

Patients First Health Care
901 Patients First Drive
Washington, MO 63090

Alvera Heeger, 636-390-1408
Director of Marketing

Dr. Charles Sincox Announces Retirement

Washington, MO, April 18, 2010 - Charles H. Sincox, MD, is retiring at the end of April, completing a forty-three year medical career.

Dr. Sincox, a native son of Washington, began his Washington medical practice on December 5, 1971, after having practiced medicine for five years in Platte City, Missouri. He set up his practice in Dr. Mollenhoff's office at the Schroeder Building in downtown Washington. He and his young family temporarily settled with his parents, Mr. and Mrs. Buck Sincox.

"In the 1970's, everyone had private practices," commented Dr. Sincox. "If you were planning to be out of town for a weekend, you had to arrange for another physician to cover your practice while you were away. It's much different now, with group medical practices," said Sincox.

Dr. Sincox's medical practice remained in the Schroeder building until he joined the Family Medicine division at Patients First Health Care in 2008. He has treated thousands of patients, some third generation. "It's been a privilege to share in the lives of my patients. We've shared wonderful personal interactions, which has helped me realize that I've made a difference in their lives," commented Dr. Sincox.

During his career, Dr. Sincox developed a special affinity for adults with special needs. He served as Medical Director of the Emmaus Home in Marthasville for over 30 years. This past February, he was honored for his service to the Emmaus Home and its residents at their annual "Open Your Heart Ball."

Music has always played a large part in Dr. Sincox's life. He has played with the Washington Brass Band, the Compton Heights Concert Band in St. Louis, and the St. Louis Wind Symphony – a group that also made recordings in the famed Powell Symphony Hall in St. Louis. It was during his high school years in Washington that he played with "The Polka Cats," a local German polka band. This group

-more-

played at local events and wedding receptions, and in the 1950s they played twice on the “GE Hour” in St. Louis. In the late 1950’s, the group was invited to perform on the “Ted Mack Amateur Hour,” which was recorded in New York. A local businessman, Carl Otto, accompanied the young group to New York as chaperone.

Dr. Sincox also has had a special affection for barbershop singing, having been a member of a local barbershop group in past years. His signature handlebar mustache, which he cultivated in 1967, has been an appropriate part of his barbershop attire.

Throughout his 43-year career, it has been Sincox’s wife, Carole, who has focused on the couple’s three sons, Noah, Ethan, and Justin, and kept the household running. The three sons are now married with children of their own. All three live in or around Washington.

As Dr. Sincox retires from the Family Medicine division at Patients First Health Care he plans to continue his assignment as Chairman of the Missouri Physicians Health Committee, a group he joined in 1978. The Missouri Physician Health Committee deals with doctors that are experiencing a life crisis. The group selects a treatment center for the physician as part of a program the physician will participate in for five years. The Missouri Physicians Health Committee is one of the most respected programs of its kind in the nation.

A retirement celebration will be held for Dr. Sincox this coming Sunday, April 25, from 2-4 p.m., at Café Mosaic on the Patients First Washington campus, 901 Patients First Drive. Patients, colleagues, and friends are invited to attend.

Headquartered in Washington, MO, Patients First Health Care is a 70-physician health care system that has 17 satellite offices, full-service Cancer and Ambulatory Surgery Centers, and offers 19 specialties, including radiation and medical oncology, cardiovascular, plastic surgery, dermatology and audiology.