

Health Page



Say No to Co-sleeping

While experts say you can protect your baby from sudden infant death syndrome (SIDS) by sleeping in the same room with them, you should not sleep in the same bed. The American Academy of Pediatrics recommends you use a separate bed for the baby or a bassinet that attaches to your bed.

"In the Cape Girardeau area, we have seen an increase in infant suffocation deaths over the past couple of years," says **Alan R. Barnette, MD, FAAP,**



Alan R. Barnette, MD, FAAP

neonatologist at Saint Francis Medical Center. "Many of these deaths have been due to a parent rolling over onto a child. It is important that parents do not sleep overnight with their babies, but it is especially important that they do not fall asleep on the couch with their babies. We know that all parents of newborns are exhausted, but when you fall asleep with your baby, that is not a safe environment."

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



Women: Get Screened for Cervical Cancer

All women should begin receiving Pap smears at 21 years of age. A Pap smear is a screening test for cervical cancer, which means that while doctors cannot use it to diagnose cancer, they can use it to determine whether follow-up tests are needed. After an abnormal Pap smear, a woman should undergo a more specific diagnostic test — a colposcopy.

"A colposcopy is similar to a Pap smear, but it is a more detailed examination," says **Sara A. Meyer, MD,** obstetrician and gynecologist at Saint Francis Medical Center.



Sara A. Meyer, MD

"We insert a speculum in a woman's vagina and coat the cervix with vinegar, which highlights any abnormal-appearing cells when viewed through a magnifying lens. If we see any abnormal cells, we take a biopsy and send those cells to a pathologist, who makes the final diagnosis."

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



Medicine to the Highest Power

211 Saint Francis Drive • Cape Girardeau, MO 63703
573-331-3000 • www.sfmc.net



"Healthy employees are happy employees," goes the old adage. But what about their employers – what makes them happy? What gives them peace of mind?

Most employers cite high productivity and profitability, high efficiency and low turnover, and a satisfied and safe workforce among their wants and needs. For those businesses looking to ensure employee health and safety, a partnership with Saint Francis Medical Center's Services to Business program can help.

The goal of the partnership is to create solutions that reduce the frequency and seriousness of injuries and time lost from work. In other words, the Services to Business program can improve and sustain the health – if not the happiness – of employers and employees alike, and even improve a company's bottom line.



Dennis J. Straubinger, DO, MPH, MRO

"It is essential for today's businesses to provide a healthy and safe working environment for their employees," says **Dennis J. Straubinger, DO, MPH, MRO,** occupational medicine physician at Saint Francis. "Not only does Saint Francis' Services to Business program keep employees feeling well, it also helps personnel feel good about where they work."

"Businesses benefit, too," continues Straubinger. "With less time lost from work due to sickness and injury, employees are more productive. Plus, by making the workplace safer and healthier, companies can help control the rising cost of workers' compensation and medical treatment services. That's why Services to Business is truly a win-win solution for businesses and their employees."

This flexible, comprehensive and fully integrated occupational medicine program takes an educational approach to health and safety. For businesses both large and small, Services to Business offers a full spectrum of screenings, seminars and services to prevent and manage injury and illness.

From pre-employment drug testing to ongoing, on-site health and wellness fairs, the expert team at Services to Business is highly trained and experienced in a wide array of occupational safety and health issues.

Other services offered to businesses through the program include physical exams, immunizations, job site analysis, ergonomic evaluations, vision screenings, smoking cessation programs, safety training, injury prevention clinics, wellness assessments and more.

At outpatient clinics – including Immediate Convenient Care in Perryville – physicians can diagnose and treat all types of workers' compensation and other work-related injuries such as tendonitis, neck and back injuries, burns and infections. Immediate Convenient Care is located at 1508 N. Edgemont Blvd. in Perryville.

For more information, visit www.sfmc.net or call Saint Francis Services to Business at 573-331-5563.



Don't Shrug Off Shoulder Replacement

When shoulder pain begins to interfere with everyday life, patients may consider a total shoulder replacement.

"For some people with arthritis or a shoulder injury, it may be difficult to get dressed, eat, or lift their children or grandchildren," says **R. August Ritter III, MD,** orthopedic surgeon at Saint Francis Medical Center. "The goal of a total shoulder replacement is to relieve the pain and provide a more stable shoulder that allows the person to achieve higher levels of activity."



R. August Ritter III, MD

The latest shoulder replacement techniques are more sophisticated than those used in the past and typically last longer. The Center for Joint Replacement at Saint Francis is one of the best such institutions in the country. By using innovative technology and employing a team of expert surgeons and staff, Saint Francis helps provide patients with the best outcomes and quick recovery times.

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



Spinal Fusion Eases Pain

Patients who have suffered severe back pain accompanied by numbness in the extremities may be candidates for spinal fusion surgery. The procedure is usually a last resort for patients who have not found relief through medications and physical therapy.

"Between each vertebra in your spine, there is a cushion-like structure called a disc," says **Franklin Hayward II, DO,** neurosurgeon at Saint Francis Medical Center. "When that disc wears out, it can collapse, which compresses the nerves. That can be extremely painful. During a spinal fusion, we remove the worn-out disc and replace it with extra bone held in place by rods and screws. Then we fuse the vertebrae above and below the space where the worn-out disc had been, thus eliminating the motion between the vertebrae."



Franklin Hayward II, DO

"The main objective of the surgery is to decompress the nerves and relieve the patient's pain," continues Hayward.

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

 FOLLOW SAINT FRANCIS ON **FACEBOOK AND TWITTER!**

 You can now get up-to-the-minute details of news and events at Saint Francis Medical Center by following us on Facebook (**Saint Francis Medical Center**) and Twitter (**@saintfrancismc**).