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Southeast Missouri Hospital
A HEALTHIER LOOK AT HEALTHCARE.

Breast Cancer Survivor Embraces HealthPoint's Pink Ribbon Run



Karen Stephens

After an earlier bout with breast cancer, Karen Stephens is battling cancer again. But that hasn't dampened her spirits. The Advance, MO, woman kicked off the month-long Pink Ribbon Run at HealthPoint Fitness in Cape on Thursday, October 1, walking on a pink treadmill to help raise money for breast cancer research.

"I am honored they are doing this," Stephens says of Southeast Missouri Hospital and HealthPoint Fitness. "Cancer touches so many lives."

HealthPoint Fitness in Cape and Jackson are holding the Pink Ribbon run this month in recognition of Breast Cancer Awareness Month.

The two fitness centers have each installed a Cybex® pink treadmill. Cybex has pledged to make a donation to cancer research based on the number of miles logged on the pink treadmills during October.

The Pink Ribbon Run is open to both HealthPoint members and non-members. A non-member may participate if he or she donates \$10 to help fund the Hospital's cancer programs.

On a specially painted pink wall at each center, walkers can sign the names of loved ones who have battled cancer or write words of encouragement.

On the pink wall at the Cape center, Stephens wrote, "Never Give Up." It's a philosophy she embraces daily.

A former elementary school principal, Stephens was 38 years old when she was diagnosed with breast cancer in January 2001. She had surgery to remove several lymph

nodes and then endured weeks of chemotherapy and radiation treatments. The treatments caused her hair to fall out. "I was very, very sick," she recalls. But by fall 2001, she was cancer free.

She eventually quit her job and opened an antique store and gift shop in downtown Cape called Annie-Em's, named after her two daughters.

In the spring of 2007, cancer was detected in her bones. She elected not to receive aggressive chemotherapy infusions. She was prescribed other types of medications including Herceptin to aid her immune system. "I now take a chemo pill twice a day," she notes. "I have felt pretty good for the most part."

Stephens says it's important for cancer patients to have a positive attitude. "I think your attitude and faith make a big difference," she says. "The human spirit is such an incredible thing."

That enthusiasm is shared by breast cancer survivors, HealthPoint members and others who are participating in the Pink Ribbon Run. **HealthPoint – Jackson Manager Scott Givens, MPA, ATC, CSCS, HFI**, who proposed the local Pink Ribbon Run, points out that staff members have joined in the effort, taking turns walking on the treadmills. "It has really stirred a lot of interest," he says. "There's also some friendly competition involved here."

The HealthPoint centers in Cape and Jackson are competing to see which one can raise the most money from the treadmills this month. The winning center will host a celebration party.

HEALTHPOINT HAPPENINGS:

HealthPoint Fitness Centers to Compete in 'Points for Pink' Breast Cancer Challenge

HealthPoint Fitness centers in Cape and Jackson will compete in a "Points for Pink" treadmill challenge on Monday, Tuesday and Wednesday, October 26, 27 and 28, as part of Southeast Missouri Hospital's Breast Cancer Awareness Month campaign.

The challenge is open to HealthPoint members and the general public. **Participants will each pay \$20 and sign up for a scheduled time to walk on the pink treadmills.** Each fitness center has one pink treadmill. All participants will receive t-shirts.

Proceeds will go to Southeast Missouri Hospital Foundation projects to **benefit cancer patients.** For more information and entry forms, **contact HealthPoint – Cape at (573) 986-4444 or HealthPoint – Jackson at 243-2211.**

CLASSES AND PROGRAMS:

The Flu and You: Staying Well During Flu Season

Confused about all the flu talk? You can get the facts at "The Flu and You – Staying Well during Flu Season" presentation on **Wednesday, October 21, from 2 to 3 p.m. at the Wellness Connection** in West Park Mall.



Southeast Missouri Hospital **Infection Prevention and Control Coordinator Carol Jordan, BSN, RN, CIC**, will discuss both the seasonal flu and the H1N1 or swine flu. Jordan will explain steps that people can take to stay healthy during the flu season.

The Wellness Connection, a service of Southeast Missouri Hospital, is located near The Pasta House Co. and across from the customer service desk in the mall. **The program is free**, but registration is encouraged. **To register, call (573) 332-1587 or go online to www.southeastmissourihospital.com.**

Wellness Connection to Host Earthquake Preparedness Program



Southeast Missouri Hospital's **Wellness Connection will host a free program on earthquake preparedness on Friday, October 16, from 6 to 7 p.m. in West Park Mall.**

Jamie Koehler, director of emergency services for the Cape Girardeau office of the American Red Cross, will discuss ways to prepare for an earthquake in the home and at the office. Proper preparation, says Koehler, can save lives.

For more information or to register, stop by the Wellness Connection, across from the customer service desk in the mall, or call (573) 332-1587.

Dietitian to Demonstrate Healthy Cooking with Fall Vegetables

Fall vegetables are filled with great taste and nutrition. **Registered dietitian Raina Childers, MS, RD, LD, of Southeast Missouri Hospital will demonstrate healthy cooking with fall vegetables.** The Healthy Cooking class will be held on **Monday, October 19, from 6 to 7:15 p.m. at HealthPoint – Cape.**



Pre-registration is required. To register, call (573) 986-4440. The class is free to HealthPoint Fitness members and costs \$5 for non-members.

NEED A PHYSICIAN? CALL 1-800-800-5123.

Southeast Missouri Hospital's HealthLine provides free physician referrals and information about various patient services and programs — available 24 hours a day, seven days a week.

