



Steven Bouse after his incredible weight loss (left photo). Steven with his late mother at his heaviest.

Type 2 Diabetes Patient Loses 200 Pounds through Diet and Exercise, Reverses Condition

According to the American Diabetes Association, nearly 26 million adults and children in the United States – approximately 10 percent of the entire population – have diabetes. Unfortunately, the prevalence of diabetes has increased dramatically in recent years (128 percent from 1988 to 2008). If this trend continues, as many as one in three American adults will have diabetes in 2050.

Primarily caused by genetic makeup, a sedentary lifestyle and an unhealthy diet, type 2 diabetes is the most common form, often developing later in life. Of those with type 2 diabetes, 85.2 percent are overweight or obese.

However, there is hope: in some cases, type 2 diabetes can be reversed.

By making lifestyle changes, such as adding exercise and consuming a healthier diet, many type 2 diabetics can lower their glucose numbers back to the normal range, ultimately reversing their condition.

In the case of 53-year-old Leasburg, Mo. resident, Steven Bouse, that's exactly what he did.

Steven was diagnosed with type 2 diabetes five years ago. He had been the primary caregiver for his parents for 12 years. Unfortunately, the years of caregiving had taken their toll on his health.

As a caregiver, it's often easy to overlook one's own needs, which can lead to various health problems, including extreme weight fluctuations, perspiration, high blood pressure, chest pain, muscle tension, headaches, fatigue, and poor sleep, to name a few.

"I hadn't been feeling like myself and was sweating a lot," recalled Steven. "I knew I needed to do something before things got any worse. That's when I made an appointment to see Robyn Hedges."

Robyn Hedges, FNP, a family nurse practitioner at Missouri Baptist Sullivan Hospital, had provided medical care for Steven's mom for several years.

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Hospital News

Missouri Baptist Sullivan Hospital Announces New Board Chairman

Missouri Baptist Sullivan Hospital is pleased to announce that its Board of Trustees has elected Mike Hoffman as its new chairman. A board member since 2007, Hoffman succeeds the late Melvin King, who retired in January 2014 after serving as a board member for more than 12 years.



"We're excited to introduce Mike as the hospital board's new chairman," said Tony Schwarm, president of Missouri Baptist Sullivan Hospital. "Mike's financial expertise is a tremendous asset to our board. Additionally, his 23 years of banking experience will provide the hospital with valuable insight when it comes to financial matters as we strive to 'Make Medicine Better' for our community."

A resident of Sullivan, Hoffman is president and CEO of the Bank of Sullivan and an active member of the community. In addition to serving on the hospital's Board of Trustees, he has served on the Bank of Sullivan's board for more than 10 years.

Wound Care Center Helps Save Woman's Foot from Possible Amputation

In June 2012, 64-year-old Washington, Mo. resident, Regina Riegel, experienced sudden, painful swelling in both legs. As a diabetic, she knew her condition was serious. After all, diabetes can lead to many additional complications, and swelling in the legs is one of them.

"My legs were so swollen, I felt like I was walking around on two balloons," recalled Regina. "I was in a great deal of pain and knew I needed more advanced medical treatment."

Regina contacted her primary care doctor, who recommended she take two water pills a day to reduce the swelling. When that didn't work, her doctor ordered her to double the dose to four water pills a day.

After five days of continuous leg swelling with no relief in sight, Regina called her primary care doctor again. That's when her doctor referred her to a hospital in Fenton, Mo. to treat the swelling, caused by peripheral edema. Regina spent the next 11 days at the hospital undergoing various tests and treatments. Despite the medical team's best efforts, they were unable to reduce her leg swelling.

"I was eventually sent to a rehab center in Sullivan, Mo. for the next six days," recalled Regina. "Unfortunately, my condition and the pain only seemed to get worse. So I was then transferred to the intensive care unit at a hospital in Washington, Mo."

Five days after arriving at the hospital, Regina's leg swelling finally subsided. However, she was still in a great deal of pain. She had also developed a blister on her left foot, which was heavily bandaged. Before she was discharged back to the rehab center, one of her doctors removed the blister without any numbing medicine, causing Regina even more pain.

"By then, I felt like I was being shuffled back and forth between various hospitals and healthcare facilities with very few answers," said Regina. "It was really frustrating, and the pain was only getting worse."

After hearing about Regina's ordeal with her foot wound, one of the workers at the rehab center suggested that she contact the Wound Care Center at Missouri Baptist Sullivan Hospital. Frustrated and battling constant pain, Regina decided to make an appointment at the Wound Care Center.

"The first time I visited the Wound Care Center, I knew I was in good hands," recalled Regina, who saw Jennifer Barbin, MD, an internal medicine physician at the Center. "Dr. Barbin was really kind and comforting. In fact, I never felt safer than I did when I was in her care."

Dr. Barbin examined Regina's open wound at that first appointment, thoroughly debriding the wound of dead skin and tissue, down to the muscle and tendons. She also prescribed antibiotics to protect Regina from getting an infection.



Wound care patient, Regina Riegel, and Dr. Jennifer Barbin during a recent checkup.

"Regina's original blister had developed into an ulcer. It had caused severe damage to her left foot, eroding skin and tissue and exposing muscle, tendons and nerves," said Dr. Barbin. "However, I reassured Regina that we could treat her wound. Our goal is to heal the wound and avoid amputation, if possible."

After dedicating several treatment sessions to debriding the wound to achieve a clean wound bed, Dr. Barbin used other advanced methods to treat the wound, including applying dermal substitutes to further promote healing to Regina's foot over the course of the next several months. Due to the large size of her wound, Regina required 12 applications of this advanced treatment, preventing the need for a skin graft. This treatment process continued until the wound was completely healed.

"I never experienced any pain during the treatment process," said Regina. "The only thing I struggle with is a little nerve damage in the foot. Otherwise, I'm doing great. Better yet, I still have my foot and am able to get around."

Regina's total treatment time took approximately six months. Fortunately, she never had to undergo any surgeries. Dr. Barbin also credits Regina's diligence with self-care as an important factor in her healing. "She followed our instructions explicitly, which made a big difference with her treatment and outcome," said Dr. Barbin.

"My advice to someone dealing with a chronic wound that won't heal is to get second and third opinions," said Regina. "If it weren't for the Wound Care Center, I might have lost my foot to amputation. I realize how lucky I am to be able to walk around again, pain-free."

Letter from Tony Schwarm



As the president of Missouri Baptist Sullivan Hospital, I wanted to take a moment to say “thank you” to our local community, as well as the patients and families who continually support us. You’ve invested in our hospital as much as we’ve invested in you.

Since 1962, our mission has been to improve the health and lives of the people in the communities we serve. Today, we remain committed to delivering the highest quality care for our patients in a comfortable environment, that’s close to home. It’s what sets us apart.

If you’re ever in need of exceptional, quality medical care, here are the top 10 reasons why you should consider Missouri Baptist Sullivan Hospital:

1. Every year, we treat more than 20,000 patients in our emergency room and deliver an average of 300 babies.
2. Last year, Missouri Baptist Sullivan Hospital had the No. 1 highest patient safety rating in Missouri, according to a second annual rating of hospital safety by a Consumer Reports study released in July 2013. In fact, high scores throughout BJC reflected BJC hospitals’ commitment to patient safety and quality
3. Our hard work and dedication haven’t gone unnoticed. More than 60 percent of our patients rate our care and services as “excellent.”
4. We never turn anyone away in need of medical care, regardless of his or her ability to pay. In fact, we provide \$1.3 million in free medical care every month.
5. We sponsor several grants that benefit the members of the community with the greatest needs, whether it be a special pair of walking shoes for a diabetic patient or custom splints for a young patient with muscular dystrophy.
6. We host an annual health fair, featuring health screenings and information to empower community members to improve their overall health.
7. We also provide emergency response support following major disasters, including fires, accidents and storms.
8. We regularly partner with local schools and businesses to provide medical support at sporting events and other activities.
9. We’re one of the community’s largest employers with more than 400 full- and part-time employees. Combined, our payroll and benefits total \$20 million.
10. We continue to invest in our employees. It’s people who ultimately take care of patients, and as the saying goes, you’re only as good as your people. That’s why we work tirelessly to recruit the most qualified employees, physicians and specialists.

In addition to your ongoing support, our success wouldn’t be possible without BJC and the investment they’ve made in our community. Thanks to BJC’s investment of \$35 million over the course of the last 10 years, we were able to completely replace the original hospital with the beautiful, state-of-the-art facility you see today. Plus, BJC has invested not only in our facility, but also in the quality medical services we provide.

At Missouri Baptist Sullivan Hospital, we know you have a choice when it comes to your healthcare, and we thank you for choosing our hospital for all of your healthcare needs. And we pledge to continually improve the quality of services we provide to our patients.

We’re proud to be a part of this wonderful, tightknit community, which has been our home for the last 52 years. Thank you again for your support as we serve you and work to “make the world’s best medicine better.”

Sincerely,
Tony Schwarm
President, Missouri Baptist Sullivan Hospital

Missouri Baptist Sullivan Hospital is grateful for the support of our community's most distinguished business leaders. Here are just a few things that some of them had to say about the value of our hospital:

"Ace Manufacturing and Parts Company employs 108 employees in Sullivan. In several cases, we've relied on the ER at Missouri Baptist Sullivan Hospital. Whenever the situation arises, we know we can count on them to get the best care for our employees. Without their quick action and convenient location, these injuries could've led to more serious issues. This hospital is beneficial not only to us, but it's also reassuring during the most urgent times."

Diana Ijames, Ace Manufacturing/Ace Security

"Few communities are privileged to have a medical facility available that provides the quality of care, state-of-the-art facilities, and civic presence that Missouri Baptist Sullivan Hospital affords the residents of Sullivan and the surrounding areas. They are one of our largest employers, providing above average paying jobs to highly-skilled medical professionals and support personnel. The hospital is also involved in the health and welfare of Sullivan residents, sponsoring health fairs, community outreach programs that endorse exercise and healthy living, and countless other community events. Our community is truly thankful that Missouri Baptist Sullivan Hospital calls Sullivan home."

Thomas Leasor, Mayor of Sullivan

"I cannot stress enough how important Missouri Baptist Sullivan Hospital is to our community. Not only does it provide quality jobs, but it has also brought quality people to our area, helping to grow all of our businesses. Finally, our goal of attracting additional industry jobs to the area wouldn't be remotely possible without the high standard of care the hospital provides."

Sharon Dace, Dace Insurance and MBSH Board Member

"As a resident and a business owner, it's been a tremendous asset to have Missouri Baptist Sullivan Hospital as part of our community. In addition to providing quality, convenient healthcare, the hospital is extensively involved in the community. From health awareness events to sponsorship of many charitable causes, the hospital serves the greater community in countless ways."

*Rachel Andreasson, Executive Vice President of Marketing,
Wallis Companies*

Upcoming Events

2014 Lecture Series 'Let's Talk Health' – Routine Health Screenings

Wednesday, Aug. 13, 2014 - Thomas Jackson, MD, an internist, and Jennifer Zimmermann, RN, an occupational health/infection prevention specialist, will discuss routine health screenings. The Let's Talk Health Series events are **FREE** and include a light box lunch.

Lunch starts at 11:15 a.m. followed by the lecture from 11:30 a.m.-12:30 p.m. Reservations are required and space is limited to 40 attendees. Please **RSVP** at least two weeks prior to the event by calling **(573) 468-1999**.

First Community National Bank and Missouri Baptist Sullivan Hospital Present 1st Annual Cuba Golf Tournament

Friday, Aug. 15, 2014, at the Cuba Lakes Golf Course. Three-Person Scramble – \$195 per team. Lunch at 11 a.m. Shotgun start at 11:30 a.m. For more information or to register, call **(573) 860-7951**.

Josh Kaufman 13th Annual Golf Tournament

Friday, Sept. 26, 2014, at Meramec Lakes Golf Course in St. Clair. In memory of Josh, who passed away after battling leukemia, the golf tournament's proceeds benefit the Missouri Baptist Sullivan Hospital's Oncology Department. Registration at 8 a.m. and shotgun start at 9 a.m. Steak dinner immediately following tournament. Cost is \$80 per golfer. For more information or to register, visit **www.joshkaufmanfoundation.org** or call **(573) 927-5762**.



Diabetes Patient

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Steven regularly took his mom to see Robyn when her health began to deteriorate.

By the time Steven met with Robyn in 2009, he weighed more than 400 pounds. His overall health was less than optimal. Robyn also was concerned about his liver and gall bladder. After conducting some tests, she determined that Steven had type 2 diabetes. Robyn prescribed diabetes medication (five pills per day) and instructed Steven to make some major lifestyle changes.

"I told Steven he needed to cut back on his sugar intake and add in more daily exercise to help lower his weight and control his diabetes," said Robyn.

Initially, Steven was overwhelmed by his diagnosis. He wasn't sure if he would be able to make those necessary changes to lose the excess weight. However, three years ago, he made a commitment to himself and his health.

"I gave up regular soda for diet soda, and cut back on sweets and larger food portions," said Steven. "I also started walking every day. At first, I could only go for short walks, but it eventually got easier. Today, I walk up to 10 miles a day."

Three years later, Steven has not only dropped the excess weight – down from 400 to 199 pounds – he's also reversed his type 2 diabetes. His blood sugar is normal now, and he's no longer taking diabetes medication. He went from a size 52 pant to a size 36, and has more energy than he's ever had before.

"Steven is truly a hero – not one who receives awards or badges, but one who is compassionate, humble, and kind to everyone," said Robyn. "I am proud to be his provider. By taking control of his life and health, he's made my job that much easier."

In addition to helping him lose weight, Steven's daily walks have actually become a social outlet. Not even the long, cold winter could slow him down – he continued to walk, losing an additional 21 pounds. Steven also is enjoying a new pair of walking shoes, which were given to him thanks to a donation from C.A.M.P. for a Cause (Community Assisting Medical Patients).

"The first 100 pounds actually came off pretty easily," recalled Steven. "The last 100 pounds took more time and effort, but it was worth it. I can't believe that half of me is gone. I feel like a whole new person!"

Steven continues to see Robyn twice a year for regular health check-ups. She reminds him that without the regular exercise, balanced diet, and weight control, his type 2 diabetes could recur. Steven understands that this is something he will need to manage for the rest of his life, but he doesn't seem to mind. He's too busy enjoying the benefits of his newfound way of life.

"I think Steven can serve as an inspiration for others facing similar health and weight issues," said Robyn. "Too many have the 'I can't attitude' or don't believe that diet and exercise really work. Steven is proof-positive that diet, exercise, and a commitment to yourself are mainly all you need. I hope his story will lead others to follow the same path of health."



BCH HealthCare

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