SAVING THE LIFE OF A SINGLE MOM

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“I didn’t want to give my kids too many details because I didn’t want to scare them, and since their father had passed away, my son does not like hospitals,” she said. “I tried to reassure them that I was going to the hospital for a different reason. I had to let them know I was going to be okay and would be here for them.”

Tish underwent a mitral valve replacement surgery at Missouri Baptist Medical Center on Sept. 20 and was indeed okay, but things didn’t go quite as she expected.

AN UNEXPECTED JOURNEY OF THE HEART

Tish, 38, first became suspicious that she might be facing a health concern when she lost weight between her OB/GYN and primary care physician appointments in March and July 2016. She wasn’t dieting or trying to lose weight.

“My primary care physician ordered blood work and an X-ray, which showed an enlarged heart,” she recalled. “He referred me to a cardiologist, who told me that my mitral valve was not closing all of the way and it was leaking.”

Tish didn’t have common symptoms associated with her diagnosis, such as swelling of the ankles and shortness of breath, so it was somewhat of a surprise to her and her doctors.

“I really felt fine, but I was told my heart was working at about 40 percent and I would need to have surgery to repair it,” said Tish, a human resources professional.

She was referred to Missouri Baptist cardiothoracic surgeon James Scharff, MD, who explained her options of either a mitral valve repair or replacement.

“We always try to repair the mitral valve when we can because it often leads to better outcomes,” said Dr. Scharff, who also explained that a replacement would have required Tish to remain on anticoagulation medications for the rest of her life.

Once Tish had prepared her children, her parents and her sister, she was as ready as she could be for her surgery.

“I was scared to death, but I knew I would...
“I was scared to death, but I knew I would be in good hands at Missouri Baptist.”

be in good hands at Missouri Baptist, and I trusted Dr. Scharff,” she said. “The plan was that I would have surgery on a Tuesday, be hospitalized for a few days and go home, but things didn’t go as planned. I don’t have any memory of what actually happened.”

While her mitral valve repair surgery went well, her heart was too weak to pump blood on its own and Tish required life-saving ECMO (extracorporeal membrane oxygenation), a temporary support system used to assist with heart and lung function for patients.
Dr. Scharff’s colleague, Missouri Baptist cardiothoracic surgeon and ECMO specialist Joshua Baker, MD, joined him in caring for Tish. She remained sedated and on a ventilator for four days in the ICU.

“ECMO allowed her heart to rest and strengthen so it could effectively pump blood like it should,” Dr. Scharff said. “If it weren’t for our ability to provide her with life-saving ECMO, she might not have survived.”

Although Tish’s maternal grandparents both passed away from heart attacks, she said no one could tell her for sure why this occurred.

“She was born with a valve that deteriorated over time, and sometimes this just happens,” Dr. Scharff said. “She had no prior symptoms. With no history of congenital heart disease, LaTisha is considered young to be a heart patient. But her prognosis is excellent, and her heart muscle has strengthened quite nicely.”

Tish came out of sedation and was removed from the ventilator on the Saturday after her surgery. She said during this time her parents and sister stayed by her side with her kids, trying to give them as much normalcy as possible.

“I’m feeling blessed. Although it was a little rough at first, I am doing well,” Tish said. “I owe so much to the doctors and especially the ICU nurses, who were awesome.”

Just one example of this was on the day Tish had the ventilator removed, when she was desperate to reach out to her children and let them know she was okay.

“The ICU nurses found an iPhone and helped me FaceTime with my kids and reassure them,” she said. “I couldn’t talk because the tube had just been removed from my throat, but they could see for themselves that I was fine. It meant so much to me that the nurses took the time and effort to do this.”

“‘They not only took care of me, but also my family.’”

Tish said there is no doubt that Missouri Baptist was where she needed to be; she thanks everyone who cared for her and ensured she would be there for her kids.

“I can’t thank everyone enough for what they did, especially the ICU nurses. I know it’s part of their job, but they made me feel like I was the only one on the floor,” she said. “When I went back to visit a few weeks later, they all were so happy to see me doing well. They not only took care of me, but also my family.”

THIS ISSUE:
Editor: Rhonda Veenhuis | Designer: Jessica Palazzolo | Cover Photographer: Chris Malacarne
Recipe for Heart Health

One Pan Mediterranean Chicken with Quinoa

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.

**Ingredients**

- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 teaspoon olive oil
- 1 pound chicken breast, cubed
- 1 large yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1½ cups quinoa uncooked, rinsed
- 1 (14.5 ounce) can no salt added petite cut tomatoes
- 1 medium zucchini, chopped
- Juice and zest from 1 lemon
- ¼ cup canned artichokes, chopped and drained
- 15 black olives, pitted and chopped
- 2½ cups low sodium chicken broth
- 1 teaspoon fresh basil, chopped
- 2 tablespoons feta cheese

**Directions**

Season cubed chicken with salt and pepper. Coat a large skillet with olive oil, add cubed chicken, and brown on all sides about 8 minutes. Remove chicken and set aside. Add onion, red bell pepper and garlic; cook until soft, about 5 minutes. Add quinoa, canned tomatoes, zucchini, lemon juice, artichokes, and olives; bring to a boil, simmer 15-20 minutes, until most of the liquid is absorbed. Add back cubed chicken and heat through about 5 more minutes. Top with lemon zest, basil and feta cheese. Makes 4 servings.

Per serving: 475 calories, 9 g Fat, 1 g Saturated fat, 83 mg Cholesterol, 470 mg Sodium, 60 g Carbohydrate, 9 g Fiber, 40 g Protein
How the Heart Fair Motivated One Woman:
PUTTING HER HEALTH FIRST

Like many women today, Claire Budd, 48, leads a pretty busy life. Between raising her two kids and working a full-time job, she has little time for herself, let alone her personal health and wellness.

“Admittedly, it had been years since I’d been to the doctor for a routine check-up. In fact, I don’t think I had ever had my cholesterol tested,” said Claire. “To be fair, I’ve been really blessed with good health, so taking preventative measures has never been much of a priority. As I’ve gotten older, I realize I need to pay more attention to my health. That’s why I decided that 2016 was going to be MY year!”

So, what exactly ignited Claire’s commitment to her health? It was an unexpected visit to Missouri Baptist Medical Center’s annual Heart Fair in February 2016.

“Going to the Heart Fair helped kick-start me into knowing more about myself, giving me the tools I needed to learn how to be the healthiest I can be,” said Claire. “The biggest takeaway I got from the Heart Fair is that knowledge is power. If you avoid finding out what your blood pressure and cholesterol are it will only harm you in the long run. The more aware we are of our bodies, and what we need to do for ourselves to keep them as healthy as possible, the better.”

Claire took advantage of the Heart Fair’s free health screenings, and consulted with a nurse to discuss her results and which lifestyle changes she should implement to help her reach her health goals. Claire was also the lucky winner of one of the event’s major giveaways: a Fitbit® which helps her to track physical activity levels, diet and quality of sleep. The Fitbit® is just one more tool Claire is using in her quest to reach her goals and stay healthy.

“Since the Heart Fair, I’ve started working out three to four times a week, including Pilates and walking. I’ve even lost 10 pounds in the process, which is incredibly motivating. I’ve also been seeing a specialist to help me better manage my lower back pain. More importantly, I’m checking in with my primary care doctor at least once a year. It’s my way of prioritizing my health and wellness today and for years to come.”
Join Us for the

2017 HEART FAIR

FOR THE PREVENTION AND TREATMENT OF HEART DISEASE, STROKE AND DIABETES

Make your health a priority. Start 2017 on the right path by joining us at Missouri Baptist’s annual Heart Fair on Saturday, February 4, 2017, 9 a.m.-1 p.m. on the MoBap campus, 3015 North Ballas Road, 63131.

• **Screenings:** Blood pressure, total cholesterol, HDL cholesterol, glucose, BMI with waist measurement, body composition analysis
• **Exercise Class:** hosted by MoBap’s Center for Outpatient Therapy and Wellness
• **Small Group Chats:** with physician experts
• **Strength Screening for Adults:** brought to you by OASIS
• **Nutrition Class:** Live cooking demonstrations in partnership with Dierbergs
• AND MORE...visit our website MissouriBaptist.org/HeartFair

**CALL TO REGISTER**
(314) 996-LIFE

NEW IN 2017 RED CROSS BLOOD DONATION DRIVE
8 a.m.-noon in Auditoriums 1 & 2 at MoBap
To register ahead, please call 1-800-RedCross or visit redcrossblood.org.
Community Events
REGISTER TODAY

**OASIS PROGRAMS**

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

**Fighting Fatigue**
Monday, Jan. 23
10 a.m.-noon

**Living a Healthy Life with Chronic Conditions**
*(six-week course)*
Wednesday, Jan. 11-Feb. 22
9:30 a.m.-noon

**A Matter of Balance**
*(eight-week course)*
Tuesday, Jan. 10-Feb. 28
1-3 p.m.

**Medication Navigation:**
*What's New in Diabetes Management*
Friday, Jan. 20
10 a.m.-noon

**Better Choices, Better Health® - Diabetes**
Monday, Feb. 6-March 27
1-3:30 p.m.

**Myths About Sugar & Diabetes**
Wednesday, March 1
1-3 p.m.

Visit MissouriBaptist.org/ClassesEvents for location and registration details, as well as a complete list of offerings.

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COOKING CLASSES AT DIERBERGS MARKET

Join Dierbergs’ professional culinary staff and MoBap registered dietitians for a fun and delicious cooking demonstration class.

**Heart & Soul – Just Stuff It (Again!)**
Goat Cheese & Grape Leaves - Thai Peanut Sweet Potatoes - Mac & Cheese Stuffed Peppers - Sausage Stuffed Zucchini - Raspberry-Filled Oatmeal Bars
$40, locations and dates listed on Dierbergs.com

Register for a cooking class, see a full listing of classes, or get more information, at Dierbergs.com or call 636-812-1336 (in Missouri) or 618-622-5353 (in Illinois).
MOBILE MAMMOGRAPHY VAN SERVICES

Our breast healthcare services come to you by way of the van. Below are a few locations our van is scheduled to visit; please check MissouriBaptist.org/MammVan for additional locations.*

Tuesday, Feb. 14
City Place 3
Three City Place Drive
9 a.m.-3 p.m.

Wednesday, Feb. 15
Dierbergs Heritage Place
12595 Olive Boulevard
9 a.m.-3 p.m.

Tuesday, March 14
Wildwood Towne Center
2460 Taylor Road
9 a.m.-3 p.m.

Saturday, April 8
Dierbergs Manchester
421 Lafayette Center
9 a.m.-noon

To schedule an appointment, call 314-996-5170 or 800-870-5731.

*CPlease check with your insurance provider to verify your benefits and eligibility.

CAREGIVER CLASSES

Classes for those caring for their loved one — personal and professional insight from BJC employees who care.

Medication Management and Nutrition
Tuesday, Jan. 17, 1-2:30 p.m.
MoBap Auditorium 1

Supporting the Caregiver
Tuesday, Feb. 14, 1-2:30 p.m.
MoBap Auditorium 1

Home Care Choices and How to Find Assistance at Home
Tuesday, March 14, 1-2:30 p.m.
MoBap Auditorium 1

For a full list of community events and educational information, please visit MISSOURIBAPTIST.ORG/CLASSESEVENTS
Did You Know?

MOBAP HELPS IMPROVE CARE FOR HEART ATTACK PATIENTS ACROSS THE REGION

As a top heart hospital, Missouri Baptist Medical Center’s cardiac specialists partner with rural hospitals, and medical helicopter and ambulance services to offer the region’s leading heart attack network, Heart LifeLine Alliance℠ (HLLA).

“Patients who present at a remote or rural location with a heart attack (STEMI, ST-elevated myocardial infarction), can be transferred by helicopter or ambulance to the Cardiac Cath Lab at Missouri Baptist for lifesaving treatment. The HLLA program, developed in 2008, facilitates the rapid evaluation and treatment of heart attack patients. With time being critical, local emergency services and facilities are able to activate MoBap’s care team prior to a patient’s arrival, saving time and heart muscle.

“People in rural communities should have access to the same level of care available to those in metro areas,” said Stuart T. Higano, MD, an interventional cardiologist at Missouri Baptist’s Heart Center. “As a top heart hospital, we are well-trained to handle the most complex cardiac cases with promising outcomes.”

MoBap hosts an annual educational symposium to improve care for patients. More than 200 healthcare professionals from throughout the region, including emergency department physicians, clinicians from area hospitals, and EMS professionals, participate.

Three groups were recognized at this year’s event for excellence in treating heart attack patients through Missouri Baptist’s HLLA program: Parkland Health Center, The Monarch Fire Protection District and Missouri Baptist Sullivan Hospital.

Since its inception, more than 750 patients have benefitted from HLLA.
MOVIE TIME: STORKS
More than 180 MoBap moms, dads and children enjoyed an exclusive premiere movie event showing “Storks.” Organized by MoBap, guests enjoyed popcorn, a coloring station, a photo booth and a pre-movie slideshow highlighting the newly renovated MoBap Childbirth Center. The Center’s renovations include a more spa-like atmosphere and three new Labor and Delivery rooms with labor tubs.

“We really enjoyed having our MoBap families spend their morning to relax and celebrate with us,” said David Weinstein, MD, chief of OB/GYN at MoBap.

FLU SHOTS FOR THE COMMUNITY
During the past 10 years, Missouri Baptist has offered free flu shots in the community. During four events held in September and October 2016, MoBap provided 1,018 people with this health benefit.

LABYRINTH OFFERS COMFORT, PEACE, A PLACE TO RE-CENTER
Rob Kohn, 22, was known by his family and friends as a kind and gentle soul. When he passed away unexpectedly in December 2015, his parents, Dee Dee and Andy Kohn, and brother, Michael, wanted to create a memorial to honor his memory in a way that reflected his nature. Creating this place on the MoBap campus offers the Kohns a way to reach out to other families experiencing stress and worry and also provide a place where employees can retreat to “re-center.”

Working with the Missouri Baptist Healthcare Foundation, the Kohn family created The Robert N. Kohn Memorial Labyrinth. Dating back more than 4,000 years, labyrinths have been used by cultures worldwide as a place of calm where one can meditate, pray or just become quiet and focused. The shape and winding path represent the journey to find peace. Located near Ballas Road on the southeast corner of the MoBap Wellness Trail, the Robert N. Kohn Memorial Labyrinth welcomes everyone for peaceful meditation, prayer or contemplation. To learn more about giving opportunities, please contact our Foundation at 314-996-5347.
Our mission is to improve the health of the people and communities we serve.

Contact Us

Missouri Baptist Medical Center
3015 North Ballas Road
St. Louis, Missouri 63131
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

Find us on

BJC HealthCare complies with applicable federal civil rights laws and does not discriminate.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (800-392-0936) o (314-996-5433) y refiera este material.

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (314) 996-6682 (TTY: 1-800-735-2966).

This information has been sent to you because we believe you may have a need or interest in our services. If you would like to be removed from our mailing list, please call (314) 996-LIFE (314-996-5433) and reference this material.