood flow through the heart and to the rest of the body.

When the blood flows backward in the heart due to a leaky valve, it is called regurgitation. One of the most common places where it is diagnosed is in the mitral valve, which is located in between the upper left and lower left chambers of the heart. A quarter of a million people in this country are diagnosed with mitral valve regurgitation each year.

The condition, like most heart valve problems, often doesn’t have any early symptoms. As it progresses — and it can occur suddenly or over many years — it can cause the heart to work harder to circulate blood. Common signs of valve problems include

Shortness of breath, either while lying down or during activities

Heart murmur or unusual heartbeat

Heart palpitations

Swelling in legs, ankles or stomach

Unusual fatigue

Dizziness

While some people are born with defective heart valves, there are other factors that can increase your risk for developing these problems. High blood pressure, high cholesterol, diabetes, obesity, smoking and a family history of heart disease all are risk factors.

## Treatments for Mitral Regurgitation

Previously, heart doctors treated mitral regurgitation with medications that eased symptoms but didn't fix the problem of a malformed or broken valve. Open-heart surgery was the next option, which required a surgeon to open the chest, stop the heart temporarily and then replace the valve with either a manmade or biological tissue valve.

Repairing versus replacing the mitral valve began in the 1970s. The procedure, though, still required open-heart surgery and the use of a heart bypass machine while the valve was repaired. Patients who were frail, older or who had multiple medical issues were not candidates for the open-heart valve repair procedure.

“About a third of our open heart surgery volume at SoutheastHEALTH still is valve-related,” says Dr. Robison. “The great news is that because we now have the ability to offer minimally invasive mitral valve repair, we have options to offer patients who are not eligible for open-heart surgery.”

Called transcatheter mitral valve repair (TMVR), the minimally invasive procedure involves the insertion of a catheter through a vein in the groin. The catheter is then carefully guided up to the heart, where an interventional cardiologist and a cardiothoracic surgeon can then work together to repair the valve.

“It's incredibly important for SoutheastHEALTH to have this technology to continue to advance treatment options for our region's critically ill heart patients. This advanced treatment option represents the latest commitment in achieving that goal,” adds interventional cardiologist David Law, MD.

### The MitraClip

Repairs now can be made with an innovative device called a MitraClip. First approved by the FDA in 2013 for patients with severe and degenerative mitral regurgitation who also had heart failure symptoms resulting from an abnormality of the mitral valve. Earlier this year, the device was approved for an expanded use in patients with heart failure symptoms with moderate to severe mitral regurgitation due to diminished left heart function.

“The MitraClip basically clips together the two faulty flaps that close the mitral valve so that blood doesn't leak backward,” explains Law.



Because it is a minimally invasive procedure, patients can typically leave the hospital 2-3 days after the procedure. Significantly, clinical trials evaluating the device's effectiveness found that the risk of being re-hospitalized for heart failure symptoms was reduced in about 47 percent of the patients who had the MitraClip procedure versus patients who did not receive the device. In addition, the risk of death within two years was decreased by more than one-third in the MitraClip group compared to the control group.

“We now know fixing the valve matters. The MitraClip improve survival,” said Ohio State University Cardiovascular Director William Abraham, MD, one of the principal investigators in the latest MitraClip clinical trial. “It is the first time we have ever seen in any randomized, controlled trial an outright reduction in heart failure hospitalizations, all-cause mortality and improvements the quality of life and exercise to a tremendous magnitude.”

Dr. Robison agrees. “We think this is a valuable new treatment option for our patients,” he says. “This, along with minimally invasive transcatheter aortic valve replacement (TAVR), which we also do, represents our dedication to bringing highly advanced procedures to SoutheastHEALTH to improve outcomes and quality of life for our patients.”

A team of heart specialists is collaborating on the MitraClip procedure and in evaluating and treating patients with valve disease. They include

#### Cardiologists

Steven Carr, MD

Chizor Iwuchuku, MD

Gabe Soto, MD

#### Cardiothoracic Surgeons

Paul Robison, MD

George Berbarian, MD

#### Anesthesiology

Jeffrey Keck, MD

A multidisciplinary Valve Clinic also is offered monthly at Cardiovascular Consultants in Cape Girardeau to make it convenient for patients to see both cardiologists and cardiothoracic surgeons during the same visit.

“We have innovative treatment options, a new inpatient cardiac unit, a new state-of-the-art operating room equipped specifically to handle these minimally invasive and advanced procedures, and a growing collaborative effort with the Division of Cardiothoracic Surgery at Washington University,” says Dr. Robison. “All of these showcase the depth and breadth of the heart program at SoutheastHEALTH.”

LAST UPDATED ON JUNE 03RD 2019 BY DEE LOFLIN

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[TOP](#)

## June 2019 Health Briefs for SoutheastHEALTH of Cape Girardeau

MAY 28TH 2019 BY DEE LOFLIN

[June 2019 Health Briefs for SoutheastHEALTH of Cape Girardeau](#)

Cape Girardeau, Missouri - Health Briefs by SoutheastHEALTH of Cape Girardeau offers many short classes for all ages. There are weight management classes, sibling classes,

diabetes self management support group programs and so much more.

## June 2019 Health Briefs

### We Can Weekend

Reservations are now being accepted for We Can Weekend, a free weekend getaway designed to help adults diagnosed with cancer and their families on May 31- June 2 at the YMCA of the Ozarks. The event is designed to offer patients and their families a time for relaxation, recreation and connections with others experiencing the same challenges. It is hosted by Southeast Cancer Center staff and supported by the Southeast Health Foundation. For complete details go to [sehealth.org/wecan](http://sehealth.org/wecan)

### Weight Management First Steps

Join us for this free, informative seminar as we discuss strategies for beginning the process of health improvement and weight management on Monday, June 3 at 6 p.m., and Thursday, June 20 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 our 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.

### Accelerated Childbirth Preparation Class

This all inclusive, one-night, accelerated class on Tuesday, June 4 from 6-8:30 p.m. at Southeast Hospital, is designed to accommodate couples who just want the basic information or whose schedules do not allow for five weekly evening classes. This class addresses the emotional and physical changes of pregnancy, the labor process as it occurs naturally, coping techniques for labor pain, medical options for pain control, common medical interventions and cesarean delivery. The physical and emotional changes that follow delivery, as well as normal newborn adjustment and breastfeeding, also are discussed. This class is taught by one of the OB nurses on staff at Southeast. Free for those delivering at Southeast; \$40 per couple for others. Please register at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Sibling Class Set for About to Be Big Brothers, Sisters

Sibling Class, scheduled Wednesday, June 6 and Wednesday, June 26 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 includes an entertaining video, hands on experience with life size infant dolls, a tour of the OB unit, creating a special memento, and a tasty snack. Parents are welcome to stay and observe the class. This class is geared toward children ages 3 to 8. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Diabetes Self-Management Support Group

Southeast Diabetes Center hosts this free support group facilitated by Southeast's Diabetes Educators. The programs are geared toward people who are living with diabetes and trying to control blood glucose. Friends and family members are also welcome. This month's meeting will be from 1 to 2 p.m. on Tuesday, June 11 at HealthPoint Plaza in Cape. This month's topic is: "Eating for Better Health"—learn how to incorporate healthy foods in your meals without dieting. Register online or call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

### Breastfeeding Class

This class is open to all moms choosing to breastfeed, but is strongly recommended for all first time breastfeeding moms. The class will be held at Southeast Hospital from 6:00 to 7:15 p.m. on Tuesday, June 11. Instruction by Southeast nurse Jane Unterreiner, member of the International Board of Lactation Consultant Examiners, will cover the benefits of human milk, the lactation process, knowing if baby is getting enough milk and pumping. Partners are encouraged to attend as their support is critical for breastfeeding success. Class size is limited to 10 couples. It is free for those delivering at Southeast. All others will be charged \$20, payable at the class. Class size is limited. Please register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Heart Saver CPR Certification Class

This is an instructor-led course that teaches adult and child CPR and AED use, infant CPR, and how to relieve choking in adults, children and infants. It will be held on Thursday, June 13 from 9:30-11:30 a.m. at HealthPoint Fitness in Jackson. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, providing feedback, and guide the students' learning skills. The course is for anyone with limited or no medical training who needs a course completion card for CPR and AED use to meet job, regulatory or other requirements. Cost of the class is \$45 and includes a booklet. Participants can reserve a spot by calling or stopping by the front desk of HealthPoint

Cape or HealthPoint Jackson. For more information call 573-755-2301 or 573-986-4400.

### “Art for the Health of It” Exhibit

“Art for the Health of It”, a juried art show presented by Southeast Council on the Arts and sponsored by SoutheastHEALTH, will be on exhibit Thursday, June 13- Sunday, Sept. 8 in Southeast Hospital’s first floor hallway. This annual event is well received by patients, staff and visitors who enjoy viewing the talents of local artists and experience the healing properties of art. The exhibit will conclude with a reception for the artists on Sunday, Sept. 8 at 2 p.m., in Meeting Room 106 at the Hospital.

### A Guide for Navigating Grief

The SoutheastHEALTH Grief Support Group will meet from 1 to 2:30 p.m. on Wednesday, June 19 at HealthPoint Fitness in Cape. Topic for this month’s meeting, led by Crystal Montgomery, LCSW, a bereavement counselor with Southeast Hospice, is “Circle of Support.” For more information about this support group, please call Southeast Hospice, 573-335-6208.

### Heart/Lung Screening

A Low Dose CT Lung Screening and Calcium Scoring will take place Saturday, June 22 at Southeast Hospital Radiology Department. Appointments will be available from 8 a.m. to 3 p.m. and the cost is \$50 per person for one test or \$75 person for both tests. Appointments are necessary and can be made by calling 800-800-5123. To be eligible for lung screening, you must be between 55-77 years old, no previous lung cancer, current smoker or has quit within last 15 years and tobacco smoking history of 30 pack years or greater. Heart screens are open to those who are 35 years or older, with no previous bypass surgery or cardiac stent and has a risk of cardiac disease such as family history, cholesterol, hypertension, smoking and/or diabetes.

### Jamaican Me Crazy

Join us on Monday, June 24 from 6 to 7:15 p.m. to learn how to make summertime cooking fun, delicious and healthy as we explore Caribbean flavors. Healthy Cooking Classes at HealthPoint Fitness-Cape are taught by HealthPoint Nutritional Services Coordinator Raina Childers-Richmond, MS, RD, LD. Cost is \$5 for HealthPoint members and non-members. Click on [SEhealth.org/Events](http://SEhealth.org/Events) or call (573)986-4440 to register.

### Hernia Repair Community Seminar

Kevin Bartow, MD, FACS, Nicholas A. Boston, MD, Major Burger, DO and Joseph S. McCadams, MD of Cape Girardeau Surgical Clinic will discuss inguinal hernia repair. The robotic technology used in the procedure will be also demonstrated. This free seminar will take place at 5:30 p.m. on Tuesday, June 25 at the Drury Plaza Conference Center. Attendees can also register for a free hernia screening with the surgeons that will take place following the seminar. Pre-registration is required for the seminar and screening and reservations can be made by calling 800-800-5123.

### Lifesaver Class for New Parents

This class, from 6 to 7:00 p.m. on Tuesday, June 25 helps participants recognize, prevent and respond to life-threatening situations. In addition to infant CPR and response to a choking infant, this course will discuss the seven steps to reduce the risk of SIDS (Sudden Infant Death Syndrome). This class is free to those delivering at Southeast. There is a \$10 fee for others. Seating is limited; please register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)331-6190.

### Super Nova Camp

A fun camp for special needs children and adults is being planned on Wednesday, June 26 and Thursday, June 27 from 9 a.m. to 3 p.m. at HealthPoint Fitness in Jackson. Both HealthPoint members and non-members are welcome. Campers will enjoy a variety of indoor and outdoor activities as well as swimming and a movie! The camp is free for children ages 5 to adults. Reservations and more information can be obtained by calling HealthPoint Fitness-Jackson, 573-519-2301.

Coming Soon!

### Independence Day 5K

Celebrate patriotism and fitness this Independence Day by joining us at HealthPoint Fitness in Jackson for a dynamite event. The Independence Day 5K (Thursday, July 4) will bring together walkers and runners from the community in support of SoutheastHEALTH Children's Health & Wellness programs. Events include: Firecracker 1 Mile – Walk or run just for fun! (7:15 start time), 5K Walk – Walkers must walk the entire course, 5K Run will begin at 7:04 a.m. – Runners may walk or run throughout the course. Chip timing will be used to record times (5K Run/Walk). Again this year! Virtual Run/Walk – Support our cause! Register and run in your own area and we will send you a t-shirt! Dri-fit t-shirts to all participants! Register by Thursday, June 13, 2019 to guarantee your shirt size preference! Limited sizes available to those who register after June 13. For information, call 573-755-2301.

## Camp Day Break

This day camp for children with diabetes, ages 6 through 13, provides a wonderful learning experience in the art of coping with diabetes in the company of other children who face similar problems each day. The 2-day event will be held Thursday and Friday, July 25 and 26. For applications or further information, contact the Diabetes Center, 573-339-0121 or 888-339-0121.

### About SoutheastHEALTH

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