

# LiveWell

Winter 2012

*With Iowa Health – Des Moines*

Help When Your  
Heart's at Stake

How Long  
Is the Wait?  
Our Website Knows.

A Labor  
of Love:  
Katie Mitchell's Story



**IOWA HEALTH**  
DES MOINES

Methodist • Lutheran • Blank




### A Word From Our President and CEO

Our goal at Iowa Health – Des Moines is to provide patients with the full spectrum of medical care. Our providers offer patients preventive services, help deliver the newest generation of Iowans, heal broken hearts (both those broken physically and emotionally), and rapidly give care when an illness or injury occurs.

In this issue of *LiveWell*, we talk about each of those topics. Read about Iowa Health’s dedication to coordinating with primary care providers for effective mental healthcare on page 3. On page 4, learn about Katie Mitchell’s experience leading up to and during her son Micah’s birth. An article on page 6 gives details about advanced treatment for aortic stenosis patients, while page 7 talks about Iowa Health’s new urgent care wait-time program.

As always, we hope you enjoy this issue of *LiveWell*. If you’re interested in reading even more about Iowa Health facilities and programs, along with a variety of health topics, scan the QR code below to sign up for one (or more) of our monthly e-newsletters.

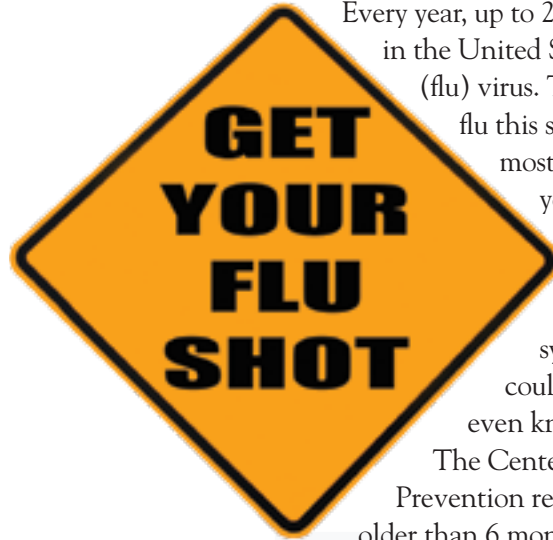


Sincerely,  
  
Eric Crowell,  
President & CEO

### This Issue:

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- Holiday Festival
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# Skip the Achoo—Fight the Flu



Every year, up to 20 percent of the population in the United States catches the influenza (flu) virus. To get a head start against the flu this season, take the precaution most proven to protect you and your family—get the flu vaccine.

The flu can spread as early as one day before symptoms develop, so you could pass on the flu without even knowing you have the virus.

The Centers for Disease Control and Prevention recommends that everyone older than 6 months receive the flu vaccine.

For infants younger than 6 months, family members can take action to protect the spread of flu by receiving the vaccine.



Visit [iowahealth.org/clinics](http://iowahealth.org/clinics) to find a provider or a clinic to schedule your flu vaccination.

## Celebrate the Season of Lights

This year, support your community at the 28th annual Festival of Trees and Lights November 23 to 27. Since 1984, the Festival has provided financial aid for Blank Children’s Hospital offerings, including the Child Life and

Advocacy & Outreach programs. This support ensures these important services are available to all children and families at little or no cost.

Sure to be a memorable holiday hit with your whole family, the Festival features beautifully decorated trees, an activity-filled children’s area, festive treats, great shopping and other entertainment.



The Festival of Trees and Lights will be held at the Polk County Convention Complex in downtown Des Moines. Scan the QR code at right for more information or visit [festivaloftrees.com](http://festivaloftrees.com).



# Integrating Primary Care and Mental Health




At Iowa Health Counseling & Psychiatry, we recognize that quality of care improves when mental health, primary care and pediatric providers are integrated and able to effectively coordinate and communicate their efforts.

Approximately 25 percent of all mental healthcare provided in the United States is delivered in the primary care environment—either through family practice or pediatric

clinics. Both the American Academy of Family Physicians and the American Academy of Pediatrics advocate the critical need to improve the appropriate identification of mental health needs currently being treated in primary care.

The impact of untreated or under-treated mental health problems weighs heavily on individuals, families and communities. At Iowa Health Counseling & Psychiatry, we are actively reaching out to the Iowa Health – Des Moines network of primary care clinics to design and implement models of integration that are effective, financially sustainable, and most importantly, result in improved overall health for our patients.

“We are learning and using best practices from national programs such as IMPACT [evidence-based depression care] from the University of Washington and local programs such as La Clinica de la Esperanza to increase screenings and referrals and measurably improve care,” says Jeff Kerber, PhD, clinical manager of Iowa Health Counseling & Psychiatry. “We’re always searching for the best ways to help our patients.”

 **Visit [iowahealth.org](http://iowahealth.org) or call (515) 241-2300 to schedule an appointment at Iowa Health Counseling & Psychiatry.**

## When It's in the Genes...

Most cancer happens by chance. However, in some families, there is an increased risk for cancer due to a gene alteration that can be inherited. Having knowledge of such genetic alterations in a family can allow individuals to make informed decisions regarding cancer prevention through screening, surgeries or additional medical management options.

During a genetic counseling session, you meet with a specially trained health professional and discuss your personal and/or family history of cancer. Individuals who have a personal or family history that includes any of the following may benefit from a genetic counseling session:


- a family member who has already been diagnosed with a hereditary cancer
- breast, colorectal or uterine cancer diagnosed at age 50 or younger or ovarian cancer at any age
- multiple family members diagnosed with cancer
- several family members diagnosed with the same type of cancer
- two or more types of cancer diagnosed in the same person



**Debbie Wheeler (right) discussed her strong family history of cancer with Nefertari Donerson, genetic counselor at John Stoddard Cancer Center.**

### Here to Help

As a genetic counselor at Iowa Health – Des Moines, Nefertari Donerson helps patients learn their risks for genetic conditions such as hereditary cancer, cystic fibrosis, sickle cell anemia and some neuromuscular disorders where the genes can be passed from one generation to the next. She meets with patients at John Stoddard Cancer Center, Blank Children's Hospital and Methodist Perinatal Center prior to genetic testing, as well as when results are returned, if needed.

 **For more information about genetic counseling, visit [johnstoddardcancer.org](http://johnstoddardcancer.org).**

A photograph of a woman with dark hair and large hoop earrings, smiling warmly as she holds a baby. The baby is wearing a blue and white patterned onesie. The background is a soft, light blue.

# Labor of Love

Supported by a “family” of caring physicians, nurses and other staff at Methodist Perinatal Center, Blank Children’s Hospital and Penn Avenue OB/GYN, Katie Mitchell delivered her son, Micah, in February 2011.

*This is her story, told in her own words.*

Only 25 weeks into her first pregnancy, Katie was leaking amniotic fluid. She was admitted to Iowa Methodist Maternity Center at 30 weeks on bed rest.

### **Welcoming Micah Into the World**

As a new mom, being in the hospital on bed rest for a month before my delivery was a very scary situation. During a time that could have been very depressing, I remember how everyone was so wonderful and positive.

I was so thankful for the time Karen Drake, MD, perinatologist at Methodist Perinatal Center; the obstetric nurses; and my OB doctors spent with me each day. They truly helped put my mind at ease!

It was nice to have Dr. Drake and my OB providers communicating with one another before and during my delivery. I always felt safe in their care and knew they were well prepared for any possibilities that might arise.

When I was induced at 34 weeks, Jerusa Kamala, MD, from Penn Avenue OB/GYN, was my doctor. She and Dr. Drake worked together to bring baby Micah—weighing just 3 pounds and 15 ounces—into the world. I was so grateful for their expertise and couldn’t have done it without them.

The OB nurses at Iowa Methodist Maternity Center deserve so much

**Methodist Perinatal Center** helps mothers and babies who are at high risk for complications. Perinatologists—obstetrician/gynecologists who specialize in high-risk pregnancy care—work in partnership with OB providers, or in some cases provide all prenatal care for high-risk pregnancies. Methodist Perinatal Center provides a full range of perinatal services, including:

- comprehensive diabetes management
- diagnosis of genetic disorders through amniocentesis and cordocentesis
- genetic counseling
- ultrasound evaluations of fetal anatomy

**Methodist Perinatal Center has moved to a new location —  
1440 Pleasant Street, Suite 1, west of the Iowa Methodist parking ramp.**

recognition. I truly miss all of them because they became our friends. They were there with me every day and prepared me so well for delivery.

### Our Wonderful Care in the NICU

After Micah was born, he was admitted to the Blank Children's Neonatal Intensive Care Unit (NICU) for his low birth weight and to have surgery for an esophageal trachea fistula. This condition prevented Micah from being able to swallow and eat. Michael Irish, MD, board-certified pediatric surgeon, performed the procedure, and we couldn't have asked for a better doctor. He did an amazing job. He was so kind, and we truly felt confident in his ability to take care of our little boy during a really scary time.

I was unable to visit the NICU immediately after Micah was born because of complications I had after delivery. I was so impressed with Dr. Irish when he took time to personally explain to me the entire surgery process. Even after Micah's surgery, Dr. Irish came and checked on him every day.

We really loved all of the nurses in the NICU who cared for Micah because they treated him like he was one of their own. Micah's primary

nurse who worked nights was Nikki, and we absolutely loved her. She was easy to talk to and answered so many questions for me. If she didn't know the answer, she'd find someone that did within the hour.

Micah's three weeks in the NICU were scary, but I learned so much from all of the nurses who cared for him. Even though it was so exciting to finally bring him home, we definitely miss the people we met during the intense beginning of Micah's life!

### My Care at Penn Avenue OB/GYN

I received wonderful care at Penn Avenue OB/GYN and would recommend them to anyone. Even before Micah was born, I was so thankful for the nurse practitioners I saw for my regular appointments. They spent so much time explaining everything to me.

When I learned I was pregnant, one of the nurse practitioners, Diane Clevenger, sat down with me and spent a lot of time addressing my many concerns. She helped me prepare for how my life was going to change and provided great information on how to have a healthy pregnancy.

When I brought Micah with me for my six-week check-up, I'll never forget how everyone in the office wanted to come and see how he was doing. Even Dr. Kamala, who I know has a busy schedule, came to the waiting room to see him. This gesture showed again how much they care for their patients!



**For more information about maternity services or to find an OB/GYN or midwife, visit [iowahealth.org/maternity](http://iowahealth.org/maternity).**

## Look Who's Talking

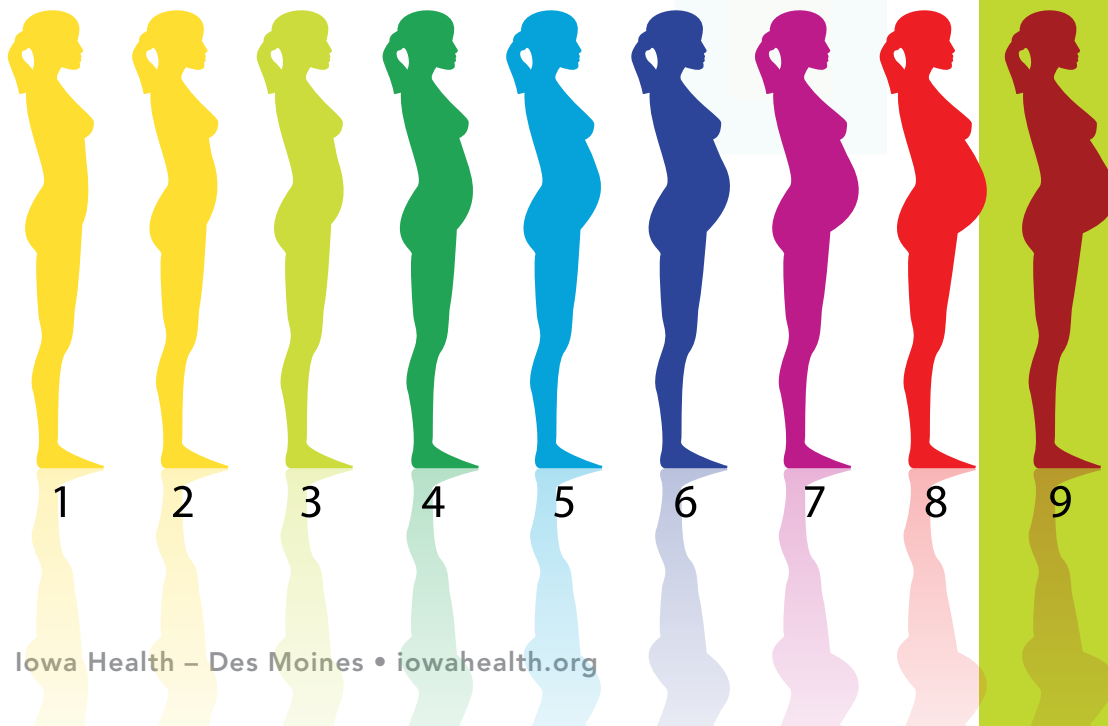
Is it your first or second trimester? First-time parents are invited to attend a Baby Talk event to learn more about infant care from the experts:

- An obstetrics provider will discuss growth and development stages to help moms know what to expect during pregnancy and after delivery.
- A child safety coordinator will share safety insights to make your home, nursery and baby registry safe for your baby.

- Get parenting tips and learn about experiences from other parents.
- Refreshments and giveaways will be provided to Baby Talk attendees.

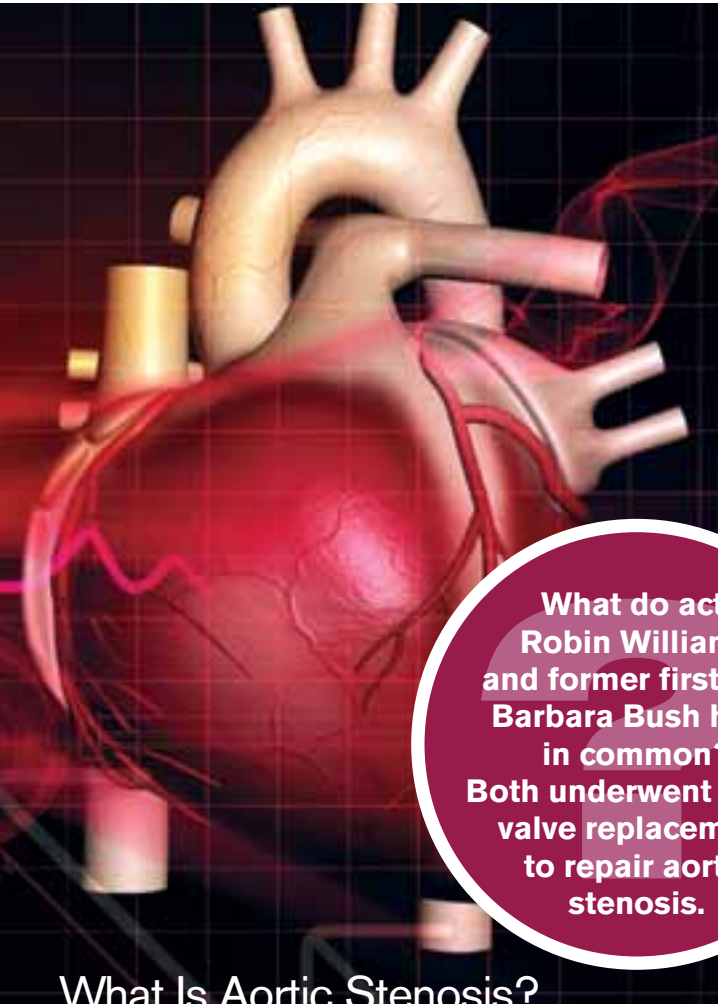


**The next Baby Talk event will be held Thursday, Jan. 26 at 6 p.m. in the Kelley Conference Room at Iowa Methodist Medical Center. For more information and to register for Baby Talk, visit [iowahealth.org/livewell](http://iowahealth.org/livewell).**



# HELP for Your Heart

Aortic stenosis patients can find hope with aortic valve replacement—a minimally invasive procedure now performed at Iowa Methodist Medical Center and Iowa Lutheran Hospital.



**What do actor Robin Williams and former first lady Barbara Bush have in common? Both underwent aortic valve replacement to repair aortic stenosis.**

## What Is Aortic Stenosis?

The aortic valve is the valve that sits between the heart and the aorta. The aorta is the main artery in your heart that allows blood to flow away from the heart. If that valve is unable to open fully, blood can't flow as easily, causing pressure to increase in the left heart ventricle, a condition called aortic stenosis. The condition can be caused by a congenital defect or complications from rheumatic fever, which is caused by untreated strep throat.

Symptoms include:

- breathlessness while moving or exercising
- chest pain that increases with exercise and may occur under the chest bone or move to other areas
- fainting and dizziness
- fatigue
- heart palpitations

Patients who suffer from aortic stenosis often have difficulty breathing during activities and are commonly told they shouldn't participate in sports. Without treatment, they risk suffering from arrhythmias or left ventricular enlargement, caused by the heart working overtime to push blood through the valve.

Luckily, aortic valve replacement, which physicians at Iowa Health now offer as a minimally invasive procedure, can typically cure aortic stenosis.

In the past, aortic valve replacement patients underwent a full sternotomy, which required a 20-centimeter incision. Now aortic valve replacement can be done using only an 8-cm incision during a three- to four-hour procedure.

### The Valve Replacement Experience

Aortic valve replacement is performed under general anesthesia, so patients are asleep during the procedure. The damaged aortic valve is replaced with a bioprosthetic or mechanical valve, which is expected to last for the rest of the patient's life.

After spending one day of recovery in the Intensive Care Unit, patients are typically moved to a regular recovery room and spend three to four more days in the hospital before returning home.

### Benefits of Minimally Invasive Valve Replacement


Each year in America, around 70,000 people undergo aortic valve replacement, and it's estimated that twice as many patients could benefit from it. Besides a significantly smaller incision, benefits of minimally invasive valve replacement include:

- decreased pain during recovery
- decreased risk of infection
- less blood loss
- quicker return to activity
- shorter hospital stays

"This is one of the most up-to-date methods of valve replacement," says Jose Torres, MD, cardiothoracic surgeon at The Iowa Clinic. "Patients can expect world-class care by surgeons trained in this procedure and supported by an excellent staff of cardiologists, anesthesiologists and nurses."



**Jose Torres, MD**

 **For more information about aortic valve replacement, visit [iowahealth.org/cardiology](http://iowahealth.org/cardiology).**

# The Right CARE, the Right TIME



Receiving appropriate medical care in a timely manner is essential. Time spent waiting is time lost before feeling better, and Iowa Health – Des Moines is taking additional steps to ensure your wait is as short as possible.

A number of factors can affect wait times at emergency rooms or urgent care facilities, including the sudden appearance of several patients at once or because of a flu or other viral epidemic. At Iowa Health, there are systems in place to respond to unexpected demands.

“Our goal is to provide all patients with prompt, high-quality care,” says Jean Shelton, administrator for Iowa Health. “We care for our patients in order of arrival with the exception of certain situations or injuries presenting an immediate threat to the well-being of our patients.”

## Check Ahead

By checking online at the Iowa Health website, individuals can assess wait times and choose which facility is best based on their location and schedule. There are multiple walk-in sites for care, and patients can find a facility able to see them quickly. If a trip to the emergency department (ED) is not necessary, Iowa Health has five urgent care facilities with wait times listed online, so you can find the location most convenient for your family without paying for an ED visit. Clinic staff is able to retrieve patient information through a fully integrated electronic medical record system—one more step in providing readily available care.



To view wait times at Iowa Health urgent care clinics, visit [iowahealth.org](http://iowahealth.org).

## Emergent vs. Urgent— How Do You Know?

Understanding the difference between emergency care and urgent care can be crucial for saving time and money.

When the need for care is immediate, the emergency department can help keep your family safe from serious conditions. If you are exhibiting these symptoms, visit the nearest emergency department:

- blurred vision
- chest pain
- difficulty breathing
- excessive bleeding
- head trauma
- loss of consciousness
- seizures lasting longer than five minutes
- stroke symptoms

Emergency department visits may seem like the only option for care when your physician’s office is closed, but urgent care clinics are designed to provide after-hours services for individuals without life-threatening conditions. If you are showing these symptoms, visit an urgent care clinic:

- animal bites
- cold symptoms
- ear infections
- flu-like symptoms
- mild asthma
- minor burns
- muscle strains
- sprained ankle
- uncomplicated bone fractures

Remember, if you’re experiencing chest pain, stroke symptoms or major lacerations, call 911 immediately.

“Urgent care clinics at Iowa Health are well equipped to handle non-emergent cases,” says Jean Shelton, administrator for Iowa Health. “The facilities all have procedure rooms, imaging services and immediate treatment capabilities for infections and other minor conditions.”



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 [iowahealth.org](http://iowahealth.org). To be removed from our mailing list, please call (515) 241-6302.



Featuring Former NFL Dallas Cowboys Fullback  
**Daryl "The Moose" Johnston**

**SATURDAY, JANUARY 28, 2012**

**KICKOFF 6:00 PM**

Hy-Vee Conference Center - West Des Moines

Proceeds will be used to support the  
Stoddard Care Coordinator and Survivorship Programs

**TICKET PRICES \$125**

\$55 IS TAX DEDUCTIBLE AS ALLOWED BY LAW

2012 Rally Against Cancer Chairs: Kim and Coral Johnson

For more information, please call the Iowa Health Foundation at (515) 241-5938.  
[johnstoddardcancer.org/rally](http://johnstoddardcancer.org/rally)

A BENEFIT FOR



**JOHN STODDARD  
CANCER CENTER**

IOWA METHODIST MEDICAL CENTER

Showing the dedication and work ethic that made him an NFL star, former Dallas Cowboy fullback Daryl Johnston is now a successful sportscaster for FOX Sports, along with seasoned NFL play-by-play man Dick Stockton.

Nicknamed "Moose" by former teammate Babe Laufenberg, he became a full-time starter in 1991 and was a key member of the Cowboys' three Super Bowl winning teams and a two-time Pro Bowl selection.

A second-round draft pick out of Syracuse University in 1989, Johnston was an All-America and All-Big East selection in 1988 while earning his degree in economics. The Youngstown, NY native now resides in Plano, TX with his wife Diane, son Aidan and daughter Evan.

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