

THE Fall | 2017

# INSIDER

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Iowa Specialty  
Hospitals & Clinics



**3 Years**  
*of Weight Loss Success*

**Sports Medicine:**  
*Common Injuries  
and Treatment*

*The Importance of  
Mammogram Exams*  
for Breast Cancer Awareness

*Signs & Treatment of  
Plantar Fasciitis*



# A View from the Inside

Written By: Steve Simonin, President & CEO



Iowa Specialty Hospitals & Clinics recently completed our second year of participation in RAGBRAI. Our goal for this excursion was to engage as many Iowa Specialty Hospitals & Clinics employees, friends and family in a quest for a fun, albeit strenuous, weeklong activity.

Depending on the day, the group varied from about 13 to 35 riders. We took advantage of the full experience and camped in yards of friends along the way. We even wore matching bike jerseys! It was exhausting, but it was a great time.

Friends congratulated me on doing the full week of RAGBRAI. The trip was around 440 miles, and while it was an accomplishment, I didn't do it to "climb the mountain". Someone asked me, "then, if not for the party or the exercise, why do you do it? What part of the ride is your favorite?" For me, it was the calmness of the morning, the push up a hill (mountain), the knowledge of a beer and piece of meat or pie on the hill of some farmer's yard...in the end, it was the simplicity of the day that was my favorite.



When we're in the groove and we just do our job without interference in our day, we are pure and clear. Our vision is straight and our thoughts are aligned.

My dad - a driver's education teacher - told his students to focus way out in front of the vehicle, not right in front of the hood. Long-term focus is what is necessary to succeed, along with focusing on the task at hand. This meant no eating, talking, or other distractions while driving. Singularity of purpose is what is necessary to drive safely.

Way too often in today's world we are bombarded with drama. Social media, politics, sports, binge watching; our focus is often diverted from what is truly important. At Iowa Specialty Hospitals & Clinics, I've tried to define "it" for years. What is that one thing that is important for any organization to be successful? I think "it" is high engagement. For an employee to be completely engaged in their job, and for a customer (patient) to be completely engaged in the experience, makes for a beautiful marriage.

We strive for 100% engagement on all fronts. Are we there yet? We're close, but we have work to do. There are factors out there that tempt us to shift our focus, but we are working hard to always be the best. Thanks for putting your trust in us. Together, and engaged, we will make an awesome team now and in the years to come. ■

# Do You Leak When You Laugh, Jump, or Sneeze?



If so, you are not alone. You may have a very common condition called urinary incontinence. Depending on the severity of your condition, you may experience minor leaks every once in a while, to frequent and heavy leaks daily.

This condition mostly affects women. In fact, one in four women will experience incontinence at some point in their life. While women are primarily affected, men can also be affected. No one should have to suffer from this embarrassing and annoying condition, which could impact your work and social life.

The Gabrielson Clinic for Women offers a simple and effective procedure that can treat urinary incontinence. This one-time, effective outpatient treatment will have you back to your regular work and social activities without the fear, embarrassment or discomfort of leaking.



For more information or to schedule a consultation at any of their convenient locations, call 515-532-9287 or visit [tinklewhenlaugh.com](http://tinklewhenlaugh.com). ■



## Causes of Urinary Incontinence:

- Pregnancy and childbirth
- Lifestyle and diet changes, including stress
- Age (typically 35-54)
- Menopause
- Urinary tract infections
- Constipation

# Heel Pain Slowing You Down? Signs & Treatment of Plantar Fasciitis

If you're having severe or sharp pain in your heel first thing in the morning or after sitting for a while, you may have plantar fasciitis, a common foot injury.

Plantar Fascia is the long tissue that connects your heel to your toes. This is also the tissue that supports the arch of your foot and acts as a shock absorber. Plantar fasciitis occurs when this tissue gets inflamed, swollen, weak or tears.

The most common symptom of plantar fasciitis includes sharp, stabbing pain in the heel of your foot in the morning, after exercising, or after standing for long periods. The pain usually decreases as you increase movement.

Plantar fasciitis is common in athletes and those who exercise regularly, but other causes include obesity, age (specifically those between 40-60 years old), and occupations that involve

a lot of standing or being on your feet.

If not diagnosed or treated correctly, you could suffer from chronic heel pain and other joint problems if you are overcompensating how you walk to avoid pain.

Plantar fasciitis is usually diagnosed in the office without any need for imaging. Depending on the severity and consistency of your pain, treatment may include over-the-counter pain medications to physical therapy and orthotics (shoe supports) to surgical procedures.

For more information about plantar fasciitis and other foot injuries or treatments, contact Iowa Specialty Hospitals & Clinics at 844-474-4321 today. ■



# Three Years of Weight Loss Success

July 1st marked the three-year anniversary of the opening of Iowa Weight Loss Specialists.

Over the past three years, Iowa Weight Loss Specialists has had the privilege of working alongside so many wonderful patients to help them reach their weight loss goals through both their Surgical and Medical Weight Loss programs. While each patient's overall goal is to lose weight, each of their journeys are different and Iowa Weight Loss Specialists has helped them find the right path for long-term success.

From team members to prospective patients, the growth at Iowa Weight Loss Specialists has been incredible and a sure sign that we are providing the best services and support to those seeking to lose weight to live longer, happier lives!

In fact, each year Iowa Weight Loss Specialists celebrates their patients' success by holding a Celebration Walk. This one-mile walk is for all past and current Iowa Weight Loss Specialists patients to take time and celebrate their successes, meet and mingle with other patients on the same journey, and spend time outside of the patient room with the providers, nurses, and staff.



*Dr. Eibes states, "On the medical side, we specialize in the effective gastric sleeve surgery and non-surgical weight loss, but what I think truly sets us apart is that we specialize in people. Our whole team approach, our patient education and resources, and our caring and compassionate*

*team is what makes the biggest difference at Iowa Weight Loss Specialists. Every one of our team members want to see each and every patient succeed and we will all go above and beyond to achieve that."*

We're looking forward to this next year and the new journeys we'll get to be a part of. Thank you to all our past and current patients for letting us be a part of your new lifestyle and healthy life!

If you or someone you know is struggling with weight loss, attend a free informational session. Register online at [iowaweightloss.com](http://iowaweightloss.com) or call 515-327-2000. ■

## Three Years of Success!

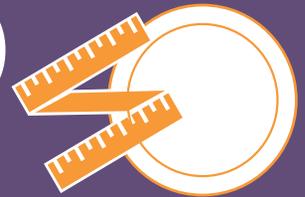
66  
of 99 Iowa  
Counties



745  
Surgical Patients



1750  
Medical Weight  
Loss Patients



3  
Years



IOWA WEIGHT LOSS  
SPECIALISTS





## Sports Medicine: Common Injuries and Treatment

From yourself to your children, living an active lifestyle and participating in sports, whether organized or for recreation, can sometimes lead to unexpected injury. Due to the nature of sports and the dynamic movements of each type of sport, sports injuries are common.

At Orthopedic Specialists, we take a customized, team approach to sports medicine to get you back to your activity and performing your best. Our highly trained providers evaluate your condition and develop the safest and most effective treatment plan based on your injury. From sprains and strains to fractures and replacements, our patient's health and recovery is our priority.

For more information about sports medicine or our walk-in clinic, contact us at 515-955-6767 or visit our website at [ospecialists.com](http://ospecialists.com). ■

ORTHOPEDIC  
SPECIALISTS

**Walk-in sports medicine  
clinic open Monday-Friday  
at 7:30 am in Fort Dodge.  
No appointment or referral needed!**

**Same-day sports injury  
appointments available in  
Belmond, Clarion and Hampton.  
Call 515-532-9310 to schedule.**

### Common Sports & Injuries:



**Baseball/Softball** - contusions (bruising), elbow sprains, rotator cuff injuries



**Basketball** - ligament tears (ACL/MCL), ankle sprains, meniscal tears



**Football** - ligament tears, ankle sprains, contusions (bruising), meniscal tears



**Golf** - lower back, shoulder injuries



**Soccer** - ligament tears, ankle sprains, contusions (bruising), meniscal tears, patellar tendonitis



**Tennis** - ligament tears, ankle sprains, contusion (bruising), elbow injuries



**Track & Field** - patellar tendonitis, overuse injuries



**Wrestling** - ligament tears, shoulder injuries, meniscal tears

# The Importance of Mammogram Exams for Breast Cancer Awareness

**October is Breast Cancer Awareness Month and the perfect time to schedule a mammogram for breast health.**

Mammograms are used for the purpose of imaging the breasts using compression to detect cancer and other abnormalities.

## **When Do I Need a Mammogram?**

The American College of Radiology recommends having a mammogram annually beginning at age 40. Mammograms may be recommended at an earlier age if there is a strong family history of breast cancer or other risk factors.

The most common mammogram exams to date are 2D, which can be either film or digital mammograms. The difference between the two is that digital mammography uses computers and specially designed digital detectors to produce an image that can be displayed on a high-resolution computer monitor and can be transmitted and stored just like computer files.

With digital mammography the images appear on the radiologist's monitor in a matter of seconds, eliminating the need for film to develop. This means faster results than film mammograms. In addition, since the images are on a computer, they can be enlarged, lightened, or darkened for better analysis.

## *Coming Soon!*

To provide you the best care, Iowa Specialty Hospital is in the process of installing 3D mammogram services at both our Belmond and Clarion locations! Follow us on Facebook or contact us at **844-474-4321** for updates on when these services will be available! All exams will need a referral from your primary physician.

The advancements in technology in health care have grown and a new mammogram technology called 3D mammography is emerging. 3D mammograms are digital mammograms with the added feature of examining the breasts in slices of 1 mm thickness. This is very helpful in finding hidden cancer in dense breasts and resolving normal, superimposed densities. 3D mammography has been shown to detect invasive cancers 41% better than 2D exams and reduces false positives by up to 40%.<sup>1</sup>

Mammograms are effective at detecting invasive cancers and should be a part of your preventative health care plan. If you're over 40, or have a history of breast cancer in your family, talk to your provider today to have a mammogram scheduled at Iowa Specialty Hospital. ■

<sup>1</sup> <http://www.hologic.com/products/imaging/mammography/selenia-dimensions-mammography-system>



# News & Events:

## Welcome New Providers



**Jody Horstman, ARNP, NP-C**, has joined the Iowa Weight Loss Specialists team as the newest Nurse Practitioner. Jody graduated from the Mercy College of Health Sciences and received her Master of Science in Nursing from the University of Cincinnati. Jody will be

working mostly with patients in the Medical Weight Loss program in the Belmond office.



**David Fox, LISW**, is a licensed, clinical social worker who specializes in individual, family and group therapy and counseling. David graduated from Iowa State University with a Bachelor of Arts in Psychology and Sociology and received his Masters of Social Work from the University of Iowa.



**Nik Nikoueiha, MD**, is an emergency department physician and specializes in emergency care. Dr. Nikoueiha is dedicated to providing safe, efficient, and patient-centered care which makes him a perfect addition to the Iowa Specialty Hospital team. Dr. Nikoueiha

graduated from Spartan Health Science University School of Medicine and completed his residency at Broadlawns Medical Center in Des Moines.



**Amy Davidson, LISW**, is a clinical social worker who has joined our counseling & therapy team. Amy will be focusing her time in Belmond working with both adults and children with mental health needs. Amy received her

Master of Social Work and Licensed Independent Social Work degrees in 2008 from University of Northern Iowa. ■

## Double Honor: DNV-GL Accredited & ISO Certified

Iowa Specialty Hospital is **accredited** by DNV-GL, and now is also **ISO certified in Healthcare Management**. This is huge for our organization as it gives a clear demonstration to our patients, communities and other stakeholders that we not only have an effective quality management system, but that we provide safe, patient-centered care and have high expectations for staff as well as outside contractors and vendors.

Paula Abbas, Iowa Specialty Hospital's Quality Coordinator states, "I would like to take a moment to thank Administration for their strategic decision and support, leadership and frontline staff for implementation of all of the policy, process and procedure changes. Together we have made this happen and it is an awesome accomplishment for our organization." ■



## Rey Solis Receives 2017 Governor's Volunteer Award

Rey Solis is one of Iowa Specialty Hospital's Spanish Interpreters. For more than 15 years, Rey has volunteered on an advisory council for the Office of Minority and Multicultural Health (OMMH) to address the need for certified interpreters, especially within the health care field.

On August 9, Rey was awarded the Governor's Volunteer award at Buena Vista University, presented by Governor Kim Reynolds. This award honors those who volunteer and

dedicate their time and talent to help an organization deliver its mission.

"It is no surprise to me that Rey was a recipient of this award; he is so deserving!" stated Renee Diamond, MD, who works with Solis at Iowa Specialty Hospital. "His heart to help is evident in his care of patients whether coming in at 8:00 am, midnight, or 3:30 in the morning. He always goes the extra mile. I am honored and grateful to work with him!" ■



5-Star Rating from CMS for Patient Experience - Belmond



4-Star Rating from CMS for Patient Experience - Clarion

## Take Full Advantage of Your Insurance Benefits Now!

Have you been putting off a medical exam or procedure? Have you had your annual checkup, mammogram, colonoscopy or other health needs checked out? As the end of your deductible year approaches, it's important to maximize your health plan and savings. If you have met or almost met your deductible, now is the time to make the most of your insurance plan and schedule an appointment with Iowa Specialty Hospitals & Clinics. Consider any preventative health screenings or other checkups you'd like completed.

And don't forget that many flexible spending accounts won't roll over, so it's wise to consider completing tests or procedures, or picking up medical supplies with Iowa Specialty Hospitals & Clinics before the end of the year. Learn more at [VisitYourDoc.com](http://VisitYourDoc.com) or call 844-474-4321 and schedule your appointment today! ■

### Iowa Specialty Hospitals & Clinics offer a variety of services:

- General surgery
- Annual checkup
- Medicare wellness visits
- Physical therapy
- Joint replacement
- Pain management
- Mammograms
- Colonoscopy
- Prostate exams
- Diagnostic testing
- Lab work
- Outpatient surgery
- Vaccinations
- Weight loss consultations
- Gynecology services
- Epidurals
- Pain consultations
- Sleep study
- Bariatric surgery

## Orthopedic Reunion Party at Rustix

On **Thursday, July 13th**, Orthopedic Specialists celebrated another fun-filled orthopedic reunion welcoming joint replacement and spinal surgery patients and their guests. The event this year was held at Rustix, located in Humboldt, and hosted by Orthopedic Specialist providers Dr. Emile Li, Dr. Mark Palit, and Dr. Gautam Kakade.

In addition to Orthopedic Specialists hosting the event, many staff from Iowa Specialty Hospital attended to help serve as waiters for the dinner. "We enjoy our orthopedic reunion party as much, or maybe more, than our patients. We look forward to catching up on their lives and seeing the progress they've made since their surgeries. It's humbling to be a part of a system that helps people return to their active lives," shared Joetta Promes, Practice Administrator at Orthopedic Specialists. ■



## Back to Walking Without Pain!

*"I was in a lot of pain. I was overusing my left knee and had pain in my back due to forcing my body through the pain in my right knee. I was reassured that I could find relief from Orthopedic Specialists with a knee replacement. I was really nervous about it, but I'm a walker and I just wanted to get back to walking.*

*I'm back to smiling again and not being in pain. The communication is so important. Dr. Li was very professional, his smile was reassuring and he had great communication. It's such a wonderful professionalism. He never spoke above you, but always spoke to you. The*

*whole staff at Orthopedic Specialists had positive attitudes. They understand that the patient is special and puts them first."*

— *Linda Beck*, Total Knee Replacement with Dr. Li at Orthopedic Specialists

