2020 has finally arrived. Embarking into this new decade, we are eager to continue the growth and expansion we’ve established over the past few years. Our CH2020 initiative, a $60 million investment, has brought exciting and vital upgrades to our facilities while also strengthening our role as a true community partner. This investment is coupled with our promise of delivering exceptional care every day, right here on our campuses in North County and throughout our community.

We always strive to bring the most innovative treatments offered by some of the best minds in the field — and heart care is no exception. Our team of cardiovascular and thoracic surgeons, cardiologists, radiologists and specially trained cardiovascular nurses work together to address the full array of heart conditions. Their compassion and expertise has improved the lives of many patients, like Joy McClard, whose story can be found on Page 2.

Within cardiology, we have a comprehensive heart valve program, with a team trained to perform minimally invasive procedures like Transcatheter Aortic Valve Replacement, or TAVR. These advanced capabilities allow us to offer options to a broader range of heart patients. In fact, TAVR, previously offered to only high-risk patients with aortic stenosis, was recently approved by the FDA for low-risk patients as well. Learn more about the heart valve team on Page 6.

Last year, Washington University Urology became our exclusive provider of urological care. From men and women’s health to multidisciplinary kidney stone treatments, this internationally recognized team upholds our standard of medical excellence. Read more about Washington University Urology on Page 10.

While we’ve accomplished many great things in the previous decade, there is much more to come. We continue to look toward the future, with an ever-present vision of improving the health and wellness of our community.

Here’s to your health,

Rick L. Stevens, FACHE
President, Christian Hospital

Your Community. Your Hospital. Your Best Medicine℠.
A TRADITION OF Exceptional Cardiology

From preventive care to emergency intervention, Christian Hospital’s cardiology team always has your best interest at heart. The first community hospital to offer heart surgery in the St. Louis area, we have a rich history of providing exceptional heart and vascular care.

We continue this tradition by bringing the most innovative treatments and procedures to our community, offered and performed by experienced Christian Hospital interventional cardiologists and specially trained cardiovascular nurses side-by-side with Washington University cardiovascular and thoracic surgeons and radiologists. Together, this team treats a range of heart conditions including:

- Abnormal Heart Rhythms
- Aortic Aneurysms
- Aortic Valve Disease
- Carotid Artery Disease
- Chest Pain
- Congenital Heart Defects
- Coronary Artery Disease
- Heart Attacks
- Heart Failure
- Heart Valve Disease
- High Blood Pressure
- Marfan Syndrome
- Mitral Valve Disease
- Peripheral Artery Disease (PAD)
- Varicose Vein Disease

Our comprehensive care ensures your heart is beating at its best, with services such as cardiac diagnostics and cardiac rehabilitation following major heart events. Beyond preventive and rehabilitative heart treatments, we are equipped to perform a full spectrum of cardiac surgeries, ranging from aortic valve replacements like conventional open-heart surgery with a full sternotomy and Transcatheter Aortic Valve Replacement (TAVR) to other advanced procedures such as high-risk percutaneous coronary intervention (PCI).

While heart surgery can cause apprehension for almost anyone, the team’s compassionate approach coupled with their expertise brings comfort to many patients. For Joy McClard, 77, of Edwardsville, Ill., this was exactly the case. Joy wasn’t experiencing any chest pain or shortness of breath. Instead, it was two fainting instances that brought her to the cardiology department at Christian Hospital. Joy had severe aortic stenosis and needed an aortic valve replacement — but she was hesitant. Her own mother had passed away during heart surgery.

The team hoped to reassure Joy by explaining her options. While she did not qualify for a TAVR at the time, she was offered a minimally invasive approach to open-heart surgery called small-incision sternotomy, which involved only a small incision rather than dividing the whole sternum.

“Every member of the staff treated me wonderfully, and I found great comfort in their personal care and warmth. I cannot give enough praise.”

Joy McClard
Aortic valve replacement patient at Christian Hospital

continued on page 4
With this approach, Joy could get back to her life sooner with minimal pain. She was still nervous but very graciously kept faith in the Christian Hospital team and trusted them to do their job.

Joy’s surgery was a success, and she was amazed with the whole experience. “Every member of the staff treated me wonderfully, and I found great comfort in their personal care and warmth,” says Joy. “I cannot give enough praise.” To express her gratitude for the extraordinary care she received, Joy penned a letter to the hospital, which was shared with the team of surgeons, cardiologists, nurses and other support staff.

Following her surgery, Joy has returned to her active social life without any complications. She enjoys spending time with her family and her husband, Daryl, who cared for her throughout her recovery. Joy also loves to play cards and is an avid football and baseball fan.

Every day, the cardiology team at Christian Hospital is working to improve the lives of heart patients like Joy. To learn more about their advanced procedures or to schedule an appointment with a cardiologist at Christian Hospital, call 314.747.WELL (9355) or visit ChristianHospital.org/HeartCare.

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BJC Medical Group Specialists of North County Welcomes New Gastroenterologist

PRIYANKA TIWARI, MD, Gastroenterologist

Priyanka Tiwari, MD, joined the BJC Medical Group Specialists of North County team on Dec. 2 to provide gastroenterology services at Christian Hospital. Dr. Tiwari completed her internship and residency at the University of Missouri at Columbia and her fellowship at Ochsner Clinic Foundation in New Orleans. She earned her medical degree from Bharti Vidyapeeth Medical College in Pune, India. Dr. Tiwari integrates principles of alternative medicine seamlessly with her training in modern medicine to help patients achieve well-being and vitality.

To schedule an appointment with Dr. Tiwari, please call 314.953.8799.

2020 Heart Fair LOVE YOUR HEART

Join us for the Christian Hospital Annual Awareness and Prevention Heart Fair!

Come out and get pumped for heart health.

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 Heart Fair!

8:30–11 a.m.
Registration

9 a.m.
No Time for Fitness? How to Sneak Fitness Into Your Busy Schedule
Joanie Coleman, PT, Physical Therapist

10 a.m.
Know Your Risk for Heart Disease
Melissa Kershaw, DO, BJC Medical Group Cardiology

11 a.m.
Eat Smart for Your Heart
Kaylan Goldstein, MS, RD, LD, Clinical Nutrition Manager

8:30 a.m.–11:30 p.m.
Screenings and Informational Booths

Space is limited and registration is requested, call 314.747.WELL (9355) and register today.

Proudly Sponsored by Christian Hospital Foundation.

Meet North County’s Newest Primary Care Physicians

Bessevelyn Tables, MD
Gayla Jackson, MD
Tiffany Adams-Holmes, MD
KWABENA OWUSU-DEKYI, MD

Accepting New Patients
Make an Appointment Today
314.499.9501
bjcmedicalgroup.org

BJC Medical Group
Focused Care from the Heart Valve Team

Shortness of breath, swelling of the ankles or feet, lightheadedness — all of these are common symptoms of heart valve disease. If left untreated, it can lead to heart failure, stroke and in the worst case, death. Fortunately, patients in North County and the surrounding area have access to a comprehensive heart valve program located right at Christian Hospital.

Started in November 2015, the heart valve program at Christian Hospital is guided by a team of interventional cardiologists, Washington University cardiothoracic surgeons and nurses specialized in cardiology. The team performs an array of advanced aortic valve replacements including Transcatheter Aortic Valve Replacement, or TAVR. Previously, this minimally invasive procedure was only offered to patients with aortic stenosis at a higher risk for surgical intervention. However, in August 2019, the U.S. Food and Drug Association (FDA) officially approved TAVR for low-risk patients as well.

Instead of opening the chest, TAVR replaces the aortic valve by threading a new valve through a small puncture site in the groin. This affords patients with a quicker recovery time and much less pain than open-heart surgery. TAVR is performed in a hybrid room, which combines the capabilities of a cardiac catheterization lab and a surgical operating room in one space. These specialized rooms are only available in around 2 percent of hospitals across the country.

“We take a focused approach with every patient,” says Andy Pitts, RN, MSN, heart valve program coordinator. “That means determining the best treatment option for them, based on a comprehensive aortic valve assessment by the heart valve team. TAVR might be an appropriate therapy, but it’s possible they may be better suited for another procedure. We’ll help them make an informed decision that will give the best outcome.”

Over the past four years, Christian Hospital has performed more than 100 TAVR procedures. The 100th TAVR patient at Christian Hospital, Donald E. Walker, 83, of Godfrey, Ill., expressed his praise for the heart valve team. “I have been favorably impressed by Christian Hospital. I like the people, and I like their approach,” says Donald.

An avid walker and outdoorsman, Donald’s new heart valve has allowed him to stay active. He enjoys fishing and canoeing on Lake Superior at the Canadian border, and he’s grateful he can continue these trips thanks to the exceptional heart care he received.

The heart valve team sees outcomes like Donald’s on a regular basis. “TAVR is the first cardiac procedure to routinely measure quality of life pre- and post-procedure,” says Andy. “I don’t think I’ve ever seen improvements as quickly as we do with these patients.” Building on the success of TAVR, the team hopes to expand its offering of transcatheter and other minimally invasive therapies so they can continue to provide patients with the best possible heart care.

Learn more about TAVR and other available heart treatments at ChristianHospital.org/HeartCare.

HOW TAVR WORKS
1. Replacement valve is threaded in a catheter to the valve site
2. Balloon expands replacement valve
3. Replacement valve begins to function

“We take a focused approach with every patient. That means determining the best treatment option for them, based on a comprehensive aortic valve assessment by the heart valve team.”

Andy Pitts, RN, MSN
Heart Valve Program Coordinator
Stay Active and Healthy
For additional information or to register for an event or class, call 314.747.WELL (9355) or (toll-free) 1.877.747.WELL (9355) or visit ChristianHospital.org.

Exercise
LOW IMPACT CARDIO & BODY SCULPTING
Fat-burning and strength-training exercises that will help you gain endurance, strength, flexibility and speed. Register at first class. $60 for 12 sessions. Tuesdays & Thursdays 5:15-6:15 p.m.
Feb. 13-April 2
April 7-May 26
May 28-July 7
Christian Hospital
Detrick Bldg., 2nd Floor
Center for Training

Blood Drive
Feb. 26, May 19, 10 a.m.–3 p.m.
Christian Hospital
Feb. 28, May 22, 12–4 p.m.
Northwest HealthCare
Open to the general public. Walk-ins are welcome. Appointments have priority. Register at www.redcrossblood.org and use the sponsor code: christianhospital or northwesthealthcare.

YOGA
Calm your mind, increase your concentration and enhance your ability to cope with stress. Register at first class. $60 for 12 sessions. $55 for 11 sessions.
Mondays, Wednesdays & Fridays 9–10 a.m.
Feb. 7–March 4
March 6–April 1
April 3–April 29
May 1–June 3
Northwest HealthCare
Community Room

TAI CHI
Resist illness, combat stress and fatigue and increase flexibility through meditation in motion. Register at first class. $60 for 12 sessions. $55 for 11 sessions.
Mondays, Thursdays 7:45–8:45 a.m.
Feb. 13–March 30
April 2–May 14
May 18–July 2
Northwest HealthCare
Community Room

ZUMBA
Learn to swivel, pivot and shake your way to fitness through the popular Latin dance-inspired class. Register at first class. $60 for 12 sessions.
Mondays & Wednesdays 5:30–6:30 p.m.
Feb. 19–April 8
April 13–June 1
Northwest HealthCare
Community Room

2020 Christian Hospital Heart Fair LOVE YOUR HEART
Saturday, Feb. 22, 8:30 a.m.–12 p.m.
Christian Hospital Detrick Building Atrium
See page 4 for more details!

DIETARY SUPPLEMENTS
Kim Hoff, Pharm D, BCPPS, BCACP, CDE
Learn about vitamins A–Z, indications, administration, interactions, and benefits and risks. Take the mystery out of supplements. Fre.
10 a.m.–12 p.m.
March 26
Florissant Senior Dining Center, 621 Rue St. Francois, Florissant, MO 63031

KICK THE ACHINESS OF ARTHRITIS
Athletico Physical Therapy
Learn the best ways to manage arthritis with exercise. A physical therapist will direct you through minimal load exercises and activities to maximize your function and minimize your lower body pain. Fre.
10–11:30 a.m.
April 30
Florissant Senior Dining Center, 621 Rue St. Francois, Florissant, MO 63031

Christian Hospital Recovery Center
ELIMINATE THE STIGMA 5K Walk/Run for Mental Health
Sunday, May 31, 2020
Registration: 8 a.m.
Race Time: 9 a.m.
Paul Detrick Parking Lot
Register today at BigRiver.com/register
Cost: $30 (price subject to change closer to event)

Christ Our Redeemer
AMC Church
Wednesdays, 10–11 a.m.
March 4–April 15
Florissant Valley Branch Library

BETTER CHOICE, BETTER HEALTH-DIABETES*
Oasis Community Health Facilitators
Developed at Stanford University to help you manage diabetes. Registration required. Free.
8 sessions.
Thursdays, 2–4:30 p.m.
March 5–April 16
Florissant Valley Branch Library

Christian Hospital Detrick Building Atrium & Parking Lot
CultureFest is a celebration of the many cultures of our St. Louis communities, patients and staff! Community program booths, retail vendors and health initiatives that promote diversity, inclusion and equity are participating. Food trucks will be present.

Friday, March 27
11 a.m.–3 p.m.

Heart & Lung
FREE LUNG FUNCTION SCREENING
For more information, call 314.953.8440.

Christian Hospital Auxiliary
All Auxiliary sales are held in the Christian Hospital lobby.

Shoe Roads Production
A fine selection of better footwear provided by Laurie’s Shoes.
Feb. 5: 9 a.m.–4 p.m.
Feb. 6: 7 a.m.–3 p.m.
Auxiliary Group Travel

SAN ANTONIO, PADRE ISLAND & THE GULF OF MEXICO
April 18–25, 2020
$785 per person, double occupancy

MYSTIC, FOXWOODS & NEWPORT
June 19–27, 2020
$899 per person, double occupancy

WASHINGTON, DC; OUR NATION’S CAPITAL
Sept. 17–23, 2020
$759 per person, double occupancy

BRANSON HOLIDAY SHOW EXTRAVAGANZA
Nov. 30–Dec. 4, 2020
$585 per person, double occupancy

Christian Hospital Detrick Building Atrium
see page 4 for more details!

Mental Health
CENTER FOR SENIOR RENEWAL
Day treatment program for adults over 60 suffering from anxiety, depression, grief, loss or isolation. For more information, call 314.653.5123.

CHRISTIAN HOSPITAL RECOVERY CENTER
Intensive outpatient program (IOP) for adults (18–60 years old) suffering from substance abuse. Call 314.953.8100. Confidential.

Seniors
CAREGIVING SKILLS AND COGNITIVE STIMULATION THERAPY WORKSHOP
Learn new skills to improve memory and develop practical caregiving strategies while your loved one with mild to moderate dementia receives Cognitive Stimulation Therapy. Spaces are limited. Free, 7 sessions. Call Oasis at 314.862.2699 ext. 246.

Mondays, 10–11 a.m.
March 2–April 13
Northwest HealthCare
Community Room

TAI CHI FOR ARTHRITIS AND FALL PREVENTION
Learn Sun Style Tai Chi using a series of slow, focused movements and deep breathing to relieve pain, reduce stress and decrease fall risk. To register, please call 314.862.4859 ext. 24. $60 for 15 sessions.
Mondays & Wednesdays 11 a.m.–12 p.m.
March 11–April 29
Florissant Senior Dining Center, 621 Rue St. Francois, Florissant, MO 63031

“Eliminate the Stigma” is a reminder to create a space for mental health, whether encouraging a friend or family member in need to seek treatment or sharing it’s okay to ask for help. This 5K walk/ run for mental health, hosted by the Christian Hospital Recovery Center, helps bring important community awareness about mental health and substance abuse and the services offered here in North County. Vendors will be onsite providing helpful information and services as well as a raffle. Come help “Eliminate the Stigma” and run for the cause.
In 2019, Washington University Urology became the exclusive provider of urological care at Christian Hospital. These internationally recognized specialists, including urologists, nurse practitioners and ancillary staff, bring their dedication and expertise to the North County community, offering exemplary care for the full range of urologic conditions.

Their commitment to excellence goes beyond the bedside, pioneering and refining innovative techniques, conducting medical research and educating other clinicians about the most effective diagnostic and treatment methods. While the team has a diverse background of expertise, they collaborate with colleagues from radiology, radiation oncology, medical oncology, pathology, endocrinology and other specialties to deliver comprehensive interdisciplinary care to patients.

As part of providing the highest level of urologic care, the team offers innovative and minimally invasive treatments, ranging from da Vinci robotic surgery for prostate and kidney cancer treatment to percutaneous stone surgery using ultrasound, as well as erectile dysfunction treatment.

In conjunction with Siteman Cancer Center, one of only 45 National Cancer Institute (NCI) Comprehensive Cancer Centers in the country, the practice also operates an advanced and high-risk prostate cancer clinic, providing urology, medical and radiation oncology and radiology services in one convenient location. This unique clinic offers advanced screening and imaging as well as personalized therapy using genetic testing to assess risk and guide intensity and type of treatment.

Recently, Arnold Bullock, MD, a Washington University urologist practicing at Christian Hospital and the new Siteman Cancer Center facility on the hospital’s Northwest HealthCare campus, was recognized as ‘Physician of the Year’ by the Christian Hospital Foundation. While Dr. Bullock expresses his gratitude for the honor, he believes it was a collective achievement for his skilled colleagues and staff in the urology department and for Christian Hospital as a whole. “This means our group is being recognized for the excellent care we deliver day in and day out. There’s an ease of providing the best care to all of our patients, without regard to any other factors,” he says.

Dr. Ramakrishna Venkatesh, who specializes in kidney stones and da Vinci robotic surgery, believes the urology team, with the support of Washington University and Christian Hospital, is providing the best care with the state-of-the-art technology to our patients closer to their home. “With our strive to be a center of excellence, we also are treating many patients referred from the surrounding states.”

To schedule an appointment with a Washington University urologist at Christian Hospital, please call 314.362.8200. You can also learn more about the team and their advanced capabilities by visiting urology.wustl.edu.
Christian Hospital constantly strives to improve the health, wellness and quality of life of every person in our community. As a community hospital, we are focused on providing the care and support you need, both inside and outside our hospital walls.

CAPS STUDENTS EXPLORE HEALTH CARE CAREER OPPORTUNITIES OVER SCHOOL YEAR

Christian Hospital has partnered with the Hazelwood School District and BJC School Outreach and Youth Development to establish the first cohort of the Center for Advanced Professional Studies (CAPS) at the hospital for the 2019-2020 school year. 14 students from Hazelwood Central, East and West high schools are participating in CAPS and are at Christian Hospital Monday through Friday from 11:45 a.m.-1:45 p.m.

CAPS is an innovative program designed to immerse Hazelwood students, who are interested in pursuing a career in the medical field, into real-world experiences, personalized learning experiences and second-semester shadowing opportunities with professionals within the field of health care here at Christian Hospital. The students have a dedicated classroom across from Human Resources and can easily be identified with their designated uniform of a red polo shirt, khaki pants and name badge.

Pictured from left, seated: Briana Kenny; Kyndall Robinson; Leah Perkins; Denisha Hair; and Daisha Hayes. Standing: Bryan Hartwick, Christian Hospital human resources vice president; Jennifer Irvin, school-community health education partner; Teri Bequette, North Region human resources director; Alyssa Turner; Jalia Moore; Lisa Wilson; Autumn Stevens-Foster; Jayla Slaughter; Paris Jones; Alexia Nichols; Pamela Lester, PhD, Hazelwood School District CAPS instructor; Charyl Mitchell, Christian Hospital clinical education specialist from the Center for Training & Development; Shya Prescott; and Precious Kitchen.

Impact of a Donation to the Christian Hospital Foundation to those most in need ...

$1,500 DONATION
Provides 4 low-dose CT scans for earliest detection of lung cancer

$1,000 DONATION
Provides care and disease management for 3 patients with diabetes

$750 DONATION
Provides 1 wheelchair for Christian Hospital or Northwest HealthCare

$500 DONATION
Purchases a glucometer and 6-month supply of test strips for a diabetic patient

$250 DONATION
Provides 1 patient access to a year of free medications

$100 DONATION
Provides 1 patient with their initial physician visit, baseline labs and medication

$50 DONATION
Provides an established patient with a strep test and the necessary antibiotics

TO DONATE: visit ChristianHospital.org/donate email chfoundation@bjc.org or call 314.653.5162
This information has been sent to you because we believe you may have a need or interest in our services. For address changes or mailing list removals, call 314.747.WELL or 1.877.747.WELL.

This magazine is produced as a service to the community. Please direct inquiries to:

Bret Berigan, Managing Editor / Christian Hospital / 11133 Dunn Road / St. Louis, MO 63136

For a complete listing of events, health & wellness tips and more, visit ChristianHospital.org

If you need to find a physician or health care provider, one of our physician referral experts is ready to help. In addition to providing detailed information about any of our physicians, they can also make an appointment for you during your call.

Call 314.747.WELL (9355) or (toll-free) 1.877.747.WELL (9355)

Christian Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Aviso: La institución no discrimina por razón de raza, color, origen nacional, edad, discapacidad o sexo.


Christian Hospital: 314.653.5000
Northwest HealthCare: 314.953.6000

For a complete listing of events, health & wellness tips and more, visit ChristianHospital.org