

Spring 2022

LiveWell



ROBOTIC-ASSISTED

Joint Replacement Surgery

TOP 10 REASONS

To Choose Finley for Heart Care

AN EXCELLENT EXPERIENCE

Patient Reflects on Same Day Joint Replacement

ABOVE & BEYOND

Wendt Center Patient Thankful for Breast Cancer Care

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UnityPoint Health
Dubuque

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Health Clips

Robotic-Assisted Joint Replacements

By Dr. Stephen Pierotti, Orthopedic Surgeon



Dr. Stephen Pierotti

Robotic-assisted joint replacement surgery at Finley Hospital uses a robot's accuracy and surgeon's expertise to complete knee and hip replacements. Our orthopedic surgeons are specially trained on two surgical robotic systems - CORI and Velys.

During robotic-assisted joint replacements, the technology is controlled by the surgeon and helps to perform joint replacement surgery. This is a procedure completed to fix damaged parts of the joints with different types of implants.

Robotic-assisted joint replacements are tailored to each individual patient with the goal of getting them back to their daily activities faster. Every patient is different. Using the robot allows for better accuracy, which may provide patients with less pain and a faster recovery of more consistent outcomes.

To decide if robotic-assisted joint replacement surgery at Finley Hospital is right for you, visit unitypoint.org/orthosurgery or we recommend patients consult with their orthopedic surgeon to discuss available options.

Same Day Total Joint Replacements

By Dr. Ryan Cloos, Orthopedic Surgeon



Dr. Ryan Cloos

At Finley Hospital, we know you are amazing, and we want to keep you that way by offering same day total joint replacement surgery. With same day joint replacement surgery, patients undergo surgery, physical therapy, and occupational therapy on the same day as being discharged from the hospital.

Same day total joint replacement surgery does not require an overnight hospital stay, which provides several benefits to our patients. By choosing same day joint replacement surgery, patients may experience less anxiety and disruption to their daily life. While we continue to fight the COVID-19 pandemic, same day joint replacement surgery also reduces the risk of hospital-acquired infections and frees up more patient beds throughout the hospital.

This type of surgery is becoming increasingly common among patients, provided same day joint replacement surgery is right for them. A few factors in determining if same day joint replacement surgery is the right choice for a patient include high activity level, age, and at-home support.

To learn more about same day joint replacement at Finley Hospital, visit unitypoint.org/orthosurgery or discuss available joint replacement options with your orthopedic surgeon.

ABOVE & BEYOND: Wendt Center Patient Thankful for Breast Cancer Care

Last July, Susan Brayton, of Dubuque, was getting her annual mammogram - a test that detected her breast cancer early in stage 1.

After being officially diagnosed with breast cancer in August, Susan embarked on her cancer treatment journey which included a lumpectomy, four rounds of chemotherapy, and 21 rounds of radiation therapy.

All of Susan's cancer care was provided where Dubuque's cancer care leaders, the Wendt Regional Cancer Center and Grand River Medical Group's Oncology clinic, are stronger together - the Integrated Cancer Center. At the Integrated Cancer Center, patients undergo both medical oncology and radiation oncology services in one location.

"I felt like they all worked together and were there for all of your needs," Susan said. "Anything you needed done, they were right there for you. Your appointments and everything are all right in the same place, and there was no hassle with treatments."

Throughout her cancer treatment journey, Susan came to the Wendt Center for 21 days of radiation therapy treatment.

During her treatment journey, Susan began to experience some redness and tenderness on the area being treated for cancer, but she found the staff was very helpful.

"I was starting to get a little red and, in some pain," Susan said. "They gave me medicine to put on it right away. They truly are there to support you the entire way."

One lesson Susan learned from her care team during her cancer treatment journey was they are there for you throughout it all, especially when it comes to accepting a cancer diagnosis.

"Going through this process, they have made it so much easier on me," Susan said. "I don't even know if I admitted what was going on with me, until I started coming in for treatments. I feel blessed and fortunate my cancer was caught in stage 1, and they caught it on time. I'm also fortunate this is where I came for treatment, because they are so open-hearted and kind-hearted here that they make sure you are OK."

Susan is best known for being a hard worker both with the Dubuque Community School District and at

Menard's. Being active and living a normal routine is something Susan is looking forward to, now that she is a breast cancer survivor.

"I can't wait to get back to working two jobs at the school and Menard's," Susan said. "I'm looking forward to getting my life back to normal and getting back into a routine."

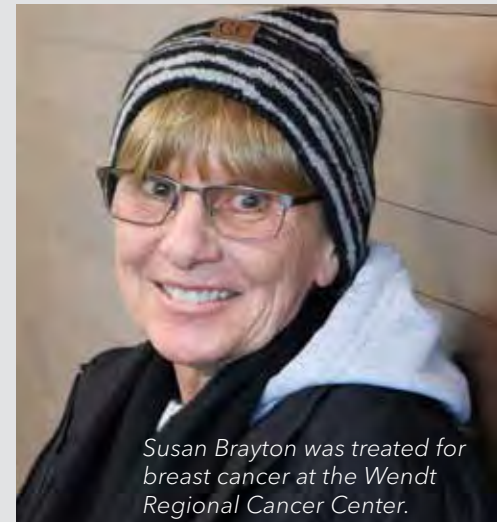
While she reflected on her cancer journey, Susan knows the Wendt Center staff had a lasting impact on her throughout treatment.

It made a big difference and provided a source of hope as she embarked on her lengthy and challenging treatment journey.

"They go above and beyond to make you feel comfortable and relaxed while you are here," Susan said. "I feel like everyone calls me by my first name. The nurses are incredible at making every moment here almost enjoyable. I really don't mind coming here and in fact, I'm going to miss the people here now that I'm finished with treatment."

Susan also found unwavering support from members of her care team at the Wendt Center, along with family and friends.

"I'm beyond grateful for the support of the Wendt Center, my family, and my friends for their love and support through all of this," Susan said. "I'm so very blessed."



Susan Brayton was treated for breast cancer at the Wendt Regional Cancer Center.

To learn more about 3D mammography at Finley Hospital, visit unitypoint.org/mammo.

10 REASONS TO CHOOSE

UnityPoint Health - Dubuque for Heart Care



10. On-Site Cardiovascular Services in One Building

UnityPoint Health - Dubuque is able to coordinate virtually everything you need, including diagnostic tests, procedures in Finley Hospital's cath lab, and rehabilitation - all in one building.

- EKGs
- Treadmill Stress Test
- ECHO Testing
- Ultrasounds
- Event and Holter Monitoring
- ICD/Pacemaker Monitoring
- Trans-Esophageal Echocardiogram (TEE)
- Cardioversions
- Nuclear Cardiology Imaging
- Cardiac and Pulmonary Rehab

9. Diagnosis and Treatment of a Wide Variety of Cardiovascular Diseases

We specialize in the diagnosis and treatment of a wide variety of cardiovascular diseases including:

- High Blood Pressure
- Coronary Artery Disease
- Heart Failure/Cardiomyopathy
- Valvular Heart Disease
- Hyperlipidemia (Cholesterol)
- Pulmonary Hypertension
- Mitral Valve Prolapse
- Heart Disease During Pregnancy
- Adult Congenital Heart Disease
- Preventative Cardiology
- Peripheral Vascular Disease
- Heart Arrhythmia

8. Fast Door-to-Balloon Time

Finley Hospital was built with fast emergency heart care in mind.

The Emergency Department has a direct route to our cath lab because minutes matter during a heart attack or stroke.

Our door-to-balloon time is routinely lower than the American Heart Association's recommendation of 90 minutes or less, striving for less than 60 minutes. In many cases, it is less than 30 minutes.

7. Heart Scans to Evaluate Risk

Finley Hospital's Heart Scan, also known as Cardiac CT for Calcium Scoring, can detect coronary artery disease (CAD) at an early stage when symptoms may not be present. A calcium score arms individuals with important information to guide lifestyle changes and health improvements.

The Heart Scan can detect tiny amounts of calcium in the arteries of the heart. The amount of calcium deposited in your arteries is directly related to your risk for heart disease. The Heart Scan is fast, painless and non-invasive. The entire examination takes less than 30 minutes.

To learn more or to schedule an appointment, call (563) 557-2787.

6. Cardiac Rehabilitation Services

Cardiac Rehabilitation is an individualized and personal treatment plan which includes evaluation and instruction on physical activity, nutrition, stress management, and other health related areas.

If you have one of the following diagnoses you may be eligible to participate: heart attack, stable angina, angioplasty or stents, heart bypass or valve surgery, heart failure, or heart transplant.



Celebrating **10** Years OF HEART CARE IN DUBUQUE

There are many benefits of cardiac rehabilitation:

- Live longer and decrease the chance of a heart attack
- Lessen the physical and emotional effects of heart disease
- Improve stamina and strength and help you get back to your usual activities
- Improve confidence and well-being

The Cardiac Rehab program at Finley Hospital is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). AACVPR-certified programs are leaders in cardiac and pulmonary rehabilitation because they offer the most advanced practices available and have proven track records of high-quality patient care.

5. Shockwave Intravascular Lithotripsy (IVL)

Finley Hospital is the first hospital in Dubuque to offer Shockwave Intravascular Lithotripsy (IVL), an innovative treatment option for patients with severely calcified coronary artery disease.

The new technology allows physicians to fracture the problematic calcium - using sonic pressure waves - so that the artery can be safely expanded, and blood flow is restored avoiding complications.

For more information about this procedure, visit www.unitypoint.org/shockwave.

4. Primary Stroke Center Certification

In 2021, Finley Hospital earned the Joint Commission Primary Stroke Center Certification for making exceptional efforts to foster better outcomes.

This was the fourth consecutive time Finley has earned the certification.

The award, offered in collaboration with the American Heart Association and American Stroke Association, signals the quality of care at Finley Hospital meets the unique and specialized needs of stroke patients.

3. Providers With Heart

Our team of heart care providers work together to provide the Tri-States with access to cardiac care, so more patients can get treatment right here in Dubuque. Tauseef Khan, M.D., Timothy Martin, M.D., F.A.C.C., and Janet Laban, NP and the rest of our heart care team collaborate to provide quality heart care with fewer complications and better outcomes.

To meet our heart care providers, visit unitypoint.org/find-a-doctor.

2. Cardiac Outpatient Center

If a procedure is scheduled as an outpatient visit, rather than an emergency, patients are able to prepare and recover from their procedure in Finley Hospital's Cardiac Outpatient Center.

The center has four private rooms and one shared recovery room. The care team in the Cardiac Outpatient Center prepare you for your procedure, discuss the procedure and answer any questions you may have. After the procedure, patients come back to the room for recovery, education and eventually are discharged right from the center.

1. Experienced Heart Care

Finley Hospital is celebrating 10 years of heart care in Dubuque in 2022. We've been here to care for your heart for 10 years and look forward to caring for you many more. When you need heart care most, you can trust the experts at Finley Hospital with your heart.

An Excellent Experience:

Patient Reflects on Same Day Joint Replacement

When you know, you know.

Charlie Giese, of Dubuque, knew it was time to consider a total left hip replacement, which led him to the experienced surgical team at Finley Hospital.

Finley Hospital and Charlie's orthopedic surgeon's office collaborated to determine that he would be an ideal candidate for same day total joint replacement surgery, due to his age, activity level, and home support.

Dr. Stephen Pierotti was Charlie's orthopedic surgeon and knew he could benefit from choosing the same day surgery method.

"The biggest benefit is that patients feel more secure at home in their own bed and are more rested," Dr. Pierotti said. "When determining Charlie's care plan, we knew that he had a good support system at home that would be able to assist with exercises, household chores, and meals while he was recovering."

For Charlie, the day of surgery started with checking in and getting prepared for surgery. After a brief visit with the anesthesiologist and his surgeon, it was time to head to the operating room.

Before he knew it, Charlie's surgery was complete, and it was time to work on getting him home.

"It was quick and in and out," Charlie said. "I had to walk and do some leg lifts to get my hip moving. That's the most important thing is to keep moving after surgery."

Two of the qualities that made Charlie's surgery experience a success is the support he had from his wife, Linda, and his care team at Finley Hospital.

That support made a big difference for Charlie's surgery and recovery process.

"It worked perfectly, as long as you have someone around you," Charlie said. "I had my wife there to take care of me and everyone at Finley Hospital did their job and answered my questions."

Same day joint replacement surgery offers numerous benefits to patients such as providing a practical, safe, and economical alternative to surgery, giving patients less anxiety about surgery, and reducing disruption to patients' lives.

After having success with his same day joint replacement surgery, Charlie encourages those who may qualify for this type of surgery to consider discussing options with their orthopedic surgeon's office.

"You went in and out the same day - it can't get any better than that," Charlie said. "If there were any complications, my care team was there to help me. I'd recommend people look into this type of surgery to see if it can help them like it did me."

When it came time to choosing where to have his hip replacement surgery, Charlie was faced with an easy choice - Finley Hospital.

Charlie has been a board member with the Finley Health Foundation for the past nine years, giving of his time and talents to contribute to the mission of Finley Hospital.

"It's a great organization that helps a lot of people," Charlie said. "I believe in the hospital, and I wanted to serve in a bigger capacity to give back. It has gone by fast but has been so enjoyable."

Giving back to the community is important to Charlie, whether it's through time or monetary donations.

It contributes to keeping Dubuque a wonderful place to live, work, and play.



Charlie Giese and his wife Linda in Dubuque.

"I'm a firm believer in giving back to the community with your money or time," Charlie said. "A lot of great things happen in this community and if you can't give back with your pocketbook, you can do it with your time and help out that way."

As a board member, Charlie has had the opportunity to assist with various projects that benefit the Finley Health Foundation.

Charlie believes Finley Hospital is a special place that continues to make an impact on the Dubuque community.

"It is a great organization that helps a lot of people," Charlie said. "I believe in the hospital - that's what they do - take care of people."

To learn more about orthopedic surgery at Finley Hospital, visit unitypoint.org/orthosurgery.



Following a heart attack, Mike Kieffer participated in Finley Hospital's Cardiac Rehabilitation program and is pictured here with Jolene Stackis, RN, lead nurse of the program.

Getting Back on Track with Cardiac Rehab

Mike Kieffer enjoys an active lifestyle.

The 62-year-old Dubuque resident is a regular golfer, avid hunter, and frequent gym-goer.

One morning in late November, Mike was about to leave for a CrossFit workout when he noticed pain across his chest, numbness down his left arm and pain in his left shoulder blade.

"I was getting ready to go to the gym when I started having symptoms that I knew were heart-related," he said. "I have a family history of heart disease with my mom and dad, so I'm very aware of the symptoms."

His wife, Melody Bandy Haugen, drove him to the emergency room at Finley Hospital. His care team concluded he was suffering from a moderate heart attack.

In the cardiac cath lab, Dr. Timothy Martin, of UnityPoint Clinic Cardiology, placed three stents to open blockages in two arteries.

As part of Mike's follow-up care, he was enrolled in the Cardiac Rehabilitation program at Finley Hospital.

Cardiac rehabilitation acts as a stepping stone for a patient after a heart attack. It provides an opportunity to form positive habits, increase aerobic fitness, and make sure treatments are effective.

"A lot of times after a heart attack, people get started on all new medications. We are like a check-in three times a week," said Jolene Stackis, RN, BSN, CCRP, lead nurse in Cardiopulmonary Rehab at Finley Hospital. "We check blood pressures to see if the new blood pressure medication is working. We answer questions and monitor if they are improving in how they feel. We get everybody from open heart people, to a stent, to massive heart attacks."

The three-month program is individualized to a patient's wants, needs, and abilities. Mike's goal was to get back to the quality of life he had before the heart attack. With his younger age and solid base of fitness, Mike completed the program in five weeks.

"Sometimes younger people just want that confidence builder," Stackis said. "If they've already been in a fitness program, they want to know if they can go back to it, and how they should feel. They can build that confidence in a safe environment where there's staff to take care of them, and then send them off into the world."

The program also educates participants about risk factors including diabetes, smoking, and diet.

"Having had a heart attack is another risk factor," Mike said. "To move forward, it's important to learn how to eliminate as many of the other risk factors as you can. Obviously I can't eliminate family history, but I learned a lot about nutrition, which was probably a big gap in what I was doing before."

Six weeks post-heart attack, Mike was back in the CrossFit gym. He credits cardiac rehab for giving him the confidence to get back to his heart-pumping workouts.

"In CrossFit you are pushing yourself pretty hard," Mike said. "I wanted to make sure I was ready for it. I had a lot of questions, I'm just that way. They were able to answer

questions around what I can expect, what I should be feeling, and when I can get back to my workouts and regular activities."

Mike's stamina on the treadmill, based on incline and speed measures, increased 110% over five weeks. The national average is 40%, a benchmark that Finley Hospital's Cardiac and Pulmonary Rehab Department routinely exceeds.

"It's highly recommended that people participate in cardiac rehab," Stackis said. "It's under-utilized nationwide. It is shown to decrease re-hospitalizations and deaths. A lot of people think cardiac rehab is you just go exercise, but there's a lot more to it than just that."

To learn more about the Cardiac Rehab program at Finley Hospital, visit unitypoint.org/cardiarehab.



Mike Kieffer does one of his heart-pumping CrossFit workouts.

Technology in Radiation Oncology

Technology is improving at an amazing speed. The improvement in computers and robotics has given us an increase in accuracy and precision. This improvement of technology and strides in sciences are utilized in the field of Radiation Oncology to benefit cancer patients and target cancerous cells more accurately and precisely.

This aim is achieved with very advanced machines and highly-trained professionals at the Wendt Regional Cancer Center.

Linear Accelerators:

A Linear Accelerator is the machine that delivers the radiation treatment. Linear Accelerators are capable of delivering very high energy photons and electrons very precisely using advanced techniques like stereotactic radiosurgery (SRS), stereotactic body radiation therapy (SBRT), Rapid Arc treatments (Volumetric Modulated Arc Therapy), and stereotactic radiotherapy (SRT). These techniques are used to deliver radiation doses to the tumor more accurately and at the same time, reduce the radiation dose to the adjacent normal structures to reduce side effects of the treatment. Increasing the radiation dose to the tumor also means more control of the cancer and an increased degree of cancer cure.

With all these advanced techniques, we have moved into an era of sub millimeter accuracy. The Linear Accelerator must deliver this radiation treatment to an accuracy in the range of less than a millimeter.

The credentials and trainings of these personnel are accredited by national organizations like ARRT (The American Registry of Radiologic Technologists), MDCB (Medical Dosimetry Certification board) and ABR (American board of Radiology). At the Wendt Regional Cancer Center, our fully-certified professionals meet and exceed all of the standards set forth by these national organizations.

OSMS (Optical Surface Monitoring System):

As we have moved into the area of sub millimeter accuracy, one of the important aspects to achieving this goal is for the patient to stay as "still" as possible during the treatment. Besides cooperation from the patient, this very important aspect of the treatment is achieved with the technology of OSMS. In this procedure, a patient's surface is monitored optically, and the system can measure any movement in the patient, even if it is less than a millimeter. Breathing movements are observed during treatment and if the movement is beyond tolerance of the treatment, the machine stops

delivering radiation and will start again once the patient surface gets into the tolerance area. The therapy members of the team make sure that everything is going as planned from set up of the patient to the end of treatment session.

Advanced Treatment Planning Systems:

All the sophisticated treatment is supported by a highly advanced treatment planning system that can perform calculations on billions of electrons and photons while planning the cancer treatment. These computers are commissioned by the physics side of the team and planning is performed by Dosimetry members of the team, in close collaboration with the Radiation Oncologist. These computer systems can detect the density differences in a patient's body (lung density, bone density, fat and tissue density). Based on those differences, planning is performed by calculating the interaction of individual electrons and photons with these density differences (Monte Carlo algorithms). By utilizing this planning system, Dosimetrists can control the dose to normal structures that are close to the tumor and at the same time, deliver maximum dose to the tumor. The aim is to keep the radiation dose in the tolerance limits of the normal structures and reduce the side effects.

Advanced CT scanners:

Advanced CT scanners can accurately scan the patient body and generate density levels of the scan that are recognized by the treatment planning computers. These CT scanners are able to scan the patients with high speed, while keeping the density levels of the scans at their respective levels. With the help of these CT scanners, 4D scans are also possible. 4D scans are used when treatment is controlled with patient breathing. That is, when a patient is breathing during treatment, the treatment machine (Linear Accelerator) will be on when a patient's surface is within the planned area, and the Linear Accelerator will turn off when the patient surface moved beyond the planned area.



*Muhammad Ali Shah,
MS, DABR, Chief
Medical Physicist*

All of these types of technology are utilized at Dubuque's leader in cancer care - the Wendt Regional Cancer Center. To learn more about technology and radiation oncology, visit unitypoint.org/cancertechnology.

Shockwave Technology at Finley Hospital

As people with heart disease, specifically coronary artery disease, grow older and their disease progresses, plaque in the arteries evolve into calcium deposits, which can narrow the artery. Build up of calcium can also make the arteries rigid and difficult to treat with current technologies and procedures.

At Finley Hospital, we are proud to be the first hospital in Dubuque to offer the Shockwave Intravascular Lithotripsy (IVL) procedure. This procedure allows physicians to break up plaque and calcium using sonic pressure waves, so the artery can safely expand, and blood flow is restored while avoiding complications.

“The cardiology team at Finley Hospital is dedicated in our commitment to give patients access to the latest cardiovascular innovations to treat heart and vascular disease,” Dr. Tauseef Khan, Medical Director of Cardiovascular Medicine, said. “Finley is pleased to offer the newest and most advanced technology for our most complex heart patients - especially one that improves procedure safety for the benefit of those in Dubuque and surrounding communities.”

Heart disease is the leading cause of death for both men and women. Each year, more than 600,000 people in the United States die of heart disease. Physicians often use stents to open an artery, and of the approximately one

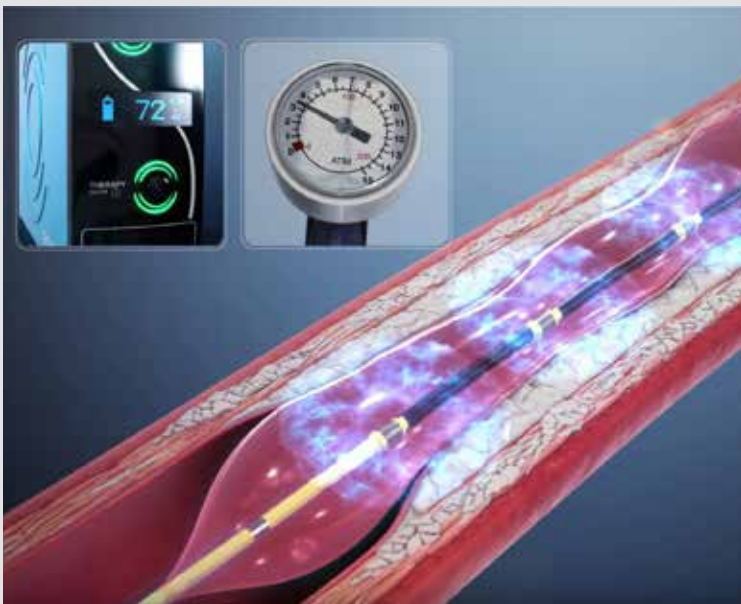


Dr. Tauseef Khan (left) and Arlene Petsche, the first patient to undergo a Shockwave procedure at Finley Hospital.

million patients that undergo a stent procedure each year, 30 percent have problematic calcium that increases their risk for adverse events.

Calcium makes the artery rigid and more difficult to reopen with conventional treatments, including balloons, which attempt to crack the calcium when inflated to high pressure, and atherectomy, which drills through the calcium to open the artery. While atherectomy has been available for several decades, its use remains low, as it can result in complications for patients who are undergoing stent procedures.

To learn more about Shockwave at Finley Hospital, visit unitypoint.org/shockwave.



Left: The Shockwave technology at work. Right: The Shockwave Intravascular Lithotripsy (IVL) procedure uses sonic pressure waves to break up calcium and plaque in arteries.





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