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# SoutheastHEALTH July 2022 Health Briefs

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JULY 02ND 2022 BY DEE LOFLIN

SoutheastHEALTH July 2022 Health Briefs

## **SoutheastHEALTH July 2022 Health Briefs**

Be a Healthier You in 2022!

Small changes can make BIG improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit [SEhealth.org/challenge](http://SEhealth.org/challenge). Our challenge this month is quitting smoking, vaping and tobacco use. Smoking increases the risk of heart disease and stroke by two to four times. It also increases your chances of developing lung cancer. The challenge in July will be to complete a short quiz to test your knowledge of smoking/vaping. For completing the quiz, you will be entered into a drawing for one of the following prizes:

\$50 Visa Gift Card

Bean bag yard game.

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

### **Vascular Screenings**

You may be at risk of a preventable, life threatening condition and not know it. Find out through vascular screenings that take as little as 15 minutes. Screenings include carotid artery (for stroke prevention), abdominal aorta test (for aneurysm prevention) and peripheral artery test (for prevention of peripheral artery disease). All three of these tests cost \$110. A bone density test to identify those at risk for osteoporosis is also available for \$30. Screenings are Wednesday, July 6, noon to 5 p.m., HealthPoint Fitness in Jackson; Thursday, July 7, noon to 4 p.m., Clinton Building in Sikeston; and Friday, July 8, 10 a.m. to 3 p.m., HealthPoint Fitness in Cape. To schedule an appointment, call 1-800-800-5123.

### **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, July 11, at 6 p.m., and Thursday, July 21, at 2 p.m., at HealthPoint Plaza, 2126 Independence in Cape. Are you just beginning your fitness journey? Or perhaps picking back up where you left off? Learn how nutrition, physical activity and behavior modification can help you get going in the right direction. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)986-4440.

### **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 Monday, July 11, from 9:30 to 11:30 a.m. at HealthPoint Fitness in Cape. This course teaches skills with the American Heart Association's research-proven practice-while-watching technique, which allows instructors to observe the students, provide 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. This class is not for healthcare providers seeking a BLS class. Cost of the class is \$50 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.

### 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. The meeting will be from 1 to 2 p.m. on Tuesday, July 12, at HealthPoint Plaza in Cape. This month's topic is "Understanding Alzheimer's and Dementia." Participants will learn the difference between Alzheimer's and dementia along with the impact, stages and risk factors of Alzheimer's. A staff member from the Alzheimer's Association will be the guest speaker and will discuss current research and treatment available to address symptoms of these two conditions. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this program.

### Healthy Cooking: Air Fryer Essentials

Join us on Monday, July 18, to learn how to make delicious and healthy air-fried meals, no matter your culinary skill level. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services Coordinator Laura Volland, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

### Grief Support Group: Secondary Losses

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, July 20, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Secondary Losses." For more information about this support group, please call Southeast Hospice, 573-335-6208.

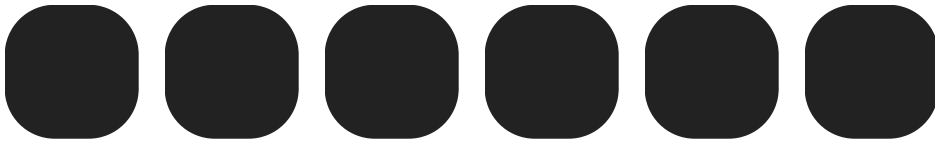
## About SoutheastHEALTH

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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## Southeast Hospital Nationally Recognized as a Best Maternity Care Hospital by Newsweek

JUNE 19TH 2022 BY DEE LOFLIN

[Southeast Hospital Nationally Recognized as a Best Maternity Care Hospital by Newsweek](#)

Southeast Hospital has been named to Newsweek’s 2022 list of Best Maternity Care Hospitals for the second consecutive year. This prestigious distinction recognizes facilities that have provided exceptional care to mothers, newborns and their families. Southeast earned five ribbons, the highest possible rating for its maternity service, joining the ranks of 350 hospitals across the nation and just 12 in Missouri. Southeast Hospital is the only hospital in southeast Missouri to earn this honor.

Newsweek’s evaluation was based on three data sources: a nationwide online survey in which hospital managers and healthcare professionals (neonatal care providers and obstetricians/gynecologists) were asked to recommend leading maternity hospitals; medical key performance indicator data relevant to maternity care, including the rate of cesarean births; and patient satisfaction data, including how patients rated a hospital’s medical staff for responsiveness and communication.

“I’m incredibly proud of the entire obstetrics team for their dedication and commitment to excellence,” said SoutheastHEALTH President and CEO Ken Bateman. “To be the only one in southeast Missouri and one of only 12 in the state of Missouri, speaks to the exceptional care we deliver every day to the those we serve. This honor highlights our commitment to providing a safe, personalized birthing experience. Expectant mothers can be confident about the extraordinary care they receive from our experienced obstetrics staff. High quality maternity care from pregnancy through birth and postpartum is key to the long-term health of both newborns and new mothers.”

Since its opening in 1928, Southeast Hospital has offered uninterrupted obstetrics services, welcoming tens of thousands of babies into the world.

Newsweek’s full America’s Best Maternity Hospital 2022 report is posted online, and hospitals are listed alphabetically. Overall, 161 hospitals earned five ribbons and 189 received four ribbons.

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## New Pediatric Orthopedic Services at SoutheastHEALTH

JUNE 13TH 2022 BY DEE LOFLIN

### New Pediatric Orthopedic Services at SoutheastHEALTH

SoutheastHEALTH of Sikeston is excited to announce that G. Shawn Duxbury, MD, will soon offer pediatric Orthopedic services at the SoutheastHEALTH Sikeston clinic!

Call 573.519.4960 to schedule an appointment!

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## Southeast Hospital Nationally Recognized with an ‘A’ Leapfrog Hospital Safety Grade

MAY 18TH 2022 BY DEE LOFLIN

### Southeast Hospital Nationally Recognized with an ‘A’ Leapfrog Hospital Safety Grade

Southeast Hospital has received an “A” for the fifth consecutive time in the Leapfrog Hospital Safety Grade for spring 2022. This national distinction recognizes Southeast’s achievements in protecting patients from preventable harm and error in the hospital.

“Patient safety is always top of mind,” said President and CEO Ken Bateman. “When patients come to the hospital, they deserve exceptional care in the safest setting. The past two years have been challenging for hospitals across the globe, and I am incredibly proud of our commitment to delivering high quality patient outcomes. It is a testimony to the unwavering dedication of our entire staff.”

For the state of Missouri, Southeast Hospital is one out of 18 hospitals to have received this achievement for Spring 2022, and Southeast is one out of just six Missouri hospitals to earn this distinction five times in a row.

The Leapfrog Group, an independent national watchdog organization, assigns an “A,” “B,” “C,” “D,” or “F” grade to general hospitals across the country based on over thirty national performance measures reflecting errors, accidents, injuries and infections, as well as systems hospitals have in place to prevent harm.

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer-reviewed, fully transparent and free to the public. Grades are updated twice annually, in the fall and spring.

“As our healthcare system continues to feel the strain of the pandemic, I thank the workforce and leadership of Southeast Hospital for sustained commitment to patient safety, day in and day out,” said Leah Binder, president and CEO of The Leapfrog Group. “An ‘A’ Safety Grade is an outstanding achievement, and one that is not possible without a 24/7 effort by the entire health care workforce to protect patients from harm. This community should be proud.”

To see Southeast Hospital’s full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org) and follow The Leapfrog Group on Twitter, Facebook, and via its newsletter.

About The Leapfrog Group Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward for patient safety. The flagship Leapfrog Hospital Survey and new Leapfrog Ambulatory Surgery Center (ASC) Survey collect and transparently report hospital and ASC performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. For more, follow us on Twitter and Facebook, and sign up for our newsletter.

## About SoutheastHEALTH

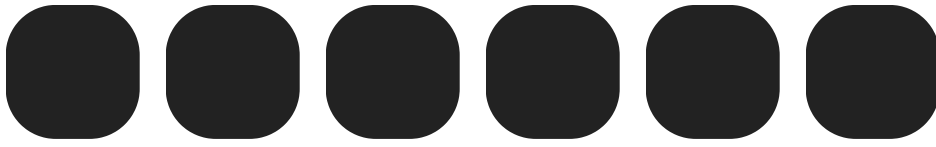
At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, our patients receive excellent care of the highest clinical quality, close to home. Within our network are more than 51 care locations in 11 communities, including hospitals, primary and specialty care clinics representing over 30 clinical specialties and extending care for patients in a four-state area. Learn more at [SEhealth.org](https://SEhealth.org).

LAST UPDATED ON MAY 18TH 2022 BY DEE LOFLIN

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## SoutheastHEALTH April 2022 Health Briefs

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MARCH 31ST 2022 BY DEE LOFLIN

SoutheastHEALTH April 2022 Health Briefs

### **SoutheastHEALTH April 2022 Health Briefs**

Be a Healthier You in 2022!

Small changes can make **BIG** improvements to your overall health and wellness. It's not too late to join our Healthier You in 2022 Challenge! Visit [SEhealth.org/challenge](https://SEhealth.org/challenge). Our challenge this month is to add color to your diet. Embracing colorful, delicious and nutritious fruits and vegetables to your diet will help keep your body and mind healthier, longer. Each week in April we will check in to see if you have made changes to increase your "Rainbow of Health," and with every weekly entry opportunity, you will be entered into a drawing for one of the following prizes:

Six-month subscription to a Fruit of the Month Club

Heart Healthy Cookbook

Do something for yourself in 2022 to help stay healthier this year and in the years to come.

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, April 4, at 6 p.m.,

and Thursday, April 21, 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 Weight Loss Program, Nutritional Coaching, Personal Training and more. Class size is limited. Register online at [SEhealth.org/Events](http://SEhealth.org/Events) or by calling (573)986-4440.

### 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. The meeting will be from 1 to 2 p.m. on Tuesday,

April 12, at HealthPoint Plaza in Cape. This month's topic is "Diabetes and Stroke Prevention." Come learn about stroke risk factors and how to help prevent a stroke. SoutheastHEALTH Stroke Program Coordinator Mary Green-Brown, BSN, RN, CNRN, will present an overview on stroke and stroke prevention. To register, call the Southeast Diabetes Center at 339-0121 to take advantage of this free program.

### 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 Saturday, April 9, from 9 to 11 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, provide 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. This class is not for healthcare providers seeking a BLS class. Cost of the class is \$50 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.

### Healthy Cooking: Delicious Seafood

Join us on Monday, April 18, to learn more about getting creative with seafood and making easy prep seafood dishes to impress your friends and family. Healthy Cooking classes at HealthPoint Fitness – Cape are taught by HealthPoint Nutritional Services

Coordinator Laura Vollink, RD, LD. Cost is \$5 for HealthPoint members and non-members. Class sizes are limited. To register, call (573)986-4440.

### Grief Support Group: Self-Care in Grief

The SoutheastHEALTH Grief Support Group will meet from 1:30-3 p.m. on Wednesday, April 20, at HealthPoint Fitness in Cape. Topic for this month's meeting, led by Julie Metzger, LCSW, a bereavement counselor with Southeast Hospice, is "Self-Care in Grief." For more information about this support group, please call Southeast Hospice, 573-335-6208.

### American Red Cross Blood Drives

Blood supply levels continue to remain at a critically low level. Every two seconds, someone needs a blood transfusion. You can do your part in our community. Southeast Hospital will host a blood drive from 7 a.m. to 4 p.m. on Friday, April 22. Registration is required to allow for social distancing. To make an appointment, visit [rcblood.org/appt](http://rcblood.org/appt).

### Come Be Enchanted on April 30

Many area children will not have the opportunity to visit Orlando's magical princesses, but the SoutheastHEALTH Foundation's Princess Tea on Saturday, April 30, at the Osage Center in Cape, brings the magic here to the heartland. At the tea, children visit with their favorite fairytale princesses and princes in a royal setting. Proceeds benefit SoutheastHEALTH Children's Services and OB/NICU units. The afternoon Princess Tea, from 2 until 4 p.m., has reservations still available. For more information or tickets, visit [SEhealth.org/princesstea](http://SEhealth.org/princesstea).

### Coming in May: Red Wine and Chocolate Pairing

Red wine and chocolate – what a treat. Come see for yourself when the SoutheastHEALTH Ambassadors host a Red Wine and Chocolate Pairing from 6 to 9 p.m. on Friday, May 6, at Port Cape in downtown Cape Girardeau. The antioxidants found in red wine and dark chocolate are considered beneficial to heart health when used in moderation. Proceeds from the event help the SoutheastHEALTH Ambassadors' HeartStrong programs which include smoking cessation, providing scales and pedometers for congestive heart failure patients, Automated External Defibrillators for area organizations, CPR kits and more. Tickets are \$40 each and are available online at [SEhealth.org/winechocolate](http://SEhealth.org/winechocolate).

### Coming in June: We Can Weekend

This special weekend offers adults diagnosed with cancer a no-cost, three-day weekend to spend time with their families, caregivers and others in similar situations while learning, recharging and relaxing. We Can Weekend is for people who are currently undergoing cancer treatment or have completed treatment within the past two years. This event will be held Friday through Sunday, June 3 – 5, at YMCA of the Ozarks in Potosi. For more information, visit [SEhealth.org/WeCan](https://SEhealth.org/WeCan). Reservations are required. We Can Weekend is made possible thanks to donations from the SoutheastHEALTH Foundation and donations to the Foundation’s Cancer Care Fund.

### 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](https://SEhealth.org).

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