

LiveWell

With Iowa Health - Des Moines

One
Physician
for the Entire
Family Tree

Analyzing
Sports Injuries

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DES MOINES

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Three generations of the Smith family use Iowa Health family practice physician Stanton Danielson, MD.

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To receive our free
publication in your home,
please contact us at
(515) 241-6302 or visit
www.iowahealth.org.



A Word From Our President and CEO

A lot of excitement has been building here at Iowa Health – Des Moines as we

welcomed a new administrator at Iowa Lutheran Hospital a new president and Medical Director at Blank Children’s Hospital, and we opened a new Iowa Health Cardiology office in West Des Moines. In addition, our new Methodist West Hospital will be opening later this fall—enabling us to continue our vision of providing healthcare across our entire community.

I’m proud to introduce Eric Lothe, FACHE, as the new administrator of Iowa Lutheran Hospital who will oversee daily operations. Lothe previously worked for Health Enterprises of Iowa in Cedar Rapids as president and CEO. In his new role at Iowa Lutheran, he will focus his efforts on physician recruitment and retention, facility upgrades and moving Iowa Lutheran into the future.

In this issue of *LiveWell*, you can read more about our new Iowa Health Cardiology office located in West Des Moines on page 3 and the progress we are making on Methodist West Hospital on page 8. So read on and remember to *LiveWell* with Iowa Health – Des Moines!

Sincerely,

Eric Crowell, President & CEO

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Be Our Facebook Friend

In recent years, Facebook and other networking Web sites have helped friends and family stay in touch. Now you can keep up to date on events and services offered through Iowa Health – Des Moines on our Facebook pages.

Blank Children’s Hospital, John Stoddard Cancer Center and our community outreach program LiveWell each have pages that will feature weekly updates with content in several Facebook categories.

View photos of events, watch videos with healthcare tips and learn more about upcoming programs and events.


 **To view our Facebook pages, go to blankchildrens.org, johnstoddardcancer.org or [LiveWell at iowahealth.org](http://LiveWell.iowahealth.org) and select the Facebook link.**



Knowledge at Your Fingertips

In addition to the wealth of information available on our Web site, Blank Children’s Hospital is offering a new way to access the medical information you need—right when you need it. On the Blank Children’s Web site, there are now links to Online Health Centers that provide video clips, patient stories, activities and news.

These user-friendly Online Health Centers provide an abundance of information for parents, kids and teens on topics including asthma, cancer, diabetes, fitness and nutrition, newborns and pregnancy. In addition, a Tests & Procedures Center provides video clips to help children know what to expect from medical exams and other procedures.

 **To explore the new Online Health Centers, visit blankchildrens.org and click on one of the Online Health Center topic tabs.**



Getting You Back in the Game


High-speed video analysis now allows for accurate evaluation of an athlete's movement to assist with injury prevention and proper rehabilitation. Filming a person in motion allows clinicians to identify many problem areas that may have previously been unidentifiable.

"Specifically trained clinicians use video equipment to capture an athlete's movement and then evaluate the video frame by frame," says Dan Sweet, MPT, outpatient therapy supervisor. "They are able to measure joint angles and use an electronic chalkboard to provide detailed feedback to an athlete."

Athletes recovering from surgery or a serious chronic injury often require intensive correction of the motor abilities that were lost over time. Incorrect movement habits developed because of the injury need to be pointed out to the athlete and strategies developed to help the athlete recover proper movement patterns.

"This new technology allows the athlete to immediately see the problem and understand the importance of correcting it," says Sweet. "This leads to a quicker, more successful return to competition and reduces the risk of future injuries."



 For more information on movement analysis, call Iowa Health Outpatient Therapy West at (515) 224-5225.

Iowa Health Cardiology Opens in West Des Moines

Iowa Health Cardiology's new West Des Moines office at Lakeview Medical Park, located at 6000 University Avenue in West Des Moines, provides patient consultation and key diagnostic imaging in one convenient location.



When you need state-of-the-art, compassionate care, turn to the experts at Iowa Health Cardiology. The board-certified cardiologists at the West Des Moines office have certifications in every major cardiac subspecialty and coordinate tests, surgeries, advanced clinical procedures and rehabilitation.

Non-invasive cardiology tests available at the West Office include ultrasound and nuclear cardiology. Nuclear cardiology imaging

techniques are used when electrocardiogram (EKG) findings are difficult to interpret or for patients with a normal EKG who have a family history of coronary artery disease.

Heartfelt Care


Cardiology specialists in practice at the West Office include:

Prasad Palakurthy, MD—Dr. Palakurthy is board-certified in cardiology, electrophysiology and echocardiography. His clinical focus is pacemaker implantation and monitoring.

John Pargulski, DO—Dr. Pargulski is board-certified in cardiology, nuclear cardiology and echocardiography. His clinical interests include preventive cardiovascular care, echocardiography, nuclear cardiology and treatment of peripheral vascular disease.

Saima Zafar, MD—Dr. Zafar is board-certified in cardiology, echocardiography and nuclear cardiology. Her clinical interests include general cardiology, echocardiography, nuclear cardiology and coronary CT angiography.

Terri L. Bunting, ARNP—as a cardiology nurse practitioner, Bunting assists patients with ongoing treatment regimens and care management.

 For more information, visit iowahealth.org/cardiology or call (515) 263-2400.

One Doctor, Three Generations



For Frank Smith and his wife Becky, both 58, of Des Moines, having the same family physician for more than 20 years has not only served them well, but also has served three generations of Smiths.

Frank and Becky are the proud parents of six children and the grandparents of 11. Having one healthcare provider for a family of this size may seem like a fantasy, but for the Smith clan, it's a reality.

"All 22 members of our family who live in this area are patients of Stanton Danielson, MD, family practice physician at Iowa Health Physicians and Clinics in Altoona," says Frank. "Three of our children and seven of our grandchildren were born at Iowa Health – Des Moines hospitals. We've always felt a great sense of commitment and service from the staff at Iowa Health to each member of our family."

Relying on Personalized Care

Frank and Becky describe Dr. Danielson as prompt, professional and dedicated to providing compassionate care with genuine concern.

"Dr. Danielson is in the medical field for all the right reasons," says Becky. "He takes sincere interest in the patient care he provides and always goes the extra mile. That has been our continual experience with both Dr. Danielson and Iowa Health."

One such experience, Becky recalls, was a few summers ago when their youngest son, Jessman, was away on a wrestling trip for the University of Iowa. Jessman stumbled into poison ivy and had a severe reaction. Because he was on a tight traveling schedule for the nationally ranked Hawkeyes and was soon headed to Oregon, Becky called Dr. Danielson to ask what he suggested.

"Dr. Danielson said Jessman would need a shot to get rid of the poison ivy that had spread all over his body," says Becky. "He gave us his home phone number and said Jessman could call him anytime, day or night, when he got into town, and Dr. Danielson would administer the shot personally. He was willing to get the job done regardless of the hour and without an appointment. That's the type of authentic care he demonstrates and service he provides."

How Can I Find a Family Physician?


Although having a family physician is a beneficial way of receiving your healthcare, finding one you are comfortable with often can be challenging.

“The bond between a patient and a family healthcare provider should be a long-term relationship built on trust and comfort,” says Jean Shelton, an executive director at Iowa Health Physicians and Clinics. “As a family healthcare provider becomes more comfortable and experienced treating you and your family, it becomes easier to diagnose conditions and govern care. However, finding that relationship may take several attempts to get the right fit.”

When trying to find a new physician, Shelton recommends asking yourself a few key questions, including:

- Do I feel like I made a connection?
- Did I feel a sense of trust and respect with this physician?
- Did the physician respond to all my concerns?

“Our clinics offer a continuum of care in fields including pediatrics, family practice, internal medicine and a wide variety of other services to provide quality healthcare from birth into the golden years,” says Shelton. “I’m very proud of Iowa Health Physicians and Clinics and trust them with my own health and my family’s health.”

 For more information about our clinics or to find a physician or clinic in your neighborhood, call (800) IA-HEALTH (424-3258) or visit iowahealth.org/clinics.

Ensuring Your Family’s Safety

To help streamline your care, Iowa Health – Des Moines’s clinic medical records are now completely electronic. Iowa Health’s physicians and staff have complete, secure access to electronic patient records at every clinic and hospital within the health system. This helps eliminate human error and ensure your medical history is readily available when you need it most.

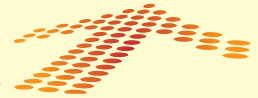


IOWA HEALTH

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Iowa Health Walk-in & Express Care Clinics



Ankeny Clinic

1105 N. Ankeny Blvd., Ankeny
(515) 964-4600
Monday–Friday
8 a.m.–8 p.m.
Saturday & Sunday
9 a.m.–3 p.m.

Ankeny Express Care

410 N Ankeny Blvd., Ankeny
(Located in Hy-Vee)
(515) 964-1601
Monday–Friday
10 a.m.–2 p.m.
2:30–7 p.m.
Saturday
10 a.m.–2 p.m.
2:30–6 p.m.

Highland Park Family Physicians

1530 East Euclid Ave., Des Moines
(515) 262-0404
Monday–Saturday
8 a.m.–8 p.m.

Lakeview Family Medicine

6000 University Ave., Ste. 101
West Des Moines
(515) 241-2600
Monday–Friday
8 a.m.–8 p.m.
Saturday & Sunday
9 a.m.–3 p.m.

Merle Hay Family Medicine

4631 Merle Hay Rd.,
Des Moines
(515) 278-0949
Monday–Friday
8 a.m.–8 p.m.
Saturday & Sunday
9 a.m.–3 p.m.

Southglenn Family Practice

7481 Highway 65/69,
Des Moines
(515) 953-1500
Monday–Friday
8 a.m.–8 p.m.
Saturday & Sunday
9 a.m.–3 p.m.

Urbandale Family Physicians

2901 86th St., Urbandale
(515) 276-3406
Monday–Friday
9 a.m.–9 p.m.
Saturday
8 a.m.–8 p.m.
Sunday
9 a.m.–8 p.m.

West Des Moines Express Care

555 S 51st St.
(Mills Pkwy & I-35)
(Located in Hy-Vee)
(515) 225-2235
Monday–Friday
10 a.m.–2 p.m.
2:30–7 p.m.
Saturday
10 a.m.–2 p.m.
2:30–6 p.m.

Is It Really an Emergency?

Bumps, bruises and sniffles are facts of life for young children, but how can you tell if these symptoms are something more serious? Knowing when to take your child to the emergency department can be tricky. Fortunately, here are a few tips to help you know when to seek emergency care.



Dr. David Thornton examines a child in the Blank Children's Hospital Emergency Department.

"It often can be difficult for parents to determine whether an illness or injury warrants a trip to the Emergency Department (ED)," says Vidya Chande, MD, medical director of the ED at Blank Children's Hospital. "However, several conditions call for immediate treatment."

For children, five medical conditions should be brought to the attention of a physician as soon as possible. These conditions include:

■
Abdominal pain. Stomachaches are a common complaint among young children, but severe pain or distress can indicate a serious issue. If your child's stomach is swollen or sore to the touch or if blood is present in the child's stool, he or she should be taken to the ED. If pain is persistent and present in the lower right side of the abdomen, it could be a symptom of appendicitis.

■
Burns. Burns larger than the size of your child's palm or those that appear discolored or deep require immediate emergency care. Chemical burns and burns to the hands and face are particularly severe.

■
Fever. Children under three months of age should be taken to the ED if their temperature rises above 100.4 degrees. A fever is one of the first signs of an infection that could be something more serious, such as meningitis.

■
Head injuries. Injuries that cause loss of consciousness, headaches, vomiting or confusion should be treated by emergency physicians immediately.

■
Neck stiffness. Accompanied by a rash or fever, neck stiffness may be an indication of meningitis, a potentially deadly disease.

Stay or Go?

When Kathy Schnack's son Nicholas, 9, broke the glass door of their home and suffered several deep cuts on his arm, it was clear that a trip to the ED was in order. Her experience with the ED at Blank Children's was a good one.

"To be honest, I may have been more nervous than my son when we went to the ED," says Kathy. "But the medical staff was great and exceeded every expectation I had for emergency medical care. They made us feel like we were the only patients that night."

For other parents, the decision to take a child to the ED may not be as clear-cut. In those instances, parents can often rely on their most valuable tool—intuition.

"Ensuring a child's health and well-being is the top priority for any parent," says Dr. Chande. "Parents naturally understand the needs of their children and can tell when something is seriously wrong. This intuition is extremely valuable to the health of a child. If parents believe something is wrong with their child, medical care should be sought as soon as possible."

■
For more information about Emergency Services at Blank Children's Hospital, visit blankchildrens.org.

Depend on Us

Millions of Americans struggle with some form of chemical dependency, including alcohol and drug addictions. If you or a loved one is struggling with an addiction, the Powell Chemical Dependency Center can help.

The Powell Chemical Dependency Center at Iowa Lutheran is a comprehensive treatment program with a uniquely extensive family component, including family sessions, family education and group therapy. The center also offers information to the public on chemical dependency, family issues and interventions.

“In terms of traditional treatment services, we provide patients both detox treatment and residential treatment in a comfortable environment,” says David Kaptain, PhD, manager of the Powell Chemical Dependency Center. “We also offer multiple levels of day treatment and evening/out treatment, as well as continuing care and after care.”

Take the First Step

Once a patient enters the Powell Chemical Dependency Center, he or she receives an assessment with a care manager who helps determine the right level of treatment. The care manager works with a physician to determine whether the patient can start with day or evening treatment or should immediately begin detox.

“In treatment, the patient will be assigned to a counselor and a small group,” Kaptain says. “Small group sessions take place once a day, while larger group sessions with patients and other counselors occur two to three times a day.”


The purpose of large group sessions is to facilitate a community-type group where patients can work on assignments related to their addiction

in order to receive a greater amount of input and feedback from other patients and counselors. A small group is helpful because of its intimate setting, which allows patients to discuss more personal issues that they may not want to talk about within a large group.

Qualified to Help

All of our counselors are state certified as alcohol and drug counselors or master’s prepared therapists. We have a wide variety of staff members, some with more than 30 years of experience in the field.

“The Powell Chemical Dependency Center is a voluntary treatment facility,” says Kaptain. “As a result, the staff is committed to engaging and encouraging people to stay in treatment in a patient-centered way that was not as common in the past. Powell Chemical Dependency Center is a leader in combining traditional 12-step treatment concepts with motivational and solution-focused methods.”

 **For more information or to get help for yourself or a loved one, call (515) 263-2424.**



David Kaptain and Coe Ann Crawford

Powell Chemical Dependency Center Services

The Powell Chemical Dependency Center offers a full spectrum of services to help those struggling with addictions, including (in order of the progression someone might follow through treatment):

- evaluation and assessment
- detoxification
- residential treatment
- multi-level outpatient treatment
- family program
- education and consultation
- counselor-led continuing care therapy group
- bookstore of literature on chemical dependency

“We work extremely hard to tailor the treatment experience to each individual patient’s needs, giving us the ability to meet patients where they are in their addictions,” says Dave Kaptain, PhD, manager of the Powell Chemical Dependency Center. “Patients have a say in their treatment plan, which is all done against the backdrop of traditional 12-step treatment concepts.”

“The Powell Chemical Dependency Center saved my life, steering me in the direction that I still follow 26 years later. The people who work at the center inspired my desire to help others, which is why I am working on getting my chemical dependency counselor certification and hope to join the professional community of experienced and compassionate counselors such as those at Powell Chemical Dependency Center.”

—Coe Ann Crawford, former patient and current staff member of Powell



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Extraordinary Care GETS CLOSER EVERY DAY.



Methodist West Hospital,
 1660 60th Street in West Des Moines,
 is scheduled to open October 2009.

Progress continues on Methodist West Hospital, the newest member of the Iowa Health-Des Moines family. The goal of bringing full service healthcare close to western metro residents will be realized in a matter of months.

Extraordinary Care. Close to Home.

Iowa Health-Des Moines is pleased to serve the entire Des Moines community by bringing expanding, expert, personal health services wherever they're needed, in this instance, the western metro area. Trust Iowa Health-Des Moines to offer you the better choice in healthcare.

When it opens, Methodist West will provide emergency treatment and full hospital services to citizens of our western suburbs – services that are seconds away for more convenience and more life-saving proximity to care. The facility will be a 95-bed hospital that offers the full complement of medical treatment, including:

- **General medical and surgical adult inpatient services**
- **Surgical services**
- **A 24/7 emergency department**
- **Maternity services**
- **Imaging services including CT scans, X-rays and MRI**
- **Critical care unit**
- **Orthopaedic services**
- **Cardiac catheterization lab**



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Visit us on the web at
www.methodistwest.org