

FOR IMMEDIATE RELEASE from Southeast Missouri Hospital

Sept. 30, 2009

For more information, contact Mark Bliss in Marketing, 986-6607.

Southeast Hospital Neurosurgeons to Present Program on Lumbar Spinal Stenosis

Southeast Missouri Hospital neurosurgeons will present a program on lumbar spinal stenosis and the X-Stop® implant treatment. The free program will be presented on three successive Wednesdays and feature a different physician each time.

Paul J. Tolentino, MD, PhD; Kevin A. Vaught, MD, and Kyle Colle, DO, will present the program on October 7, 14 and 21, respectively. All three presentations will be held from 5:30 to 7:30 p.m. The first program will be held in the Hospital's Harrison Room. The other two presentations will be offered in Meeting Room 102.

Registration is advised. To register, call the Wellness Connection at (573) 332-1587.

Wound Care Center Offers Free Foot Screening at Wellness Connection

A free foot screening will be held on Thursday, October 8, at the Wellness Connection in West Park Mall from 8 to 11 a.m.

Zenon Duda, DPM, will conduct this month's screening. The monthly screening is offered by Southeast Missouri Hospital's Wound Care and Hyperbaric Medicine Center. To make an appointment, call the Wellness Connection at (573) 332-1587. The Wellness Connection is located near The Pasta House Co., across from the mall's customer service desk.

Wellness Connection Offers Online Breast Health Assessment

Southeast Missouri Hospital's Wellness Connection will host Buddy Check 12 on Monday, October 12. The free program allows participants to find out their risk of breast health issues using an online breast health assessment.

The program will be offered throughout the day, from 8 a.m. to 4:30 p.m. No appointment is necessary. For more information, call (573) 332-1587 or stop by Wellness Connection, across from the customer service desk in the mall.

Southeast Missouri Hospital Dietitians to Conduct Healthy Grocery Shopping Tour

Translating nutrition information and meal planning into "real life" at the grocery store can be challenging.

Southeast Missouri Hospital's registered dietitians will provide some hands-on advice as they tour Schnucks supermarket with Diabetes Self-Management Support Group participants on Tuesday, October 13. The presentation will focus on deciphering food labels and examining portion sizes. It will be held from 1 to 2 p.m., starting in the supermarket lobby.

The program is free to the public. To register, call the Diabetes Center at (573) 339-0121.

Wellness Connection Hosts DriveWell Program for Senior Citizens

DriveWell, a free program designed to promote older driver safety, will be held on Wednesday, October 14, from 8 to 8:30 a.m. at the Wellness Connection in West Park Mall.

Cape Girardeau Safe Communities Coordinator Sharee Galnore will present the program which is designed to help keep older drivers safer and allow them to continue driving longer. For more

information or to register, stop by the Wellness Connection, across from the customer service desk in the mall, or call (573) 332-1587.

Urologist to Discuss Prostate Cancer at ‘We Can’ Cancer Support Group Meeting

Urologist William Collyer, MD, of the Southeast Missouri Hospital Medical Staff will present a free program on prostate cancer at the October meeting of the “We Can” cancer support group.

The program will be held on Thursday, October 15, from 4 to 6 p.m. in Meeting Room 106 at the Hospital.

Wellness Connection to Host Earthquake Preparedness Program

Southeast Missouri Hospital’s Wellness Connection will host a free program on earthquake preparedness on Friday, October 16, from 6 to 7 p.m. in West Park Mall.

Jamie Koehler, director of emergency services for the Cape Girardeau office of the American Red Cross, will discuss ways to prepare for an earthquake in the home and at the office. Proper preparation, says Koehler, can save lives.

For more information or to register, stop by the Wellness Connection, across from the customer service desk in the mall, or call (573) 332-1587.

Wellness Connection to Hold ‘No Time for a Health Scare’ Health Fair

The Wellness Connection of Southeast Missouri Hospital will hold a “No Time for a Health Scare” Health Fair on Saturday, Oct. 17, from noon to 4 p.m. The health fair will be held at the Wellness Connection in West Park Mall, across from the customer service desk.

Nursing students from the Southeast Missouri Hospital College of Nursing & Health Sciences will offer free blood pressure screenings and information on many health topics including stroke prevention, smoking/tobacco cessation, heart disease, diabetes, healthy eating, stress management and flu and disease prevention. For more information, contact the Wellness Connection at (573) 332-1587.

Dietitian to Demonstrate Healthy Cooking with Fall Vegetables

Fall vegetables are filled with great taste and nutrition. Registered dietitian Raina Childers of Southeast Missouri Hospital will demonstrate healthy cooking with fall vegetables. The Healthy Cooking class will be held on Monday, October 19, from 6 to 7:15 p.m. at HealthPoint – Cape.

Pre-registration is required. To register, call (573) 986-4440. The class is free to HealthPoint Fitness members and costs \$5 for non-members.

The Flu and You: Staying Well During Flu Season

Confused about all the flu talk? You can get the facts at “The Flu and You – Staying Well during Flu Season” presentation on Wednesday, October 21, from 2 to 3 p.m. at the Wellness Connection in West Park Mall.

Southeast Missouri Hospital Infection Prevention and Control Coordinator Carol Jordan, BSN, RN, CIC, will discuss both the seasonal flu and the H1N1 or swine flu. Jordan will explain steps that people can take to stay healthy during the flu season.

The Wellness Connection, a service of Southeast Missouri Hospital, is located near The Pasta House Co. and across from the customer service desk in the mall. The program is free, but registration is encouraged. To register, call (573) 332-1587 or go online to www.southeastmissourihospital.com.

Southeast Showcase Set for Thursday, Oct. 22

Southeast Showcase's Halloween Disco Bash will be held on Thursday, October 22, from 6:30 to 10 p.m. at the Show Me Center in Cape Girardeau.

Guests at the annual Southeast Missouri Hospital Foundation fundraiser will sample delicious foods and beverages from area restaurants and vendors. Music will be provided by Cape Girardeau's popular "Midlife Crisis." Guests can attend in casual dress or their favorite Halloween costumes. The event will include a costume contest.

Proceeds from the event will benefit Southeast Missouri Hospital patient care services. Tickets for the general public are \$30 in advance and \$35 at the door. For more information or to purchase tickets, call the Hospital Foundation at (573) 986-6622, go online to www.southeastmissourihospital.com or visit the Foundation office at 60 Doctors' Park, Suite 102, lower level.

Southeast Hospital to Hold Program on Expanding Language Skills of Children

Parents can learn how to expand their child's language skills at a presentation on Wednesday, October 28, from 6 to 7 p.m. at the Wellness Connection in West Park Mall.

Presenters Julie Freedenberg, MA, CCC-SLP, and Cathy Tanksley, MA, CCC-SLP, CPCRT, will teach strategies to build children's language skills and help them move from using jargons and gestures to true words of communication.

The program is free, but registration is advised. To register, call the Wellness Connection at (573) 332-1587.