

Healthy Directions



Tiny incision, big benefits

Mercy surgeons are using a technique that takes the minimally invasive approach a step further

TRADITIONALLY, surgery to remove a gallbladder or appendix has required large incisions with significant scarring and often a recovery process that could take weeks.

Laparoscopic surgery, also referred to as minimally invasive surgery, has been a positive development for people needing gallbladder or appendix-removal surgery. It uses small incisions and has greatly improved surgical results. But laparoscopic surgery for gallbladder or appendix removal still requires three or four incisions.

procedure that hardly has any scarring,” says Dr. Peterson. “The cosmetic result is amazing. You literally have to search for a scar.”

During the procedure, a port is inserted through the belly button. This port is a latex-free, spongy, spool-shaped object that allows up to three instruments to use a single access point to the abdomen. Carbon dioxide gas is pumped into the abdominal cavity to allow the surgeon to see the area and manipulate instruments. The specialized instruments can move in all directions, allowing the surgeon to approach the surgical site from different angles. The port also allows for the removal of the gallbladder or appendix.

The procedure requires training. Currently Drs. Peterson and Schneider are the only surgeons at Mercy who perform the procedure.

“Technically, this procedure is more difficult and takes a little longer to do,” Dr. Peterson says. “But it’s worth it.”

Even less invasive

A new procedure being used by Mercy Iowa City surgeons Darwin D. Peterson, DO, FACS, and Nathan R. Schneider, MD, FACS, is changing all that.

The single-incision laparoscopic surgery (SILS) approach makes this surgery even less invasive, with a single incision through the belly button that is less than an inch long.

“It’s gratifying to be able to offer a

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• Darwin D. Peterson, DO, FACS



• Nathan R. Schneider, MD, FACS

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

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4 How to know if you need urgent care or the emergency room

5 New treatment option available for those who have sinusitis

8 Join us for two important seminars on heart health

Listen to those

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WANT A LEG UP on preventing cardiovascular disease? Take a step toward understanding PVD.

You have PVD (peripheral vascular disease) if blockages build up mainly in the blood vessels that lead to your kidneys, stomach, arms or lower extremities. PVD occurs most often in the arteries in your legs, causing pain and discomfort when you walk.

PVD can lead to infections, gangrene

PVD occurs most often in the arteries in your legs, causing pain and discomfort.

and even amputation. But this condition is also worrisome because people with PVD are at high risk for: → Coronary artery disease → Heart attack → Stroke → Transient ischemic attack (warning stroke)

However, there's a lot you can do to

help prevent PVD. Lowering your risk begins with understanding the causes and risk factors of the disease.

What causes PVD?

PVD usually begins when your blood vessels become damaged in some way. Your body deposits plaque (a combination of fat, cholesterol, calcium and other substances) over damaged areas in an effort to heal them.

But when plaque settles in your arteries, they can become narrowed or even blocked. This condition, called atherosclerosis, hinders healthy blood flow and can result in the formation of blood clots.

Who's at risk?

Some of the factors that lead to PVD are out of your control. For instance, the longer you live, the greater your chances of



Legs

getting PVD. And having a family history of PVD, cardiovascular disease or stroke puts you at high risk for PVD too.

But some crucial risk factors can be changed.

For example, if you smoke, you're four times as likely to get PVD as a nonsmoker. You're also at increased risk if you have: → High blood pressure → High cholesterol → Diabetes → Weight problems (obesity)

It's important to work to correct your risk factors, because about 50 percent of people with PVD have no symptoms of the disease. So if you're at high risk, your doctor may recommend a screening test for PVD, even if you don't have any symptoms.

How does PVD feel?

If you have PVD, your legs might feel cramped, fatigued, heavy or painful.

For some people, discomfort occurs only when they are walking or climbing stairs. If the pain stops after they stop, it's called intermittent claudication.

People with PVD may also have: → Poorly healing wounds on their toes, feet or legs → Pale or bluish skin color → Poor nail growth on their toes

How is PVD treated?

Most people with PVD can be treated with lifestyle changes, medicines or both. The goal is to lessen symptoms and stop the disease from getting worse.

The best thing you can do to help keep PVD under control is to exercise. Walking is a good option. Your doctor may recommend specific leg exercises that can help too.

You may also be advised to stop smoking and improve your diet. If you have diabetes or high blood pressure, you'll need to keep them under control.

If lifestyle changes and medications aren't enough, your doctor might suggest other treatments.

Screening available for vascular disease

Vascular disease is a leading cause of death in the U.S. If you smoke or have diabetes, high blood pressure, high cholesterol, heart disease or a family history of heart disease, you are at increased risk.

But vascular disease is preventable and treatable. You can get started by taking advantage of a painless, low-cost screening at Iowa City Heart Center. Cardiologist Rick Ammar, MD, reviews all results.

The screening includes: ✓ A stroke/carotid artery ultrasound ✓ An abdominal aortic ultrasound ✓ An ankle-brachial index ✓ A blood pressure check

Location: Iowa City Heart Center, PC, Suite 401, Mercy Medical Plaza, 540 East Jefferson St., Iowa City

Cost: \$99, payable by cash, check, MasterCard or Visa

To make your appointment, call Mercy On Call at **319-358-2767** or **800-358-2767**.

See page 8 for information about **Let's Learn About Legs: Peripheral Vascular Disease**, a free program planned for Saturday, Sept. 17. Presenters are Dr. Ammar and Ann Mindock, MS, ARNP.



● Rick Ammar, MD



● Ann Mindock, MS, ARNP

Talk to the experts

If you think you might have PVD or if you're at high risk for developing it, speak to your doctor or take advantage of the vascular screenings offered at Iowa City Heart Center (see above).

American Heart Association; National Institutes of Health

Coming soon to Coralville

With the fall 2011 opening of Mercy Urgent Care West at Coral West Health Center, at 2769 Heartland Drive in Coralville, area residents will have another option for medical care. Watch for news of the opening date.



Urgent care or the ER?

What kind of care do I need?

Mercy On Call has answers to your questions

Mercy On Call is a free, confidential nurse advice line. It can be reached from 7 a.m. to midnight, seven days a week. Mercy On Call is staffed by registered nurses, many of whom have emergency room experience.



Call 319-358-2767 or toll-free at 800-358-2767.

HAVE YOU EVER WONDERED what kind of facility to choose for your medical concerns? What's the difference between needing urgent care and the emergency room (ER)?

"You might think of an urgent care clinic as 'convenient care,'" says Stephen Scheckel, MD, FACEP, Medical Director of Mercy Iowa City's Emergency Care Unit. "It handles extended hours of doctors' offices, and you can just walk in. But when you think of potentially serious conditions, think of the ER."

Some conditions are obvious candidates for the emergency room: heart attack, stroke, severe injuries, unconsciousness, seizure or other time-dependent emergencies.

"When in doubt, call 911," Dr. Scheckel says.

Urgent care is ideal for any illness or injury that would normally prompt a patient to visit his or her primary care physician.

There are gray areas, however, in determining which resource to use.

"We don't expect patients to diagnose themselves," Dr. Scheckel says. "Mercy On Call is a good resource to help determine the most appropriate care."

Lisa Steichen, MS, Clinic Director for Mercy Urgent Care East (located at the corner of Rochester and First avenues in Iowa City), says that urgent care has several benefits.

"Number one: urgent care is staffed by physicians," Steichen says. "Number two: cost. There is less patient out-of-pocket cost. Number three: time. Urgent care has a faster turnaround time, with most patients seen in 15 to 30 minutes. Urgent care is one more piece of Mercy's coordinated care."

Dr. Michael Schmidt, Staff Physician at Mercy Urgent Care East, adds that urgent care supports local primary care physicians' services.

"The extended hours offered at the urgent care clinic give local providers flexibility," Dr. Schmidt says. "When appropriate, it's better for people to choose urgent care over the ER."

Dr. Scheckel notes that in the case of time-dependent diagnoses, such as heart attack and stroke, "often the biggest challenge is to get people to recognize the warning signs and symptoms and seek immediate help."

"Stoicism is the Iowa way, but the consequences can be dire," Dr. Scheckel says. "It's not weakness to seek help. You're helping your loved ones by ensuring your health is the best it can be. That's better for you and everyone around you."

New treatment available for sinusitis

Sinusitis is one of the most common chronic health problems in the United States, affecting 37 million Americans each year, causing headaches, congestion, fatigue and other symptoms.

A clinically proven, minimally invasive technology for treating chronic sinus inflammation is now available at ENT Medical Services, PC, in Iowa City.

Until now, those with sinusitis have had just two treatment options: medical therapy, such as antibiotics and topical nasal steroids, or conventional sinus surgery. Medical therapy can ease symptoms for many patients, but it doesn't work for everyone. For these individuals, sinus surgery is often the best option. However, conventional sinus surgery removes bone and tissue in order to open up sinus passageways. Rather than undergo this surgery, approximately 900,000 patients each year choose to live with painful sinus conditions.

A NEW WAY TO HELP

The new alternative is balloon sinuplasty technology by Acclarent. A small, flexible balloon catheter is placed through a nostril into the blocked sinus passageway. The balloon is then inflated to gently restructure and open the sinus passageway, restoring normal sinus drainage and function. Mercy medical staff members Thomas A. Simpson, MD, FACS, and Daniel Olney, MD, FACS, are two of the first physicians in the area to offer this technology. Dr. Simpson says the new technology means faster recovery times, less post-procedure discomfort and significant improvement in symptoms.

Get more information about this new option by calling Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**.



● Daniel Olney, MD, FACS



● Thomas A. Simpson, MD, FACS



Big benefits

Continued from front page

Ann Satterly, 58, of Iowa City, agrees. In March 2011, Ann landed in Mercy's Emergency Room with acute appendicitis. Dr. Peterson performed the new procedure just a few hours after Ann's admission.

"This was a really good experience," Ann says. "I did not have

much incisional pain, and you really can't see any scarring."

Dr. Peterson notes that it can be difficult to determine whether the SILS procedure results in less pain, because patients often have no reference point.

"They certainly don't have more pain," he says.

Ann, however, has had several significant surgeries, and she says the pain and recovery with the

SILS procedure is minimal.

"On a pain scale of 1 to 10, this was a five or less, and recovery was quick," Ann says. "For anyone considering gallbladder surgery or needing an emergency appendectomy, I would highly recommend the surgeon and the procedure."

For more information about this new surgery option, call Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**.

Welcome, new Mercy medical staff

✓ **Padmalatha Collappakkam, MD**, family medicine, Mercy Services Coralville

✓ **Kathryn E. Gilligan, MD**, psychiatry, Mercy Inpatient Psychiatry

✓ **Megan M. Miller, MD**, anesthesiology, Physician Anesthesia Care of Iowa City

✓ **Vivek Mittal, MD**, gastroenterology, Mercy Gastroenterology

✓ **Jared W. Nelson, MD**, radiology, Radiologic Medical Services, PC

✓ **Michael R. Schmidt, MD**, family medicine, Mercy Urgent Care East

✓ **Daniel T. Wing, MD**, emergency medicine, Mercy Emergency Care Unit

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.

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, locations and topics for the following:

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

HEALTHY LIVING

SMOKE STOPPERS

Now 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 Mercy On Call for more information.

CONTINUING EDUCATION FOR HEALTH CARE PROVIDERS

WHAT'S THE RUSH, FOURTH ANNUAL ACUTE MI AND STROKE CONFERENCE

Friday, Sept. 9, Riverside Casino and Golf Resort

MATERNAL-CHILD CONFERENCE

Friday, Sept. 23, Mercy Medical Plaza, McAuley Room, lower level

CRITICAL CARE CONFERENCE

Friday, Oct. 14, Mercy Medical Plaza, McAuley Room, lower level

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



You can now visit Mercy on Facebook!

YOUR GROWING FAMILY

Call Mercy On Call for dates and registration for any of these classes.

FREE EASING THROUGH PREGNANCY

Sept. 21 and Nov. 15, 7 to 9 p.m., classroom 4, Mercy Hospital

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

FREE CHILDBIRTH PREPARATION

Sept. 6 and 20, Oct. 4 and 11, Nov. 1 and 8, 7 to 9 p.m., classroom 4, Mercy Hospital

A two-session class for couples in the last trimester of pregnancy. Addresses preparing for labor and delivery and car seat safety. Includes a tour of Mercy's birth care unit.

CHILDBIRTH EDUCATION

Evening classes offered Mondays or Wednesdays, fee varies with format

This class addresses comfort, relaxation, breathing techniques for labor and delivery, vaginal and cesarean delivery, baby care, safety, and parenting. Includes a tour of Mercy's birth care unit. Taught by registered nurses who are certified childbirth educators.

NEW LABOR AND DELIVERY BASICS

Sept. 9 and 10, Nov. 18 and 19, Jan. 20 and 21, McAuley Room, lower level, Mercy Medical Plaza, \$45

✓ 7 to 9 p.m. on Fridays

✓ 9:30 a.m. to 5 p.m. on Saturdays

Taught by registered nurses who are certified childbirth educators.



Register and pay for Mercy classes online at www.mercyiowacity.org

BEGINNING WITH BABY

Sundays, Sept. 11 and Nov. 13, 1 to 4:30 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

Sept. 19, Oct. 10, Nov. 7, Dec. 5, offered at 6 and 7:15 p.m., classroom 4, Mercy Hospital

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

FREE CAR SEAT SAFETY

Sept. 26 and Nov. 14, 7 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

Sept. 27 and Nov. 22, 7 to 9 p.m., classroom 4, Mercy Hospital

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

HAPPIEST BABY ON THE BLOCK

Sept. 26 and Nov. 20
Call Mercy On Call for times, \$30

New babies are a blessing, but they can also bring sleepless nights and stress. This one-session class is based on pediatrician Dr. Harvey Karp's approach to baby care. Class topics include the fourth trimester, the calming reflex, the 5 S's and cuddle care. May be taken before or after baby is born.

INFANT MASSAGE

Sundays, Sept. 11 and Oct. 16, call Mercy On Call for times, \$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 babies and to help them sleep. Taught by a certified infant massage instructor.

BREASTFEEDING CLASS

Sept. 26, Oct. 26, Dec. 10, call Mercy On Call for times and more dates, first floor conference room, \$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, McAuley Room, lower level, Mercy Medical Plaza, noon to 2 p.m.

An informal group offering support and friendship to new mothers. No registration necessary.

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.

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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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Visit us online at
www.mercyiowacity.org.

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.

Join us!

YOUR HEART AND VASCULAR HEALTH:

Let's Learn About Legs: Peripheral Vascular Disease

Saturday, Sept. 17, Doors open at 8:30 a.m., presentation begins at 9 a.m.

Presenters: Rick Ammar, MD, cardiologist and vascular specialist; and Ann Mindock, MS, ARNP

YOUR HEART AND VASCULAR HEALTH:

Just Between Us: Women and Heart Health

Saturday, Oct. 1, Doors open at 8:30 a.m., presentation begins at 9 a.m.

Presenter: Linda Lee, MD, general and interventional cardiologist

Seminars take place in the Mercy atrium and are free of charge. They include a continental breakfast and door prize drawings. There will be time for questions, and a tour of Mercy's cardiac cath lab will be available. Sessions will conclude by 10:15 a.m.

Sponsored by Mercy Iowa City and Iowa City and Cedar Rapids Heart Centers, PC.



CANCER PREVENTION

A good reason to shelve supplements

DON'T LOOK to the vitamin aisle for cancer protection.

That's the advice from the American Institute for Cancer Research and the American Cancer Society, both of which point to numerous studies that show that vitamin supplements offer little benefit in the fight against cancer.

Tried-and-true cancer prevention steps include the following:

Eat a healthy diet. Many foods are rich in vitamins, minerals, phytochemicals and other nutrients that work together to combat cancer. Eat at least five servings of a variety of fruits and vegetables each day. Add more whole grains and beans to your menu. And limit meat to about 18 ounces a week.

Exercise. Getting active can help you reach and maintain a healthy weight, which can help reduce your cancer risk.

Don't smoke. Smoking is linked to at least 15 types of cancer and accounts for around a third of all cancer deaths. A variety of cessation aids are available that can increase your chance of quitting.

Protect your skin from the sun. Too much sun damages the skin and increases the risk of skin cancer. Use sunscreen, wear protective clothing and check your skin regularly for problems.

Remember the tomatoes

When you're making a salad, don't forget the tomatoes. Eating one tomato a day can provide about one-third of your daily vitamin C requirement and 1 to 2 grams of fiber.



American Dietetic Association