Take It to Heart

Raising awareness of women’s risk for heart disease

winter 2011
The Christian Hospital Wound Care Center is Helping to Heal and provides extra care

Smart Choice
The surgeons of North County Surgery help you get back to life

Check out this issue’s Health Matters calendar for great lectures, classes and events
Christian Hospital is now among only 14 percent of all hospitals nationwide to be certified by The Joint Commission as a Primary Stroke Center, along with Barnes-Jewish Hospital and Boone Hospital Center within BJC.

In 2009, Christian Hospital participated in the American Stroke Association’s Get With The Guidelines—Stroke program. The program’s goal is to improve the overall quality of care for stroke patients by improving acute stroke treatment and preventing future strokes and cardiovascular events.

Over the past year, the Christian Hospital stroke certification team has been working to develop standard-of-care guidelines and clinical pathways. Staff education and development tools also were created, and staff training began in February for EMS, CH and Northwest HealthCare emergency department staff, ICU, AMCU and the 10th floor neuro unit. Physicians and registered nurses on the neuro unit are certified in stroke care by the National Institutes of Health Stroke Services.

The core stroke certification committee includes Robert Margolis, MD, stroke program medical director; Gregg Liedtke, RN, stroke program clinical director; Melanie Mueth, MD, chief medical officer; Sebastian Rueckert, MD; Kimberly Perry, MD; Sylva McDonald, RN; Heather Hawkins, RN; Patty Eppel, RN; Ken Jackson, RN; and Tracey Spurgeon, RN.

“IT’s an exciting milestone for Christian Hospital to attain certification by The Joint Commission as a Primary Stroke Center,” says Dr. Mueth. “The entire team worked very hard on the project.

“Our medical director of stroke, Dr. Robert Margolis, made sure we adhered to the latest evidence-based practice in stroke care, Drs. Rueckert and Perry showed outstanding leadership in the ED, and Gregg Liedtke, RN, nursing director, managed the entire project and kept us on course,” Dr. Mueth says. “We are proud of all the team members’ diligent efforts.”

Christian Hospital applied in early 2010 for Joint Commission certification to be designated as a Primary Stroke Center. The Joint Commission is the nation’s predominant standards-setting and accrediting body in health care.

The Joint Commission’s Primary Stroke Center Certification Program, launched in December 2003, was developed in collaboration with the American Heart Association/ American Stroke Association. Certification is available only to stroke programs in Joint Commission-accredited acute care hospitals.
**We Won An Emmy!**

We are delighted to announce that the “Care That Makes Sense” television commercial featuring North County BJC Medical Group physicians and Christian Hospital won a Mid-American Emmy Award! Our commercial won in two categories: commercial single spot and editor spot-length promo, commercial.

Kudos to our physician “stars” — Drs. Gena Gardiner, Gena Napier and Aaron Dimmitt — and Kathleen Gruenberg, CH Communications & Marketing manager, who was the engine behind the campaign; and Monica Franklin, BJC Creative Services team lead, for artistic direction. Thanks also to CH Physician Services for coordinating our physicians’ participation.

To view the commercial, go to bjcnorthcounty.org, select any doc, then select BJCMG on the TV button.

**Christian Hospital presented national award at ‘What’s Right in Health Care’ conference**

Christian Hospital was recently recognized with the Excellence in Patient Care Award at the Studer Group “What's Right in Health Care” national conference held in Dallas, Texas. The award is based on high patient satisfaction scores compiled by the U.S. federal government as part of the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAPS) survey, the first national, standardized, publicly reported survey of patients’ perspectives of hospital care and their hospital experience.

**Join us! Visit our website at www.christianhospital.org to learn more about the exciting job opportunities at Christian Hospital, Northwest HealthCare and Village North Retirement Community. Contact us about sign-on bonuses!**

Kayla Davis, RN
10th Floor Team Leader

**Doing It Right**

Kayla Davis, RN
10th Floor Team Leader

“I work at Christian Hospital because every day brings a new experience. As a team, we strive to provide excellent patient care.”

**Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355)**
Some people may be surprised to learn that heart disease is the leading cause of death for American women, far outpacing breast cancer in the number of lives taken annually. Fortunately for the women of North County, the cardiologists of Christian Hospital stand ready to help them avoid cardiac problems or heal hearts that are in need of repair.

Laura Gruen, M.D., is a Christian Hospital interventional cardiologist with The Heart Care Group, and she is surprised to see younger and younger women coming to her with cardiovascular disease. “Women are actually facing an increased risk of cardiovascular disease. I am performing emergency interventions on women in their 40s,” says Dr. Gruen. “Heart attacks and coronary artery disease are not just men’s diseases.”

Know Your Risk

“Heart disease does not begin after a heart attack or stroke, but long before it, when plaque begins to form and damage your arteries,” says Dr. Gruen. With a few simple tests, your doctor can evaluate your risk for heart disease. Visit your doctor annually to have your blood pressure and cholesterol checked as part of your regular checkup. If you are at risk for heart disease, your doctor may also recommend further evaluations to see if there are any blood flow problems or heart muscle damage.

“The best way to prevent heart disease from shortening your life is to take care of your heart now. Eating well and exercising are two of the best things you can do for your heart, making it stronger and healthier,” says Dr. Gruen. Eating well should be a lifelong goal. Instead of unhealthy dieting patterns, try to have balanced meals every day.

Eat a variety of foods, particularly those that are high in vitamins, minerals, fiber and other nutrients. The American Heart Association
Heart disease is the #1 killer of women in the United States.

Women vs. Men: Know the Symptoms of Heart Attack

If you are at high risk for heart disease, make sure you know the symptoms of a heart attack so you can get help in time. Every year, about 330,000 Americans die from heart problems before they get to the hospital. But in most cases, symptoms begin hours before. If you are experiencing these symptoms, call 911.

That having been said, women experience heart attacks differently than men. For example, women do not always experience the severe chest pain that most people associate with heart attacks.

Women’s symptoms:
- Slight discomfort in the chest
- Shortness of breath
- Fatigue or dizziness
- Pain below the left shoulder blade or in the back
- Pain or tingling in the jaw, elbow, arm or throat
- Nausea and vomiting

Men’s symptoms:
- Sudden pressure, fullness, squeezing, or pain in the center of the chest
- Fainting
- Sweating
- Shortness of breath
- Sudden onset of rapid heartbeats

“Seek medical attention immediately if you are experiencing any heart attack symptoms; don’t second-guess yourself or wait for it to go away,” says Laura Gruen, MD. “Call 911 for an ambulance right away.”

Learn by Numbers

Women’s vs. Men’s Symptom Comparison

Women’s symptoms:
- Slight discomfort in the chest
- Shortness of breath
- Fatigue or dizziness
- Pain below the left shoulder blade or in the back
- Pain or tingling in the jaw, elbow, arm or throat
- Nausea and vomiting

Men’s symptoms:
- Sudden pressure, fullness, squeezing, or pain in the center of the chest
- Fainting
- Sweating
- Shortness of breath
- Sudden onset of rapid heartbeats

The doctors at The Heart Care Group can help you find out if you are at risk for cardiovascular disease. Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355) to make an appointment.

MEGA Heart Fair

Meet Laura Gruen, MD, at the MEGA Heart Fair and learn from her presentation as she discusses heart health to keep you ticking. You can also experience the inner workings of the heart by exploring the MEGA Heart, an interactive, walk-through display of the heart. Free screenings, a guided tour of the cardiac surgery suite, educational workshops and displays, health care experts, refreshments and much more are included in this popular annual community event.

**Date** Feb. 12
**Times** Workshops and Mega Heart: 9 a.m.–1:30 p.m.; Screenings and Booths: 8:30 a.m.–noon

See related story on page 15.

**Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355)**
Northwest HealthCare offers:

- 24-hour Emergency Department
- MRI
- 16-slice CT scan
- Mammography
- Ultrasound
- On-site Laboratory
- Sleep Disorders Center
- Breathing Center and Asthma Center
- DEXA Bone-Density Testing
- Primary Care Physicians

No one likes visiting a medical center to get treatment or see a loved one, but if you must go, then Northwest HealthCare in Florissant, Mo., has created the ideal setting for patients and their family members and friends.

When you walk into NWHC, you’ll find it open and airy, with lots of windows, rocking chairs facing a marble fireplace and a community room with space for up to 120 people. The greeters at the front desk escort you to the right location instead of merely pointing out a colored path for you to follow.

“We have a coffee kiosk that serves espresso, specialty drinks and sandwiches,” says Stephanie Reynolds, customer service manager.

Wireless service is available so that visitors can work on laptops and handhelds. Visitors may also enjoy the art exhibits on display. “We have a contract with local artists in St. Louis and professional lighting to show off the artwork,” says Reynolds.

“We wanted a spa-like atmosphere in our treatment areas to make customers comfortable, so we have hardwood-looking floors and lighted murals of restful nature scenes,” says Reynolds. The building avoids a clinical look and smell, with no aroma of antiseptics or bedpans in the air. “Instead of cold hospital gowns, mammography patients get warm fluffy robes with the Northwest logo on the lapel.”

This level of comfort will extend into the 40,000-square-foot Medical Office Building for NWHC that has just been completed. The Emergency Department will also be expanded to include 13 new treatment rooms, to be operational in fall 2011.

No matter whether a patient is visiting the Breathing Center or the Sleep Disorders Center, or getting an MRI, CT scan or DEXA scan, every patient passing through the outpatient area receives a long-stemmed carnation. “Even the men,” says Reynolds, “and they really like it.”

What’s more, outgoing patients receive an instruction card on how to get test results, how to care for themselves at home and what their next steps might be. As a final touch, says Reynolds, “We thank them for using our services with a handwritten note from the techs who did their screening. Once a patient has experienced this, they want the same thing each time.”

Attention to patient care and comfort has earned Northwest HealthCare top scores in patient satisfaction based on surveys conducted by PRC, a premier health-care marketing research organization.

What do patients say about Northwest HealthCare?

“It only took 15 minutes from the door to the ER exam room ... super attitudes by the entire staff. They were also knowledgeable and had a lot of expertise.”

“Radiology was a nice experience; every part of it was great.”

“I appreciated the courtesy and kindness I received from everyone in the emergency room.”
Helping to Heal
The Christian Hospital Wound Care Center provides extra care for patients with chronic wounds.

Chronic, non-healing wounds affect more than five million Americans each year. These wounds can result from a number of factors, including diabetes, poor circulation, trauma, vascular disease and immobility.

Chronic wounds are a particular problem for people with diabetes, who are at high risk for skin ulcers on the legs and feet. Foot ulcers affect more than 15 percent of people with diabetes and account for more than half of all lower extremity amputations.

“Diabetics need to be aggressive in looking at their feet regularly,” says Adnan Siddiqui, MD, medical director of the Wound Care Center at Christian Hospital. “They may not notice an ulcer because they don’t have good feeling in the feet.”

When a wound needs help
If a wound has not healed or changed for four weeks, it may be time for an evaluation by a wound care specialist. It’s important not to wait too long to seek treatment. “We see a lot of patients who wait to come in until it’s pretty bad,” says Dr. Siddiqui.

The Wound Care Center at Christian Hospital uses proven protocols and advanced therapies to heal stubborn wounds. A comprehensive, individualized plan is created for each patient, and each patient has a personal care manager who oversees all aspects of their treatment.

Patients of the Wound Care Center are seen weekly by nurses and physicians who debride the wounds, removing dead and damaged tissue to promote healing and reduce the likelihood of infection. Doctors treat localized and systemic problems that prevent wounds from healing, such as swelling, infection, nutritional deficiencies or restricted blood flow. Patients are also taught how to prevent recurring wounds and receive help addressing the underlying causes of their wounds.

Susan Burch, program director of the Wound Care Center, credits the center’s multidisciplinary approach with its success. “Our diverse panel makes a big difference,” she says. “Our specialties include surgery, primary care, infectious disease, vascular [medicine], ear/nose/throat (ENT) and podiatry. We use all the ancillary departments at the hospital. We can take care of all the patients’ needs here and not send them elsewhere.”

Advanced therapies
Many patients also benefit from advanced therapies, including the application of a novel bioengineered therapy such as Dermagraft or Apligraf. These grafts are placed on a wound and held in place with bandages. They stimulate the patient’s own skin cells to multiply and heal the wound by delivering fresh, living cells, nutrients and proteins.

Hyperbaric oxygen therapy is also an effective, noninvasive approach to wound healing that is available at the Wound Care Center at Christian Hospital. Two additional treatment rooms have been added, increasing the capacity of the center to greater serve the community.

Make It Better
To learn more about the Wound Care Center, call Christian Hospital at 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355).

Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355)
The surgeons of North County Surgery help you get back to life.
The surgeons of North County Surgery give patients the best in surgical care. Jojy George, MD, recently joined Hannah Ha, MD, and Muhammad Yasin, MD, as a partner in the North County Surgery practice. Here Dr. George shares his insights into the care provided by the surgeons.

**How do patients come to you?**
Patients may be referred to us by their primary care provider or they can come to us directly. Now, because of the Internet, people have a much easier time finding out about doctors that they may wish to interview.

**Do you encourage patients to interview you?**
Absolutely. Most patients are not in an emergency situation, so they have time to find the right surgeon for the procedure they need.

**What sorts of questions do patients ask during the interview?**
Most patients have received a diagnosis, and some have the diagnostic imaging — X-rays, MRIs or CT scans — on hand. Usually they ask whether they really need the surgery at all or if there are other options. If surgery is the best treatment option, then we discuss the timing — how soon the surgery has to take place. I also like to give patients an idea of how long their recovery will be, and what might be different after their surgery in terms of their specific complaint and overall physical condition.

**What are patients most concerned about?**
At this point we usually discuss which surgical techniques would be the best for their condition, how long the procedure will last and the possible complications.

**Are their different options for certain conditions?**
Yes. In addition to open surgery, I perform some procedures — for gallbladder removal or hernia repair, for instance — laparoscopically. It is a much less invasive form of surgery that offers patients the benefit of less blood loss and faster recovery times. These procedures can be performed in our surgical suite on an outpatient basis. The patient has their surgery, rests here for about 6 hours, then completes their recovery at home.

**What if the procedure cannot be performed on an outpatient basis?**
We perform surgery at Christian Hospital, and patients are in the hospital for the early part of their recovery. The surgical teams there are thoroughly skilled and completely trustworthy. Everyone there does the best job for the patients.

**Who follows up with patients after surgery?**
Dr. Ha, Dr. Yasin and I always schedule follow-up visits with each patient within two weeks of the procedure. For more complicated surgeries, we may see the patient two or three times, just to make sure everything is going smoothly.

More than 80% of all gallbladder surgeries performed in the U.S. are done laparoscopically.

From left: surgeons Jojy George, MD, Hannah Ha, MD, and Muhammad Yasin, MD

If you or someone you know needs surgery, call 324-741-0430 to schedule an appointment to discuss options with North County Surgery. To learn more about the doctors’ credentials and backgrounds, visit www.bjcnorthcounty.org.
Dear Mr. McMullen,

I am writing to you because I want to let the people in charge know that the staff on the 6th floor are amazing people!

I was admitted on Tuesday morning, Oct. 5, for a spider bite that infected my whole leg. I was frightened and sick, and from the very first moment, the nursing staff and doctors were incredible. Everyone who took care of me was compassionate, understanding and reassuring. When I found out I had to have surgery to remove the infection, I felt nothing short of terror. The nurses assured me that the surgeon was a great doctor and a great man, and they were right. I was fearful of being put under, but it turned out that the anesthesiologist was so kind and reassuring; he took the time to explain everything to me. The surgeon took time before surgery to reassure me, too. He explained in plain language what needed to be done and why. After surgery, all the nursing staff was so caring and attentive.

I am forever grateful,
Sheri
2010 was a great year for the Christian Hospital Foundation!

Your Christian Hospital Foundation had a busy 2010, working to make our community healthier!

The Foundation:
- supported many community wellness events, raised money to improve patient care and honored community volunteers.
- funded wellness events that served over 3,000 neighbors such as free flu shots, Diabetes Alert Day, Hats Off to Women and the Heart Fair. (For information on upcoming wellness events, call 314-747-WELL.)
- secured a $30,000 grant from Express Scripts Foundation to renovate and improve the Diabetes mobile unit that serves over 5,000 people each year!
- celebrated the contributions of Paul J. Kohnen, the Christian Hospital Auxiliary and Dora R. Gianoulakis at the second annual Legacy Leaders Dinner.
- welcomed over 140 new donors to the Foundation, helping to raise over $110,000 in 2010!

Join us in making our community healthier in 2011 by making a gift to the Christian Hospital Foundation. Call 314-653-5162 or visit www.christianhospital.org and click on Foundation.

Ribbons & Roses

Ribbons & Roses at Christian Hospital is a full-service floral and specialty gift shop that provides free delivery to hospital patients and delivery for a nominal charge to any location in the metropolitan St. Louis area. Because the shop is operated by the Christian Hospital Auxiliary, there is no sales tax on purchases. All proceeds go toward enhancing patient care services.

Ribbons & Roses is conveniently located in the Detrick Building on the ground floor and is open Monday–Friday, 8 a.m.–4 p.m. To place a floral order, please call 314-653-5599.
**Health Matters**

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**January**

- **12th**: It’s going to be a really great shoe! Come to the CH Auxiliary’s **Shoe Roads Production** shoe and accessory sale. Details on page 15.
- **20th**: Be heart smart. Learn more about **Cholesterol and the Heart-Healthy Diet** during our No Loafers session. Get the skinny on page 14.
- **27th**: How do I love thee? With all my MEGA Heart! Come to the **MEGA Heart Fair** to learn valuable heart-health tips. Details on page 15.

**February**

- **11th**: Make the mind-body connection. The No Loafers program **Exercise and Your Health** shares the benefits of exercise. Check out page 14.
- **18th**: Look Good, Feel Better. Cancer survivors and patients can learn tips for a fresh look. See page 13.
- **25th**: You can be sweet, but your blood shouldn’t be. Come to CH’s **Diabetes Alert Day** to learn if you’re at risk. See page 14.

**March**

- **4th**: Just Lose It! Registration begins for the next weight-loss challenge. See page 16 for details.
- **11th**: Sharpen your driving skills by taking the **AARP Driver Safety Course**. Change lanes to page 14 for details.
Call 314-747-WELL or (toll-free) 1-877-747-WELL to register unless otherwise noted.

**CLASSES**

**BREATHE**
Designed for people with pulmonary disease, participants focus on deep breathing, exercises and relaxation.

*Dates* M Th, ongoing
*Time* 11 a.m.–noon
*Location* GM Cost $30

**Pilates**
Pilates is a low-impact style of exercise that focuses on the abdominal region, with a secondary emphasis on the lower back and hip area.

*Dates* M W, Jan. 5–Feb. 16; Feb. 23–April 6
*Time* 5:30–6:30 p.m.
*Location* NW Community Room
*Cost* $60 for 12 sessions
*Registration* none

**Yoga**
Practice yoga at your own level as you learn to calm your mind, increase your concentration and enhance your ability to cope with stress.

*Cost* $60 for 12 sessions
*Registration* none

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**Dates** Jan. 3–Feb. 24; Feb. 28–April 21
**Time** M W, 9–10 a.m.;
M Th, 1–2 p.m.;
T Th 8:30–9:30 a.m.;
T Th 10–11 a.m.
**Location** GM Cost $35

**Tai Chi**
Resist illness, combat stress and fatigue, and increase flexibility through meditation in motion. Great for all ages.

**Dates** T Th, Jan. 4–Feb. 15; Feb. 17–March 29, March 31–May 12
**Time** 9–10 a.m.
**Location** NW Community Room
**Cost** $70 for 14 sessions
**Registration** none

**HEART & LUNG**

**Free Lung Function Screening**
Call 314-953-6040 for more information or to schedule a screening.

**Cost** Free

**MEGA Heart Fair**
See related stories on pages 5 and 15.

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**CENTER FOR MENTAL HEALTH**

**Center for Senior Renewal**
The Center for Mental Health’s new Center for Senior Renewal, conveniently located on the first floor of the Detrick Building, provides day treatment programs for older adults dealing with anxiety, depression, grief, loss and early signs of dementia. The Center for Senior Renewal provides a comfortable, home-like atmosphere staffed with compassionate and experienced mental health professionals. For more information, contact Connie Trunk at 314-653-5123.

**Caregiver Solutions for Dementia Care**
The Christian Hospital Center for Mental Health is teaming up with the American Alzheimer’s Association to present how-to approaches and demonstrations of care techniques for activities, eating/dining, bathing, grooming, dressing, continence and safety. The goal is to help caregivers to gain new skills and techniques that can help them to provide care for a loved one in the home. Each participant will receive written information and resource packets.

**SAVE THE DATE!**
**Date** April 12
**Time** 6–8 p.m.
**Location** NW Community Room
**Cost** Free

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**SENIORES**

**Financial Boot Camp: Fitness for Your Finances**
Today’s financial topics encompass so many difficult decisions for Americans. Mix this with rapidly changing regulations and the questions become even more difficult. The Financial Boot Camp is designed to cover a broad array of financial topics. Whether you consider yourself a novice or a professional in the financial arena, join us to refresh and reinforce your financial knowledge.
Diabetes Alert Day

We can’t say this enough: 1-in-5 Americans are at risk for developing type 2 diabetes. Left untreated, diabetes can be deadly. In the early stages, symptoms are subtle and often go unnoticed until the damage has been done. Now you have no excuses. We’ll make it easy for you to get screened on Diabetes Alert Day with two locations and extended hours. So get screened on March 22!

**Date** March 22  
**Location** CH Diabetes Institute, CH Professional Building 1, Suite 101N  
**Time** 7 a.m.–3 p.m.  
**Location** Northwest HealthCare, 1225 Graham Rd., Florissant  
**Time** 9 a.m.–6 p.m.

Free A1C testing — a 3-month average blood-sugar test — provided by Express Scripts Foundation

**Speaker** Travis Freeman, AWMA, Four Seasons Wealth Management  
**Date** March 2  
**Time** 10–11:30 a.m.  
**Location** NW Community Room  
**Cost** Free  
**Reservations** Space is limited. Call 314-747-WELL (9355) to register.

**AARP Driver Safety Course**  
This four-hour training will help you tune up your driving skills, update your knowledge of the rules of the road, learn about normal age-related physical changes and ways to adjust for these changes and reduce traffic violations, crashes and chances for injuries. Some insurance companies also offer a discount to participants! Space is limited.  
**Speaker** Dr. Arthur Visor  
**Location** CH Detrick Bldg, Atrium B  
**Date** March 15  
**Time** 8:30 a.m.–12:30 p.m.  
**Cost** $12 for AARP Members, $14 for non-AARP members, payable to AARP the day of training.  
**Reservations** Call 314-747-WELL (9355) to register.

**Cholesterol and the Heart-Healthy Diet**  
Invest in your health by taking control of your diet choices. Learn how the food choices you make today can affect your health and well-being for life. Join us for health tips and a free cholesterol screening.  
**Guest** Shu Jane Yu, RD, LD, CDE  
**Date** Feb. 16  
**Time** 9–10 a.m.  
**Cost** Free

**Colon Cancer Awareness**  
Colorectal cancer is preventable, even curable when detected early. Nearly 132,000 new cases of colorectal cancer will be diagnosed this year. Join us this morning to learn about lifestyle changes that could help you prevent colon cancer.  
**Date** March 16  
**Time** 9–10 a.m.  
**Cost** Free

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**Diabetes Wellness Tour 2011**

Schedule your FREE screening today!

Get your free Diabetes Awareness Kit by calling 314-747-WELL (9355) or toll-free 1-877-747-WELL (9355).

Now offering free A1C testing courtesy of Express Scripts Foundation.
Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355)

**Support Groups**

**Beyond Breast Cancer Support Group**
A variety of topics are presented, followed by an hour of individual sharing. Call 314-653-4395 for more information.

**Mental Health Evaluations**
Psychiatric, chemical dependency and alcohol abuse evaluations are confidential and offered for free by the Christian Hospital Center for Mental Health. Please call 314-839-3171 for an appointment.

**STEPS™ Schizophrenia Support Group**
This nationally recognized program provides education and support for those with schizophrenia. The group is facilitated by an experienced STEPS nurse. For more information, call 314-839-3171.

**Chemical Dependency Information Meeting**
Help is here to live a drug-free life and cope with life’s challenges. Call 314-839-3171 for more information.

**Adult Diabetes Support Group**
Diabetes has no cure. Therefore, it is vital to control diabetes with a doctor’s advice, diet and exercise. Because there is no cure, a support system is often needed to help patients acquire and maintain a healthy lifestyle to control their diabetes. This support group is open to diabetes patients and their families. Please call 314-653-4545 for class locations, dates and times.

**Congestive Heart Failure Support Group**
A monthly meeting about what you can do to feel better and enjoy life more. Call 314-653-9663 for more information.

**Arthritis Support Group**
Dates Third Wednesday of the month
Time 6:30–7:30 p.m.
Location GM, Suite 104 Cost Free
Call 314-953-6090 for more information.

**Stroke Support Group**
Stroke survivors, caregivers, family members and friends share knowledge and experiences gained from living through a stroke, as well as dealing with the resulting emotions and responsibilities. Call 314-653-4835 for more information.

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**AUXILIARY SALE**

**Homemade Gourmet Sale**
Indulge in free mouthwatering samples at this unique sale and make all of your grilling memorable with Homemade Gourmet, featuring seasonings and mixes for purchase.

**Shoe Roads Production**
The Christian Hospital Auxiliary is teaming up with Laurie's Shoes to provide a fine selection of better footwear. Vera Bradley accessories will also be available for purchase.

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The Christian Hospital Auxiliary is teaming up with Laurie's Shoes to provide a fine selection of better footwear. Vera Bradley accessories will also be available for purchase.

Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355)

**Date** Saturday, Feb. 12  
**Time** 9 a.m.–12:30 p.m.: workshops and MEGA Heart tours  
8:30 a.m.–noon: screenings and booths  
**Location** CH Atrium

Come to the Christian Hospital MEGA Heart Fair! Come explore the workings of the heart by touring the MEGA Heart, an interactive, walk-through display of the heart. Learn about cardiovascular functions and various types of heart disease as you walk through the MEGA Heart!

Come learn what you can do to protect your heart, the latest advancements in heart care and much more. Don’t wait for an emergency to find out what type of advanced heart care is available in the area. Make plans to attend our FREE MEGA Heart Fair!

- FREE screenings
  - Cholesterol
  - Glucose
  - Blood Pressure
  - Breathing
- Guided tour of the CH Surgery Center
- Informational displays
- Educational booths
- Ask the experts
- Stress and heart disease information
- Refreshments
- And much more …

**Date** Saturday, Feb. 12  
**Time** 9 a.m.–12:30 p.m.: workshops and MEGA Heart tours  
8:30 a.m.–noon: screenings and booths  
**Location** CH Lobby

**Dates/Times** Jan. 26–27, 7 a.m.–3 p.m.
**Location** CH Lobby

**FREE screenings**
- Cholesterol
- Glucose
- Blood Pressure
- Breathing

**Dates/Times** Jan. 26, 8 a.m.–4 p.m.; Jan. 27, 7 a.m.–3 p.m.
**Location** CH Lobby

**Call 314-747-WELL(9355) or (toll-free) 1-877-747-WELL(9355) for locations, dates and times unless otherwise listed. All support groups are FREE.**

**Dates** Jan. 26–27, 7 a.m.–3 p.m.
**Location** CH Lobby

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**MEGA HEART FAIR**

**Homemade Gourmet Sale**
Indulge in free mouthwatering samples at this unique sale and make all of your grilling memorable with Homemade Gourmet, featuring seasonings and mixes for purchase.

**Dates/Times** Jan. 26–27, 7 a.m.–3 p.m.
**Location** CH Lobby

**FREE screenings**
- Cholesterol
- Glucose
- Blood Pressure
- Breathing

**Guided tour of the CH Surgery Center**

**Informational displays**

**Educational booths**

**Ask the experts**

**Stress and heart disease information**

**Refreshments**

**And much more …**

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**Shoe Roads Production**
The Christian Hospital Auxiliary is teaming up with Laurie’s Shoes to provide a fine selection of better footwear. Vera Bradley accessories will also be available for purchase.

**Dates/Times** Jan. 26, 8 a.m.–4 p.m.; Jan. 27, 7 a.m.–3 p.m.
**Location** CH Lobby
Christian Hospital's Just Lose It Challenge — perfect timing for those New Year's resolutions! Let us help you stick with it by signing up for the Just Lose It Challenge. Here is your chance to get active, eat healthier and make the lifestyle changes that you have been putting off — with help from your community. The incentive? If having more energy, and looking and feeling healthier are not enough, there are prizes to motivate you. And, because lifestyle changes affect other things besides weight, you will have your blood pressure, cholesterol and glucose checked.

The kickoff and formal registration for the Just Lose It Challenge is Saturday, Jan. 15, any time between 9 a.m.–1 p.m. Pre-registration and attendance at the kickoff is mandatory to participate in the contest. There is a $10 entrance fee payable at registration. Cash or checks only. Pre-registration for the kickoff is required. Call 314-747-WELL(9355).

Registrations will not be taken until Tuesday, Jan. 4, at 8 a.m., and will end on Jan. 14 at 5 p.m. or when full. Space is limited to the first 400 participants. You must be 18 years of age or older.

For your entrance fee, you will receive:

- Screenings
  - Cholesterol
  - Blood Pressure
  - Blood Glucose
- Helpful Resources
- Special Classes
- Nutrition Classes
- Participation Gift

Exercise Classes
Encouragement
Along the Way
Facebook Discussion Board
... and much more!

Here is your chance to make those changes and improve your health with a little help from your community friends at Christian Hospital, Bellefontaine Community Center, Eagle Fitness, Graham Medical Center, St. Louis County Parks, Community News, the City of Florissant, OASIS and the YMCA.

Follow the top 10 weight-loss leaders in the Community News and at ChristianCares.org.

Make sure to call and register between Jan. 4 and Jan. 14 at 5 p.m. to be officially registered for the weight-loss challenge. Space is limited, so call 314-747-WELL(9355).