

# in the news

## A TRIP TO THE DENTIST COULD SAVE YOUR LIFE

Poor dental health in baby boomers could mean more than an unattractive smile. It can cause periodontal disease, an oral infection that can lead to cardiovascular disease, stroke, and diabetes. According to the American Academy of Periodontology, people with gum disease are more than twice as likely to have cardiovascular disease than people with healthy mouth tissue.

Gum tissue should fit snugly around the tooth. If the gums recede, pockets can form around the teeth that fill with bacteria. When people neglect to brush their teeth or floss, the bacteria can make their way into the bloodstream.

With bacteria in the bloodstream, the lining of the arteries in the body become firmer creating ideal conditions for the accumulation of plaque. Bacteria can also create chronic inflammation throughout the body, causing the arteries to swell.

Researchers have also found direct links between gum disease and diabetes, finding that gum disease can increase the risk of diabetes, and vice versa. Daily brushing and flossing are two important steps, but periodic professional cleaning is the best insurance!

For comments regarding this newsletter, contact Alvera Heeger, 636-390-1408 or [alveraheeger@patientsfirsthc.com](mailto:alveraheeger@patientsfirsthc.com)

## ELECTRONIC MEDICAL RECORDS UPDATE

This summer Patients First is implementing the EMR (electronic medical records) portion (Phase 2) of the new electronic health care information system. Physicians are involved in ongoing training sessions and the installation of computer equipment in exam rooms and at workstations is finished. A team of employees spent months entering patient information from patient charts, such as medications, allergies, and vital records and office notes. Physicians began E-Prescribing prescriptions to participating pharmacies, deleting the need for written prescriptions. And now the primary care providers are introducing electronic medical records into the exam rooms.



Dr. Halsted Discusses Diagnosis with Patient

**Dr. Robert Halsted**, Medical Director and EMR Project Chair, is the beta test site for Phase 2, testing each element of the system and recommending changes to work flows as needed. Primary care physicians are transitioning to EMR throughout the summer. The bulk of primary care providers will be fully operational by November. Specialists will be added to the system throughout the winter. Ultimately, the system will allow Patients First to be a paperless system, allowing the primary care physicians and specialists access to a patient's chart resulting in a better continuity of care. The final phase of the project will be the introduction of the patient portal, where patients will have access to their personal health record.

## Clinical Research Trials

Our Clinical Research Division conducts research trials that include medical indications such as osteoarthritis, anemia, gastric reflux, hypertension and more. Participants are provided all study preparations and medications free of charge as well as compensation for time and travel. Please call if you are interested in learning more about our current or future research studies which may benefit you.

Call us at **636-390-1452**.

## WASHINGTON CAMPUS PHONE DIRECTORY

901 Patients First Drive • Washington, MO

- |  |   |
|--|---|
| <b>Audiology (636) 390-1570</b>          | <b>Internal Medicine (636) 239-7500</b> |
| <b>Cardiology (636) 239-2711</b>         | <b>Neurology (636) 390-1776</b>         |
| <b>Clinical Research (636) 390-1452</b>  | <b>Orthopedics (636) 239-9011</b>       |
| <b>Dermatology (636) 390-1595</b>        | <b>Pediatrics (636) 239-7500</b>        |
| <b>Diagnostics (636) 390-1575</b>        | <b>Plastic Surgery (636) 239-7727</b>   |
| <b>ENT/Otolaryngology (636) 390-1570</b> | <b>Sleep Lab (636) 390-1771</b>         |
| <b>Family Medicine (636) 239-4100</b>    | <b>Urgent Care (636) 390-1777</b>       |
| <b>Gastroenterology (636) 239-7344</b>   | <b>Urology (636) 239-5155</b>           |
| <b>General Surgery (636) 239-7727</b>    | <b>Patient Accounts (636) 390-1444</b>  |
| <b>Gynecology (636) 390-9555</b>         | <b>Medicare Complete (636) 390-1744</b> |
| <b>Heart Center (636) 390-1750</b>       |   |

We strive to take care of you and the ones you love.



**Washington Campus**  
901 Patients First Drive  
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(Phone Directory on Last Page)

### SATELLITE OFFICES

**BOURBON**  
Internal Medicine  
125 N. Old Hwy 66 • 573-679-2006

**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

**ST. LOUIS**  
Internal Medicine  
12855 N. Forty Drive, Ste 280  
314-432-4415

**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



Zero Manufacturing along Duncan Avenue



**2001**  
Patients First purchased ground in the heart of Washington – the site of the former Zero Manufacturing plant. The physician group then broke ground in November, 2001, for a new technologically advanced medical facility to centralize the rapidly expanding multi-specialty medical group.



Original Physicians and Nurse Practitioners

### The Beginning

Patients First Health Care was formed in July, 1998, when primary care physicians in Washington merged their medical practices. The goal was to build a physician-owned company offering efficient, seamless healthcare in a competitive healthcare environment. The first specialty medical practices joined Patients First in 2001. To fully merge the medical practices in a way that was efficient for physicians and the patients, the vision of a *medical mall* evolved. The group embarked on a building project that would provide a one-stop shop for office visits, diagnostic testing and an after-hours Urgent Care facility — a move that was considered bold and unthinkable by some and yet considered innovative and creative by many.



### A Decade of Explosive Growth

What began as a small medical group in 1998 has grown to what is now a group of 60 physicians representing 15 healthcare disciplines. A network of 15 primary medical care clinics serve a patient population of more than 150,000 within a six-county area. The latest diagnostic tools and therapies are used at the Washington campus to provide convenient patient care, all under one roof... and close to home.



Expanded Washington, Mo., campus. Anticipated completion July, 2009.

### The Patients First Network

A network of 15 medical clinics serve east central Missouri. The sixteenth clinic location, the St. Clair practice of Kirk Brockman, MD, and Patrick Smith, MD, will join the organization October 1, 2008.



The anticipated 10-year growth for the \$11.7 million facility exceeded all expectations! In a mere four years the building was full and it was time to plan for the next decade.  
As of July, 2008  
**60 Physicians on Staff**  
**422 Non-Physician Employees**

### The Future

The \$30.4 million expansion of the Washington campus will add an additional 109,000 sq. ft. to the current 85,000 sq. ft. building.

The building additions include:

- A cancer treatment center providing medical oncology, radiation oncology and infusion therapy.
- An ambulatory surgery center.
- Additional physician offices.
- A three-story parking garage completes the addition in the 14.5 acre tract.

Arch Oncology, located in Washington, will join Patients First in January, 2009. They will provide oncology services. The success that Patients First has achieved is due to its ever-increasing patient base, the generous welcome of the communities it serves and physician entrepreneurs who create planned growth blending innovation and technology.

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## in the news

### Trisha Peters Joins Patients First

Trisha Peters has joined Patients First as Director of Managed Care. Ms. Peters will develop, negotiate and manage all managed care contracts for the physicians and Patients First.



### Dr. Banerjee Retires

Dilip Banerjee, MD, Cardiology, retired in June following a 32 year medical career.

At an Open House held in his honor, Dr. Banerjee was greeted by his first patient, Mrs. Regina Schroeder.



### Cuba Office Grand Opening

Dr. Peter Lamble was joined by city and chamber representatives at the grand opening ceremonies of the Cuba Office. Dr. Lamble is a solo practitioner specializing in family medicine and obstetrics.



### Bourbon Office Grand Opening

Dr. Felipe Eljaiek and staff were joined by local dignitaries at a ribbon cutting at the completed Bourbon clinic. Dr. Eljaiek specializes in internal medicine.



### Washington Town & Country Fair

Courtney Wehmeyer (l) was named 2nd runner up at the 2008 Washington Fair Queen Contest in August. Courtney is congratulated by Emily Rau, 2007 fair queen. Both Courtney and Emily were sponsored by Patients First Health Care.



## PHYSICIANS JOIN PATIENTS FIRST

### Felipe A. Eljaiek, MD, Musa Modad, MD, and Jose R. Remo, Jr., MD,

offer primary medical care through their clinics in Sullivan, Steelville and Bourbon. The physicians, all internal medicine specialists, had been in private practice in those communities as BJC employed physicians prior to joining Patients First. Each clinic is also staffed with a nurse practitioner.



Dr. Eljaiek, Dr. Modad, Dr. Remo



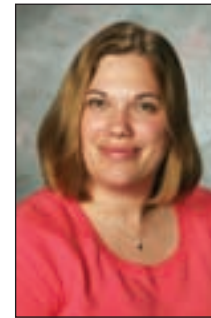
Dr. Mohart

The Urgent Care at Patients First Health Care in Washington doubled physician coverage with the addition of **Gina Mohart, MD and Nestor Shust, MD.** Dr. Mohart and Dr. Shust are board certified physicians with emergency medical care experience. With the addition of Mohart and Shust, the Patients First Urgent Care now offers two full-time physicians on a daily basis.



Dr. Shust

**Gretchen E. Kluesner, MD,** a Franklin County native, is a graduate of the St. Louis University School of Medicine. She completed a combined internal medicine and pediatrics residency at St. Louis University Hospital. Dr. Kluesner has joined the medical practices of Dr. Shaukat Thanawalla and Dr. Beth Hammer at 97 St. Andrews Drive in Union. With a dual specialty in pediatrics and internal medicine, Dr. Kluesner is able to treat patients of all ages.



Dr. Kluesner



Dr. McIlwaine

**James McIlwaine, MD,** ENT/Otolaryngology, specializes in adult and pediatric otolaryngology and head and neck surgery. Dr. McIlwaine is board certified. His office is located on the 3rd floor of the Washington Campus. Dr. McIlwaine received his medical degree from the University of Missouri School of Medicine, Columbia. He completed a general surgery internship and otolaryngology internship at St. Louis University School of Medicine in St. Louis. Dr. McIlwaine sees children and adults in his ear, nose and throat practice.

### Reminder to All Patients

Whether you are a new or returning patient, please remember to bring your insurance card and photo identification with you on your next visit. These simple steps help us keep your medical chart updated and enables us to protect you from medical identify theft.

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## in the news

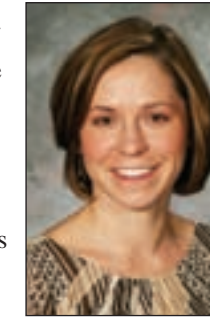
## PHYSICIANS JOIN PATIENTS FIRST

**Laurel L. Baumstark, MD,** specializes in Family Medicine and sees patients at the Patients First Hermann Office on a full-time basis. Prior to joining Patients First, Dr. Baumstark's medical practice was located at the Hermann Medical Arts Clinic. Before that she was the owner and medical director of Whole Health Family Practice, Birth Center and Wellness Center for seven years. Dr. Baumstark is board certified and also has experience in emergency medicine.



Dr. Baumstark

**Tanya McCormack, AuD,** is a doctor of clinical audiology, and has joined the ear, nose and throat practice of Dr. James McIlwaine in Washington. Dr. McCormack diagnoses, treats and manages individuals with hearing loss or balance problems. As part of treatment, she takes a patient's complete history and performs a variety of special auditory and vestibular assessments. Some treatment plans may include hearing aids, and Dr. McCormack is trained and licensed to dispense and fit hearing aids for patients. Dr. McCormack sees children and adults. Audiology is located in the ENT/Otolaryngology offices, 3rd floor, Washington.



Dr. McCormack

**Charles H. Sincox, MD, FAAFP,** specializes in family medicine and was in private practice in Washington for 37 years prior to joining Patients First Health Care. Dr. Sincox currently sees patients on Monday, Tuesday and Friday. His office is located on the 3rd floor of the Washington Campus building.



Dr. Sincox

Patients First recently expanded to the St. Louis market with the opening of the company's first medical clinic in St. Louis County. **Daniel J. Bauer, MD, Kenneth R. Brightfield, MD, J.Dennis Saffa, MD, M. Jay Walden, MD, and Noel F. Weyerich, MD** combined their established medical practices to join Patients First. Board certified in internal medicine, these physicians offer primary health care for adults.



Front: Dr. Weyerich, Dr. Walden  
Back: Dr. Saffa, Dr. Brightfield, Dr. Bauer

## Physician's Corner

**Dr. John Mohart,** of the Cardiology division of Patients First, discusses high blood pressure and the risks associated with uncontrolled high blood pressure.



### Q How do I know if my blood pressure is high?

**A** High blood pressure has no symptoms and is often called the "silent killer". The only way to know is to have your blood pressure checked by a physician. About one-third of U.S. adults have high blood pressure, and nearly one-third of them don't know it.

### Q What are the risk factors?

**A** Controllable risk factors include obesity, eating too much salt, drinking too much alcohol, lack of physical activity and stress. Uncontrollable risk factors include race, heredity and age. If your parents have high blood pressure, you're more likely to develop it; and the older you get, the greater your chance. Men seem to develop high blood pressure most often between age 35 and 55, with women more likely to develop it after menopause.

### Q Why should I care?

**A** High blood pressure is the #1 modifiable risk factor for stroke. It also contributes to heart attacks, heart failure, kidney failure and atherosclerosis (fatty buildups in the arteries).

Important things to remember: have your blood pressure checked regularly; take your medication faithfully; high blood pressure and heart disease don't affect just men – women are at risk also; have regular check-ups; and know the warning signs of heart attack or stroke and seek care immediately if these signs appear.