

# in the news

## THE PERILS OF PIERCING

The complications that people have experienced from body piercing have been the subject of recent newspaper reports.

One young woman in Chicago experienced stabbing pains in her face that felt like electrical shocks lasting 10 to 30 seconds and struck 20 to 30 times per day. Doctors tried painkillers and stronger medications. One simple step proved to finally be the cure when the teen removed the metal stud from her pierced tongue. The pain vanished in two days.

This is just one of several complications that have been linked to tongue piercing. The tongue is a particularly dangerous place to pierce because it is rich in blood vessels that can spread infection to major organs. The tongue is also located close to important nerves.

The key to piercing any body part is to choose only professional, experienced piercers that use "implant grade" metal jewelry. It's also important to check out the cleanliness of the piercing salon and to follow after-care instructions to keep the area clean and free of irritation. And by all means, seek medical attention at the first sign of a problem, like redness, pain, swelling, fever or discharge. Never assume it will go away in a few days.

For comments or questions regarding this newsletter please contact  
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We strive to take care of you and the ones you love.

## SCHOLARSHIP RECIPIENTS NAMED BY PATIENTS FIRST EDUCATIONAL FOUNDATION

Three area students are beginning their college career with the help of the Patients First Health Care Educational Foundation. Each student, pursuing a health-related career, has received a \$1,000 scholarship. Those receiving scholarships include:

**Lauren Schelich**, a graduate of St. Francis Borgia Regional High School, is attending the University of Missouri – Columbia, and is majoring in nursing.



**Laycie Graves**, a graduate of Washington High School, is attending Missouri State University, majoring in radiological sciences with an ultrasound specialty.



**Kelsey Leimkuehler**, a graduate of St. Francis Borgia Regional High School, is also attending the University of Missouri – Columbia, pursuing a career in physical therapy.



The Patients First Educational Foundation awards scholarships to graduating high school seniors from high schools located within the Patients First service area.

## DIAGNOSTIC AREAS ACHIEVE ACCREDITATIONS

Patients First is happy to report that numerous diagnostic areas on the Washington campus have received national accreditations over the past months.

**The Heart Center** received designation by ICANL as an Accredited Nuclear Cardiology Laboratory and Nuclear Medicine Laboratory.

**American College of Radiology (ACR)** has awarded three-year terms of accreditation in MRI studies, gynecologic ultrasound, general and vascular ultrasound services, and breast ultrasound to Patients First.

**The Sleep Disorders Center** has been granted a five-year accreditation from the American Academy of Sleep Medicine (AASM).

**The Heart Center** also received accreditation by ICAEL as an Accredited Echocardiography Laboratory in the area of adult transthoracic studies.

## WASHINGTON CAMPUS PHONE DIRECTORY

- Cardiology (636) 239-2711
- Clinical Research (636) 390-1452
- Diagnostics (636) 390-1575
- ENT/Otolaryngology (636) 390-1570
- Family Medicine (636) 239-4100
- Gastroenterology (636) 239-7344
- General Surgery (636) 239-7727
- Gynecology (636) 390-9555
- Heart Center (636) 390-1750
- Internal Medicine (636) 239-7500

- Neurology (636) 390-1776
- Orthopedics (636) 239-9011
- Pediatrics (636) 239-7500
- Plastic Surgery (636) 239-7727
- Sleep Lab (636) 390-1771
- Urgent Care (636) 390-1777
- Urology (636) 239-5155
- Administration (636) 390-1400
- Patient Accounts (636) 390-1444
- Medicare Complete (636) 390-1744  
(636) 390-1743



Our Name • Our Commitment

# PATIENTS FIRST NEWS

A PATIENT NEWSLETTER FROM PATIENTS FIRST HEALTH CARE

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 Washington, MO 63090  
*(Phone Directory on Last Page)*

### SATELLITE OFFICES

**CUBA**  
 Family Medicine/Obstetrics  
 301 Theresa  
 573-677-2006

**HERMANN**  
 Family Medicine  
 2066 Village Lane  
 573-486-5006

**MARTHASVILLE**  
 Family Medicine  
 200 N. Highway 47  
 636-433-5411

**NEW HAVEN**  
 Family Medicine  
 9513 Highway 100  
 573-237-6100

**OWENSVILLE**  
 Family Medicine  
 440 N. Hwy 19  
 573-437-6100

**PACIFIC**  
 Family Medicine  
 307 Noonan Drive  
 636-271-9100

**STEELVILLE**  
 Internal Medicine  
 520 Pine Street  
 573-775-3335

**SULLIVAN**  
 Family Medicine/Obstetrics  
 102 Grande Center  
 573-468-4455

**SULLIVAN**  
 G.I. Services  
 450A Cumberland Way  
 573-468-2006

**SULLIVAN**  
 Internal Medicine  
 101 Progress Parkway  
 573-468-3555

**UNION**  
 Internal Medicine/Pediatrics  
 97 St. Andrews Drive  
 636-583-2946

**WARRENTON**  
 Family Medicine  
 605 E. Booneslick, Ste B  
 636-456-6103

## PHYSICIANS JOIN PATIENTS FIRST

**Brian A. Seeck, MD**, joined Patients First in July. As part of the cardiology division, Dr. Seeck joined the practice of Dr. Dilip Banerjee and Dr. John Mohart. Dr. Seeck graduated summa cum laude with a bachelor of science degree from Missouri State University, Springfield. He then attended medical school at the University of Missouri – Columbia, graduating cum laude in 2001. He was elected to the Alpha Omega Alpha medical honor society, an honor reserved for those at the top of their graduating class. In 2004, Dr. Seeck completed his residency in internal medicine at Barnes-Jewish Hospital, St. Louis, where he was awarded a research grant to investigate heart failure caused by stiff or noncompliant heart muscle. Dr. Seeck completed a three-year cardiology fellowship at Barnes-Jewish Hospital, Division of Cardiovascular Medicine. He devoted an additional year of training in noninvasive imaging to help diagnose and manage common heart problems. He is an accomplished lecturer and has presented his research on coronary CT angiography at national and local medical conferences. Dr. Seeck also has additional training in the implantation and management of cardiac pacemakers and defibrillators for the treatment of certain heart rhythm problems. Dr. Seeck is board certified in internal medicine. His office is located on the second floor of the Washington Campus building.



Dr. Seeck

**Sarah J. Seeck, MD**, also joined Patients First in July. Dr. Seeck is a specialist in internal medicine. Her office is located in the Washington Campus building. Dr. Seeck attended Central Missouri State University, Warrensburg, graduating summa cum laude with a bachelor of science, honors in biology. She received her doctorate of medicine degree from the University of Missouri – Columbia School of Medicine, and completed her residency program in internal medicine at St. Louis University Hospital, St. Louis. During her residency, Dr. Seeck was recognized for outstanding performance in patient care. Dr. Seeck is board certified by the American Board of Internal Medicine. She worked for the past three years as a hospitalist and instructor of medicine for Washington University School of Medicine, St. Louis. Dr. Seeck has an interest in women's health, preventive medicine, and the management of chronic diseases such as high blood pressure and diabetes. Dr. Sarah Seeck and her husband, Dr. Brian Seeck, have settled in Washington with their young son.



Dr. Seeck

**Marissa C. Stock, MD, FAAP**, joined the Washington pediatric practice of Dr. Beth Hammer in July. Dr. Stock's office is located in the Washington Campus building. Dr. Stock received her doctorate of medicine from the combined BA/MD program at the University of Missouri – Kansas City School of Medicine. She then completed her pediatric residency at Children's Mercy Hospital, Kansas City, Mo. Dr. Stock is board certified by the American Academy of Pediatrics. Dr. Marissa Stock is also a pediatric hospitalist for Washington University, St. Louis, serving Children's Hospital, Missouri Baptist Hospital and Progress West Hospital. She is also an instructor of pediatrics with Washington University. Dr. Marissa Stock and her husband, Dr. Davis Guss, reside in Washington.



Dr. Stock

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# in the news

## Dr. Rau Elected Chairman

Dr. Michael Rau, Internal Medicine physician, has been elected Chairman of the Board of Managers of Patients First. Dr. Rau's elected term is for a two-year period.



## Kasmann Appointed Human Resource Director

Michelle Kasmann recently joined Patients First as Director of Human Resources. Ms. Kasmann provides personnel management for 14 Patients First offices and 342 employees.



## McMullin Named Manager

Sarah McMullin has joined Patients First as Manager of the Patients First Rural Health Clinics in Bourbon, Sullivan and Steelville. Sarah McMullin has 30 years of previous hospital experience in physician relations.



## Voted 'Favorite Nurse'

Kathy Schrader, a Family Medicine nurse, was voted "Favorite Nurse" in the *Missourian* Readers Choice poll. Kathy is a full-time nurse in Washington.



## Medical School Dean Visits Patients First

Dr. William Crist, Dean of the University of Missouri-Columbia Medical School, visited Patients First as part of the school's outreach program. Many of the Patients First physicians are Mizzou graduates.



Dr. Michael Rau greeted Dr. Crist as he arrived.

## NEW OFFICES IN FULL OPERATION

Patients First Health Care has spent the past year expanding primary care coverage to surrounding Missouri counties in mid-Missouri. Offices in Warrenton, Hermann and Owensville were up and running by spring of this year and our Cuba office opened in mid-August.

**Warrenton** - Less than a year from opening its doors the Patients First Warrenton office has relocated to a larger facility! Previously located at 283 W. Veterans Memorial Parkway, Patients First has moved to 605 E. Booneslick, in the heart of Warrenton, just 1/2 block from the Hwy. 47 and Booneslick intersection. The new office opened the last week of September. Dr. JB Grimes, Dr. Tim Long and Dr. David Guss see patients by appointment. Office hours are 8:30 a.m. to 5 p.m., Monday through Friday.



Warrenton Office

**Owensville** - Located at 440 N. Hwy. 19, the Owensville Office is served full time by Dr. Trevor King. Dr. Kim Colter sees patients on a part-time schedule. Patients First in Owensville is open Monday, Tuesday, and Thursday 8:30 a.m. to 5 p.m., Wednesday 10:30 a.m. to 7 p.m., and Friday 7:30 a.m. to 4 p.m.



Owensville Ribbon Cutting

**Hermann** - The Hermann Office is located at 2066 Village Lane in the Village Plaza off of Hwy. 100. Office hours are 8:30 a.m. to 5 p.m., Monday through Friday. Dr. Thomas Davis, Dr. James Turner and Dr. Kristin Weidle serve patients on a rotating basis.



Hermann Ribbon Cutting

**Cuba** - The newest primary care office opened in Cuba on August 13, 2007. Dr. Peter Lambly has opened a solo practice at 301 Theresa Street in Cuba, just one street behind the People's Bank facility on Highway 19. Dr. Lambly has been in practice for the past two years in Sullivan and specializes in family medicine and obstetrics. Office hours are 8:30 a.m. to 5 p.m. on Monday, Wednesday, and Thursday, 10 a.m. to 7 p.m. on Tuesday, and 7:30 a.m. to 12 noon on Friday.



Cuba Office

## TEN PATIENTS FIRST PHYSICIANS NAMED TO 'BEST DOCTORS' LIST

Ten Patients First physicians have been selected for the St. Louis Magazine's 2007 "Best Doctors" list. The list is based on the annual "Best Doctors in America" data base, which considers more than one million peer evaluations to create a directory of more than 40,000 physicians in over 400 medical specialties. St. Louis Magazine's annual August issue features physicians from the St. Louis area that are named to this list.

**Dilip Banerjee, MD** and **John Mohart, MD**, both cardiologists, and **David E. Chalk, MD**, orthopedic surgeon, are the first Patients First specialists to be included in the physician list.

Family medicine physicians included in this year's listing are **Kelly J. Bain, MD**, **Kim D. Colter, MD**, **Thomas E. Davis, MD**, **Craig S. Holzem, MD**, **Timothy P. Long, MD**, **Keith J. Ratcliff, MD**, and **James D. Turner, MD**. The physicians listed include doctors' doctors...those practitioners that physicians trust to care for their loved ones or themselves.



# in the news

## NOTICE FOR MEMBERS OF SECUREHORIZONS MEDICARE COMPLETE!

AARP has selected SecureHorizons MedicareComplete® as the only Medicare Advantage plan to be endorsed by AARP. The relationship with AARP will allow MedicareComplete to serve more Medicare beneficiaries. As a result of the endorsement, which takes place on January 1, 2008, MedicareComplete will change its name to AARP® MedicareComplete® provided through SecureHorizons®. There will be no changes to how the plan is administered, and members are not required to become members of AARP to continue enrollment.

**If you're looking at a Medicare Advantage Plan, SecureHorizons MedicareComplete® - HMO is the plan that Patients First physicians accept. Ask your physician for more information.**



## PATIENTS FIRST ADOPTS NEW HEALTH CARE INFORMATION SYSTEM

Patients First has made a multi-million dollar investment in new technology that will improve patient care and efficiency throughout its multi-specialty, multi-location network. The group has selected NextGen Healthcare Information Systems, Inc., one of the leading developers and providers of computer-based systems for medical practices, to provide practice management and electronic medical records systems for the Patients First organization.



Training Session

Employees and physicians have attended numerous training sessions this past spring and summer. The next step was the introduction of the practice management system, which focuses on patient scheduling and registration, billing, and financial administration. The final step will be the training and then implementation of the electronic medical records systems in Spring, 2008. Electronic medical records will allow Patients First physicians to have a reliable, private, up-to-date record for each patient. Electronic medical records are seen as part of the solution to reducing medical errors and keeping costs down.

## Physician's Corner

Dr. Kelly Bain, of the Family Medicine division of Patients First, discusses the new Gardasil vaccine now available for young girls.



### Q What is the Gardasil vaccine?

A Gardasil is a vaccine available since June, 2006, produced by MERCK, for the prevention of infection from four strains of HPV (human papilloma virus). The strains included in the vaccine are 6, 11, 16 and 18. Types 6 and 11 cause 90% of genital warts. Types 16 and 18 cause 70% of cervical cancer. In two different studies the vaccine was 100% effective at preventing new infections with the four strains found in the vaccine.

### Q What is HPV and how prevalent is it?

A HPV is the most common sexually transmitted virus in the U.S. and is spread by skin to skin contact. 6.2 million men and women are newly infected each year.

### Q Who is a candidate for this vaccine?

A The vaccine is currently approved for girls/women ages 9 to 26. The recommended age for vaccination is age 11 or 12, or before initiation of sexual activity. 74% of new infections occur in the 15 to 24 age group. Women already sexually active should still be vaccinated. The vaccine will not prevent disease caused by one of the subtypes if you've already been exposed to it, but it can prevent infection from the other subtypes in the vaccine. It is also important that women continue to get their annual pap (papanicolaou) screen, as Gardasil does not prevent infection from all HPV subtypes that are linked with cervical cancer.

### Q Is Gardasil covered by insurance?

A The Gardasil vaccine is 3 separate shots given over a 6 month period. Cost is \$120 per dose. Commercial insurances are starting to pick up coverage, so women are encouraged to check with their insurance provider. Note: Gardasil is covered by Vaccines for Children and is available through local Health Departments. The State of Missouri has been granted \$11 million to vaccinate 30,000 low-income, uninsured Missouri females.