

Capital Health

crmc.org



Capital Region[®]
MEDICAL CENTER

An Affiliate of  Health Care

Better. Every day.



See page 6
for four great ways
to lower your risk
of disease.

FALL 2016
IN THIS ISSUE

2 Thank you, Naught family, for your community support

4 Orthopaedic care: Experts are located right here for you!

6 Simple ways to add years to your life



Visit our new website...

sbchealthplex.crmc.org

 **Sam B. Cook HEALTHPLEX**
Capital Region Medical Center



Better. Every day.

The Sam B. Cook Healthplex website has gotten a makeover

We are delighted to announce the launch of our brand-new Sam B. Cook Healthplex website! After months of hard work and dedication, we officially present the new site at sbchealthplex.crmc.org.

Our goal with this new website is to provide our visitors an easier way to learn about the Sam B. Cook Healthplex services and to allow them to browse information based on their own choices. The new website is interactive and provides better access to the Fitness Center, Therapy Services, Supportive Services, and Corporate & Community Health.

There are several new features incorporated into the site to improve the visitor's overall experience. Those wishing to join the Fitness Center can now start the process online, and consultations and therapy evaluations can be requested through the new site. In addition, we will be continually updating our content with helpful information, articles, blogs, newsletters, upcoming events and more.

We hope you find the new website to be easier to navigate, more informative and an all-around better experience!

 Check it out now! sbchealthplex.crmc.org

Capital Region is expanding to Maries County

Capital Region Physicians–Vienna provides health care for the entire family. It can be difficult to schedule routine office visits, especially when an out-of-town trip is required. With care available five days a week, patients can be seen close to home by an experienced family practice physician.



Keith Segall, DO
Capital Region
Physicians–Vienna
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Thank you, Naught family

By Rod Smith, in honor of the Naught family

On behalf of Capital Region Medical Foundation and the entire Jefferson City community, we pay tribute to the Naught family. Under the leadership of Tom Naught, the Naught–Naught Insurance Agency was established in Jefferson City in 1972. Now serving Missourians from 12 locations, Naught–Naught has become one of the nation's top independent insurance agencies.

But their success only begins there.

The Naughts have led the way in serving and supporting countless worthy causes around mid-Missouri, giving of their time, talents and dollars to the cause of helping those who are battling cancer. The Naughts have been very supportive of the Relay For Life, American Cancer Society golf tournaments and other events.

It is with great pride that we continue the Naughts' legacy of the Annual Boost BBQ. For the 24th consecutive year, our community gathered in late August to honor and to support local cancer patients. We are thankful to Tom and Sharon, Rick and Judy, and the entire Naught–Naught family and their staff for helping so many of our friends and loved ones in their fight against cancer. This program truly gives others a better quality of life.

We stand together as one community to say thank you to the Naughts for your vision, for your service and for your giving.

May God bless you now and always, because you have truly blessed so many others.





MISSOURI ORTHOPAEDIC INSTITUTE AT CAPITAL REGION MEDICAL CENTER

Orthopaedic outreach



Orthopaedic surgeons work with people of all ages to find the best solutions—not only surgery—to improve health.

In accessing health care, there's often a notion that patients needing highly specialized medical treatment must travel to major metropolitan areas or seek out an academic-based health system for care. Luckily for residents in and around Jefferson City, highly trained specialists are available close to home.

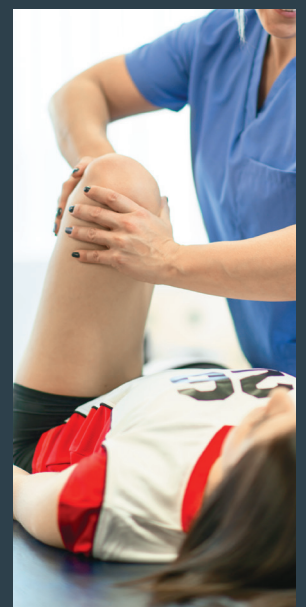
In 2009, the Missouri Orthopaedic Institute (MOI) at Capital Region Medical Center (CRMC) opened its doors, addressing the need for orthopaedic services in our community. Staffed with University of Missouri Health Care physicians, the MOI at CRMC provides coverage for a wide variety of pediatric and adult orthopaedic conditions.

The perfect addition to CRMC's extensive clinic network and physicians group, Capital Region Physicians, MOI operates within the scope of the clinic system. Patient records are electronic and are accessible by providers, so all parties can stay abreast of the patient's progress.

Conveniently located in the new Capital Region Physicians building, the MOI physicians are in close proximity to the hospital, which means less travel time for them and more time to spend on their patients. Also located just one floor below is a state-of-the-art physical therapy gym. Capital Region Outpatient Therapy Services allows the orthopedists the ability to keep a close eye on progress after surgery during the rehabilitation phase.

Orthopaedic surgeons Lauren Cook, MD; David Flood, MD, and Clayton Nuelle, MD, take appointments predominantly at MOI at CRMC. Ajay Aggarwal, MD; Jay Bridgeman, MD; Sumit Gupta, MD; Daniel Hoernschemeyer, MD; and Benjamin Summerhays, DPM, cover a host of specialties through weekly outreach from the University. They perform surgeries in CRMC's operating suites and follow up with patients in the clinic in the new Capital Region Physicians building.

Turn the page to find out more about our orthopaedic providers and services.





What is an orthopaedic

Is a worn-out hip or knee keeping you from moving freely? Are you wincing because of chronic back pain that just keeps getting worse? Did you slip and shatter a bone?

These are all health problems that might send you to an orthopaedic surgeon. These highly trained medical specialists focus on diagnosing and treating injuries and disorders of the musculoskeletal system, which includes the bones, joints, ligaments, tendons, muscles and nerves.

Help for kids and adults

Once these specialists only cared for children with spine and limb deformities.

But today they tend to people of all ages, from newborns with clubfoot to young athletes with overuse injuries to older adults with painful arthritis.

And you might think that orthopaedic surgeons do only one thing: surgery. But surgery is something they generally advise only if medicine, exercise

Meet the MOI team



Ajay Aggarwal, MD

Specialty: Orthopaedic Surgery
Service line: Orthopaedic hip and knee
Medical school: Maulana Azad Medical College
Residency: University of Missouri Health Care
Fellowship: Washington University School of Medicine
Board certification: American Board of Orthopaedic Surgery
Interests:

- ▶ Hip surgery.
- ▶ Knee surgery.
- ▶ Reconstructive surgery.



Jay Bridgeman, MD

Specialty: Orthopaedic Surgery
Medical school: Creighton University School of Medicine
Internship: Milton S. Hershey Medical Center
Residency: Milton S. Hershey Medical Center
Fellowship: University of Washington School of Medicine
Board certifications:

- ▶ American Osteopathic Board of Orthopaedic Surgery–Hand Surgery
- ▶ American Board of Orthopaedic Surgery

Interests:

- ▶ Hand surgery.
- ▶ Microvascular.
- ▶ Limb reconstruction.



Lauren Cook, MD

Specialty: Orthopaedic Surgery
Medical school: University of South Alabama College of Medicine
Residency: University of Missouri Health Care
Interests: General orthopaedics



David Flood, MD

Specialty: Orthopaedic Surgery
Medical school: University of Kansas Medical Center
Internship: University of California San Diego School of Medicine
Residency: University of Kansas Medical Center
Fellowship: San Diego Knee & Sports Medicine
Board certifications:

- ▶ American Board of Orthopaedic Surgery
- ▶ American Board of Orthopaedic Surgery–Sports Medicine

Interests:

- ▶ Arthroscopic surgery.
- ▶ Fractures.
- ▶ Joint replacement.
- ▶ Sports medicine.



Sumit Gupta, MD

Specialties: Orthopaedic Surgery, Pediatric Orthopaedics and Spinal Deformity
Medical school: University of Toronto Faculty of Medicine
Residency: McGill University Faculty of Medicine
Fellowship: University of British Columbia
Interests:

- ▶ Cerebral palsy.
- ▶ Pediatric foot deformities.
- ▶ Pediatric trauma surgery.
- ▶ Spina bifida.

surgeon?

and other therapies don't improve a patient's health.

When surgery is necessary, an orthopaedic surgeon might perform:

- ▶ **Arthroscopy.** This procedure uses special cameras and equipment to visualize, diagnose and treat problems inside a joint.
- ▶ **Fusion.** Here bones are joined together with bone grafts and devices (such as metal rods) to heal into a single solid bone.

- ▶ **Joint replacement.** A damaged joint is replaced with an artificial one.

Special expertise

Although orthopaedic surgeons are familiar with all aspects of the musculoskeletal system, many specialize in treating certain areas, such as the foot and ankle, spine, hip, or knee. And they may choose to focus on specific fields, like pediatrics, trauma or sports medicine.



Do you want to learn more about the health problems these doctors treat and meet our orthopaedic team? Visit us at www.crmc.org.



Daniel Hoernschemeyer, MD

Specialties: Orthopaedic Surgery, Pediatric Orthopaedics and Spinal Deformity

Medical school: University of Missouri at Kansas City

Internship: University of Missouri at Kansas City

Residency: University of California, San Francisco, School of Medicine

Fellowship: Johns Hopkins University School of Medicine

Interests:

- ▶ Cerebral palsy.
- ▶ Pediatric skeletal trauma.
- ▶ Scoliosis.
- ▶ Skeletal dysplasias.



Clayton W. Nuelle, MD

Specialties: Orthopaedic Surgery

Medical school: Loyola University of Chicago, Stritch School of Medicine

Residency: University of Missouri Health Care

Fellowship: University of Missouri Health Care

Interests:

- ▶ Sports medicine.
- ▶ Knee/shoulder/hip/ankle arthroscopy.
- ▶ Knee ligament reconstruction.
- ▶ Meniscal surgery/meniscal transplant.
- ▶ Articular cartilage restoration/joint preservation.
- ▶ Throwing shoulder/shoulder instability.
- ▶ Rotator cuff repair.
- ▶ Knee replacement.



Benjamin Summerhays, DPM

Specialties: Orthopaedic Surgery, Podiatry

Medical school: Ohio College of Podiatric Medicine

Residency: Wheaton Franciscan Healthcare–All Saints

Interests:

- ▶ Ankle and foot surgery.
- ▶ Arthroscopic surgery.
- ▶ Bone and joint infections.
- ▶ Fractures.
- ▶ Joint replacement.
- ▶ Pediatric foot deformities.
- ▶ Sports medicine.
- ▶ Wound care.



Jaime Basnett, FNP

Education: Master of science in nursing from University of Missouri–Columbia

Certifications: American Nurses Credentialing Center and Infection Prevention and Control

TREATING SPORTS INJURIES

Using the R.I.C.E. method right away is a good first treatment for mild sprains or strains.

Rest and reduce your activity. Use crutches as needed.

Ice right away to keep swelling down. Use ice for no more than 20 minutes at a time, four to eight times a day.

Compress the injured area to keep swelling down and to provide support.

Elevate the injured area on a pillow above the level of your heart, if possible. This will help reduce swelling.



GET HELP IF

- The injury causes severe pain, swelling or numbness.
- You can't put any weight on the injured area.
- The pain or ache of an old injury is accompanied by increased swelling, or joint abnormality or instability.
- Pain or other symptoms worsen after using R.I.C.E.

Sources: American Academy of Orthopaedic Surgeons; National Institute of Arthritis and Musculoskeletal and Skin Diseases



NUTRITION AND LIFESTYLE

The keys to optimal health



Chris Link, MD, Capital Region Physicians-Integrative Medicine

People are living longer, thanks to high-tech advancements in medicine. Antibiotics, blood pressure medications and cholesterol-lowering medications add years to our lives. Surgeries, from removing the appendix and gallbladder to heart and kidney transplants, extend our lives too. The achievements of modern medicine are truly incredible.


What is more incredible, in my opinion, is that four low-tech lifestyle interventions have been proven to provide even greater health benefits than modern medications and surgeries!

What are these amazing, health-promoting lifestyle interventions?

- 1 Stop smoking.**
- 2 Eat vegetables and fruit every day.**
- 3 Move every day.**
- 4 Maintain a healthy weight.**

How amazing are these interventions? Very! According to recent research, if you follow these four lifestyle recommendations, they can reduce your risk of the following illnesses by astonishing amounts:

- ▶ Diabetes—by 93 percent.
- ▶ Heart attacks—by 81 percent.
- ▶ Strokes—by 50 percent.
- ▶ Cancer—by 36 percent.

 **Quitting smoking** is not easy, but it is worth it! Smoking is the single largest cause of preventable disease in the world. Not only does smoking affect the smoker, secondhand smoke affects the health of family, friends and



co-workers. Quitting starts with the simple act of thinking why you may want to quit, such as financial concerns and, for many, a desire to be healthier—to more fully participate in the lives of loved ones. Once a meaningful reason is decided upon, there are resources and tips that can help you succeed. These include the following:

- ▶ Talk with your health care provider about options to support smoking cessation.
- ▶ **1-800-Quit-Now (1-800-784-8669).**
- ▶ Try nicotine replacement patches and gum.
- ▶ Ask about auriculotherapy treatments.
- ▶ Take medications as your provider recommends.
- ▶ Try acupuncture.
- ▶ Commit by informing friends and family of your intentions.
- ▶ Plan the quit date!
- ▶ Remember: Not everyone is successful in their first attempt at smoking cessation—the key is to have determination and persistence!

Reduce risk of diabetes by **93%**

Reduce risk of heart attacks by **81%**



Eating vegetables and fruits is incredibly powerful in lowering the risk of several chronic diseases. You don't have to become a vegetarian—just add several servings of vegetables and fruit to your meals each day.

Vegetables and fruits are high in fiber, magnesium, potassium and polyphenols. Fiber, magnesium and potassium work wonders lowering cholesterol, blood pressure and the risk of colon cancer while also improving the function of the gastrointestinal tract, such as reducing constipation.

The natural pigments that add beautiful colors to food are known as polyphenols. The red-colored lycopene, found in tomatoes and watermelons, is known to decrease heart disease and cancer. The yellow-green pigment lutein is found in green, leafy vegetables and is known to reduce the risk of macular degeneration, a major cause of blindness in adults. Anthocyanidin, the blue pigment in berries, has been shown to decrease blood pressure, lower inflammation and improve brain health.



Moving every day has a big impact on health and longevity. Recent research indicates that activity is a key to good health. This movement does not need to be high-level aerobic activity like running or jogging. Walking, dancing, gardening and chores around the house all help. Pick activities that interest you and get moving for at least 30 minutes a day.

Research tells us that it is just as effective to split up activity throughout the day. In fact, staying active all day is best because sitting for prolonged periods, all by itself, has been shown to reduce health and longevity. If you have a sedentary job or watch a lot of TV, get up every 60 minutes or so and move around for a few minutes to reduce the negative effects of being sedentary.



Maintaining a healthy body weight throughout adulthood has a positive effect on our health by lowering blood pressure and cholesterol, reducing the risk of cancer and protecting our joints. Medical research has shown that we do not need to be slim—we simply need not to become obese to enjoy these health benefits.



Farmers Market

THURSDAYS 4-6 P.M.

**CAPITAL REGION
SOUTHWEST CAMPUS**
1432 Southwest Blvd.
In the upper parking lot
on the left of the Southwest
Campus Main Entrance.

Questions? Call (573) 632-5593.



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Body mass index (BMI) is the measure doctors use to assess healthy body weight. BMI is calculated by dividing weight in kilograms by height in meters squared. Online tools make this calculation simple. A normal BMI is less than 25; 25 to 30 is considered overweight; and over 30 is considered obese.

To gain health benefits, you need to have a BMI of less than 30—less than obese. For example, if you are 5'4" tall, to have a BMI of less than 30, you need to weigh under 170 pounds; and if you are 5'9" tall, a weight of under 200 pounds will get you there—for most people, that is not too strict.

It is important to note that weight loss of just 10 pounds can have measurable health benefits, particularly on blood pressure, blood sugar and cholesterol levels. Aim for a BMI of less than 30, but recognize that even modest improvements in weight are quite helpful!

While high-tech medicine has many incredible health benefits, current research tells us that low-tech lifestyle changes and nutritional medicine offer even greater ones. Let's bring these wonderful health benefits to our lives by quitting smoking, eating vegetables, moving every day and maintaining a healthy body weight. In doing so, we will add years to our lives and life to our years!

Reduce risk of strokes by **50%**

Reduce risk of cancer by **36%**

Keep in touch!

We want to be here for you.



Call us at 573-632-5000 or visit us on the web at www.crmc.org.

Socialize with us!

Follow us on social media:



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More experts for your care



**Capital Region Physicians—
Center for Mental Wellness**

William “Russ” Carpenter, DO, Psychiatry

Medical school: Lake Erie College of Osteopathic Medicine

Residency: University of Missouri School of Medicine

Member: American Osteopathic Association, Missouri Association of Osteopathic Physicians and Surgeons, American Psychiatric Association



**Missouri Orthopaedic Institute at Capital
Region Medical Center**

Lauren Cook, MD, Orthopaedic Surgery

Medical school: University of South Alabama College of Medicine

Residency: University of Missouri Health Care



Capital Region Physicians—Owensville

Charles P. Coyne III, MD, Family Practice

Medical school: Ross University

Residency: Research Family Medicine Residency

Board certification: American Board of Family Medicine



Capital Region Physicians—Pediatrics

Autumn Han, MD, Pediatrics

Medical school: University of Missouri School of Medicine

Residency/internship: University of Missouri at Kansas City; Children's Mercy Hospitals and Clinics

Member: American Academy of Pediatrics, American Medical Association



Capital Region Physicians—Anesthesiology

Maryam Dastrange Sammet, DO, Anesthesiology

Medical school: Western University of Health Sciences

Residency/internship: Des Peres Hospital

A Healthy Perspective

Join specialists from Capital Region Medical Center and Goldschmidt Cancer Center for a comprehensive discussion on women's health including cancer prevention, nutrition and screenings.

Thursday, October 6
at Capital Region Medical Center

Visit www.crmc.org/events
for more information.

Goldschmidt
CANCER CENTER

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