

Community Newsletter

Northern Iowa Couple Travels to Boone for Knee Surgeries

Mary Williams did a victory dance in the waiting room after a successful follow-up knee replacement appointment with Dr. James Mueller, orthopedic surgeon, Boone County Hospital. "I don't even need physical therapy," she says. "I'm good to go!"

Mary and her husband, Richard, have made the trip to Boone from Mason City on several occasions over the past year — both have had two knee replacement surgeries, also known as knee arthroplasty, by Dr.

Mueller.

The Williams heard about Dr. Mueller through a friend of Mary's sister. "We heard he is the best of the best, so we decided to come to him for my first knee replacement surgery a year ago and have come back ever since!" says Mary, who began having knee pain after laying a brick path in her yard. She is a daycare provider, and her knee pain was making it hard to keep up with the children. Richard's knee replacements followed in September

and December of 2010. Most recently, Mary had her second surgery this past May.

Mary and Richard are both happy to be walking pain-free after their surgeries with Dr. Mueller, and they recommend him to their friends and people they meet every chance they get. "I have several of his business cards in my purse that we give out to people," Mary says. "He really is the best."

Dr. Mueller has done approximately 2,000 knee replacements and 1,000 hip replacements over the span of his 25-year career in orthopedic surgery. Knee arthroplasty takes about an hour, and involves the surgeon cutting away damaged bone and cartilage from the patient's shinbone, thighbone, and kneecap, and replacing it with metal alloys and high-grade polymers. The replacement joint is

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*Pictured: Mary and Richard Williams
with Dr. James Mueller, orthopedic surgeon*



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designed to replicate the knee's natural ability to bend and glide with movement.

A combination of extensive experience and staying current on the latest technology helps Dr. Mueller provide the best care to his patients. In the operating room, he uses the Navitrack ER Tracking Device, a computer-assisted surgical navigation system made by Zimmer. This machine increases visibility and accuracy in orthopedic surgeries. Dr. Mueller has expert intuition which comes with his years of experience. "There have been times when the computer has given me a measurement, and I knew it wasn't accurate. In those cases, I am able to reconfigure the numbers in the system and find the correct

measurement," he says.

Mary and Richard have been pleased with the quality of health care they received from not only Dr. Mueller, but the rest of the staff at Boone County Hospital as well. "Everybody is friendly here," says Richard. "All the employees are happy, helpful and seem to enjoy their jobs." Richard remembers a time when he was in the surgery waiting room, and the volunteer at the desk was helpful while he waited for Mary's surgery to be complete. "She was very pleasant and kind, and talked with me during my wait," he says.

When Mary was staying in the hospital after one of her surgeries, she was pleasantly surprised with how quick and attentive the nursing

staff was. "I would push the button and a nurse was there within seconds every time," she says. Both Mary and Richard agree that one nurse in particular really impressed them — Chris Davies. "Chris really made us feel like we were in good hands," Richard says. "He was so attentive that it felt like Mary was his only patient."

When asked to rate the care they received from Dr. Mueller and the rest of the Boone County Hospital staff, the Williams' answered with a confident "10-out-of-10." They are both thankful to be back on their feet and able to enjoy daily life without knee complications or pain.

Article written by BCH Intern Jenn Brown

BCH Services

Basic Infant and Child CPR

Boone County Hospital (BCH) began offering a new Basic Infant and Child CPR Class in January. The free class is offered every two months, and is an educational CPR class for parents, taught by BCH EMTs/paramedics. To register or to find out more about the class, call the BCH Family Birth Center at 433-8400.

Valet Services

Valet parking is a free service offered to BCH patients and visitors, Monday through Friday. Pull your vehicle up to the main entrance of BCH and let a valet park your car.

"It's a service we can provide that goes above and beyond our regular care," says Sara Behn, BCH Foundation Director who oversees the valet service.



Pictured: Phyllis Martin, a BCH valet

Knowing What to Expect in the ER

When a friend or loved one experiences serious trauma, those around them can sometimes be overwhelmed with panic or confusion. From broken bones to heart attacks and strokes, the Emergency Room (ER) at Boone County Hospital (BCH) will provide you with the exceptional care you need. Although going to the ER can be scary, there are a number of things you can do and be aware of in order to make the process of going to the ER a little easier.

Important precautions can be taken at home before a medical team arrives. Contacting medical professionals as soon as possible is one of the best things a person can do, but some times additional actions can be taken. A person suffering from severe chest pain is encouraged to take four baby aspirin to help improve his or her condition with the assistance of other medical means. In cases of broken bones and large impacts to the body, move the injured person as little as possible until the emergency team arrives.

Know what to expect when arriving at the hospital. If you or a loved one arrives by ambulance, paramedics will exchange information with the ER staff. Next, nurses and physicians will assess your care and decide what immediate action needs to be taken. A diagnosis will then be developed and a plan of treatment for the condition will begin.

“Patients who know this process will only help medical professionals



Dr. Chance visits with an ER patient about the File of Life card

transition between each of these steps,” says Dr. Chance, BCH Emergency Department Medical Director.

Dr. Chance says an up-to-date File of Life card is a good way to assist ER professionals. Information on the card consists of demographics, medications, emergency contact information, medical conditions, organ donor information, allergies, vaccinations and, if made, a living will.

“A patient that has a File of Life card that has been kept up-to-date will help the emergency team staff make quick and accurate decisions,” says Dr. Chance.

A File of Life should always be kept with an individual on their fridge, purse or pocket, somewhere paramedics can find it since an

emergency can happen at any time. Lastly, patients should always bring their card to every physician visit so it can be updated with current health conditions and medications.

These tips will prove to be beneficial if you, a friend, or a loved one is ever in an emergency situation. Emergencies that threaten a person’s life are never a good thing, but following the guidelines could make their experience a little less painful, or even save someone’s life.

If you would like to obtain a File of Life Card, call the BCH Foundation at 433-8470, ask for one at your local Boone doctor’s office or log on to www.boonehospital.co

Article written by former BCH intern Nathan Curtis

BCH Employee Donates His Hair for “the Kids”

“I’ll grow it out over and over again. After all, it’s for the kids.”
— Jody Brincks

For some individuals, donating their long hair to Locks of Love is something they do once in their lifetime. For Jody Brincks (pictured), a Boone County Hospital paramedic, it’s a way of life. In May, Jody had his hair cut off and donated it to the Locks of Love program for the fifth time in 11 years.

Locks of Love is a non-profit organization that provides hair pieces to financially disadvantaged children in the United States and Canada

under age 21 suffering from long-term medical hair loss from any diagnosis. They use donated hair to create the highest quality hair prosthetics. Most of the children helped by the program have lost their hair due to a medical condition called alopecia areata, which has no known cause or cure.

When Jody found out about Locks of Love, he knew it was something he wanted to be

involved in. His most recent hair donation was a result of a bet he made with some friends from the Iowa Speedway. “The guys bet me if they could raise \$10,000, I had to cut my hair,” Jody says. “Of course, I thought there was no way they’d raise that much money and I accepted the bet. Boy was I surprised to learn they raised \$25,000.” The money raised has been donated to the Nascar Foundation. As a result, Jody had 13-1/2 inches cut from his hair, an effort that took one year and four months to grow.

Jody says his hair grows quickly, and he’s ready to start all over again. “When you have long hair for so long, it doesn’t feel right when it’s short,” he says. His two daughter’s were not sure what to think of their Dad’s new cut. Riley, the 7-year-old, told him he looks like a girl, and Kenzie, the baby, stared at him for awhile before she would go to him.

By providing wigs to children in need, Locks of Loves helps to restore self-esteem and confidence, and enables them to face the world and their peers. The minimum hair donation that can be made to the program is 10 inches, and it can’t be colored, permed or bleached.

“I’ll grow it out over and over again,” he says. “After all, it’s for the kids.” For more information on Locks of Love, talk to your beautician or log on to www.locksoflove.com.



New Faces & Achievements

EEU Programs

Boone County Hospital (BCH) Administration is happy to announce the addition of two new physicians.

Emily Chang, D.O.

Emily Chang, D.O., OB/GYN, joined the BCH Medical Staff in February and partners with Dr. Tracey McIntire.



Dr. Chang came from Chicago where she practiced for three years. She received her degree from Nova Southeastern in Fort Lauderdale, Florida. She completed a Residency at Mercy Hospital and Medical Center, Chicago. She is Board Certified by the American Board of Obstetrics and Gynecology. To schedule an appointment with Dr. Chang, call 432-7766.

Katie Howe, D.O.

Katie Howe, D.O., joined the BCH Medical Staff as an Emergency Medicine doctor in April.



Dr. Howe received her Doctor of Osteopathic Medicine from Des Moines University Medical School. She completed a Family Medicine Internship and Residency with an emphasis in urgent care from

Valley Hospital Medical Center in Las Vegas, Nevada. Dr. Howe is Board Certified by the American Osteopathic Board of Family Physicians.

Tammy Chance, D.O.

Dr. Tammy Chance, BCH Emergency Department (ED) Medical Director, was recently elected as vice-president of the Osteopathic Medical Association.



Dr. Chance is a graduate of Des Moines University, College of Osteopathic Medicine and Surgery. She completed her Rotating Internship and Family Practice Residency at Des Moines General Hospital. She is Board Certified by the American Osteopathic Board of Family Physicians.

In addition to being the ED Medical Director at BCH, Dr. Chance is also a staff ED for Physician Healthcare Services Emergency Physicians, and is an adjunct faculty member for Des Moines University.

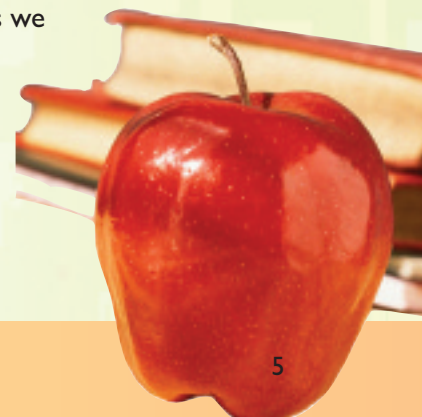
Educating and Empowering U programs are offered through the BCH Foundation each month in the BCH 4th Floor Conference Room. Lunch is provided. To register for an upcoming program, call 433-8470.

Incontinence: Overview and Physical Therapy Interventions **August 23, noon** **Chandi Kelsey, D.P.T., Boone Rehab Services**

Learn about the anatomy of the female pelvis and types of incontinence, as well as current interventions in physical therapy for female incontinence.

Aging with Style: Increasing your Aging IQ! **September 13, noon** **Dr. Jennifer A. Margrett, Iowa State University**

Dr. Margrett will highlight links between lifestyle, the aging brain and ways in which we can all increase our aging IQ. She will discuss aging myths and distinguish between normal age-related changes in cognition and non-normative changes such as dementia. Dr. Margrett will also discuss preserving and coping with cognitive changes as we and our loved ones age.



Auxiliary and Foundation Recognized



Due to funds raised through various BCH Auxiliary events such as the sales in Gifts Galore, the Jewelry Sales, the Festival of Trees, and other fundraising events, the BCH Volunteer Auxiliary plays a significant role in helping the hospital purchase much needed items and equipment. At their monthly Board meeting in March, Auxiliary President Lynn Johnson presented BCH CEO Joe Smith with a check for \$60,000 to put towards the purchase of the new Electronic Medical Record. In addition, the BCH Foundation Director Sara Behn presented Joe with a check for \$20,000 for the same project (part one of a three year commitment).

Pictured front row, left to right: Vicki Andrews Pietz, Dorothy Huffman, Glenda Camelin, Connie Kruck, Jean Iben; back row: Avenelle Olson, Judy Russell, Lynn Johnson, Joe Smith, Sara Behn, Teri Knight, Heather Morrissey

The BCH Volunteer Auxiliary was recognized at their Annual Spring Meeting at a Recognition Dinner in April; April was also National Volunteer Month. Long-time volunteer Chris Veeder was recognized for her 10,000 hours. Lynn Johnson, who was President-Elect and took over after President Chris Branstad stepped down, was installed as the President for the 2011-2012 term. Guest speaker was former BCH Nursing Director Sandy Puntenny who spoke about the Boone Free Clinic.



Photo courtesy of Courtney Davidson



Harvest Festival 2011

Save the date for October 8th at Cedar Pointe Golf Course

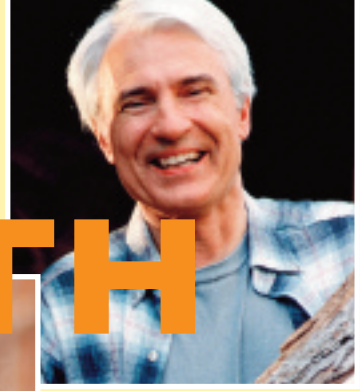
Social Hour at 5:30 p.m. / Dinner at 7 p.m.

Live & Silent Auction winners announced at 8 p.m. / Dance at 9 p.m.

Watch for more information at www.boonehospital.com



To your



HEALTH



Programs & Services

Anticoagulation Management Service

Monday, Tuesday & Thursday, 8:30 a.m. to 4:30 p.m., BCFM.

This service is offered to patients taking Coumadin who need checked on a regular basis. To schedule an appointment, call Boone County Family Medicine, 432-2335.

Basic Infant & Child CPR Class **September 20, 6:30 to 8:30 p.m., BCH 4th Floor Conference Room.**

This free educational class is for parents & will be taught by BCH EMTs/paramedics. No certification will be given. Call the Family Birth Center at 433-8400 to register.

Beckwith Family Adult Day Services

Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals & individualized care for adults 55 years of age & older who do not need 24 hour care, but cannot be left alone for long periods of time. For more information, call 432-2275.

Big Brother/Big Sister Sibling Class

August 24, 6:30 p.m., BCH 4th Floor Conference Room. This sibling class helps children prepare & accept the arrival of a newborn. To register, call the Birth Center at 433-8400.

Blood Pressure Checks—FREE BCH Specialty Clinic—Every Friday, 8 a.m. to Noon, BCH. Madrid Family Practice Clinic

(MFPC)—Every Monday, Wednesday, Friday, 8 to 9 a.m., MFPC. No appointment is necessary.

Boone Community Blood Drive

Call (800) 287-4903 to schedule a time to give blood at the Boone monthly Blood Drive. Sponsored by the BCH Auxiliary.

Boone County Nutrition Programs

Boone County provides meals to individuals 60-plus & older throughout the county. For more information on the Home Delivered Meal & Congregate Meal Programs, call 432-1127.

CPR Classes

CPR classes are provided as requested. Call 433-8190.

Car Seat Safety Checks

Second Tuesday of every month, 4 to 8 p.m., BCH. If you would like a car seat safety technician to check your child's car seat & make sure it's installed correctly, call 433-8196.

Childbirth Preparation Class

August 6, 8 to 4 p.m., BCH 4th Floor Conference Room. During this day-long event, you will take part in classes for Childbirth Preparation, Infant Care and Breastfeeding. Lunch is provided. Wear comfortable clothes & bring two pillows. To register, call the Birth Center, 433-8400.

Diabetes Education Classes

If you have diabetes & would like to attend our education classes, please talk to your physician about referring you to

the Boone County Hospital Diabetes Center. Call 433-8624.

Educating & Empowering U **August 23, noon, BCH 4th Floor Conference Room.**

Chandi Kelsey, D.P.T., Rehab Services, will present a program on "Incontinence: Overview & Physical Therapy Interventions." To register, call 433-8470.

First Aid Classes

This OSHA approved course will teach participants how to initially respond to medical emergencies & injuries. For scheduled dates & to pre-register, call 433-8190.

Gifts Galore Gift Shop

Open Monday through Friday, 9 a.m. to 4 p.m., & Sunday, 11:30 a.m. to 3 p.m. For more information, call 433-8190.

Home Care Services

Provides a wide range of home care & health promotion programs to better the community's healthcare. For more information, call 432-1127.

Lab Wellness Profiles

Offered seven days a week, 6:30 to 10:30 a.m., BCH Lab. Seven different blood tests are available. Cost is low; no insurance filed. Call 433-8170.

Outpatient Nutritional Services

A BCH dietitian can provide you with a nutritional needs assessment, help you develop healthier eating habits, plan healthy menus & lose weight. For an appointment, call 433-8624.



1015 Union Street
Boone, Iowa 50036

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ORG
US POSTAGE
PAID
FORT DODGE, IA
PERMIT #4

BOONE COUNTY HOSPITAL

- Joe Smith, CEO433-8481
- Main Number432-3140
- Beckwith Family Adult Day Services
.....432-2275
- Boone County Family Medicine
Boone.....432-2335
Ogden275-2417
- Boone Orthopedic Center433-8500
- Business Office.....433-8142
- Cardiac Rehab433-8120
- Comprehensive Specialty Care433-8700
- Diabetes Education.....433-8624
- Family Birth Center433-8400
- Foundation433-8470
- Gifts Galore Gift Shop.....433-8180
- Home Care Services432-1127
- Madrid Family Practice Clinic..795-4300
- Medical/Surgical433-8230
- Rehabilitation Services:
Occupational Therapy433-8686
Physical Therapy.....432-7729
Speech Therapy433-8625
- Sleep Disorders433-8260
- Specialty Clinic.....433-8300
- Wound Clinic.....433-8337

BCH MEDICAL STAFF

- Anesthesia**433-8358
- Rebecca Clark, CRNA, MS, ARNP
- Larry Lee, CRNA, ARNP
- Clinical Psychology**
- William Martin, Jr., Ph.D.433-0343
- Emergency**433-8150
- Tammy Chance, D.O., ED Medical
Director
- Rick DesCamps, D.O.
- Katie Howe, D.O.
- Brent Liebert, M.D.
- Family Practice**
- Wahid Alfonse, M.D.432-2335
- Frank Downs, M.D.432-2335

- Caleb Glawe, M.D.432-2335 (Boone)
.....275-2417 (Ogden)
- Brian Mehlhaus, M.D.432-4444
- Laura Moeller, M.D.....432-4444
- Sascha Parsons, M.D.....432-4444
- Eric Peterson, M.D.432-2335
- Scott Thiel, M.D.....432-2335
- Alexandra Vander Meide, M.D.432-4444
- Joel Vander Meide, D.O.432-4444
- Richard Vermillion, D.O.275-2417
- Paul Volker, M.D.....432-4444
- Nicole Goliber, PA-C 432-2335 (Boone)
.....795-4300 (Madrid)
- Kris Shaver, PA-C.....432-2335
- General Surgery**
- Richard Unger, Jr., D.O.....433-8500
- OB/Gyn**
- Emily Chang, D.O.432-7766
- Tracey McIntire, D.O.432-7766
- Orthopedic Surgery**
- James Mueller, M.D.....433-8500
- Pathology**
- John Cook, M.D.433-8173
- Radiology**
- Tom Gleason, D.O.433-8160

BCH OUTREACH SERVICES

- General Surgery**
- Jeffrey Maire, D.O.433-8500
- Podiatry**
- Todd Miller, D.P.M.433-8500
- Ophthalmology**
- Nicolas Hamouche, M.D.239-4460

**BCH SPECIALTY CLINIC
433-8300**

- Allergy**
- Jay Brown, M.D., McFarland Clinic
- Audiology**
- Kent Weaver, AuD, Woodard Hearing
Center
- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Jeffrey Boyd, M.D., Iowa Heart
- Jennifer Britten, ARNP, Iowa Heart

Dermatology

- Kathy Cook, M.D., Skin Solutions
Dermatology

Ear, Nose, Throat

- Cory Mineck, M.D., Mercy ENT
- Matt Morgan, M.D., Mercy ENT

Nephrology

- Jacob Alexander, M.D., McFarland Clinic

Neurology

- Michael Kitchell, M.D., McFarland Clinic
- Seldon Spencer, M.D., McFarland Clinic

Oncology

- Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

- Daniel Vos, M.D., Wolfe Eye Clinic

Pain Management

- Thomas Klein, D.O., Medical Center
Anesthesiologists
- Clay Ransdell, D.O., Metro Anesthesia &
Pain Management
- Christopher Stalvey, D.O., Metro
Anesthesia & Pain Management

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic/Reconstructive Surgery

- Kyle Ver Steeg II, M.D.

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic
- Mark Wetzel, D.P.M., Foot & Ankle
Center

Pulmonary Medicine

- Greg Hicklin, M.D., The Iowa Clinic
- Katrina Guest, M.D., The Iowa Clinic
- Steven Wanzek, M.D., McFarland Clinic

Spine Surgery

- Daniel McGuire, M.D., Iowa Spine Care

Urology

- Brian Gallagher, M.D., The Iowa Clinic

Vascular Surgery

- Doug Massop, M.D., Iowa Clinic

