



## QUICK ACTION MAKES THE DIFFERENCE

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**Missouri Baptist**  
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# HEART FAIR

**Saturday, Feb. 24, 2018**  
**8:30 a.m. - 1:30 p.m.**

Missouri Baptist Medical Center  
3015 N. Ballas Rd., North Entry Building D

This program is **FREE**, but  
advanced registration is recommended.

Join **Missouri Baptist** for pathways of prevention, treatment and on-going care of Heart Disease, Stroke and Diabetes.

## Free Health Screenings

- Blood Pressure
- Cholesterol
- Glucose
- BMI
- Body Composition

## Live Cooking Demonstrations

With heart-healthy samples from our partners at Dierbergs

## Exercise Classes

Yoga and Tai Chi workshops provided by MoBap Therapy Services and our partners at OASIS

## Blood Donation Drive

To benefit the American Red Cross

***Pre-Register Today***

Call **314-996-LIFE** or visit **Missouri Baptist.org/HeartFair** to register and reserve a screening time.

## Physician Lectures

**9 a.m.**

In Case of Emergency:  
Call 9-1-1

**11 a.m.**

At MoBap: Timely Treatment  
and Compassionate Care

**11:45 a.m.**

Ready for Home: Rehab and  
the New You

## Activities for Families

### STEM STATIONS

Medical science in action

### INTERACTIVE EXHIBITS

Visit and view giant heart and  
brain displays

### SUPPORT DOGS

Experience the calming  
benefits of therapy pets from  
Support Dogs, Inc.

**AND MORE...**

**Heart Center**

*at*



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# Classes and Screenings



## HEALTH SCREENINGS AT DIERBERGS

Cardiologists recommend that you monitor your cholesterol and glucose levels, and blood pressure on a regular basis. To make it easy, Missouri Baptist will provide FREE screenings along with a FREE health risk assessment in the pharmacy department at your neighborhood Dierbergs Markets. No fasting required. *Walk-ins only - no appointment needed.*



The Missouri Baptist Breast HealthCare Center Mobile Mammography Van will be present at select screenings. Registration is required for mammography screenings. To schedule an appointment, call 314-996-5170 or 800-870-5731.

### Dierbergs Lemay Plaza

2516 Lemay Ferry Road  
January 17  
Screenings: 10 a.m.–2 p.m.  
Mammography: 9 a.m.–3 p.m.

### Dierbergs Clarkson/Clayton

1322 Clarkson Clayton Center  
March 6  
Screenings: 3–7 p.m.

### Dierbergs Heritage Place

12595 Olive Boulevard  
February 1  
Screenings: 9 a.m.–3 p.m.  
Mammography: 9 a.m.–3 p.m.

FOR MORE INFORMATION VISIT:

[MISSOURIBAPTIST.ORG/  
KNOWYOURNUMBERS](http://MISSOURIBAPTIST.ORG/KNOWYOURNUMBERS)



## COOKING CLASSES AT DIERBERGS

Missouri Baptist is proud to partner with Dierbergs for the *Eat. Live. Well* series, providing classes to help you discover great food that you can feel good about. Led by Dierberg's Trish Farano, NDTR, in partnership with MoBap Dietitians.

### SOUP-er Bowl for two or a few

Love homemade soup but don't need enough to feed an army? We've got you covered right here.

Italian Vegetable Soup • 45-Minute Beef Stew for Two • Beer Braised Chili • Chicken, Corn & Potato Chowder • Spinach Salad with Orange Vinaigrette • Individual Apple Crisps

Dierbergs Southroads • Thursday, February 1 • 11 a.m. - 1 p.m.

Visit [MissouriBaptist.org/CookingClasses](http://MissouriBaptist.org/CookingClasses) for more information.





## MOBILE MAMMOGRAPHY VAN SERVICES

Can't make it to the Breast HealthCare Center? Our Mobile Mammography Van is coming to your neighborhood. In addition to the health screenings on page four, other locations are listed below. Schedule is subject to change without notice.

### **Dierbergs Florissant**

222 North Highway 67

January 31 • 8:45 a.m.–3 p.m.

### **Youth In Need @ Spencer Library**

427 Spencer Rd.

February 23 • 8:45 a.m.–3 p.m.

### **Farmington School District**

Farmington Senior High.

February 16 • 8 a.m.–2:30 p.m.

### **Salem Memorial District Hospital**

35629 Highway 72

October 30 • 9 a.m.–2 p.m.

*Please check with your insurance provider to verify your benefits and eligibility. To schedule an appointment, call 314-996-5170 or 800-870-5731.*

Visit [MissouriBaptist.org/MammVan](https://MissouriBaptist.org/MammVan) for additional locations.



## OASIS PROGRAMS

BJC HealthCare supports OASIS, an organization that creates educational programs to promote healthy living for adults age 50 and older. Locations vary.

### **Stress Elimination**

Oak Bend Branch Library

Tuesday, January 30 • 1–3 p.m.

### **Living a Healthy Life with Chronic Conditions** (7 sessions)

Oak Bend Branch Library

Tuesdays, February 13–March 27  
1–3 p.m.

### **Medication Navigation: What's New in Diabetes Management**

Daniel Boone Branch Library

Thursday, February 22 • 1–3 p.m.

### **Better Choices, Better Health–Diabetes**

Kirkwood Community Center

Fridays, March 9–April 27  
10 a.m.–noon

### **Aging in Place While Aging with Grace**

Daniel Boone Branch Library

Tuesday, March 6 • 10 a.m.–noon

### **A Matter of Balance**

Grant's View Branch Library

Thursdays, March 1–April 19  
10 a.m.–noon

### **Osteoporosis Dos and Don'ts**

Jewish Community Center

Wednesday, March 21 • 1–3 p.m.

Visit [MissouriBaptist.org/ClassesEvents](https://MissouriBaptist.org/ClassesEvents) for details.

## WHEN A HEART ATTACK HAPPENS

# EARLY INTERVENTION MAKES THE DIFFERENCE

Melissa Ham's voice is still a little shaky when she recalls being told that her husband, Chris, had little more than a 25 percent chance of surviving the heart attack that occurred at their home on July 13, 2016.

Today, a little more than a year and a half later, her husband of 20 years, father of their four children and grandfather of their three grandchildren, says he feels like a "million bucks" thanks to his wife's quick thinking and the heart team at Missouri Baptist Medical Center.

It all began in the early evening when Chris Ham, 47, had decided to cut up a tree limb that had fallen on his truck after a summer thunderstorm had hit their home in St. Peters.

"I don't remember anything from that day, not even starting the chainsaw," Chris says. "My son found me lying next to the truck and ran in to get his mom. They called 9-1-1 from our home phone, and a neighbor called from their cell phone."

Melissa immediately began CPR, something she'd trained for in the past, and continued chest compressions on Chris until firefighters arrived and took over with a defibrillator. An ambulance then rushed him to Barnes-Jewish St. Peter's Hospital, the closest local hospital.

While there, he began experiencing pulmonary edema, a condition where his lungs filled with fluid due to severe heart failure. Because his heart was failing and the hospital was unsure of his neurological status after his cardiac arrest, his body temperature was lowered as part of a protocol to enhance brain recovery in the ICU.

As part of a heart care collaboration between Barnes-Jewish St. Peter's, St. Charles County

first responders, and Missouri Baptist, physicians at St. Peter's consulted with the heart experts at Missouri Baptist to determine the next steps in Chris' care. He was taken to the cardiac cath lab, where the team diagnosed coronary disease and severe heart failure.

### LIFESAVING MEASURES

The care team then decided to transfer Chris to Missouri Baptist for more extensive measures unavailable at many more rural hospitals.

"While he was in the ambulance, we got the call that his lungs were filling up with more fluid and they were having a difficult time getting oxygen into his lungs, even with a ventilator," cardiothoracic surgeon Michael Mauney, MD, said. "We told them to bring him straight to the operating room."

"Chris underwent a two-vessel bypass, but despite the increased blood flow he had round after round of arrhythmias, and was shocked more than 50 times at the end of the operation until we finally got his rhythm under control," Dr. Mauney says.

Dr. Mauney told Melissa that Chris had a 1-in-3 chance of surviving. Even if he survived, there was the uncertainty of how his brain would recover from the initial arrest.

"I can't say enough about Dr. Mauney, who explained everything to us and made sure we understood what to expect. I was overwhelmed by everything, but the nurses



and staff were great. They made sure Chris was comfortable, and no one ever gave up on him,” Melissa says. “We had been told before coming to Missouri Baptist that Chris was a ticking time bomb, but they made all the difference and saved his life.”

“The bomb went off for Chris when he had his heart attack. Once you are on such a high level of life support, you have such a mountain to climb to recover,” Dr. Mauney says. “Each hurdle we said he had to clear, he cleared.”

### **CPR WAS CRITICAL**

Without the CPR performed by Melissa, Dr. Mauney is not sure Chris would have survived or even made it to Missouri Baptist.

“She saved his life as much as anybody for recognizing it and doing effective CPR, which circulated enough blood that still had oxygen in it to keep his brain alive,” he says. “Had she stood by and waited for EMS, he would have been brain dead by the next day. You can be impressed by all the bells and

whistles of emergency surgery, but CPR was really the most important first step in this.”

### **PROGNOSIS GOOD**

After three weeks at Missouri Baptist, Chris went home on Aug. 8, 2016.

Today, he exercises more, eats healthier and doesn’t smoke. He left his job as a mechanic, where he was exposed to too many chemicals, he says, and now works for the St. Charles School District.

“I know I am very lucky and so grateful for everything and everyone,” he says.

“We did a lot of praying,” Melissa adds. “Everything changed when we got to Missouri Baptist. I don’t think Chris would have survived without everyone there.”

The BJC HealthCare family of hospitals allows patients, like Chris, to access a higher level of comprehensive, coordinated heart care. Whether in an emergency situation or through a referral, our heart care team works together to provide seamless care so you can focus on getting well.



# Missouri Baptist HEART FAIR

## AN UNEXPECTED DIAGNOSIS



When Deborah Quesenberry attended the Missouri Baptist Heart Fair last year, she wasn't expecting to have a diagnosis of a serious health problem.

Taking care of other people is second nature for Deborah Quesenberry. As a community outreach worker for the Salvation Army, she helps others manage their health every day. Like most caretakers, she also understands the importance of self-care. However, subtle changes in her system, like feeling tired or thirsty all the time and losing a little weight, went unnoticed.

Deborah first heard about the annual Heart Fair last February. The event offers free

screenings for blood sugar, blood pressure, body composition and cholesterol provided by qualified MoBap Community Education nurses. Deborah decided to enjoy the fun of the cooking demonstrations and access the free health screenings.

### KNOW YOUR NUMBERS

The first screening showed Deborah's body mass index (BMI) was in the normal range, which was encouraging. During the next



screening for her blood sugar levels, the nurses pricked different fingers to try to get an accurate blood glucose reading. “I was dehydrated but I felt fine,” Deborah said. The outcome was not something she was expecting.

It turned out that Deborah’s blood sugar was so high it was above the upper range of the machine, and they could not get a reading. The glucose reading was so high, staff was concerned Deborah was at risk for a serious complication such as diabetic ketoacidosis, which can lead to coma.

“It’s a scary thing. Everyone was so concerned and I thought ‘there’s no way this could happen.’ I don’t eat junk food. I’m not overweight and diabetes doesn’t run in my family,” Deborah said. The nurses talking with Deborah were so concerned that they took her directly to the Emergency Room (ER) where she received fluids for dehydration and insulin to lower her blood sugar. She was subsequently diagnosed with Type 2 diabetes.

“Some members of the community come to our Heart Fair every year,” said Jane Kozlowski, RN, BSN, a lead nurse in the Community Education department at MoBap. “Many come for the screenings just to see how they are doing, to check if a diet, exercise, or medication change has made a difference, or as a preview before their upcoming doctor’s appointment. If we have a result that’s concerning, we will refer the person to the ER or to urgent care.”

### IN THE COMMUNITY

In 2017, the MoBap Community Education team conducted eleven health screening events, including the annual Heart Fair, and reached about 900 people.

The team also provides a follow-up service for those identified at health screenings as being at high risk for heart disease. A Registered Nurse from the Community Education team reaches out to these individuals at four points over the course of the following year to help them navigate a road to lower risk.

Conversations focus on health management and lifestyle changes, as well as connecting individuals to resources like a physician. Nurses also invite them back to get rescreened at upcoming events like monthly Dierbergs screenings.

“We referred Deborah to a nutritionist and have followed-up to see if there were other resources she needed. Most importantly, we wanted to make sure she was feeling better and her health was improving,” Jane added.

### HEALTHY CHOICES

Since being diagnosed with Type 2 diabetes, Deborah has learned how to administer her insulin, and the nutritionist she was connected with has helped her better understand the role of food choices in managing her symptoms. “I have three meals a day with 45 grams of carbs at each meal, and two snacks with 15 grams of carbs each. I had no idea what that looked like,” Deborah said. “[The nutritionist] showed me what serving sizes look like and where there are hidden carbs, like in fruit. I didn’t know that.”

They also talked about the importance of exercise in managing diabetes. Deborah was active in sports, but before her diagnosis she didn’t have any energy and just walking had become a chore. “Now that I’m on insulin, I have more energy. I play pickle ball three times a week,” Deborah said.

With regular exercise, proper insulin management and a couple of tweaks in her diet, Deborah was able to lower her A1C level from 17 in February to just over 5 in just six months. A1C estimates a person’s average blood sugar levels over a 2 to 3-month span. Normal range is less than 5.7% with values over 6.5% indicating diabetes. Values over 7.5% indicate increased risk of complications.

“The nurses at MoBap check on me regularly,” Deborah said. “MoBap has such a wonderful focus on diabetes. I’m so thankful for the Heart Fair.”

# MoBap in the Community

## COMING EVENTS

### Ninth Annual Living Fit Expo

January 27, 2018 • 10 a.m.-3 p.m. • Plaza Frontenac.

Join MoBap at The Living Fit Expo on January 28 from 10 a.m. - 3 p.m. at Plaza Frontenac for 50 vendor booths, keynote speakers and fashion show. Presentations begin at 11 a.m. Fashion show and giveaways at 1 p.m. Admission is free.

## Our World. Made Better.

### A Night in Bali Hai • Sept. 19



Nearly 300 guests enjoyed a Polynesian themed fundraiser event, "A Night in Bali Hai," presented by the Missouri Baptist Healthcare Foundation. The event helped raise money for a new mobile mammography van that will feature 3D imaging technology.

### Cancer Survivor Celebration • Oct. 10



Thank you to everyone who was able to join us for our Cancer Survivorship celebration with artwork, music, and words of inspiration.

### MS Breakthroughs • Nov. 14



Having just returned from the largest annual global conference on MS, Barry Singer, MD, and Mark Tullman, MD, neurologists specializing in multiple sclerosis, updated the community on the latest MS research and treatments.





## Recipe for Your Health

### STIR-FRIED CAULIFLOWER RICE



#### TO MAKE RICED CAULIFLOWER

Cut cauliflower in florets. Fit food processor with steel knife blade; place cauliflower into processor in batches and pulse until cauliflower pieces are rice-sized. Set aside 4 cups for recipe and store remaining in refrigerator for up to 4 days or freeze.

#### STIR-FRY INSTRUCTIONS

Add canola oil to a wok or non-stick skillet; over medium high heat add onion, carrots, pepper and cook 4-5 minutes. Add edamame and cook through, then add cauliflower and cook another 4-5 minutes. Cauliflower rice should still be firm, not mushy. Make a well in center of pot and put eggs into the well, stirring until cooked through then mix egg into the vegetables. In a small bowl combine soy sauce and sesame

- 1 TEASPOON CANOLA OIL**
- 4 CUPS RICED CAULIFLOWER (SEE INSTRUCTIONS)**
- 1/2 CUP CHOPPED ONION**
- 2 CARROTS, CHOPPED**
- 1 RED BELL PEPPER, CHOPPED**
- 1 CUP SHELLD EDAMAME, THAWED**
- 2 EGGS**
- 2 TABLESPOONS LOW SODIUM SOY SAUCE**
- 1 TABLESPOON SESAME OIL**

oil and whisk, pour into vegetable mixture; toss to coat.

Makes 4 servings. Per serving: 178 calories, 8 g Fat, 1.8 g Saturated Fat, 93 mg Cholesterol, 389 mg Sodium, 17 g Carbohydrate, 5.6 g Dietary Fiber, 11.2 g Protein

Our mission is to improve the  
health of the people and  
communities we serve.



**Missouri Baptist**  
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## Contact Us

### Missouri Baptist Medical Center

3015 North Ballas Road  
St. Louis, Missouri 63131  
[MissouriBaptist.org](http://MissouriBaptist.org)  
(314) 996-5000

### Find a Doctor or

### Make an Appointment

For a referral to a Missouri Baptist Medical Center provider,  
call (314) 996-LIFE (5433),  
or toll-free at (800) 392-0936.

### Did You Know?

MoBap has an Outpatient Center in Sunset Hills, which offers imaging services, mammograms, an infusion center and dozens of specialists.

3844 S. Lindbergh Boulevard

(314) 525-0500

[MissouriBaptist.org/OutpatientCenter](http://MissouriBaptist.org/OutpatientCenter)

Find us on



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Lláme al 314-568-6682 (TTY: 1-800-735-2966).

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