

LiveWell

Summer 2011

With Iowa Health – Des Moines

A *Stroke* of Genius:
Certified Stroke Care

Go Digital With Our
New e-Newsletters!

One Mother's Miracle



IOWA HEALTH

DES MOINES

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A Word From Our President and CEO

What does the summer hold for you and your loved ones? Here at Iowa Health – Des Moines, we’re celebrating the

warmer weather by heading outdoors—and we want you to join us!

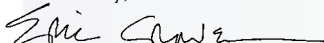
Read “Do More Outdoors” on this page for more information about our upcoming program, designed to encourage families to get fit and enjoy the outdoors safely. Even if you can’t make it to the July 10 event, spending time with your family outdoors offers a lot of benefits, from increased togetherness to improved physical fitness.

On pages 4 and 5 of this issue of *LiveWell*, you can read the incredible story of Andrea Knoll, who found out she had breast cancer and then that she was pregnant over the course of a few days. With the help of physicians at Iowa Health facilities, including John Stoddard Cancer Center, Andrea gave birth to a son and beat cancer. Her son, Charlie, received care at the Blank Children’s Hospital Neonatal Intensive Care Unit (NICU) for several weeks before heading home, and both mom and son are now happy and healthy.

In this issue, you can also learn about our Survivorship and Diabetes Education programs (page 3), Iowa Methodist Medical Center’s certification as a Primary Stroke Center (page 6), women’s heart health (page 7), and our new series of e-newsletters (page 8).

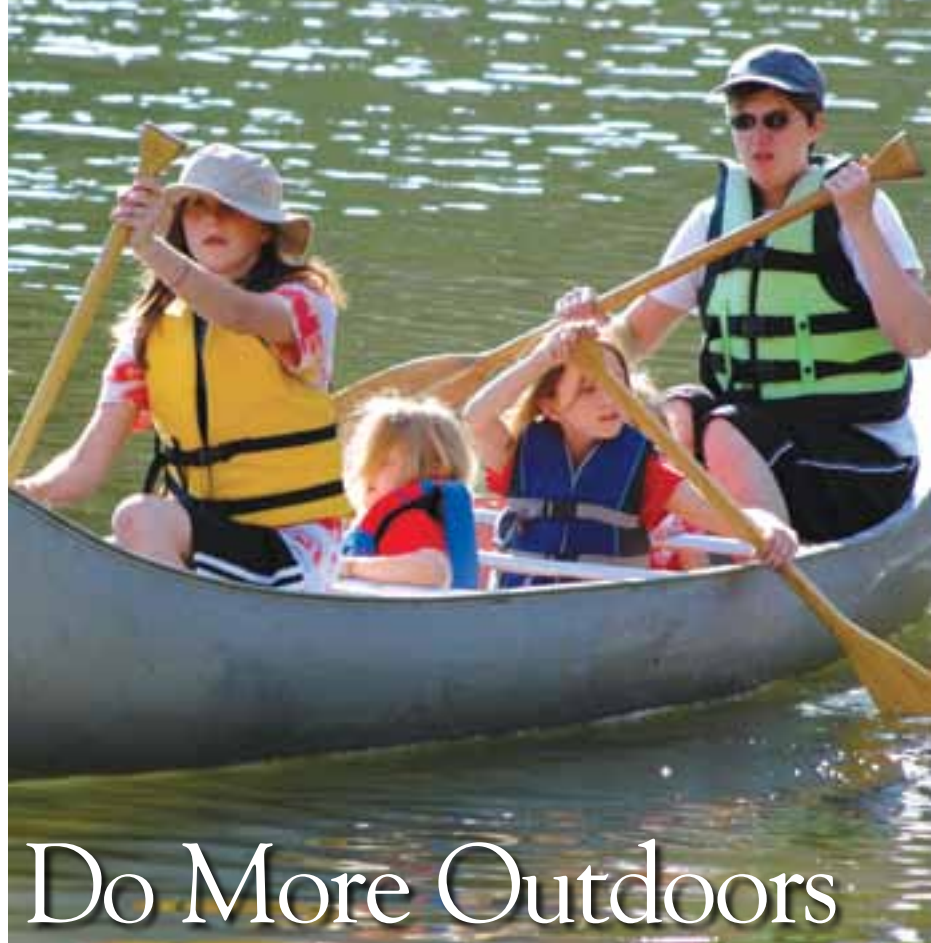
Celebrate your good health and summer’s better weather by heading outdoors. We hope to see you on July 10!

Sincerely,


Eric Crowell, president & CEO

This Issue:

- 2 • CEO Letter
- Do More Outdoors
- 3 • Survivorship Program
- Diabetes Education
- 2
- 4 • A Miraculous Journey
- 6 • Stroke Certification
- 7 • A Woman’s Heart
- 8 • e-Newsletters



Do More Outdoors

Ready to head to the Great Outdoors? You’re in luck. This summer, Iowa Health – Des Moines is giving residents of Greater Des Moines another reason to go outside.

Do More Outdoors will take place Sunday, July 10, from 1 to 5 p.m. at Easter Lake Park in Des Moines. As part of the event’s goal to promote an active lifestyle within the community, this summer’s Do More Outdoors will feature canoeing, camping and fishing. Volunteers will offer safety tips for water activities, campground cooking and fire building. The event is free and has something to offer the whole family.

Iowa Health is co-sponsoring this summer’s Do More Outdoors with Polk County Conservation. Sponsors hope this event will encourage people to get active by using the numerous parks in Polk County.

The past Do More Outdoors events have attracted more than 500 attendees each, and even more are expected this July. If you are unable to attend the festivities this time around, don’t worry—Iowa Health is planning another Do More Outdoors event this fall.



For more information, visit DoMoreOutdoorsIowa.com.

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AT FIVE

Want advice on how you can *LiveWell*?
Tune in to KCCI NewsChannel 8’s
“First News at Five” on Thursdays to
get the scoop from physicians with Iowa
Health – Des Moines. If you miss a report,
watch it online at KCCI.com.

Center for Survivors

There are no cancer patients at the John Stoddard Cancer Center at Iowa Methodist Medical Center. That's because here, they are survivors.

From the moment of diagnosis, patients at Stoddard are referred to as survivors. With cancer survival rates increasing in the United States, ensuring quality of life beyond treatment is more important than ever. In November 2010, Stoddard began its Survivorship Program to help patients live beyond their cancer.

"We support them while they're going through their cancer experience, and we want them to feel supported afterward," says Kathy Hunnicutt, RN, BSN, OCN, outreach coordinator for Stoddard. "A lot of people have concerns about how to handle things emotionally, financially or physically that they don't talk about during treatment."

Personalized Care

Survivors first go through an interview with an oncology-certified nurse who discusses the long-term side effects of



treatment and how to maintain a healthy lifestyle post-treatment. Survivors and their families can also utilize other services, including nutritional, financial and psychological counseling and support groups. All Survivorship services and groups are free.

The Survivorship Program also partners with local YMCAs to offer survivors a free 12-week membership through a program called LiveWell at the Y.

"Research shows that a regular fitness routine improves mental health," says Hunnicutt. "We want to give survivors the tools to get well and stay well."



To find out more about the Stoddard Survivorship Program, visit johnstoddardcancer.org or call (515) 241-3343.

Diabetes Education in the 21st Century

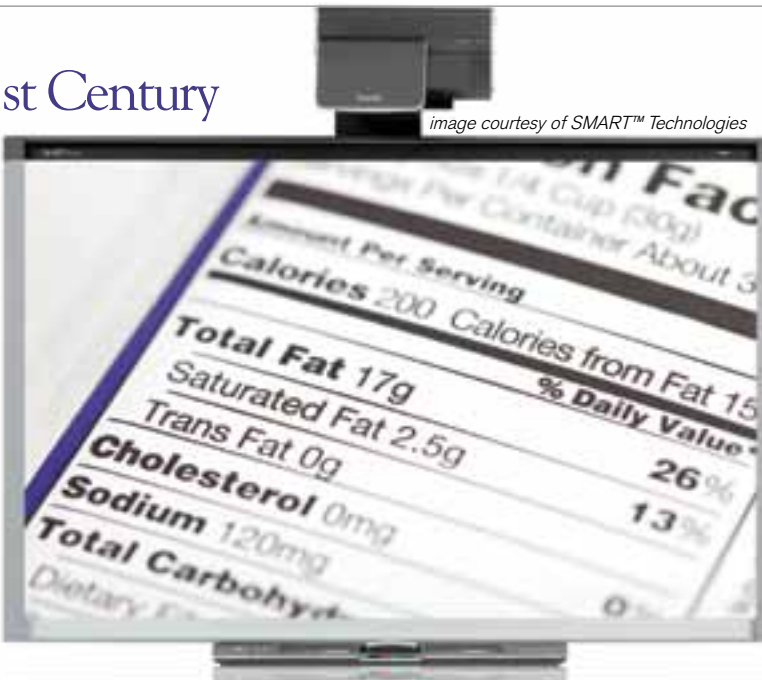
Many of the more than 1 million people ages 20 and older who are diagnosed with diabetes each year do not know how to manage their disease or how diabetes education can improve their quality of life. Iowa Health – Des Moines can help.

Diabetes is a multi-faceted disease that requires management of blood glucose levels through proper diet, blood monitoring and medication to optimize health. The 10-hour diabetes education curriculum at Iowa Methodist Medical Center helps people with diabetes—newly diagnosed patients and those who have had diabetes for months to years—learn how to manage their disease.

Head of the Class

Two nurses and two dietitians with 108 years of combined experience in diabetes education teach three, three-hour group sessions and one hour of personalized instruction. The program uses SMART™ Board technology, which utilizes interactive whiteboards to allow educators to easily integrate patient-specific information into their lessons.

"We can pull food labels from the Internet to illustrate label-reading instruction or list topics discussed during class, which can be printed for participants to take home," says



Sue Freeman, RN, BSN, diabetes supervisor and nurse educator at Iowa Methodist. "The SMART Board is a neat way to encapsulate the energy of each class and help a wide range of people learn the strategies required to manage diabetes day to day."



For more information about diabetes education, visit iowahealth.org or call the Diabetes Education Center at (515) 241-5074.



Andrea and Charlie Knoll

One

Imagine being diagnosed with breast cancer at 29. Then, imagine six days later finding out you were pregnant. Sound too incredible to be true? That's exactly what happened to Andrea Knoll.

"I felt a lump in my breast earlier that summer when I was breastfeeding my first child, Grady," says Andrea. "At the time I didn't think anything about it, but ended up having it tested later on."

The lump tested positive for cancer, so Andrea scheduled a consultation with Daniel Kollmorgen, M.D., surgical oncologist with The Iowa Clinic and medical director at John Stoddard Cancer Center. On the morning of her appointment, she found out she was pregnant with her second child.

After receiving both heartwrenching and joyous news within the span of days, Andrea and her husband, Matt, considered their options.

"At seven weeks pregnant, there were fears that my baby would not survive the anesthesia required for the double mastectomy," says Andrea. "But my husband and I decided it was worth the risk."

On January 5, 2010, Dr. Kollmorgen performed a double mastectomy on Andrea at Iowa Methodist. Both she and her baby did well.

Against All Odds

In March 2010, Andrea began undergoing chemotherapy treatments. Although chemotherapy does not harm the baby, it can cause dehydration, which can lead

Dedicated Care Spanning Generations

Not only did Charlie receive care at the Blank Children's Hospital Neonatal Intensive Care Unit (NICU), so did Charlie's father, Matt, nearly 35 years before.

"Matt Knoll was born in Marshalltown before being transferred to the NICU," says Barb Smith, RNC, NICU nurse at Blank Children's. "Some of the same nurses who assisted with Matt's care were a part of Charlie's care."

It shows how committed and experienced our nurses are."

The Level III-accredited NICU also features:

- 7 board-certified neonatologists
- 10 neonatology practitioners
- Around-the-clock consultation with neonatologists and a neonatal transport team

Miraculous Journey

to premature delivery. While the chemotherapy treated her breast cancer, it was taking a toll on her unborn child, causing her to become dehydrated and have contractions. Andrea continued undergoing chemotherapy every three weeks until May, when her contractions became worse.

“I required constant hydration, which I received via IV,” says Andrea. “However, when I began having contractions after my second chemotherapy treatment, I knew it would be an uphill battle.”

As her contractions progressed, Andrea was admitted to Iowa Methodist Medical Center for monitoring on June 7, 2010. While under observation, her water broke, and she started having contractions one and a half minutes apart. It was then that Andrea felt guilt for what had happened.

“I had put my baby through so much already with the surgery and my chemotherapy treatments,” says Andrea. “I began to question if I had made the right choice. What have I done? Will he make it?”

Suddenly, Andrea’s contractions stopped. From that point forward, Andrea was put on bed rest.

“Andrea was the best patient we could have had,” says Ashley Adams, RN, BSN, antepartum patient care facilitator at Iowa Health – Des Moines. “She did whatever we suggested for her care—she really went the extra mile for her child.”

On June 11, 2010, Charlie Knoll was born at just 27 weeks gestation, weighing a mere 2 pounds and 5 ounces. Charlie required a ventilator to assist him with his breathing for a short

period, before moving on to oxygen and a nasal cannula. At 36 weeks, Charlie no longer needed supplemental oxygen and soon was able to go home to be with his mom, dad and older brother.

Continuum of Care at Its Finest

Throughout her pregnancy, surgery and various treatments, Andrea never worried about her care.

“As someone who works in the medical field, I was blown away by the care I received,” says Andrea. “I had so many specialists from an obstetrician to an oncologist. No matter where I went or what appointment I had, everyone was up to speed with my case; they knew exactly where I was in my care. That’s nearly unheard of.”

Andrea also underwent surgeries while Charlie was in the Neonatal Intensive Care Unit (NICU) at Blank Children’s Hospital, and she remains grateful for the care he received on a daily basis.

“After Charlie’s birth, there was so much to cope with, with my follow-up surgeries and appointments, as well as raising an 18-month-old child at home,” says Andrea. “I knew Charlie was in the best place he could be, and the caring staff helped me find a balance between hospital visits and my home life.”

The medical staff also felt close to Andrea after the journey she had been on.

“I will always remember Andrea walking into the unit—no matter how tired she was, she always had a smile that could light up a room,” says Barb Smith, RNC, NICU nurse at Blank Children’s. “She was so strong and courageous throughout everything.”

Today, Charlie is a healthy, growing boy at 14 pounds, and Andrea is a



Specialized Care for Mother and Child

The antepartum unit at Iowa Health – Des Moines strives to meet the needs of mothers-to-be requiring strict bed rest and close observation.

“Bed rest can be challenging for many patients,” says Ashley Adams, RN, BSN, antepartum patient care facilitator at Iowa Health. “We provide a variety of entertainment, from books and magazines to laptops with Internet access and painting with artists who make rounds through the unit.”

The newly remodeled unit offers services to new mothers, including:

- ♥ baby care—learning the basics of caring for a new baby
- ♥ emotional well-being and depression screenings
- ♥ lactation services

proud, healthy mother, thankful for the care she received from the beginning of her medical journey.

“Even though there was so much to process, my physicians and staff gave us overwhelming support,” says Andrea. “They were all there for us through a year I’ll never forget.”



To learn more about health services at Iowa Health, visit iowahealth.org.

The Next Level of Stroke Care



Iowa Methodist Medical Center has always provided great care to stroke patients. Recently, the program was recognized by Det Norske Veritas (DNV) Healthcare, Inc. as a Primary Stroke Center.

The achievement marked the culmination of a yearlong collaborative process to improve stroke care throughout the hospital, both in the Emergency Department (ED)—the frontline of care for most stroke cases—and other clinical areas involved in stroke care, such as the Radiology Department and Laboratory. DNV Healthcare, Inc., is a national healthcare certifying organization and is part of Det Norske Veritas, a global foundation dedicated to preserving life, property and the environment. Certification by DNV Healthcare, Inc., means Iowa Methodist complies with stroke care guidelines from the Centers for Medicare and Medicaid Services, the Brain Attack Coalition and the American Stroke Association.

Using Proven Protocols

Iowa Methodist undertook several new initiatives and implemented many DNV Healthcare, Inc., standards of care to receive Primary Stroke Center certification. Some of these enhancements to care included:

- adhering to 10 key elements of stroke care with every patient
- designation of a dedicated stroke unit
- development and implementation of a stroke alert system in the ED to notify key providers when a stroke patient arrives
- hosting community stroke education events

“If a person arrives in the Iowa Methodist ED, there is a step-by-step process in place for he or she to be diagnosed and treated for stroke,” says Calvin Hansen, MD, neurologist at Iowa Health – Des Moines. “Every patient, for example, receives a computed tomography scan in the ED. Our goal is to not only diagnose where a stroke comes from, but to prevent the secondary complications a patient might have, such as pneumonia. Another benefit of ED protocols is the prompt diagnosis and treatment of patients with neurological symptoms from conditions other than stroke, such as hypoglycemia. Primary Stroke Center certification implies quality care for patients with stroke at Iowa Methodist Medical Center.”



Do you know the warning signs of stroke? To find out, visit iowahealth.org/stroke to take our quiz.

A Cross-Hospital Continuum of Care

No matter which Iowa Health – Des Moines hospital a stroke patient enters, he or she is assured of receiving the same excellent standard of care. Iowa Methodist Medical Center works with both Iowa Lutheran Hospital and Methodist West Hospital to quickly identify stroke patients.

“A stroke patient can enter Iowa Methodist through our Emergency Department and receive critical, acute and rehabilitation care here,” says Laura Juel, RN, MSN, stroke coordinator and manager of Medical Neurology at Iowa Methodist. “Unlike many hospitals, our facility has an Inpatient Rehabilitation Unit located inside the hospital. If patients need transitional care, they can receive it in a specially designated unit at Iowa Lutheran. For patients to be able to stay in one system for all of their stroke care is key to achieving positive outcomes.”

The Power of a Woman's Heart

Heartburn is often **a mistaken symptom** of heart attack in women—just ask Connie Lippert, 52, of Des Moines.

In December 2010, Connie began experiencing what she thought was just more frequent heartburn.

“The burning sensation seemed to be at my sternum under the bra line,” explains Connie. “I took over-the-counter antacid tablets off and on for a few days. The day of the incident, my pain became more intense. Assuming it was ‘a different kind of heartburn,’ I went on with my evening as normal.”

Connie awoke twice that night with the same discomfort. The third time, she vomited and became scared when the pain intensified and began radiating down her arms. Her son, Adam, 27, told her, “Mom, you could be having a heart attack.” After hearing those words, Connie knew she had to get to the hospital immediately.

Mending the Heart

An angiogram administered at Iowa Lutheran Hospital confirmed Connie was having a heart attack—with three arterial blockages. Her attending physician, Amar Nath, MD, interventional cardiologist with Iowa Health Cardiology, put two stents into her blocked artery to alleviate the attack.

“Dr. Nath was wonderful,” says Connie. “He really took the time to explain and answer any questions I had. I cannot say

enough about the professionalism and concerned care I received during my four-day experience in the hospital. I truly felt that I received individualized, attentive care.”


The Road to Recovery

Since surviving her heart attack, Connie has made the commitment to lose weight, eat a heart-healthy diet and exercise regularly.

“All this is possible because I was involved in Iowa Health’s Cardiac Rehab program,” says Connie. “I found their assistance essential in getting back to a healthier lifestyle. The nurses not only help you physically, but also help you feel safe and confident about working out after a traumatic experience.”

Connie advises all women to be their best health advocates.

“I challenge everyone reading this to put themselves on a personal ‘to do’ list,” says Connie. “So often, we’re too busy, and we feel we can’t take the time needed to exercise and eat better. It’s sad that it took a huge wake-up call for me to make the changes I needed to make years ago.”

 **Learn more about how you can be your heart's best advocate by visiting iowahealth.org/cardio.**

“Women can experience the classic heart attack symptoms that men do, such as chest pain, pressure and pain radiating down the arm. But **a high percentage of patients—mostly women—don’t exhibit the classic symptoms.** Instead, women may have sudden, extreme forms of fatigue, weakness, heartburn or vomiting. **Knowing all of the signs of heart attack could save your life.**”

—Amar Nath, MD, interventional cardiologist with Iowa Health Cardiology



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Get Connected!

Looking for a way to get the latest health information for your family at your fingertips? The brand-new Iowa Health – Des Moines e-newsletter series is just what you've been waiting for.

When it comes to the health of yourself and your family, knowledge is power. Staying current with the latest advances in medical care will help arm you with the latest trends in pediatrics, cancer care and general medicine. Now, thanks to a new e-newsletter program, Iowa Health can serve as your direct source for health and wellness information.

The Iowa Health e-newsletter series provides subscribers with regular updates from Iowa Health's hospital facilities, the John Stoddard Cancer Center and Blank Children's Hospital. Participation in the e-newsletter program puts the latest information and developments at Iowa Health's leading-edge facilities right in your hands. From current events to facility upgrades and general health tips, each newsletter will serve as a comprehensive look at the services offered by Iowa Health.

Now is the time to take an active role in your health and wellness. A free subscription to the Iowa Health e-newsletter series is the ideal first step to ensure the wellness of your family. Log on and sign up to start learning about what Iowa Health has to offer.



To learn more about the e-newsletter program or to register, visit iowahealth.org/livewell.

