

by Janell Patton

Enter the city limits of Monett and the first thing you'll see is a billboard that reads "Monett — Pride and Progress." Centrally located between Joplin and Springfield, Monett is a friendly community with a lot to offer people of all ages. From a revitalized downtown shopping area and a great school system, to booming industry and quality health care,

Great medicine in your own backyard



Dr. Ambur Economou helps children get off to a good start in her thriving Monett practice.

hospitals struggle to overcome. However, community support, state-of-the-art equipment and a dedicated, skilled medical team are proving Cox Monett Hospital is ready to meet those obstacles head-on.

Cox Monett continually upgrades and adds services to meet the area's changing health care needs. One such example is magnetic resonance imaging (MRI). A mobile MRI is now available two days a week at the hospital. Using MRI, radiologists and other physicians are able to make earlier diagnoses of a variety of medical conditions including, but not limited to, brain and nervous system disorders, musculoskeletal disorders and organ diseases. Another example is the new obstetrics unit that joined the list of services last summer. Already more than 100 babies have been born in the Special Delivery unit.

Quality health care is also made possible thanks to the many highly trained physicians who call Cox Monett home. The hospital boasts more than 70 physicians on the medical staff roster, representing more than 20 specialties. And as we work to expand services the number of physicians continues to grow.

Dr. Tim Phipps, [Cox Monett Hospital's](#) first full-time orthopedic surgeon, started his practice in Monett in August 2001. He specializes in injuries of the musculoskeletal system including fractures and sports injuries in adults and children. During his residency training he was involved in more than 2,000 orthopedic procedures. "Cox Monett not only meets, but in some cases surpasses the level of care one could expect to get in a large city," he says. "The greatest advantage is that you can get this outstanding level of care without having to make a two-hour round trip."

For Monett High School junior Matthew Ridgley,

having Dr. Phipps close to home means running track again — something he didn't think was possible a few months ago. Ridgley, also a Monett Cubs football player, was blocking on a punt return when he felt something was terribly wrong with his knee. "We came back to Monett and immediately arranged for Matthew to see Dr. Phipps," says his mother, Nancy Ridgley. "Dr. Phipps even opened his clinic on Labor Day to see Matthew." The athlete had torn his ACL (anterior cruciate ligament) so Dr. Phipps performed his first ACL reconstructive surgery in Monett. Now after intense therapy at Cox Monett Rehab the teen is expected to be back on the track.

"I'm just excited Dr. Phipps was able to help me be able to run track again," Matthew Ridgley says.

For Dr. Mark Costley, family practice physician, the decision to practice medicine any place other than Monett was out of the question. Dr. Costley was born in Monett at St. Vincent's (now Cox Monett). He is a graduate of the University of Missouri-Columbia and completed his residency training at Duke University. He has practiced medicine in Monett since 1985.

"Cox has brought us to a new level, and we really have a lot to offer right here locally," Dr. Costley says. "The practice of medicine is just as good here as it is in Springfield or Joplin."

The prospect of helping establish a new hospital and practice was what attracted Dr. Ambur Economou to Monett. A Harvard graduate who completed her residency training at Cox Health Systems, Dr. Economou knew her skills would be well utilized in the Monett area.

"I've always wanted to go somewhere where primary care was important," she says. "I liked the idea of coming to Monett to start my practice with Dr. Bobby Pittman and to create a space from the ground up where both of us and our office staff would enjoy working."

Cox Monett Hospital is giving new meaning to exceptional health care. Our newly remodeled facility, state-of-the-art equipment and skilled staff are ready to serve the community's medical needs. Quality health care ... it's all right here in our own backyard. ❖

Janell Patton is the director of Community Relations for Cox Monett Hospital.

by Stacy Fender

Every person's motivation for losing weight is different. For some, it's an annual resolution they never quite stick with. For others, it's an upcoming reunion or vacation. For Judy Robinson, it was a photograph.

She says, "My husband and I own a horse farm. Horseback riding is one of my favorite activities. I had begun to notice that (because of her weight) it wasn't comfortable for me anymore. Then one day I saw a picture of myself on a horse and said, 'No way'."

Robinson wanted to feel good again and be physically fit. She was looking for a weight loss program when information on a new Cox [weight loss](#) group, Light Hearted, crossed her desk at Burrell Behavioral Health in Branson.

Light Hearted was developed by Cox staff as a multitherapy physician referral source for adults needing to lose 100 pounds or more. In order to join the program, participants must also have at least two co-morbidity factors — conditions such as diabetes, COPD, etc.

The three-phase program is comprehensive, combining behavioral health, nutrition and exercise. David Dade, a Cox dietitian and Light Hearted instructor says, "[Obesity](#) is a complex disease. You can't treat it without addressing the complete picture. You need a well-rounded approach."

Group members spend the first 12-week phase of the program in weekly comprehensive educational classes with a behavioral therapist, a dietitian and an exercise physiologist learning the basic building blocks of weight loss.

The second 16-week phase adds discussion groups to the weekly classes. The final 24-week phase includes monthly support group meetings with access to behavior, nutrition and exercise professionals. Dade says these phases continue the learning of phase one, but focus on support and encouragement as group members use the lessons in their daily lives. Says Dade: "Once you know it, you have to apply it."

According to Robinson this group approach to weight control is beneficial. Light Hearted members encourage each other and have even exchanged phone numbers to continue that support outside official group gatherings.

Light Hearted ties together the three necessary components of successful weight loss — behavior modification, [nutrition](#) and [exercise](#) — and that is what makes it successful. When the first 10 participants, including Robinson, completed phase one, they had lost approximately 70 pounds as a group and were able to complete 30 minutes of exercise five days a week.

Robinson says Light Hearted gave her more than other weight loss programs she tried in the past because of the program's whole-person approach. She has received nutritional information that goes beyond calorie counting, has embraced regular exercise and has learned that we often eat for reasons other than hunger. "This program has taught me that there comes a time when you have to look inside."

For all these reasons, Robinson feels this is a program that will last for a lifetime. There are no special foods to buy. No special drinks to make. It's a class that teaches you how to change your life.

"Before Light Hearted, I was a sweet-a-holic. But thanks to nutrition education and mental focus ... it became easier to give those things up," she says. "I used to go to bed thinking about what I would have for breakfast the next day. Anymore, food isn't such a big issue."

Robinson completed the yearlong program in April and her results have been excellent. To those who feel a year is too long a commitment to make, Robinson says, "You have to be willing to commit yourself for a year. If you aren't ready for that commitment, you aren't committed to losing the weight." ❖

Stacy Fender is a Public Relations assistant for Cox Health Systems.

Weight loss for good

Thanks to Light Hearted, Judy Robinson is once again able to enjoy an active lifestyle.



LIGHT HEARTED

meets at Cox Walnut Lawn
at National and Walnut Lawn
in Springfield.

Call 269-5282 for
more information.

Phase 1 - \$250

Phase 2 - \$300

Phase 3 - \$25/month

Monthly and weekly pay schedules are available for all phases. Physician referral is required.

Friendship

— good for what ails you

Support Groups

by Laurie Glenn Cunningham

When Joy Lamberson-Klock was diagnosed with [ovarian cancer](#) she turned to her family, her friends and her faith.

“They turned to me and so it was very easy for me to turn to them,” Lamberson-Klock says. “But not everyone has tremendous family and friends. As I went for my chemotherapy treatments, I saw other women getting chemotherapy who didn’t have the support system that I had. Or maybe they just didn’t know how to use their faith.”

In the midst of her own battle with cancer, Lamberson-Klock believed she needed to do something to help others in their fight. She discussed it with her physician, Dr. Al Bonebrake, who pledged his support. And then she turned to [Hulston Cancer Center](#) at Cox Health Systems to help her form a support group for women with gynecological cancers. Additional support came from Mid-America Cancer Center. The American Cancer Society sent Lamberson-Klock a book on how to start a support group. And she was off.

The first 7 a.m. breakfast meeting at the Belgian Waffle House was a group of 14 people — eight were cancer survivors and the other six were from the medical community. From there a public support group was formed. The first meeting of the New Hope support group drew 72 people and lasted two hours.

“The first meeting focused on women sharing their personal stories,” says Lamberson-Klock. “That was a wonderful time for everyone. We cried and we laughed. It was not a downer. We left smiling.”

Dr. Barbara Wachtel-Nash with Burrell Behavioral Health says this “healing” is part common sense and part medical science. One study (Spiegel, et al. 1989) measured the impact of social

support on breast cancer patients’ quality of life and longevity. The women who were in support groups lived an average of 18 months longer than the control group.

“Just common sense would tell you that sharing your experience with someone else who is going through the same thing or something similar helps normalize things,” says Wachtel-Nash. “It’s extremely helpful . . . Does that help your cancer, improve your cure, your health? Any time you feel cared about and loved, then you’re going to feel better.”

In her work as a psycho-oncologist, Wachtel-Nash helps lead an orientation and information group for Oncology-Hematology Associates’ patients. This resource helps cancer patients between doctor visits get questions answered. Just as important, it provides support.

“It’s medical and emotional healing,” explains Wachtel-Nash. “I think what they’re looking for in these groups is not just to talk about cancer. Sometimes we don’t talk about it at all. We go off on all sorts of topics. We laugh. We keep it very positive.”

Both Wachtel-Nash and Lamberson-Klock realize [support groups](#) are not for everyone. Some people are simply too private. But, they say, there’s so much support for those willing to open up.

“It doesn’t mean you don’t cry,” Lamberson-Klock says. “We do. But we also believe in hope. Healing happens in many ways — the mind and spirit. We may not be healed physically, but we will all be healed.” ❖

Laurie Glenn Cunningham is director of Public Relations for Cox Health Systems.

ALS (Lou Gehrig’s disease)
Call 886-5003 or 1-888-386-1200

Awake (sleep disorders) Call Cox Regional Sleep Disorders Center, 269-5575

Before & After (organ transplants)
Call Ceann McGowan, 732-7688

Brain Injury Call Denise DeToy, 865-4295

BRIDGES Support Group (mental illness) Call NAMI of Southwest Missouri, 864-7119

Caregivers of Older Adults Call Missy Parker, 883-7500, ext. 3112

Cardiac Discussion Group (adult cardiac patients and their families)
Call 269-5506

Caring Hearts (children with heart problems and their families) Call Children’s Heart Center, 269-6350

Compassionate Friends (parents who have lost a child through death) Call Mary Ann Hale, 887-7089

Crohn’s Disease and Colitis Call Margaret Lindsey, 885-3446

Detach with Love (Al-Anon, Adult Children of Alcoholics) Call Jack, 889-1463

Diabetes (Cox Support Group) Call Lynda Weiser, 269-3900/269-6891

Family & Friends of People with MS Call 882-8128

Friday Group (multiple sclerosis)
Call 882-8128

Heart Shockers (for individuals and families of patients with implantable cardioverter defibrillators) Call Kim Osterloh, 875-3297

HOPE (cancer) Hulston Cancer Center, Call 269-INFO

Image Reborn (breast reconstruction) Call Elaine, 875-3259

The Lie is Dead (Narcotics Anonymous) Call 866-7392

Life After Loss (for anyone who has lost a loved one through death) Call 269-INFO

Love Me Tender (breastfeeding)
Call Cox Women’s Center, 886-LADY

Lupus Support Group of the Ozarks
Call 887-1560 or 1-888-328-8613

Lymphedema Call Jan Weiss, 269-5500

New Hope (gynecological cancers)
Call Joy Lamberson-Klock, 883-9372

Ozarks Help (herpes) Call 875-6424

Ozark Food Allergy Support Group
Call Sandy Sheeley, 886-7518

Parkinson’s Group of the Ozarks/Young Onset Parkinson’s Support Group Call Janice McCauley, 269-3616

Parents of Alcoholics (Al-Anon)
Call 836-1065

People with MS Call 882-8128

Reach Together (breast cancer)
Call Cox Women’s Center, 886-LADY

RESOLVE (infertility) Call Cox Women’s Center, 886-LADY

Scleroderma Call Gerry Robertson, 866-4297

SIDS (Sudden Infant Death Syndrome) Call Danielle Conti-Owens, 866-8471

Sjogren’s Call Sue Harp, 725-3527

Stroke Copers Call Sharon Lowery, 269-9980

United Ostomy Association Call Frank Ott, 881-6853

Marty Barnes, Dr. Al Bonebrake, Susan Hessefort and Joy Lamberson-Klock meet to discuss the New Hope support group for women with gynecological cancers.

