

# LiveWell

Spring 2011

*With Iowa Health – Des Moines*

**Reclaim Your Life  
From Chronic Pain**

**Pediatric Care:  
Teamwork You  
Can Trust**

Breakthrough in the  
**Battle  
Against  
Cancer**

 **IOWA HEALTH**  
DES MOINES

Methodist • Lutheran • Blank



## A Word From Our President and CEO

When you think of spring, visions of fresh starts and new beginnings likely pop into your head. And, after a long winter,

visions of steady sunshine! This season, what steps are you taking toward a new beginning for your health and your life?

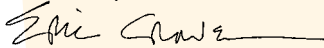
One of the most important steps you can take seems too simple to be true. To help prevent a variety of contagious illnesses, simply wash your hands. This page contains a handwashing tutorial, designed to help you and your family achieve optimal health.

At Iowa Health, we realize that even with the best intentions, illnesses sometimes strike. That's why, as a health system, we strive to provide the highest quality healthcare. In this issue of *LiveWell*, you can learn about a variety of our services, including pain management care and a new procedure for treating deep vein thrombosis (page 3), an innovative radiation therapy—the TrueBeam™ STx system—revolutionizing cancer care (pages 4 and 5), and pediatric physical medicine and rehabilitation offered at Blank Children's Hospital (page 7).

While our first goal is to provide you and your loved ones with exemplary medical care, our second goal is to offer that care in a comfortable and convenient environment. In that light, you can also read about renovations at Iowa Lutheran Hospital (page 6) and our newly expanded concierge services (page 2).

We hope you enjoy this issue of *LiveWell*. Live well and know that we're here, when and if you need us!

Sincerely,

  
Eric Crowell, president & CEO

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## Have Healthy Hands for a Healthy Year

Hand washing is an invaluable technique for health and can prevent the spread of illness. By washing hands with either soap and water or an alcohol-based sanitizer, you can avoid coming in contact with harmful bacteria. Here's how:

- Wet hands with soap and warm water.
- Lather soap and scrub all surfaces of your hands, including under fingernails.
- Rub hands together for 20 seconds or longer—which is how long it takes to sing the Happy Birthday song twice.
- Rinse hands, and dry them with a paper towel.

Be sure to wash your hands before and after preparing or eating food, after coming in contact with someone who's sick, and after using the restroom.



## At Your Service

Iowa Health – Des Moines is proud to announce the expansion of concierge services to Iowa Methodist and Iowa Lutheran hospitals. Previously utilized by patients and visitors on the Methodist West and Blank Children's Hospital campuses, these services, managed by Towne Park, will now bring all Iowa Health patients added convenience.

Some services available include:

- arranging transportation
- arranging travel and lodging
- dining reservations
- food pick-up or delivery
- local shopping
- oil change or car wash
- ordering flowers and gifts
- personal errand requests
- postage and shipping services



For the latest news about Iowa Health, visit [iowahealth.org](http://iowahealth.org).

# Freedom From Chronic Pain

According to the American Pain Foundation, approximately 76.5 million Americans report experiencing pain that has persisted for more than 24 hours.

Because pain greatly affects quality of life, having a physician who is able to provide compassionate, comprehensive care can make all the difference.



Daniel J. Baldi, DO


“Patients experiencing chronic pain often become alienated from their families, friends and physicians and lose their sense of hope because they do not feel there is anything that can be done to help improve their pain,” says Daniel J. Baldi, DO, board-certified anesthesiologist and pain management physician. “At the Iowa Health Pain Management Clinic, we offer a wide range of treatments, and partner with patients to create an individualized care plan that gives them the most pain relief possible.”

Available treatment modalities include medical management and interventional procedures—such as lumbar epidural steroidal injections, spinal stimulator implantation, denervation and nerve root blocks. Through the addition of the Pain Management Clinic’s newest provider—Andy Szczepanek, MD, pain management physician—treatment of compression fractures will be available as well.



Andy Szczepanek, MD

“Pain management is a complex specialty,” says Dr. Szczepanek. “To provide patients with the most relief, a comprehensive variety of services, including interventional spine techniques, must be available. Our goal is to help our patients feel better, move better and get back to their normal life, pain-free.”

 For more information about available services, visit [iowahealth.org](http://iowahealth.org), select “Services” and then choose “Pain Management.”



## Advanced Clot-Removing Technology

You likely know that blood clots in the brain can lead to stroke, but do you know that blood clots in the legs can be just as serious? Fortunately, if you or a loved one develops deep vein thrombosis (DVT), Iowa Health – Des Moines, in conjunction with The Iowa Clinic, offers an advanced treatment to help.

DVT occurs when blood thickens or clumps together in the veins of the lower leg or thigh. If the clot travels through the body to the lungs, a life-threatening condition called pulmonary embolism can occur.

Iowa Health has invested in the latest technological advance to help remove clots before more serious complications occur. The Trellis® Peripheral Infusion System allows physicians to effectively and quickly remove clots, greatly improving patient outcomes.

“The Trellis device drinks up clots and helps melt them away, ridding the body of potentially life-threatening blood clots,” says Dennis Fry, MD, vascular surgeon on staff with The Iowa Clinic, providing care at Iowa Methodist Medical Center. “Older treatment methods, including medication, removed clots much more slowly.”

Because the Trellis system acts rapidly to remove clots, patients receive a variety of benefits.

“Leg swelling caused by DVT will resolve much quicker than when treated with standard medications. The length of time patients require anticoagulant [blood-thinning] medication is also decreased,” Dr. Fry says. “The benefit of this technology is a more rapid return to normal life after DVT.”



For more information about services available at Iowa Health, visit [iowahealth.org/cardio](http://iowahealth.org/cardio).

# Harnessing the Power of TrueBeam

With every technological advance, the battle against cancer becomes more focused and treatment more effective. Now armed with the most advanced cancer-fighting technology, the John Stoddard Cancer Center at Iowa Methodist Medical Center has entered a new era of therapeutic capabilities.

Two of the most tremendous strides in the application of radiation therapy are intensity modulated radiation therapy (IMRT), allowing the precise shaping of radiation particles to spare healthy tissues, and stereotactic radiosurgery, the practice of treating brain and spinal tumors with one powerful, specifically targeted dose of radiation. With each advance, the practice of cancer care has become more specific and patient-centric.

Introduced at Stoddard in 2004, stereotactic radiosurgery has been considered leading-edge cancer technology for several years. Building upon this foundation, however, Stoddard recently ushered in a new era of care thanks to the Varian TrueBeam™ STx system.

## On the Frontier of Cancer Care

TrueBeam STx technology takes a truly novel approach to the application of radiation therapy. Combining advanced imaging capabilities, radiation delivery and tumor motion management, the system allows physicians to simultaneously target, treat and follow tumor sites.

Offering these advanced technologies in one comprehensive system, TrueBeam can create a 3D image of a tumor site and administer a radiation

## The Evolution of Cancer Care

Since its founding, Iowa Health – Des Moines has remained dedicated to providing all cancer patients with the highest level of care possible. Over the years, numerous advancements have been made to ensure the facility is on the cusp of treatment options for patients. Here is a closer look at some memorable moments in the evolution of cancer care at Iowa Health:

- **1962**—Iowa Methodist establishes the state's first hospital-based radiation oncology program.
- **1987**—Blank Children's Hospital opens Iowa's first pediatric cancer care unit, specializing in the diagnosis and treatment of young patients from across the state.
- **1991**—The John Stoddard Cancer Center opens, bringing with it a renewed dedication to researching and providing advanced options for cancer patients. The center has grown to become Iowa's leading central oncology research center and a leader in national cancer care.
- **2002**—Intensity modulated radiation therapy (IMRT) makes its first appearance at Stoddard. The application of this technology increased the accuracy and efficiency of radiation care.
- **2004**—Stereotactic radiosurgery comes into practice at Stoddard, making the facility the first in central Iowa to administer the therapy.
- **2008**—Opening of the completely renovated Stoddard Adult Oncology Inpatient Unit. Updates focused on family-centered care, patient safety and a healing environment.
- **2011**—The most advanced piece of radiation therapy equipment in the world, TrueBeam™ STx, appears at Stoddard, revolutionizing cancer care in the area and placing Iowa Health as one of the global leaders in oncology services.



beam shaped exactly to the tumor size down to the millimeter. TrueBeam revolutionizes radiation therapy by incorporating some of the most effective technologies in the fight against cancer.

“The benefit of TrueBeam technology is that it builds upon all of its predecessors,” says Robert Kerr, MD, PhD, neurosurgeon at The Iowa Clinic, on staff at Stoddard. “The system allows us to apply intense radiation therapy to irregularly shaped tumors, while sparing healthy surrounding tissue, which is absolutely vital when treating brain and spine tumors. There is no time delay to reset the machine. The process is fluid and provides the most promising outcome for the patient.”

An additional advantage of the TrueBeam system is the amount of time needed to administer therapy. With older technologies, patients might be required to lie stationary for as long as three to four hours.

TrueBeam is capable of reduced treatment times by increasing the radiation dose rate to 2,400 monitor units per minute, nearly four times what is commonly used.


With TrueBeam’s intense radiation treatment, these treatments can be given in as little as 15 to 45 minutes. The faster application of therapy decreases the burden of care on patients whose physical health has already diminished. For this population, faster treatment means a more comfortable therapy experience and a higher success rate of treatment.

### **A World-Class Cancer Center**

With the availability of TrueBeam technology, Stoddard has raised the bar of cancer care for patients in the area. In Des Moines, residents can now find a level of cancer care comparable with some of the nation’s leading cancer centers.

“Since 1962, Stoddard has been dedicated to offering area patients the latest and most advanced options for cancer treatment,” explains Robert Goebel, MD, medical director of Radiation Oncology at Stoddard. “The acquisition of the TrueBeam STx is one example of this commitment coming to fruition. Patients in central Iowa now have access to a level of care previously offered by only a handful of the world’s most prestigious institutions.”

As technology continues to improve, Stoddard will make every effort to bring new technologies and practices to residents of the region and state. For Stoddard, quality cancer care is not only an achievable goal but an evolving mission requiring constant work.

 **For more information about TrueBeam and other cancer care services, visit [johnstoddardcancer.org](http://johnstoddardcancer.org).**



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# Not a Secret for Long



## More to Come

Iowa Lutheran Hospital's remodeling projects will continue into 2011 with plans to renovate the second of two cardiac catheterization laboratories, the medical floor, and physician office space.

Renovations of the cardiac catheterization lab were the last to begin in 2010 and are slated for completion in June 2011, while the second development will begin in 2011.

The focus on the cardiac catheterization laboratories follows the partnership between Iowa Lutheran and Iowa Health Cardiology. A thriving presence since May 2009, the group of cardiologists has helped Iowa Lutheran become one of the nation's top 10 hospitals for low readmittance after treatment for heart failure.

With the unveiling of Iowa Lutheran Hospital's renovations, what was once the best-kept secret in central Iowa will not be under wraps for long.

"We want to start getting the word out," says Eric Lothe, FACHE, administrator at Iowa Lutheran. "We're a community hospital, but a unique one."

As an investment in the next century of the community's health needs and to freshen up the facility, Iowa Lutheran embarked on two major projects in 2010. First, the main entrance, lobby and main floor were outfitted with sleek new furniture, carpet and artwork to ensure the first impression of patients and their families is one of confidence in the quality of care they will receive.

## The Progressive Approach

The second project will overhaul the Inpatient Behavioral Health units and is scheduled for completion by June. Iowa Lutheran handles all behavioral health treatment for Iowa Health – Des Moines with a child and adolescent unit, geriatric unit and two adult units. Since the east wing where the units are located dates back to the 1960s, the new designs were tailored to the results of a complete safety assessment. In addition, the units will now offer a brightened floor plan with open nurse stations and other features to improve the interior to the level of care provided by the staff.

According to Lothe, behavioral health is often a service to which hospitals do not devote the same attention and resources Iowa Lutheran has.

"We're very proud of the fact that Iowa Health is forward thinking. Behavioral health is one of the services Iowa Lutheran offers so many counties," says Lothe. "These projects signal to the community that we have a long-term commitment here."



To view a media gallery of the remodeling, visit [iowahealth.org/lutheran](http://iowahealth.org/lutheran).

# Multidisciplinary Care for Children With Disabilities



Justin Ramsey, MD

For children with disabilities, pediatric physical medicine and rehabilitation is a unique medical specialty that can help provide the best in care. At Blank Children's Hospital, Justin Ramsey, MD, leads the service to help children live life to their fullest potential.

Pediatric physical medicine and rehabilitation (also known as physiatry) is a dedicated medical specialty whose physicians are nerve, muscle and bone experts who treat injuries or illnesses that affect how children move. As a board-certified pediatric physical medicine and rehabilitation specialist, Dr. Ramsey collaborates with other pediatric specialists to help treat a range of conditions, including:

- birth brachial plexus injuries
- cerebral palsy
- nerve and muscle problems, such as Duchenne muscular dystrophy and spinal muscular atrophy
- scoliosis
- spina bifida
- spinal cord injuries

"Our services exist to support children with disabilities," Dr. Ramsey says. "Working with other physicians at Blank Children's creates complementary services that provide the community the best care possible."

## A New Child Development Center

This year, Blank Children's is renovating a building on campus, called the Anna Blank Building, to house a brand-new service. The Child Development Center will be completed in late 2011, and it will allow pediatric patients access to child development, genetics, physical medicine and rehabilitation services close to home. With several providers in the same facility, families will be able to avoid the stress of traveling for care and visiting different physicians in multiple locations. Currently, some families travel several hours for this type of care. Primary care physicians can also find comfort in referring patients within the community without delaying treatment.

"We are proud to be able to open the Child Development Center later this year, which will combine a group of specialists and resources to diagnose, treat and monitor children," says David Stark, president of Blank Children's. "This type of comprehensive center is not available anywhere else in Iowa, and we are grateful to have the support of numerous donors in our community to help make this much needed service available to patients and families."

Joining the medical staff in January 2012 to help lead the Child Development Center with Dr. Ramsey will be Nate Noble, DO. Dr. Noble is currently completing a double-fellowship in Child Development and Genetics.



For more information about services at Blank Children's, visit [blankchildrens.org](http://blankchildrens.org).

## A Community Effort

In 2011, Blank Children's Hospital began renovation on the Anna Blank Building, named after one of the hospital's founders, to expand services and create the Child Development Center.

The Anna Blank Building is a significant historical structure that will house the Child Development Center. Through grants, community funding from the Variety – The Children's Charity of Iowa and support through the Blank Children's Hospital Endowment and the Helen Johnson Estate, the project has been fueled by the community.

"Our mission is to provide services for children with disabilities, no matter what they need," says David Stark, president of Blank Children's. "The plan for renovation was initiated more than five years ago. Our dream will soon be a reality. We want to thank the providers, staff and community members who have helped us develop plans for this center so that patients and families can receive the care they need."



Above: The Blank family—Mike, Jackie and Bev (at left) and A.H. and Anna (at right)—stand in front of the plaque commemorating their donation to benefit Blank Children's Hospital.

## Meet the New Physicians of Blank Children's Hospital

- Leybie Ang, MD, pediatric emergency medicine
- Elizabeth Bacon, DO, pediatric pulmonology
- Luis Castagnini, MD, MPH, pediatric infectious diseases
- Teresa Ferguson, MD, pediatric orthopaedics
- Sarah Holland, DO, general pediatrics
- Jill Jasper, MD, pediatric emergency medicine
- Justin Ramsey, MD, pediatric physical medicine and rehabilitation
- Christopher Rokes, MD, pediatric hematology/oncology
- Carla Schwalm, MD, pediatric hematology/oncology
- Amy Shriver, MD, general pediatrics
- Geoffrey Wong, MD, perinatology



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## Iowa Health – Des Moines Maternity Centers

# Delivering Our Future

The miracle of a new life is a special experience. At Iowa Health – Des Moines we are committed to providing every family with a meaningful and unique childbirth experience that is as special as each new life.



Visit [www.iowahealth.org/maternity](http://www.iowahealth.org/maternity) to learn more about all three of our Maternity Centers — Iowa Methodist, Methodist West and Iowa Lutheran. Read more online about our new eLearning Online class for pregnant moms!



Iowa Methodist Medical Center



Iowa Lutheran Hospital



Methodist West Hospital



Blank Children's Hospital