

Provider Directory



Boone Hospital
Center BJC HealthCare

2019-2020



+ Your Guide To The Area's Best Medical Care

← Central & South Tower Elevators Information & Registration →

 Boone
Hospital
Center





Registration

Choose Excellence. Choose Boone.

✚ Boone Hospital Center has been dedicated to improving the health of the citizens of mid-Missouri since 1921.



The Region's Premier Heart Hospital

The heart is the rhythm of life, and Boone Hospital is there for every beat. More experience, more expertise, and more compassion make Boone the region's premier heart hospital. From diagnosis and treatment to rehab and recovery, we're there for you every step of the way. **That's the Boone Touch.**



boone.org/heart

PROVIDER DIRECTORY

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MEDICAL SPECIALTIES

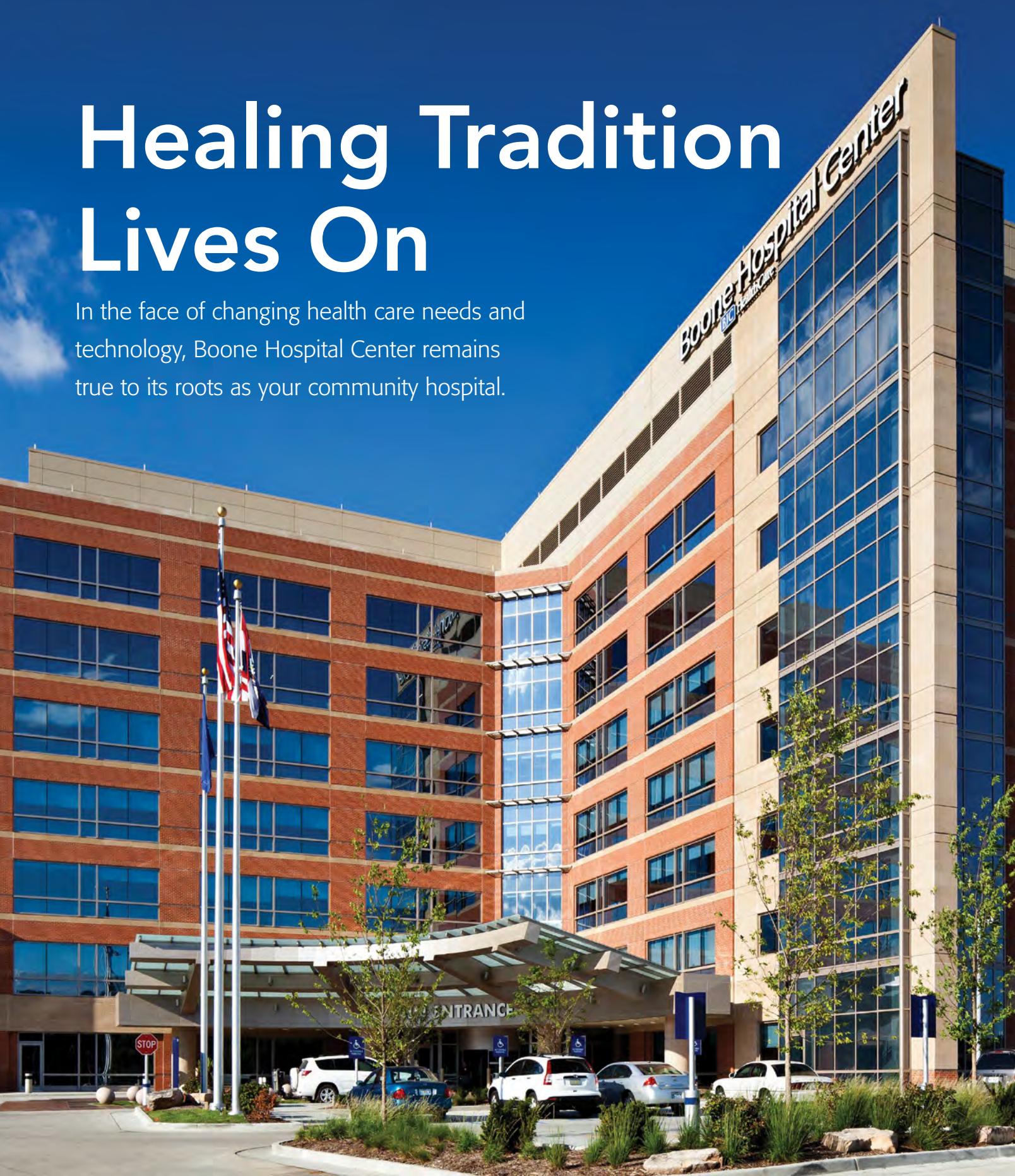
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Boone Hospital Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex
Atención: hay servicios de asistencia de idiomas disponibles a su disposición sin costo. Llame al 573-815-8000 (TTY: 1-800-735-2966).

注意: 免费提供语言协助服务, 如有需要敬请致电 573-815-8000 (TTY: 1-800-735-2966).

Healing Tradition Lives On

In the face of changing health care needs and technology, Boone Hospital Center remains true to its roots as your community hospital.





For nearly a century, Boone Hospital Center has upheld a tradition of compassion, quality patient care, leadership in medical technology, and community outreach to improve the health of the people and communities we serve. Since we opened our doors as Boone County's community hospital on December 10, 1921, generations of physicians, nurses and staff have come together to make Boone an excellent place to work and to receive health care.

Since our opening day, our community has enthusiastically supported us, lining nearby streets and crowding into doorways to get their first look at the new Boone County Hospital. Days later, the hospital admitted its first patients. On Christmas Eve, 1921, the first-ever Boone Baby was born.

From this humble beginning, Boone Hospital Center has grown to today's 392-bed regional hospital, offering the most advanced care in cardiology, obstetrics, neurology, surgical specialties, and orthopedics to a service area of 25 counties in mid-Missouri. The county's Board of Trustees acknowledged the hospital's role as a comprehensive regional medical center by changing the hospital's name from Boone County Hospital to Boone Hospital Center in 1981. A few years later, Trustees took further steps towards growth by starting a lease with Christian Hospital. Boone Hospital Center is currently part of BJC HealthCare, one of the nation's largest non-profit health care organizations.

Boone Hospital Center's reputation for excellent patient care reaches far beyond mid-Missouri. Boone Hospital is regularly recognized by national organizations such as Solucient, Thompson Reuters, The Joint Commission, National Research Corporation, PRC, the American Nurses Credentialing Center, the American Heart Association, the Society of Thoracic Surgeons, Becker's Hospital Review and others.

In 2018, *U.S. News and World Report* released its annual rankings of hospitals. Boone Hospital Center was ranked as the number-one hospital in mid-Missouri for the fourth consecutive year and number six in the state. The hospital was also rated as high-performing in treating six of nine conditions evaluated by the publication,

including heart failure treatment, aortic valve surgery, heart bypass surgery, colon cancer surgery, hip replacement surgery and knee replacement surgery.

While these national distinctions certainly reflect Boone Hospital's long-standing commitment to quality care and patient safety, our greatest recognition comes from our patients and their families who choose Boone for their health care.

OUR HEALTH CARE TEAM

We have over 1,700 employees, including highly-skilled nurses, therapists, technicians and others, who share one goal – to make Boone Hospital Center an excellent place to receive health care. Your safety and satisfaction are our priorities.

Boone Hospital Center's medical staff includes more than 350 experienced physicians, many of whom trained at some of the most prestigious universities and medical schools. While the hospital employs some of these physicians directly, most doctors who practice at Boone Hospital belong to private physician practice groups in mid-Missouri. These physician groups include some of the most respected practices in the region, including the Missouri Cardiovascular Specialists at the Missouri Heart Center, Columbia Orthopaedic Group, Missouri Cancer Associates, Columbia Surgical Associates, Neurology Inc., Urology Associates, and Women's Health Associates.

Boone Hospital, with Boone Medical Group, operates family practice clinics with over 35 providers in Ashland, Boonville, Centralia, Columbia, Glasgow, Hallsville, Mexico, Moberly and Osage Beach, including a diabetes and endocrinology clinic, a general surgery practice, and two convenient care clinics in Columbia.

Boone Hospital Center's staff and physicians collaborate to create the outstanding care that mid-Missourians have come to expect.

BOONE HOSPITAL CENTER SERVICES

Whatever your health care needs, Boone Hospital Center provides a full slate of inpatient and outpatient services for the diagnosis, prevention, and treatment of various medical conditions, in a healing environment.

Each year, nearly 2,000 families welcome new babies at Boone Family Birthplace. Whether you're seeking a low-intervention birth or need support for a high-risk pregnancy, Boone Family Birthplace's physicians, nurses and staff are here for you. We provide full-service birthing suites, special operating suites if you need a Caesarean section, and cozy postpartum rooms. Lactation consultants are available to help you breast feed successfully. If needed, our level-III Neonatal Intensive Care Unit is on-site to treat premature or ill newborns and keep parents involved with their baby's care. Our Family Life Education class series and Bringing Up Boone Babies support group provide support before and after your baby is born.

When it comes to taking care of your heart, experience counts. You'll find that experience with mid-Missouri's heart care experts at Boone Hospital Center. Leading cardiologists, cardiovascular and thoracic surgeons from Missouri Heart Center partner with Boone Hospital's highly trained nurses, therapists, technicians, and other health care experts to diagnose and treat heart disease, using the latest in diagnostic and surgical technology. Our Cardiovascular and Pulmonary Rehabilitation program treats cardiac surgery patients while they're in the hospital and helps them recover and return to daily activities after they leave.

In 2018, Boone Hospital Center was recognized by the Missouri Department of Health and Senior Services as a Level-I

STEMI center. A STEMI, short for ST-Elevation Myocardial Infarction, is a potentially fatal type of heart attack that requires immediate attention. This designation recognizes Boone Hospital Center's commitment to immediate, timely care for STEMI patients.

Timely care is also a must for people who are having a stroke, and Boone Hospital Center is also designated by the state as a Level-I Stroke Center. We provide Advanced Stroke Life Support training not only to our staff, but to emergency medical service providers all over mid-Missouri, so they can start treating a stroke before the patient reaches the hospital. Once patients arrive, they're treated promptly by specially-trained neurology specialists with the latest in specialized stroke treatments.

Boone Hospital Center's Inpatient Rehabilitation Unit and its team of physicians, nurses, and physical, speech and occupational therapists can help you regain function and return to independent living. The unit's home-like environment includes laundry, kitchen and dining areas for patients.

Boone Hospital's Neurology services also includes a diagnostic Sleep Center. If you have trouble sleeping, we offer overnight or at-home sleep studies, with board-certified sleep medicine specialists to review your results.

Boone Hospital's Stewart Cancer Center opened in 2014, in collaboration with legendary University of Missouri basketball coach Norm Stewart and his wife, Virginia, to provide advanced



In February 2016, Boone Hospital Center opened Nifong Medical Plaza to bring primary care and outpatient medical services to the growing community in south Columbia.



+ Boone Hospital Center's private rooms on our inpatient units provide a restful, healing environment and make it easier for loved ones to visit.

cancer screening, and inpatient and outpatient treatment options. Our patients work closely with specially-trained nurses and physicians at Missouri Cancer Associates, from detection through personalized care plans to support for cancer survivors.

The Stewart Cancer Center recently became the first member of the Siteman Cancer Network, teaming with Siteman Cancer Center in St. Louis. This partnership makes it easier to give our oncology patients the best quality care.

Boone Hospital Center provides low-dose CT lung cancer screenings for current or former smokers who meet certain guidelines. If you need screening or treatment for colorectal cancer or other digestive problems, our GI Lab does so with compassion, dignity, and advanced technology.

Harris Breast Center at Boone Hospital Center was the first in mid-Missouri to offer 3D mammography, an advanced imaging technology that makes it easier for our radiologists to detect breast cancer early and reduce callbacks to patients. Harris Breast Center also offers DEXA bone density scans.

Boone Hospital Center's Radiology team supports patients and physicians with experienced and friendly nurses and technicians using the latest in diagnostic and interventional equipment. For your convenience, we provide mammograms, computer tomography (CT) scans, and magnetic resonance

imaging (MRI) scans at both Boone Hospital Center and Nifong Medical Plaza.

Boone Hospital Center's Surgical Specialties team supports patients and families before, during and after surgery. 22 state-of-the-art operating rooms allow our surgeons to perform a wide range of procedures, including robotic surgery, minimally-invasive procedures, and outpatient surgery options that allow you to return home the same day.

Our Orthopaedic Specialties unit cares for people with fractures, joint replacements, spine problems or other conditions who need orthopaedic surgery. Our caregivers specialize in the needs of patients recovering from orthopaedic surgery during and after their hospital stay including physical rehabilitation.

If you need additional care after a hospital stay, Boone Hospital Home Care can bring the quality and compassion you expect from Boone nurses and therapists to your door.

Boone Therapy's team of physical, occupational, and speech therapists can help you recover from injury, illness or surgery, in the hospital, or at our outpatient centers on the Boone campus and at Nifong Medical Plaza.

Boone Hospital's patient care services are complemented by a healing environment for patients and visitors. Over the years, our inpatient units have been renovated to provide private

inpatient rooms for your safety and satisfaction. Nature-themed artwork by local artists is displayed in all areas, including patient care floors.

Take time to relax and find peace with a walk through our Healing Garden or a moment of reflection in our Prayer Room or Chapel. Boone Hospital's Spiritual Care Services department supports patients and families, with on-call chaplains of many denominations available. Inpatients can receive further comfort and assistance from our Supportive Care program.

COMMUNITY OUTREACH


Boone Hospital Center's mission to improve the health of mid-Missourians extends far beyond our hospital campus, with programs designed to promote health literacy and wellness. As part of our community outreach, our Know Your Numbers Mobile Health Unit brings Boone Hospital's health care and wellness experts to communities across mid-Missouri, offering free cholesterol screenings, skin cancer screenings, and health education.

Boone Hospital knows leading a healthy lifestyle is easier when you start early. Our popular Kids on Track program, held every summer, encourages children in several communities across mid-Missouri to complete 26.2 miles – an entire marathon – of activity over the summer.

A GROWING TRADITION

On February 8, 2016, Boone Hospital Center and Boone Medical Group cut the ribbon on Boone Hospital Nifong Medical Plaza, bringing a Boone Medical Group primary care clinic, plus laboratory, imaging and outpatient therapy services closer to south Columbia's growing population.

Boone Hospital Center's continued growth reflects the needs of our growing community. While much has changed since 1921, at its core, Boone Hospital remains a community hospital with a mission to improve the health of the people and the communities it serves.

Whatever your health care needs, we look forward to serving you and your family. 

OUR SERVICES

+ Boone Family Birthplace

- › Labor and Delivery
- › Postpartum Care
- › Neonatal Intensive Care Unit
- › Family Life Education Classes

+ Cardiology / Cardiovascular and Thoracic Surgery

+ Cardiovascular and Pulmonary Rehabilitation

+ Clinical Laboratory

+ Community Fitness Center

+ Convenient (Urgent) Care

+ Diabetes and Endocrine Clinic

+ Emergency Department

+ Employee Assistance Program

+ Family Medicine

+ GI Lab

+ Harris Breast Center / Mammography and DEXA Scans

+ Home Care and Hospice

+ Infectious Disease & Travel Medicine

+ Inpatient Rehabilitation Unit

+ Intensive Care Unit

+ Medical Specialties

+ Neurology

+ Orthopaedic Specialties

+ Pain Management

+ Radiology

- › Diagnostic and Interventional Radiology
- › CT Scans

› MRI

› PET Scans

› Ultrasound

+ Sleep Center

+ Spiritual Care Services

+ Stewart Cancer Center (Oncology)

+ Supportive Care

+ Surgical Services

› Bariatric Surgery

› Cardiovascular and Thoracic Surgery

› General Surgery

› Gynecologic Oncology Surgery

› Gynecologic Surgery

› Oral and Dental Surgery

› Orthopaedic Surgery

› Otolaryngology

› Pediatric Surgery

› Plastic Surgery

› Podiatry

› Retinal Surgery

› Urology

› Minimally Invasive Procedures

› Robotic Surgery

+ Therapy Services

› Inpatient and Outpatient Services

› Occupational Therapy

› Pediatric Development Clinic

› Physical Therapy

› Speech Therapy

› Women's Health Therapy

+ Weight Loss Surgery and Management Program

+ Wound Healing Center



Boone Medical Group in Mexico, Missouri

BOONE MEDICAL GROUP

At Boone Medical Group, we believe everyone should have easy access to quality care. We provide primary care in 10 locations located in Ashland, Boonville, Centralia, Columbia, Glasgow, Hallsville, Mexico, Moberly and Osage Beach. Many of our primary care physicians offer online appointment scheduling with same-day or next-day availability.

We also know that not all medical needs happen during business hours, so we offer multiple convenient options to get you feeling better quickly, without no appointment necessary. Boone Medical Group has two Convenient Care locations in Columbia to provide walk-in care on evenings and weekends. Convenient Care provides treatment for minor injuries and illnesses, with a lower co-pay than urgent care.

Boone Medical Group also offers specialty care clinics for infectious disease and for diabetes and endocrine disorders. If you have more advanced medical needs, our primary care providers work closely with Boone Hospital Center's specialists and services.

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CONVENIENT CARE LOCATIONS

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LOCATIONS IN MID-MISSOURI COMMUNITIES

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BOARD-CERTIFIED DOCTORS & NURSE PRACTITIONERS

TO LEARN MORE ABOUT BOONE MEDICAL GROUP, VISIT BOONEMEDICALGROUP.ORG OR CALL 844.747.2050

Your Partners in Health

Live longer, feel better with proper primary care.

You've heard "An apple a day keeps the doctor away," but if you want to keep healthy, you actually shouldn't keep the doctor away.

Regular visits with a primary care provider, even when you're well, can improve your health. In areas of the country where there are more primary care providers per person, death rates for cancer, heart disease and stroke tend to be lower, and people are less likely to be hospitalized for chronic conditions.

A primary care provider, or PCP, treats patients for acute illness, injuries, and chronic conditions; provide physical exams and health screenings; and offers wellness and preventive health care. A PCP can help you monitor and manage long-term illnesses and conditions, like diabetes or high cholesterol.

A PCP is usually a physician. MDs (Medical Doctors) and DOs (Doctors of Osteopathy) are licensed physicians. While they attend different types of four-year medical schools (medical or osteopathic), both complete internships and residencies in a primary care medical specialty.

Primary care physicians include:

- Family medicine physicians provide care for the entire family, including pediatrics and OB/GYN care.
- Internal medicine physicians specialize in care for adult patients.
- Pediatric physicians specialize in care for newborns, infants, children and adolescents.

You can also receive primary care from a nurse practitioner or physician assistant. Nurses practitioners and physician assistants are licensed and have a master's-level degree from an accredited program. They can order tests and prescribe some medications, and care is provided under supervision of a physician.

Your PCP can provide:

- Preventive medicine, like vaccinations
- Health screenings, including well woman examinations
- Treatment of acute diseases and injuries
- Management of chronic conditions, like diabetes or high cholesterol
- Orders for diagnostic screenings
- Referral to a specialist for further care, if you need it.



Your PCP's office is the entry point for all your health care needs and your first contact if you have a question or problem. Your PCP can answer questions, provide care, refer you to a specialist, or help you find health resources, like support groups or classes. Because they know your medical history, your PCP is a valuable partner if you need to see a physical therapist, registered dietitian or other health care professional.

If you manage chronic conditions, like diabetes or asthma, with a PCP, you're less likely to need emergency care. Regular screenings can reveal early symptoms of chronic conditions like heart disease. For example, if you feel well, but an annual screening shows that you have high cholesterol, you and your PCP can manage it sooner with lifestyle changes and medication. As a result, people who have a PCP managing their care tend to have lower health care costs.

If you and your family see a PCP on an ongoing basis, you can receive more personalized care. Building trust and confidence with a primary care provider can make it easier to openly discuss health concerns. A PCP can become familiar not just with your lab results, but circumstances that may affect you and your health. If you require further medical care, your PCP can make it easier to set up tests, specialist visits, procedures, hospital stays and follow-up care.

Boone Medical Group knows it's easier to set up with a PCP who's closer to home, which is why they've opened several community clinics, including clinics in Osage Beach, Glasgow, Mexico, and Boonville, to make world-class care more accessible for mid-Missourians. 🏥

If you need to make an appointment for you and your family with a primary care provider, visit boone.org/medicalgroup or call 844.847.2050.

When Care Can't Wait

Even when we take good care of ourselves, unexpected injuries and illnesses can happen. Fortunately, Boone Hospital Center and Boone Medical Group are here for you and your family, with many options for same-day medical care, including primary care providers, convenient care and Boone Hospital Center's Emergency Department. 🏥

EMERGENCY DEPARTMENT

Boone Hospital Center's Emergency Department physicians, nurses and staff are available all day, every day.

Our Emergency Department has immediate access to our medical staff, advanced screening technologies and surgical services.

Medical emergencies – don't take chances!

Call 911 if you experience:

- Symptoms of a stroke: loss of balance or coordination, sudden loss of vision or double vision, facial droop on one side, sudden numbness or weakness on one side of the body, speech difficulties
- Chest pain
- Difficulty breathing
- Severe abdominal pain
- Loss of consciousness
- Pregnancy complications
- Fever in infants less than 3 months old
- Severe injuries
- Compound fractures
- Suspected poisoning or overdose
- Knife or gunshot wounds
- Suicidal thoughts

Every second counts: call 911!

Emergency medicine technicians communicate with our emergency department and are trained to assist you or a loved one in an emergency medical situation **before** you get to the hospital.

CONVENIENT CARE

If you need same-day care but can't get in to see your PCP, Boone Convenient Care treats patients on a walk-in basis for acute problems such as:

- Cough, colds, strep throat and flu
- Ear infections
- Sinus and allergy problems
- Pink eye
- Minor cuts and injuries
- Sports injuries, sprains and fractures
- Urinary tract infections
- Skin infections and rashes

"Boone Convenient Care bridges the gap when treatment for injury and illness can't wait for an appointment with a primary care provider," says Sara Revelle, a family nurse practitioner (FNP) with Boone Convenient Care.

Boone Convenient Care also provides school, sports or camp physicals, Department of Transportation (DOT) physical exams, and vaccinations.

Recommended: Bring a list of current medications (prescription and over the counter) and allergies.

Convenient care co-pays typically cost less than a visit to an emergency department.

Boone Convenient Care Hours:

Columbia: Nifong Medical Plaza
900 W. Nifong Blvd., Suite 101
Weekdays: 8 a.m. to 5 p.m.

Columbia: Parkade Plaza
601 Business Loop 70 West, Suite 275
Weekdays: 8 a.m. to 7 p.m.
Saturday/Sunday: 9 a.m. to 5 p.m.

Learn More: boone.org/Convenient-Care

YOUR PRIMARY CARE PROVIDER

If it's not a medical emergency, contact your primary care provider (PCP).

You may be able to be seen that day.

A PCP provides care for chronic conditions or health problems.

Your primary care provider has a relationship with you and your family and knows your medical history.

Your PCP can order lab tests and screenings or refer you to a specialist for additional care.

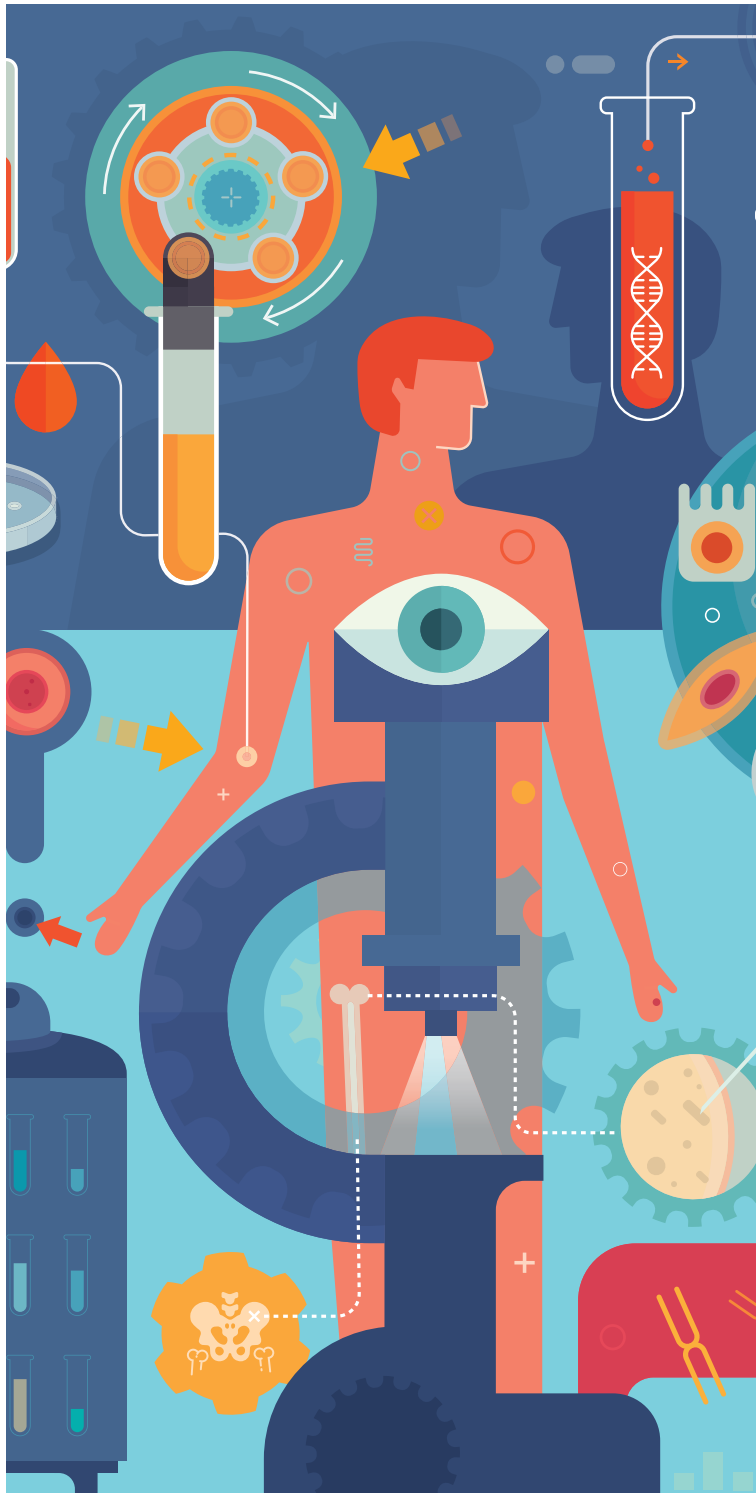
Remember: Follow up with your PCP after being treated in an emergency department or convenient care clinic.

Need a Primary Care Provider?

You can find and set up an appointment by calling our Physician Referral line at 573.815.6400 or visiting boone.org/Find-A-Physician

CANCER SCREENING

Early detection of cancer means better outcomes – know when to get screened!



The Cancer Statistics Center of the American Cancer Society says that in the United States, in 2018, there will be an estimated 1,735,350 new cancer cases and 609,640 cancer deaths. That's approximately 4,750 new cases and 1,670 deaths every day.

Estimated New Cancer Cases 2018

Breast: 268,670

Lungs & Bronchus: 234,030

Prostate: 164,690

Estimated Cancer Deaths 2018

Lungs & Bronchus: 154,050

Colorectal: 59,630

Breast: 41,400

Prostate: 29,430

Why are cancer screenings important?

“Know your numbers” is something you may hear when talking to your health care provider about factors that affect your heart health, like cholesterol, blood sugar, blood pressure and body mass index. These numbers, if kept in a healthy range, can improve your heart health and reduce your risk for heart disease. Screenings for any type of cancer is done to test if the cancer is present. This means that screens are done before any signs or symptoms of cancer appear. Screening allows your health care provider to detect cancer early, when it is easier to treat. Depending on your age, sex and family history, cancer screens include screening for breast, cervical, colon, lung and prostate. 🌟 *By Erin Wegner*

MEN

AGE 21 – 29

- **Colorectal Cancer:** This screen is only necessary if you have a family history.

AGE 31 – 39

- **Colorectal Cancer:** This screen is only necessary if you have a family history.

AGE 40 – 49

- **Prostate Cancer:** If you are African-American or have a father or brother who had prostate cancer before age 65, talk to your health care provider about starting screening at age 45.
- **Colorectal Cancer:** Testing should start at age 45.

AGE 50 – 65

- **Prostate Cancer:** Talk to your health care provider about the pros and cons of prostate cancer screening starting at age 50.
- **Colorectal Cancer:** Continue to schedule regular screenings with your health care provider.
- **Lung Cancer:** If you have a history of smoking, talk to your doctor about having a yearly low-dose CT scan to screen for early lung cancer. This screening is beneficial if you're an active or former (you've quit within the last 15 years) smoker, have a 30-pack-year smoking history, and have no signs or symptoms of lung cancer. Boone Hospital Center offers lung cancer screenings for people ages 55 to 77 who meet these criteria.

AGE 65 AND UP

- **Prostate Cancer:** Talk to your health care provider about screening for prostate cancer.
- **Colorectal Cancer:** Regular testing is recommended up through age 75. Talk to your doctor about whether you should undergo colorectal cancer screening after age 76.

WOMEN

AGE 21 – 29

- **Cervical Cancer:** Testing should be done every 3 years. **Breast Cancer:** Monthly self-exams are the best way to check for any changes.
- **Colorectal Cancer:** This screen is only necessary if you have a family history.

AGE 31 – 39

- **Cervical Cancer:** Testing should be done every 5 years.
- **Breast Cancer:** Monthly self-exams are the best way to check for any changes.
- **Colorectal Cancer:** This screen is only necessary if you have a family history.

AGE 40 – 49

- **Breast Cancer:** Women ages 40 – 44 can choose to start their annual breast cancer screen. Women who are 45 or older should get a yearly mammogram.
- **Cervical Cancer:** Get a Pap & HPV test done every 5 years or Pap test alone every 3 years.
- **Colorectal Cancer:** Testing should start at age 45.

AGE 50 – 65

- **Breast Cancer:** Women who are 55 and older should switch to mammograms every 2 years. You may continue to get a yearly screening.
- **Cervical Cancer:** Get a Pap and HPV test done every 5 years, or Pap test alone every 3 years.
- **Colorectal Cancer:** Continue to schedule regular screenings with your health care provider.
- **Lung Cancer:** If you have a history of smoking, talk to your doctor about having a yearly low-dose CT scan to screen for early lung cancer. This screening is beneficial if you're an active or former (you've quit within the last 15 years) smoker, have a 30-pack-year smoking history, and have no signs or symptoms of lung cancer. Boone Hospital Center offers lung cancer screenings for people ages 55 to 77 who meet these criteria.

AGE 65 AND UP

- **Breast Cancer:** Get a mammogram every 1 to 2 years. Screenings should continue as long as you are in good health and expected to live 10 more years or longer.
- **Cervical Cancer:** No screening is needed if you've had regular cervical cancer screenings with normal results for the last 10 years.
- **Colorectal Cancer:** Regular testing is recommended up through age 75. Talk to your doctor about whether you should undergo colorectal cancer screening after age 76.

REDUCE YOUR RISK!

A healthy lifestyle can help reduce your risk of certain cancers.

- Be tobacco-free
- Exercise regularly
- Eat a healthy diet
- Limit alcohol
- Maintain a healthy weight
- Get regular check-ups from your primary care provider
- Get cancer and other health screenings as needed

6

REALISTIC EXPECTATIONS FOR BRAND-NEW PARENTS

As a nurse, certified lactation counselor, and childbirth and breastfeeding educator at Boone Family Birthplace, I have the pleasure of caring for new parents in the hospital, in the classroom, and at our monthly Bringing Up Boone Babies Support group. Every new parent has questions about how they can best care for their baby. While each family is different, I've noticed that new parents often share the same questions and concerns. I've found that having realistic expectations for you and your baby will help you feel more confident whenever caring for an infant presents challenges -- and let you enjoy your time with your baby!

BY EMILY NUSBAUM, RN, CLC



Bringing Up Boone Babies is a monthly support group provided by Boone Family Birthplace. We meet on the third Thursday of each month at 10 a.m. at Boone Hospital Center. Each hour-long session is led by a Boone Family Birthplace nurse and includes a short presentation on a different topic, followed by open group discussion. This support group is free and open to all parents of newborns, infants, and toddlers – and you're welcome to bring your baby with you! No registration is required.

1.

Breastfeeding takes a lot of time. Breastfed babies need to eat 8 to 12 (or more) times in 24 hours. On average, a feeding takes 30 to 45 minutes in the first few weeks. With time, breastfeeding will usually go faster.

2.

It takes several weeks for mom and baby to learn how to breastfeed well. It is normal and expected to have some good feedings and some not-so-good feedings during your first several days (and maybe more) of breastfeeding. Don't judge your ability or your baby's ability to breastfeed based on one feeding.

3.

Babies cry. Some babies cry a lot, and some cry a little. Either way, crying is normal and okay. Sometimes, crying means something is wrong, and sometimes it means your baby is grumpy. With time, you will learn to know the difference.

4.

Visitors to your postpartum suite can be nice, but sometimes they can interfere with important things like learning to breastfeed or getting rest. If possible, limit postpartum visitors to short periods (about 30 minutes) or ask them to visit you and baby after you return home.

5.

No one does parenting, breastfeeding or baby care perfectly. Be kind to yourself, your partner and your baby. It is okay and normal to not know everything. Learn what you can, and always be open to learning more.

6.

Ask for help. Boone Family Birthplace's staff is knowledgeable and here to help. We are happy to answer your questions, and we don't expect you to know everything. Learn what you can. You may get a different answer to your question from every person you ask, which means there might be more than one way to do something! 🧑🏻‍🍼

For a list of upcoming dates and information on how to join our Bringing Up Boone Babies Facebook group, visit boone.org/BringingUpBooneBabies

EVERYONE'S JOURNEY IS ABOUT **BALANCE**



Columbia Surgical Associates' Dr. Nicole Spencer answers common questions about weight loss surgery.

If you've been considering weight loss surgery to improve your health, Boone Hospital Center's weight loss surgery program supports you every step of the way, before, during and after your surgery, to help you meet your goals and lead a healthier lifestyle. Our team of health care experts, including registered dietitians, nurses and physicians, helps you develop and follow a weight loss surgery plan that's just right for you.

Nicole Spencer, DO, and James Pitt, DO, both with Columbia Surgical Associates, perform laparoscopic and robotic RNY gastric bypass, sleeve gastrectomy, and adjustable gastric banding at Boone Hospital Center. Below, Dr. Spencer answers some frequently asked questions about weight loss surgery.

How do I know which surgery is the right one for me? Each patient is unique – the decision on what surgery you have will be made between you and your surgeon based on your goals for surgery, your past medical history, and your past surgical history.

How long will I have to take off work? It is recommended to take approximately 2 to 3 weeks off after surgery, but that time may be longer or shorter, depending on which surgery you get and what type of job you have. For example, someone with a manual labor job may need more time off than someone with a desk job. The recommended amount of time off work will be decided upon between you and your surgeon.

Will I have excess skin? There is often a possibility of excess skin after weight loss surgery.

START YOUR WEIGHT LOSS JOURNEY WITH A FREE SEMINAR

If you're interested in weight loss surgery or want to learn more about the process, the first step is to attend one of Boone Hospital Center's weight loss surgery seminars.

Every seminar covers the process in detail, including surgical options, how surgical procedures are performed, risks and benefits, advantages and disadvantages, nutritional needs, activity and exercise requirements, and what to expect following surgery. A surgeon and dietitian lead each seminar and are there to answer your questions. In-person seminars are held once a month at Boone Hospital Center. We also provide an online weight loss seminar.

To find upcoming seminar dates and to register, visit boone.org/weightloss

If you have questions about the seminar, please call **573.815.3870**.

This usually depends on each person's body composition before surgery. Resistance training is the best way to help tighten up loose or excess skin after surgery. If excess skin becomes burdensome to people, they may consult with plastic surgeons about removing it.

Are there certain foods I won't ever get to eat again? What about sweets or alcohol?

There are often no absolutes in weight loss surgery. Everyone's journey is about balance. There are no foods that you will never be able to eat, however, there are guidelines and suggestions on how to eat after surgery to help you achieve your weight loss goals and maintain a healthy lifestyle. Certain foods, such as tough meats, simple sugars and soft breads, are typically not tolerated as well after surgery by many people.

Alcohol after surgery is possible in extreme moderation. You will be affected by alcohol more quickly after surgery, and alcohol is empty calories that will not help in your weight loss journey.

How much will I have to eat to feel satisfied after surgery?

We recommend that you eat about 4 to 6 ounces per meal. On average, most people will eat 3 meals a day with maybe a healthy snack in the morning or afternoon.

What is the risk of having surgery? With the advancements in technology and surgical techniques, the overall risk of weight loss surgery is similar to that of hernia or gallbladder surgery.


Will I have to take vitamins and minerals for the rest of my life? There is a chance of vitamin

deficiencies with any weight loss surgery. Vitamin deficiencies are a potential risk because portion sizes are smaller and, depending on the surgery, your body's ability to absorb and use certain nutrients may change. Every weight loss surgery patient is advised to supplement with vitamins and minerals for the rest of their life.

What is the liquid diet like?

The liquid diet in the pre-operative period, right before your surgery, consists of clear liquids (that you can see through) and protein shakes. Examples of clear liquids include broths, Jell-O, popsicles and water. The diet often starts 10 days before surgery. Most patients say the first 2 to 3 days of the diet are the worst part, then it gets easier.

What makes weight loss surgery patients most successful?

I believe that a positive attitude and a good support system ultimately are what make weight loss surgery patients most successful. Patients need to understand that surgery is just a tool – it is not a magic wand. This is a lifestyle change and commitment to change for the rest of your life. Patients who understand that surgery is a tool, follow their diet, work out, and surround themselves with others who support their weight loss journey are the most successful. Boone Hospital Center offers a monthly support group, which many of our most successful patients have found helpful. The support group is a great opportunity to meet and talk with other people who are preparing to have or have already undergone their weight loss surgery.  *By Nicole Spencer, DO, Columbia Surgical Associates*

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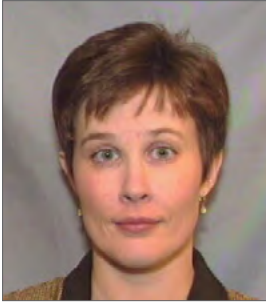
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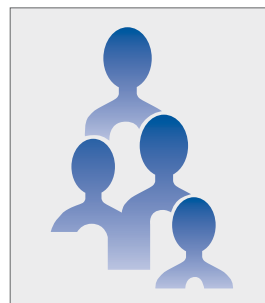
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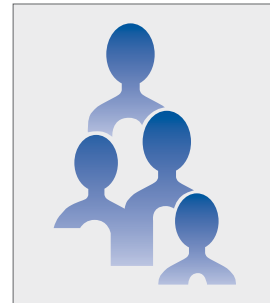


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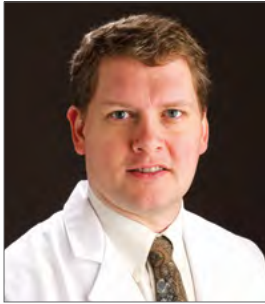


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