



Expanding access to care in 2017

PATIENTS have been asking for it. Hospital leadership has been striving for it. Now it's becoming reality. SSM Health Medical Group in Maryville is launching several expansion projects in 2017 to improve availability of medical services closer to home for the residents of north-west Missouri and southwest Iowa.

The first area of increased access was extended hours at the Walk-in Clinic. This service offers expert care for minor medical problems such as fever, earaches, sprains and infections. As of Jan. 2, hours

of availability are from 7 a.m. to 6:30 p.m., Monday through Friday, except for holidays.

Adding to our medical team

Also in January, the first of many new physician recruits began practicing at SSM Health Medical Group. Two family practice physicians, two general surgeons, an additional anesthesiologist and a medical oncologist are joining or have joined the Medical Group's team of providers in 2017.

—Continued on back page



Walk-in Clinic

Hours:

- ▶ Weekdays, 7 a.m. to 6:30 p.m.
- ▶ Saturdays, 8 a.m. to 11 a.m.

Location:

114 E. South Hills Drive, Maryville

Emergencies such as chest pain, broken bones, and excessive bleeding should be treated in the Emergency Department located at SSM Health St. Francis Hospital.



The story on aspirin

Understand its benefits and risks

Even though aspirin can help some people avoid a heart attack or stroke, it's not for everyone.

Taking aspirin on a regular basis has been linked to a number of serious side effects, such as bleeding in the stomach and brain, reports the U.S. Food and Drug Administration (FDA).

Also, several prescription medicines have blood-thinning properties just like aspirin. Taking these drugs along with aspirin can be risky. Caution is also needed when mixing aspirin with certain over-the-counter medicines, vitamins, herbal remedies and supplements.

According to FDA, regular aspirin use may not be a good idea for some people, including those who have:

- ▶ A bleeding disorder.
- ▶ Uncontrolled high blood pressure.
- ▶ Severe liver or kidney disease.
- ▶ An allergy to aspirin.

Before you begin routine aspirin use, tell your doctor about all the medicines and supplements you take. Also, if side effects occur once you start taking aspirin, be sure to let your doctor know.

YOUR KIDNEYS The trouble with stones

Kidney stones are lots of things at once: prevalent, painful and prone to recur. But they're also treatable.

Kidney stones form when substances in the urinary tract combine into solid particles. Some stones, which can be as small as a grain of sand, are flushed from the body unnoticed during urination.

Larger stones, however, can cause significant pain. Even so, most of those pass on their own too.

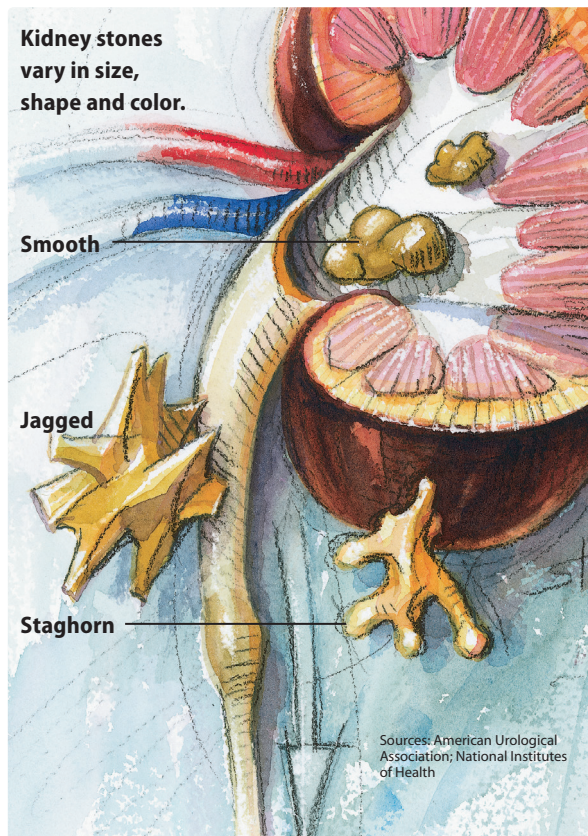
But sometimes, stones get stuck. Symptoms include pain while urinating; bloody urine; and a sharp, persistent pain in your back or side. You may also vomit.

If your doctor determines your kidney stones are unlikely to pass on their own, he or she may recommend:

- ▶ Using a special machine to crush the stones with shock waves, allowing the smaller fragments to pass.
- ▶ Removing stones with a thin instrument inserted through the urethra.
- ▶ Surgery.

Sources: National Institutes of Health; Urology Care Foundation

To learn more about kidney stones, visit morehealth.org/kidneystones.



numbers to know

2
OUT OF
3

The approximate ratio of people with Alzheimer's disease who are women.

Alzheimer's Association

1 in 10

The number of Americans who have hearing loss serious enough to affect their ability to understand normal speech.

American Academy of Otolaryngology-Head and Neck Surgery

Seventy

The percentage of cardiac arrests that occur in the home. Learning CPR may help save a loved one.

American Heart Association



SPRING FWD ▶

A GREAT TIME TO MAKE HEALTHY CHANGES

MANY of us launch the new year with resolutions to improve ourselves. Those resolutions often fizzle in a few weeks or months. But that doesn't mean you have to wait until next January to get a fresh start.

The beginning of daylight saving time, with brighter, warmer days, is a great time to make a fresh start. Spring into better health with one of these bright ideas.

Give your kitchen a makeover.

Take time to say *out* with the old and unhealthy and *in* with fresh, new food options. You can get some spring cleaning in at the same time.

First, go through the fridge and pantry. Start by discarding anything that's spoiled or expired. Next, take stock of sugary or salty foods, and toss most of them. You might keep one or two of your favorite snacks, though, for an occasional indulgence.

Finally, do a little menu planning. What does your family enjoy? What types of colorful produce are in season? Plan simple, nutritious meals, and then go shopping to stock your newly cleared kitchen.

Optimize those ZZZs. When it comes to sleep, both quality and quantity count. If you're dragging through your days, take a look at your sleep habits. It might help to:

- ▶ Create a cozy, relaxing sleep environment. Think quiet, dark and cool.
- ▶ Put electronics to sleep early. The type of light emitted from laptops and other screens can stimulate the brain, making it difficult to fall asleep.
- ▶ Find a soothing bedtime ritual, like reading a book, taking a bath or listening to quiet music.

If you have ongoing sleep problems, talk to your doctor.

Commit to fit. Let longer days and the improving weather beckon you to get out and moving. It's time to enjoy long walks on balmy spring days, for example, or dig into yardwork and gardening.

Being active can boost mood and ease

anxiety. It can also lower blood pressure, improve cholesterol levels and help you sleep better. The list goes on and on.

And exercise doesn't have to be a chore—you're more likely to stick with it when it's fun. Check your local recreation center for a sports league to join. Head to a local park that has volleyball nets or horseshoe pits set up. Or train for a 5K walk or run.

Sun-proof your skin. While it's not summer yet, protecting skin is a year-round endeavor. Let the brighter days of spring be a reminder to step up your game. Cover up with long sleeves, long pants, sunglasses and a brimmed hat. And use

sunscreen when you'll be outside. Remember, damaging UV rays can reach you even on gray, overcast days.

NEED A PRIMARY DOCTOR?

For appointments with a primary care physician or one of our specialists, call **660-562-2525**.

Sources: American College of Allergy, Asthma and Immunology; American Heart Association; American Institute for Cancer Research; Centers for Disease Control and Prevention; National Heart, Lung, and Blood Institute; National Sleep Foundation

Your giving makes you a part of our exceptional care

YOU HELPED US innovate

YOU HELPED US innovate

Your gifts helped us innovate in our orthopedic surgery center with a new, state-of-the-art 4K imaging and visualization camera. This technology offers greater detail, depth perception and depth of field for surgical visualization.

YOU HELPED US expand

Thanks to you, our newly renovated and expanded Emergency Department opened its doors on Sept. 27, 2016. This new space contains two additional exam rooms, and all exam rooms are now private. A centralized nurses' station allows for quicker and easier access to patients.

YOU HELPED US save lives

With your generous support, we were able to bring 3-D mammography to SSM Health St. Francis Hospital in February. This technology is 40 percent better at detecting invasive tumors at an earlier, more treatable stage. Just as important, SSM Health St. Francis Hospital has seen an 80 percent reduction in call-backs for additional imaging. St. Francis is the only hospital in northwest Missouri to offer this lifesaving technology to patients.

YOU HELPED US expand



St. Francis Hospital Foundation

The St. Francis Hospital Foundation is pleased to recognize the generous donors who made contributions in 2016.

Despite our best efforts, errors and omissions may occur. Please inform us of any inaccuracies by contacting Megan Jennings, Development Officer, at 660-562-7933 or megan.jennings@ssmhealth.com.

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We specialize in women's health. Read about these services at ssmhealthstfrancis.com/services/womens-health.

WOMEN'S HEALTH

What to know



IF YOU'RE LIKE many women today, you may juggle family, friends, kids and a career. That often doesn't leave much time for yourself—or your health. But a healthy life should be a priority for everyone, including you. A good place to start is with a visit to your doctor. It's also important to know some of the key health risks women face.

STROKE



Every year, **55,000 more women** than men have strokes in the U.S. Many stroke risk factors, such as high blood pressure and high cholesterol, are the same for both sexes. But women also have unique risk factors for stroke, including taking birth control pills and being pregnant.

ALCOHOL ABUSE

As many as **5.3 MILLION WOMEN** in the U.S. **abuse alcohol.**



Compared to men, women feel alcohol's immediate effects more quickly and are more likely to develop long-term health problems from drinking.

BRITTLE BONES

Roughly **1 in 2 women OVER age 50**



will break a bone because of osteoporosis. A bone density test can detect bone-weakening osteoporosis.

HEART DISEASE

This **No. 1 KILLER** of women is **RESPONSIBLE** for more than

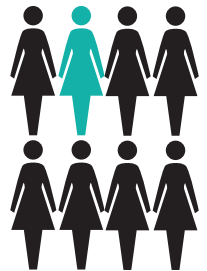


in the U.S.

Chest pain is the most common heart attack symptom. But women are more likely than men to have shortness of breath, nausea or vomiting, and back or jaw pain.

BREAST CANCER

On average, **women have** about a **1 in 8 CHANCE** of being diagnosed with breast cancer at some point in their lives. But that also means the chance of never getting breast cancer is about 7 in 8.



SMOKING

Though **tobacco use** is **declining**, more than **13%** of women 18 and older **still smoke** cigarettes.



Lung cancer, most often caused by smoking, is the leading cancer killer of women. And babies born to women who smoke have a raised risk of dying from sudden infant death syndrome.

Use them
to help prevent
heart disease

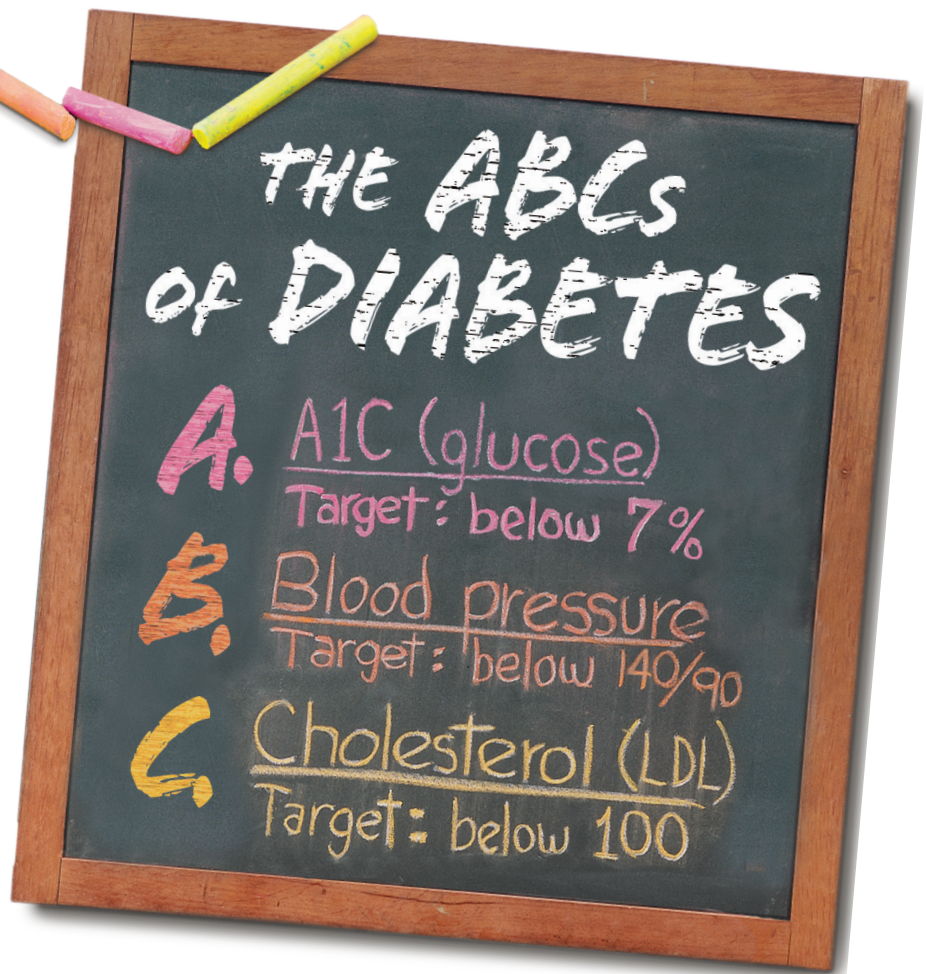
CONTROLLING blood sugar is an essential part of staying healthy when you have diabetes. But your blood sugar is not the only thing that needs a watchful eye: Your blood pressure and cholesterol levels do too.

The reason: Having diabetes increases your risk for a heart attack or stroke. You can lower that risk, however, by following the ABCs of diabetes management.

A is for **A1C**. This test measures your average blood glucose over the past two to three months. For most people, the American Diabetes Association (ADA) recommends an A1C below 7 percent. Ask your doctor what your goal should be. And always remember this: An A1C test is not a substitute for your daily blood sugar tests.

B is for **blood pressure**. If your blood pressure is high, it means your heart is working harder than it should be. That's unhealthy for your heart, kidneys and eyes. For most people with diabetes, the ADA recommends a blood pressure level below 140/90 mmHg.

C is for **cholesterol**. Your cholesterol numbers reflect the amount of fat in your blood. LDL cholesterol is a bad type of fat—it clogs arteries and raises your risk for heart disease. You want a low LDL level. On the other hand, HDL cholesterol is a good type of fat. You want a high HDL level, which can actually help protect your heart from disease.



Would you like more
information to help you
manage your diabetes?
Call **660-562-7966**.

Triglycerides also are a bad-for-your-heart fat. You want a low triglyceride level.

Additional source: National Institute of Diabetes and Digestive and Kidney Diseases

BLOOD DONATION It's worth doing

If you've ever thought about giving blood, don't give it another thought—just do it!

Donating blood is quick, safe and relatively painless. It's also really important. About 36,000 units of red blood cells are needed in American hospitals and emergency facilities every day. And just

one donation can help save the lives of up to three people.

Among other things, the blood you donate can be used to help someone who's:

- ▶ Undergoing chemotherapy.
- ▶ Been injured in a car crash or a fire.
- ▶ Getting an organ transplant.
- ▶ Having a baby.

▶ Having surgery.

Donated blood is often in short supply, especially around the holidays and during the summer. The good news is that you can donate often—every eight weeks in some cases.

To learn more about donating blood, visit the American Red Cross website, redcrossblood.org.



LIFE AND HEALTH is published as a community service for the friends and patrons of SSM HEALTH ST. FRANCIS HOSPITAL, 2016 S. Main St., Maryville, MO 64468, telephone 660-562-7933.

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Expanding access to care in 2017

—Continued from front page

Specifically with the added primary care physicians (PCPs) joining the group later in the year, the availability of appointments will increase significantly for patients' chronic and acute medical needs. Current PCPs have added appointment openings in their schedule, with family nurse practitioners providing coverage in the Walk-in Clinic.

"Our patients have been telling us through conversations and patient satisfaction surveys that they want to see their own doctors in a timely manner," says Andrea Anderson, Director of Practice Administration at SSM Health Medical Group. "With these changes, our PCPs will have more appointment times available."

"The expansion of weekday hours in the Walk-in Clinic is the first step in our growth strategies to offer improved access to the region," Anderson says. "Other plans are to expand weekend hours for the Walk-in Clinic and continue to increase the number of providers as well as implement satellite facilities so we can offer medical services to the residents of northwest Missouri and southwest Iowa closer to home."

The first of the new providers to join the Medical Group in 2017 are Jack Forest, DO, general surgeon, who joined us in January, and family practice physician Chip Fillingane, DO, who arrives in March.

"We have a great health care team with our PCPs, specialists and nurse practitioners," says Anderson. "We are thrilled to be able to meet this commitment to offer greater access to care for our patients."

Jack Forest, DO,
general surgeon,
is the first of six
physicians joining
SSM Health Medical
Group in 2017.



Nurse Practitioners Shelley Zahnd and Amy Burris are two of the providers offering services at the Walk-in Clinic.



For appointments with a primary care provider or one of our specialists, call **660-562-2525**.

