

Weekly Health Page

**SAINT FRANCIS
MEDICAL CENTER**

Medicine to the Highest Power

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Invest in Your Health

The response has been overwhelming, so **Fitness Plus** is giving you more time to save money and tone up. You now have until February 14 to join Fitness Plus for only \$29 and get the month of February free.

Fitness Plus is a nationally award-winning, medically integrated fitness facility that has everything you need for a high-performance workout or injury recovery, including:

- Four pools, four temperatures, including a lap pool, recreation pool, warm water therapy pool and whirlpool
- The region's largest indoor track
- Free-weight area and strength-training machines
- Almost 90 free group fitness classes
- Personal training
- Multipurpose Room for basketball and volleyball
- Baby-sitting services and youth activities from Kids Plus

Call 573-331-3355 to take a tour and receive your free trial membership and T-shirt.



Alpha-Stim®

Alpha-Stim® is a tool used to treat various conditions from anxiety to chronic pain through electrotherapy. **Stephen Jordan, PhD**, and **Mark H. Kinder, PhD**, psychologists on staff at Saint Francis Medical Center, have been using Alpha-Stim for about one year to treat patients with anxiety, depression, insomnia and chronic pain with very positive results. About 70 percent to 80 percent of their patients who have used Alpha-Stim have seen at least 50 percent improvement in their symptoms.

Kinder and Jordan have specialty training in health psychology and behavioral medicine, and work with patients suffering from chronic pain as well stress-related chronic health conditions. Both have specialization in post-traumatic stress disorder; Kinder recently completed a tour of duty in the Middle East, working with soldiers suffering from post-traumatic stress disorder.

Patients usually are treated with Alpha Stim in the clinic during three to four visits. For patients that respond positively, units may be prescribed for home use. Some patients respond so well they are able to cut back on their medications.

"Alpha-Stim has been an exciting addition to our treatment approaches, since many patients get relief much quicker when compared with other psychological treatments," explains Jordan.

For more information, call Saint Francis at 573-331-5877.

Fast Action During Heart Attacks Saves Lives



When someone is having a heart attack, there is no time to waste. From the moment symptoms appear, quick actions can mean the difference between life and death. Outside the hospital, that means bystanders need to quickly recognize the signs of a heart attack and call for emergency assistance. Inside the hospital, that means healthcare providers must be prepared to diagnose the heart attack and begin treatment fast.

At Saint Francis Medical Center, a multidisciplinary team of health professionals has found a way to consistently give heart attack patients interventional treatment in less than 90 minutes – a national benchmark set to save lives.

Heart attacks occur when blood flow to the heart muscle is stopped, usually due to a clot in the blood vessel. Restoring blood flow as quickly as possible can help keep you alive and reduce your risk of long-term disability. "Time is imperative during a heart attack," says **William K. LaFoe, MD, FACC, FSCAI**, cardiologist on staff at Saint Francis. "The sooner we can begin treatments to restore blood flow during a heart attack, the greater chance the patient has of surviving the heart attack."



**William K. LaFoe,
MD, FACC, FSCAI**

Many blockages are treated in the cardiac catheterization lab using a procedure that places a small balloon inside the blocked vessel, which is inflated to restore blood flow. Because this procedure is so effective at treating heart attacks, the American Heart Association®, American College of Cardiology and other national organizations have started a nationwide campaign to reduce the time it takes a patient to get from the hospital door to the balloon procedure, a time frame known as door-to-balloon times. The goal is for all hospitals to achieve door-to-balloon times of less than 90 minutes. In less than a year, Saint Francis was able to reduce door-to-balloon times to an average of less than 75 minutes and consistently meets the 90-minute benchmark for 100 percent of patients.

"Saint Francis was able to achieve the reduced door-to-balloon times by involving many different departments in making process improvements," says LaFoe. "We continue to work toward finding other ways to further reduce the time to intervention."

For more information, visit www.sfmc.net or call Saint Francis at 573-331-5877.



Convenient Care for Inconvenient Illnesses

Getting sick is never convenient. Fortunately, caring for minor illnesses and injuries is easily accessible, thanks to Convenient Care at Saint Francis Medical Center. Located adjacent to the Gene E. Huckstep Emergency Center/Level III Trauma Center, Convenient Care offers walk-in healthcare seven days a week.

"Convenient Care is staffed by highly qualified nurse practitioners who can diagnose and treat illnesses such as the flu, strep throat or ear infections," explains **M. Kevin Hammond, MD**, emergency medicine physician on staff at Saint Francis. "They can also take care of patients with minor injuries, including sprains, strains or minor cuts."



**M. Kevin Hammond,
MD**

When it is not an emergency but you want to be seen quickly, Convenient Care offers you an option for your inconvenient illness. Convenient Care is open every day from 9 am to 9 pm and no appointment is necessary.

For more information, visit www.sfmc.net or call Saint Francis at 573-331-5877.



Help From the Diabetes Center

As Americans have become more sedentary and overweight, the number of people with diabetes is growing. "Type 2 diabetes is a very serious problem that is affecting more and more Americans," explains **Saleh A. Aldasouqi, MD, FACP, FACE**, medical director of the Saint Francis Medical Center Diabetes Education and Management Center. "When diabetes is not controlled, the complications are drastic and may include blindness, amputations and kidney failure."

The highly qualified nurses, certified diabetes educators, dietitians and other health providers at the Saint Francis Diabetes Education and Management Center are dedicated to treating and helping people manage the disease, as well as educating others before they get diabetes.

Risk factors for diabetes include being overweight, leading an inactive lifestyle, having high cholesterol and/or triglycerides, and having a family history of diabetes. "Whoever is at high risk can talk to their family doctor or come to the Diabetes Education and Management Center to learn about living a healthier lifestyle through diet and exercise," adds Aldasouqi.

For more information, visit www.sfmc.net or call Saint Francis at 573-331-5877.



**Saleh A. Aldasouqi,
MD, FACP, FACE**