

Spirit of Women®



In This Issue:

- ◆ Indulge and recharge yourself: it's girls' night out!
- ◆ Tips for tired eyes
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- ◆ Exclusive discounts for Spirit Members
- ◆ Get the scoop on tummy troubles and hormone therapy at upcoming events
- ◆ Protect yourself with the seasonal flu shot

Do Something Special for Yourself

You deserve a night out – a chance to indulge yourself, recharge your spirit and do something good for your health! So gather your girlfriends and join us for an evening of fun, friendship and better health on Thursday, October 15.

Spirit Girls' Night Out is one of our signature events. It sold out last year and promises to be even better this year. Just some of what you can expect:

- ◆ Learn the latest in gender-specific medicine, including breast, sleep, gastrointestinal and pelvic floor health
- ◆ Take advantage of free health screenings including bone density and blood pressure; get your flu shot (*fee*)
- ◆ Visit Macy's Lancome mini-makeover booth
- ◆ Recharge your spirit with a mini-massage
- ◆ Rejuvenate with Laughter Yoga
- ◆ Enjoy a buffet of delicious hors d'oeuvres and desserts

Thursday, October 15 • 6:30 to 8:30 p.m.
Mr. and Mrs. Theodore P. Desloge, Jr. Outpatient Center
St. Luke's Hospital campus

Fee: \$10. Registration required. Space is limited.
To register: visit www.stlukes-stl.com or call 314-542-4848.



Beauty Basics

Care for Puffy or Tired Eyes

Let's face it. As we age, our eyes can take on the "baggage" of our stressful lives. Here are some tips to restore the brightness to our tired eyes:

- ◆ Avoid alcohol and salty foods. Water retention causes eye puffiness.
- ◆ Sleep with your head slightly elevated to minimize fluid retention.
- ◆ Get enough sleep. Experts recommend six to eight hours nightly.
- ◆ Dry skin makes puffy eyes worse. Use a soothing eye moisturizing cream under your makeup and before going to bed.
- ◆ Chilled cucumber slices work! Place over your eyes and relax for 10 minutes.
- ◆ Keep two tablespoons in the freezer. Hold bowl of spoon over eyes for a few minutes for a quick de-puff.



Catch the Spirit

It's hard to believe fall is here already, but we're ready to usher it in with some great programs, fun events, helpful information and useful tips for our Spirit of Women members! We hope you enjoy this latest issue of our quarterly e-newsletter. As always, if you have any questions or ideas for our Spirit of Women program, please contact me. I'd love to hear from you.

Mary Pfenning, RN, MSN, Spirit of Women Coordinator
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Meet the Doctor



Marc Zerbe, MD, specializes in Obstetrics and Gynecology at Associates in Women's Health Care, where he shares a practice with Gordon Goldman, MD and Mary Grimm, MD. His area of special interest is minimally invasive gynecological surgery. Dr. Zerbe completed his residency at Greater Baltimore Medical Center and has more than seven years of experience working in obstetrics and gynecology. He is board certified and is an American College of Obstetricians and Gynecologists fellow.

Dr. Zerbe is accepting new patients of all ages:

Associates in Women's Health Care
226 S. Woods Mill Road, Suite 60 West
Chesterfield, MO 63017
314-878-7333

Seasonal Flu Shots

Protect your health and enjoy the winter months by getting immunized for influenza. St. Luke's seasonal flu shot clinics are open to adults and children ages 3 and older. Preservative-free vaccines are available for pregnant women. A special pediatric clinic will be held October 3 for infants 6 months through 35 months of age. For more information and a schedule, visit www.stlukes-stl.com or call the Flu Shot Hotline at 314-205-6006. (For inquiries regarding the H1N1 vaccine, at this time please check with your local health department.).

Women Show Their Spirit



Meet four inspiring women who embody the "Spirit of Women." Hilary, Rachel, Mary and Ann are all St. Luke's patients and proud Spirit members who are featured in St. Luke's Hospital's latest television campaign that truly celebrates the "Spirit of Women." Hear their stories on the St. Luke's Web site, where you can watch the commercial and a video with each woman's experience. Special thanks to our real-life "celebrities" for sharing their stories.

Sleepless in St. Louis or St. Charles?

More than 60 million Americans suffer from regular sleeplessness (or insomnia). Many more of us are just not getting enough sleep. If practicing good sleep habits doesn't help, it may be time to see a doctor.

The Sleep Medicine & Research Center at St. Luke's diagnoses and treats patients six months and older with sleep-related disorders. Accredited by the American Sleep Disorders Association and staffed by board-certified sleep medicine physicians, the center treats conditions such as difficulties falling asleep or staying asleep, breathing problems during sleep, daytime sleepiness and other abnormal occurrences.

This month, the center is expanding with the addition of a second location in O'Fallon on Highway K near O'Fallon Road - 1630 Market Center Blvd., Suite 201, O'Fallon, MO 63368. For more information on the services at either location, call 314-205-6030.

Want a quick and easy way to assess and identify your potential risk of sleep apnea and other sleep health concerns? Go to www.stlukes-stl.com and click on HealthAware. There you'll find SleepAware, a personalized online risk assessment that can be completed in minutes. Why wonder? Know your risk.

Smart Eating

Blueberry Breakfast in a Blender

The blueberry contains more powerful disease-fighting anti-oxidants than any other vegetable or fruit. Yogurt provides calcium and beneficial nutrients that enhance immunity and calms our digestion. In a blender, blend a combination of 1 cup low-fat yogurt, ½ cup fresh or frozen blueberries, half of a banana, and a ¼ cup of orange or apple juice. Add ice if desired for thickness and chill factor. What a great way to start the day!



Exclusive Conference Discount for Spirit Members

Has your professional development budget gotten tighter? Your Spirit Membership can help.

St. Luke's Hospital is a title sponsor for the *St. Louis Business Journal* Fifth Annual Women's Conference on January 28, 2010 in downtown St. Louis. **Spirit of Women members benefit from a conference discount of 10% off the early-bird rate.** (Normal conference rate: \$250; early bird registration: \$200) Spirit Members must register by 12/15/09 and indicate the special code "BMXB2463" to receive the exclusive rate.

The full-day conference brings together more than 1,000 professional women who want to learn more, achieve more and make more contacts.

For more information or to register, go to www.slbjwomensconference.com or call Kelly at 314-421-8307. When registering online, enter the above code in the 'Promotion Code' field at checkout.



Life – Now a Little Less Expensive!

Membership certainly has its benefits. And those benefits keep growing. As a Spirit of Women Member, you receive exclusive discounts from our ever-expanding list of retail partners. Just show your purple Spirit of Women key tag at our newest retailers below for valuable discounts. The full list of retail partners – now numbering more than 50 – is listed on our Web site with full discount details. Go to: www.stlukes-stl.com/spirit_of_women/discounts.html. Some new retail partners include:

- ◆ **Diane Rosen Interiors** - 10% off custom orders
- ◆ **Houlihan's – Chesterfield** - 10% off food purchase
- ◆ **The Playhouse at Westport** - Discount on single ticket price for all shows
- ◆ **Stages St. Louis** - \$39 ticket for all Stages shows
- ◆ **Travel for You** - \$50 off cruise or vacation package valued at \$2,000 or more (excluding scheduled airfare, taxes and fees)
- ◆ **Vintner's Cellar Custom Winery** - 15% off retail items (excluding consignment items)

Upcoming Events

For details and to register, go to www.stlukes-stl.com/events, or call 314-542-4848.



What You Need to Know about Hormone Therapy...But Are Too Hot, Tired and Cranky to Ask
Tuesday, September 22 · 6 to 7:30 p.m.
**Desloge Outpatient Center,
St. Luke's Hospital campus**

Learn more about **traditional versus bioidentical hormone therapy**. Join St. Luke's OB/GYN physicians Carlton Pearse, MD and Jennifer McDonald, DO, along with pharmacist Way Huey, PharmD, for an interactive discussion and gourmet dinner. \$20 fee includes beverage, dinner and dessert.

**Trust What Your Tummy Tells You · Tuesday, November 10 ·
6 to 7:30 p.m. · WingHaven® Medical Building, Community Room ·
5551 WingHaven Boulevard, O'Fallon**

Join St. Luke's Hospital gastroenterologist Sajid Zafar, MD, to learn about Irritable Bowel Syndrome (IBS) and other tummy troubles. Enjoy a belly dance demonstration and learn how to shimmy your way to good health. No fee. Registration required.



Get Backstage Access

With Your Spirit of Women Membership

Dance St. Louis announces the new *Behind the Scenes* program just for Spirit of Women members. You'll receive special ticket discounts plus exclusive surprises for Opening Night of each show this season. The first two events of the 2009/2010 season are:

COMPLEXIONS, Friday, November 6 – An electrifying mix of hyper-physical ballet, modern and funk. Go backstage after the show to meet with one of Complexions' dancers and Michael Uthoff, artistic and executive director of Dance St. Louis.

THE JOFFREY BALLET in NUTCRACKER AT THE FOX, Thursday, December 3 – After the show, go on stage with artistic and executive director of Dance St. Louis, Michael Uthoff, and one of the world-renowned Joffrey dancers.

For more details about the shows, ticket offers and pricing, go to the retail partner list on the St. Luke's Web site. Call the Dance St. Louis box office at 314-534-6622 and mention Spirit of Women Behind the Scenes to order your discounted tickets and reserve your spot.