

# Healthy Directions Fall 2010

## Faith in doctors sees her through



Local teacher's experiences with breast cancer diagnosis, surgery, reconstruction

BY MICKEY MILLER

**MANY PEOPLE** who develop breast cancer have a family history that gives them an inkling of what's to come. But Kathi Eichelberger, of Muscatine, had no warning. For Eichelberger, a 44-year-old teacher,

the alarm first sounded during her annual checkup.

"It was 100 percent [discovered] with my yearly mammogram," she says. "It was a shock. In fact, both of my sisters and three friends quickly scheduled their own mammograms."

Her mammogram revealed microcalcifications, so her Mercy physicians ordered a more thorough diagnostic mammogram. Eichelberger had a

biopsy on the second day of the 2009–2010 school year. She learned that she had breast cancer on the same day she earned her master's degree. "That was an emotional day," she says.

The masses were tiny, Eichelberger says. "They were smaller than a BB. That's how my 12-year-old son rationalized it."

After reviewing several years' worth of Eichelberger's mammograms, her physicians ordered an MRI.

"Really, it was because of the doctors' diligence that they found it," she says. "With every step, they were being more and more thorough. I had total faith in my doctors."

Each of the providers involved—technicians, radiologists, oncologists, surgeons, nurses and schedulers—made Eichelberger feel comfortable with her care. "If I needed something,

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For more information about Mercy's cancer care, call Mercy On Call at 319-358-2767 or toll-free at 800-358-2767.

Need a physician? Call Mercy On Call at 319-358-2767 or toll-free at 800-358-2767 seven days a week.

**2** Diagnosing heart disease: Tests you may need

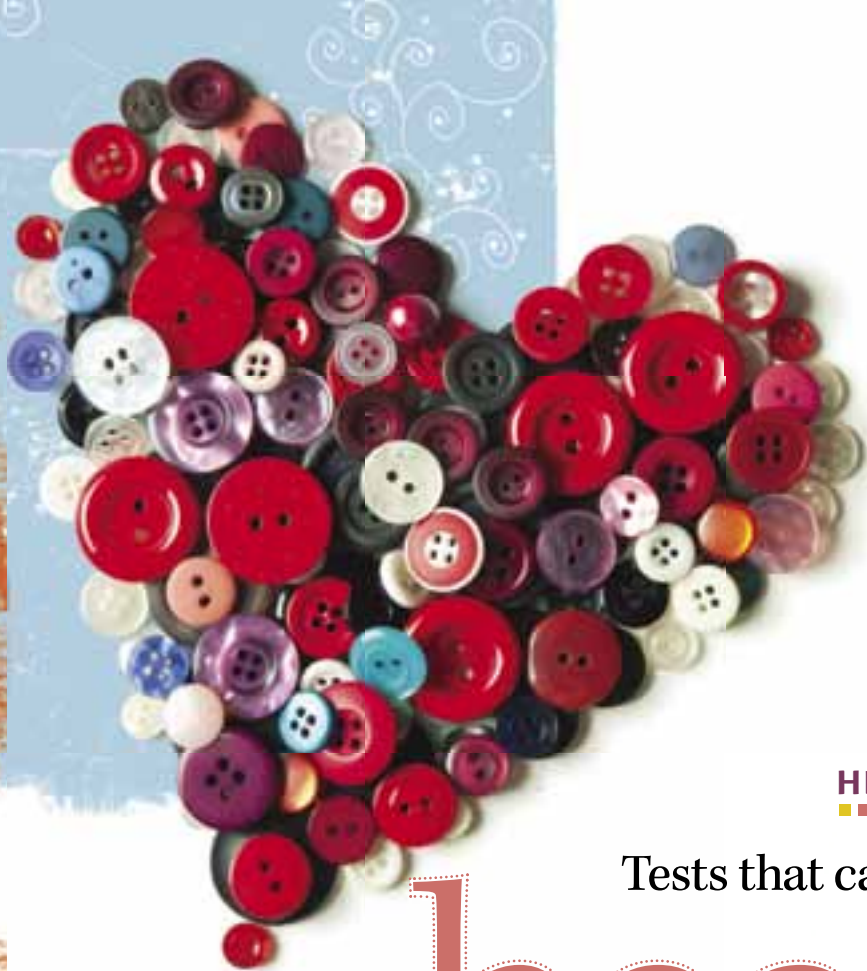
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In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.



**DIAGNOSING  
HEART DISEASE**



Tests that can get to the

# heart *of the matter*

**HEART DISEASE** is a big deal. For many of us, it's the No. 1 threat to our health.

So if your doctor thinks you're at risk for the disease—or that you already have it—chances are you're going to undergo some testing, which will help determine if you need treatment.

No solitary test can tell your doctor whether or not you have heart disease. In order to get a complete picture of your heart's health, your doctor might want you to have two or more tests.

If that makes you a little apprehensive, maybe this will help you breathe a bit easier: Most of the tests for diagnosing and evaluating heart disease are painless. In fact, many of them don't even require a needle stick in your arm. But each one you undergo is like a puzzle piece, giving your doctor more information to guide your treatment.

Here are some common tests used to diagnose heart disease, followed by a brief description of how and why each test is done. The information comes from several groups, including the American Heart Association (AHA); the National Heart, Lung, and Blood Institute; and the Centers for Disease Control and Prevention.

Of course, the most important source of information is your doctor. Each step of the way, you can ask him or her questions about the benefits and risks any test holds for you.

### **Noninvasive tests**

Tests that are noninvasive don't require putting needles, dyes, tubes or other materials into your body, notes the AHA. Some frequently used ones include:



## CHEST X-RAY

**How it's done:** A technician places you in front of a machine that holds x-ray film. You are asked to hold your breath while the machine takes a radiographic picture of your chest. You might have several x-rays taken from different angles.

**What it can find:** The x-ray can give your doctor a look at your heart, lungs and bones. It can't actually see inside your heart, but it can show its shape and size. An x-ray also can show if your lungs are filling with fluid from a heart attack.

## ELECTROCARDIOGRAM (ECG OR EKG)

**How it's done:** You lie on a table. Small patches holding electrodes are put on your body to measure your heart's electrical activity. Your heartbeats show up as lines on a monitor, and they also are printed on paper.

**What it can find:** An ECG can show three major electrical signals—or waves—produced by your heart, says the AHA. Each wave represents a different part of your heartbeat. Some information your doctor can glean includes: → An abnormal heart rhythm. → Evidence of a heart attack. → Enlargement of the heart muscle. → Problems with blood flow to the heart.

## AMBULATORY ECG (HOLTER MONITORING)

**How it's done:** You wear a small recording device that measures your heart's electrical activity for 24 to 48 hours. It can monitor your heart continuously or intermittently for days or months.

**What it can find:** The goal is similar to that of a resting ECG, except that this test shows how your heart works for longer periods of time and under real conditions—when you're asleep, for example.

## STRESS TEST (EXERCISE ECG)

**How it's done:** Electrode patches on your chest record your heart's activity while you exercise, usually on a treadmill. The speed and angle of the treadmill change to increase the workload on your heart. Taking this test is much like walking or jogging briskly, according to the AHA.

**What it can find:** A stress ECG tells your doctor how your heart handles workloads.

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It can help your doctor find out why you have chest pain, assess your risk for a heart attack or determine a level of exercise that is safe for you.

### ECHOCARDIOGRAPHY

**How it's done:** As you lie on a table, a technician moves a handheld probe over your chest. The probe uses sound waves to make a video record of your heart at work.

**What it can find:** Your doctor is able to see your heart's size and shape, plus how well blood pumps through it with every beat. The test can reveal problems with heart valves and whether part of your heart muscle is weak.

### Invasive tests

Some of these tests require only a quick needle stick. Others—like transesophageal echocardiography—use special probes and can take a half-hour or more. Examples of invasive tests include:

#### BLOOD TEST

**How it's done:** A technician takes a sample of blood from a vein.

**What it can find:** Abnormal levels of certain proteins, fats and other substances in the blood can be a sign of heart disease. Some blood tests also can confirm that you've had a heart attack—or suggest that you are at risk for one.

#### THALLIUM STRESS TEST (MYOCARDIAL PERFUSION IMAGING)

**How it's done:** A small amount of a radioactive dye (thallium) is injected into your arm as you exercise on a treadmill. A special camera takes pictures as the

dye moves through your bloodstream and into your heart. This test is much like a stress ECG but with images, says the AHA.

**What it can find:** The thallium test measures the blood supply to different parts of your heart. If an area isn't getting enough blood, that can indicate atherosclerosis—narrowing of the arteries due to fatty plaque buildup.

#### CARDIAC CATHETERIZATION

**How it's done:** Several procedures fall into this group, says the AHA. In general, a thin tube (catheter) is inserted into an artery in your groin or arm. The catheter is then threaded into your heart and surrounding arteries. A dye may be injected to better view heart function and blood flow. Most procedures are done in the hospital.

**What it can find:** Catheterization is one of the most valuable tests for diagnosing heart disease, says the AHA. It lets your doctor measure blood pressure or take blood samples within the heart itself. It can find blockages in the arteries.

#### TRANSESOPHAGEAL ECHOCARDIOGRAPHY (TEE)

**How it's done:** As you lie on a table, a technician guides a tube down your throat and into your esophagus. A probe at the end of the tube uses high-frequency sound waves to produce an ultrasound image of your heart.

**What it can find:** Similar to noninvasive echocardiography, this test offers a closer detailed look at your heart's structure and function, says the AHA.

## Your heart's in good hands with Mercy

Blocked arteries, bad valves, hearts that have lost their rhythm—Mercy cardiologists and surgeons treat these heart and vascular problems and more. Their array of services includes: → Cardiac catheterization and angioplasty → Coronary artery bypass grafts → Carotid endarterectomies → Repair of abdominal aortic aneurysms → 3-D cardiac mapping and catheter ablation → Permanent pacemaker implantation → Ultrafiltration and medical treatments for heart failure → Clinical trials and transplant evaluation

For information about Mercy heart and vascular services, call Mercy On Call at 319-358-2767 or toll-free at 800-358-2767.

## Faith

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they made sure I got it as soon as possible," she says. "There was never a time I felt left out of the decision-making. It's really empowering when you feel that confidence."

Dealing with the cancer was her top priority, but Eichelberger also wanted to pursue breast reconstruction. "It was something that was important to me," Eichelberger says.

Albert E. Cram, MD, her Mercy plastic surgeon, advised that the process could be started during her mastectomy. Rick A. Shelman, MD, FACS, performed the mastectomy earlier this year while Dr. Cram began reconstruction. Eichelberger completed the reconstruction process at the end of June.

Eichelberger will follow up with one of her doctors every three months for the next five years.

"I had really good care all the way around," Eichelberger says. "All of the doctors provided the information I needed to make decisions; I can talk to someone quickly if I have questions; and really, I just can't imagine going anywhere else."

### Physicians involved with Kathi Eichelberger's care include:



• Albert E. Cram, MD, plastic surgery



• Rick A. Shelman, MD, FACS, general surgery



• Salaish Sarin, MD, internal medicine



• James Feeley, MD, medical oncology



• Shane Kraske, MD, radiology

## Welcome, medical staff members

✓ **Eric Eliason, DO**, internal medicine/hospital medicine, Mercy Hospitalist Program

✓ **David Fishbaugher, MD**, internal medicine/hospital medicine, Mercy Hospitalist Program

✓ **Jill Goodman, MD**, obstetrics/gynecology, Obstetric and Gynecologic Associates of Iowa City and Coralville, PC

✓ **Jody M. Harmsen, MD**, family medicine, Mercy Family Medicine of Muscatine

✓ **Annette Hill, DO**, Mercy Family Medicine of Muscatine

✓ **Douglas Kinscherff, MD**, anesthesiology, Physician Anesthesia Care of Iowa City

✓ **Dan Leary, MD**, internal medicine/hospital medicine, Mercy Hospitalist Program

✓ **Trevor R. Martin, DO**, family medicine, Mercy Family Medicine of Washington

✓ **Dayna Miller, MD**, pediatrics, Pediatric Associates of Iowa City and Coralville

✓ **Kristin Saehler, DO**, internal medicine/hospital medicine, Mercy Hospitalist Program

✓ **Mike Wallace, MD**, family medicine, Mercy Urgent Care East

✓ **David Widitz, MD**, psychiatry, Psychiatric Associates

Want to find the Mercy doctor who suits your needs? Just call Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**, or visit [www.findamercydoctor.com](http://www.findamercydoctor.com).

## Black and Gold Salad

Here's a recipe from Mercy Executive Chef Ron Hall that Hawkeye fans are sure to love.

### INGREDIENTS

- 4 cups black beans (two 15.5-ounce cans, drained and rinsed)
- 2 cups cooked whole-kernel corn (fresh or frozen, drained)
- 1 cup grape tomatoes, sliced in half
- ½ cup chopped fresh cilantro
- ½ cup diced red peppers
- ½ cup sliced green onions
- 4 teaspoons lime juice
- 4 teaspoons olive oil
- 2 teaspoons maple syrup
- 1 teaspoon ground cumin
- Pinch of chili powder

### DIRECTIONS

Combine the first six ingredients in a large bowl. Combine remaining ingredients for the dressing. Add the dressing, and let salad sit overnight or at least for several hours.

Serve on shredded romaine or red leaf lettuce. Makes 10 to 12 servings.





# TAKE CONTROL OF YOUR HEALTH

For more information  
or to register, call  
Mercy On Call at  
319-358-2767 or  
toll-free at  
800-358-2767.

## FINDING SUPPORT

### ONGOING SUPPORT GROUPS

*Call Mercy On Call for dates, topics and locations.*

- ✓ Breath of Fresh Air (for people living with chronic lung disease)
- ✓ Cardiac Support Group
- ✓ Continuing After Breast Cancer
- ✓ Diabetes Support Group
- ✓ Hope Cancer Support Group
- ✓ Stroke Group

### **FREE** SLEEP APNEA SUPPORT GROUP

*Wednesday, Oct. 13, 6 to 8 p.m., McAuley room, lower level, Mercy Medical Plaza*

For patients, family members, friends and partners affected by sleep apnea and other sleep disorders. Offers education on different diagnoses and CPAP and BiPAP equipment use, as well as guest speakers.

## HEALTHY LIVING

### LIFESTEPS WEIGHT MANAGEMENT

*Monday, Sept. 20, 5:30 to 6:30 p.m.*

A 12-session weight-management program taught by a dietitian and an exercise physiologist.

### SMOKE STOPPERS

Offered as a one-on-one program with a respiratory therapist. Smoke Stoppers helps you quit in three phases: the countdown, learning to stop and staying smoke-free. Call for more information.

## FOR HEALTH CARE PROVIDERS

### "WHAT'S THE RUSH?" CONTINUING EDUCATION SYMPOSIUM

*Friday, Sept. 10, Coralville Marriott Hotel and Conference Center*

A collaborative care conference on acute myocardial infarction and stroke. Continuing education credits for nurses, emergency medical services providers and physicians. Call for more information.

# Christmas extravaganza

### Mercy atrium

✓ *Monday, Oct. 18, 9 a.m. to 8 p.m.*

✓ *Tuesday, Oct. 19, 7 a.m. to 6 p.m.*

✓ *Wednesday, Oct. 20, 7 a.m. to 2 p.m.*

There will be beautiful gifts and holiday decor for every taste. Sponsored by the Mercy Hospital Gift Shop.



You can now visit Mercy on Facebook!

**YOUR GROWING FAMILY** *Call Mercy On Call for dates and to register.*

**FREE PREPARING FOR PREGNANCY**

**Wednesday, Oct. 6, 6:30 p.m., first floor conference room**

Mercy obstetrician Jill Goodman, MD, will be among the instructors for this one-session class about planning for a healthy pregnancy and a healthy baby.

**FREE EASING THROUGH PREGNANCY**

**Tuesday, Oct. 19, 7 to 9 p.m., classroom 4**

A one-session class that provides information and comfort measures to parents-to-be for the physical and emotional changes of first- and second-trimester pregnancy.

**FREE CHILDBIRTH PREPARATION**

**Tuesdays, Sept. 7 and 21, Oct. 5 and 12, Nov. 2 and 9, 7 to 9 p.m., classroom 4, Mercy Hospital**

A two-session class for couples in the third trimester of pregnancy. Addresses labor, delivery and car seat safety and includes a tour of Mercy's Birth Care Unit.

**CHILDBIRTH EDUCATION**

- ✓ **Monday and Wednesday evenings**
  - ✓ **Refresher course on weekends**
- Fee varies**

Class addresses comfort; relaxation and breathing techniques for labor and vaginal and cesarean delivery; and baby care, safety and parenting. Includes a tour of Mercy's Birth Care Unit. Taught by registered nurses who are certified childbirth educators.

**BEGINNING WITH BABY**

**Sundays, Sept. 26, 2010, and Jan. 16, 2011, 1 to 5 p.m., McAuley room, lower level, Mercy Medical Plaza, \$15 per family**

This one-session class addresses bringing baby home and "now what?" questions. Covers baby care, new responsibilities, parenting concerns and safety.

**FREE NEW BROTHER/NEW SISTER**

**Mondays, Sept. 13, Oct. 4, Nov. 1, Dec. 6, 6 p.m. and 7:15 p.m., classroom 4, Mercy Hospital**

This one-session class helps children ages 3 to 12 prepare for the arrival of a new baby.

**FREE CAR SEAT SAFETY**

**Tuesday, Oct. 26, 7 to 9 p.m., classroom 4, Mercy Hospital**

A one-session class to help parents understand Iowa car seat safety laws, car seat use and types of car seats.

**FREE PUT SAFETY FIRST**

**Tuesdays, Sept. 28, Nov. 16, 7 to 9 p.m., classroom 4, Mercy Hospital**

A one-session class for parents and grandparents about childproofing strategies and home and personal safety.

**HAPPIEST BABY ON THE BLOCK**

**Sundays, times vary. Call Mercy On Call for schedule. \$30**

Topics include the fourth trimester, the calming reflex, the 5 S's and cuddle care. May be taken before or after your baby is born.

**INFANT MASSAGE**

**Sundays, times vary. Call Mercy On Call for schedule. \$30 per family**

A three-session class for parents and their 2-week-old to 7-month-old babies. Parents learn how to massage, soothe and relax their baby and to help the little one sleep. Taught by a certified infant massage instructor.

**PARENTING 101: SINCE KIDS DON'T COME WITH AN OWNER'S MANUAL**

**Mondays, 7 p.m., classroom 3, \$15 per couple or \$10 per person**

- ✓ **Sept. 13: "Finding Their Own Way: How to Encourage Learning"**
- ✓ **Oct. 11: "Do-Overs: Choosing a Different Path"**
- ✓ **Nov. 8: "Family Meetings: The Importance of Involvement for Each Family Member"**

For parents of children ages 2 years to teens.

**BREASTFEEDING CLASS**

**Wednesday, Sept. 29; Monday, Nov. 15; Saturday, Dec. 11, 6:30 to 9 p.m., first floor conference room, Mercy Hospital, \$10**

A one-session class for expectant mothers (recommended before delivery). A support person is welcome to attend at no extra cost.

**FREE BREASTFEEDING AND MORE**

**Thursdays, noon to 2 p.m., McAuley room, lower level, Mercy Medical Plaza**

Informal group offering support and friendship to new mothers. No registration needed.

**HERE WHEN YOU NEED US**

HEALTHY DIRECTIONS is published as a community service for the friends and patrons of MERCY HOSPITAL, 500 E. Market St., Iowa City, IA 52245, telephone 319-339-0300, website [www.mercyiowacity.org](http://www.mercyiowacity.org).

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**Answers over the phone**

Whatever your health care need, Mercy On Call can help.

The experienced registered nurses of Mercy On Call have information about a wide array of community resources.

**Just call 319-358-2767 or toll-free at 800-358-2767.**



Mercy On Call toll-free: 800-358-2767

Main hospital number: 319-339-0300



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### OUR MISSION

Mercy Iowa City heals and comforts the sick and works to improve the health of the community in the spirit of Jesus Christ and the Catholic tradition of the Sisters of Mercy.



# When urgent care may be needed

**YOU'RE SLICING CARROTS** in your kitchen for a dinner salad. The knife slips, and you cut your finger. You think you may need stitches.

You could go to the hospital for emergency treatment. But a better option might be urgent care.

### What is urgent care?

If you have a problem that is not life-threatening but still needs medical attention soon—such as a minor cut or sprained ankle—urgent care might be appropriate.

Mercy Urgent Care East is open Monday through Friday from 7:30 a.m. to 8:30 p.m. and on weekends and holidays from 8 a.m. to 5 p.m. You don't need to make an appointment.

Getting urgent rather than emergency care can save you time and money, and it helps keep the emergency department free to handle more serious conditions, reports the National Association for Ambulatory Care (NAFAC).

According to NAFAC, conditions that can be treated by urgent care include:  
→ Minor burns → Coughs or sore throats  
→ Ear infections → Fever or flulike symptoms  
→ Rash or other minor skin irritations → Mild asthma → Animal and

insect bites → Minor bone fractures  
→ Minor cuts that need stitches

### When to seek emergency care

Signs of a medical emergency include:

→ Chest pain → Difficulty breathing  
→ Severe bleeding that doesn't stop after 10 minutes → Head trauma → Loss of consciousness  
→ Sudden loss of vision or blurred vision → Facial drooping or weakness in an arm or leg → Persistent vomiting

In an emergency, call 911 right away.

### QUICK AND CONVENIENT

Mercy Urgent Care East is now open at 269 N. First Ave. in Iowa City, on the lower level of Iowa City Family Practice Clinic.

Staffed by experienced physicians, it is open Monday through Friday from 7:30 a.m. to 8:30 p.m. and weekends and holidays from 8 a.m. to 5 p.m.

Services include:

- ✓ Treatment for minor illness and injury
- ✓ Minor procedures
- ✓ Lab and x-ray

Appointments are accepted but not required.

## Planning a family?

Give your baby a good start in life with a healthy pregnancy.



• Jill Goodman, MD

Mercy is offering a free class this fall to help you do just that. Preparing for Pregnancy will be offered on Wednesday, Oct. 6, starting at 6:30 p.m., in the first floor conference room. Presenters include Mercy obstetrician Jill Goodman, MD.

To register, call Mercy On Call at 319-

358-2767 or toll-free at 800-358-2767.