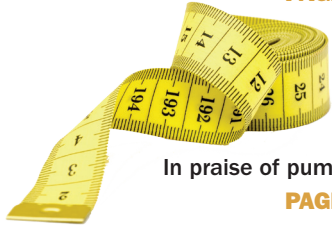


Pediatric clinic offers evening hours

SEE PAGE 2 ►

Weight loss success stories

PAGE 5 ►



In praise of pumpkins

PAGE 8 ►

WELL AWARE

NEED A PHYSICIAN? CALL MERCY ON CALL AT **319-358-2767** OR TOLL-FREE AT **800-358-2767** SEVEN DAYS A WEEK. ● SUMMER/FALL 2015

Pediatrician enjoys making a difference

On a Thursday morning in late spring, Ben Stevens, MD, is visiting with a tired young couple in Mercy's Maternity Unit. Their newborn son is fighting an infection, and he is receiving around-the-clock attention in Mercy's nursery. ♦ Dr. Stevens explains the situation in his gentle manner and ends on a positive note.

"He's going to be okay," he says, patting the distraught mother's shoulder. "Why don't you go visit him?"

Dr. Stevens next moves down the hall—greeting a new father, who has a Chicago Bears blanket wrapped around his shoulders, and answering questions about circumcision with another couple. In the Pediatric Unit, he laughs with a red-haired 8-year-old boy recovering from a respiratory virus. Then he returns to the nursery to check the results of blood gas tests for two newborns.

It's a typical day for Ben Stevens, the head of Mercy's new pediatric hospitalist program. In this role, Dr. Stevens is developing a new service that will provide area physicians support for their young patients and enhanced care in Mercy's nursery for premature and sick newborns.

Like most medical students, Dr. Stevens explored many different facets of medicine. But he always enjoyed taking care of children, so pediatrics was a natural choice when he completed medical school in 1997. (Kids keep him busy at home too; he and his wife, Candice, have five children, ages 9 to 22.)

"Kids are very resilient," says Dr. Stevens. "Their outlook is basically hopeful, and when they are sick, they always want to get better."

"Pediatrics is a challenging and rewarding field," he continues. "It provides a chance to make a difference in a baby's life and a family's life."

—Continued on page 2



IN GOOD HANDS: With mom Julie Wees and staff nurse Anna Keehn, BSN, RN, looking on, Ben Stevens, MD, examines newborn George in Mercy's nursery.

Food safety musts for moms-to-be

As a mom-to-be, you know a healthy diet is a must for both you and your growing baby. But an extra safe diet is also essential—one that protects the two of you from food poisoning.

Food poisoning is never a good thing. But it's especially risky now that you're expecting. Pregnancy alters your immune system, making it harder to fight off harmful bacteria and other microorganisms that can multiply in food and make you seriously ill.

What's more, even if you have

no outward symptoms after eating contaminated food, your unborn child can still be harmed. Among other things, foodborne illnesses can cause a miscarriage, early labor or stillbirth.

So take extra care to keep you and your baby safe. Here's how:

Wash those hands. With proper handwashing, nearly half of all cases of foodborne illnesses might be eliminated, according to the Academy of Nutrition and Dietetics. What's a proper cleaning? Scrub your hands regularly with warm, soapy water for at least 20 seconds.

Separate. Bacteria from raw meat, poultry or seafood can contaminate ready-to-eat food.

So keep these foods apart. That means using one cutting board for raw foods and another for foods such as fruit, vegetables and bread.

Toss it. Perishable foods that have been left out at room temperature for more than two hours aren't safe to eat.

Avoid it. Certain foods are off-limits during pregnancy. On the list: raw or undercooked meat and poultry (such as rare hamburgers); fish with high levels of mercury (such as swordfish); foods with raw or undercooked eggs (such as runny eggs); and unpasteurized dairy products (such as raw milk or cheese).

Additional source: U.S. Food and Drug Administration

WELL AWARE NEWS, VIEWS & TIPS



Shirley Paul,
MD, FAAP



Angela
O'Connor, MD,
FAAP



Kathryn
Skopec, MD



Lisa Moenning,
PA-C

Pediatric clinic welcomes your family

Same-day appointments, extended hours keep clinic humming

Mercy Pediatric Clinic has been busy seeing kids of all ages since it opened in October 2014.

The clinic staff includes longtime Iowa City pediatrician Shirley Paul, MD, FAAP; Angela O'Connor, MD, FAAP; and Lisa Moenning, PA-C. They look forward to welcoming Kathryn Skopec, MD, formerly of Pediatric Associates, in October 2015, and Tori Logan, MD, in 2016.

Clinic services include well-baby and well-child visits, immunizations, acute care for sudden illness, and care for children with chronic illnesses and development disabilities.

Mercy Pediatric Clinic

540 E. Jefferson St., Suite 101

Iowa City, Iowa 52245

319-688-PEDS (7337)

Hours:

Monday through Thursday,

7:30 a.m. to 7 p.m.

Friday, 7:30 a.m. to 5 p.m.

Same-day appointments available!

Making a difference

—Continued from page 1

Umar Subramaniam, MD, is Mercy's second pediatric hospitalist, and Venkedesh Raju, MD, joined the program in early August. With the three new staff members, a board-certified pediatrician is available 24 hours a day at Mercy to care for infants and children in the nursery, Pediatric Unit or ER. These pediatricians attend births, visit with every family in the Maternity and Pediatric units, and see children in the ER as needed.

Among the many benefits of this new service, says Dr. Stevens, is the fact that a pediatrician is available in the hospital to spend more time talking to parents and answering their questions. The group's neonatology experience is also making it possible to add services for babies born prematurely or with particular problems. For instance, Mercy is now caring for babies born as early as 34 weeks' gestation.

"Dr. Stevens and the pediatric hospitalists are a wonderful addition," says Kristin MacDonald, Nurse Manager of the Maternity and Pediatric units. "They are always available right at the start of a baby's life, and they are moving our services forward."



The second time around

How to care for yourself while raising a grandchild

It's an Act 2 you didn't anticipate.

After your last child left home, you thought your child-rearing days were over. But now you're raising a grandchild—and are back on the job again.

As much as you love your grandson or granddaughter, watching over a child late in life can be challenging—physically, emotionally and financially. Still, there are ways to lighten your load.

First, ask for help. If you're hesitant, be aware that turning to others for support is a sign of strength, not weakness. It shows that you want to do the best possible job of caring for your grandchild.

You might:

- Make a list of ways—large and small—that others might lend a hand. Then speak up. Very likely, your family and friends will want to pitch in. But without direction from you, they might be unsure about what to do.
- When making that list, be sure to include help with responsibilities beyond child-rearing. For example, a friend might take your aging parent to a doctor's appointment. Support like this can give you more time and energy to tend to your grandchild.
- Consider calling a family meeting with close and extended relatives to discuss how your life, your grandchild's life and their lives might change as you all work together.
- Let friends know that you still want to socialize but may need help with babysitting.

And speaking of needs, yours still matter. Stay physically active, eat balanced meals and carve out at least some time for activities you enjoy.

Finally, since raising a grandchild is expensive, see what financial resources may be available to you at www.morehealth.org/guide.



Sources: AARP; Office on Women's Health

CHILDBIRTH AND BABY-CARE CLASSES

Learning opportunities for soon-to-be parents

If you are expecting your first baby, you'll probably have lots of questions about childbirth. When should I go to the hospital? How long will labor last? What pain relief options are there?

Thankfully, those questions (as well as many you probably haven't thought of yet) can be answered through childbirth education classes. Babies don't come with instruction manuals, but Mercy can help.

Classes for every stage of pregnancy and baby care are available:

- Beginning With Baby
- Breastfeeding
- Childbirth Education
- Childbirth Preparation
- Easing Through Pregnancy
- Preparing for Pregnancy
- Happiest Baby on the Block
- Heartsaver Baby
- New Brother/New Sister
- Labor and Delivery Basics
- Labor and Delivery Refresher
- Put Safety First

Childbirth education classes help you and your labor coach—usually your partner, a family member or a good friend—prepare together for the



arrival of your baby. You can expect to learn the signs and stages of labor, options for managing

pain, ways to stay relaxed and in control during labor, and much more.

There's even an option for those who cannot attend childbirth classes in person: Understanding Birth eClass. It's an interactive, web-based class that uses videos, personal birth stories, animations and activities to present all the essential information parents may need to prepare for their baby's birth.

Join us for a class. Our childbirth education classes will help you feel more confident about your upcoming labor and delivery.

For information, contact Mercy On Call at 319-358-2767 or toll-free at 800-358-2767, or visit www.mercyiowacity.org/birth-care. Check out our health tools, quizzes, e-newsletters and more online!



COULD IT BE DIABETES?

Don't chalk up symptoms to getting older

WE KNOW OUR health can change as we age. Eyesight may falter. Hearing may fade. Fatigue may build.

But are we right to blame it all on aging? Maybe not, experts say. In fact, many so-called signs of aging may actually point to another serious condition: type 2 diabetes.

IS IT THE SUGAR? Diabetes is related to how we convert food to energy. When we eat, our bodies break down food into glucose, a type of sugar. Glucose powers our cells. Insulin helps glucose move from the blood into the cells.

People with type 2 diabetes either don't make enough insulin or their bodies don't use insulin correctly. Either way, glucose builds up in the blood.

High blood sugar causes a number of symptoms, some of which can be confused with aging. For instance:

Poor vision. Too much glucose can distort structures in the eye and blur vision.

Trouble hearing. High glucose damages blood vessels and nerves. When that damage occurs in the ear, hearing can suffer.

Growing fatigue. When food isn't properly converted into energy, you can feel run down.

Greater appetite. Glucose trapped in the blood can't reach—and fuel—your cells. Your body believes more fuel is needed. Result? Hunger pangs.

Increasing thirst. Kidneys remove excess glucose from the blood. The body expels it as urine. The more you urinate, the thirstier you get.

If you have any of these symptoms, see your doctor. You may need a blood test to check for type 2 diabetes.

ARE YOU AT RISK? A lack of symptoms doesn't always mean you're diabetes-free. Many people with type 2 diabetes have no symptoms. That's why it's also important to know the risk factors for diabetes.

For instance, diabetes is more common when people are older, overweight and have family members with the condition.

Ask your doctor if you should be tested for type 2 diabetes. If you do have it, your doctor can help you keep it under control.

Sources: American Association of Diabetes Educators; American Diabetes Association



DIABETES: A CHANGE CAN DO YOU GOOD

YOU MAY BE surprised to learn that people are sometimes thankful for being diagnosed with diabetes.

Mercy Diabetes Educator Sue Szczech, RN, CDE, hears it all the time. "Many people tell me that learning to control diabetes is the best thing that ever happened to them," she says. "Because of diabetes, they learn how to live a healthy lifestyle."

A diagnosis of diabetes feels like a catastrophe at first. But Sue sees a powerful transition as people learn to manage diabetes. "They move from fear and concern to having a sense of victory," she adds. "When diabetes is under control, it gives the individual and the whole family a feeling of well-being."



**Sue Szczech,
RN, CDE**

PREVENTION Even better than learning to live with diabetes is changing your life ahead of time. That's the goal of Mercy's prediabetes education class. It is intended for people who do not have diabetes, but who have higher than normal glucose. Learning to change behaviors can help prevent a diagnosis of diabetes. These classes are taught by a nurse educator and a dietitian. Remaining 2015 classes are scheduled for Oct. 15 and Dec. 10.

For information or registration, call Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**, or visit www.mercyiowacity.org/diabetes-education.

Get in control of diabetes

Mercy Iowa City's diabetes self-management education program has been awarded continued recognition from the American Diabetes Association (ADA). This means that it has a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management. Participants in ADA-recognized programs will be taught, as needed, self-care skills that will promote better management of their diabetes treatment regimen.

KNEE REPLACEMENT

LOOKING FOR A NEW LEASE ON LIFE?

Knee surgery may be what gets you going again

PARTS OF YOUR KNEE are like the shock absorbers on your car. You rely on them to cushion your ride.

But after many miles on the road, wear and tear can reduce the effectiveness of that cushion and make for a

painful journey. And just like the shocks on your car, you may eventually need to replace your worn-out parts.

WHEN MAY SURGERY BE NEEDED? If your knees are badly damaged by arthritis or injury, it may become difficult to perform simple activities, like walking or going up stairs. If medications, lifestyle changes and other treatments do not relieve your pain, you may want to consider knee replacement surgery.

The No. 1 reason for knee replacement is arthritis, according to the American Academy of Orthopaedic Surgeons (AAOS). One common type, osteoarthritis, occurs when the cartilage that cushions the bones of the knee wears away. The bones then rub together, causing stiffness and pain.


Other popular reasons for knee replacement include having rheumatoid arthritis or arthritis caused by a serious knee injury, such as a fracture or torn knee ligaments.

HOW IS THE SURGERY PERFORMED? Total knee replacement surgery involves a surgeon replacing the surfaces of your knee joint and kneecap with metal or plastic parts or a combination of both. If only part of your knee joint is damaged, your doctor may recommend a partial knee replacement.

WHAT ARE THE RISKS AND BENEFITS? More than 90 percent of knee replacement patients experience a dramatic reduction in pain and a significant improvement in ability to perform daily activities, according to the AAOS.

But at some point you may need to have more surgery to fix or replace the artificial parts, reports the AAOS.

Want more information about joint replacement? Or an appointment with an orthopedic surgeon? Talk to your personal physician about your situation or call

 Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**.

'DISEASE-IN-A-DISH' ADVANCES CANCER RESEARCH

Approach of Alan Moy, MD, and colleagues holds promise for patients

WE OFTEN HEAR cancer “breakthroughs” proclaimed in the news, only to see disappointment follow in the long-term results. Indeed, “Cancer is one of the most challenging diseases to overcome,” says Alan Moy, MD, pulmonologist and Scientific Director of the John Paul II Medical Research Institute (JPIIMRI).



Alan Moy, MD

A member of the Mercy medical staff since 2005, Dr. Moy sees patients with lung diseases in the practice Pulmonary Associates of Iowa City, PC. He also spends hours at the JPIIMRI looking for another way to help patients—developing highly accurate, personalized cancer treatments.

Dr. Moy and his research colleagues are creating dozens of miniature cancer tumors in the lab—tumors grown from a patient’s own cancer cells. They then test multiple therapies in multiple combinations on the miniature tumors to see which therapies are most effective. He calls it the “disease-in-a-dish” model.

IT STARTS WITH STEM CELLS Cancer biology is complex, and growing cancer cells has been an enormous challenge, says Dr. Moy. This is where cancer stem cells enter the picture.

A stem cell is a kind of body cell that is able to develop into any other kind of cell (and there are more than 200 kinds of cells in the body). You might call it a master cell.

Stem cells can also be the driving force for causing cancer. Cancer is caused by cancer stem cells, which resist radiation and chemotherapy and are the reason why cancer can relapse and metastasize.

Dr. Moy and his colleagues have focused on obtaining cancer stem cells in two different ways: harvesting cancer stem cells directly from cancer tumors (about 2 percent of a tumor’s cells are cancer stem cells) and “genetically reprogramming” regular tumor cells, thus reverting them back to cancer stem cells. Once the tumor stem cells are obtained, they are used to grow three-dimensional solid tumors in a lab dish—copies of an individual’s cancer.

“It’s well-recognized that no two cancer patients are the same in terms of the biology of their cancer,” Dr. Moy says. “Clinical trials provide guidelines for the ‘average’ patient, not each unique patient.”

THE GOAL FOR PATIENTS With these miniature copies of a patient’s tumors, different combinations of therapies can be tested. The goal: to learn which treatment is most effective, with the fewest side effects, for an individual patient.

Breast, colorectal, lung, bladder, head and neck, and brain tumors best lend themselves to Dr. Moy’s approach. Mercy patients have taken part in Dr. Moy’s research since 2005 by donating cancer tissue.

“This approach helps bridge the gap between drug development and clinical trials,” Dr. Moy says. “It’s very efficient, very cost-effective. It has the promise of providing a very high level of precision. Most of all, it can help give patients access to the therapies that have the most promise for their individual situations.”

JPIIMRI is a not-for-profit research organization focused on the most ethical and cost-effective ways of conducting research to develop therapies for a variety of diseases. For more information, visit www.jp2mri.org.

IOWA CITY COUPLE SHARES CANCER EXPERIENCE

LIKE ANY MARRIED couple, Ken and Keli Shropshire, of Iowa City, are happy to share many things.

But they also share something most people would choose to avoid: a cancer diagnosis.

Just as Ken was completing treatment for bladder cancer in 2014, Keli was diagnosed with cancer. In fact, Ken brought Keli to his last appointment at Cancer Care of Iowa City and asked oncologist Scott Miller, MD, to begin treating his wife.

“Incredible facilities and wonderful people,” says Ken

of his experience.

“I knew that Ken had a good experience [with Mercy],” says Keli. “And I discovered how caring and compassionate caregivers can be.”

The Shropshires were the featured speakers at Mercy Cancer Survivors Day 2015, held in Mercy’s atrium in April.

“This has given me more self-awareness,” says Keli of her experience. “It has given me a chance to see how deep my resources go.”

KNOW YOUR FATS

MONOUNSATURATED



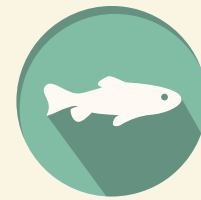
HEALTHY

May help lower cholesterol.
Good source of vitamin E.

RECOMMENDED AMOUNT

In moderation.

POLYUNSATURATED



HEALTHY

May help lower cholesterol.
Good source of omega-6
and omega-3 fatty acids.

RECOMMENDED AMOUNT

In moderation.

SATURATED



UNHEALTHY

Can raise cholesterol.

RECOMMENDED AMOUNT

Less than 7% daily.

TRANS-FATTY ACIDS



UNHEALTHY

Can raise cholesterol.

RECOMMENDED AMOUNT

Less than 1% daily.

Total fat intake should be
between 25 and 35 percent
of daily calories.

Sources: Academy of Nutrition and
Dietetics; American Heart Association



Mercy Iowa City is accredited as a
Comprehensive Community Cancer Program
by the
American College of Surgeons Commission on Cancer



HOW TO CREATE A HEALTHY, HEARTY SALAD

WANT TO SUPERCHARGE your salad? Here are some suggestions for turning a dish that's sometimes lackluster into an enticing, healthy and satisfying meal.



Start with the greens. Experiment with dark, leafy lettuce varieties like arugula, escarole, romaine and spinach. For a little zing, sprinkle in some fresh herbs like thyme, mint or oregano.

Don't forget the fruit. Mandarin oranges, apples and grapes are great. So are blueberries, strawberries or raspberries. Fresh is fine, but canned or frozen work well too. And for a different taste, add dried fruits like cranberries or raisins.

Add a variety of veggies. Think cucumber, broccoli, beets, bell peppers, cauliflower, tomatoes, carrots—whatever you like. Slice 'em, dice 'em or mix 'em in whole. Aim for a cascade of colors.

Go for the grains. Boost your salad's fiber content with whole grains like quinoa, bulgur or barley. Or just toss in some leftover cooked pasta or wild rice.

Punch up the protein. It tastes great and helps you feel full. Think a sliced hard-boiled egg, a few strips of lean beef or skinless chicken, a sprinkling of shredded low- or nonfat cheese, a handful of almonds or other nuts, or a couple of spoons of beans.

Dress it up. Don't sabotage an otherwise healthy salad with a high-calorie, high-fat dressing. Instead, complement your creation with a simple blend of olive oil, balsamic vinegar, a little ground mustard and a dash of pepper.

Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research

MERCY BARIATRIC PROGRAM CHANGING LIVES

SINCE IT BEGAN in July 2014, Mercy's metabolic and bariatric surgery program has launched many individuals on the path to a healthier weight and lifestyle. Here, a few of them share their experiences:

“I decided to have the bariatric surgery because I was tired of being obese and it seemed everything I tried did not work....Since the surgery I have not been on my diabetic medications. My blood sugars are normal. In fact, all of my labs have improved....My experience [with Mercy] has been wonderful! I feel very supported, not only medically but also mentally. I feel that I can always reach out to someone and get an answer and support. I have gained new friends and a wonderful support group. I have found the ability and energy to actually exercise and work on keeping myself healthy. I cannot tell you how much benefit I have received from this surgery.”

—Deanne Schwarting

“I am thankful every day that I had my surgery [at Mercy]. Dr. Saurabh, Sara [Maduka]...and all of the staff are world-class! They have been with me every step of the way. I am going to be 40 in November and

feel like I have peeled 10 years off of my [age]! My energy has increased, I no longer take my high blood pressure medication, I am wearing clothes that I have not worn in over five years. My confidence is increasing, I have a new respect and understanding of food, I am able to exercise longer and actually enjoy it. I have not only gained new friends, but have gained a new family—my Mercy bariatric family. We keep in touch via Facebook and our monthly support group meeting and are enjoying this lifelong journey with one another!”

—Jennifer Montgomery

“My experience so far has been incredible. From the very first phone call finding out about the program, going through the process to get to the surgery, the surgery itself and the follow-up afterwards has been great. I truly mean everyone from the scheduling people, registration desk, blood lab, my endoscopy and colonoscopy, the heart people, the surgical team, the in-hospital care....I thank them all for giving me back my life. I have gained a new perspective on life and living. I appreciate the little things more and have enjoyed what the surgery has given me back. I can move more freely and have become a lot more active. I am doing things I



Sara Maduka



Shireesh Saurabh, MD

Meet the team

Sara Maduka is Program Director and Shireesh Saurabh, MD, is a general and bariatric surgeon and Medical Director of Mercy's metabolic and bariatric surgery program.

They offer small-group seminars for individuals interested in learning more about bariatric surgery. For information, call Sara Maduka at 319-325-8739 or email sara.maduka@mercyic.org.



haven't done in years. I have gained life.” —Kevin McFarland

WELL AWARE NEWS, VIEWS & TIPS



For more information or to register, call Mercy On Call at 319-358-2767 or toll-free at 800-358-2767. You can also register and pay for Mercy classes online at www.mercyiowacity.org.

WOMEN'S ESTATE PLANNING SEMINAR

Friday, Oct. 2, 9 a.m. to 1 p.m.
(doors open at 8:30 a.m.)

This seminar, presented by four area professional women, will explore the many considerations for estate, financial and end-of-life issues. Reservations are required for this interactive program. Refreshments, lunch and materials are included. For more information or to receive an invitation, call Mercy On Call at 319-358-2767.

CHRISTMAS EXTRAVAGANZA

Monday, Oct. 26, through Wednesday, Oct. 28, Mercy atrium

Up-to-the-minute seasonal gifts and home décor. Check www.mercyiowacity.org for times.

PLANNING FOR THE LATER YEARS: YOUR PARENTS' AND YOUR OWN

Friday, Oct. 30, 9 a.m. to 1 p.m.,
8:30 a.m. registration, McAuley room,
Lower level, Mercy Medical Plaza,
540 E. Jefferson St., Iowa City

Free seminar and luncheon with question-and-answer session. Topics include: Talking about difficult subjects, including finances, health and legal issues; caring by long distance; and important documents and care options.

Speakers will be Mercy staff members Jayme Storm, Sarah Schoner and Renee DeJong. Reservations required. Call Mercy On Call at 319-358-2767 or register online at www.mercyiowacity.org.

HOSPITAL CARE BY A HOSPITALIST

Monday, Nov. 2, 2 p.m., McAuley room,
Lower level, Mercy Medical Plaza,
540 E. Jefferson St., Iowa City

Free presentation by Kristin Followwill, DO, Mercy hospitalist program. What is a hospitalist and what do they have to do with your inpatient care? Find out at this free program, one of the monthly meetings of the Breath of Fresh Air Support Group.

HANDS-ON ORTHOPEDICS: COMMON CONDITIONS OF THE HAND AND WRIST

Saturday, Nov. 7, 9 to 10 a.m. (doors open at 8:30 a.m.), McAuley room,
Lower level, Mercy Medical Plaza,
540 E. Jefferson St., Iowa City

Orthopedic surgeons Thomas Ebinger, MD, and Brian Wills, MD, will discuss conditions such as carpal tunnel, osteo- and rheumatoid arthritis, cysts, injuries and more in this free seminar. Make your reservation by calling Mercy On Call at 319-358-2767 or register online at www.mercyiowacity.org.



Thomas
Ebinger, MD



Brian P.D. Wills,
MD

MERCY BRIEFS

MERCY NURSES ARE TOPS Three Mercy nurses—Rebecca Cherry, Anesthesia; Sally Conley, Cancer Care of Iowa City; and Denise Fritz, Radiology—were among the 100 Great Iowa Nurses recognized in May 2015. The award recognizes nurses that have made meaningful, lasting contributions to patients, colleagues and the nursing profession, and who are viewed as mentors to others.

MERCY GOES GOLD IN STROKE CARE Mercy Iowa City has received the American Heart Association/American Stroke Association's Get With The Guidelines Stroke Gold Plus Quality Achievement Award. The award recognizes Mercy's success in providing stroke patients the most appropriate treatment according to nationally recognized, research-based guidelines.

"With a stroke, time lost is brain lost, and this award demonstrates our commitment to ensuring patients receive care based on nationally respected clinical guidelines," says Cindy Penney, Mercy's Vice President of Nursing and Chief Nursing Officer.

These quality measures focus on appropriate care for stroke patients, including aggressive use of medications such as clot-busting and anti-clotting drugs, blood thinners and cholesterol-reducing drugs, preventive action for deep vein thrombosis, and smoking cessation counseling.

LOOKING AHEAD TO THE HOLIDAYS Honor someone special with a Love Light. Each year, Love Lights provides a holiday tribute to family, friends and loved ones. The Love Lights ceremony and tree lighting will be Monday, Dec. 7, at 5:30 p.m. at Zion Lutheran Church in Iowa City.

Love Lights are \$10 each. A Love Light ornament with a Love Light is \$20. For more information on Love Lights, call Mercy Hospital Foundation at 319-339-3657, and to make a donation, visit www.mercyic.org/MercyFoundation.



Ruth and Sam Becker

Envision the **IMPACT** you can have . . .

Ruth and Sam Becker **ENVISIONED THE IMPACT** they could have by directing gifts to support nursing education through their estate plans.

THANKS TO THEIR VISION of the future, each year nurses at Mercy will receive scholarships to continue their professional education.

Like Ruth and Sam, your estate gift will help patients and families. Gifts can be made through:

- ▶ A charitable bequest in your will or trust
- ▶ A beneficiary designation in your IRA, retirement plan, annuity or life insurance
- ▶ A life income gift—a Charitable Gift Annuity or Charitable Remainder Trust

WHAT IS YOUR VISION? Contact Margaret N. Reese, *President*, Mercy Hospital Foundation, 319-358-2622 or margaret.reese@mercyiowacity.org.

Or visit the website: www.mercyiowacity.org/MercyFoundation



SLEEP

SLUMBER ~ON~

Why sleep is so important

If you've had a bad night's sleep, you may see it in your face the next morning. But chances are the rest of your body—including your brain—is paying for it too. ♦ No matter who you are, sleep is essential for good health. It can help you make memories and good decisions, and it can help prevent illness. If you're not sure you believe in the benefits of a good night's sleep, these facts just might change your mind.

Myth I do fine on just a few hours of sleep.

Fact Adults typically need seven to nine hours of sleep per night. Sleeping less can affect your mood, memory, energy level and productivity.

A chronic lack of sleep is also linked to serious health conditions, such as diabetes, obesity, depression and heart disease. And once you have these problems, getting too little sleep can make it harder to manage them.

Myth If I'm not sleeping enough during the week, it's OK to catch up on the weekend.

Fact While sleeping in on a weekend may seem like a sound strategy, keeping a regular bedtime and waking schedule—and sticking with it as much as



possible—is a better plan.

Changes in your sleep schedule, even if you're supposedly catching up, can interfere with your sleep cycle, which may mean more lost sleep and fatigue in the long run.

Myth Exercising before bed will help me sleep.

Fact Physical activity can be a sleep aid—but only if you time it right.

Exercising close to bedtime can invigorate you and make getting to sleep more difficult. If you normally work out at night, try switching to a morning routine. If you

have to wait until later in the day, try not to exercise for at least three hours before you hit the sheets.

GET MORE SHUT-EYE If you're having trouble drifting off, simple changes may help. Try these:

- Relax before bed with a good book or a warm bath.
- Avoid naps, particularly after 3 p.m. If you do nap, keep it short—limit it to no more than 20 minutes.
- Don't eat a large meal or drink too many fluids close to bedtime.

Source: National Institutes of Health

Unmasking a new treatment for sleep apnea

Are you struggling to use CPAP, or do you know somebody who is? CPAP is the first-line treatment for sleep apnea, but only about 40 percent of patients are able to use CPAP consistently to treat their sleep apnea. Untreated sleep apnea has been linked to worsened cardiovascular disease, daytime fatigue and workplace accidents.

Dwayne Capper, MD, FACS, and Thomas Simpson, MD, FACS, of ENT Medical Services, are the first in Iowa to offer a new treatment for sleep apnea. It is called Inspire Upper Airway Stimulation—and it does not use a mask as CPAP does. The procedure, recently approved by the FDA, uses a small implantable device to activate key airway nerves, which keeps the airway open at night.

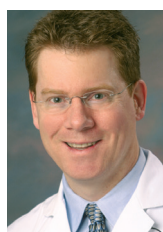
In a clinical study, Upper Airway Stimulation reduced the severity of sleep apnea by nearly 70 percent.

"Finally, we have an option to treat patients who are unable to use CPAP," Dr. Capper says.

For more information about this approach to treating sleep apnea, contact Drs. Capper or Simpson at ENT Medical Services at 319-351-5680.



Dwayne Capper, MD, FACS



Thomas Simpson, MD, FACS

Who is a candidate for Inspire Upper Airway Stimulation?

Candidates must have already been diagnosed with moderate to severe obstructive sleep apnea and have tried to use CPAP (but are no longer using it), are having problems using CPAP consistently, or are unable to get improvement from CPAP. In addition, patients should have a body mass index (BMI) of 32 or less. Those with a BMI between 32 and 35 may require additional consideration from a physician.

What's the process like?

Patients would first be evaluated to be sure they meet the criteria. Then a laryngoscopy is performed under sedation to make sure the airway shape is suitable for the therapy.

The surgery is typically an outpatient procedure under general anesthesia. Patients have a brief recovery to non-strenuous activity within three to four days. The device is then activated one month after surgery, and patients are given a small sleep remote to control their device. A sleep study is done two months after surgery to ensure that the device is

being used most effectively.

Is it covered by insurance?

Currently the therapy is reviewed and approved by insurance on a case-by-case basis. Your doctors will work with the company and your insurer to obtain approval on your behalf, before any surgery is scheduled. You don't need to have prior approval from your insurance before your first clinic visit.

Your out-of-pocket expenses will depend on your insurance plan and your co-pays, but in general, the co-pay should be similar to other surgical procedures.

WELL AWARE NEWS, VIEWS & TIPS

Two new talented cardiologists join Mercy Cardiology Clinic

Two new physicians have joined Mercy Cardiology Clinic in recent weeks.

They are interventional cardiologists Ankur Vyas, MD, and Chatchawan Piyaskulkaew, MD (“Dr. Chat”). Both are accepting new patients.

John Mehegan, MD, FACC, leads the clinic as Medical Director. He and Drs. Vyas and Chat have also been joined by Bridget Peters, PA-C.

Mercy Cardiology Clinic is located in Mercy Medical Plaza, Suite 400, 540 E. Jefferson St. in Iowa City.

Wayne Richenbacher, MD, is a distinguished heart surgeon who continues to practice at Mercy Specialty Clinics—Cardiac Surgery, also located on the fourth level of Mercy Medical Plaza.

“It has been my pleasure to work at Mercy Hospital for the last 20 years,” says Dr. Mehegan. “Now as Medical Director [of Mercy Cardiology Clinic], I remain committed to continuing excellence with a new group of talented cardiologists who will maintain our high quality of care.”

To make an appointment at Mercy Cardiology Clinic, call the office at 319-339-3400.



Ankur Vyas, MD



Chatchawan Piyaskulkaew (“Dr. Chat”), MD



John Mehegan, MD, FACC



Wayne Richenbacher, MD



In praise of pumpkins

Round and orange they grin and glow, unmistakable signs of fall.

But pumpkins don’t shine only as jack-o’-lanterns. These nutritious golden stars of the harvest season—packed with fiber, potassium and vitamin A—have a long history of lighting up many a delish dish.

In times past, pumpkin was a Native American staple that was roasted over an open fire. And when colonists filled the plump orange gourds with milk, spices and honey and baked them in hot ashes, it was the precursor of our classic Thanksgiving dessert.

The pie’s not the limit Today, pumpkin is in everything from summertime smoothies to specialty coffees that taste like autumn.

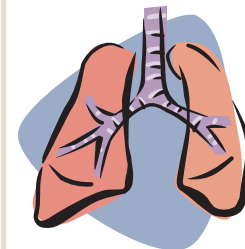
In fall and winter, try fresh pumpkin in: ● Chili ● Enchiladas ● Pasta dishes ● Soups and stews ● Stir-fries.

Be sure to pick a blemish-free pumpkin (labeled as *sweet* or *pie*) that’s heavy and free of soft spots and has a 1- to 2-inch stem still attached. Peel it, cut it into cubes—and it’s ready to cook. Sound like too much work? Try plain, solid-packed canned pumpkin. It’s as nutritious as fresh—and available year-round. The puree can add savory goodness to dips, breads, muffins, puddings and smoothies.

So whether you classify pumpkin as a fruit (as botanists do) or a veggie, carving out space for it in your menu can boost flavor and nutrition all year. And that’s something to grin about.

Sources: American Institute of Cancer Research; Penn State Extension; Produce for Better Health Foundation; University of Illinois Extension

Helping patients breathe easier—and avoid the hospital



A new Mercy program designed for patients with respiratory diagnoses is helping keep these individuals from being readmitted to the hospital.

“The results are extremely promising,” says Curt Kivi, Respiratory Care Manager.

The program begins with screening of all patients who have a respiratory diagnosis, including shortness of breath, pneumonia, bronchitis, sepsis, asthma and fibrosis. Selected patients then receive a baseline pulmonary function test and intense education on:

- Understanding lung function
- Pulmonary disease and its treatment
- Preventing infections and exacerbations
- Coping with shortness of breath
- Breathing skills

By the time patients are discharged from the hospital, they understand their medications and their correct use, have learned new breathing skills, and have an action plan should new symptoms arise.

Follow-up phone calls from Mercy staff may continue for up to a year.

“We help these folks work within their limitations,” says Jon Hambright, Registered Respiratory Therapist and Patient Educator. “If they get to a point where they can exercise for 40 minutes on three days a week, that’s very positive.”

This education and follow-up are provided at no charge to the patient. And depending on the individual’s situation, some may continue into Mercy’s outpatient pulmonary rehab program.

For more information, contact Mercy On Call at 319-358-2767.



Main hospital number:
319-339-0300

Mercy On Call toll-free:
800-358-2767

Visit us online at
www.mercyiowacity.org.

Our Mission

Mercy Iowa City heals and comforts the sick and works to improve the health of the community in the spirit of Jesus Christ and the Catholic tradition of the Sisters of Mercy.



WELL AWARE is published as a community service for the friends and patrons of MERCY HOSPITAL, 500 E. Market St., Iowa City, IA 52245
website
www.mercyiowacity.org

Ronald R. Reed
President and Chief Executive Officer

Denice Connell
Director of Marketing and Community Relations

Information in WELL AWARE comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Models may be used in photos and illustrations.

2015 © Coffey Communications, Inc. All rights reserved. HST31472

WELL AWARE

**SUMMER/
FALL 2015**

A warm welcome to these new medical staff members

Alex Cohen, MD, Ophthalmology, has joined Eye Physicians and Surgeons.

John C. Even III, MD, Internal Medicine, has joined Mercy’s hospitalist program.

Malhar Goré, MD, Family Medicine, has joined Mercy Family

Medicine of Solon.

Benjamin Green, DO, General Surgery, has joined Mercy Specialty Clinics, General and Bariatric Surgery.

James Milani, DO, Occupational Medicine, has joined Mercy Occupational Health Clinic.

Angela O’Connor, MD, Pediatrics, has joined Mercy Pediatric Clinic.

Chatchawan Piyaskulkaew, MD (“Dr. Chat”), Cardiology, has joined Mercy Cardiology Clinic.

Ankur Vyas, MD, Cardiology, has joined Mercy Cardiology Clinic.