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## HealthPoint Fitness Centers Temporarily Closing

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MARCH 19TH 2020 BY DEE LOFLIN

HealthPoint Fitness Centers Temporarily Closing

Cape Girardeau, MO - SoutheastHEALTH is committed to putting the public's safety at the forefront of all we do. We take the COVID-19 pandemic very seriously and are following guidelines as set forth by the Centers for Disease Control (CDC). These include eliminating group gatherings to help halt spread of the virus.

Beginning at 10 p.m. today, March 18, HealthPoint Fitness in Cape Girardeau and Jackson will be closed until further notice. HealthPoint Rehab at both the Cape and Jackson locations will remain open. Patients entering the facilities will continue to be verbally screened.

This precautionary closing is meant to help keep everyone in our community as safe as possible.

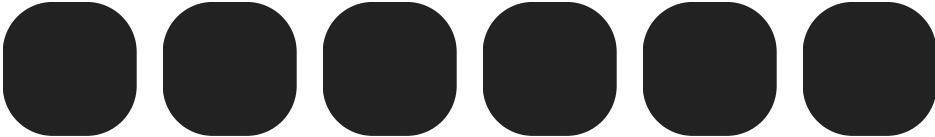
### About SoutheastHEALTH

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 MARCH 19TH 2020 BY DEE LOFLIN

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[Go to post](#)



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TOP

# Dr. Anthony McPherron - My Surgeon, My Journey, My Pain,

FEBRUARY 28TH 2020 BY DEE LOFLIN

## Dr. Anthony McPherron - My Surgeon, My Journey, My Pain,

Cape Girardeau, MO - I have to admit, that I haven't always been super impressed with some doctors. I believe that when it come to your health, that you have to be proactive and really push certain issues sometimes. I think, especially in an orthopedic setting, that doctors become accustomed to what they do that they can become complacent. That's what happened to me in the beginning of this 2-year knee issue. I did my due diligence after my first knee surgery in June of 2018, and found a great surgeon with a wonderful bedside manner and truly cares about getting you back to "normal" again.

So I have to give some credit here to Dr. Anthony McPherron, Orthopedic Surgeon, at SoutheastHealth in Cape Girardeau, his office staff and surgical team, who have been with me thru my Total Knee Replacement journey since last year when I first made my appointment for a 2nd opinion. Let me tell you he did an amazing job on my TKR and his office staff, especially Laura, who worked with me through all the agonizing pain and insurance phone calls. You see my body does not do well with pain medicine. They just don't seem to work at all so when you can't get ahead of the pain you don't do well in physical therapy in the beginning.

Then I had other complications as the knee and my walking gait had caused my back to herniate at L4-L5-S1 area over the year it took me to get the knee replacement, which had then calcified into a hard mass requiring a little more surgery right after the TKR. So within one month I had two surgeries, two back injections, and one ankle injection and lots of nerve issues and not one pain medication took the pain away.

Dr. McPherron worked with my neurosurgeon and pain management doctors to help me get to the point I am now, a total of 8 months of doctor visits and testing. Though nerve damage may be permanent (takes a long long time to regenerate the nerves, 1 mm per day) it was not related to the knee surgery, but the back herniation surgery. I have no feeling on the outside of my left leg and then my foot is constantly pins and needles and

that's what makes it difficult to walk. I have to take Gabapentin to keep my leg from jerking and foot from curling at night and to give me some relief to sleep. I may be on this for the rest of my life.

My body also makes a lot of scar tissue. Many do not know, but I had two surgeries in 2019 not related to the knee or back. My ovary decided to do its own thing and my fallopian tube had wrapped around my intestine. Once they were removed (the Wednesday before Christmas and Bloomfield BB Tournament) I had to have an oblation. Many did not know while I sat on the stage writing articles and taking photos that I had just had surgery. Scar tissue formed there as well. So then scar tissue grew around the new mechanism in my knee causing me not to get a good bend so I can walk properly.

I also can't have gas anesthetic so Dr. Park has to use his own cocktail of drugs to keep me under and it is dangerous, but he is always my anesthesiologist and has never failed me or I wouldn't be here today. I don't know how many people are in surgery with me, but I would guess at least 10. And through all six surgeries I have had in the last year or so I have had some of the greatest people to help me before, during and after surgery. Especially when you know them by name and they know me. Even Hope at the intake desk knows me by name!!

Dr. McPherron performed surgery on Thursday, February 27th and cleaned all that out and then did a manipulation of my knee. I can tell you I have gone from 85 degree bend to 105 degree bend this morning and using my CPM Machine. Yes I cried getting to that bend has been a long and grueling process. I am sure he got more under anesthetic, but I do have pain today.....My goal is 120 degrees at least if not more. So I have a few more weeks of physical therapy and then we will see what to do about the back/nerve issues. People want to quickly blame a doctor, but sometimes it's just your body being difficult and stubborn. My daddy always said I was stubborn when I was a kid...LOL

**I just wanted to give a shoutout to his team and let you know what a great doctor we have here in southeast Missouri. There is always a learning curve when you have a condition foreign to your knowledge. I have learned a great amount about Total Knee Replacements, nerves, back herniations, and medications. Be diligent and communicate with your doctor. It makes a world of difference in your healing and I want to thank Dr. McPherron and his team on dealing with this difficult patient!!!!**

Here is some information from SoutheastHEALTH's website about Dr. McPherron. He is a sports guy for sure, but he is also a compassionate doctor who really does want you to get back to 100%. When I walked into his office I told him what I did for a living and though I am fluffy I do need to get up and down that football field, basketball court, and I have to be able to move it!!! I know I still have more weeks of pain and physical therapy

and home exercises, but I am persistent and I am getting better thank to some great local doctors!

"Dr. Anthony McPherron is passionate about helping patients get back to enjoying life and doing the things they've always loved to do. He believes that when someone has an orthopedic problem it impacts more than just "my knee hurts or my shoulder hurts." It affects a person's life, and he finds it fulfilling to help people get back to that life."

"As Medical Director of Orthopedic Services and Sports Medicine Services, Dr. McPherron recognizes the immense need for orthopedic care in southeast Missouri and looks forward to bringing new, world-class and innovative techniques to patients that have not existed here before."

"An avid outdoor enthusiast, Dr. McPherron enjoys spending time with his children, hiking, sports activities and all that the outdoors has to offer. Indoors, he likes to settle in with a good book."

## **Services**

Orthopedics, Surgery

## **Specialties**

Orthopedic Surgery, Orthopedics, Sports Medicine

## **Departments**

Orthopedics

## **Credentials**

Certifications

Board Certified in Orthopedic Surgery, AOBOS

Former Certified Athletic Trainer

Certificate of Added Qualification in Sports Medicine, AOA

BLS/ACLS, American Heart Association

## **Education**

1990, Indiana State University, BS

1994, Ohio University, DO

2006, Purdue University, MBA

2020, Swineburne University, MSc

### **Residency**

1999, Orthopedic Surgery, St. Vincent Mercy Medical Center

### **Professional Affiliations**

American Osteopathic Association

American Osteopathic Academy of Orthopedics

American Orthopaedic Society for Sports Medicine

Indiana Osteopathic Association

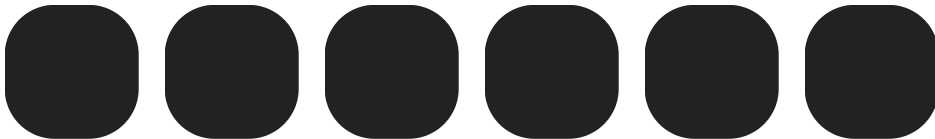
Adult Reconstruction Section, AOA

Sports Medicine Section, AOA

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[Go to post](#)



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TOP

# Area Students Receive Honors from Southeast Missouri Hospital College of Nursing and Health Sciences

JANUARY 06TH 2020 BY DEE LOFLIN

Area Students Receive Honors from Southeast Missouri Hospital College of Nursing and Health Sciences

Southeast Missouri Hospital College of Nursing and Health Sciences is recognizing 44 students who excelled in academics during the Fall 2019 semester.

The College recognizes the academic achievement of students who complete a minimum of six semester credit hours and who have a semester grade point average of 3.50 or higher. The President's List includes those students who achieve a semester grade point average of 3.90 to 4.00. The Dean's List includes those students who achieve a semester grade point average of 3.50 to 3.89.

## **President's List**

Julie Adams, Allied Health, Oran, MO

Kiley Adams, Allied Health, Matthews, MO

Kaleb Bagby, Radiologic Technology, Troy, MO

Amy Banda, Medical Laboratory Science, Jackson, MO

Jacklyn Burke, Nursing-Associate Degree, Jackson, MO

## **Presley DeLay, Surgical Technology, Advance, MO**

Wilmer Jacob, Radiologic Technology, Cape Girardeau, MO

Amy Jeffries, Medical Laboratory Science, Whitewater, MO

Mallorie Masterson, Allied Health, Jackson, MO

Chantalle Pelletier, Nursing-Associate Degree, Jackson, MO

Amanda Pitts, Nursing-Associate Degree, Cape Girardeau, MO

Cassidy Sawyer, Nursing-Bachelor Degree, Marble Hill, MO

Ashley Seabaugh, Nursing-Associate Degree, Jackson, MO

Allison Stephens, Allied Health, Cape Girardeau, MO

Jade Toombs, Surgical Technology, Marble Hill, MO

### **Dean's List**

Collin Barrett, Nursing-Associate Degree, Jackson, MO

Alyssa Brant, Nursing-Associate Degree, Chester, IL

Ashley Cato, Surgical Technology, Scott City, MO

Elizabeth Davis, Nursing-Associate Degree, Tamms, IL

Juliette Gray, Nursing-Associate Degree, Cape Girardeau, MO

Angela Hahn, Surgical Technology, Jackson, MO

Elizabeth Hindman, Nursing-Associate Degree, Alto Pass, IL

Christina Huffman, Radiologic Technology, Cape Girardeau, MO

**Jaime Jarrell, Surgical Technology, Bloomfield, MO**

Morgan Jones, Nursing-Associate Degree, Sikeston, MO

Chelsey Kight, Nursing-Bachelor Degree, Jackson, MO

Haylee Kilburn, Nursing-Associate Degree, Cape Girardeau, MO

Wyatt Kinney, Radiologic Technology, Benton, MO

Rebecca Lohman, BSN, Jackson, MO

Cheyenne Long, Nursing-Associate Degree, Jackson, MO

Matthew Lynn, Nursing-Associate Degree, Cape Girardeau, MO

Samantha Matthews, Nursing-Associate Degree, Jackson, MO

Felicity Maughan, Nursing-Associate Degree, Patterson, MO



Brittany McCallister, Nursing-Associate Degree, Desloge, MO

Jennifer Moore, Nursing-Bachelor Degree, Whitewater, MO

Morganne Nabors, Surgical Technology, Jackson, MO

Erica Palmer, Radiologic Technology, New Madrid, MO

Zachary Preusser, Nursing-Associate Degree, Jackson, MO

Justin Pruitt, Radiologic Technology, Sikeston, MO

Scott Smith, Radiologic Technology, Cape Girardeau, MO

Lyndsay Swader, Nursing-Bachelor Degree, Marble Hill, MO

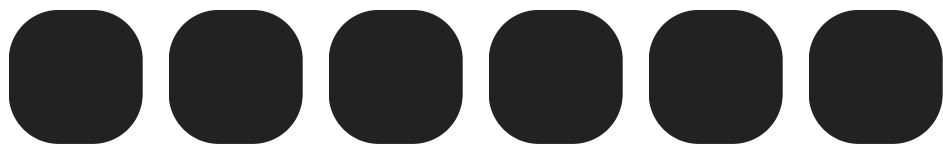
Whitney Turner, Radiologic Technology, Sikeston, MO

Southeast Missouri Hospital College of Nursing and Health Sciences is located in Cape Girardeau, Missouri and offers courses in Radiologic Technology, Surgical Technology, Medical Laboratory Science, Allied Health, Patient Care Technician, Phlebotomy, Associate Degree Nursing, and a Bachelor of Science in Nursing. Approximately 150 students are enrolled at the College. Information on Southeast Missouri Hospital College of Nursing and Health Sciences is available at [www.sehcollege.edu](http://www.sehcollege.edu) or by calling 573-334-6825.

LAST UPDATED ON JANUARY 06TH 2020 BY DEE LOFLIN

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[Go to post](#)



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TOP

## SoutheastHEALTH Honors Patient Care Technician with Sunshine Award

DECEMBER 17TH 2019 BY DEE LOFLIN

### SoutheastHEALTH Honors Patient Care Technician with Sunshine Award

In recognition of giving his best to patients, Tyler Hale, a Patient Care Technician (PCT) on Southeast Hospital's Cardiothoracic Unit, was honored as the first recipient of the Sunshine Award. This award, presented by Chief Nursing Officer Gina Leath, celebrates the extraordinary skills and compassionate care given by PCTs every day.

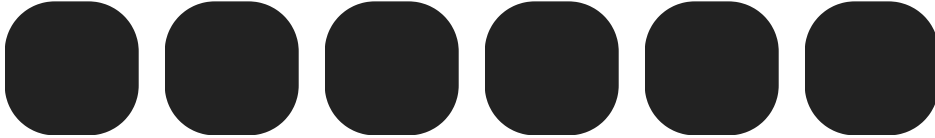
Hale's Sunshine Award nomination cited his amazing work ethic and willingness to help both patients and staff. His nomination notes that "Tyler never complains, puts in 100 percent and takes initiatives to accomplish tasks and help staff. When some of our nurses were pulled to another floor, they needed help. Tyler, with permission, left our floor to go help the others, again, without complaint. He is knowledgeable, compassionate and so hard working. This fella gives wonderful feedback where needed, and has great advice for co-workers. He definitely has made a difference in the attitude of our unit – that alone is worth gold!"

### About SoutheastHEALTH

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<https://showmetimes.com/Blogpost/vdmu/SoutheastHEALTH-Honors-Patient-Care-Technician-with-Sunshine-Award>

[Go to post](#)



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[TOP](#)

## SoutheastHEALTH Opens New Madrid Clinic

NOVEMBER 14TH 2019 BY DEE LOFLIN

[SoutheastHEALTH Opens New Madrid Clinic](#)

SoutheastHEALTH recently celebrated the opening of a new Primary Care clinic in New Madrid with an open house and ribbon cutting. The clinic, staffed by Board-Certified Family Nurse Practitioner Sierra Holiman, APRN, offers healthcare services for children and adults.

The newly-constructed facility on U.S. Highway 61 in New Madrid includes four patient exam rooms and on-site lab services. Both appointments and walk-ins are welcome. With its newest clinic location, SoutheastHEALTH will offer excellent care in a location convenient for the growing number of First Option clients in the New Madrid area. First Option is a health plan established by SoutheastHEALTH to provide self-insured employers of all sizes a cost savings health benefit solution.

SoutheastHEALTH President and CEO Ken Bateman said the clinic “represents the visible beginning of a new milestone in patient care delivery for southeast Missouri.” He acknowledged New Madrid as a “progressive community that recognizes the unique role SoutheastHEALTH plays in providing high quality healthcare to the residents of New Madrid and surrounding communities.”

The clinic, he added, “will meet the growing healthcare needs of the New Madrid area population, close to home.”

SoutheastHEALTH also operates primary care and/or pediatrics clinics in the Missouri communities of Cape Girardeau, Perryville, Jackson, Dexter, Bloomfield, Poplar Bluff, Sikeston, Bernie and Malden.

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