Making the
TRANSITION
from pediatrician to
family physician

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Don’t wait until you’re sick to see the doctor

Christopher Bowe, M.D.

Dear members of the St. Anthony’s Community,

At our medical center, physicians are the backbone of all that we do. To truly understand health care, we must first understand the critical bond between our patients and our physicians.

In addition to serving in the Office of the President and as president of St. Anthony’s Physician Organization (SAPO), I’ve practiced as a primary care physician for more than 30 years. Throughout the years, I’ve worked to build an atmosphere of trust with my patients, who come to me for a common-sense, best-practice approach to health care.

We live in a busy world. Parents often are diligent about making sure their children receive their annual check-ups, but forget their own. Adult children will take their elderly parents to a specialist appointment, but ignore their own overdue colonoscopies.

It’s easy to think “I’m not sick – I don’t need to go to the doctor.” But that couldn’t be further from the truth. Having a relationship with a primary care physician is important, no matter what your age. This issue of Your Health Today explores some of the reasons why everyone should have a primary care physician and an annual health exam.

We are extremely proud of the talents and skills of the outstanding physicians who choose to call St. Anthony’s their hospital. With more than 750 physicians on our medical staff, some of the finest physicians in the entire St. Louis area are on staff, right here in South County. If you don’t have a primary care physician, I encourage you to call our Health Access Line at 314-ANTHONY (268-4669) today. Some of our physicians offer same-day and next-day appointments for your convenience.

At the new St. Anthony’s, your long-term health is our goal. We look forward to serving you.

Sincerely,

Christopher Bowe, M.D.
Office of the President
President, St. Anthony’s Physician Organization
Women diagnosed with breast cancer are less likely to meet levels of physical activity linked with longer survival and better quality of life, researchers reported last summer in the journal *Cancer*. Researchers from the University of North Carolina at Chapel Hill found that 59 percent reported getting less exercise six months after their diagnosis.

On average, women reduced their weekly level of activity by about five minutes of brisk walking. American guides for physical activity suggest at least 150 minutes of moderate exercise or 75 minutes of rigorous exercise each week to achieve health benefits and prevent or manage chronic health problems.

Womenshealth.gov

### Waking at night? Here’s help

There’s nothing more aggravating than waking in the middle of the night, and being unable to fall back asleep. **Tom Mayer**, Registered Polysomnographic Technologist (RPSGT) at St. Anthony’s Sleep Disorders Center, offers this advice:

**Get out of bed.** Staying in bed while awake and thinking about one’s sleeplessness promotes more wakefulness, in most cases.

**Limit the light, and the electronics.** Reading the old-fashioned way tires the eyes and long has been a favorite distraction from insomnia. But the computer and the new electronic reading devices can give off a type of light that stimulates wakefulness. Television is another favorite, but again, the light that comes from the TV can be counter-productive.

**Use sleep aids with caution.** Prescription sleep meds should be monitored carefully by a physician, as there are underlying causes for some issues of poor sleep that can be worsened if sleep is forced through the use of medication. Over-the-counter remedies are usually safe, but should be used according to label directions.

Mayer cautions that if wakefulness is a nightly issue that occurs every 1.5 to 2 hours during the night, it can be a sign of more serious issues that require medical attention. For more information, call 314-ANTHONY (268-4669).

### Eating well may beat Alzheimer’s

Eating right helps us to stay healthier. Now, research indicates it can help reduce our chances of developing Alzheimer’s Disease.

A researcher at Rhode Island Hospital recently found a critical link between Americans’ modern diet, characterized by processed “convenience” foods, and the disease. Americans are ingesting more nitrates and nitrites, used as food additives; and are ingesting more calories, high-fat foods and sugars, leading to fatty liver disease. To counteract this trend, consumers should fill their shopping carts with fresh, wholesome foods; avoid meats and cheeses that are processed, smoked or preserved; and avoid high-sugar foods such as white bread, pasta and rice. In addition, a separate study published recently in the journal *Alzheimer’s & Dementia* found that taking fish oil supplements daily is associated with a significant decrease in cognitive decline.
Longtime south St. Louisan Rose Marie Flynn spent her life caring for others. Recently, the tables were turned when Rose Marie received care at deGreeff Hospice House for three months during her valiant battle against ovarian cancer. She died July 19.

“The nurses were just angels, and it was a really comforting experience for her and our family – deGreeff is one of the greatest things going,” said Rose Marie’s son, Larry Flynn.

This year, deGreeff celebrates its 15th year of providing comforting care to many terminally ill individuals. To celebrate these lives, hospice families, staff, supporters and community leaders attended a 15th anniversary celebration and candlelight memorial walk on Sept. 25 at the hospice house. Family members of former hospice patients decorated candles in memory of their loved ones, and participated in a candlelight walk, blessing and service.

“No one is turned away during their time of need from the deGreeff Hospice House,” said Patricia M. Ranzini, Executive Director of St. Anthony’s Charitable Foundation.

“I am lucky that I get to hear about the wonderful care patients receive when they need it most. Since I have been at St. Anthony’s I have heard many families sing the praises of the staff that serve patients at deGreeff.”

During the fiscal year ending in June, St. Anthony’s provided more than $10 million in charity care to more than 2,200 patients who could not afford the costs. To ensure that we provide care to those who need it most, St. Anthony’s Charitable Foundation donated $689,000 in 2014 to provide charity care at areas of St. Anthony’s where the need is greatest, including hospice care. The Charitable Foundation also contributed $105,000 in local grants to support non-profit, health-related organizations in our region.

“Providing care to those most in need is what makes St. Anthony’s truly a community hospital,” said Joe Lipic, Chairman of the Charitable Foundation.
Scott Kremmel enjoys staying busy. He’s also interested in a health care career: he’s a junior at the University of Missouri-Columbia, majoring in respiratory therapy.

Last summer, in between his other summer jobs as a lifeguard at his neighborhood pool and delivering pizzas for a local restaurant, Kremmel invested his time to help others in St. Anthony’s Same-Day Surgery department, and came away with real-life experience in a health care setting. He cleaned beds, helped patients with leg compression devices and other needs, restocked galleys and patient rooms, or delivering wheelchairs to the lobby.

“I knew I couldn’t sit behind a desk for nine hours—I’ve always been better with hands-on things,” said Kremmel, 22. “I’ve always wanted to help people and make their lives a little easier.”

Kremmel was among more than 50 high school and college students from the St. Louis area who served departments throughout St. Anthony’s last summer, largely in areas with patient contact.

Many, like Kremmel, aspire to careers in the healthcare field.

“We are grateful to these young people for giving so generously of themselves during their summer breaks,” said Volunteer Coordinator Mary Jo Wich. “Their volunteer efforts truly contribute to the quality of care we provide, and it is obvious that their very presence at the medical center does a lot to lift the spirits of our patients.”

DID YOU KNOW?
Last year, volunteers provided 45,457 hours of service to St. Anthony’s.
Soon or later, all pediatric patients will become uncomfortable in a waiting room filled with children and outgrow the practice. So when should parents transition their children from their childhood doctor to an internal medicine or family medicine physician?

“The short answer is, anytime,” said Andrea Otto, M.D., a family medicine specialist with St. Anthony’s at Kirkwood Family Medicine.

While many pediatric patients transition between the ages of 11 and 16, Dr. Otto encourages some patients to consider staying with their pediatricians longer, especially if they have complex medical issues or significant developmental delays. When they do transition, it’s important to allow sufficient time for the child to get to know the new doctor.

“Establishing a patient/physician relationship early on really makes a difference,” Dr. Otto said. “The last thing you want is an adolescent patient who doesn’t feel comfortable talking to his or her physician about typical teenage issues.”
Some families avoid the pediatric transition altogether by opting to see the same physician, a family medicine specialist such as Dr. Otto, who sees patients of all ages. Pediatricians and family medicine physicians undergo the same medical school training. During their three-year residencies, pediatricians focus on pediatric patients, while family medicine specialists focus on the entire life spectrum.

“Pediatricians have additional specific training to take on very complex pediatric issues” Dr. Otto said. “But for children with the ordinary childhood concerns such as routine checkups, rashes and ear infections, don’t overlook family medicine physicians, I think there is the opportunity to get more well-rounded medical care when the physician knows and treats the whole family.”

Ira Becton of Webster Groves has been seeing Dr. Otto for two years. His wife of five years, Julianna, has been a patient of Dr. Otto for one year; and their son, Ari, became a patient after he was born 18 months ago.

“The entire staff at Kirkwood knows us,” said Ira, 41, a talent acquisition manager for a local advertising company. “It was such an easy fit: my husband was looking for a primary care doctor, and found Dr. Otto,” said Julianna, 35, an information technology analyst for a local university. “She’s just so warm and friendly, and the office environment is very calm: I like places that are quieter and have less of a wait time. Ari hasn’t had any abnormal medical issues, but I am confident if something were to arise, Dr. Otto would arm us with the information we would need to address these concerns.”

“Not only is it convenient, it almost hearkens back to the days of the family doctor visiting your home.

“Ari is multi-racial, and there are certain things from a genetic standpoint that we need to be aware of,” Ira Becton added. “Dr. Otto is very thorough and understanding of each stage of Ari’s life: she helps us to understand what we need to do as parents, not just from an acute sickness point of view but from a prevention and an education standpoint.”

“Establishing a patient/physician relationship early on really makes a difference.”

Let us help you find a physician — some offer same-day and next-day appointments — and schedule an appointment in one call.

Call 314-ANTHONY (268-4669)
“Men tend to hold things in, to not discuss personal matters,” said Adam Fitzgerald, M.D., of St. Anthony’s at Southfield Family Medicine. “Anytime a man asks for help, whether with directions or cholesterol, it’s seen as a sign of weakness, of not being manly.”

But it’s important for people to regularly take care of their health, even if they feel pretty healthy, Dr. Fitzgerald recommends. Here’s why:

Early interventions yield the best outcomes, though here is no ‘one size fits all’ for screenings. The U.S. Preventative Services Task Force, for example, says there is no single, clear prostate cancer screening practice that benefits a broad group of patients. “That underscores the importance of having a healthcare provider help each patient navigate the healthcare system and make the best choices for themselves,” said Dr. Fitzgerald, who personally recommends prostate screenings for men age 50 and over, based on their family history and symptoms. “It’s important to have a candid conversation with your physician.”

MAN UP!

Screenings men should know about*

Prostate cancer: Prostate-specific antigen (PSA) screening for men ages 50 to 75, based on symptoms and family history.

Lung cancer: Screening with low-dose computed tomography for men age 55 to 80 who have a 30 pack/year smoking history and currently smoke or have quit within the past 15 years.

Blood pressure: screenings for adults age 18 and older.

Heart disease and stroke: Cardiovascular disease screenings for lipid disorders (cholesterol, lipoprotein, triglycerides and lipid panel) for men age 35 and older, women age 45 and older. For both men and women at increased risk for coronary heart disease, screenings beginning at age 20.

Diabetes: screening for type 2 diabetes in asymptomatic adults under age 45 who are overweight, and/or have sustained elevated blood pressure, and/or have a family history of diabetes.

Colon cancer: colonoscopy screenings for men and women ages 50 to 75.
Men and women have different reasons for not making regular visits to their primary care physicians, say St. Anthony’s doctors Adam Fitzgerald, M.D., and Christine Hoffner-Owens, D.O.

**Women are born caregivers.**

In this hectic world, typically they put themselves last on the list to receive care, said Christine Hoffner-Owens, D.O., an Internal Medicine specialist at St. Anthony’s at Southwest Medical Center.

“A lot of women who come in haven’t seen a doctor in years, and they come in feeling very guilty, thinking I’m going to beat them up,” she said. “No guilt—let’s start from today.”

Like Dr. Fitzgerald, Dr. Hoffner-Owens stresses the importance of screening and reducing risk factors for potentially deadly conditions such as heart disease, high blood pressure and cancers. She also strives to learn about the stressors and issues her female patients are facing.

“I try to work with them to prioritize issues and stress in their lives, identify risk factors and familial issues, and provide resources and support, whether in dealing with a learning-disabled child or helping an elderly parent with diabetes,” Dr. Hoffner-Owens said.

**LADIES FIRST**

*Screenings women should know about*

- **Mammograms:** The American Cancer Society recommends mammogram screening begin at 40 and continue annually.
- **Cervical cancer:** Pap smear screenings beginning at age 21, continuing every three years to age 29, then continuing every five years to age 65
- **Osteoporosis:** Bone density screenings beginning at age 65

*Recommendations will vary by patient, based on family history, symptoms and risk factors. Consult your physician.*

Click on *Your Health Today* to read their stories.
Phyllis Dees found her primary care physician literally by accident, years ago: after her young daughter, Debra, suffered a serious injury while riding her bicycle. Dees’ husband and father-in-law rushed Debra to an urgent care center in Fenton, where her injured leg tendon was treated by family practice specialist Alex Mammen, M.D. of South County. They returned for a follow-up visit, and Dees ended up switching Debra – now 38 – from her regular pediatrician to Dr. Mammen.

“I asked if he would start taking care of Deb, and now he’s taking care of my husband and me. And our grandchildren, when they visit,” recalled Dees, 61, of High Ridge.

Dees may have lucked out when finding her physician, but most people must do a little research. Dr. Mammen recommends talking first to friends or family members. Word of mouth endorsements can be spot-on. Or call a resource line, such as St. Anthony’s Health Access Line (314-ANTHONY). And don’t hesitate to research prospective physicians on online review sites, such as Yelp.com and Healthgrades.com.

Armed with names, call the offices and talk to the staff. A single phone call can provide a glimpse into whether the office staff is friendly and helpful. Ask plenty of questions.

The true deciding factor is an office visit, to gauge whether you are comfortable with the doctor, and whether you like his or her office manner.

“It’s a relationship, and all relationships need both sides to meet and agree on whether they’re compatible,” Dr. Mammen said.

Dr. Mammen celebrates his 25th anniversary this year, both of his practice in South County and his years on the staff of St. Anthony’s Medical Center. “I love what I do,” he said. “It’s very rewarding, emotionally.”
Warning signs:
When to see the doctor

Our daily lives are hectic, and it’s easy to put off going to the doctor. While there is no exact list of symptoms that should prompt you to make that appointment, Sarina Phatak, M.D., Internal Medicine physician at South County Comprehensive Care, offers these general guidelines:

**CHEST PAIN** is an obvious reason to seek medical attention. Often, however, subtle cardiac symptoms are mistaken for indigestion, being tired, or being out of shape. Check with your doctor if you have symptoms of chest pressure or if you are easily fatigued and short of breath with exertion.

**CHRONIC, DAILY HEADACHES** may be a sign of elevated blood pressure, migraines, or abnormalities within the brain structure itself. If you are taking pain relievers more than twice a week for a headache, see your doctor. If you experience the worst headache of your life, have sudden speech changes or weakness, or have fever with neck stiffness, seek immediate emergency medical attention.

**FLU SEASON IS APPROACHING.**
The common cold (sore throat, runny nose, cough and congestion) usually does not involve a high fever and often improves within a week. Influenza symptoms are more pronounced and include fever, headache, body aches, chills, sore throat and cough, and a feeling of fatigue that can last for one to two weeks afterwards. There also is a risk of developing pneumonia, especially in the young and elderly, and in those with underlying medical conditions. See your doctor if you have persistent or recurrent fever, a cough that doesn’t go away, or a painful sore throat. And get your flu shot!

The best reason to see your doctor is for a simple check-up: blood pressure checks, routine cancer screening, review of family history, lab screening, and nutrition and exercise suggestions, to name a few.

Early detection of medical problems is important to your general health and well-being, Dr. Phatak said. Benjamin Franklin said it best: “An ounce of prevention is worth a pound of cure.”
Does just thinking about Thanksgiving make you want to put on stretchy pants? Well, you might need them. According to research from the Calorie Control Council, on Thanksgiving the average American consumes more than 4,500 calories and an astonishing 229 grams of fat. And few of those 4,500 calories come from the turkey: it’s the sides that make us loosen our belts, notes Heidi McClintock, a registered and licensed dietitian at St. Anthony’s Medical Center.

Thanksgiving comes once a year, and we long for Grandma’s pumpkin pie and those buttery mashed potatoes and gravy. There is no reason to deprive yourself, McClintock says. A few small and smart changes to some of your Thanksgiving side dishes will cut calories and fat, while leaving all the flavor:

**THIS THANKSGIVING:**

**Stuff the bird, not**

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**Roasted Root Medley**

This recipe replaces the traditional sweet potato casserole with that scary layer of marshmallows on top. It has no butter or sugar, and is packed with vitamins, minerals and flavor because the vegetables are slow-roasted, which bring out their natural sweetness.

**INGREDIENTS**

- 2 medium yams, cut into one-inch chunks
- 4 medium carrots, cut into one-inch chunks
- 4 medium beets, cut into one-inch chunks
- 1 medium onion, peeled, cut into large wedges
- 2 tablespoons olive oil
- Salt to taste

**PREPARATION**

Preheat oven to 400° F. Combine yams, carrots, beets, onion, oil, and salt; mix well. Arrange vegetables in single layer on a baking sheet. Bake for 40 to 50 minutes, or until tender, turning once or twice.

**NUTRITIONAL INFORMATION PER SERVING (1/2 cup)**

- 100 calories
- 3 grams total fat
- 1 gram protein
- 10 grams carbohydrates
- 2.5 grams fiber
- 0 mg cholesterol
- 130 mg sodium

*Serves 8*
**Frozen Pumpkin Mousse Pie**

**INGREDIENTS**
- 8 ounces gingersnap cookies, broken (about 2 1/2 cups)
- 2 tablespoons vegetable oil
- 1/3 cup plus 2 tablespoons light brown sugar
- 1 cup canned pumpkin purée
- 1 teaspoon pure vanilla extract
- 3/4 teaspoon pumpkin pie spice
- 1 quart low-fat frozen vanilla yogurt, softened

**PREPARATION**
Preheat oven to 350 degrees F. Combine gingersnaps, oil, and 2 tablespoons brown sugar in a food processor/blender; pulse to form fine crumbs. Press the crumbs into the bottom and sides of a 9-inch pie plate. Bake until crust is set and golden brown, 10 to 15 minutes. Let cool completely.

Stir together pumpkin purée, vanilla, pumpkin pie spice and remaining 1/3 cup brown sugar until blended; stir in the frozen yogurt. Spread into the cooled pie crust and freeze until firm, about three hours. Wrap tightly in plastic to freeze up to one week.

30 minutes before serving, transfer the pie to the refrigerator to soften slightly. Top with fat-free, sugar-free Cool Whip if desired.

**NUTRITIONAL INFORMATION PER SERVING**
- 279 calories
- 8.5 grams total fat
- 2.7 grams saturated fat
- 7 grams protein
- 44 grams carbohydrates
- 1 gram fiber
- 43 mg cholesterol
- 158 mg sodium

Serves 12

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**For Heidi McClintock’s advice on smart holiday eating and additional healthy Thanksgiving recipes, visit st anthony's medcenter.com and click on Your Health Today.**

- Substitute whole-fat ingredients for low-fat or fat-free options. For example, use reduced-fat versions of cream of mushroom soup in your green bean casserole. Or, better yet, skip the casserole and serve roasted green beans.
- Choose healthier fats like cooking spray, canola oil and whipped butters.
- For skinnier, healthier stuffings, swap in multi-grain bread cubes and veggies such as water chestnuts, onions, carrots and celery. Substitute low-sodium chicken broth for most of the butter.
- Canned cranberry sauce is full of corn syrup and sugars. It’s easy to make your own.
“Keep moving” is the mantra these days for health-conscious individuals.

And it’s important to work into that movement exercises that promote strength and balance two to three times a week, notes Jean Curtis, a senior fitness training specialist and personal trainer certified through the National Academy of Sports Medicine (NASM).

Give it a try!

Some exercises to do at home

**BICEP CURL** (for strength): Keeping arms close to the waist, extend the arm, bend and straighten, holding a weight such as a dumbbell or a can of soup.

**BRIDGE** (for core strength and balance): Lie on your back and bend your knees, arms at your side. Lift your bottom up into the air and hold the position.

Squats, planks and bridges help to decrease your blood pressure. Remember to breathe normally: resist the urge to hold your breath when holding a posture.
"Our muscle strength and cardiovascular efficiency begin to decline by the age of 20," said Curtis, 49, of Fenton. "Muscle strength declines by as much as 15 percent by the age of 60 and 15 percent more each decade. One-third of people over 65 have accidental falls each year. Balance and core (trunk of the body) strength are a must, especially as we age."

Sit-ups, push-ups, squats, planks and exercise with a stability ball are just a few examples of strength and balance exercises. Curtis recommends taking a class, joining a gym or beginning with a personal trainer. Workout videos and equipment such as strengthening bands, tubes and weights are available for the self-motivated.

“It’s a way of life,” she said. “It’s something you have to do to keep your body young.”

Jean Curtis (below) teaches classes in Pilates Mat, Strength Training, Stability Ball for Strength and Stretch, Balance and Strength for Seniors.

TO ENROLL, CALL 314-ANTHONY (268-4669)
Having a baby or thinking about having a baby?
Come see what St. Anthony’s Family Birth Center has to offer!

**Baby Fair**

Saturday, Nov. 15, 2014

**MORNING SESSION**
9 a.m. to noon

**AFTERNOON SESSION**
1 to 3 p.m.

- Take tours of the Family Birth Center
- Visit booths from local vendors offering the latest in baby products and services
- Learn about St. Anthony’s services including perinatal care, nutrition, lactation, classes and more
- Register for attendance prizes
- Attendees will receive a FREE Family Birth Center “Swag Bag!”

**LOCATION**
St. Anthony’s Medical Center
Family Birth Center, Cafeteria
10010 Kennerly Road
St. Louis, MO 63128

**REGISTRATION**
Space is limited, and advance registration is required.
To register, call 314-ANTHONY (268-4669) or 800-554-9550.