

HEALTH WATCH

JULY 2010 ◆ DUBUQUE, IOWA

KIM'S STORY: Skin Cancer Scare for Young Woman



Kim Erickson attended the free skin cancer screening at the Dubuque County Fair where she learned that her history of tanning had taken its toll.

"I was so young. It wasn't going to happen to me," says Kim Erickson, 24, of Dubuque. That was Kim's reasoning before she experienced a skin cancer scare last year.

Kim attended Mercy's free skin cancer screening at the Dubuque County Fair last summer. Dr. Charles Weber, a Medical Associates Clinic dermatologist, examined her. A mole on Kim's upper right leg looked suspicious, and Dr. Weber told her that she needed to make an appointment right away to rule out melanoma. Kim called the very next day. "It was scary to hear the word 'melanoma,'" she says. Fortunately, the biopsy showed that the abnormality was caught before becoming melanoma. Dr. Weber removed the mole and surrounding area to clear the margins of abnormal cells.

About 1 in 40 Americans develops melanoma, the deadliest form of skin cancer. "Once a melanoma spreads or metastasizes, there is

no very effective treatment, and too often, it kills patients," says Dr. Weber. "It was recently described that tanning parlor use is associated with doubling the lifetime risk for melanoma."

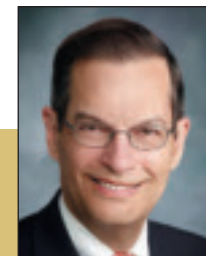
Kim had a long history of indoor tanning, and she even worked at a tanning salon for several years. Now she cringes at the thought of young girls tanning on a regular basis. "I see how much people tan, and I know the facts," she says. "Tanning has gotten out of control." People as young as 14 can use a tanning bed without the permission of a parent.

Dr. Charles Weber says people get half their lifetime dose of sun before age 18. "If a person wishes to reduce the risk for skin cancer and to have a more even skin tone with less wrinkles in the last half of life, it is best to limit sun exposure early in life," says Dr. Weber. He suggests following the "ABC's": avoid, block, and cover up. "Plan activities early and late in the

day if possible, use sunscreen 30 or above and reapply periodically, and cover up with a hat and clothing and choose shade over sun when possible," recommends Dr. Weber. And, of course, stay away from tanning beds. "Tanning can be addictive, as it does often make us feel wonderful, but it is one of those things in life that makes us feel too good to be good for us."

Kim agrees that tanning is addictive. She now relies on sunless tanning for her golden glow. "I've become a lot more aware," she says. Kim is also adamant about having regular check ups.

"I hope people know that it can happen to them," says Kim. She encourages others to attend the upcoming screening at the fair. "It's free, so you may as well stop in."



Charles Weber, MD
Medical Associates Dermatologist

Skin Cancer Screening at the Dubuque County Fair Commercial Exhibit Building

Tuesday through Sunday,
July 27 – August 1, 2 – 7 p.m. daily
No fee and no reservations required.
Admission is charged to enter the fair.
Admission to the fair is free until 3 p.m.
on Tuesday and Thursday.

Mercy Service Club Autism Center Opens



Staff work with children at Camp Mercy, a summer program for children with autism. Camp Mercy, now in its sixth year, is being held in the new Mercy Service Club Autism Center.

Families across our community who have children on the autism spectrum can breathe a collective sigh of relief—they now have the additional support they need, locally.

Staff of the Mercy Service Club Autism Center began seeing patients on Tuesday, July 6. The

center is located on Mercy's campus, on the third floor of the Professional Arts Plaza.

The autism center is named after the Mercy Service Club, which generously donated \$100,000 to help support the center. The club's mission is to provide assistance for children in Mercy's care. They have also been a major contributor to Camp Mercy, a summer camp for children with autism. "To offer such a wonderful service to a very special group of children—this is our objective," says Mercy Service Club president Claire Lattner.

The center offers evaluation, diagnosis, and ongoing treatment in one location, eliminating travel and lengthy waits for appointments. Diagnosis is made by a team of local providers, including a Medical Associates Clinic nurse practitioner, Mercy behavioral specialist, and Mercy speech pathologist. The team has 32 years of combined experience with autism spectrum disorders (ASD).

If a child is diagnosed with ASD, the team provides ongoing consultation and support, a training class for parents, support in crisis situations, long-term relationships with families, and training support/resources for community providers.

The staff is passionate about the work they do. "It's so similar to the passion that everyone

A LETTER FROM THE PRESIDENT

Russell M. Knight, *President & CEO*



A couple of months ago we celebrated Diversity Awareness Month here at Mercy. It made me recall a comment I had read or heard somewhere to the effect that we need to get beyond the idea that celebrating diversity means sampling each other's food. Although we did have a week when we enjoyed a wide variety of ethnic meals in the Mercy cafeteria, I think I do understand the point: truly appreciating the wonderful differences that exist among people of varied backgrounds and heritages – and ensuring that everyone is valued and included in the life of the organization – is much more complex than choosing a taco on Monday, an egg roll on Tuesday, and spaghetti on Wednesday.

Here's an example of that complexity. In October of last year we began asking patients at the time of admission to identify their race and primary language. During the first six months of this new process, two people declined to furnish the requested information. Nearly 18,400 others told us they were of seven different races (not counting "other" and "unknown") and spoke 30 different languages. Other than English, the most common language was Spanish, which is probably not surprising, but we also had patients who spoke Albanian, Basque, Cambodian, Greek, Indonesian, Malagasy, Maltese, Mandarin, Marshallese, Portuguese, Russian, Swedish, Tamil, and Vietnamese, among many others.

To communicate effectively with patients about potentially complicated matters in all these different languages, we use a service called "Language Line," which gives us quick access via telephone to certified interpreters in virtually any spoken language 24 hours a day, seven days a week.

Although we have long appreciated the helpfulness of family members, neighbors, and community volunteers who will do their best to interpret, we no longer rely on them to ensure accurate, confidential communication with the people we serve.

We are also working hard to ensure that our actions are thoughtful and competent in relation to the culture of the person under our care. A recent example illustrates the point. A Mercy nurse has been working for the past several years at the Crescent Community Health Center to help people with diabetes, including several who really needed to improve their diets. These people found it difficult to afford healthy foods from the grocery store, so a solution was to organize a group garden. However, the people are also part of a culture that spends much of the time barefoot – not a good idea for a diabetic hoeing a vegetable garden – so the nurse explained the importance of wearing shoes while performing that task. Through persistence, creativity, and sensitivity to the needs of someone different from herself, she provided a great demonstration of what our commitment to diversity and inclusion is all about.

As our world simultaneously becomes smaller and more complex, we will all need to do a better job of understanding our differences and working through them with compassion and respect, two of Mercy's highest values.

www.mercydubuque.com

Mercy Service Club Continued...

puts into breast cancer or heart disease—early detection, early intervention, life-long positive outcomes," says Behavioral Specialist Alyson Beytien. They know that when a plan is developed and the

correct resources are in place, a child will thrive. For more information, contact the Mercy Service Club Autism Center at (563) 589-9035 or visit www.mercy-autism.com.



Claire Lattner
Mercy Service Club



Alyson Beytien, MS-Autism
Mercy Service Club Autism Center

The Joy of Caring: Fostering Resilience and Hope

Ministering and providing care means embracing the gifts of suffering and grieving that people experience in difficult times. Mercy, Clarke College, and the Archdiocese of Dubuque are sponsoring The Joy of Caring: Fostering Resilience and Hope. Parish nurses, pastoral associates, clergy, nurses and nurse practitioners, seminary students, social workers, funeral home employees, and the community are invited to attend this day-long conference. The conference will be Friday, August 13, 9 a.m. – 3:45 p.m. at the Clarke College Atrium.

Participants will discuss how contemplative living and psychological resiliency can help build resiliency and hope in ministering to others, explore the meaning of Christian hope and how networking can lead to hope and service, identify ethical issues when there's conflict between caregivers and patients, and consult with experts in dealing with unexpected tragedies and loss.

Conference registration prior to August 2 is \$45 (\$55 after August 2) with an additional fee of \$8 if CEUs are desired. Registration for Mercy Health Ministry Parish Nurses is \$30 if prior to August 2. Call Charlotte Halverson at (563) 589-8111 for more information or register online at www.mercydubuque.com.

Mercy Staff Earn Awards

There is nothing quite like being recognized for a job well done. Here we recognize some of our staff who have gone above and beyond.

The following Mercy Child Development Center staff were awarded with Early Education Awards from Empower Dubuque: **Rica Artene, Pam Breitbach, Bitzie Decker, Lisa Ehrlich, Becky Groshens, Stacy Kloss, Denise Moore, Brenda Newton, Caroline Noonan-Koppes, Susie Schumacher, Jenny Ware, and Meryl Welsh.** Early childhood professionals were selected based on recommendations and their achievements in continuing education. Of the 20 people given the award in Dubuque County, 12 are from the Mercy Child Development Center.

Sara Bechen, an Emergency Department nurse, has received Mercy's 2010 BSN Scholarship Completion Award. The \$500 scholarship, which is funded through a gift from the Rita Trenkle estate, helps Mercy nurses who are working to achieve a bachelor of nursing degree.

Jan Hayertz, a Community Education nurse, has received the Salute to Excellence Award. This award recognizes an employee for actions demonstrating excellence in care or service and who has gone above and beyond expectations.

Rachel Kroeger, a certified nursing assistant at Oak Crest Manor Nursing Home at Mercy – Dyersville, has been awarded a \$3,000 scholarship from the Iowa Hospital Education and Research Foundation (IHERF). Rachel is studying nursing at Clarke College and is among 30 recipients across Iowa to receive the scholarship.

Fran Paisley, an Ambulatory Services nurse, has received the Ott Family Excellence in Surgical Nursing Award. This annual award is presented to a registered nurse who is admired by patients and colleagues for his or her excellence as a surgical nurse at Mercy.

Kathy Scremin, secretary in the Performance Improvement department, has received the Connie Noel Award. This annual award is given to the person who best promotes the mission and values of Mercy, as did the late Connie Noel, a longtime nurse who was an extraordinary asset to the Mercy team.

Area Students Receive Nursing Scholarships

Several high school seniors who are heading to college in the fall will be getting some extra help from Mercy. Mercy – Dubuque has awarded five \$500 scholarships to high school seniors who plan to pursue a career as a registered nurse. This year's scholarship recipients are:

Audrey Piekenbrock – Wahlert Catholic High School, Dubuque, Iowa
Lauren Hutchins – Cascade Junior-Senior High School, Cascade, Iowa
Brittni Weyant Horstman – Clayton Ridge High School, Guttenberg, Iowa
Elizabeth Schroeder – Marquette Catholic High School, Bellevue, Iowa
Emma Schneider – Cuba City High School, Cuba City, Wisconsin

Requirements for the scholarship include a cumulative grade point average of 3.0 or higher, two letters of recommendation, a personal essay describing the applicant's interest in a nursing career, a resume of activities including volunteering in the community, and acceptance into a 4-year college or a community college. The winners were chosen by a selection committee at Mercy – Dubuque.

Pulmonary Conference Set for September 17

Respiratory therapists, nurses, EMS personnel, other interested healthcare providers, and students are invited to attend the Northeast Iowa Pulmonary Conference sponsored by Mercy Respiratory Department on Friday, September 17, 7:30 a.m. – 4:30 p.m. at the Best Western Midway Hotel.

Keynote speaker Pam Hillary from Kneading Minds will speak about making a difference in the workplace. Other presentations include: cooling protocol for critically ill patients, non-invasive ventilation in the ER, transitioning a ventilated patient from ICU to Skilled or home, firsthand account of a medical trip to Haiti, asthma updates, case studies, and pulmonary rehabilitation.

CEUs are available. Conference registration prior to September 3 is \$80 (\$85 after September 3). Registration for students is \$30. Call (563) 589-8049 for more information or register online at www.mercydubuque.com.

Patient Crowns Dr. King




Following removal of his tonsils and adenoids, seven-year-old Nathan Menke made a crown for Dr. Timothy King, Otolaryngologist at Medical Associates Clinic. So why did Nathan make a crown for Dr. King? Simple: Because Dr. King didn't have one. Got to love how kids think. Nathan's mom, Hillary, said he was a real trooper during the recovery process and enjoyed a lot of yogurt.

Find something special for the little one in your life at the
MERCY GIFT SHOP!
Baby will no doubt be turning heads when dressed in these adorable fashions.



GIFT SHOP HOURS:
Monday 10 a.m. - 5 p.m.
Tuesday 10 a.m. - 7:30 p.m.
Wednesday 10 a.m. - 7:30 p.m.
Thursday 10 a.m. - 5 p.m.
Friday 10 a.m. - 5 p.m.
Saturday 10 a.m. - 3 p.m.

All proceeds support programs and services for children in Mercy's care. As always, there is no sales tax. Managed and staffed by volunteers from the Mercy Service Club.



MERCY'S MY CHOICE.

BECAUSE IN EMERGENCIES, THERE'S NO ROOM FOR WAITING

Emergency Care. Without the wait. What a relief.
When you're hurting, any time spent waiting is too long. That's why at Mercy's ER there is no waiting. Immediately, you'll be seen by a caregiver, and shortly after that treated by a physician. Our "No Wait" policy means that within minutes of your arrival, you're on your way to healing thanks to Mercy's expanded ER, increased physician coverage, electronic medical record and ongoing process review to care for patients more efficiently. All this while consistently achieving extremely high patient satisfaction. *Mercy's Emergency Care. The regional leader.*

Mercy MEDICAL CENTER
DUBUQUE

MERCY MEDICAL CENTER. CHOOSE THE LEADER.

SCREENINGS

Stroke Detection Plus

Detect your risk for stroke with three different non-invasive tests.

- Screenings for carotid arteries blockage, abdominal aortic aneurysm and peripheral vascular disease are \$45 each or all three for \$105.
 - An osteoporosis screening is available for \$45 and, when combined with the three stroke detection screenings, the total for all four is \$125.
 - **Mercy – Dubuque** Ground Floor, 250 Mercy Drive, Dubuque
Tuesday & Wednesday, July 6 & 7, 9 a.m. – 4:30 p.m.
 - **Maquoketa** at the Jackson County Farm Bureau Office
Tuesday, July 13, 9 a.m. – 4:30 p.m.
 - **Platteville** Medical Associates Clinic
Tuesday, July 27, 9 a.m. – 4:30 p.m.
- Appointments are required by calling Stroke Detection Plus toll-free at (877) 732-8258.

Skin Cancer Screening at the Fair

Wondering about spots or patches on your skin? Don't miss this private, confidential, **free** screening conducted by Medical Associates Clinic Dermatologists.

Tuesday, July 27 – Sunday, August 1 2 – 7 p.m. daily

Tuesday, Saturday & Sunday: Allen Harves, MD
Wednesday: Charles Weber, MD
Thursday & Friday: David Stabenow, MD
Commercial Exhibit Building, Dubuque County Fair
Admission is charged to get into the fair, but is free till 3 p.m. on Tuesday and Thursday.

EVENTS

Autism-Friendly Movie: *Up*

Sponsored by Mindframe Theater & the Autism Health Committee of Dubuque.

Children affected by autism and other disabilities and their families are invited to this special showing in a safe and accepting environment: Lights will be brought up, sound will be turned down, families may bring gluten-free, casein-free snacks, and no previews or advertisements will be shown. Audience members may get up and dance, walk, shout or sing.

Saturday, July 10, 10 – 11:30 a.m.

Mindframe Theater, 555 JFK Road, Dubuque
No admission will be charged. Children must be accompanied by a parent or caregiver over 18 years of age.

Child Safety Seat Check & Installation

Sponsored by Safe Kids of the Tri-States

Saturday, July 17, 10 a.m. – Noon

Anderson-Weber, 3450 Center Grove Drive, Dubuque
Reservations required. Call (563) 556-3281 and ask for a Car Seat Fit appointment. Held rain or shine. Bring your vehicle, car seat, and child if possible.

OUTREACH CLINICS

Children's Hospital of Iowa Outreach

Pediatric Cardiology Clinic

Friday, July 16

Mercy Medical Center, Ground Floor
250 Mercy Drive, Dubuque
Call (877) 891-5350 to schedule an appointment.

VNA Pediatric Immunization Clinic

For children age 2 months to 18 years, on Title 19 or without private insurance coverage for immunizations.

Thursday, July 22, 1:30 – 5:30 p.m.

Mercy Medical Center, Ground Floor
250 Mercy Drive, Dubuque
Appointments required.
Call (563) 556-6200 or toll free (800) 862-6133.
Fee: \$15 suggested, but not required.

SUPPORT GROUPS

Brain Injury Support Group

Thursday, July 8, 5:30 p.m.

Picnic at Murphy Park, Dubuque
Call (563) 589-8164 for information.

Arthritis Support Group

Monday, July 12, 6:30 – 8 p.m.

Mercy Medical Center, Conference Room 1F
250 Mercy Drive, Dubuque
Call (563) 589-9375 for more information.
Join us for this new support group. Meetings will be on the second Monday of the month.

Muscular Dystrophy Support Group

Monday, July 12, 6:30 – 8 p.m.

Mercy Medical Center, Conference Room 1B
250 Mercy Drive, Dubuque
For information, call (319) 393-8905.

Laryngectomy Support Group

Wednesday, July 14, Noon – 1 p.m.

Mercy Medical Center, Conference Room 1E
250 Mercy Drive, Dubuque
Call (563) 589-9035 for more information.

SHARE Support Group

Support for loss due to miscarriage, stillbirth, or infant death.

Wednesday, July 14, 7:30 p.m.

Mercy Medical Center, Sixth Floor Auditorium
250 Mercy Drive, Dubuque
Call (563) 589-8599 for information.

BIRTH EDUCATION

For more information, call (563) 58-BIRTH (582-4784) or (800) 99-BIRTH. You may attend our three most popular pregnancy classes (Birth Preparation, Make Room for Baby, and Breastfeeding) for only 1 fee of \$30.

Natural Milk Network

Free drop-in support for breastfeeding mothers. Every 1st, 3rd, and 5th Wednesday, 1 – 3 p.m.
Upcoming dates: **July 7, 21**
Mercy Medical Center, Sixth Floor Boardroom
250 Mercy Drive, Dubuque
Call (563) 589-8553 for more information.

Birth Preparation for Expectant Parents

Three-session evening classes (Tuesday or Wednesday, 7 – 9 p.m.) or one-session Saturday class (9 a.m. – 3 p.m.)

Wednesday, July 7, 14, 21

Tuesday, August 3, 10, 17

One-session Saturday classes: **July 10, August 14, September 11**

Both sessions include a tour of the Birth Center. Early registration is recommended as class size is limited. Register online or call the Birth Center.

Breastfeeding Class

For expectant and new parents.
Second Thursday of every month, 7 – 9 p.m.
Upcoming dates: **July 8, August 12, September 9**
Register online or call the Birth Center.

Sibling Class

For expectant parents & kids age 3 – 10.
Second Monday of every month, 7 – 8:30 p.m.
Upcoming dates: **July 12, August 9, September 13**

No fee. Register online or call the Birth Center.

Make Room for Baby

For expectant & adoptive parents, grandparents, & teenage siblings.
Third Monday of every month, 7 – 9 p.m.
Upcoming dates: **July 19, August 16, September 20**
Register online or call the Birth Center.

Pondering Pregnancy?

Learn about exercise, nutrition, medical history and much more through an online video class. Presented by Medical Associates Obstetricians and Midwife. **View this class online at www.mercydubuque.com/PonderingPregnancy.**

Beary Special Baskets

If you are pregnant, tour the Mercy Birth Center and enter your name in a monthly drawing for a basketful of gifts for your baby and family.

Mercy Lactation Services

Personal breastfeeding assistance from certified lactation consultants offered to all tri-state moms. Call (563) 589-9596.

DRA Grants Support Mercy

Mercy has received many grants from the Dubuque Racing Association (DRA) over the years, and we are pleased to receive their latest support.

The DRA has awarded a \$10,000 grant for the construction of the Mercy Service Club Autism Center. "It is through generous donations as we received from the DRA that the Mercy Service Club Autism Center is able to provide care to children and their families in the Tri-states," says Bobbi Schell, Director of Physical Medicine and Rehabilitation at Mercy. "Thank you from all of our staff and clients!"

The 2010 Mercy Festival of Trees is also receiving a financial boost from the DRA. The Dubuque Mercy Health Foundation was awarded a DRA grant of \$13,500 for the Festival of Trees. "Receiving a Dubuque Racing Association grant this year is particularly exciting for us," says John B. Donovan, Executive Director of the Dubuque Mercy Health Foundation. "The grant will be used to enhance the programming we provide for the community at the 2010 Festival of Trees being held at the Roshek Building."

Thank you, Dubuque Racing Association, for supporting Mercy and our community.



Health Watch is published for the friends and staff of Mercy Medical Center. Our goal is to keep the Tri-state area informed of the latest in health care issues. If you have any questions regarding health information that appears in Health Watch, please contact your personal physician. Patient admissions, room assignments and patient services are provided without regard to race, creed, national origin, disability or age.

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