

LiveWell

With Iowa Health – Des Moines



IOWA HEALTH

DES MOINES

Methodist • Lutheran • Blank

High-Tech, High-Touch Cancer Care

Your Heart Is
in Good Hands

Peer Partners
A Helping Hand
in Stroke Recovery

Enjoy
your complimentary
copy of *LiveWell!*
To receive our free
publication in your home,
please contact us at
(515) 241-6302 or visit
www.iowahealth.org.

Breast cancer survivor Rhonda Kuster Foley and her physician Robert Goebel, MD



A Word From Our President and CEO

In this issue of *LiveWell*, we are proud to introduce three new radiation oncologists who have joined the John Stoddard Cancer Center team—Robert Goebel, MD; John Triantafyllos, MD; and Robert Isaak, MD. This is just one more way the John Stoddard Cancer Center continues to expand and provide leading-edge cancer care to patients across the Midwest.

In addition, we are announcing a brand-new physician specialty service—Iowa Health Cardiology. This group of seven talented cardiologists will practice at Penn Medical Place and Iowa Lutheran Hospital, building on a rich history of cardiac care to central Iowans. We also are opening two new primary care clinics—Jordan Creek Internal Medicine and West Des Moines Family Physicians.

We hope you enjoy this issue and that you continue to *LiveWell* with Iowa Health – Des Moines!

Sincerely,

Eric Crowell, president and CEO

This Issue:

- 2 CEO Letter
- Orthopaedic Surgery
- Upcoming Events
- 3 Children's Health
- Penn Avenue OB/GYN
- 4 Quality Cancer Care
- 5 Radiation Oncologists
- 6 Iowa Health Cardiology
- 7 Stroke Recovery
- 8 Top 100 Hospital
- Westward Expansion

Orthopaedic Surgery on the Rise

During 2007, Iowa Methodist Medical Center performed 2,893 inpatient orthopaedic surgeries—the most of any hospital in Iowa.

“As baby boomers age and continue to stay active, there is an increasing need for many orthopaedic surgeries, especially hip and knee replacements,” says Brenda Long, RN, MS, executive director of Orthopaedic and Rehabilitation Services at Iowa Methodist. “Iowa Methodist also boasts a newly renovated surgical center that is utilized by more than 14,000 patients a year.”

The new center offers:

- separation of adult and pediatric patients;
- improved efficiency of operations and patient flow;
- improved adult and pediatric amenities, including food service and a play area for children;
- enhanced patient confidentiality and privacy with the use of pagers;
- additional operating room capacity for minimally invasive surgery technology; and
- improved patient access.

For more information, visit www.iowahealth.org/ortho or call (515) 241-4499.



Mark Your Calendar

Cancer, Courage and Chocolate



Thursday, September 18, 5–8 p.m.

Registration is required for this free event. Please call (515) 241-4141.



Oh, Baby!

Saturday, October 4, 9 a.m.–1 p.m.

Registration is required for this free event. Please call (515) 263-BABY.

Taking Control of Your Diabetes

Saturday, October 25

Registration is required for this free event. Please call (800) 998-2693 or visit www.iowahealth.org/livewell.

KCCI NEWSCHANNEL 8 FIRST NEWS 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 www.KCCI.com.



Kurtis Gertz, Cynthia Fodor and Steve Karlin

A Healthy Assessment *Just for Kids*

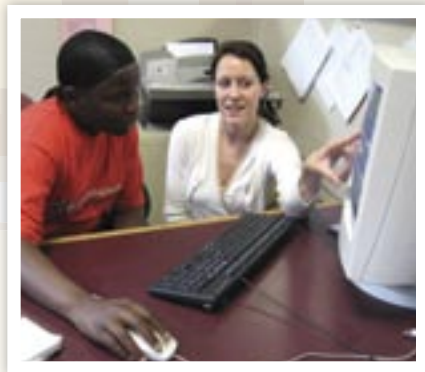
Blank Children's Hospital knows the importance of treating children as the unique individuals they are, and a new health-risk assessment is helping the hospital learn more about the specific needs of Iowa's children.

The grant-funded health assessment has been piloted in several programs, including the Young Women's Resource Center, schools, 4-H clubs and homeless shelters throughout the Des Moines area. The assessment is designed to provide information on a variety of health issues and includes questions about eating habits, stress, personal safety, and alcohol and tobacco use.

Once complete, the questionnaire can be used to provide feedback to individuals and their families about their health and to gain insight on


children from a variety of backgrounds. This enables Blank Children's and other area organizations to provide targeted medical programs for children's needs, including sun safety, dental health, sleep needs and motor vehicle safety.

"Our goal is to work with community organizations to gain comprehensive health-related information on children in Iowa," says Kathy Leggett, MA, director of the Center for Advocacy and Outreach at Blank Children's. "Previously, any information about children's health has been limited to



Claire Scholl, outreach educator at Blank Children's Hospital, works with a young man to complete a health risk assessment at a local homeless shelter.

one or two questions. Ultimately, we hope to gain comprehensive data about our children's health, so we can work as a community to improve their lives."

 **To learn more about the health risk assessment program at Blank Children's Hospital, call Kathy Leggett at (515) 241-5963.**


Advancing Women's Health

Residents of the Greater Des Moines area can benefit from a new women's facility that opened this spring—Penn Avenue OB/GYN.

Penn Avenue OB/GYN features two physicians, a nurse practitioner and two childbirth educators on staff. The clinic offers many services—previously only available through the hospital—in a true outpatient setting, including endometrial ablation, a procedure that treats abnormal uterine bleeding.

"In many instances, endometrial ablation is an alternative to hysterectomy," says Max Lungren, MD, FACOG, physician on staff at Penn Avenue OB/GYN. "Hysterectomies are the most common surgery for women, and two-thirds of non-cancerous hysterectomies are for issues related to uterine bleeding. Endometrial ablation will reduce the number of hysterectomies performed, thus reducing complications from the surgery."

The clinic also offers comprehensive OB/GYN care, contraceptive counseling, sonograms, tubal sterilizations and testing for urinary incontinence.

 **Penn Avenue OB/GYN is located at 1301 Pennsylvania Ave., Suite 406, Des Moines. For more information, call (515) 263-2600.**



Jerusa Kamala, MD



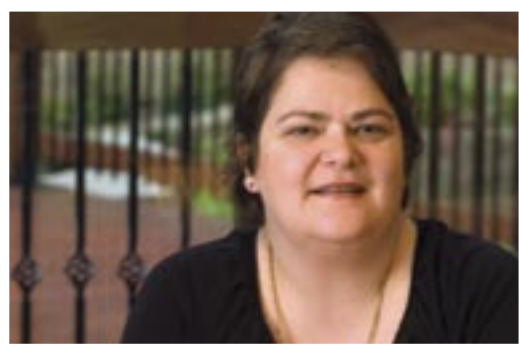
Kay Frye, ARNP



Max Lungren, MD

High-Tech, High-Touch Cancer Center

When Rhonda Kuster Foley decided to have breast reduction surgery, the mother of two never imagined that the elective surgery would lead to a breast cancer diagnosis and subsequent treatment at the John Stoddard Cancer Center at Iowa Methodist Medical Center.



Rhonda Kuster Foley

Following years of back pain and neck strain, Rhonda finally scheduled breast reduction surgery for February 2008. However, because she was unable to get her nursing shifts covered during this time, Rhonda was forced to delay her surgery for a few weeks. Though she was initially disappointed that she couldn't have her surgery as planned, today Rhonda is extremely grateful for the delay.

"My surgeon sent four tissue samples to pathology after my surgery—something that is routine—and one of the tissue samples examined came back positive for very, very early breast cancer," says Rhonda. "If the surgery hadn't been delayed, the cancer wouldn't have been found until my next mammogram at the earliest or per my oncologist years later."

Getting Treatment

With no family history of the disease, Rhonda was shocked with the diagnosis. However, Rhonda, a newly married nurse, put on a brave face and met with oncologists at Stoddard, who evaluated her clear mammogram from November of 2007 and told her that her breast reduction surgery had already removed all her cancerous tissue. Rhonda wouldn't need additional surgery, but she would have to undergo 28 radiation treatments at Stoddard. Without the continued love and support from her husband, Michael, she says she could not have made it through.

"From the moment I walked into Stoddard Radiation Oncology until the

day I left the center following my final treatment, I knew I was somewhere special," Rhonda says. "I never felt like I was a breast cancer patient. The entire staff treated me like I was a friend or a family member, and I always felt welcome and comfortable."

Full-Circle Treatment

Rhonda was fortunate, because her early-stage breast cancer made her eligible for a procedure called conservation radiation treatment that allowed her to avoid having a complete mastectomy. The physicians at Stoddard created personalized treatment plans for Rhonda that involved computed tomography (CT) scanning, and the physicians were able to decide exactly where and how much radiation would be directed toward the site of her cancer.

"At Stoddard, each patient's care is discussed by a team of specialists, and each patient gets personalized treatment planning," says Robert Goebel, MD, radiation oncologist and medical director of Radiation Oncology at Stoddard. "By discussing the patients as a team, we're able to get many different perspectives on patients' care and determine the most effective and efficient method of treatment."

The radiation oncologists at Stoddard treat a wide variety of patients. As a result, the physicians have a wide variety of advanced technology available at their fingertips, including:

- **Positron Emission Tomography (PET) and Computed Tomography (CT).** Available in the Stoddard Radiation Oncology Department, PET/CT is a combination of two technologies that provide a more complete picture of cancer in the body, making it easier for your doctor to diagnose problems, determine the extent of disease, prescribe treatment and track progress.

- **Image-Guided Radiation Therapy (IGRT).** During this process—which is used on tumor locations that can change from day to day, such as prostate cancer—radiation oncologists determine the exact location of the patient’s tumor before each treatment by comparing CT scans.


- **Intensity-Modulated Radiation Therapy (IMRT).** IMRT is a form of radiation therapy where the radiation beams are shaped to fit the exact location, size and shape of the tumor. With this technology, physicians are able to “wrap” the tumor with radiation to spare surrounding healthy tissues from the radiation beams. Using the hospital’s new Varian Trilogy® linear accelerator, physicians at Stoddard are some of the first doctors in the country using rapid arc IMRT.

- **High-Dose Radiation Therapy (HDR).** With this technology, radiation oncologists are able to treat prostate, gynecological, lung, head and neck cancers from the inside out with a treatment called brachytherapy. During this outpatient therapy, doses of radioactive materials are inserted through a catheter to the cancer site rather than radiation beams being sent to the site through the skin. High-dose radiation therapy for breast cancer—known as Mammosite®—allows women with very early stage breast cancer to be treated in five days.

- **Respiratory gating.** When tumors—such as those in the lungs—move due to activities like breathing, they can move out of range of the radiation beams. With respiratory gating, the radiation will turn off when the tumor is out of range.

“When patients have cancer, they’re often scared about what will happen, and they need to be treated by a team

of cancer experts who have great bedside manners and access to the best technology available,” says Kevin DeRonde, manager of Outpatient Services at Stoddard. “These qualities allow us to provide custom care to our patients and their families.”

 **To learn more about Radiation Oncology services at the John Stoddard Cancer Center, visit www.johnstoddardcancer.org or call (515) 241-4141.**

Radiation Oncologists

Robert Goebel, MD, board-certified radiation oncologist, and Stoddard Radiation Oncology medical director. In addition to degrees from Princeton University and Harvard University, Dr. Goebel earned his medical degree from the College of Medicine and Dentistry of New Jersey, a law degree from Thomas Jefferson School of Law and a Master of Medical Management from Carnegie Mellon University.

Dr. Goebel received his radiation oncology training from Harvard Joint Center for Radiation Oncology, North Shore University Hospital and Memorial Sloan-Kettering Cancer Center. Dr. Goebel served as medical director of Radiation Oncology and Oncology Services at the Community Hospital of Long Beach for 23 years before coming to Stoddard.

Robert Isaak, MD, PharmD, received a doctorate in pharmacy from Idaho State University College of Pharmacy and a doctorate in medicine from the University of Nevada School of Medicine. He completed an internal medicine



Dr. Triantafyllos, Isaak and Goebel

internship with the University of Nevada School of Medicine and most recently completed his radiation oncology residency with Wayne State University and the Detroit Medical Center.

John Triantafyllos, MD, board-certified radiation oncologist, joined the Stoddard staff in April. He earned his undergraduate degree from UCLA and his medical degree from the University of Health Sciences at the Chicago Medical School. Dr. Triantafyllos completed his internal medicine internship at the University of California, Irvine, followed by his radiation oncology residency at Johns Hopkins Hospital. He has more than 10 years experience in radiation oncology.

Heartfelt Care

Worried about your heart health? Iowa Health – Des Moines' new cardiology group wants you to know that your heart is in good hands.



Iowa Health Cardiology (from the left): Craig Clark, DO; John Pargulski, DO; Saima Zafar, MD; Prasad Palakurthy, MD; Tim Hart, MD; Craig Stevens, MD; and Amar Nath, MD

Iowa Health is proud to announce a new affiliation that is making our heart care even better. Iowa Health Cardiology is a group of seven cardiologists who have had a longstanding practice on the Iowa Lutheran Hospital campus. The group recently joined the Iowa Health physician family and offers a full range of cardiovascular services at Iowa Lutheran in Des Moines.

“We have a great relationship with these physicians and see this as a wonderful opportunity to take that relationship to the next level,” says Les Smiarowski, executive director for Cardiovascular and Pulmonary services at Iowa Health. “Through this partnership, we can focus on improvements in the continuum of care, the quality of care delivery and the overall satisfaction of our patients. This benefits everyone.”

Benefits for Everyone

The creation of Iowa Health Cardiology offers numerous advantages.

- Having physicians employed by Iowa Health allows them to work more closely with referring

physicians at the hospital. Patients benefit from a more integrated level of care focused on quality, patient safety and customer service. This also enables the cardiologists to offer care to the under- and uninsured.

- Since these are the first hospital-employed cardiologists in central Iowa, it enables them to provide the very latest in cardiovascular care right here in the Des Moines area.

“Iowa Health’s mission has always been to provide for the health of the entire community, and we are delighted to be able to extend our services through Iowa Health Cardiology,” says Smiarowski. “This partnership allows us to have a much deeper relationship and collaborate together to provide more efficient care with excellent outcomes.”



Iowa Health Cardiology will be serving patients in the Penn Medical Place building located at 1301 Pennsylvania Avenue. For more information or to schedule an appointment, call (877) 250-3999 or (515) 263-2400.

“With more than 70 years of combined service to Iowa Health – Des Moines at the Iowa Lutheran Hospital campus, our physician group brings a long-standing and special dedication to this institution. We are thrilled at the deep level of commitment this partnership has enabled us to take on. We are dedicated to keeping Iowa Lutheran strong and viable and to provide the best cardiovascular care to the people of the Greater Des Moines area now and in the future.”

–Tim Hart, MD, cardiologist on staff at Iowa Health Cardiology

A Helping Hand in Stroke Recovery

Stroke is the leading cause of long-term disability in America, but with the help of a state-of-the-art rehabilitation program like the one at Iowa Health – Des Moines, many patients find they're able to move beyond the effects of stroke and enjoy their quality of life.

When you experience an ischemic stroke, a blood vessel that supplies blood to the brain becomes blocked and prevents the brain from receiving the oxygen it needs to function. As a result, the cells within the brain begin to die, often causing either temporary or permanent disability.

"Typically, stroke patients treated at Iowa Health are evaluated by professionals from the Rehabilitation Department while still in Acute Care," says Denise Behrends, OTR/L, MBA, director of Therapy Services for Iowa Health. "At that point, therapists can determine the type of rehabilitation needed and begin basic therapy in many areas, including swallowing difficulties, speech and language

Did you know: When patients come to the hospital immediately and medical staff are able to diagnose their stroke within three hours of the onset of symptoms, patients are eligible for a clot-busting medication called tissue plasminogen activator (tPA). This medication can reverse the effects of stroke by breaking down the clot and restoring blood flow to the brain.

difficulties, dexterity changes, loss of memory, balance issues and fatigue."

Life After Stroke

Iowa Health also offers a stroke rehabilitation program that provides support from other stroke survivors. Thanks to a stimulation grant from the American Heart Association, the Peer Partnership program is putting recent stroke survivors in contact with stroke survivors with the intent of letting patients know that it is possible to survive—and thrive—after stroke.

Loretta Farnow, an active senior who is currently recovering from her second stroke, first came to Iowa Health for comprehensive stroke treatment in 2006. During her rehabilitation, she was invited to join the Peer Partnership program.

"I'm living proof that you can have a life after a stroke. It may not be the exact life you had before, but you can have a life, and you can make a difference," says Loretta. "My husband and I love to visit people and explain to them that anything is possible with a little hard work and determination—and the great services at Iowa Health."

 **For more information about Rehabilitation Services or the Peer Partnership program at Iowa Health, visit www.iowahealth.org or call (515) 241-4499.**




Loretta Farnow, peer partner at Iowa Health

The Warning Signs of Stroke

You've heard that seconds count when you're experiencing a stroke, but do you know why? It's because the people who recognize stroke symptoms quickly and get prompt medical treatment have the best opportunity for survival and a better outcome.

According to the American Heart Association, warning signs of a stroke include:

- numbness or weakness on one side of the body, including the face, arm or leg;
- confusion, including the sudden inability to speak or understand properly;
- difficulty seeing;
- problems walking, dizziness, or a sudden loss of balance or coordination; and/or
- terrible headache without a logical cause.

 **If you or a loved one experience any of these symptoms, call 911 immediately.**

Westward Expansion

The Jordan Creek area is expanding by leaps and bounds, and so has Iowa Health physicians and the neighborhood clinics.

West Des Moines Family Physicians has outgrown its office space on 105 Valley West Drive and is now in its new home at 6010 Mills Civic Parkway, Suite 200.

“All of our physicians have moved with us to the new location,” says Laura Wharff, clinic administrator. “There’s more space to add a new physician in the future, as well as more updated technology, such as digital X-

ray equipment, and a new location to accommodate the area’s growth farther west from town.”

Jordan Creek Internal Medicine

is at 1055 Jordan Creek Parkway, Suite 100. Internal medicine specialists Charles Caughlan, MD, and David Nordstrom, MD, focus on the prevention and treatment of adult diseases.

“The relocation of Drs. Caughlan and Nordstrom will help us better meet the needs of this growing community,” says Jean Duncan, director of operations for Iowa Health

Physicians. “It’s a wonderful area, and it’s a great opportunity for us to serve our community.”



For more information about West Des Moines Family Physicians, call (515) 224-9666. For more information about Jordan Creek Internal Medicine, call (515) 327-2069.



Iowa Methodist Medical Center

Named a Top 100 Hospital for Community Value



Iowa Methodist Medical Center was named a Top 100 Hospital for community value in the most recent report of The State

of the Hospital Industry. The report includes rankings for the Community Value Index® (CVI), which measures the value a hospital provides to its community. The CVI is composed of

nine measures that assess a hospital’s performance in three key areas including financial viability and plant reinvestment; hospital cost structure; and hospital charge structure.

“We are very proud to be ranked among the top 100 hospitals in the country for providing value to our local community,” said Eric Crowell, president and CEO of Iowa Health – Des Moines. “At Iowa Health, we strive every day to provide the very

best in healthcare services to our entire community while also being good corporate citizens.”

This is the fifth year in a row that the CVI rankings have been released nationally. Iowa Lutheran Hospital also was recognized in this year’s report, receiving a five-star rating. Iowa Methodist and Iowa Lutheran have received ratings each year since the reporting began.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. If you would like to be added to our mailing list, please contact us at (515) 241-6302 or visit www.iowahealth.org. To be removed from our mailing list, please call (515) 241-6302.



Methodist • Lutheran • Blank

Iowa Methodist Medical Center
1200 Pleasant Street
Des Moines, IA 50309

NONPROFIT ORG.
US POSTAGE
PAID
Des Moines, IA
PERMIT #2462