

cares

The health & wellness quarterly
from your neighbors at
Christian Hospital

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**Mobile Health:
Telemedicine Tech**

A close-up portrait of Ron McMullen, a middle-aged man with dark hair, wearing a dark suit jacket, a white collared shirt, and a colorful patterned bow tie. He is looking slightly to the right of the camera with a gentle smile. The background is softly blurred, showing what appears to be an indoor setting with warm lighting.

The First Word

Comprehensive. It's a word you hear a lot in the health care community; often to describe comprehensive services or treatment options. And while that applies to many of our departments, "comprehensive" encompasses so much more to us. For Christian Hospital and Northwest HealthCare, being a comprehensive health care provider is about being a member of the community — one that's committed to the overall health and well-being of its residents.

One way we honor that commitment is to offer several free health screening events during the year. While your overall health is of course important at any age, it becomes increasingly crucial as you get older. If you're over 40 and haven't talked to your doctor about your risks for certain conditions like diabetes or cancer, it's time to ask. You can read more about health screenings in the Give it to Me Straight, Doc feature on Page 4.

The idea of comprehensive care is also reflected in many of our speciality care teams, like our Heart Care Group. This group provides end-to-end cardiovascular support to our community, with a focus on prevention, acute treatment and rehabilitation. It's a truly compassionate group of people striving to keep hearts healthy. You can read more about some of our heart care team on Page 6.

While we're on the topic of hearts, I encourage you to join us on February 27 for our annual Heart Fair. It's a great event that will feature talks with experts, free screenings and much more. Learn more about the Heart Fair and other upcoming events in Pages 12 to 15.

And comprehensive access to care isn't just limited to our physician and hospital groups. You can also find it in our mobile integrated health/advanced practice paramedics team, who are using innovative telemedicine tablets to connect patients with physicians and nurse practitioners right from their homes. The initiative aims to keep recently discharged patients well, and reduce the likelihood of readmission. It's a remarkable technology that's an exciting new platform for delivering care to the community. You can read more on Page 16.

It's our goal to be your comprehensive health care resource — and we're honored when you choose Christian Hospital or Northwest HealthCare for you and your family.

Wishing you peace, good health and a safe new year,

A handwritten signature in black ink that reads "Ron McMullen". The signature is fluid and cursive, with the first letters of each name being capitalized and prominent.

Ron McMullen, FACHE
President, Christian Hospital

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Christian Hospital
is BJC HealthCare
in North County.

Remember, if you live
in Illinois, the world's best
medicine is right across
the river at Christian Hospital.

▶▶▶ Visit ChristianHospital.org



“A good day for me
is when people
are happy with
their experience.
That’s the most
rewarding feeling.”

– Hany Tadros, MD
Chief of Anesthesiology,
Christian Hospital



Give it to Me Straight, Doc.

Q With the new year approaching, I want to focus on my wellness. I know getting screened for certain conditions is important. How do I know which ones I need?

A The most important thing is to talk with your doctor about your risk factors for certain kinds of disease, and ask what tests or screenings are most relevant to your age and overall health. But when they do suggest a screening or test, Christian Hospital and Northwest HealthCare have you covered. Here's some information about common screenings:

BREAST CANCER The general rule of thumb is that women over age 40 should get a mammogram annually. This can vary depending on the individual's family history and other risk factors. Christian Hospital and Northwest HealthCare also offer 3D mammography, which takes dynamic, high-resolution images of breast tissue.

COLON CANCER This is one of the most common (and preventable) cancers found in men and women. For most people, it's important to get a colonoscopy if you're 50 or older. If you have a family history of the disease or certain conditions affecting the colon, you should have your first colonoscopy sooner. Read more on Page 10.

DIABETES Most men and women over age 45 should be tested for prediabetes or diabetes, by getting a glucose test. Certain people with certain risk factors such as high blood pressure, high body mass index (BMI) or family history should possibly be tested sooner.

PROSTATE Most men over 50 should get a PSA test, which measures the levels of a specific protein in a man's blood, which can often be an indicator of cancerous cells. The test is a simple blood draw.

HEART HEALTH There are several screens that are important indicators of your heart health, like cholesterol and blood pressure. Read more about our Heart Fair below, where you can get many of these screenings free.

To learn more about the FREE screening events we offer, visit ChristianHospital.org or call 314.747.WELL (9355).

Christian Hospital Heart Fair
Saturday, February 27
Registration: 9–11 a.m.
Lecture: 9:30 a.m.–1 p.m.
Screenings: 9 a.m.–12 p.m.

Convenient Care when you need it, without a high co-pay.

Knowledgeable, compassionate BJC doctors and physician assistants are on hand during the afternoon, evenings and weekends, ready to help you with a variety of non-acute health problems. You don't need to make an appointment, we accept most major insurance plans and our staff will accommodate your needs quickly and efficiently. **Plus, our co-pay is the same price as a primary care visit, which is often less expensive than a visit to an urgent care or emergency room.**

Common ailments we treat:

- Minor scrapes, cuts or bruises
- Joint pain
- Back strain
- Sore throat and earache or ear infections
- Insect bites or rashes
- Eye irritation
- Cough, cold or flu symptoms
- Painful urination
- Diarrhea, nausea and vomiting

We also provide:

- X-rays
- School and sports physicals
- Flu, pneumonia and tetanus vaccines

NOW OPEN 2–10 p.m. 7 days a week

BJC MEDICAL GROUP
CONVENIENT CARE IN EDWARDSVILLE
8 Sunset Hills Professional Centre (located at Hwy 157)
Edwardsville, IL 62025

Sports/School Physicals \$25

BJCmedicalgroup.org
618.692.6925

BJC Medical Group
Convenient Care at Edwardsville

In cooperation with
Christian Hospital and BJC HealthCare





Working from the Heart

Keeping women's hearts healthy takes compassion, commitment and a unique understanding of women-specific heart issues.

If you're like most women, you've probably heard that chest pain is a primary symptom of a heart attack. While this is true for men, it's not necessarily so for women. Erica Uppstrom, MD, FACC, an invasive cardiologist from The Heart Care Group at Christian Hospital, explains: "Women may have more nonspecific symptoms, such as indigestion, nausea, shortness of breath or just 'feeling sick.' Heart disease, including heart attacks, is the leading health threat to women in the United States, claiming 500,000 women each year."

Take Heart

Fortunately, Christian Hospital's cardiac specialists are eager to help you reduce your risk of heart disease through screenings, free nutrition and wellness classes, and one of the region's largest heart fairs, scheduled for Saturday, Feb. 27 this year.

You'll find that Christian Hospital's board-certified cardiologists, surgeons, radiologists, nurses and technicians are specially attuned

to the unique needs of women. "Every woman is special with unique circumstances, and they all receive treatment from warm, caring professionals who have the knowledge and skills to provide the best possible care," Dr. Uppstrom says.

Knowledge is Power

Aside from a family history of heart disease and genetics, other risk factors for heart disease are for the most part under an individual's control: hypertension, high cholesterol, diabetes, stress, smoking, a sedentary lifestyle and excess weight. Christian Hospital's cardiac professionals can assess your heart disease risk through imaging and stress tests. Armed with test results and reliable medical information, you are empowered to maintain a heart-healthy lifestyle.

If you have experienced or are at risk for heart disease, you can count on the Washington University physicians on the Christian Hospital cardiothoracic team for exceptional care.

< The Women of the Heart Care Group

Left to Right: Ann Davis, NP; Erica Uppstrom, MD, FACC; Melissa Kershaw, DO, FACC; Rita Mukerji, MD, FACC; Shannon Tucker, NP; and Denise Maynard, NP.

“Christian Hospital has a lot of women cardiologists who specialize in heart care for women — more than most hospitals.”

– Erica Uppstrom, MD, FACC, an invasive cardiologist with The Heart Care Group at Christian Hospital.

“One wonderful aspect of heart care at Christian Hospital is how the staff treats each woman as an individual, making her comfort a top concern.”

– Rita Mukerji, MD, FACC, an invasive cardiologist with The Heart Care Group at Christian Hospital.

“We perform more than 5,000 heart procedures each year. Valve surgery and heart bypass surgery are ‘routine’ here, making them safe procedures with smooth recoveries,” says Uppstrom. Advanced treatment capabilities include a cardiac catheterization lab, and Trans Aortic Valve Replacements (TAVR), performed in the recently opened hybrid room. The accomplished professionals at the Cardiac Wellness Center provide extraordinary outpatient care during rehabilitation after a heart attack, heart surgery, heart transplant, angioplasty or other heart procedure.

The facts about heart disease in women are alarming, but knowledge is power. The better your understanding of the risk factors, the better equipped you are to prevent heart disease. Christian Hospital and Northwest HealthCare want to empower you — to help you develop a heart-healthy lifestyle.

For a referral to a specialist from The Heart Care Group, call our physician referral line at 314.747.WELL (9355). To learn more about our Heart & Vascular services, visit ChristianHospital.org.



Cardiac Wellness Center

When major heart events do happen, our compassionate cardiac wellness team will help get you back on your feet.

Call 314.653.4242 for more information.

Christian Hospital Heart Fair: Does Your Health Measure Up?



- » Saturday, February 27
- » Registration: 9–11 a.m.
- » Screenings and information booths: 9 a.m.–12 p.m.
- » Lecture: 9:30 a.m.–1 p.m. featuring the women of The Heart Care Group
- » See page 15 for more details

Everyday Extraordinary

There's something special happening at Christian Hospital. You can find it in the skilled, gentle touch of our caregivers and our commitment to innovation and technology. You can even hear it in our inspiring stories of healing and achievement. We're using our extraordinary experience to create extraordinary experiences, every day.

> See more at ChristianHospital.org



PEOPLE

“Everyone helps each other. There is always someone who will jump in and help you out.”

Sally Heckmann, Pharmacy Tech II
3 Years of Service



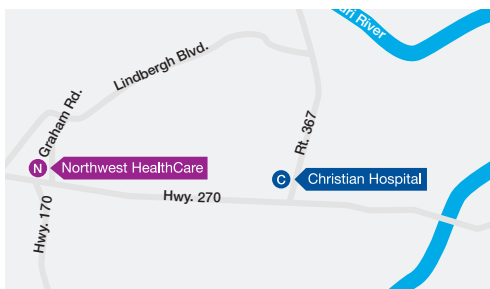
Advanced Diagnostic Care and Much More

Northwest HealthCare offers the latest innovations in outpatient medical care and all of the traditional services that you've come to expect at a modern community, outpatient facility: 24/7 emergency care, a full range of radiology and imaging services, fully equipped laboratory, rehabilitation services and a sleep disorders center.

The physicians treating patients at Northwest HealthCare are the very same BJC Medical Group physicians who care for patients at Christian Hospital, and they are some of the top-rated in the region.

Screening is critical to the early diagnosis and successful treatment of disease, and you'll find complete imaging services available at Northwest HealthCare. We employ only radiology technicians who have achieved professional certification in their particular specialties, e.g., MRI, CT. You are assured of sensitive, competent treatment and accurate test results.

You may have heard that mammograms can sometimes fail to detect a tumor. That is much less likely to happen when you get your mammograms performed at Christian Hospital or Northwest HealthCare. And we have the only 3D mammography walk-in service in the North County area. This advanced 3D technology takes dynamic



scans of breast tissue, which means that abnormalities are much easier to detect, and the odds of missing an early warning signal of cancer are much lower.

To find a doctor or schedule an appointment with a Northwest HealthCare physician, call 314.747.WELL (9355).



Treating Digestive Diseases with Skill

The Christian Hospital gastrointestinal (GI) team is expertly fighting common ailments — improving quality of life for many.

Digestive diseases are fairly common. If you've ever experienced bloating, stomach pain, diarrhea, gas, blood in your stool or an unexplained weight loss, you could be suffering the symptoms of a digestive disorder, also referred to as gastrointestinal (GI) disease. GI diseases affect the stomach, large intestine, small intestine, colon, rectum, anus, gall bladder and pancreas. Most digestive diseases can be prevented by maintaining a healthy lifestyle, practicing good bowel habits and getting cancer screenings.

To determine if your unpleasant GI symptoms might be related to an underlying disease, reach out to the GI specialists at Christian Hospital. Staffed by some of the region's leading gastroenterologists, supported in their work by a fully equipped, comprehensive

GI lab, Christian Hospital has an excellent track record of delivering reliable, accurate diagnoses. You'll know quickly if your abdominal pain is the result of your doing too many sit-ups or eating too many spicy tacos — or possibly something more serious.

Gastroenterologists Charles Olagbegi, MD, medical director of the Endoscopy Lab, and Rehan Rafiq, MD, both members of the BJC Medical Group, lead an extraordinarily qualified team of GI specialists at Christian Hospital. "Our GI physicians, the nursing staff and the ancillary staff are all well-trained and highly experienced, with an extensive knowledge base. We provide a full range of consultative and endoscopic services including, but not limited to, colonoscopies, gastroscopies, endoscopic ultrasound as well



From left to right: Gastroenterologists Charles Olagbegi, MD, medical director of the Endoscopy Lab, and Rehan Rafiq, MD.

as biliary endoscopy,” says Dr. Olagbegi. “You won’t find a more competent and caring group of GI specialists in the entire region.”

Christian Hospital’s regional reputation extends beyond consistently accurate diagnoses, to the successful treatment of digestive diseases of every kind. This includes chronic heartburn (also called acid reflux and GERD), constipation, hemorrhoids, and colon polyps to irritable bowel syndrome (IBS), anal fissures, diverticular disease, Crohn’s disease and other forms of colitis, hepatitis and colon cancer.

To learn more about digestive disorders or to schedule an appointment with Drs. Olagbegi or Rafiq, call 314.747.WELL (9355) or visit ChristianHospital.org.

Colon Cancer: Easily Prevented, Quickly Detected

Colon cancer is one of the most common types of cancers in both men and women. It is also one of the most easily prevented forms of cancer, readily detected by a colonoscopy, which is a routine and painless outpatient screening.

Starting in January 2016, the American Cancer Society is launching a campaign to have 80 percent of the adults in the U.S. screened for colon cancer by 2018. Christian Hospital is on board with the American Cancer Society, encouraging members of the community, men and women alike, to make an appointment for an outpatient colon cancer screening.

If you are 50 or older, it’s time to schedule a colonoscopy.

If you have a family history of colon cancer, don’t wait till you’re 50 to be screened; schedule your colonoscopy now. “At Christian Hospital and Northwest HealthCare, we are committed to providing preventative care to promote wellness of the community at large,” Dr. Olagbegi says.

To schedule an appointment for a colonoscopy, call 314.747.WELL (9355).

Is It Time to Get a Colonoscopy?

If you’re over 50, it may be time to talk to your doctor about this important procedure. It’s an easy way to test for colon cancer and several other diseases. Go to ChristianHospital.org to learn more about this painless outpatient procedure.

Events & Classes

Call **314.747.WELL** (9355) or (toll-free) **1.877.747.WELL** (9355) to register for all Christian Hospital Events & Classes, unless otherwise noted. All support groups are free.

Exercise

SHAPE

(Senior Health And Physical Exercise) is an eight-week exercise program designed specifically for people aged 55 and older. Physician consent required.

January 4–February 26
February 29–April 22

Mondays and Wednesdays
9–10 a.m.

Mondays and Thursdays
1–2 p.m.

Tuesdays and Thursdays
9:30–10:30 a.m.

Graham Medical Center
1150 Graham Rd.
Suite 104
\$35

Tai Chi

Resist illness, combat stress and fatigue, and increase flexibility through meditation in motion. Great for people of all ages.

January 4–February 15
February 18–April 4

Mondays
7:45–8:45 a.m.

Thursdays
9–10 a.m.

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.
\$60 for 12 sessions

Yoga

Practice yoga at your own level as you learn to calm your mind, increase your concentration and enhance your ability to cope with stress.

January 4–January 29
February 1–February 26
February 29–March 28
March 30–April 27

Mondays, Wednesdays
and Fridays
9–10 a.m.

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.
\$60 for 12 sessions

January 4–February 10
February 15–March 23
March 28–May 9

Mondays and Wednesdays
5:30–6:30 p.m.

Christian Hospital
Center for Training &
Development
Classrooms 1 & 2
Detrick Bldg., 2nd floor
11133 Dunn Rd.
\$60 for 12 sessions

Boot Camp

Are you ready to lose inches and pounds? This boot camp offers fat-burning and strength-training exercises to meet your fitness goals, whether you're a size 26, 18, 14 or 2. You will gain endurance, strength, flexibility and speed; and learn about health, nutrition and fitness.

January 5–February 11
February 16–March 29
March 31–May 12

Tuesdays and Thursdays
5:15–6:15 p.m.

Christian Hospital
Center for Training &
Development
Detrick Bldg., 2nd floor
11133 Dunn Rd.
\$60 for 12 sessions

Zumba

Learn to swivel, pivot and shake your way to fitness through the popular Latin dance-inspired craze: Zumba!

January 4–February 10
February 15–March 23
March 28–May 9

Mondays and Wednesdays
5:30–6:30 p.m.

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.
\$60 for 12 sessions



Seniors

Better Choices, Better Health-Diabetes®

OASIS Community Health Facilitators

Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends. A Better Choices, Better Health® – Diabetes workshop, developed and tested at Stanford University, can help you manage these concerns. Anyone 18 years or older with Type 2 diabetes can register for a workshop. Light refreshments included. To register for this class you must call 314.747.WELL (9355).

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.

February 23–April 11
Mondays
1–3:30 p.m.

\$15

OASIS Peer Led Discussion Groups

Laugh, reminisce and learn with OASIS during this discussion group program. Enjoy fellowship and conversation on a variety of topics while making new friends or reconnecting with old ones. Attend one or attend every month. Light refreshments provided. Dates and topics listed below.

Village North
Retirement Community
11160 Village North Dr.

“Hopes and Dreams for the New Year”
January 21, 1:30–2:30 p.m.

“Advocacy: You Can Make a Difference”
February 18, 1:30–2:30 p.m.

“I’m Over 50, is Exercise Still Important?”
March 17, 1:30–2:30 p.m.

Registration is required:
call 314.747.WELL (9355)
or 1.877.747.WELL (9355)

Free

AARP Smart Driver Course

Elle Evans, AARP certified instructor

This four-hour training will help you tune up your driving skills, update your knowledge of the rules of the road and learn about normal age-related physical changes. The course will also provide ways to adjust to these changes and reduce traffic violations, accidents and chances for injuries. Some insurance companies offer a discount.

March 31
12–4 p.m.

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.

Space is limited.
Registration is required:
call 314.747.WELL (9355)
or 1.877.747.WELL (9355)

\$15 for AARP Members; \$20 for non-AARP members, payable to AARP the day of training.

Osteoporosis: Do’s and Don’ts of Everyday Movement

Katherine Meirink, BJC Homecare Physical Therapist

If you have Osteoporosis or Osteopenia did you know some of the movements you do could cause a fracture? In this class, taught by a physical therapist, learn how osteoporosis fractures happen and how to avoid them with some simple modifications to your everyday movements. Learn how to use your joints wisely and protect your bones and joints from unnecessary injuries.

February 17
1–3 p.m.

Northwest HealthCare
Entrance A
Community Room (lower level)
1225 Graham Rd.

Free



Want to Just Lose it? (weight that is)

Make that New Year’s resolution stick by joining the Just Lose It Challenge. Join your neighbors in this friendly competition to get active, eat healthier and make the lifestyle changes that you have been putting off. *The incentive? If having more energy and looking and feeling healthier aren’t enough of a reward, there are prizes too.*

To be eligible for the contest, you must be 18 years of age or older, pay a \$15 entry fee, be officially registered for the Just Lose It Challenge and attend the kick off on January 23.

Saturday, January 23
9–11 a.m.
Christian Hospital
Detrick Building Atrium
11133 Dunn Road

Registration is required
and space is limited!
Call 314.747.WELL (9355)
or 1.877.747.WELL (9355)

Blood Drive

American Red Cross Blood Drive

Christian Hospital is teaming up with the American Red Cross to host a Blood Drive open to the general public. Stop by and give blood to help save lives. Walk-ins are welcome, appointments have priority.

March 1
10 a.m.–3 p.m.

Christian Hospital
Detrick Bldg. Atrium
11133 Dunn Rd.

Registration is required:
www.redcrossblood.org,
use the sponsor code
christianhospital, or contact
Sandy Roy at slm9123@bjc.org.

Cancer Care Center

Look Good, Feel Better

Anyone currently undergoing or just finishing cancer treatment is invited to experience a free makeover from certified cosmetologists that includes demonstrations on the use of wigs, turbans and scarves, nail care and cosmetics. Complimentary cosmetics and skin care products provided. Sponsored by the American Cancer Society.

February 8
10 a.m.–12 p.m.

Christian Hospital
Cancer Resource Center
Building 2
1125 Dunn Rd.

Registration is required:
call 314.747.WELL (9355)
or 1.877.747.WELL (9355)

Free

Center for Mental Health

Center for Senior Renewal

The Center for Mental Health's new Center for Senior Renewal provides day treatment programs for people 60 and older dealing with anxiety, depression, grief, loss and early signs of dementia. The Center for Senior Renewal provides a comfortable, home-like atmosphere staffed with compassionate and experienced mental health professionals.

For more information, call
314.653.5123.

Christian Hospital
Detrick Bldg. Atrium
11133 Dunn Rd.

Alcohol and Drug Information Meeting

A certified substance abuse counselor talks about alcohol and drug addiction, warning signs and symptoms, treatment and recovery, how families are affected by addiction and common problems families experience during the recovery process. Meetings are free and open to the public.

Call confidentially:
314.953.8100

Every Tuesday
7–8 p.m.

Christian Hospital
Recovery Center
Building 2, Suite 401
1125 Dunn Rd.

Free

Christian Hospital Recovery Center

The Christian Hospital Recovery Center provides intensive outpatient mental health and substance abuse treatment for adults (ages 18-60) dealing with anxiety, depression, grief, stress and the use of mind-altering drugs. There is also a specialized program for patients with chronic mental illness. The center is conveniently located on the Christian Hospital campus.

Call confidentially:
314.953.8100

Christian Hospital Auxiliary

All proceeds benefit the Auxiliary's fundraising efforts to enhance health care in our community through services at Christian Hospital.

Auxiliary Group Travel

China 2016 Tour! Join us as we visit China with highlights that include Forbidden City, The Great Wall, Temple of Heaven, Rickshaw Tour, Yuyuan Garden, The Bund, Shanghai Museum, Acrobatics Show.

Price per person: \$4,399 (single), \$3,899 (double), \$3,869 (triple)

Included in price: roundtrip airfare, inter-air, air taxes, hotel transfers, hotel and 16 meals

Departing: October 17, 2016, for 9 days

Join us for an informative travel presentation on January 19 at 7 p.m. in the Christian Hospital Detrick Building Atrium, 11133 Dunn Rd.

Please RSVP to 314.653.5193.

Books Are Fun

New books are discounted 40 to 70 percent for readers of all ages. Choose from hardcovers and paperbacks including many popular titles from the *New York Times* best seller lists, cookbooks, children's books, musical selections, photo albums, games and puzzles. All proceeds go toward improving patient care.

March 7
7 a.m.–4 p.m.

March 8
10 a.m.–4 p.m.

March 8
7 a.m.–3 p.m.

Christian Hospital
Main Lobby
11133 Dunn Rd.

Shoe Roads Production

The Christian Hospital Auxiliary is teaming up with Laurie's Shoes to provide a fine selection of better footwear.

February 16
9 a.m. – 4 p.m.

February 17
7 a.m. – 3 p.m.

Christian Hospital
Main Lobby
11133 Dunn Rd.

Heart & Lung

Free Lung Function Screening

Call 314.953.6040 for more information or to schedule a screening.

Free

Support Groups

For more information or to learn about all of our support groups, call 314.747.WELL (9355) or 1.877.747.WELL (9355) or visit ChristianCares.org

Various locations
Free

2016 Christian Hospital Heart Fair: Does Your Health Measure Up?



Helping Make Care for Life Possible.

Saturday, February 27
Christian Hospital
Detrick Building Atrium
11133 Dunn Road
at I-270 & Hwy. 367

Registration: 9 – 11 a.m.

Screenings and Information Booths:
9 a.m. – 12 p.m.

Lectures: 9:30 a.m. – 1 p.m.

Join us for our Annual Heart Fair!

Come out and have your biometric numbers checked with our free screenings. Learn how to “lengthen” your heart health with the women of The Heart Care Group. Cheryl Forberg, RD, chef and nutritionist for NBC’s *The Biggest Loser*, through a cooking demonstration, will teach you how a “dash” of this and an “pinch” of that can help with your weight and your health.

Don’t wait for an emergency to find out what type of advanced heart care is available in the area. Make plans to attend our FREE Heart Fair!



- ♥ Guided tour of our Surgery Center
- ♥ Informational displays
- ♥ Ask the experts
- ♥ Stress and heart disease information
- ♥ Refreshments and much more ...
- ♥ FREE screenings
 - Cholesterol
 - Glucose
 - Blood Pressure

Space is limited and registration is requested, so call 314.747.WELL (9355) and register today!

Telemedicine: Technology Evolving Mobile Health Care



Telemedicine tablets, shown to the left, enable physicians and nurse practitioners to interact with patients in their homes. The technology is particularly useful when an older patient transitions from a hospital stay to their home. Christian Hospital's Mobile Integrated Healthcare team will begin using tablets this month.

As part of joint effort between Christian Hospital's Transition to Wellness and Mobile Integrated Healthcare teams, our advanced practice paramedics will soon use medical video conferencing, or telemedicine, to remotely connect recently discharged hospital patients with their health care provider.

It's one way these teams are working together to ensure high-risk patients remain successful managing their health outside of the hospital; reducing the likelihood of readmission. These high-risk groups often include people over 65 or people with multiple illnesses.

The Mobile Integrated Healthcare paramedics will use a special tablet in a patient's home to video conference with a doctor or nurse practitioner which works much like video chatting on a smartphone or other mobile device. The tablet uses software that encrypts private patient information, making the technology compliant with the federal Health Insurance Portability and Accountability Act (HIPPA).

"It's a win-win for everyone. The physician or nurse practitioner can maintain their regular work day, and the patient doesn't



Christian Hospital advanced practice paramedics stand with the Mobile Integrated Healthcare van.

have to leave their home," says Shannon Watson, community health supervisor for Christian Hospital EMS, who is helping to implement the new technology.

As part of the partnership, the Transition to Wellness and Mobile Integrated Healthcare teams will use this technology, as another effective way to maintain patients ongoing health and wellness.

"Our main goal is always to create a healthier community. And it's exciting when we get to use innovative technology to accomplish that," says Watson.

Palliative Care Delivered with Compassion

Palliative care is a multidisciplinary approach to care for people with serious illnesses. It focuses on providing these patients with relief from pain, physical and mental stress. Palliative Care is not hospice — but a way to support patients and their families.

“It’s really important to differentiate between palliative care and hospice care,” says Christian Hospital Palliative Care Medical Director Melanie Mueth, MD, who helped initiate the program at Christian Hospital in 2008. “Palliative care can be provided at any time during a person’s illness, even at the time of diagnosis, and it can be given at the same time as curative treatment.”

What you should know about palliative care:

- Medical specialty focused on relief of the pain, stress and other debilitating symptoms of life-limiting illness.
- Can be provided along with therapy aimed at controlling or curing the disease.
- Goal is to relieve suffering and provide the best possible quality of life for patients and their families.
- Palliative care is focused on intensive symptom management, communication and coordination of care.

Working in partnership with the patient’s primary care physician or other specialists, the palliative care team is comprised of health care experts that includes a palliative care nurse, social worker and chaplain, with additional resources such as a pharmacist, nutritionist and therapist in order to provide:

- Expert treatment of pain and other symptoms
- Close, clear communication
- Help navigating the health care system
- Guidance with difficult and complex treatment
- Detailed practical information and assistance
- Emotional and spiritual support for the patient and family

For more information, call the Christian Hospital Palliative Medicine office at 314.653.5737 or visit ChristianHospital.org.

BJC HEALTHCARE

I Choose BJC Because . . .



Christian Hospital and Northwest HealthCare are proud members of BJC HealthCare. A recent campaign launched by BJC centers around the theme “Choose Better Medicine.”

While this concept of “choice” is rooted in the extraordinary care we provide the communities we serve, it’s also an internal message for us — that highlights why our employees are proud to work for a world-class health care provider. To see more Christian Hospital team members who choose BJC, visit facebook.com/ChristianHospital.



Spine Surgeon
Christian Hospital
Orthopedic &
Spine Surgeons

Ravindra V. Shitut, MD

A spine surgeon with nearly 30 years of experience, Dr. Ravindra Shitut joined Christian Hospital Orthopedic and Spine Surgeons about three years ago. He is board-certified in spine surgery as well as orthopedic surgery, and specializes in innovative minimally invasive spine surgeries and motion preservation techniques.

Dr. Shitut surgically treats a variety of adult conditions that include spinal stenosis, lower back pain, lumbar/herniated discs, sciatica, scoliosis, kyphosis and fractures. “Many times, conditions can be treated medically, but when surgery is needed, we really do change people’s lives. Sometimes it’s a simple improvement in mobility, but that’s an incredibly rewarding thing to offer a patient,” says Dr. Shitut.

While Dr. Shitut treats adults of all ages, he says that people 65 and older often see the greatest benefits from spinal surgery. This is particularly true for patients suffering from spinal stenosis, a condition where the spine has a small slippage. He often uses a procedure that compresses and stabilizes the problem, which can make a dramatic impact on a patient’s mobility and pain.

Dr. Shitut, originally from India, has lived in St. Louis with his family since 1982. When he’s not helping his patients, he’s actively involved in several community activities, most notably with the Jane Doe Advocacy Center, an organization that provides legal representation for abused women and children. His daughter sits on its Board of Directors.

[Christian Hospital Orthopedic and Spine Surgeons are located on the campus of Christian Hospital in Professional Building #2, Suite 301. To schedule an appointment with Dr. Shitut or another orthopedic surgeon, call 314.953.8250](#)

RENOVATIONS

Christian Hospital and Northwest HealthCare want you and your family to have an Extraordinary Experience while you’re here. As part of that commitment, we have some exciting renovations planned or underway:

- Construction on an expanded GI Lab is expected to begin in January 2016
- Modernization of several patient floors is ongoing
- New radiation oncology linear accelerators to be acquired
- Elevator and plumbing riser upgrades will be completed in February
- Evaluation of Christian Hospital exterior, with goal of enhancing appearance

Foundation News

Save the Dates for the 2016 Christian Hospital Foundation Events



MONDAY, MAY 16

NORWOOD HILLS
COUNTRY CLUB

1 Norwood Hills Country Club Dr.
St. Louis, MO 63121



THURSDAY, NOVEMBER 3

CHRISTIAN HOSPITAL

Paul F. Detrick Building
Atrium Room
11133 Dunn Road
St. Louis, MO 63136

For more information, to register online, or to learn about sponsorship opportunities, visit ChristianHospital.org/golf, call 314.653.5162 or email chfoundation@bjc.org.



The Christian Hospital Foundation creates opportunities for individuals and organizations to provide vital support that directly improves the health and wellness of our community. We support efforts such as patient care, advanced medicine and technology, community benefit programs and staff education.



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Christian Hospital: 314.653.5000
Northwest HealthCare: 314.953.6000

For a complete listing of events,
health & wellness tips and more,
visit ChristianHospital.org



Find a Physician & More

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If you need a physician or need to make a change, just give us a call and speak to one of our physician referral experts. In addition to providing detailed information about any of our physicians, they can also make an appointment for you during your call.

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