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October is National Breast Cancer Awareness Month

OCTOBER 02ND 2023 BY DEE LOFLIN

October is National Breast Cancer Awareness Month

Know Your Risks

Regular mammograms help find cancer in its early stages, when it's usually easier to treat. In fact, when breast cancer is detected before it spreads, the average 5-year survival rate is 99%. Women aged 45 or older should get regular mammograms, according to the American Cancer Society. Women with a high risk of breast cancer should start screening earlier.

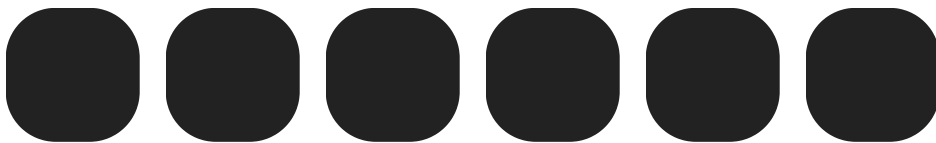
At the new Southeast Women's Integrated Health and Southeast Breast Health, located at 650 South Mount Auburn Road in Cape, women of all ages receive excellent care. Many essential women's services come together in warm and welcoming surroundings. Personal relationships matter to us—so we'll get to know you as a person, not just a medical file.

Every woman has some risk for developing breast cancer. Separating the myths from the facts can help you stay smart about the disease.

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SoutheastHEALTH Holds Renovation Ribbon

Cutting for Lacey Street Multi-Use Facility

OCTOBER 02ND 2023 BY DEE LOFLIN

SoutheastHEALTH Holds Renovation Ribbon Cutting for Lacey Street Multi-Use Facility

SoutheastHEALTH today celebrated the completion of a sweeping renovation of 1708 Lacey, located directly across from the hospital. The four-story building will house several services, including greatly expanded quarters for its rapidly growing Reference Laboratory Services.

SoutheastHEALTH President and CEO Ken Bateman said the 1708 renovation is a part of a multi-million project that is the largest in the history of SoutheastHEALTH. The \$30 million Southeast Behavioral Hospital in Cape Girardeau was completed in March 2021. The \$25 million Southeast Center for Integrated Services located on South Mount Auburn Road opened in January 2023 and is home to Southeast Orthopedics and Sports Medicine, Southeast Women's Integrated Health and Southeast Breast Health.

Work now underway includes \$50 million for sweeping renovations of 1708 Lacey, renovation of the Emergency Services Department and conversion of semi-private rooms to private rooms within the hospital. Planning is under way for a \$20 million Ambulatory Surgery Center on the West Campus featuring surgical suites for specialties that include orthopedics, general surgery, women's health and more.

“With the opening of 1708 Lacey, we are continuing to grow to serve our region in the best possible way. We are positioned to provide a wide range of both clinical and non-clinical services well into the future,” Bateman said, adding that SoutheastHEALTH will continue to identify new opportunities that will benefit our patients and region.

Services located in 1708 Lacey include, on the ground level, MRI Services, Cardiac and Pulmonary Rehab and Facilities Management. Southeast Reference Lab Services occupies the first floor, Human Resources and Education Services are located on the second floor and a Training Center is located on the third floor. That space includes a classroom for new employee orientation or other large events and a skills lab.

Southeast Reference Lab Services

Lauren Thomas, executive director of Laboratory and Outreach Services at SoutheastHEALTH, said Southeast established a partnership with Abbott Laboratories in 2020 to bring COVID testing capabilities to our region, allowing Southeast to continue to treat patients during the pandemic.

Since 2020, Southeast has upgraded instrumentation to Abbott's newer technology, the Alinity. This is a family of instruments that, for SoutheastHEALTH, includes instruments for Chemistry, Immunoassay, and Molecular testing. Their partnership encompasses laboratories at Southeast Hospital, Southeast Cancer Center, Southeast Health Center of Stoddard County and now the Southeast Reference Lab. "While a hospital lab performs initial general patient testing, a reference lab has an expanded test menu capable of testing lab samples sent from another lab or institution," she explains.

The Reference lab will include new software programs as well, most recently with the Abbott Alinity AMS, Indexor, and Inventory Management. Drinda Swanson, district manager, Chicago District, Abbott Core Diagnostics, explained that these digital health solutions allow the lab to better manage flow of data through the entire laboratory process, leading to standardized decision making, a reduction in errors by automating manual processes, an alleviation on the impact of staff shortages and a reduction in operational costs.

Phenomenal Growth

"The growth we have experienced with our Outreach Lab has been nothing short of phenomenal and we recognized the need to establish Reference Lab services," Thomas added. She noted that Southeast currently works with 238 outreach lab sites locally and over 100 client locations extending to 17 states throughout the nation. "With these newest technologies, we now have the ability to support additional growth to expand across the country at Southeast Reference Laboratory."

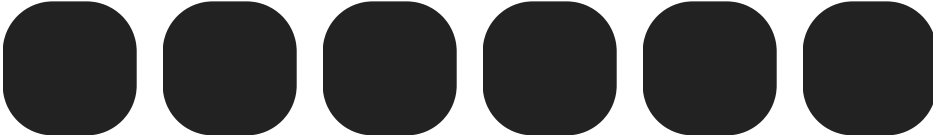
In the coming months, Southeast Reference laboratory will be one of the first locations in the United States to install new lab automation system. These types of systems use robotics to transport patients' blood tubes from one area of the lab to another, eliminating manual workflows and freeing up lab staff to focus on quality and accuracy of patient testing services.

About SoutheastHEALTH

At SoutheastHEALTH, the region's premier healthcare system in southeast Missouri, patients receive excellent care of the highest clinical quality, close to home. Within the SoutheastHEALTH network are 48 care locations in 11 communities, including hospitals, primary and specialty care clinics representing 52 clinical specialties and extending care for patients in a four-state area. Learn more at SEhealth.org.

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Pain Management Now Located in Dexter

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[Pain Management Now Located in Dexter](#)

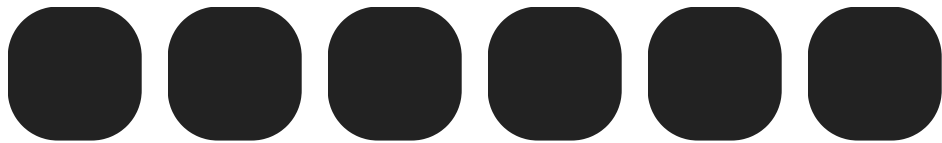
Pain Management in Dexter

1 in 5 American adults suffer from chronic pain, making it difficult to travel long distances for specialized care. Christopher Reis, DO, is excited to be in the new Pain Clinic located in Dexter!

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SoutheastHEALTH Foundation Announces Scholarship Awards

AUGUST 28TH 2023 BY DEE LOFLIN

SoutheastHEALTH Foundation Announces Scholarship Awards

SoutheastHEALTH Foundation has announced recipients of healthcare scholarships made possible by the Foundation and the generosity of individual and family donors. Twenty-eight students received \$32,500 in scholarship awards at an event held recently at the Jackson Civic Center.

Dr. Steven Langdon, president, SoutheastHEALTH College of Nursing and Health Sciences, addressed the group. Darah Jirkovsky, executive director of the SoutheastHEALTH Foundation, served as Master of Ceremonies. Scholarship certificates were presented by Dr. Maria Sudak, vice president and chief operating officer at SoutheastHEALTH, and Laurie Hill, MHA, BSN, RN, director of education and training at SoutheastHEALTH.

Jirkovsky said, “The demand for healthcare professionals across the system of care is ongoing, both locally and in Missouri. We are so fortunate to have generous donors who recognize this vital need by helping support students as they work toward career goals.”

Since 1962, the SoutheastHEALTH Foundation has awarded over \$1.2 Million to local scholars. These funds have supported the education of over 1,300 current and future healthcare workers for our region.

This year's recipients include:

Enrolled in SoutheastHEALTH College of Nursing and Health Sciences programs:

Ashley Tucker-Baldwin, Hugh & Marietta Logan Scholarship

Kylie Carr, O.D. Niswonger Scholarship

Mallory Cook, Tom Welch Radiography Scholarship

Alexis Dockstader, SoutheastHEALTH Foundation SEMO Scholarship

Amber Glenn, James W. Wentz Scholarship

Deondray Jenkins, Nancy Ann Bray Scholarship

Sharon Jones, Ilena Aslin Scholarship

Christen Larko, Jean Chapman, MD, Scholarship

Aimee Linares, Hazel Harrison Strickler Scholarship

Michelle Masters, Hazel Harrison Strickler Scholarship

Macie McDaniel, L.P. Maxwell, MD, Scholarship

Tina Medlock, Balsamo Family Scholarship

Alicia Pemberton, Hutson Family Scholarship

Kylee Rhyne, Ilena Aslin Scholarship

Mary Stewart, Karen Crites Henderickson, EdD, RN, NEA-BC, Scholarship

Audrea Tellor, Ronald James Schwent Scholarship

Julie Welker, Sheila Caskey, PhD, Scholarship

Southeast Missouri State University

Megan Hupperts, SoutheastHEALTH Foundation SEMO Scholarship

Amanda Martin, Charlotte Black Sargent Scholarship

MeAsia Triplett, SoutheastHEALTH Foundation SEMO Scholarship

Christina Wilcsek, SoutheastHEALTH Foundation Scholarship

Southern New Hampshire University

Lauren Rollens, SoutheastHEALTH Foundation Scholarship

Murray State University

Allyson Johnson, Polly DuVal Kinder Scholarship

Southwest Baptist University

Brendan Gross, Margaret Foster Roberts Scholarship

Southern Illinois University/Carbondale

Emily Landewee, Margaret Foster Roberts Scholarship

Beck School of Nursing

Shericka Taylor, Margaret Foster Roberts Scholarship

Three Rivers Community College

Mackenzie Powell, William & Martina Scott Scholarship

SoutheastHEALTH Foundation Fall 2022 Mini-Scholarship Recipients

Penny Bowers

Jonathon Briley

Ann Dewrock

Kevin Hatch

Gabe Keys

Kimberly Spurlock

Sarah Thompson

Anthony Wunderlich

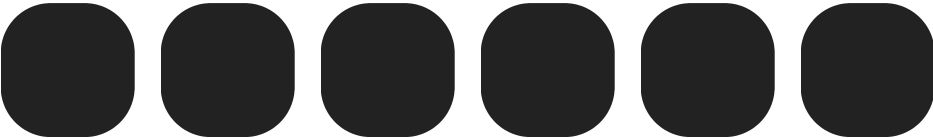
About SoutheastHEALTH Foundation

SoutheastHEALTH Foundation, Inc. was organized in 1977 as an independent 501 (c)3 nonprofit entity to ensure the future of healthcare in our region. The Foundation’s Board of Directors is made up of individuals and volunteers from all segments of our service area. The Board oversees fund-raising projects and manages the allocation of funds in an effort to enhance service to our community.

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3 Reasons to Get a Back-to-School Checkup by SoutheastHEALTH

AUGUST 23RD 2023 BY DEE LOFLIN

[3 Reasons to Get a Back-to-School Checkup by SoutheastHEALTH](#)

3 reasons to get a back-to-school checkup

A doctor listens to a child's heart

It may seem like summer just started. But it's almost time to utter the three words most kids dread to hear: "back to school." If you haven't already, this is a good time to make an appointment with your child's doctor for a back-to-school health exam.

Here are three reasons why this annual doctor visit is a good idea:

A checkup is a good time to get vaccinations. Kids from kindergarten to college need vaccines. In fact, your state might require that your child be vaccinated against certain diseases, such as pertussis (whooping cough). Your doctor can tell you what immunizations your child needs.

An exam is a good choice if your child wants to play any kind of sport. A sports physical may be required for playing on a team or another type of extracurricular activity. But a sports-related exam is a good idea for all kids—even if they aren't joining an organized team, according to the American Academy of Pediatrics. The exam is the perfect time to talk about exercise-related topics, like injuries, nutrition, training and even how your child may feel about participating in sports.

A checkup is a good time to ask questions. An annual physical gives you and your child's doctor a chance to discuss any developmental, emotional or social concerns. Especially with teenagers, it's a chance to talk about alcohol, smoking, drugs and sexual activity.

Wondering what else you can do to make your child's school year a success? Check out our School Health topic center.

Sources

Centers for Disease Control and Prevention. "Back to School Health & Safety Checklist." <https://www.cdc.gov/nccdphp/dnpao/division-information/media-tools/dpk/back-to-school>.

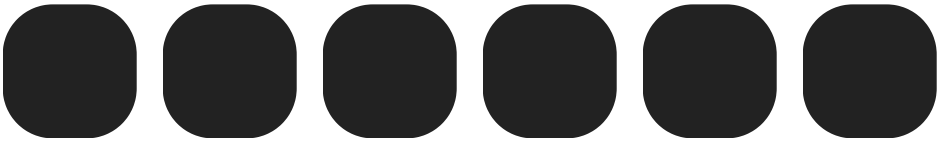
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<https://showmetimes.com/Blogpost/vis9/3-Reasons-to-Get-a-BacktoSchool-Checkup-by-SoutheastHEALTH>

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