YOUR CAREGIVERS ACHIEVED SOMETHING **Big**
As we distribute this Fall issue of My MoBap, it has me reflecting on the past few months. The year has meant some big “wins” for Missouri Baptist Medical Center.

**Ranked #2**
In August, U.S. News & World Report released its 2016-17 Best Hospital rankings. We’re pleased to announce that MoBap is ranked #2 in the St. Louis Metro Area next to our sister hospital, Barnes-Jewish Hospital, who ranked #1.

MoBap received high performance ratings in eight procedures and conditions: aortic valve surgery, congestive heart failure (CHF), heart bypass surgery, hip and knee replacements, COPD, and lung and colon cancer surgeries. For more information on the rankings, visit [http://health.usnews.com/best-hospitals/area/mo](http://health.usnews.com/best-hospitals/area/mo) or for a list of awards and honors MoBap has received, visit MissouriBaptist.org/Awards.

The U.S. News & World Report ratings reinforce the commitment that MoBap caregivers have made to provide you and your loved ones with exceptional and compassionate clinical care.

**Nursing Excellence Recognized**
In May, MoBap nurses and the entire staff were ecstatic to be named a Magnet® hospital. It took nine years of dedicated work to receive this recognition that only 7% of U.S. hospitals achieve.

Magnet is awarded by the American Nurses Credentialing Center and is the highest recognition a healthcare organization can receive for nursing excellence. This means that at MoBap, patients receive the latest and safest high-quality nursing care.

The complete story about our journey to Magnet is on page 4.

Be sure to also check out the pages listing our latest health screenings and class offerings. We’d love to see you at our community events that are designed to help you be your healthiest you.

In good health,
COVER PHOTO
Our cover features a mosaic of photos of team members from Missouri Baptist, a newly designated Magnet® hospital. See page 4 for MoBap’s journey to achieve Magnet status and what it means for you.
When choosing a hospital for you or a loved one, it’s important to know that you are receiving the best possible care — which means not only compassionate care, but the latest and safest high-quality nursing care at your bedside.

When you choose a Magnet® hospital, this is exactly what you will find. Missouri Baptist Medical Center was named a Magnet hospital by the American Nurses Credentialing Center (ANCC) earlier this year. The recognition is the highest credential a healthcare organization can receive for nursing excellence and quality patient care. Only about 400 out of nearly 6,000 U.S. hospitals have achieved Magnet recognition. As the first hospital in St. Louis County to receive this honor, MoBap is now among only seven recognized hospitals in Missouri. Fellow BJC hospitals Barnes-Jewish Hospital, St. Louis Children’s Hospital, Boone Hospital and Memorial Hospital Belleville also are Magnet-recognized.

THE JOURNEY TO MAGNET

The BJC HealthCare mission is: “To improve the health of the people and communities we serve.”

Tim Mislan, MS, MSN, RN, NEA-BC, Missouri Baptist vice president of patient care services and chief nursing officer, said he takes the mission very seriously.

“I believe there is a strong correlation between our mission and Missouri Baptist Medical Center’s quality of nurses and their practice,” he said. “As a hospital, you are only as good as your caregivers. MoBap nurses are an inspiration to me. They are the backbone of our hospital, working 24/7, and the coordinators of care.”

Mislan’s belief in the 1,000 nurses who provide care in 40 different clinical areas inspired him and other leaders across the hospital to pursue Magnet recognition, a journey that began nine years ago.
To achieve Magnet recognition, hospitals undergo a rigorous, lengthy application process and evaluation conducted by the ANCC, which assesses the hospital’s clinical outcomes, professionalism of nursing staff, use of evidence-based practices and research in clinical care, and overall patient-centered experience.

“From the nursing perspective, Magnet really allows the nurse to practice at the very top of their license. Nurses at every level are contributing to decisions being made for patients,” said Lisa Schepers, BSN, MBA, NE-BC, director of acute and clinical care.

“You want a caregiver who is on top of their game, reading the latest journals, going back to school, maintaining professional certifications and bringing new advancements to their practice,” said Becky Hellrich, BSN, RN-C, manager of professional practice and development.

To ensure MoBap nurses had every opportunity to take these steps, the hospital’s leadership team and professional practice department worked to restructure how nurses impacted decisions within the hospital. Their voices for their patients became part of the planning process.

**EARNING THE DESIGNATION**

As Magnet program director for professional practice and development, Kelley Kostich, MS, BSN, RN, NE-BC, led the application process. She collected written documentation...
based on qualitative and quantitative evidence which supported the excellence of MoBap’s patient care and clinical outcomes.

“Nurses at Missouri Baptist are extremely invested in their patients,” Kostich said. “They take their practice and their patients very seriously to ensure the best care at the highest professional level.”

After the application and documentation were submitted, a site visit by members of the ANCC was conducted. Individuals across the hospital were interviewed, including nurses, medical staff, ancillary and supporting departments, and patients.

Kostich added, “When you receive care at a Magnet hospital, you will receive optimal patient care from a highly professional nursing staff, and you will be more satisfied as a patient and family member.”

**TAKING MAGNET TO THE NEXT LEVEL**

A Magnet designation is for four years, and Magnet hospitals must continue to achieve high standards to earn another four-year recognition.

When Missouri Baptist Medical Center received the official call that they had been named a Magnet hospital, the entire team was part of the celebration.

“Magnet is not just a nursing designation, but a hospital designation,” Schepers said. “We all work as a team to achieve high outcomes and provide the best care for our patients and the best place for our staff to work. This is our culture. It’s who we are.”

To see a recap of the call, visit ThisIsBig.org.
Meaghan Boland, MSN, RN, CMSRN, Medical Complex Unit nurse  
“When my mom was diagnosed with cancer in 2008, we spent a great deal of time here. It was then that I realized I wanted to be a MoBap nurse. Magnet is a credential that showcases the excellent work that nursing does. For the nurses at MoBap, it is just what they do — provide excellent care to every patient, every time.”

Jennifer Ludwig, MSN, RN, Advanced Cardiac Care Unit nurse  
“I have been a nurse for 17 years and nurses at MoBap are very proud of the care that we provide to our patients. We are encouraged to ask questions and improve nursing processes. Magnet recognition means we are able to attract and retain the best of the best, and I am proud to be a part of that.”

Tracy Sohn, BSN, Community Health nurse  
“I have been a practicing nurse for 24 years and am dedicated to MoBap because of the incredible support we receive. Every patient deserves to be cared for in a Magnet hospital, and every nurse deserves to work in a Magnet hospital.”

Alan Westcott, RN, Inpatient Surgical nurse  
“I have spent my entire nine years as a MoBap nurse. I begin each workday knowing that I’ll be encouraged and supported in giving the highest possible level of care. My patients should know, when choosing a Magnet hospital, they will be cared for by the highest-quality nursing team available.”

Jamie Wunderlich, RN, NICU nurse  
“I have been a nurse for 33 years, 21 years in the NICU. Through the Magnet journey, we had to prove that we were among the best. The hospital wants nurses who are educated, informed and up-to-date; MoBap provides nurses with those opportunities to grow. I could not imagine working anywhere else.”

For a physician referral, call (314) 996-LIFE.
Getting Clara to the Beach on Time

With help for her heart.

by Melanie Guard

Clara Freeman anxiously anticipated attending her oldest granddaughter’s wedding. Liz and her fiancé Denis had picked a date for their sandy beach nuptials, and Clara could hardly wait.

Beneath her sparkling blue eyes and round glowing cheeks, Clara wears a warm, sweet smile that charms every person she meets in her hometown of Poplar Bluff, Missouri. Mother of nine, grandmother of 12, and great-grandmother of four, her family remains her most prized possession.

At 85 years young, Clara lived on her own, enjoyed long, leisurely walks and shopped at her local clothing and antique stores. This past winter, however, her adoring family noticed changes in Clara.

Susan noticed her mom napped more frequently and had very little appetite. She grew concerned and asked her physician to see Clara. After an exam, the doctor suspected a serious heart condition known as aortic stenosis.

**WHAT IS AORTIC STENOSIS?**

The aorta is the main artery that carries blood out of the heart to the rest of the body. Blood flows out of the heart and into the aorta through the aortic valve. In aortic stenosis, the aortic valve does not open fully. This decreases blood flow from the heart. As the aortic valve narrows, the left ventricle has to work harder to pump blood out through the valve. To do this extra work, the muscles in the ventricle walls become thicker. This can lead to chest pain. Over time, aortic stenosis can lead to numerous heart conditions, including heart failure or pulmonary hypertension.

**CLARA’S HEART TEAM**

At her first appointment at Missouri Baptist Medical Center, Clara’s family observed first-hand how cardiologists
and cardiac surgeons collaborate to guide diagnostic testing and decisions about the care of every patient.

Clara met with Arun Thukkani, MD, PhD, interventional cardiologist, who referred Clara for tests to determine if she was a candidate for a TAVR procedure. The TAVR is a less invasive technique used to intervene upon an aortic valve that does not open properly. Michael Klein, MD, cardiologist, performed a transesophageal echocardiogram, an imaging test that, along with a cardiac catheterization procedure, revealed Clara had valve disease in the aortic valve and the mitral valve.

“We discovered Clara actually had two problems, a tight aortic valve that was not opening properly, as well as a leaky mitral valve. These two valve problems made her overall treatment strategy more complex,” said Dr. Thukkani.

With knowledge of the diseased mitral valve, James Scharff, MD, cardiovascular surgeon, also reviewed her results. Dr. Scharff, Dr. Klein and Dr. Thukkani are specially trained in using MitraClip®, a new catheter procedure to repair the mitral valve. Cardiovascular surgeons Joshua Baker, MD, and Michael Mauney, MD, also consulted on Clara’s case and all six heart specialists discussed the best option with her.

“The aortic valve could have been intervened upon with the TAVR procedure; however, tests showed that the mitral valve was extremely small, making the chance of a successful mitral valve repair with the MitraClip procedure more difficult. If we had not done our homework and just corrected the aortic valve with the TAVR procedure, I doubt Clara would have felt all that much better,” added Dr. Thukkani.
“Anytime we consider a patient for the TAVR procedure, two surgeons and an interventional cardiologist are involved,” said Dr. Mauney. “A third surgeon was included because of the mitral valve disease. We can often do both non-surgical procedures for a patient, but for Clara, we had to face the reality that neither one, nor the combination of the two, would fix her condition.”

Clara, however, expressed her worries about missing her granddaughter’s wedding.

“I had been looking forward to seeing my granddaughter get married on the beach for quite some time. I needed to get better so I could be part of her big day.”

The cardiology team at Missouri Baptist Medical Center recommended open-heart surgery for Clara, and the decision was now up to her and her family.

Dr. Mauney said, “I explained to Clara and her family that it was a 90 percent likelihood we could get her through surgery without any life-threatening complications. I also explained that recovery would take longer, but assured everyone that she could remain at Missouri Baptist for her rehabilitation. Clara is a delightful grandmother who only cared about getting to the wedding in Florida.”

“Dr. Thukkani talked individually with each member of our family before and after the cardiac catheterization,” Clara’s daughter Susan said. “He took his time, even repeated details, until everyone understood the information. Before her surgery, the anesthesiologist held Mom’s hand and looked into her eyes while he told us what to expect. It was amazing to see how everyone worked together to save Mom’s life.”

CLARA’S CAREGIVERS GROW

Following a successful surgery and a brief stay in recovery, Clara made good progress and was soon headed to the Inpatient Rehabilitation program. Here, patients receive intensive comprehensive therapy, including physical, occupational and speech therapy. It is a very structured and compassionate environment for patients. According to Lizette Alvarez, MD, the program’s goal is to get patients home and as independent as possible.

“Our patients receive three hours of therapy a day, five times a week. Since our unit is located in the hospital, primary care physicians and specialists can see a patient several times a day,” said Dr. Alvarez, who serves as medical director for Inpatient and Outpatient Rehabilitation programs at Missouri Baptist.

“For patients like Clara, whose doctors visited almost daily, the continuity of care with a structured schedule is important for recovery. Our team meets weekly to discuss each patient’s progress.”

The program maintains an 80 percent discharge to home rate with an average patient stay of just two to three weeks.

Surgeons at Missouri Baptist perform approximately 350 valve operations a year; one out of two open-heart surgeries conducted at the hospital is a valve procedure.
Clara’s family decorated her hospital room in a beach theme to keep her motivated toward her goal of being on the beach at her granddaughter’s wedding. With Clara’s hard work and the expert care of her Missouri Baptist cardiology and rehab teams, the day finally came for her to go home.

Liz and Denis were married on June 4, 2016, and Grandmother Clara was seated in the front row. That evening, Clara even performed a brief jitterbug on the dance floor and took a long walk on the beach.

“I wanted the surgery because I have more weddings to attend and trips to take,” said Clara. “Everyone at Missouri Baptist took such good care of me and I can’t thank them enough for getting me to the beach on time.”

HEART SURGERY

**Clara at her granddaughter’s wedding**

**HEART CARE**

**Terminology**

**MitraClip**: The MitraClip device is a small clip that is attached to a patient’s mitral valve. It allows the mitral valve to close more completely, helping to restore normal blood flow through the heart.

**TAVR**: The transcatheter aortic valve replacement (TAVR) is a non-surgical procedure to treat aortic stenosis. TAVR allows a team of specialists to insert a new valve through a catheter. In 2012, Missouri Baptist became one of the few heart centers in the nation approved to perform the technique.

**Cardiac Catheterization** is the insertion of a small catheter into a large blood vessel artery or vein, guiding it into the heart chambers. This is done so the heart muscle and valve function can be evaluated.

**Transesophageal Echocardiogram** is a test that uses sound wave technology to take pictures of the esophagus (the tube that connects the mouth with the stomach).
Friends of The Missouri Baptist Healthcare Foundation know we’re dedicated to supporting projects that contribute to providing compassionate and advanced care for our patients. It takes many, many caring donors to make MoBap the special hospital that it is.

A new recognition program, Champions For Care, is bringing donors together to “champion” a cause with their giving. Each year, Champions For Care donors will fund a priority patient care improvement project.

Giving levels begin at $450 and gifts may be fulfilled by the donor with one payment, or through monthly or quarterly installments.

By joining Champions For Care, you will receive special appreciation and member benefits, including the opportunity to meet other donors and to see what you’ve achieved together.

To begin, complete the enclosed envelope or log on to MissouriBaptist.org/ChampionsForCare to learn more, or call the Foundation at 314-996-5347.

**GIVING LEVELS**

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ONLINE AUCTION TO HELP CANCER PATIENTS

Thousands of patients are cared for each year at the Missouri Baptist Cancer Center, most of whom receive infusion treatments. These treatments are delivered in chairs designed for this purpose and are used five full days per week. The length of treatment for each patient can vary from a few minutes to eight hours. To continue providing the quality care that Missouri Baptist is nationally recognized for, replacing all 40 chairs, which are nearly 10 years old, is a priority. New chairs will give patients a more comfortable and relaxed healthcare experience.

To make these new chairs a reality, the Missouri Baptist Healthcare Foundation is hosting an online auction – and your participation would be deeply appreciated.

The online auction starts Thursday, Dec. 1 and continues through Saturday, Dec. 3, 2016.

The auction provides a chance to bid on a variety of items, including family memberships to area museums, dinners at favorite restaurants and tickets to sporting events.

While helping Missouri Baptist fulfill its mission of providing compassionate care, you, too, can help thousands of patients receiving cancer treatments.

You may participate during the auction days by visiting MissouriBaptist.org/auction.
Classes & Screenings

LUNCH AND LEARN

Peripheral Vascular Disease Treatments
Brent Allen, MD, vascular surgeon
Matt Schlueter, PT, physical therapist
Cramping or tiredness in the legs while walking that goes away with rest could be caused by peripheral vascular disease (PVD). Join us as Dr. Allen and Matt Schlueter discuss the causes, signs and symptoms, and options for treatment. The event is sponsored by the Missouri Baptist Auxiliary. Lunch will be served. Pre-registration is required. FREE
Thursday, Oct. 6, 6:30-8:30 p.m.
St. Louis Hilton Frontenac
3015 South Lindbergh

EVENING PROGRAMS

Annual Update: What’s New with the Treatment of Multiple Sclerosis?
Barry Singer, MD, neurologist
Mark Tullman, MD, neurologist
Melanie Huff, BSN, RN
Learn about the latest groundbreaking research from the world’s largest annual international MS conference. Light refreshments served. FREE
Thursday, Oct. 6, 6:30-8:30 p.m.
St. Louis Hilton Frontenac
3015 South Lindbergh

The Diabetes and Heart Disease Connection
Martin Schwarze, DO, cardiologist
Kathy Little, BSN, RN, CDE, diabetes educator
Join Dr. Schwarze and Kathy Little as they discuss what puts one at risk for diabetes and, if you are diabetic, how that impacts your risk of heart disease. Light refreshments served. FREE
Thursday, Oct. 13, 6:30-8 p.m.
St. Louis Hilton Frontenac
1335 South Lindbergh

CALL TO REGISTER
(314) 996-LIFE
Better Choices, Better Health - Diabetes®
*OASIS Community Health Facilitators*
During this session and workshop, developed and tested at Stanford University, you’ll learn how to manage diabetes. Light refreshments served. **FREE**
*Mondays, Oct. 3-Nov. 21, 10 a.m.-12:30 p.m.*
Grant’s View Library
9700 Musick Avenue
*Tuesdays, Sept. 27-Nov. 15, 10 a.m.-12:30 p.m.*
Kirkwood Community Center
111 S. Geyer Road

National Fall Prevention Day
A variety of free screenings related to better balance and fall prevention will be offered. Learn about community events and resources to keep you on your feet. Lunch provided upon completion of balance screenings. **FREE**
*Thursday, Sept. 22, 11 a.m.-2 p.m.*
Kirkwood Community Center
111 S. Geyer Road

AARP Smart Driver Course
This four-hour class helps tune your driving skills and updates your knowledge of of the road. *Some insurance companies offer a discount to participants.* Space is limited; please pre-register.
*Tuesday, Oct. 18, 9 a.m.-1 p.m.*
Town and Country Municipal Center
1011 Municipal Center Drive
Fee: $15 for AARP Members; $20 for non-AARP members, payable to AARP the day of training.

Matter of Balance
Almost half of older adults worry about falling. Learn practical tips through these eight sessions to keep you on your feet. Participants receive a free workbook. Light refreshments will be provided. Please call to pre-register. **FREE**
*Tuesdays, Oct. 4-Nov. 22, 10 a.m.-noon*
*Thursdays, Oct. 13-Dec. 8, 10 a.m.-noon*
[No Class on Nov. 24]
Kirkwood Community Center
111 S. Geyer Road

Medicare Update 2017
*Shelley Miller, CLAIM Regional Trainer*
Medicare Open Enrollment runs October 15 to December 7, 2016. This is the time to make changes to your Medicare health or prescription drug coverage for 2017. A synopsis of the CLAIM (Missouri) senior health insurance program will be discussed, including information on how to access their services, plus information on Part D (Prescription Drug Coverage). Please call to pre-register. **FREE**
*Two sessions available.*
*Thursday, Sept. 22, 10 a.m.-noon*
*Thursday, Sept. 22, 1-3 p.m.*
Kirkwood Community Center
111 S. Geyer Road
Recipe for Health

Blueberry Quinoa Breakfast Bars

Recipe provided by The Missouri Baptist dietitian team. For more information about our Outpatient Nutrition Counseling Services, call 314-996-5170, or visit MissouriBaptist.org/NutritionServices.

A breakfast bar that is loaded with protein and fiber, without all the sugar. These make a great grab and go snack, too! Makes 12 servings.

For Quinoa: Combine 1/4 cup uncooked quinoa and 1/2 cup water in medium saucepan; bring to a boil. Reduce heat, cover and simmer until all water is absorbed, about 15 minutes. Quinoa will appear soft and translucent.

Preheat oven to 350°. Line a 9-inch square baking dish with heavy-duty foil extending it up the sides by one inch; spray with cooking spray.

In medium bowl, combine cooked quinoa, oats, sugar, hemp seeds and baking powder; set aside. In large bowl, combine mashed banana, eggs, nut butter, lemon juice and vanilla; stir into quinoa mixture. Mix well. Gently fold in blueberries. Spread batter in pan. Bake 25 to 35 minutes until bars are golden brown and firm to touch. Cool completely. Cut into 12 bars. Store in airtight container; refrigerate up to five days or freeze.

TIP: Some quinoa is prewashed, but if not, rinse and drain before cooking. Any color quinoa works for this recipe. Hemp seeds and hemp hearts are the same as shelled hemp seeds. You also can use the hemp seeds to sprinkle on yogurt, salads, or into your favorite muffin to add a boost of protein.

Per 1 bar: Calories 164; Fat 5 g; Saturated Fat <1 g; Cholesterol 31 mg; Sodium 74 mg Carbohydrate 25 g; Fiber 3 g; Protein 6 g

Adapted from Simply Quinoa simplyquinoa.com
Your Partners in Wellness
Missouri Baptist @ Dierbergs

Cholesterol, Glucose and Blood Pressure Screenings
Cardiologists recommend that you monitor your cholesterol, glucose and blood pressure on a regular basis. To make it easy, Missouri Baptist will provide these FREE screenings for blood pressure, glucose, total cholesterol and HDL. No fasting is required – appointments are recommended.

SEPTEMBER
Dierbergs Southroads
12420 Tesson Ferry Road
Wednesday, Sept. 7, 10 a.m.-1:30 p.m.

Dierbergs Bogey Hills
2021 Zumbehl Road
Wednesday, Sept. 21, 10 a.m.-1:30 p.m.

OCTOBER
Dierbergs Market Place
1730 Clarkson Road
Wednesday, Oct. 5, 1:30-5 p.m.

Dierbergs Telegraph
5640 Telegraph Road
Wednesday, Oct. 19, 10 a.m.-1:30 p.m.

NOVEMBER
Dierbergs Heritage Place
12595 Olive Boulevard
Wednesday, Nov. 9, 1:30-5 p.m.

Dierbergs Manchester at Lafayette Center
421 Lafayette Center
Wednesday, Nov. 16, 10 a.m.-1:30 p.m.

Cooking Demos & Classes
At Neighborhood Dierbergs

HEART & SOUL - THE ITALIAN TABLE
6:30-8:30 p.m.
Registration Fee: $36
Monday, Sept. 12
Clarkson

Monday, Sept. 26
Edwardsville

Wednesday, Sept. 28
Southroads

Monday, Oct. 3
West Oak

Thursday, Oct. 27
Bogey Hills

To register for a cooking class and to see additional offerings, please visit Dierbergs.com or call 636-812-1336 (in Missouri) or 618-622-5353 (in Illinois).
Newsworthy Highlights: In Good Health

Inaugural BeWell STL Boot Camp Launched in June
Missouri Baptist Medical Center and St. Louis Magazine launched the inaugural Be Well STL Boot Camp, an all-day boot camp featuring workout classes from the area’s best instructors, inspiring speakers and a buzzing marketplace. The first of its kind in the area, Be Well STL Boot Camp motivates women to continue their active, healthy lifestyles, and make necessary changes to adopt healthier habits.

Happy 1st Birthday to our Wound Healing Center
Did you know 6.7 million people in the U.S. are suffering from non-healing advanced wounds? In one year, Mo-Bap’s Wound Healing Center healed 750 wounds, provided 650 hyperbaric oxygen treatments and holds a median healing time of 25 days.

Visit Facebook.com/MissouriBaptist to see more pictures and videos from the inspiring day.
Walking for a Cause

Missouri Baptist Medical Center was a proud silver sponsor of the 2016 Susan G. Komen Race for the Cure, Greater St. Louis. Including eight breast cancer survivors, this year’s team had 84 members who raised $6,455. MoBap provided a photo booth for race participants to have a memento from the day.

Heart Walk

MoBap employees also support activities to increase awareness of heart disease. A team from MoBap participated in the American Heart Association’s annual Heart Walk held in St. Louis in May. In 2016, MoBap raised $22,325.
Avoid the “Flu Blues”
Register for your vaccine.

Flu shots are **FREE** and limited to the first 1,200 individuals. Registration is required by calling **314-996-LIFE (5433)**.

**THURSDAY, SEPT. 29, 2-7 P.M.**
Missouri Baptist Medical Center
Outpatient Center,
3844 S. Lindbergh Boulevard
(South of I-44 and Watson Road)

**FRIDAY, OCT. 7, 9 A.M.-1 P.M.**
Longview Farm House,
13525 Clayton Road

**SATURDAY, OCT. 15, 8 A.M.-NOON**
Missouri Baptist Medical Center,
Clinical Learning Institute,
Room 419 (located on 4th floor above Main garage)

**TUESDAY, OCT. 25, 4-8 P.M.**
Town and Country City Hall,
1011 Municipal Center Drive
Breast HealthCare Center Now Provides Genetic Counseling

The Breast HealthCare Center at Missouri Baptist is what a breast center should be: a warm and inviting place dedicated to providing high-quality clinical care.

By offering the latest in 3-D mammography imaging, breast cancer can be detected sooner.

In 2016, Missouri Baptist introduced a Breast Cancer Risk Assessment and Genetic Counseling Program. This program provides an evaluation for your breast cancer risk based on your family history. Beginning annual mammograms at age 40 continues to be the best tool for early detection of breast cancer in women of average risk. However, identifying women at increased risk can assist patients and their physicians in deciding if additional measures should be considered.

As part of the Breast HealthCare Center’s commitment to the highest quality care, all patients who receive a screening mammogram at Missouri Baptist will automatically be evaluated for increased risk of breast cancer by the Risk Assessment Team. If recommended, a private consultation with the Certified Genetic Counselor can be scheduled for no additional fee.

Should breast cancer be detected, Missouri Baptist assigns each patient with a nurse navigator. This navigator guides the patient, sets appointments and coordinates care throughout the patient’s Breast HealthCare Center journey.

The Breast HealthCare Center is a designated Center of Excellence by both the American College of Radiologists and the American College of Surgeons’ National Accreditation Program for Breast Centers. The Center is accredited in breast ultrasound, breast MRI, digital mammography, stereotactic core biopsy, ultrasound-guided core biopsy and needle localization.

If you have questions about the program, call 314-996-7594.

For a screening or diagnostic mammogram, call 314-996-5170.

For a surgery consultation, call 314-996-7777.
PROGRAMS OFFERED BY ST. LOUIS CHILDREN’S HOSPITAL AT MISSOURI BAPTIST

Pre-registration for these classes is required; please call 314-454-KIDS.

Family and Friends® CPR
This video-guided program is for parents, grandparents and teenagers who babysit. Kids age 10-15 may participate if accompanied by an adult. Course instructors use the American Heart Association material and the session includes instruction for infant, child and adult CPR, first aid for choking and the use of AEDs when appropriate. Course includes a 65-page student manual, but does not include certification. $25/person.

Tuesday, Sept. 27
Wednesday, Oct. 26
Wednesday, Nov. 16
Tuesday, Dec. 20
6:30-9 p.m.

Babysitting 101
This class is a great introduction to the basics of babysitting. A 28-page workbook is provided. $30/child.

Saturday, Oct. 1
Saturday, Dec. 17
10 a.m.-noon
Epilepsy can cause issues with sleeping and performance at school, work, or in relationships with friends. It can contribute to cognitive and learning problems, as well as cause symptoms of depression and anxiety.

In May 2015, Missouri Baptist opened an inpatient Epilepsy Monitoring Unit (EMU) to provide clinical care, education and research in a comprehensive manner for patients of all ages with seizure disorders.

The EMU is designed to diagnose patients experiencing seizures to determine if they have epilepsy or a different condition. A patient will typically spend five to seven days in the EMU, during which trained healthcare professionals will monitor the patient with video EEG (electroencephalography). This allows physicians to more precisely locate the area of the brain affected by the seizures and identify the type that occur.

The goal is to help patients with epilepsy control their seizures through comprehensive medical, psychosocial, electroencephalographic, surgical and nursing care.

Our epilepsy program is recognized by the National Association of Epilepsy Centers as a Level 4 epilepsy center, a level which has the professional expertise and facilities to provide the highest level medical and surgical evaluation and treatment for patients with complex epilepsy.

For more information, visit missouribaptist.org/EpilepsyCare
Did You Know?
MoBap has an Outpatient Center in Sunset Hills, which offers imaging services, mammograms, an infusion center and dozens of specialists.

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.

3015 N. Ballas Road
St. Louis, MO 63131

Missouri Baptist Medical Center
3015 North Ballas Road
St. Louis, Missouri 63131
MissouriBaptist.org
(314) 996-5000

Find us on Facebook