

LiveWell

With Iowa Health – Des Moines

Weighing Your Options

Helping You Win the Weight-Loss Battle

Hospitalists

Enhancing Your Continuum of Care

Poison Prevention



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(515) 241-6302 or visit
www.iowahealth.org.

Jean Scott feels better than ever after losing 90 pounds with the help of nutritional counseling at Iowa Health – Des Moines.



A Word From Our President and CEO

Welcome to our first *LiveWell* issue of 2009. It is going to be an exciting year for us and we hope

for you, too. Being healthy is a priority for me and for many of you, but it doesn't come without hard work.

Hopefully, this issue of Iowa Health's *LiveWell* magazine will help you in your journey to be a healthier you.

Our cover story is a great motivator as Jean Scott proves that losing weight can be accomplished the old-fashioned way by eating right and exercising. However, if you have exhausted those options and need additional help, our Bariatric Services program is available to help you. In addition, we have some simple tips for getting in shape with exercise bands. These are fast, easy exercises that anyone can do anywhere—even me!

Iowa Health is here to help you get healthy and stay healthy through wellness programs, our clinics and our hospitals. No matter what your health needs are, we've got you covered. You can learn more about our comprehensive services or find the clinic closest to you by logging onto our Web site at www.iowahealth.org.

Here's to a healthy 2009!

Sincerely,

Eric Crowell, president and CEO

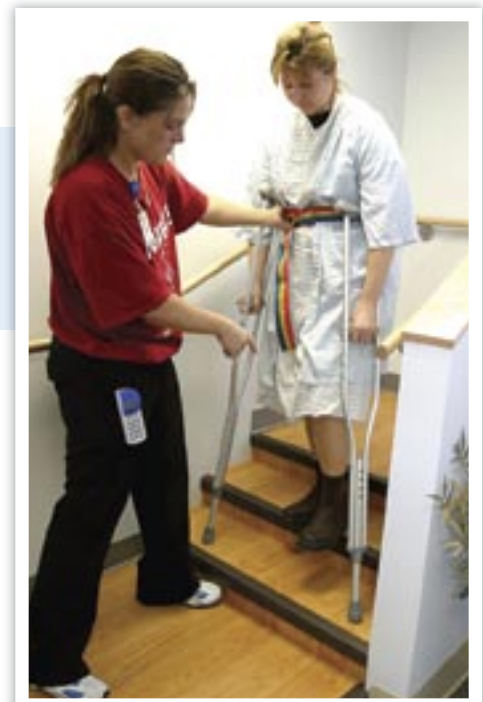
Honored for Excellence

Iowa Methodist Medical Center recently received a three-star rating for total joint replacement care from UnitedHealth Premium®—one of the most respected healthcare companies in the world. The three-star designation is the highest possible score given by UnitedHealth to physicians and facilities for their commitment to the most stringent national medical standards, and Iowa Methodist is the **only** hospital in the state to receive the award.

In addition, UnitedHealth named Iowa Methodist a total joint replacement specialty center for the expert training of staff, the number of available procedures and overall procedure results.

"This designation means we have met rigorous quality criteria," says Eric Crowell, president and CEO of Iowa Health – Des Moines. "Our patients can depend on Iowa Health for reliable joint replacement care."

For more information on Outpatient Therapy Services, the Transitional Care Unit or Younger Rehabilitation, please call (515) 241-4499 or visit www.iowahealth.org/ortho.



Laura Werstein, physician therapy assistant at Iowa Methodist, educates a patient on stair negotiation.

Watch Your Sweets

Look on the ingredients label of your favorite can of soda or packaged baked good, and you might see the words "high-fructose corn syrup" (HFCS)—a sweetener made from corn and manipulated to have an increased fructose content.

Research published in the March 2007 issue of *Hepatology* found HFCS affected liver function, causing an increase of fatty deposits and cirrhosis. A separate study by researchers at Rutgers University detected the presence of reactive carbonyls—compounds linked to tissue damage in people with diabetes—in soft drinks sweetened with HFCS.

"HFCS has been a growing part of an average American diet since the 1970s, and obesity and the prevalence of Type 2 diabetes have increased over the same period," says Erin Bergquist, MPH, RD, LD, clinical dietitian at Iowa Methodist Medical Center. "Consumers should try to eat more whole foods and limit their consumption of processed, low-nutrient, convenience foods containing HFCS."

For more information on nutrition counseling or upcoming classes, please call (515) 263-5389 at Iowa Lutheran Hospital or (515) 241-8686 at Iowa Methodist Medical Center.

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Feel the Burn With Exercise Bands

Versatile, cost-effective and space-efficient, resistance bands are the perfect solution for adding strength training to your exercise regimen.

An inexpensive option (average cost between \$10 and \$15), resistance bands are available in a variety of lengths and elasticity. The bands allow you to customize your workout based on your strength and body size. Best of all, they are small enough to fit in your gym bag or take on the road while traveling.

“Because of their versatility, resistance bands are great for strength training, flexibility, injury prevention and rehabilitation,” says Maria Di Gioia, wellness coordinator and intrinsic coach for Iowa Health – Des Moines. “From beginner to advanced, the bands can be beneficial for all fitness levels.”

Try It Yourself

Resistance bands allow you to perform many of the same exercises you do with free weights. Here are a couple example exercises:

- **Squat**—Hold the band at shoulder level with both hands. Step on the middle of the band with your feet shoulder-width apart and knees soft. Lower your body until your thighs are parallel to the floor, then return to starting position.

- **Bicep Curl**—Stand on the middle of the band with your feet shoulder-width apart and knees soft. Grasp the handles and position your arms at the sides of your body. Bend your arms and bring your hands in front of your body to shoulder height with palms up. Keep



your wrists firm and elbows close at your sides. Return to start and repeat.

Complete one to three sets of 10 to 15 repetitions of each exercise, and perform every exercise through a full range of motion. Be sure to consult your physician before beginning any exercise program.

 **To purchase exercise bands and determine which resistance level is appropriate for you, call Iowa Methodist Medical Center at (515) 241-6073 or Iowa Lutheran Hospital at (515) 263-5736, or visit www.iowahealth.org/wellness.**

Protect Your Child From Poison

Every seven minutes, a child visits a hospital emergency room because of accidental poisoning. Is your child at risk?

There are a number of household items that can pose a threat to children. March is National Poison Prevention Month, so take time to learn about the dangers of poisoning and how you can help protect your family.

“Poisons aren’t just cleaning products and medicines,” says Brandi Thompson, community outreach educator at Blank Children’s Hospital. “Instead, poisons are anything that can cause harm when touched, tasted

or smelled—including common household items such as cosmetics and personal care items. Children are unpredictable and curious, and that curiosity can lead to poisoning. Planning ahead and preparing your house accordingly can greatly reduce the risk of poisoning.”


Poison Protection

The following precautions can help safeguard your home:

- Keep all household products and medications in their original containers in a locked cabinet.
- Buy art supplies that are labeled safe (nontoxic) for children.
- Ask the local poison control center about “Mr. Yuk” stickers

to place on poisonous items in the home, and keep the National Poison Control Center’s phone number—(800) 222-1222—posted throughout your house.

“If you suspect your child has ingested something toxic, it is important to call poison control immediately,” says Thompson. “The operator will be able to tell you what action needs to be taken. In addition, parents should **not** induce vomiting unless instructed to do so.”

 **For more information on poison control and safeguarding your home, please call (515) 241-6728 or visit www.blankchildrens.org.**

Finding a Better Weigh

For Jean Scott, a 51-year-old registered nurse and mother of three, weight problems have been a lifelong issue. Three years ago, she developed Type 2 diabetes and knew she needed help to get to a healthier weight. Thanks to her hard work and nutrition counseling at Iowa Health – Des Moines, Jean now feels better than ever, having lost a total of 90 pounds.



Before her weight loss, Jean Scott poses with husband Mike.

“I’ve battled weight problems my entire life,” Jean says. “I was born weighing nine pounds, which back then was a large baby. I participated in sports during middle and high school to help keep my weight down. However, as I got married and started my family, my weight crept up.”

After working part-time during her kids’ early years, Jean returned to school when her youngest child went to kindergarten. In order to enroll in nursing school, she had to complete a physical.

“I had gotten to the point where I ignored my weight and ate whatever I wanted,” Jean says. “When I went in for my physical, my physician [Laura Mirsky, DO, a board-certified internal medicine physician on staff at Iowa Health] told me I had four of the five indicators of poor heart health—I had hypertension and a family history of heart disease, plus I was overweight and a smoker. After hearing what Dr. Mirsky had to say, I made a commitment to stop smoking and started exercising.”

Still, Jean wasn’t ready to begin a serious exercise routine or overhaul her eating habits. Two years later, though, the situation became more severe when she developed Type 2 diabetes.

“As a nurse, I was horrified at the prospect of having diabetes,” Jean says. “With that diagnosis, I truly realized how much my health was in danger. I knew something needed to change.”

Looking for a Quick Fix

Shortly after her diagnosis, Jean began looking into gastric bypass surgery. After completing an educational session about the procedure and speaking to Dr. Mirsky, Jean submitted a request to her insurance company for coverage of the surgery.

“The insurance company refused my initial request,” Jean says. “The company wanted me to work with a dietitian and establish a regular exercise routine first. I was going to do whatever they said had to be done in order to have the surgery approved.”

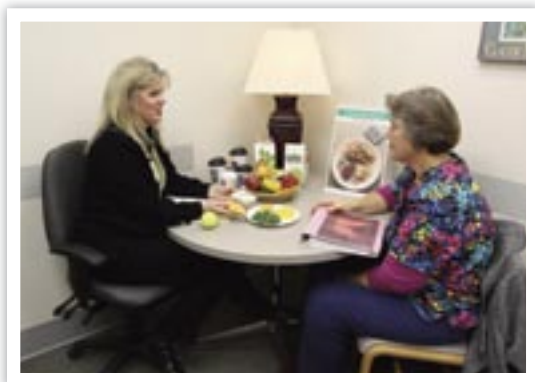


Jean Scott—after losing a total of 90 pounds through diet and exercise.

Taking a Different Path

As part of that process, Dr. Mirsky referred Jean to nutritional counseling at Iowa Methodist Medical Center, where she met Carrie Leiran, RD, LD, MS, an outpatient dietitian certified in adult weight management.

“Throughout this process, Carrie has been my conscience,” Jean says. “She taught me about food—why I ate when I ate, why I ate what I ate and how to make better choices. There’s been no big miracle. However, we’ve increased how much I exercise and decreased how much I eat, which has helped my health tremendously.”



Carrie Leiran, RD, LD, MS, outpatient dietitian at Iowa Methodist, demonstrates proper protein portion sizes to Jean Scott by utilizing a deck of cards.


my blood pressure is under control. My advice for those trying to lose weight is to make yourself and your health a priority. It can honestly save your life.”

As part of the insurance approval process, Jean also underwent a sleep test, which found she had sleep apnea. She was given a continuous positive airway pressure (CPAP) device to help her breathe while she slept.

“Thanks to my weight loss, I don’t have to take so many medications, and I don’t need my CPAP machine anymore,” Jean says. “I now take only two pills a day for my diabetes, and

“When I’m talking with clients, I often use the analogy of the tortoise and the hare. The tortoise wins the race, because he’s consistent. If he hits a bump in the road, he gets back on the path. Weight loss is about learning life skills rather than a quick fix. This approach helps patients lose weight and keep it off.”

—Carrie Leiran, RD, LD, MS, outpatient dietitian certified in adult weight management on staff at Iowa Methodist Medical Center

 For more information about nutritional counseling or for class information, please call (515) 263-5389 at Iowa Lutheran Hospital or (515) 241-8686 at Iowa Methodist.

Other Options for Weight Loss

In “Finding a Better Weigh,” Iowa Health – Des Moines patient Jean Scott shared her story about her battle to lose weight. While Jean’s method of diet and exercise proved successful for her, others may require surgical assistance in the long-term weight struggle.

If you’ve tried to lose weight through diet and exercise but haven’t had any long-lasting results, Iowa Health – Des Moines offers bariatric surgical procedures to put you on the road to better health.

Bariatric surgery is designed for people who are morbidly obese (at least 100 pounds overweight or 100 percent above ideal weight), have an inability to sustain a healthy body weight through dieting and exercise and have associated health risks caused by obesity.

Iowa Health offers both Roux-en-Y gastric bypass and Lap-Band® procedures to patients. Gastric bypass reduces the amount of food that your stomach can hold by creating a small pouch at the top of the stomach that connects directly to the small intestine and bypasses the rest of the stomach.

During a Lap-Band procedure, the surgeon implants an inflatable band into the patient’s abdomen that creates a tiny stomach pouch. Over time, the Lap-Band can be adjusted

to allow a smaller or larger amount of food into the stomach.

The bariatric surgery experience at Iowa Health includes an educational class, surgical consultation, pre- and postsurgical visits, dietary and psychiatric counseling and a comprehensive exercise plan.

For more information about bariatric surgery or to attend a FREE informational seminar at Iowa Health, visit www.iowahealth.org/bariatrics or call (515) 241-2250.

YOUR HEART Is in Good Hands

Iowa Health – Des Moines was the first hospital in Iowa to use a new three-dimensional ultrasound cardiac imaging probe called transesophageal echocardiography (TEE). This technology allows doctors to see more detailed views of the heart so they can gather more information in one picture. Advanced software also allows physicians to manipulate the images, including rotating pictures 360 degrees.

“With our new, real-time 3-D TEE, we can generate sharp, high-contrast images of the whole heart and position heart catheters and ablation devices at the same time,” says Craig Clark, DO, a cardiologist with Iowa Health Cardiology. “It also allows us to view heart valves just as the surgeon will see them in the operating room.”

TEE Time

The TEE procedure involves inserting a probe about three feet long and about as wide around as a pen down the patient’s throat to capture an ultrasound image of the heart. In the past, a two-dimensional probe gave doctors a flat, fuzzy image without much detail. Multiple pictures of the heart had to be taken from various angles and pieced together to see the entire structure. Because the TEE image is large enough to encompass the whole volume of the heart, fewer pictures need to be taken.

TEE is a safe and fast diagnostic technique that may shorten patient time in clinics. The three-dimensional probe will be used in patients who have already had a screening echocardiogram completed on the outside of the chest but need more accurate pictures for diagnosis.



For more information about cardiovascular services at Iowa Health – Des Moines, visit www.iowahealth.org/cardio or call (515) 263-2400.

Heart Health Quiz

Take this quiz to rate your heart assessment risk. Check yes or no for each question.

1. Are you a man over the age of 45?
Yes ____ No ____
2. Are you a woman over the age of 55, or have you entered natural or surgical menopause?
Yes ____ No ____
3. Do you have a family history of heart disease (parent or sibling)?
Yes ____ No ____
4. Do you get less than 30 minutes of physical activity each day?
Yes ____ No ____
5. Are you 20 or more pounds over your ideal weight?
Yes ____ No ____
6. Do you smoke?
Yes ____ No ____
7. Is your total cholesterol 240 mg/dL or higher?
Yes ____ No ____
8. Is your blood pressure 140/90 mmHg or higher?
Yes ____ No ____

If you answered “yes” to two or more questions, you should see your physician for a complete assessment of your risk factors for heart disease.

Hospitalists:

Part of the Healing Team



Rich Robus, MD, hospitalist at Blank Children's Hospital

At Iowa Health – Des Moines, physicians known as hospitalists are playing an increasingly important role in your healthcare.

One of the fastest growing medical specialties is a field that barely existed a decade ago: hospital medicine. Known as hospitalists or inpatient physicians—most are trained in general internal medicine—these physicians usually work solely within hospitals, caring for patients from the time they are admitted to when they are discharged.

“A hospitalist specializes in hospital medicine, which involves providing the unique care patients need while they are hospitalized,” says Rich Robus, MD, hospitalist at Blank Children's Hospital. “By offering hospitalist services, we are providing quality, focused care to patients in the hospital while also freeing primary care physicians to spend more time at their practices.”


Enhancing Your Care

While hospitalists do not replace primary care physicians, they fill an important role in making each patient's care more comprehensive. Hospitalists try to bridge the gap between primary care providers, specialists and emergency care

physicians. Hospitalists also are more readily available than other physicians practicing outside the hospital and are able to admit and discharge patients in a more timely manner.

Hospitalists assume the role of your primary care doctor while you are in the hospital. A hospitalist will see you each day to oversee your treatment and is on-site 24 hours a day, seven days a week to meet all of your medical needs. Hospitalists design individualized treatment plans for each patient and work with other physicians and specialists to offer personalized care.

“We work with primary care physicians to ensure nothing falls through the cracks when it comes to each patient receiving quality care,” says Dr. Robus. “Primary care doctors know we are caring for the best interests of their patients, and patients are guaranteed quality care at their bedside.”

 **For more information on services at Iowa Health – Des Moines, visit www.iowahealth.org.**

Benefiting You

Iowa Health – Des Moines is proud to fill the growing need in medicine with its hospitalist program. Benefits of a hospitalist include:

- more efficient and timely inpatient care
- quick response when there is a need for labs and tests and when an emergency situation arises
- patient care plans coordinated with the primary care physician and specialists
- shorter hospital stays
- availability after the patient is discharged in case of problems and before follow-up appointments



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.



Make Room for Baby!

In celebration of the approaching newest addition to your family, Iowa Health – Des Moines is hosting an event just for you—Oh Baby!

The event is designed to give parents-to-be information about their impending bundles of joy, as well as a video tour of the maternity centers at both Iowa Lutheran Hospital and Iowa Methodist Medical Center. A variety of classes will be available, including tips on comfort during childbirth, a Just for Dads program, baby safety and what to expect in the first few weeks at home. Door prizes will be given away throughout the day.

Oh Baby! will be held April 4. The event is free, but registration is required.



Call (515) 263-BABY for more information or to register.