



Iowa Specialty Hospitals & Clinics

INSIDER

Iowa Weight Loss Specialists: Celebrating One Year of Partnership



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August
2015

A View FROM THE INSIDE



Steve Simonin, President & CEO

Over this past year, I turned 50, lost 75 pounds, sold my coffee shop, and took the word “prepare” as my goal for the year 2015. I didn’t know, nor do I yet know, what “prepare” means for my life. I told people that I plan on living to be 100 years old (I do), and so I was preparing for my second half of life. Again, I still have no idea what this means.

Recently, I took an online quiz to see what my “real age” was based on my health status. It said 22 years old, which I fully embrace as the truth. Thinking about this, I came to the conclusion that paying yourself first – with healthy behavior and clean living - pays off. (Within reason, it’s claimed that vegetarians live up to 9 years longer than meat-eaters; nine horrible, worthless, bacon-less years.) Since my main gig is being the CEO of Iowa Specialty Hospitals & Clinics and I’m sort of a narcissist, I thought, “How does my personal perspective affect Iowa Specialty Hospitals & Clinics?” When you are changing yourself and holding yourself accountable, you have to be transparent with everything. You have to track your food intake, exercise, weight, labs, etc. Then, armed with this knowledge, you need to make choices as how to live. Ignoring food, weight, or labs will not bode well for your health status. Same goes for Iowa Specialty Hospitals and Clinics. If we choose to ignore factors, such as obesity... and diabetes... and heart disease... and high incidence of cancer (because they are all too hard to talk about), then our hospitals and clinics, as community providers of healthcare, are not doing their job.

Ignorance is bliss, they say. I tried to think of situations in my life where ignorance helped me. Willful ignorance - like thinking that the flying objects in my yard at dusk are robins or doves (they are bats ... ick) - is a specific willful act of ignorance to avoid a bad case of the willies. Ignorance regarding an odd-shaped mole on my arm could kill me. Ignorance on rules or common sense, usually leads to harm or at least embarrassment. I read today that a good percentage of overweight people think they are “just fine” weight wise. Now, I’m all for healthy body image and good mental stability, but long term,

we have to be aware and cognizant of our status. There are all sorts of charts and graphs showing the health status of Americans, but for a real perspective, you simply have to compare walking in a mall here in the Midwest to walking one in Colorado, to appreciate that we – in the Midwest – are not as physically healthy. (Honestly? We could use at least one good mountain to climb; even a hill would be nice.)

“Mind your own business, Steve. If we want your advice, we’ll ask for it.” (Mindful pause.) First of all, I appreciate your honesty and forthright nature. I guess the real reason I bring up the fact that we are not as healthy as we could be is that we at Iowa Specialty Hospitals & Clinics want to be an oasis in the midst of chaos. “Ok, so what does that really mean?” I think from an overall perspective, we desire to make a difference in our patients’ lives. Whether it is to get a patient back to premium health through fitness or medicine or behavior modification... our ultimate goal is to help our patients have the most amazingly, awesome life possible. “You want to make my life better? Buy me a winning lottery ticket or better yet paint my house.” Ok, well ... I know that as I get healthier and stronger every day I have more energy and can work harder. Lots of money and a freshly painted house versus feeling great and having lots of energy... I don’t know, personally I’d take the latter.

That is why we continue to grow the services available here. We’re celebrating our first anniversary in partnership with Iowa Weight Loss Specialists. They’re rocking it when it comes to helping patients achieve a new lifestyle, and they’ll only continue that success as they grow their patient base. It’s also why we are bringing on more mental health providers, expanding ENT services, and more (check out the rest of this issue for details). In the end, I guess you could say it really is about partnerships... we’re partnering with the best of the best so that as we move forward, our partnership with you – our patients – will be amazing. So for all of us, the best is yet to come! Here’s to long, great partnerships and long, super healthy lives! ■

WELCOMING NEW PROVIDERS TO OUR FAMILY!

Iowa Specialty Hospitals & Clinics is bustling with many new faces!

We are very blessed to have many new providers, health staff, and employees joining us in July and August. Read on below to learn more about our newest providers who will be available to meet your healthcare needs.

Richard Bose, MD – Pain Management

Dr. Bose will treat patients in Belmond and Clarion. He completed his education at Creighton University School of Medicine in Omaha in 1983. He specializes in consulting and outpatient interventional pain management and spinal cord stimulation.



Paige Harnish, LMSW – Counseling & Therapy Services

Paige is a clinical social worker who will be working with Iowa Weight Loss Specialists out of the West Des Moines office. She received her Master of Social Work degree from the University of Iowa in 2013. Her clinical interests include mental health and therapy.



Melisa Coaker, MA, MD – Sleep Studies

Melisa is the new medical director of our Sleep Study program in Belmond and Clarion. She received her medical degree from Meharry Medical College in Nashville in 2006. Her interests include sleep disordered breathing, shift work disorder, circadian rhythm disorders, and insomnia disorders of hypersomnia.



Brad Hjelmeland, LISW – Counseling & Therapy Services

Brad is a clinical social worker and will see patients in Belmond, Clarion, and Hampton. He received his Master of Social Work degree from the University of Northern Iowa in 2009. He has special interests in substance abuse.



Nicole Dennler, ARNP – Family Medicine

Nicole has joined our Belmond Family Practice Clinic. She received her master's in nursing from Allen College in Waterloo in 2015. Her clinical interests include family medicine and women's health.



Julianne Klesel, LISW – Counseling & Therapy Services

Julianne is a clinical social worker who sees patients in both Belmond and Clarion. She received her Master of Social Work degree from the University of Nebraska in Omaha in 2001 and specializes in individual, family, and group therapy.



Rachel Fletcher, LISW – Counseling & Therapy Services

Rachel is a clinical social worker who helped begin our Counseling & Therapy Services department and sees patients in Belmond and Clarion. She received her master's in social work from Ohio State University in Columbus in 2009 and specializes in social work and individual, family, and group therapy.



Joe Miller, DO – Internal Medicine

Dr. Miller will be an additional hospitalist for Iowa Specialty Hospital in Belmond and Clarion. He received his Doctor of Osteopathic degree from Des Moines University in 2001. As a hospitalist, Dr. Miller specializes in the care of patients who have been admitted into the hospital and works directly with primary care physicians to coordinate care.



Alison Fox, LISW – Counseling & Therapy Services

Alison contributed to the beginning of our Counseling & Therapy Services department. She sees patients in both Belmond and Clarion. She received her master's in social work from the University of Northern Iowa in 2014. Alison specializes in social work and individual, family, and group therapy.



Kevin Prater, MPAS, PA-C – Ear, Nose, & Throat

Kevin will be joining Dr. Griffith in Belmond. He received his Master of Physician Assistant Studies from the University of Nebraska in Omaha in 2012. He specializes in ear, nose, and throat and head and neck surgery. Coming to us with over 10 years of experience, Kevin has been partnered with Dr. Griffith for eight of those years.



Patient Testimonials

A Year of Weight Loss Success!

July 1st marked the one-year anniversary of Iowa Specialty Hospitals and Clinics collaboration with Iowa Weight Loss Specialists (IWLS). Dr. Eibes' first surgery was performed on July 21, 2014. We have since performed over 150 sleeve gastrectomies at our Belmond Campus and have visited with hundreds of patients in both our medical and surgical weight loss programs in our clinics in Belmond and West Des Moines.

We started IWLS because we wanted to provide exceptional care, achieve outstanding patient satisfaction, and provide successful weight loss. We strongly believe that it takes an entire team to support patients through their weight loss journey.

If a patient is 30 lbs. overweight, he or she may only need some dietary counseling. However, when patients become 100 lbs. overweight or more (morbid obesity), they need a team of professionals. At this level, their obesity is impacting their overall health and multiple organ systems, along with potentially causing mental health issues. Our team provides education and formulates a customized plan on how to treat a patient's obesity. ■



Pearce L.

Surgery Date: August 2014
125 lbs. lost to date!

Quote: "For the first time in 20 years, I like the person I see in the mirror. I now know I will be living a long happy life. It's going from an awful life of being unhappy and unhealthy to a new life where I feel I'm really "living"!"



Steve S.

Surgery Date: July 2014
75 lbs. lost to date!

Quote: "My life is entirely different. It's like I was reborn the day of surgery. I am not ruled by my appetite. I can run again, and my clothes fit. I'm confident and happy. Everything changed!"



Lisa B.

Surgery Date: October 2014
73 lbs. lost to date!

Quote: "My health has improved, and I no longer need medication. I have more energy, my knees no longer hurt, and I can now go hiking and biking with my husband and kids. My only regret is that I didn't do the surgery sooner."



Julia R.

Surgery Date: October 2014
90 lbs. lost to date!

Quote: "I was starting to see the effects my weight had on my health, and I didn't want my unhealthy lifestyle to negatively impact my kids. Since surgery, I feel fantastic, I am able to keep up with my kids, and I'm off medications. I haven't felt this good in 15 years! I am so grateful for IWLS and their tools to help me achieve my weight loss goals."

If you or someone you know is ready to make a change, call us at 515-327-2000 or register for a free informational class online at iowaweightloss.com.

Medical Weight Loss

Weight plays an important role in our overall health. Many short-term and long-term health conditions are related to weight. For overweight or obese individuals, extra weight will dramatically increase the risk of health-related diseases.

For many, it is necessary to lose weight to reduce current or eliminate future health conditions. But it can be a struggle.



According to the American Diabetes Association, losing even 10 to 15 lbs. can reduce or improve blood sugar levels, blood pressure, cholesterol, and stress on joints.

For many, weight loss surgery is the most effective solution for losing excess weight. For others, it may not be the best fit for various reasons, including fear of having surgery.

Iowa Weight Loss Specialists offers a non-surgical Medical Weight Loss program that focuses on diet and exercise modification in combination with medications, if necessary.

This program is unique in that it is a collective effort between you and our team, headed by Dr. Amy Tesar and Alissa Kruger, ARNP, NP-C.

We provide you with all of the tools, education, and support you need to make the necessary lifestyle changes for you to achieve weight loss success.

We review your blood work and medical history to determine if you have any barriers to losing or keeping off weight. Knowing this information allows us to identify and create your customized plan to help you effectively lose weight.



The National Institutes of Health's study found that a combination of diet and exercise cuts the risk of developing diabetes by 58%.

Whether you need to lose 10 lbs. or 100 lbs., we can help you achieve weight loss success with the necessary support and tools to keep it off.

For more information about our Medical Weight Loss program, visit our website at www.iowaweightloss.com or contact us at 515-327-2000. ■



The Economic Impact of Obesity

by Dr. Todd Eibes, MD, FACS

Employers are constantly looking for ways to decrease expenses. Surgical intervention in the treatment of obesity and morbid obesity offers the greatest impact to the bottom line by drastically improving employee health while reducing overall healthcare expenses.

Obesity is an expanding epidemic in the United States. Current estimates from the Center for Disease Control (CDC) show that 78 million Americans are obese and 24 million are at least 100 lbs. overweight. The incidence has risen dramatically over the past decade. The resulting impact on the workforce is alarming. Being 100 lbs. overweight increases risk of premature death by 50-100%. Obese individuals also see triple the standard rates of type 2 diabetes and sleep apnea, and nearly double the rates of hypertension. There are currently 25 million cases of diabetes for which 95% is type 2 diabetes. Type 2 diabetes is primarily related to weight. Cancer risk is also increased with estimates of 84,500 cases due to obesity in 2007 and predictions of 500,000 new cancers due to obesity by 2030.

The economic impact to the economy is staggering. Estimates show that in 2011 approximately \$270 billion was spent in treating complications of obesity and another \$72 billion was spent due to overweight patients. Indirect costs to employers due to decreased productivity, increased absenteeism, inability to work, and premature death add up to \$69 billion annually. Diabetic care alone accounts for \$7,900 per patient annually.

Surgical care in the treatment of morbid obesity offers the greatest impact in improving both the health of the workforce and decreasing costs for employers. Currently, the risk of weight loss surgery is very low with the chance of dying at 0.1%. To put this into perspective, mortality rates from gallbladder removal are 0.7%, and hip replacement is 0.93%. The overall complication rate for surgery is 4%. Surgical costs vary by procedure, but range from \$11,500 – \$26,000. Following weight loss surgery, the improvement in related diseases is dramatic. Up to 75% of type 2 diabetes and 80% of sleep apnea go into remission. Estimates show that 3rd party payers recover the entire cost of surgery within 2-4 years. Annual healthcare costs per employee are decreased by 34% at two years and by 70% at three years following surgery. Individual worker productivity is estimated to increase by \$2,765 annually. ■

Informational Classes

Iowa Weight Loss Specialists offers free informational classes every other week at our Belmond and West Des Moines office locations. To register for a class or for more information, visit iowaweightloss.com or call us at 515-327-2000. ■

Support Group Meetings

We offer support group meetings every month for our current and past patients. This is a great way to connect with other weight loss surgery patients, hear success stories, learn some new tips, and get the additional support you may need to keep on track with your weight loss goals. ■

Connect with Us!

Through social media platforms, Iowa Weight Loss Specialists tries to keep you motivated and informed. Connect with us on any of the social media platforms shown below for additional recipes, motivational quotes, news, and event information! Find all of these links on our website at iowaweightloss.com. ■



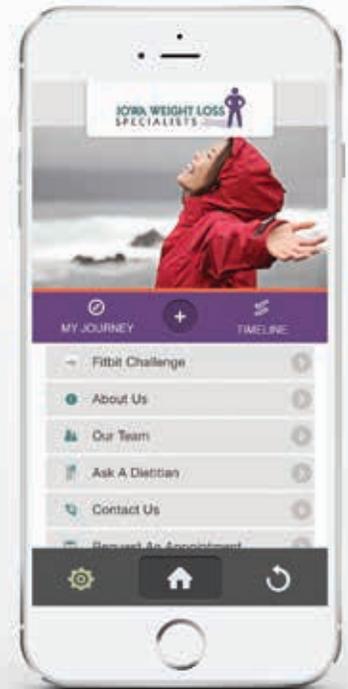
New Website Coming Soon!

Be on the watch for our new and improved Iowa Weight Loss Specialists' website coming August of 2015 to the same web address: iowaweightloss.com.



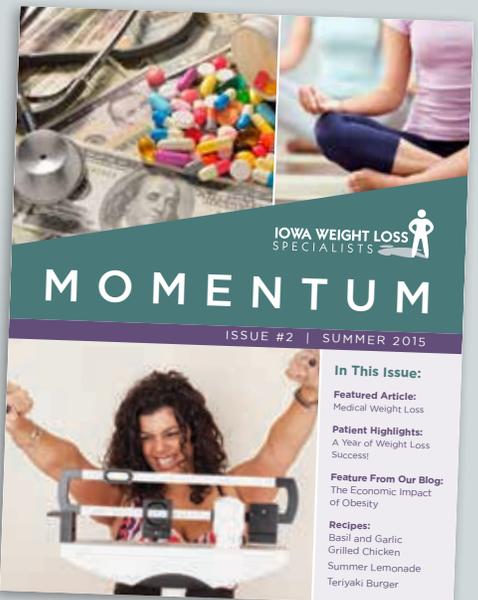
DOWNLOAD OUR FREE APP!

Start tracking your diet and exercise now with our free Iowa Weight Loss Specialists App. Get event notifications, read helpful articles, and ask us questions. Download today from the Apple iTunes Store or Google Play. ■



Subscribe: Blog & Newsletter

Besides connecting with us on our website and through social media, Iowa Weight Loss Specialists' has its own blog and newsletter. The blog, among other featured articles, is written by Dr. Todd Eibes, our weight loss surgeon, and Jon Hardersen, our physician assistant. Iowa Weight Loss Specialists' newsletter is titled "Momentum" and also features articles on medical and surgical weight loss, recipes, patient highlights, and so much more. If you would like to subscribe to one or both of these platforms, please visit iowaweightloss.com to add your email to our mailing lists. ■



Iowa Specialty Hospital Receives '5 Star' Ratings

Iowa Specialty Hospitals & Clinics is thrilled to announce that 5 star ratings were achieved by the Belmond and Clarion facilities, according to data from Centers for Medicare & Medicaid Services' (CMS) Hospital Compare.

To make it easier for consumers to compare and rate hospitals, CMS incorporated a Star Rating System into its Hospital Compare website. There are 12 Star Ratings on Hospital Compare, one for each of the 11 publicly reported Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) measures, plus a summary star rating that combines all the HCAHPS Star Ratings. The ratings are based on data from the HCAHPS survey measures that are included on Hospital Compare.

"The star rating empowers consumers with information to make more informed healthcare decisions, encourages providers to strive for higher levels of quality, and drives overall health system

improvement," said Patrick Conway, M.D. Chief Medical Officer for CMS and Deputy Administrator for Innovation and Quality.

HCAHPS has been in use since 2006 to measure patients' view of hospital care and includes topics like: How well nurses and doctors communicated, responsiveness of hospital staff, how clean and quiet hospital environments were, and how well patients were prepared for post-hospital settings.

Iowa Specialty Hospital in Belmond and Clarion were two of the 251 hospitals across the country to receive a 5 star summary rating as of July 16th.

For more information on CMS's Hospital Compare and HCAHPS star ratings, please visit www.medicare.gov/hospitalcompare/ or Iowa Specialty Hospital's website at www.IowaSpecialtyHospital.com/performance. ■

There's No Place Like Home... Especially when it's The Meadows!

Are you or a loved one looking for a senior community that offers the comforts of home, assistance from staff, and buzzing social events? The Meadows Independent and Assisted Living in Clarion may be just the place for you!

A few of our wonderful amenities include a weekly cleaning service, laundry facilities, meals served daily, routine maintenance, a 24-hour emergency pull cord system, snow removal and grounds keeping, centralized mail pickup, daily fun activities and social events, and so much more! Plus, it is conveniently attached to Iowa Specialty Hospital in Clarion for your healthcare needs. If you have interest in seeing what we have to offer, please call Carla Kem at 515-532-9445 for a tour. Apartments are available today! ■



"It is very pleasant living at The Meadows. The staff and other residents are friendly. It is well-run and organized. I am very comfortable here. My favorite activities are playing bingo and visiting outside with my neighbors."



-June Shaw, Independent Living Resident

Want Access to Accurate Health Information?

Do you wish there was a place to find fast, easy, and accurate health information? Iowa Specialty Hospitals & Clinics is excited to announce our **Health Library**, a new feature on our website. This health library contains a vast catalog of health information with features including:

- **Health Navigator** – A module that helps you find medical information fast and easy by browsing symptoms, injuries, diseases, tests, and surgeries by body part
- **Wellness Tools** – An entire section that provides calculators for fitness and health topics including body mass index, calories burned, and target heart rate
- **Diseases & Conditions** – A catalog that allows you to search and view detailed facts, photos, and videos about different diseases and conditions of the human body
- **Surgeries & Procedures** – A catalog of surgeries that allows you to search and view information, photos, and videos regarding many medical procedures
- **Drug Images** – A search that allows you to locate the name of a medication based on what you see: color, shape, or wording on the capsule

To locate our health library on our website, please visit IowaSpecialtyHospital.com, click **My Health**, and then **Health Library**. ■



Find the Health Library Here!

Locations

Belmond

403 1st Street Southeast
Belmond, Iowa 50421

Clarion

1316 South Main Street
Clarion, Iowa 50525

844-ISH-4321

www.iowaSpecialtyHospital.com



POSTAL PATRON

Patient Highlight: Terry Mahoney

On April 13, 2015, Terry Mahoney made the life-changing decision to have weight loss surgery with Dr. Eibes at Iowa Specialty Hospital in Belmond. You might recognize her from the news special that KCCI and WHO ran about her decision. If you missed it, check it out at iowaweightloss.com/life-changing-decisions/.

Since her surgery, Terry has been working hard and been fully dedicated to keeping on track to reach her weight loss goals. We caught up with Terry to see how she's doing and to see her progress.

1. How has life changed post-surgery?

I'm able to get around a lot better, and I'm not as tired as I was at 643 pounds. At 550 pounds, however, I still have a long way to go, and I still experience many challenges faced by overweight people. Recently, I took a trip to the East Coast and the hotel beds, bathtubs, and chairs were still a struggle for me. However, I was able to walk around a lot more, and I enjoyed the places we visited a lot more than I would have at my peak weight.

2. What has been the best outcome thus far from having weight loss surgery?

I feel confident that I'm going to live a longer life. For the first time in a very long time, everything today and in my future looks brighter!

3. Was there anything that surprised you post-surgery? Any challenges or breakthroughs?

Before the surgery, I ate to be happy and to comfort myself. Now when I eat, it's to keep the weight-loss process moving along as well as to be healthy.

4. What are you most looking forward to in the next few months?

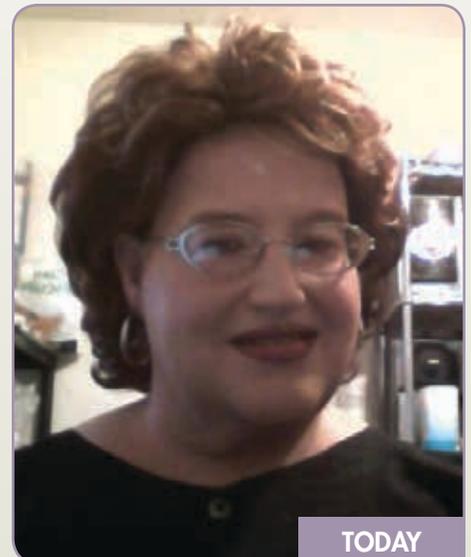
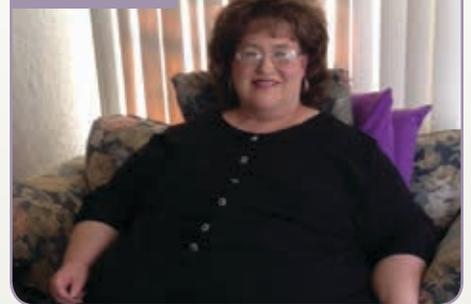
Driving a car! I can't wait to be able to get in and out of a vehicle on my own.

5. What would you tell someone considering weight loss surgery?

Do it! It will change your life as well as the lives of people around you!

Surgery Date: April 13, 2015
Weight as of surgery day: 643 lbs.
Current Weight: 550 lbs.
Total Pounds Lost: 93 lbs.

BEFORE



TODAY