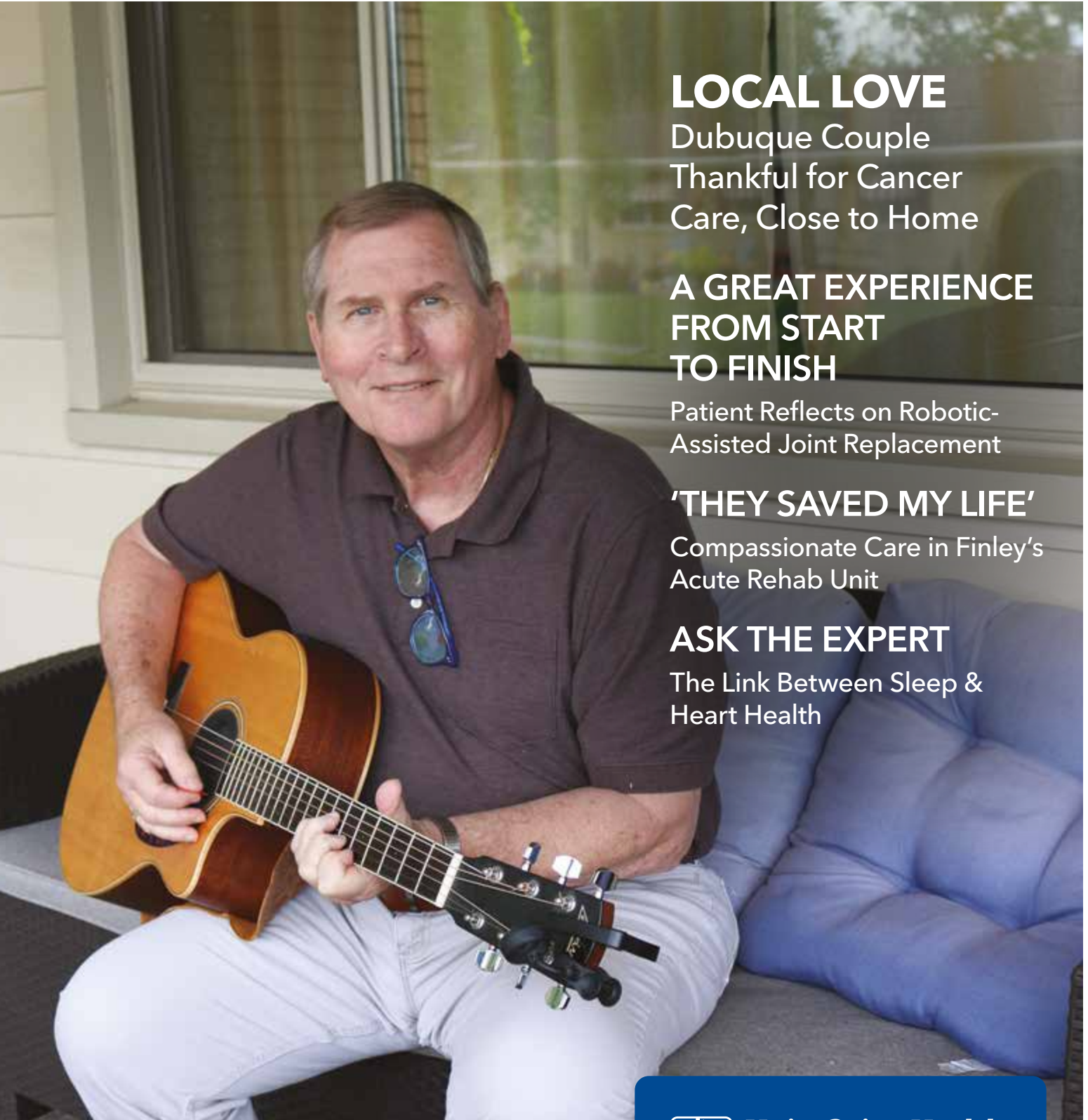


Summer 2022

LiveWell



LOCAL LOVE

Dubuque Couple
Thankful for Cancer
Care, Close to Home

A GREAT EXPERIENCE FROM START TO FINISH

Patient Reflects on Robotic-
Assisted Joint Replacement

'THEY SAVED MY LIFE'

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UnityPoint Health
Dubuque

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LiveWell

Summer 2022

LiveWell magazine is produced by UnityPoint Health®.

350 N. Grandview Ave. | Dubuque, IA 52001
(563) 582-1881 | unitypoint.org

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Health Clips

Aerobic Vs. Anaerobic Exercise: What's the Difference?

By Dr. Timothy Martin, Interventional Cardiologist



Dr. Timothy Martin

The American Heart Association recommends at least 150 minutes of moderate intensity physical activity per week.

By incorporating a mixture of both aerobic and anaerobic exercise you can reap the overall health benefits of both, including weight loss, increased muscle mass, and best of all - a healthier heart.

Here's a look at the difference between aerobic and anaerobic exercise:

AEROBIC EXERCISE	ANAEROBIC EXERCISE
Also known as cardiovascular exercise	Also known as resistance training
Results in your heart pumping and picking up speed - causing a direct impact on your body's air circulation system	Involves workouts that primarily put muscles to work, instead of the body's air circulation system
Examples include swimming, running, or power fitness classes	Examples include short exertion fitness routines, such as yoga or weightlifting
Requires use of large muscle groups for extended periods of time	During an anaerobic exercise, your muscles don't rely on oxygen as their primary source of energy.
Causes effective calorie burn, which often leads to weight loss goals	The body gets energy from phosphates and glucose.
Aerobic exercise, even for just 30 minutes a day, four to five days a week, can result in significant improvement of heart health.	Builds muscle strength in ways that improve cardiovascular endurance and heart health

Dr. Timothy Martin, M.D., is an interventional cardiologist at UnityPoint Clinic Cardiology in Dubuque.

What is the anterior approach to hip replacement?

Dr. Bryan Trumm, Orthopedic Surgeon



Dr. Bryan Trumm

The anterior approach to hip replacement is a minimally invasive technique, where an orthopedic surgeon makes an incision at the front of the hip.

This approach to hip replacement is a way to keep more muscle intact, instead of working through the side of the hip or the buttocks.

By utilizing this technique, patients may experience smaller incisions and less muscle cuts, which can result in a quicker recovery and less pain.

The anterior and posterior hip replacement surgeries are ways to regain pain-free mobility and get patients back to the life they love.

To determine which method of hip replacement surgery is best for you, contact your orthopedic surgeon's office to schedule a consultation or discuss options with your primary care provider.

'A Great Place to Be'

Following Stroke, Lu Ann Hunt Thankful for Acute Rehab

Last October, John and Lu Ann Hunt were headed home from a celebration breakfast for their 43rd wedding anniversary when Lu Ann started feeling off.

She was having weakness on her right side, slurred, slow speech, and facial drooping.

"I started feeling funny, so we pulled into Elkader because it was a feeling that wasn't going away," Lu Ann said.

They drove to the Elkader hospital, where it was determined she was having a stroke.

The emergency room staff provided her a clot-busting agent and flew her to Iowa City for treatment. An MRI determined a piece of plaque had broken loose, causing the left pons ischemic stroke.

After a week in Iowa City, Lu Ann arrived at UnityPoint Health - Finley Hospital, where she received inpatient therapy six days a week in the Acute Rehabilitation Unit.

She received physical, speech, and occupational therapy to work on walking, speaking, getting dressed, writing - all things affected by the weakness on her right side.

"Everybody there really cared about me and they made me work my butt off," Lu Ann said. "They couldn't stress



Lu Ann shortly after being discharged home from the hospital.

enough how important it was to keep working - they really want you to get better."

After nearly a month of therapy, she is now back to mowing her lawn, driving, managing finances for John's trucking company and their farm, and plans to go back to working part time at Edgewood-Colesburg Junior High School.

"My right side is still a work in progress," she said. "Everything is not totally normal yet, but I'm slowly getting there."

She's moved to tears when she talks about how much the care of Dr. Stanley Mathew, Medical Director of Finley Hospital's Acute Rehab Unit, and the entire rehab team meant to her.

She even invited them to her family's barn dance this summer to celebrate her recovery.

"I'm just so thankful," she said. "It was a really good place to be."

The staff was happy to see the progress Lu Ann made and that she is back to her normal routine.

"Lu Ann was a reminder of why we do what we do every day," said Sarah Ryan, RN, BSN, CRRN, CBIS, nurse manager of Acute Rehab at Finley Hospital. "She is a true example of what a beautiful outcome rehab can help provide after a life-changing event."

Lu Ann with her family celebrating Christmas in 2021.



BALANCE Lost
EYES Blurry
FACE Drooping
ARM Weakness
SPEECH Difficulty
TIME To Call 911

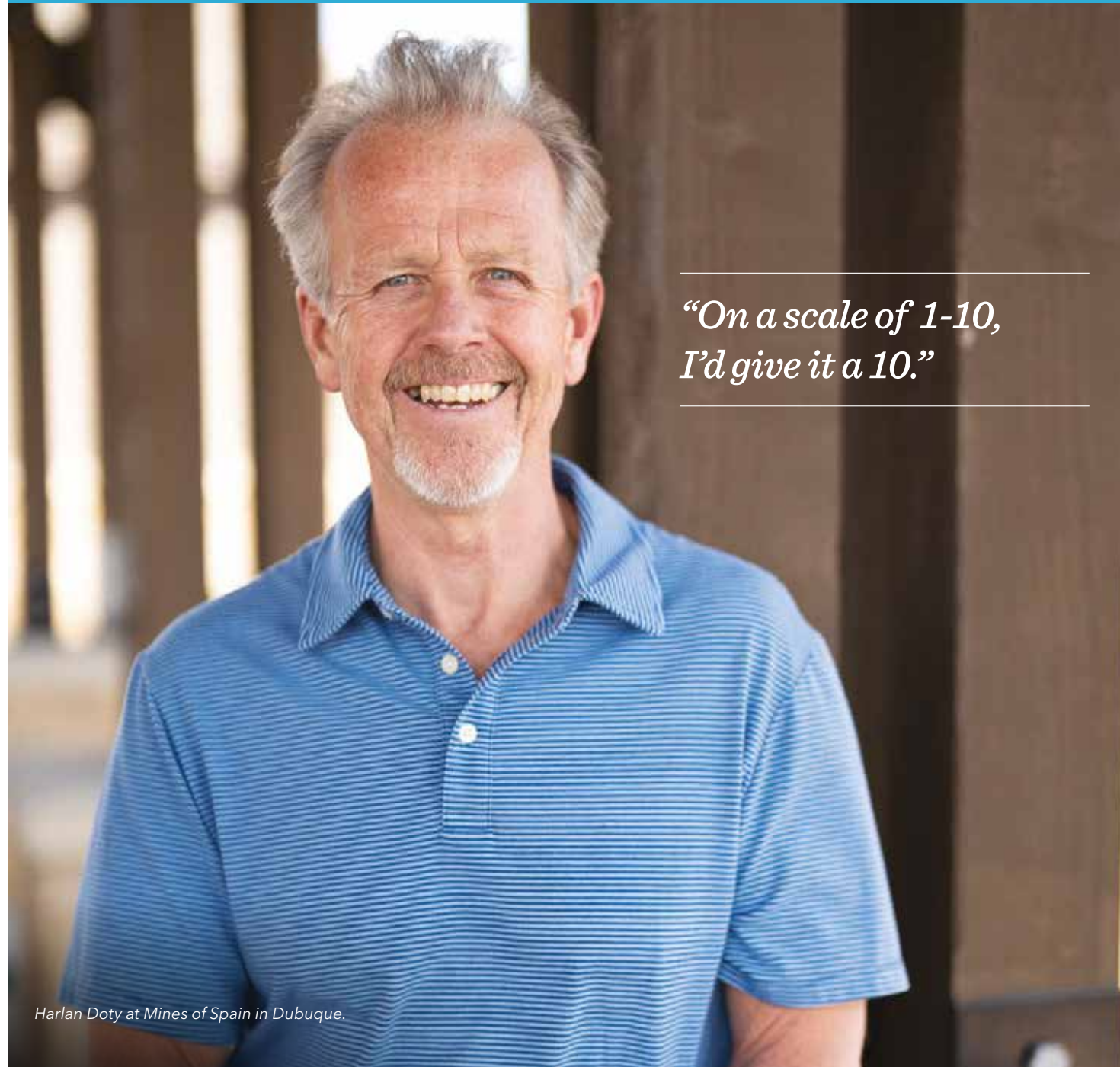
Does the person have a sudden loss of balance, coordination or dizziness?
Have they lost vision in one or both eyes?
Does one side of the face droop or look uneven?
Is one arm weak or numb?
Speech slurred or mumbled?
Call 911 immediately if you see any of these symptoms!

Every 40 seconds, someone in the United States has a stroke.
Every 4 minutes, someone dies from a stroke.
Stroke is the leading cause of serious long-term disability.

TIME LOST IS BRAIN LOST.
Know the warning signs of stroke and B.E.F.A.S.T.

UnityPoint Health

A Great Experience from Start to Finish



“On a scale of 1-10, I’d give it a 10.”

Harlan Doty at Mines of Spain in Dubuque.

Dubuque resident Harlan Doty was suffering from limited mobility and pain in his right knee for quite some time.

“I couldn’t bend my knee very much and was experiencing a lot of pain,” Harlan said. “My knee really was bone on bone, so we decided it was time to consider surgery.”

After pain management intervention, it was determined Harlan would be a good fit for robotic-assisted knee replacement surgery with Dr. Ryan Cloos.

“By using the robot, we achieved greater precision, which has led Harlan to a shorter recovery time.”

“I was grateful we were able to offer Harlan the opportunity to return home on the same day of his robotic total knee replacement,” Dr. Cloos said. “He was a qualified candidate who had at-home support, which is important during recovery.”

On December 14, 2021, Harlan found the pain relief and enhanced mobility he was looking for.

Harlan came to UnityPoint Health – Finley Hospital at 5:30 a.m., and he left the hospital after being discharged home at 4 p.m.

“It was truly amazing that it went by that quick,” Harlan said. “It was great to be able to go home the same day.”

Throughout his surgery day, Harlan was cared for by an experienced care team including Dr. Cloos, surgical technicians, nurses, physical therapists, and support staff.

Harlan felt like each member of his care team worked well together to provide a positive patient experience.

“From what I saw that day with Dr. Cloos and everyone coming into my room, I could tell everyone was a team,” Harlan said. “The comradery was there and you felt that all the way up until you were getting ready to go home. It was a good vibe from everyone.”

Once his robotic-assisted knee replacement was complete, Harlan began his recovery process, which included follow-up appointments with his orthopedic surgeon and physical therapy sessions.

“By using the robot, we achieved greater precision, which has led Harlan to a shorter recovery time,” Dr. Cloos said.

Harlan has been impressed with the shorter recovery time but knows the experience of his care team and physical therapy helped him get back to doing things he enjoys.

“The recovery went better than I expected,” Harlan said. “I’m one of those people who do not like to sit still, so it was kind of hard at first. A lot of it is in your mind on what you can do with recovery and therapy. Stick with your plan and do what your care team tells you – I believe that has helped me to have a pretty good outcome following surgery.”

Reflecting back on his robotic-assisted knee replacement experience at Finley Hospital, Harlan knew he was in good hands and would encourage others to consider this advanced and innovative surgery.

“On a scale of 1-10, I’d give it a 10,” Harlan said. “From the moment I got to the hospital until I was going home, it was well done. It was a great experience from start to finish.”



To learn more about robotic-assisted joint replacement surgery at Finley Hospital, visit unitypoint.org/orthosurgery.

LOCAL LOVE

Dubuque Couple Treated for Cancer, Close to Home



Michael and Bobbi Martin of Dubuque were both treated at the Wendt Regional Cancer Center.

For over 40 years, Michael and Bobbi Martin have lived out the phrase – love is an action. For the Dubuque couple, their love raised a family, created passions for entertaining and the outdoors, and built a life in this community.

That same love was the foundation for a trying time in the couple's life, as Michael and Bobbi were both treated at the Wendt Regional Cancer Center for brain cancer and breast cancer, respectively. Michael recently finished treatments, while Bobbi is four years post-treatment.

“Life truly does go on, and we keep experiencing all of life's moments together.”

While both cancer diagnoses required different care plans, Michael and Bobbi compared their options when choosing

where to go for cancer treatment. This included getting second opinions at the University of Iowa, before ultimately choosing the Wendt Center as their place for treatments.

In Bobbi's case, the care plans the team had created for her were aligned with what the University of Iowa would've prescribed for her.

“I did get a second opinion, which agreed with the protocol that was already considered at the Wendt Center,” Bobbi said. “With that, I didn't see why I wouldn't utilize our hometown facility – the convenience and professionalism were right here in our own backyard. I also had friends who conveyed how pleased they were with the care and compassion they received at the Wendt Center.”

When it came time for Michael's treatment plan, a more radical approach was needed. However, the couple felt,

based on Bobbi's experience with her breast cancer treatment, the Wendt Center was the place they wanted to go. Michael's medical team, at the University of Iowa, supported and agreed that his radiation treatments should be administered through the Wendt Center, as they believed the Wendt Center has a great reputation for cancer care. Additionally, Michael's radiation and chemotherapy needs could be met by local, professional staff in Dubuque.

For Michael, the Wendt Center staff played a role in maintaining a positive outlook during the cancer treatment journey.

“Everyone here helps you enjoy life and stay positive,” Michael said. “They are understanding, kind, and full of joy. The great staff here recognize that there is so much more to your day than cancer treatment. They make each visit personal and comfortable, while providing the gift of hope that is essential when being treated for a devastating illness. Those kinds of attitudes and smiles are everything. As soon as you walk in, they truly are here to help and support.”

As the couple reflected on their experiences of being treated at the Wendt Center, they firmly believe this type of care would not be delivered in bigger cities or healthcare facilities.

It's a testament to the wonderful care the Wendt Center team strives to provide during cancer treatment for all patients.

“Our family continues to tell us it truly is local love at the Wendt Center,” Bobbi said. “They've stayed late or opened up early to fit treatments in for Michael. They were just so accommodating and good to us. The care, love, and concern – it's pretty amazing. Their love is full of action.”

Michael agrees.

“It is great to have this cancer center in Dubuque,” Michael said. “The additional time and stress to travel out of town would have taken such a toll on me. We are grateful for the skill, kindness, and convenience of the Wendt Center and their marvelous staff full of knowledge and compassion.”

One of the components to the care the Martins received at the Wendt Center was communication with the staff. Whether it was communicating treatment schedules or answering questions, the Martins knew they could count on the Wendt Center staff to be there.

“They were very patient with us,” Bobbi said. “They always had everything written out and accommodated us. They were so very considerate.”

With a cancer diagnosis comes enhanced emotions – from the unknowns to outcomes, it is a trying time for patients, family members, and friends.

Michael and Bobbi chose not to let that deter them from living their lives, and more importantly, enjoying life. The couple enjoys socializing with friends and family, biking, pickleball, concerts, and the Mississippi River.

They truly are striving to live their best life, in the now.

“Life is meant to be lived,” Bobbi said. “Life truly does go on, and we keep experiencing all of life's moments together.”

“We are here to encourage and give hope,” Michael said. “We appreciate every precious day to live and laugh with friends and family.”

The Martins are thankful for the Dubuque community, whether it was in the form of prayers, errands, delicious meals, or visits with smiles, the couple has felt the love from those in their social circles, church groups, co-workers, and neighbors.

Michael and Bobbi believe it is proof of just how special Dubuque is.

“The gem, or beauty, of living in Dubuque is that people are always wanting to do something to help,” Michael said. “We are here to help each other through the challenges. That transcends from the care provided at the Wendt Center to the people who work there and what they do every day.”

“It really does touch your heart,” Bobbi said. “We have to keep going on. All of the support and generosity we've received definitely touches our heart, and we have found a lot of joy here. We are so grateful.”

To learn more about the Wendt Regional Cancer Center, call **(563) 589-2468**.

'They Saved My Life'

Rehab Patient Thankful for Compassionate Care from Nurses, Therapists

John Helling, of Dubuque, is a lab courier at UnityPoint Health - Finley Hospital by day and an avid guitar player in the band "Hangin' Around" by night.

When John faced health troubles, due to a non-cancerous acoustic neuroma in his left ear, he was in and out of hospitals for a month and a half.

After a rocky start to his recovery, John was admitted to Finley Hospital in the Acute Rehab Unit (ARU) for extensive physical and occupational therapy.

Finley's ARU offers a full range of rehabilitative services for those experiencing loss of function and independence, due to stroke, head injury, arthritis, trauma, fractures, amputations, neurological disorders, or other disabling disorders of the muscles, bones, and joints. ARU's goal is to allow patients to return home independently or with assistance from family members or other caregivers.

John was a patient in Finley Hospital's ARU for 18 days and during that time, he saw significant improvement in his health and more importantly, his function and mobility.

"It really has improved my health," John said. "It's helped me quite a bit knowing which exercises I should be doing, plus I know if I keep doing the work, I'll keep getting better and that's my goal."

As part of his experience in ARU, John maintained a rigorous daily schedule. John considers himself to be an "early riser" and started his day with physical therapy between 6 and 7 a.m. After physical therapy, John ate breakfast and did occupational therapy, where he was getting ready for the day and doing basic tasks, such as changing clothes and taking a shower. After lunch,

John had another session of physical and occupational therapies.

More importantly, John had an open-door policy during his stay, so he could be sure to fit in time for visits from family members and friends, including his wife, Nancy.

"My morning was pretty much focused on therapy," John said. "I got quite tired in the afternoon, but this schedule allowed me to get the most out of my experience, while also allowing me to connect with my family and friends."

During his lengthy stay in the ARU unit, John became fond of his care team, especially the nurses and therapists.

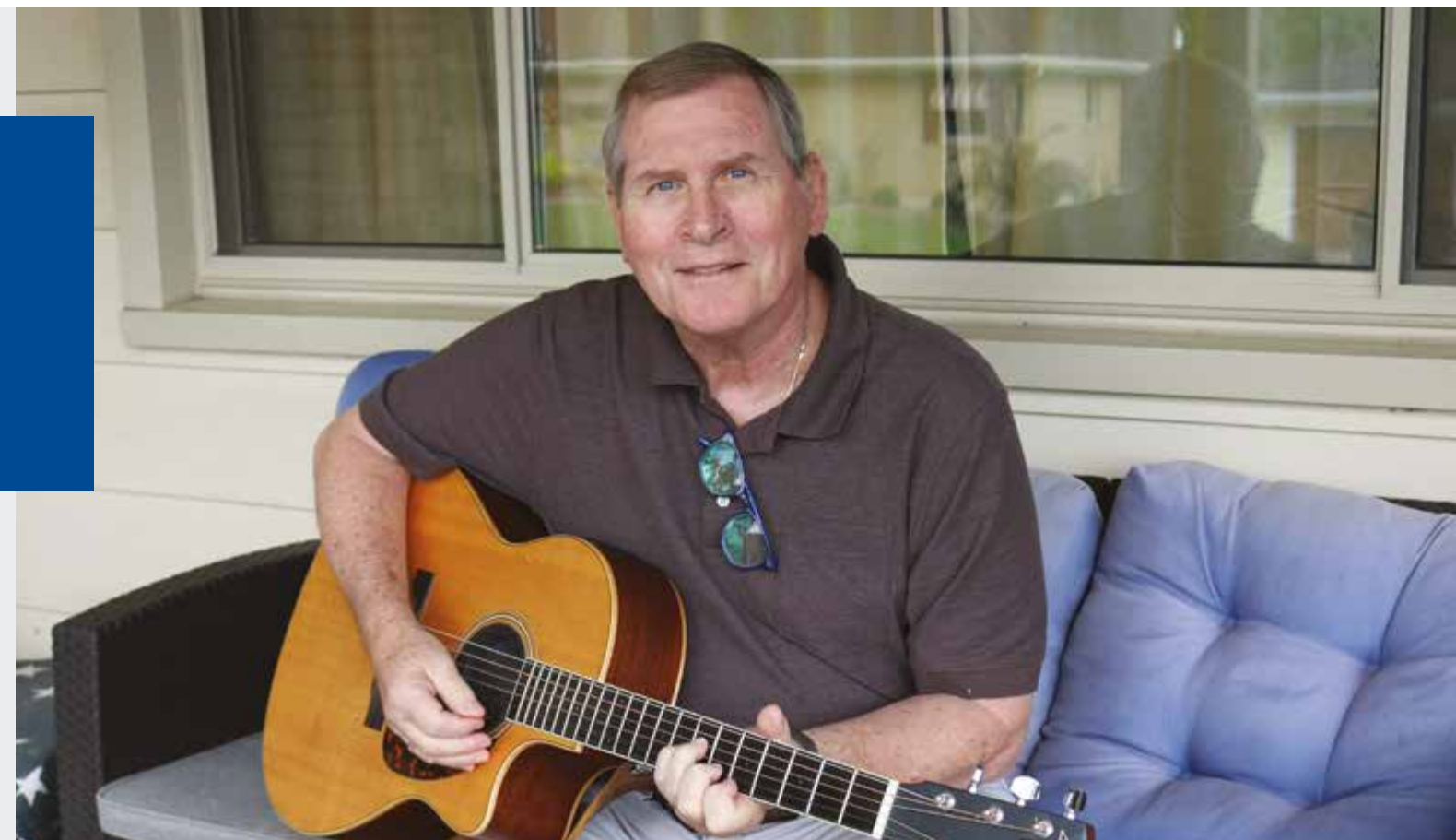
"They saved my life and because of the care I received at Finley, I think I'm getting close to getting better and back to normal."

When John was facing complications from his surgery to remove the tumor from his left ear, he was also faced with ongoing frustrations of attempting to reach his doctor's office for what his next steps should be.

With no answers, John's care team, specifically nurse Chris Krizan, RN, began to advocate for John's needs on his behalf and made a difference in him getting the care he so desperately needed.

"Chris, on her own, started calling the facility I had my surgery at," John said. "She kept calling back until somebody started doing something. They were absolutely amazing at doing the right thing, at the right time for me."

The next right thing for John during his rehab journey was



John Helling with his guitar outside of his home in Dubuque.

getting back to doing some of the activities he loved to do, prior to this medical episode.

It was determined by his occupational therapist, Mike Kates, OT, that he could have his guitar on the unit and began playing some tunes as part of his occupational therapy sessions. What made this type of therapy even more impactful was that Mike played along with John.

"My therapist was also a guitar player," John said. "It was allowed for me to bring my guitar up to the unit, which was great therapy since it required me to use my hands. When I first brought my guitar up, I could barely move my fingers fast enough to play correctly. That kind of therapy helped me a lot, and it was great to know the nurses and other patients enjoyed hearing that music."

As John reflects back on his lengthy and challenging experience, he is grateful for the support and compassionate care the ARU staff provided to him during his stay at Finley Hospital.

From the physical therapists, occupational therapists, and nurses, John felt like he was in good hands from the time

he was admitted to the time he was discharged. Best of all, John truly felt like his care team made a difference in his life.

"I have nothing but the utmost respect for this team," John said. "These people really, really went over and above. They are very good at what they do and what they know. As far as I'm concerned, they saved my life and because of the care I received at Finley, I think I'm getting closer to getting better and back to normal."

To learn more about the Acute Rehab Unit at Finley Hospital, visit unitypoint.org/acuterehab.

The Link Between Sleep and Heart Health

by Jolene Fransen, MBA, BS, RRT-SDS

There is more to staying heart-healthy than eating right and exercise – sleep plays an important role in your overall health and wellbeing.

Studies have shown that short sleep duration or poor sleep quality is associated with high blood pressure, elevated cholesterol, and atherosclerosis (thickening, hardening, and loss of elasticity of the walls of the arteries). Habitual short sleep may also increase the chance of cardiovascular events.

Here are a few other ways poor sleep can affect your heart health:

- **High blood pressure:** During normal sleep your blood pressure decreases. When you have trouble sleeping, your blood pressure remains higher for longer periods, which increases your risks for heart disease.
- **Type 2 diabetes:** Past studies have indicated not getting enough sleep significantly increases the risk of developing Type 2 diabetes. In addition, losing as little as two hours of sleep per day may lead to increased insulin resistance and decreased glucose tolerance.

High blood sugar associated with diabetes can increase cholesterol, blood pressure, and triglycerides which ultimately cause damage to nerves and blood vessels. As a result, people with Type 2 diabetes are twice as likely to suffer a heart attack or stroke.

- **Obesity:** Lack of sleep can lead to unhealthy weight gain, this is especially important for children and adolescents as their sleep requirements are more than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

The link between sleeping disorders and heart disease

People with common sleep disorders such as obstructive sleep apnea are far more likely to have heart arrhythmias, plaque buildup, heart failure, and coronary artery disease.

- **Sleep apnea:** This occurs when your airway is blocked while you are sleeping, causing you to stop breathing for short amounts of time. Sleep apnea affects how

much oxygen your body gets while you sleep. When you stop breathing, your oxygen levels decrease which causes your heart to work harder to increase oxygen levels. This extra strain on your heart can put you at increased risk for high blood pressure, heart attack, and stroke.

- **Insomnia:** This refers to trouble falling asleep, staying asleep or both. Insomnia is linked to heart disease and high blood pressure. Over time, poor sleep can also lead to unhealthy habits that can affect your heart, including high stress levels, less motivation to be physically active and unhealthy food choices.

There is a strong connection between sleep and cardiovascular health. Lifestyle factors such as diet and exercise may reduce the risk of heart disease, both directly and indirectly, by promoting better sleep. This in turn may lead to a better outlook and more energy, which can lead to better heart health.

To learn about heart care at Finley Hospital, visit unitypoint.org/heartcare.



Jolene Fransen, MBA, BS, RRT-SDS, is a registered respiratory therapist at Finley Hospital.

Spiritual Care for Living with Cancer

by Claudia Dorsch, LPC, CGP, CCTP

What emotions begin to fill your heart when you hear the word cancer? Have you had related experiences with cancer? If so, what was it like? I had a patient in her mid-40s receiving a diagnosis of end-stage pancreatic cancer; thoughts and feelings overwhelmed her. I had another patient who received his diagnosis of kidney cancer on his 60th birthday; he worried about how his family would cope with fighting cancer. One of my patients cried and cursed for the pain; his anger added more grief to his family. My mother was diagnosed with bladder cancer and died within a year; my family's last discussion while she was alive was about honoring her wishes since our father had died many years ago. There are endless stories about people dealing, fighting, and managing their relationships with cancer and their relationships with their support system. The diagnosis of cancer asks the same questions as all other terminal illnesses. Who would you share this news with? What is your priority now?

"The social, emotional, and financial devastation that often accompanies a cancer diagnosis is mainly due to the cultural myths and taboos surrounding the disease... Fears about treatment can also fuel stigma," (M. Daher, 2012. Cultural beliefs and values in cancer patients). What does it mean now that you or someone important to you have a cancer diagnosis? Some people and television shows use the "five stages of grief" (Elizabeth Kübler-Ross, 1969) to express different emotional stages of cancer development. They are denial, anger, bargaining, depression, and acceptance. However, one patient told me that getting the initial diagnosis was like a death to him, but going through treatment made him feel alive and hopeful. There is no sequence to follow any of these emotions as they can repeat or overlap. Being sick is hard physically and emotionally. Some questions I hear such as, "Where would your loved one be after death? What do you want your family and friends to know and remember? Physicians and nurses are treating the patients' physical symptoms. But, what about psychosocial care? "Pain is inevitable; suffering is optional," (H. Murakami).

According to journals from the American Cancer Society, the integration of psychosocial care into ongoing medical surveillance is necessary (J. C. Holland M.D. and I. Reznik Ph.D., 2005). Going through pain alone is

suffering, which includes physical, emotional, psychiatric, spiritual and family pains (Implementing Palliative Care Guide, 2017). To meet the standard of cancer care, we must look at offering palliative care. Palliative care is provided by a specially-trained team including a physician, nurse practitioner, palliative care nurse, social worker, and clinical chaplain. Palliative care medicine is new in the field and is often perceived with some negative feelings. Is it like hospice? Does that mean I give up my fight? Spiritual Assessment is essential to holistic care to address the spirituality of the patients and their families regardless of religious connection or spiritual practices (C. M. Puchalski, B. Ferrell, S. Otis-Green, & G. Handzo, 2016. Overview of spirituality in palliative care).

Cancer diagnosis demands our attention to many aspects of our lives, including what we have neglected, such as our habits and relationship with oneself. Dr. Jeffery Rediger, a licensed physician, a board-certified psychiatrist, and a theologian (Yes; he has a Master of Divinity degree from Princeton Theological Seminary), writes about how spirituality and modern physics are very compatible. He researched over 120 cases of cancer remission to articulate the most challenging part of healing: "to heal your identity" (Cured: Strengthen Your Immune System and Heal Your Life, 2021). Meaning-making through Spiritual Assessment and care plans can help patients and their families identify their spiritual strengths and growth edges. When you hear someone sharing their cancer story, regardless of where they are in their process, let us hope that they have a spiritual care specialist to journey with them to offer compassionate support as a quintessential part of their care team.



Claudia Lee Dorsch is the staff chaplain at Finley Hospital. She is a deacon of the United Methodist Church, a licensed professional counselor (LPC), a certified grief Informed professional (CGP), and a certified clinical trauma professional (CCTP).





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