

Healthy Directions



The heart mender

Meet Dr. Wayne Richenbacher—heart surgeon, patient advocate, team leader



● Wayne Richenbacher, MD

HEART SURGEON Wayne Richenbacher, MD, says the essence of medicine is simple: “It’s the time spent with the patient.”

This distinguished heart surgeon spent more than 20 years in academic medicine. But he joined the Mercy Iowa City medical staff in 2007 in order to spend more time with patients.

“At Mercy we spend a great deal of time with patients,” Dr. Richenbacher says. “We get to know them, and in turn, they become more comfortable with us. We recognize that no one wants to meet us. But once we have the opportunity to educate them about what we do, the experience becomes less frightening for them.”

Dr. Richenbacher’s long-standing relations with community physicians and his outstanding reputation bring him patients from throughout southeast Iowa.

“Not only is he extremely talented, but he genuinely cares about each patient,” says Lori Fuller, PA-C, who works closely with Dr. Richenbacher.

“When we meet new patients, they want to know what to expect,” she says. “I tell them they will be well cared for at Mercy.

There are a number of dedicated, knowledgeable staff members who will take part in their care.”

One of the strengths of Mercy’s heart surgery program is that Fuller sees all patients in the office with Dr. Richenbacher and assists him during surgery. She is always available to patients and families to field questions and ease concerns.



● Lori Fuller, PA-C

Dr. Richenbacher is quick to de-emphasize

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Helping hearts

Heart surgery can treat a variety of heart problems. The two most common open-heart operations are coronary artery bypass grafting and heart valve repair or replacement. Coronary artery bypass surgery is used to bypass blocked arteries and restore blood flow (see related article on page 2). Faulty heart valves can either be repaired or replaced depending on circumstances.

For more information about heart surgery, visit www.mercyiowacity.org and click on “Health Library.”

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

3 High-tech surgery—without the scars

5 Are you 65 or older? Enjoy new benefits at Mercy Iowa City.

6 Join us for classes and events—most are free!

Heart surgery

Bypass a blocked coronary artery



SOME OBSTACLES are best overcome by going around them. In fact, that's a common approach for improving the heart's blood supply when the obstacle in question is an artery narrowed by fatty plaque.

The procedure is called bypass surgery, also known as coronary artery bypass grafting, or CABG, (pronounced *cabbage*.)

Rerouting the flow

Coronary arteries supply the heart with much-needed oxygen-rich blood. However, when one or more of these arteries narrow due to a buildup of plaque, blood flow to the heart is restricted or blocked. Bypass surgery is used to redirect blood around a narrowed part of a coronary artery.

The surgery can be performed in one of several ways.

Most of the time, the heart is stopped with medicines for the duration of the surgery (typically three to six hours) and a heart-lung machine takes over for the heart.

A long incision is made in the chest, and the breastbone is opened to expose the heart. Next, an artery or vein is taken—usually from the chest or a leg or both—and attached to the heart.

One end of the vessel is sewn onto the coronary artery below the blockage, and the other end is stitched to a blood supply above it, such as the aorta (the large artery

at the top of the heart). This bypass serves as a new route for blood to flow.

Several arteries may be bypassed in one operation, which is why it is sometimes called double, triple or even quadruple bypass surgery.

Another type of bypass surgery is off-pump CABG, in which surgeons operate directly on the beating heart and therefore don't need to use a heart-lung machine.

Also, bypass surgery is sometimes done through several small incisions in the chest.

Who needs it, and why?

Bypass surgery can help relieve symptoms such as angina and shortness of breath and reduce the risk of heart attack.

You may be a candidate for the surgery if you have:

- Severe blockages in your large coronary arteries. This may be especially true if your heart's pumping action is weak.
- Severe blockages that can't be treated with angioplasty, a less invasive procedure for clearing arteries.
- Severe angina that can't be controlled with medicines.

Your doctor will consider many factors before recommending bypass surgery, including the location and severity of your blockages.

Sources: American Heart Association; National Heart, Lung, and Blood Institute; Society of Thoracic Surgeons

The heart mender

—Continued from front page

his role and uses the word *team* often. He believes that staff members in every care area, from preadmission to nursing to rehabilitation, play key roles in patient care. The team effort is reflected in both quality outcomes and patient satisfaction.

"Everybody at Mercy is on the same page," says Dr. Richenbacher. "Patients see that we have superb communication."

Dr. Richenbacher's interests include bird-watching and Civil War medicine. However, his interest in heart surgery started at a young age, and he has a special passion for it. "I'm doing exactly what I want to do," he says.

"A good surgeon expects excellent outcomes and satisfied patients," he says. "Heart surgery is gratifying to me as a provider, as we have an immediate impact on people's lives."

"I particularly enjoy the staff and atmosphere at Mercy Hospital. It is a very caring environment, and patients know that the staff is committed to providing superb care."

—Wayne Richenbacher, MD

SILS puts Mercy in forefront of abdominal surgery



Surgery without scars

BY DARWIN D. PETERSON, DO, FACS,
GENERAL SURGEON



• Darwin D. Peterson, DO, FACS, General Surgeon

Dr. Peterson practices at Mercy Specialty Clinics, General Surgery. For more information about him or any Mercy physician, call Mercy On Call at 319-358-2767 or toll-free 800-358-2767.

SURGICAL REMOVAL of the gallbladder, called cholecystectomy, is performed about 800,000 times each year in the U.S., making it the second most commonly performed operation in America.

When the procedure was introduced in 1882 to treat gallstones, it involved an 8- to 10-inch incision and weeks of difficult recovery.

Fortunately, great strides have been made since then. Today nearly all cholecystectomies are done laparoscopically. Typically four small incisions are made in the patient's abdomen, and the laparoscope—a narrow, lighted, rigid tube with a camera attached—is placed in one. Surgical instruments are passed through the other incisions, and the surgeon removes the gallbladder by viewing his or her work on a television monitor.

With this approach patients can often go home on the day of surgery. They have

much less pain, a faster return to normal activity and an easier recovery.

Less is more

Now technology allows us to remove a gallbladder with just one incision. With single-incision laparoscopic surgery (SILS), just a single incision is placed in the belly button. When it heals, it is virtually invisible. SILS technology has been so successful that it is also being used for appendectomies and certain colon surgeries.

Further expanding the role of SILS is the marriage of SILS technology and robotic surgery technology. Robotic technology provides the surgeon with a 3-D view of the operating field.

The first robotic SILS gallbladder removal at Mercy was done in August 2012. It has been done routinely since that time, putting Mercy on the cutting edge of advances in abdominal surgery.



• Vikas Sharotri, MD

Heart failure specialist joins Mercy medical staff

CARDIOLOGIST Vikas Sharotri, MD, has joined the Iowa City Heart Center, PC, cardiology practice and Mercy's medical staff. His special expertise in heart failure will benefit those living with this challenging condition. Dr. Sharotri will work closely with members of the heart failure team, including Carla Pies, ARNP; Amy Becker, RN; and Becky Crane, RN, MSN.

Mercy's heart failure program is designed to:

- Closely monitor the individual's health
- Intervene early if problems arise
- Help individuals improve their self-management

A variety of proven therapies are available to improve the quality of life.

Team members also treat individuals living with pulmonary hypertension.

For more information, call Iowa City Heart Center, PC, at **319-339-3883**.

Plan ahead for yourself—and loved ones

What if you suddenly experienced a severe injury or illness that left you unable to communicate? Would your circle of support know what kind of treatment you want?

Honoring Your Wishes is a community-wide initiative that addresses this and other situations. Using trained facilitators, Honoring Your Wishes encourages advance care planning for health care decisions. It helps you:

- ✓ Understand and discuss goals for future health care decisions in the context of your values and beliefs
- ✓ Produce or update a written plan that represents your preferences and prepares others to make health care decisions consistent with those preferences

Mercy Iowa City is an Honoring Your Wishes counseling site. To make an appointment with a certified facilitator, call Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**.

Staying well

5 ways to prevent a return trip to the hospital

HAVING TO STAY in the hospital is probably not your idea of a good time. And when you're discharged, chances are you don't want to return. It's nice to have skilled, compassionate care you can depend on when you need it. But staying healthy—and avoiding a return trip to the hospital—is everyone's preference, and it's what we want for you too.

Unfortunately, a significant percentage of people discharged from hospitals nationwide are readmitted within 30 days, which is why reducing readmission rates is a goal of the Affordable Care Act. It's a goal we take seriously at Mercy Iowa City.

When you leave the hospital, we'll strive to make it a smooth transition. You can help by doing the following:

1. Make sure you understand your condition. Ask about: → What you should do to help yourself get better. → What—if any—limitations you now have. → What potential problems you should watch for. → What to do if problems occur.

If you'll be handling certain medical tasks on your own or with the help of a family caregiver—things like changing a dressing, for instance—ask a member of the hospital staff to go over the procedure with you until you're comfortable with it.

2. Review your medications. Ask if you should continue taking everything you were taking before you were admitted and if any new medications have been prescribed. If you do need to take some new ones, be sure you know when and how to take them, how much to take, and for how long. Also be sure you understand why you're taking the new medicines.

It's a good idea to keep a list of all your medications. That list—or other tools ranging from simple pillboxes to more high-tech gadgets—can help ensure you take your medicines correctly.

3. Keep your medical appointments. Often follow-up tests or doctor visits are scheduled before you leave the hospital. It's essential that you keep them. They're necessary for monitoring your progress and keeping you well.

4. Speak up if you need help. Can you bathe and dress yourself and cook your meals? If you have concerns about your ability to handle these and other tasks, don't hesitate to say so. We can arrange to get you some help.

If you're worried about things like paying for your medications or getting transportation to your doctor visits, mention that as well.

5. Get a name and number. You may have questions or concerns after leaving the hospital. Be sure you're clear about whom to call for answers.

We're confident that by working together, we can help keep you healthy and out of the hospital as much as possible, which will help lower health care costs for everyone.



Preventing readmissions is a goal we take seriously at Mercy Iowa City.

Handwashing: A good habit for good health

If you don't want to get sick—and who does?—there's a very easy and effective way to help you stay well: Wash your hands. Wash them well. And wash them often.

Handwashing is one of the best ways to stop germs from spreading—both from you to others and from others to you, according to the Centers for Disease Control and Prevention.



FIVE STEPS TO FOLLOW

To make sure your hands are well-scrubbed:

- 1 Wet your hands, preferably under running water.
- 2 Apply soap, and work up a lather by rubbing your hands together.
- 3 Scrub well for at least 20 seconds. Don't forget to get the back of your hands and under your nails.
- 4 Rinse off your hands thoroughly.
- 5 Dry your hands with a clean towel or under an air dryer.

Hand sanitizers are an OK second choice, if soap and water isn't an option.

Welcome, new Mercy medical staff!

- ✓ Dewi Abramoff, MD, Psychiatry
- ✓ Mark Gomez, MD, Mercy Wound Center
- ✓ Dean A. McNaughton, MD, Radiology
- ✓ Vikas Sharotri, MD, Cardiology

To find the Mercy doctor who suits your needs, call Mercy On Call at

319-358-2767 or toll-free

800-358-2767 or visit

www.FindAMercyDoctor.com.

Mercy goes mobile

Smartphone users can now connect with Mercy Iowa City through the mobile site m.mercyiowacity.org.

From this site on your smartphone you can search for a new doctor, get patient and visitor information, get directions, and more.



Are you on Medicare?

ENJOY THESE BENEFITS AT MERCY

In 2012, Mercy Iowa City unveiled new benefits for Medicare beneficiaries age 65 and older. Simply show your Medicare card when you use Mercy services, and you can receive these benefits:

- ✓ Free valet parking, including waived parking ramp fee
- ✓ Free coffee and an additional 20 percent discount in the Mercy cafeteria
- ✓ A 20 percent discount in Mercy Guest Lodging
- ✓ A waived activation fee for Mercy Lifeline
- ✓ Help understanding your medical bills

"Age and experience teach you a few things," says Ronald R. Reed, Mercy President and CEO. "We want you to know that we value you and your support of Mercy and the private physicians affiliated with Mercy."

For more information about Mercy's Medicare beneficiary program, call Mercy On Call at **319-358-2767** or toll-free at **800-358-2767**.



Architect's view, Mercy Family Medicine of West Iowa City

West Iowa City to see new Mercy clinic in 2013

The newest addition to Mercy's network of family medicine clinics will open near Camp Cardinal Boulevard in August 2013.

Mercy Family Medicine of West Iowa City, located at 1067 Ryan Court, Iowa City, will open with two

family medicine physicians and will serve patients of all ages.

The west Iowa City clinic will be the 16th location in Mercy's primary care network, which includes family medicine, internal medicine and urgent care.

Are you ready to get connected with your own primary care doctor? Just call Mercy On Call at **319-358-2767** or toll-free **800-358-2767** or visit **www.FindAMercyDoctor.com**.

TAKE CONTROL OF YOUR HEALTH

FOR THE COMMUNITY

LIFESTEPS WEIGHT MANAGEMENT

Begins Monday, March 4, 4 to 5 p.m.

A 12-week program taught by a dietitian and an exercise physiologist. Combines nutrition, physical activity and group support. Participants have their weight, blood pressure and BMI monitored as part of the class.

Preregistration necessary.

A NEW APPROACH TO EATING DISORDERS

Wednesday, March 6, at 7 p.m., McAuley room 1, lower level, Mercy Medical Plaza, 540 E. Jefferson St., Iowa City.

A free community presentation by Erica Lutz, LMHC, RN, on the Maudsley approach, a family-based treatment for adolescents with anorexia nervosa.

COLORECTAL CANCER: PREVENTION, DIAGNOSIS AND TREATMENT

Saturday, April 13, 9 to 10:15 a.m., McAuley rooms, lower level, Mercy Medical Plaza

A free community presentation by Vivek Mittal, MD, Gastroenterologist, and Nathan Schneider, MD, FACS, General Surgeon, with time for questions and answers. Doors open at 8:30 a.m. for a complimentary breakfast.

THE HOWS AND WHYS OF JOINT REPLACEMENT

Saturday, April 20, 9 to 10:15 a.m., McAuley rooms, Mercy Medical Plaza

A free community presentation by Christopher Scott, MD, Orthopedic Surgeon, with time for questions and answers. Doors open at 8:30 a.m. for a complimentary breakfast.

SURVIVING A STROKE: WHAT YOU NEED TO KNOW

Saturday, April 27, 9 to 10:15 a.m., Mercy Medical Plaza

A free community presentation by Stephen Scheckel, MD; Kim Lopez, RN; and additional staff from Mercy's Stroke Unit. Time for questions and answers. Doors open at 8:30 a.m. for a complimentary breakfast.



You can now visit Mercy on Facebook!

INFLAMMATORY BOWEL DISEASE

Saturday, May 4, 9 to 10:30 a.m., McAuley rooms, Mercy Medical Plaza

A free community presentation by Vivek Mittal, MD, Gastroenterologist, and Gabriela Cherascu, MD, Psychiatrist, with time for questions and answers. Doors open at 8:30 a.m. for a complimentary breakfast.

CANCER SURVIVORS DAY

Saturday, May 4, 1 to 3 p.m., Mercy atrium

An annual celebration of life for cancer survivors and their families and friends. Brief program, music, refreshments and social time.

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.

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
- ✓ Stroke Support Group

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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BABIES DON'T COME WITH INSTRUCTION MANUALS.

But Mercy Iowa City is here to help.

Visit www.mercyiowacity.org/health-news

*and sign up for our free
Pregnancy or
New Parent e-newsletters.*



YOUR GROWING FAMILY

For information about Mercy's pre- and postnatal classes, call Mercy On Call or visit www.mercyiowacity.org.

COMING IN MAY: PREPARING FOR PREGNANCY

Wednesday, May 1, 6:30 to 8:30 p.m., first floor conference room

This free class helps you prepare for a healthy pregnancy. Presenters include Jill Goodman, MD, obstetrician, and Nancy Carlisle, RD, LD, dietitian. Topics include preconception risk factors, immunizations, screenings, lifestyle and work considerations, nutrition, and financial considerations.



• Jill Goodman, MD, Obstetrician

YEAR-ROUND CLASSES INCLUDE:

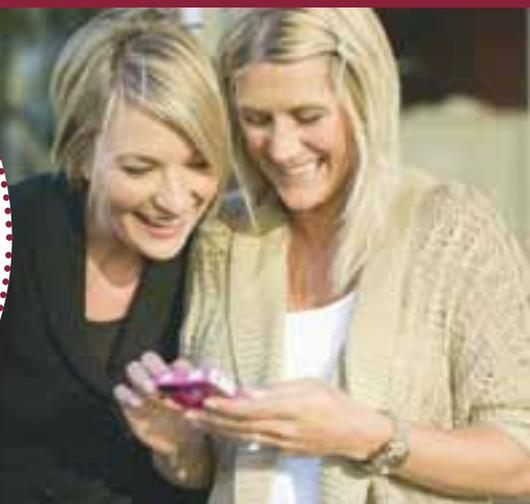
- ✓ Easing Through Pregnancy
- ✓ Childbirth Preparation and Childbirth Education
- ✓ Labor and Delivery Basics
- ✓ Beginning With Baby
- ✓ New Brother/New Sister
- ✓ Car Seat Safety
- ✓ Put Safety First
- ✓ Happiest Baby on the Block
- ✓ Infant Massage
- ✓ Breastfeeding Class
- ✓ Breastfeeding and More Support Group

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
800-358-2767.**



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

Main hospital number: 319-339-0300



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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.

Coral West offers new convenience in Coralville



Coral West Health Center

CORAL WEST HEALTH CENTER is just a hop, skip and a jump north of Coral Ridge Mall. In one convenient location, this four-story building provides these medical services:

- Mercy Urgent Care West
- Mercy Internal Medicine
- Mercy Occupational Health
- Mercy Lab Draw Station
- OB GYN Associates of Iowa City and Coralville
- Corridor Radiology
- Progressive Rehabilitation Associates

Coral West Health Center is located at 2769 Heartland Drive, near the Coralville water tower and Walgreens, west of Coral Ridge Avenue.

For information about services or hours, call Mercy On Call at **319-358-2767** or toll-free **800-358-2767**.

Mercy Urgent Care West in Coral West Health Center

Just walk in—the doctor is ready to see you!

Monday through Friday, 7:30 a.m. to 8:30 p.m. Weekends and holidays, 8 a.m. to 5 p.m. (Closed Christmas Day)

Mark your calendar for these free programs

Mercy plans a full line-up of free community seminars for spring 2013. See the calendar on pages 6 to 7 for details. Topics include:

- ✓ A New Approach to Eating Disorders, presented by Erica Lutz, LMHC, RN
- ✓ Colorectal Cancer: Prevention, Diagnosis and Treatment, presented by Vivek Mittal, MD, and Nathan Schneider, MD, FACS
- ✓ Joint Replacement, presented by Christopher Scott, MD
- ✓ Surviving a Stroke: What You Need to Know, presented by Stephen Scheckel, MD; Kim Lopez, RN, and others
- ✓ Inflammatory Bowel Disease, presented by Vivek Mittal, MD, and Gabriela Cherascu, MD

Your health.

Your free e-newsletter

When it comes to your health, you want information that's geared to your interests and needs. That's why we've created *My Health*, a monthly e-newsletter that lets you choose the health topics you want to read about.



To sign up, visit our website at

www.mercyiowacity.org/health-news.

Sign up for our free *My Health* e-newsletter, and each month you'll receive a mix of timely news items, in-depth stories, local events and tips related to the topics that interest you.