

# LiveWell

*With Iowa Health - Des Moines*

## Surgical Advances

New Facility Meets Patients' Needs

Stoddard:  
Bridging  
the Gap  
in Cancer Care

Living in  
Comfort  
The Reserve on  
Walnut Creek

 **IOWA HEALTH**  
DES MOINES

**Methodist • Lutheran • Blank**

Courtney Larson,  
Blank Children's Hospital Patient





## A Word From Our President and CEO

It's hard to believe 2008 is coming to an end—but what a year it has been for Iowa Health – Des Moines. I'm

very proud of the physicians, nurses, staff and volunteers of Iowa Methodist, Iowa Lutheran and Blank Children's Hospital and what we have accomplished this year.

Our hospitals have received a number of recognitions, including:

- Iowa Methodist was nationally recognized as a Top 100 Hospital for Community Value, and Iowa Lutheran received a five-star rating.
- *Des Moines Business Record* named

Iowa Methodist the Best Hospital in Central Iowa for the third year in a row. Iowa Lutheran was a runner-up in the same category. Iowa Health also received several runner-up awards, including Best Workforce and Best Large Company with a Promising Future.

• Fifty-nine physicians on staff at our hospitals were recognized by their peers as "TOP DOCS" in *Des Moines Magazine*.

Just last month, Iowa Methodist was once again named an Adult Level I Trauma Center—the only one in central Iowa—by the American College of Surgeons' Committee on Trauma. This achievement recognizes our trauma center's dedication to providing the highest level of care for injured

patients—from emergency transport by Life Flight to lifesaving surgery and critical care to therapy services at Younker Rehabilitation Center.

These awards are a testament to the hard work and dedication of everyone involved at our facilities throughout central Iowa. We are here to meet and exceed your healthcare needs, and we have never been more steadfast in this regard. I hope you and your family continue to *LiveWell* with Iowa Health – Des Moines.

Sincerely,

Eric Crowell, president and CEO

**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](http://www.KCCI.com).

## Join Us for the 25th Anniversary Festival of Trees and Lights



This year marks the 25th Anniversary of the Festival of Trees and Lights. The annual event has raised more than \$5 million for one of our community's greatest assets—Blank Children's Hospital.

The Festival of Trees and Lights will kick off Tuesday, Nov. 25, with a festive gala at the Polk County Convention Complex before opening to the public on Wednesday, Nov. 26. Guests will have the opportunity to view more than 70 professionally decorated trees sponsored by companies, organizations and individuals within the community, as well as enjoy live entertainment, a bazaar and delicious food. All proceeds benefit the Child Life Department and Center for Advocacy and Outreach at Blank Children's.

 **Tickets are available Nov. 1 through Nov. 25 for \$3 at Dahl's and HyVee stores. Tickets at the door are \$5. Children aged 2 and younger are free. Call (515) 241-6494 for more information or visit [www.festivaloftrees.com](http://www.festivaloftrees.com).**

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# Trilogy—Your Ally in the Fight Against Cancer

John Stoddard Cancer Center at Iowa Methodist Medical Center has a new weapon in the fight against cancer—the Trilogy™ System. Thanks to the machine's versatile capabilities, treating cancer has never been more precise.

"This system is the first-of-its-kind in Iowa," says Kevin DeRonde, MBA, manager of Outpatient Services for Stoddard. "Trilogy offers stereotactic radiosurgery (SRS), a treatment option that provides a very precise external beam of radiation designed to target the tumor and avoid healthy tissue."

In the past, one-millimeter lesions and certain tumors in sensitive areas, such as the brain, were considered untreatable. Now, Trilogy enables physicians to treat a range of cancers earlier and advanced cancers more precisely, making radiation therapy

faster, more effective, less invasive and less painful.

## Concentrated Treatment Options

Trilogy also can perform image-guided radiation therapy (IGRT) and intensity-modulated radiation therapy (IMRT). Future developments for the equipment include the Rapid Arc program, which will allow radiation oncologists to treat multiple lesions in one session.

"Trilogy allows us to offer patients more treatment options while providing an effective plan for treatment," says DeRonde.



**Stoddard Radiation Oncologists John Triantafyllos, MD; Robert J. Isaak, MD, PharmD; and Robert Goebel, MD**

"Trilogy is a powerful ally, and we are proud to offer it to our patients."



Visit [www.johnstoddardcancer.org](http://www.johnstoddardcancer.org) for more information about treatments and services available at the John Stoddard Cancer Center or call (515) 241-4141.

## Heartfelt Care

The addition of seven cardiologists to the Iowa Health team at Iowa Lutheran Hospital provides a continuum of care to the community that is unified in quality, safety and customer service.

This new integrated group of cardiologists offers an extensive array of cardiovascular services. The group will provide an enhanced patient care experience, assuring Iowa Lutheran's role in driving patient safety, satisfaction and quality cardiology services in the Des Moines area.

### Your Heart Is in Good Hands

Iowa Health Cardiology provides a full-service spectrum of cardiology services, including treatment for cardiovascular arrhythmias, congestive heart failure and cardiac arrest.

"Our seven new cardiologists also are experienced in the implantation

of highly sophisticated pacemakers and interventional cardiovascular defibrillators," says Les Smiarowski, executive director of Cardiovascular and Pulmonary Services at Iowa Health – Des Moines. "In addition, their knowledge extends to an array of interventional cardiology procedures, offering coronary diagnosis, stenting and other treatment options."



**Need a cardiologist? Call Iowa Health Cardiology at (877) 250-3999 or (515) 263-2400, or visit [www.iowahealth.org/cardiology](http://www.iowahealth.org/cardiology).**



**Iowa Health – Des Moines is pleased to announce the arrival of seven new cardiologists with Iowa Health Cardiology, in practice at Iowa Lutheran Hospital.**

#### L to R:

Craig Clark, DO  
John Pargulski, DO  
Saima Zafar, MD  
Prasad Palakurthy, MD  
Tim Hart, MD  
Craig Stevens, MD  
Amar Nath, MD

# Surgical Advances: Keeping Your Children Healthy

When Courtney Larson, 17, learned she had a plum-size tumor in her chest, the junior at Ballard High School in Huxley was terrified about the surgery she would need to have it removed. However, the expertise of her surgeon—as well as high-tech and family-friendly renovations to the Surgery Department at Iowa Methodist Medical Center and Blank Children’s Hospital—helped put Courtney and her family at ease.

For several years, Courtney—a multitasking athlete who plays basketball and runs track—had difficulty breathing while she exercised. Because her symptoms mimicked allergies and asthma, Courtney began getting allergy shots and using inhalers, but neither option provided any relief for her symptoms.

“I started experiencing circulation problems in my feet and hands, and we knew that wasn’t asthma or allergy-related,” Courtney remembers. “I had a chest X-ray and computed tomography (CT) scan—because the doctors weren’t sure what was causing all of these unusual problems—and I was referred to specialists at Blank Children’s Hospital.”

## Getting Answers

At Blank Children’s Hospital, Courtney met with pediatric pulmonologist Ricardo Flores, MD, who told Courtney and her parents, Dallas and Pam, that Courtney had a plum-size tumor in her chest. Dr. Flores explained that Courtney would need surgery, and referred the Larson family to pediatric surgeon Michael Irish, MD.

“When we met with Dr. Irish, he told us about the different surgical options and explained that he had experience with one of the hospital’s newest acquisitions, the da Vinci® Surgical System,” Dallas says. “Dr. Irish thought he could remove the tumor through minimally invasive surgery. We thought this was a great solution, and his kind and knowledgeable manner made us feel very confident in his abilities.”

## High-Tech Hospital

On December 13, 2007, Courtney and her parents entered the recently renovated Surgery Department at Iowa Methodist Medical Center and Blank Children’s Hospital. The renovations—which took three years to complete—included remodeling all the operating rooms, the waiting areas and the cardiac catheterization lab, while providing more privacy for patients and increasing efficiency for hospital staff.

“With the renovations, we were able to create specific surgical waiting areas,



**Courtney Larson, Blank Children’s Hospital patient and junior at Ballard Huxley High School**

preoperative and postoperative rooms for pediatric patients that enables us to separate kids from the adult surgical areas. In addition, we were able to renovate two operating rooms with advanced minimally invasive equipment to house our da Vinci Surgical System,” says Amy Bethel, RN, MPA, executive director of Surgical Services for Iowa Health – Des Moines. “As a result, we have improved patient access to services while also upgrading the technology we have available to physicians and patients.”

### Surgical Solutions

Typically, the type of tumor that Courtney had in her chest can be removed either with traditional, open surgery that includes a large incision or through a minimally invasive procedure that involves several tiny incisions. Because of the delicate nature of Courtney’s operation and the advantages of high precision and enhanced vision, Dr. Irish opted to perform Courtney’s minimally invasive surgery with the use of the hospital’s da Vinci Surgical System. Blank Children’s Hospital was the first children’s hospital in the country to use this in pediatric general surgery and has become recognized as a world leader in pediatric robotic surgery.

“Prior to starting the surgery, we knew that Courtney had a tumor sitting on her heart, but we didn’t know if it was malignant or benign,” Dr. Irish says. “The mass had to come out, and the da Vinci Surgical System provided us with the best way to perform the surgery.”

Dr. Irish was able to view Courtney’s tumor in three dimensions and then use the robot’s tiny instruments to remove the tumor from the area near Courtney’s heart and lungs.

“The surgery to remove Courtney’s tumor took about two hours,” Dr. Irish says. “Once we had it out, the

pathologists evaluated the tumor and told us it was benign. It should never come back.”

Courtney and her parents were thrilled with the level of care she received during the four days she recovered at Blank Children’s, and realize that Courtney was fortunate that she could have her surgery performed by talented surgeons in a state-of-the-art operating room so close to home.

“I don’t think our community realizes the quality of medical care available to us locally through Blank Children’s,” Courtney says. “We always take the hospital for granted until we need it, but we’re truly blessed to have this top-notch institution right here.”



Visit [www.iowahealth.org/surgery](http://www.iowahealth.org/surgery) for more information about surgical services at Iowa Methodist Medical Center and Blank Children’s Hospital.

## The Surgery Department’s Extreme Makeover

With the \$19 million renovation complete, the Surgery Department at Iowa Methodist Medical Center and Blank Children’s Hospital now has better technology and is more patient-friendly than ever before.

Here are just some of the many changes that have been implemented as a result of the renovations:

- Adult and pediatric patients are now separated in the preoperative area and the first-stage recovery area. As a result, the waiting areas are more child-friendly to ease any fears about surgery.
- Waiting areas for families have been updated to include a café, Internet access, flat-screen televisions and private waiting areas.
- Patient flow was improved by redesigning the entry on the east end of the hospital, adding valet parking and reconfiguring registration processes to eliminate redundancies.
- Two of the 17 surgical suites were redesigned with more minimally invasive surgery technology, including new lighting and voice-activated equipment. Two operating rooms were adapted to house the hospital’s da Vinci® Surgical System.
- The family waiting room now has a separate pediatric play area featuring an aquarium, a boat to play on and a flat-screen television for children’s programming.
- Patient confidentiality and privacy has been improved by making the registration areas completely private.
- There are now 20 private preoperative beds and 40 postoperative beds.



The Reserve on Walnut Creek: located at 2727 82nd Pl., Urbandale, IA

# The Reserve on Walnut Creek

Iowa Health – Des Moines is proud to sponsor The Reserve on Walnut Creek—an adult living community for people 60 years of age and older.

The Reserve on Walnut Creek offers residents the opportunity to enjoy retirement without the hassle of home ownership. The four-story building features 19 varieties of custom floor plans and a choice of views.

“The Reserve has everything you could want in a retirement community,” says Patty Devens, director of Marketing at The Reserve. “In addition to great amenities, such as a wellness center and spa, Iowa Health – Des Moines provides general nursing services and informational seminars.”

## Come and Enjoy

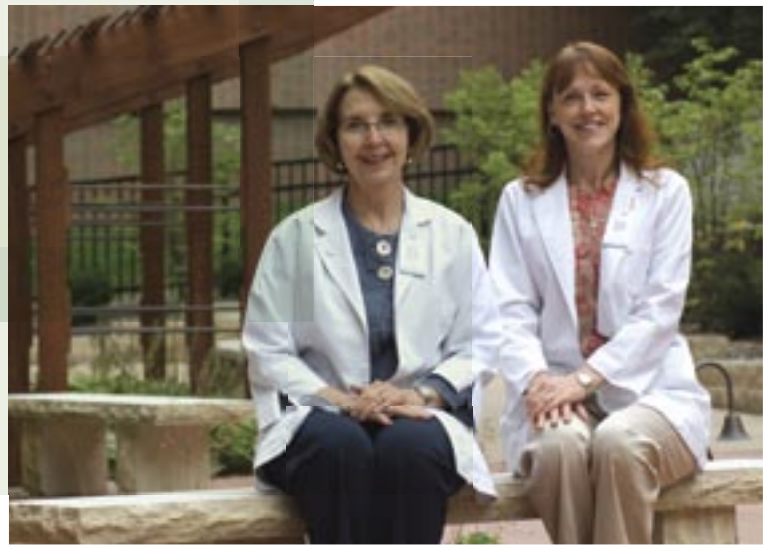
Other features of The Reserve include:

- elevator service
- fully-equipped kitchen
- guest room—perfect for visiting family and friends
- hobby and coffee shop
- individually locked storage
- library
- optional dining
- theater room
- transportation

“Since March, we have enjoyed the friendliness of the residents and staff,” says Bob and Bev Plath, residents at The Reserve. “We love the size of the apartments, the theater, beauty shop, game room and storage room and how close it is to everything, including our church and grocery store. Everything about The Reserve has lived up to our expectations. We love it here.”



**For more information about The Reserve on Walnut Creek or to schedule a tour, call Patty at (515) 727-5927 or visit [www.reserveonwalnutcreek.com](http://www.reserveonwalnutcreek.com).**



**Carol Frazell, colon cancer care coordinator,  
and Edra Fouts, breast cancer care coordinator**

# Bridging the Gap in Cancer Care

When you are first diagnosed with cancer, you may experience a flood of emotions including shock, disbelief and anger. During this sensitive time, you need someone you can depend on for advice and support. The cancer care coordinators at John Stoddard Cancer Center at Iowa Methodist are here to help.

Cancer care coordinators are registered nurses with oncology experience who offer individualized support to patients from the time of diagnosis through treatment and beyond.

“Our cancer care coordinators work closely with the physician and patient by providing any additional guidance that patients need,” says Kevin DeRonde, MBA, manager of Outpatient Services at Stoddard. “Because we believe in a multidisciplinary approach to treating patients, cancer care coordinators work with the patient and physicians to map out an individualized plan for cancer treatment.”

## **Growing For You**

While there are already cancer care coordinators on staff to help

patients undergoing breast and colorectal cancer treatment, a prostate cancer care coordinator will soon join the team.

“As our Cancer Center grows, we are expanding our staff and services to meet our patient’s needs,” says John Triantafyllos, MD, radiation oncologist at John Stoddard. “The addition of a prostate care coordinator to our team enables us to provide the specialized care and support patients need and deserve.”

## **Role of the Care Coordinator**

Along with meeting frequently with patients, cancer care coordinators facilitate a multidisciplinary conference twice a month with a team of physicians, social workers, psychologists, radiologists, dietitians and nurses. The purpose of this

conference is to discuss the best treatment plan for each patient and to recognize any concerns patients may be having.

“Our care coordinators provide hope and encouragement to patients and loved ones so they can have the best quality of life possible while going through treatment,” says Kathy Hunnicutt, oncology outreach coordinator at Stoddard. “We hope to hire more cancer care coordinators in the future to ensure exceptional care for our patients.”



**For more information about cancer care coordinators and other services offered at John Stoddard, call Carol or Edra at (515) 241-4141 or visit [www.johnstoddardcancer.org](http://www.johnstoddardcancer.org).**

# Alcohol Is *Not* the Answer to Holiday Blues

'Tis the season to celebrate health and happiness. However, it's not a time of joy for everyone. For some, holidays signal a season of sadness and loneliness—feelings that can lead to increased alcohol consumption.

If you attend a party where alcohol is served, choose holiday drinks such as cider, hot chocolate and non-alcoholic eggnog instead. If you want to partake—and do not have problems with alcohol dependency—limit your consumption.

To avoid the temptation of alcohol altogether, spend time volunteering for the less fortunate during the holiday season—ringing bells for the Salvation Army, collecting toys for children or serving meals at a homeless shelter.



**If you or a loved one is having problems with alcohol, call the Powell Chemical Dependency Center at (515) 263-2424 or visit [www.iowahealth.org/powell](http://www.iowahealth.org/powell) for help.**

## A Helping Hand for Those With Diabetes

With the holiday season and its culinary delights just around the corner, now is a perfect time to raise awareness of diabetes.

The Diabetes Education Center at Iowa Health – Des Moines offers various classes to educate those with diabetes and their families. Iowa Health strives to offer persons with diabetes practical advice on how to manage their disease, teaching them to approach life in a way that emphasizes moderation, rather than restriction, when it comes to food choices.

### Free Education Classes

**Diabetes Express** is repeated monthly at various locations, and provides a two-hour overview of diabetes. The goal is to better understand and manage the disease.

For additional information and motivation, persons with diabetes and their families can turn to **Dialogue on**

**Diabetes**, which is offered monthly and focuses on a different diabetes-related topic each session. More comprehensive education is offered that requires a referral from a physician and is billed to your insurance company.

### Holiday Helpings

“During the holidays, it is important for those with diabetes to remember that moderation and exercise are key,” says Sue Freeman, RN, BSN, CDE, diabetes educator at Iowa Health. “Rather than denying yourself a taste of your favorite pie, simply keep the portion small. Try going for a walk with family members during halftime of the big game. These small actions can make a big difference in your overall health.”



**For more information or help controlling your diabetes, call Iowa Health's Diabetes Center at (515) 241-5074 or visit [www.iowahealth.org/diabetes](http://www.iowahealth.org/diabetes).**

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



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

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