



# Dr. Frank Shirley

joins Cox Monett's  
health care team

Shirley was a clinical instructor in surgery at Washington University. He also brings to Monett several years experience in private practice in St. Louis, where he had privileges at six area hospitals. He is board-certified and a fellow of the American College of Surgeons.

“Traditionally general surgeons operate on just about everything,” Shirley says. “Most of what I do is abdominal surgery, I treat ‘lumps and bumps.’” Problems of the intestinal tract, diseased gallbladders, inflamed appendixes and the evaluation and treatment of the acute abdomen are some of his most common surgeries. He also performs upper and lower endoscopies.

“We are excited about adding a third physician to our surgical team,” says Greg Johnson, Cox Monett administrator. “Dr. Shirley has worked in some large hospitals and brings a wealth of experience and knowledge with him.”

Shirley joins Dr. Andres Apostol and Dr. F.R. Esparrago, who each have more than 30 years of surgical experience. In 2001, Cox Monett Hospital completed a \$5.3 million dollar renovation and expansion project that included surgery. Two new operating rooms and a recovery room were added. “Having these surgeons at the new Cox Monett

facility will greatly expand the options of surgical patients and improve surgical health care in our area,” Johnson says.

In addition to his surgical skills, Shirley is an avid trumpet player. He enjoys playing at worship services as well as with local bands and orchestras. He has played in the St. Louis Symphony Music School adult concert band since 1994. “I like to think that the good notes I play are grace notes from above and the bad ones are mine,” he jokes. Shirley has been married for 25 years and he and his wife Sandy have a 19 year-old son.

“I look forward to practicing in Monett because I will only have one hospital to go to and I can get there on my bicycle in five minutes or less, with no traffic jams,” he says.

Dr. Shirley is accepting new patients. His office is located inside the Monett Physicians Building, 815 N. Lincoln Ave. For more information, call 417/236-2440. ❖

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

by Janell Patton

Frank Shirley was fresh out of high school when he took his first medical mission trip to the Congo in central Africa. There he met a surgeon. Shirley quickly realized this surgeon could be making a lot more money in the United States, yet he chose to stay and help the poor who could only pay him with an egg or an occasional chicken. Shirley soon knew he wanted to help people like this man did ... he wanted to become a surgeon.

Today Frank Shirley is known as Dr. Shirley, a general surgeon who specializes in abdominal surgery. And now he is part of the Cox Monett Hospital health care team.

He attended medical school at Washington University School of Medicine in St. Louis and completed his residency at Barnes-Jewish Hospital where he was chief resident in general surgery. After residency,

by Stacy Fender

Cox Fitness Center Willard is now open and ready for business. The new facility is located inside the Willard Sports and Recreation Center where CoxHealth leases 2,000 square feet of the building for the Fitness Center. The remainder of the building, which includes locker rooms, basketball and volleyball courts, and classrooms, is available free-of-charge to members of the community and Cox Fitness Center Willard.

“Cox was originally approached by the city to develop a fitness center program in the community and since we already had a sports medicine program in the school system there, this move seemed like a natural fit,” says Chris Flouer, Cox Fitness Centers director.

The facility offers circuit equipment similar to the Cybex equipment available at the Springfield centers, a dumbbell area and an aerobic equipment area. Personal training services, assessments, educational programs and fitness classes will also be offered. “We have a variety of classes in place, but our main goal is to assess the desires of the population and then create classes that fit,” Flouer says.

If you currently have a membership at Cox Fitness Center North or South, you can add a membership at Willard for \$60 for an individual or \$90 for a family. You may also join the Willard facility and add a membership at Cox Fitness Center North for the same rates.

**Hours for the new facility, located on Hwy. Z in Willard's North Park, are  
6 a.m. – 9 p.m., Monday – Friday; 8 a.m. – 5 p.m., Saturday; and Noon – 5 p.m., Sunday.  
For more information, call 742-2669. ❖**

*Stacy Fender is a marketing representative for CoxHealth.*

## NEW fitness center takes shape





# TELEMONITORING

a reality for Oxford clients

from Oxford HealthCare

Some patients call it their “nurse in a box.” Others refer to it as “peace of mind.” The real name for the small, alarm-clock-size device that is placed in patients’ homes is the HomMed Health Monitoring System.

The HomMed System monitors vital signs several times a day, seven days a week from home. The system is individually programmed for patients according to parameters established by their personal physicians. In just three minutes it collects a patient’s vital signs such as heart rate, blood pressure, oxygen saturation, body weight and temperature. It can monitor glucose levels, lung function and prothrombin time. The HomMed System can also gather data on patient’s fatigue and general wellness levels.

All of this information is transmitted daily via traditional telephone lines to the offices of Oxford HealthCare where a nurse assesses the information and responds appropriately. By simply notifying the physician or sending a nurse to the home, many patients will be able to avoid unnecessary emergency room visits and hospitalizations. The speedy response can prevent slight abnormalities from becoming serious health concerns.

“The HomMed Health Monitoring units enable us to deliver high-quality care to our patients by providing us with daily, real-time clinical information regarding trends in their health status,” says Karen Thomas, president of Oxford

HealthCare. “The HomMed system has given us an early detection and early intervention system for our patients. It allows us to respond to changing conditions immediately.”

Oxford HealthCare is excited to continue to set the standard of excellence in home care. Says Thomas: “We realize that telemonitoring is the future of home care and are excited to be the first in the area to deliver the most up-to-date, technologically advanced medical care to our patients.”

For more information, call Oxford at 883-7500 or 1-800-749-6555. In Joplin, call 782-0111 or 1-800-287-8187. ❖



## LIVING WITH CHRONIC CONDITIONS

by Donna Barton

Dysautonomia may be a difficult illness to pronounce, but it’s even more difficult to live with. Just ask Missy Heinle.

Due to the disorder, the 34 year-old has had two pacemakers, she requires IV fluids every four to six weeks and sometimes simply walking across a room leaves her lightheaded and breathless. But beyond the obvious health issues, Heinle says having a chronic illness also impacts finances, career opportunities and personal relationships. That’s why when she learned of a program offered at CoxHealth called “Living a Healthy Life with Chronic Conditions,” she signed up to attend.

“I signed up, but I was skeptical at first,” Heinle admits. “I didn’t want it to be a bunch of people sitting around talking about how sick they were.”

Instead, Heinle discovered the six-week program provided a network of people who shared her similar experiences and frustrations, as well as ideas and resources on how to improve her quality of life. “I learned how to deal with stress, how to take pride in my accomplishments and,

most importantly, that it is OK to talk about my illness,” she says.

Cami Stanley, program coordinator, says the program concentrates on how to separate issues so they become more manageable. That is why friends and family are encouraged to attend and participants can take the class more than once if desired.

“The program may not help the illness improve but it will help the person’s coping skills, and sometimes that is half the battle,” Stanley says.

Dr. Paul Thomlinson, who serves as the advisor and evaluator for the program, explains that the class is designed to help participants understand their role in the health process and to teach them self-management tools.

“This program is the ‘medicine’ these people need to gain control,” Thomlinson says. “It is all about providing the tools patients need to live the best possible life.”

For more information about the “Living a Healthy Life With a Chronic Condition” program, call 269-INFO. ❖

Donna Barton is a Public Relations assistant for CoxHealth.