

## community needs

Upholding a sacred vow to care for the sick, four Sisters of Mercy opened Mercy Hospital to serve the needs of our growing city more than a century ago. Today, guided by the spirit of the Sisters, Mercy remains dedicated to enhancing the health of the communities we serve. As healthcare needs change, so does Mercy — growing and evolving in response to our community's needs.

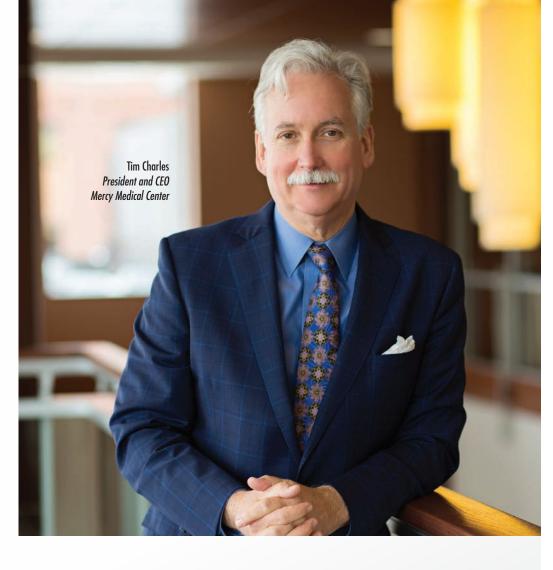
Responding to

The features in this edition of The Mercy Touch Magazine showcase an expansion of Mercy's life-changing services, person-centered care and, of course, the compassionate, one-of-akind experience known as *The Mercy* Touch. All of these initiatives exist to support you, the people who make our communities vibrant.

> The addition of cardiac, thoracic and vascular surgery at Mercy introduced new procedures for patients. One of those procedures is rib plating, brought to Mercy by cardiothoracic surgeon C.C. Lee,

MD, FACS, which helped Daniel Reilly heal from a serious accident with less pain (p. 4).

Thanks to Sajida Ahad, MD, FACS one of the country's few surgeons trained in both obesity medicine and bariatric procedures — bariatric surgery is now



available at Mercy. Many patients who have embarked on this journey are seeing inspirational results today, including Dan and Michelle Lane, who have collectively lost more than 225 pounds (p. 12).

Immunotherapy is among the many innovations at Mercy's Hall-Perrine Cancer Center. Essentially, this fascinating treatment trains the human body to recognize and attack cancerous cells. It's a progressive option that's made a world of difference to patients like John Tigan, who doesn't worry about cancer dominating his life anymore (p. 10).

Helping the spirit heal is also important when providing holistic, person-centered care for the community. Mercy's spiritual support shines through traditions like Code Red. White and Blue. This recognition at the Dennis and Donna Oldorf Hospice House honors and pays touching respect to veterans at the end of life (p. 16).

Mental health services are crucial in the journey toward better wellbeing, especially when the spirit has been broken. After Michael and Michelle Azevedo survived our country's deadliest mass shooting to date, a skills group led by Scott Eilers, PsyD, at Mercy Family Counseling has empowered them with techniques to enjoy life to the fullest (p. 6).

Mercy has evolved in response to community needs, bringing aboard more quality, innovative services to help you thrive. You can count on The Mercy Touch as an anchor in eastern Iowa, today and tomorrow.

Thank you for reading.

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### touch

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The Mercy Touch® Magazine features insightful and practical medical information, warm human interest stories, medical triumphs, medical breakthroughs and new technologies at Mercy Medical Center.



### **RESPONDING TO COMMUNITY NEEDS**







12-15 BARIATRIC SURGERY **HELPS COUPLE LOSE** 225 POUNDS



A veteran's ceremony at the Dennis and Donna Oldorf Hospice House of Mercy p.16





Learn more and self-schedule an appointment at mercycare.org/hernia







Daniel Reilly was preparing for a motorcycle trip of a lifetime to the West Coast. As part of his preparation, and in keeping with his penchant for safety, he'd been reading up on improving his riding skills. In doing so, he recalls reading that most deer collisions

In October 2018, he had the unfortunate chance to put that statistic to the test.

Riding after dark, Daniel was only about a mile from his Mount Vernon home when a deer jumped into his path.

"I didn't see any deer eye shine or anything," he recalls. "I just see the light brown flash and, boom, I'm out."

Daniel doesn't know who summoned help, nor does he recall anything that happened to him for several days that followed. What he does know is that he's fortunate to be alive.

"I was wearing full motorcycle riding gear, which helped save my life, I think,' Daniel says.

Even so, he broke 10 ribs, most of those in two places. He also had a collapsed lung, broken shoulder and collarbone, and serious internal injuries.

Once doctors had stabilized him, their attention and concern turned to his broken rib cage.

"Broken ribs are especially problematic because the ribs protect the internal organs in your chest," says C.C. Lee, MD, Mercy Cardiothoracic and Vascular Surgeon. "When you break multiple ribs, the chest cavity becomes unstable and you need stable ribs in order to breathe normally."

Daniel had two options. He could let his ribs heal on their own, knowing that it would be a long and painful process given that the unstable ribs would need to expand and contract every time he breathed. The associated pain would likely limit his breathing capacity.

Dr. Lee says allowing displaced bones to heal on their own is not only uncomfortable, but it's also risky. Some patients never fully recover, while others risk becoming addicted to pain medication.

Daniel opted for the alternative: an approach called "rib plating," a procedure Dr. Lee introduced at Mercy.

After aligning each break site, Dr. Lee spanned the broken ribs with tailormade titanium plates, holding them in place with locking screws. The plates stabilize the rib fractures, so the rib cage moves in synchrony when Daniel breathes.

"With rib plating, recovery is much more rapid," Dr. Lee says. "He got a lot better, a lot faster."

With the titanium plates in place, Daniel was discharged from the hospital a month after he was admitted.

Daniel says he anticipates he'll get back on his motorcycle once he fully heals. Whether he continues to ride, he says, depends on how confident he feels.

"I find it difficult to believe what all happened to me when I compare it to how minimal my pain is now," Daniel says. "I'm utterly amazed. I'm extremely thankful that Dr. Lee practiced at Mercy where I happened to be taken after the

accident. I consider it a miracle to be alive and the way things came together and that the right doctors were there."

C.C. Lee, MD, FACS, Mercy Cardiothoracic & Vascular Clinic



"You could hear the music, and we were talking about how the festival was going on and that Jason Aldean was playing that night," Michelle remembers. "As we're talking about this, the four of us, somebody stopped and said, 'Do you want to go to the concert?""

They did. In fact, the Cedar Rapids couple had looked into buying tickets to the festival, but had decided it was too pricey and their itinerary was too full anyway. They couldn't believe their luck when a local DJ offered free entry just minutes before Aldean's 9:30 p.m. show.

The group hurried across busy Las Vegas Boulevard to a 15-acre field — the venue for the three-day, outdoor festival — and settled in the sea of 22,000 concertgoers.

"Jason was five or six songs in and then you could hear a couple of loud pops," says Michael. "At first, we thought it was the speakers."

What they actually heard were shots from an assault rifle — the first rounds of what would become the deadliest mass shooting in the United States to date — as a gunman fired from the 32nd floor of the Mandalay Bay resort.

"We went into flight mode," says Michael. "When he would stop shooting, we ran. When he'd start shooting, we'd get on the ground and lay on each other. It was mass chaos. You could hear the ricochet and everything, people were running everywhere and were just scattered everywhere."

"We saw people trying to get out of a small place where they had pulled the gate apart," says Michelle. "Somebody had pulled it apart enough that one person at a time could go through and that's where we went out."

Disoriented, covered in filth and utterly terrified, the Azevedos and their friends entered the chaos on the street. Amid panicked hordes of screaming, injured people, with shots still ringing, they weren't out of harm's way yet.



Scott Eilers, PsvD Mercy Family Counseling



**Call Mercy Family** Counselina at (319) 398-6575 to learn more about PTSD Skills Group or any therapeutic service.

The group ran nearly two miles to the door of the no, that's what military people have." Cosmopolitan hotel, where they were staying.

"We were leaving in the morning at 6 a.m.," says Michelle. "We didn't sleep. We just wanted to go back to the Midwest where we were safe."

As dawn broke back in Cedar Rapids, loved ones were learning of the Las Vegas shooting that claimed the lives of 58 people and injured 869. Friends and family wasted no time making sure Michelle and Michael were o.k. Although they were fine physically, their emotional health was profoundly damaged.

By accessing the Employee Assistance Program through Michael's work, the Azevedos connected with Mercy Family Counseling to help them heal emotionally. Shortly after the tragedy, they also joined Mercy Family Counseling's Post-traumatic Stress Disorder (PTSD) Skills Group — a 10-week educational course led by trauma expert Scott Eilers, PsyD.

"PTSD is when a person experiences changes to moods, thoughts and behaviors that result from experiencing something traumatic," explains Dr. Eilers. "What exactly constitutes a traumatic event is fairly subjective, but it is generally any situation that resulted in, or could have resulted in, major bodily harm or death. The Azevedos were a good fit for the group because they were willing to work and learn."

"Every week, we had a different topic," explains Michelle. "Dr. Eilers started out by defining trauma and post-traumatic stress and whether you really had PTSD, because at first you're like

Dr. Eilers says military combat personnel do often fall into this category, but, he also says, "for some people, like Mike and Michelle, a single trauma is all that is necessary to develop PTSD."

Experiences like serious accidents, abuse, assault and severe natural disasters can lead to PTSD. Sometimes, Dr. Eilers says, even witnessing a traumatic event can cause symptoms.

"In class, Dr. Eilers talked about your brain after you've had trauma; where it stores the trauma and how it processes things differently because of the trauma," Michael says. "It makes you feel like it's o.k. that you feel that way."

The Azevedos learned the importance of diet, exercise and sleep, along with mindfulness and grounding techniques they find helpful, especially when everyday sounds, like the rumble of an 18-wheeler's brake, ignite feelings of dread.

"Five things you can see, four things you can touch, three things you can smell," Michelle says about one strategy, "and that kind of brings you back to reality that everything is o.k."

"In 10 weeks, they went from experiencing moderate/severe trauma symptoms to mild symptoms, which really is a remarkable change for that duration," says Dr. Eilers.

It's been a little more than a year since the Azevedos graduated from PTSD Skills Group. They still use the coping techniques they learned in group and counseling sessions as they grapple with the magnitude of heavy, lingering questions today.

"We're still searching for answers to why," explains Michael. "Why were we there? Why did we go through it?"

### One thing they know for sure: They won't let evil win.

"We try to put ourselves out there and do things," Michelle says about the motorcycle rides, camping trips and even indoor concerts the Azevedos have experienced together in the last year. "We're not just holed up in our house. We don't want to live like that."

"I don't know how you turn it into good," states Michael, "but we're sure trying."

"We hope that people read the note," Michelle adds. "Maybe say a little prayer or think about

"The tags have the name and facts about a

person who died that night," says Michael.

the 58. We've done around 30 random acts of kindness so far. We just try to pay it forward, do something kind for somebody."







## bad. I never got sick. It's just so amazing. — John Tigan cancer survivor

### For more information about immunotherapy at Hall-Perrine Cancer Center, visit *hallperrinecancercenter.org/immunotherapy*.

## Training the body to fight cancer with immunotherapy

John Tigan noticed what he thought was a cyst on his left earlobe in the summer of 2013. The knot grew as weeks passed and his dermatologist recommended it be removed.

By early December, John learned he had much more than an M&M-size cyst — he had Stage 4 melanoma.

"That all sounded just horrid to me," John remembers. "I was thinking, 'Geez. Skin cancer? On my ear?' Skin cancer wasn't really in my thoughts. That was not the way I thought I was going to get sick when I got sick."

Further tests uncovered the cancer had spread to his chest. John began seeing Hall-Perrine Cancer Center oncologist Samuel Wood, MD, who recommended a new, cutting-edge treatment.

"The stage and type of cancer John was dealing with, melanoma, has historically been challenging to treat," explains Dr. Wood. "At the time of John's diagnosis, a new treatment was on the horizon called immunotherapy, which basically trains the human immune system to recognize cancer as a foreign invader in the body and attack it. Research was pointing to immunotherapy as an emerging opportunity for melanoma treatment, and I felt John would be a prime candidate if he wanted to pursue it as an option."

After giving it some thought and weighing his choices, John

Hematology and Oncology

decided to give it a try. He visited Hall-Perrine Cancer Center to receive an hourlong infusion of Yervoy® immunotherapy medicine once a month for three months in 2014. The following year, he started Keytruda® immunotherapy infusions every three weeks until his last treatment in April 2017.

"I'd come over to Hall-Perrine on an extended lunch and do these infusions." says John, a proud member of CarePro's warehouse team. "I came over, I got the infusion, they taped me up, and I went back to work and just kept working through the whole thing."

In fact, many of John's coworkers didn't even realize he was battling cancer. Aside from some time off around his surgeries and some moments of discomfort now and then, he never experienced the

symptoms that sometimes come with chemotherapy treatment. That's because immunotherapy is very different.

"While chemotherapy kills cancerous tissue, it can also

damage healthy cells." Dr.
Wood says. "Patients
might see the common
symptoms associated
with chemotherapy
when those
healthy cells are
damaged, like hair
loss or nausea.
Immunotherapy,

on the other hand, only homes in on cancerous tissue. Healthy cells are far less likely to be damaged in the course of treatment. That means people who are on immunotherapies often don't experience those commonly identifiable side effects."

"Nothing ever changed as far as I was concerned," John says about the more than four years he spent battling melanoma. "I never felt bad. I never got sick. It's just so amazing."

More than two years after his last immunotherapy infusion, John is living life cancer-free. His days are filled by a job he enjoys, video games that challenge his mind, and cheering on the successes of wife Leigh and son Robert. He checks in with Dr. Wood every six months and still has routine PET scans.

"Things have worked out really well for us," John reflects. "I know I'm fortunate. I just keep moving forward. That's all I can do. I listen to the doctors more than I used to, and I don't push off appointments anymore."

He encourages others to stay on top of their own health issues.

"Go to the doctor; listen to the doctor," he says. "The staff here at Hall-Perrine has been awesome. I appreciate the professionalism of people who know their jobs and do them well. I have nothing but positive things to say about everything that's happened here."

Gifts to the Mercy

Foundation help bring

advancements to the

Hall-Perrine Cancer Center,

giving patients the best

chance to beat cancer.



The Lanes' journey didn't actually begin as a quest to lose weight. Michelle had been suffering from gastrointestinal issue for years and she just wanted to feel better.

During a consultation, Sajida
Ahad, MD, FACS, director of
Mercy's bariatric surgery program,
suggested Michelle consider
bariatric surgery. As Dan listened
in, he started thinking about his
own options. He had struggled
with a thyroid imbalance for years,
which had contributed to his own
weight gain.

After attending an informational seminar and giving it careful consideration, the Lanes both decided to pursue bariatric surgery at Mercy.

"We took the journey together," Dan says. "We plan meals together. We can do everything together. It's been extremely beneficial." The Lanes had their bariatric surgeries just one week apart in May 2018. Suited to their individual health needs, Michelle had laparoscopic gastric bypass surgery, while Dan had laparoscopic sleeve gastrectomy surgery.

Gastric bypass entails creating a small stomach pouch that reduces the amount of food the patient can eat. The intestines are re-routed, which causes food and nutrients not to be absorbed in the usual manner.

A sleeve gastrectomy removes a portion of the patient's stomach. Weight loss is achieved by restricting the amount of food that can be eaten.

The surgery itself is just one component of Mercy's comprehensive bariatric program.

"THE PATIENT IS
INVOLVED WITH
A VERY INTENSE
EDUCATIONAL
PROCESS, WHERE
THEY ARE EDUCATED
AND EMPOWERED
TO MAKE GOOD
CHOICES," DR.
AHAD SAYS. "THEY
ARE ABLE TO MAKE
THOSE CHOICES
EQUIPPED WITH THE
KNOWLEDGE AND
TOOLS OUR TEAM
GIVES THEM TO
BE SUCCESSFUL."



DR. SAJIDA
AHAD IS ONE
OF JUST A FEW
SURGEONS
IN THE U.S.
TRAINED IN
BOTH OBESITY
MEDICINE AND
BARIATRIC
SURGERY.

Sajida Ahad, MD, FACS General, Minimally Invasive and Bariatric Surgery Dan and Michelle say the support offered through Mercy's program was key to their success.

"We've known people who've gone through other programs and failed, and they're back to gaining weight. I didn't want to do that," Michelle says. "That was my biggest scare."

"Here at Mercy, it's not just the surgery," Dan says. "It's also the supportive team and the support group, the education and every aspect that comes with the program. You get an entire chest full of tools and so much support. That's been extremely helpful for both of us."

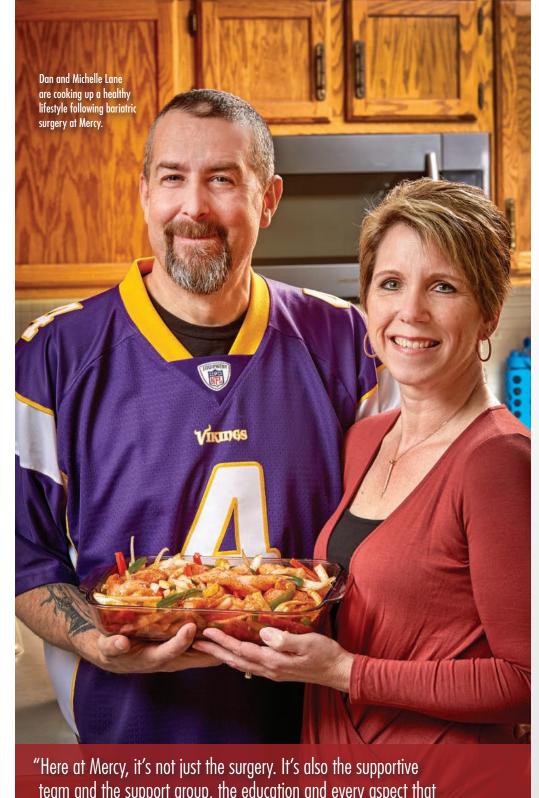
Dan's working toward a goal weight of 200, after peaking at 346 pounds. Michelle weighed 227 pounds at her heaviest and hopes to stay near her current weight of 135. She's gone from a size 18 to a size 4.

Even more than the success on the scale, the Lanes say having extra energy and freeing themselves of some of their weight-related health issues has been life-changing.

"I haven't been happy about life in a long time," Dan says. "It's put us both in a better place. I'm not as grumpy and that makes her happier. It's helping our family and the people we work with. Now, life is fun."



Learn more about bariatric surgery at Mercy, or register for a free informational seminar, at mercycare.org/bariatric.



team and the support group, the education and every aspect that comes with the program." - Dan Lane, bariatric patient

### Meet Meg, bariatric program coordinator and patient

Seeing a photograph of herself in a swimsuit with her arm around her daughter was the final straw in Meg El Haoud's battle with her weight.

"I saw the photo and I thought, 'Who is that?'," she says. "I didn't recognize myself because I was so heavy. It was hard to see that."

Meg had been overweight her whole life. She weighed 230 pounds at the age of 13 and, from there, her weight continued to climb, reaching 330 pounds a few years ago at about the time she posed for that pivotal photo with her daughter at a water park.

She had tried countless weight loss programs; none were successful. When she considered having surgery through Mercy's bariatric program, she expected a similar outcome.

"I had a hard time believing this program would be different than all the other weight loss attempts I've made," Meg says. "Nothing had worked. It got so discouraging. I didn't even think surgery would work. I had to wrap my head around the fact that this was a lifestyle change."

About three months into Mercy's program, during the pre-surgery phase, Meg says she began to grasp the idea that this was something much different. She felt better informed and much more supported as she journeved toward her surgery date. It started, she said, with getting to know Dr. Sajida Ahad, director of Mercy's Bariatric Surgery Clinic.

"Dr. Ahad is amazing and so personable," Meg says. "She truly cares about her patients and makes sure she and the entire bariatric team provides patients with the tools they need to succeed."

Meg's surgery took place on May 30, 2017. She was at home recuperating when she got a call that would land her in the place she feels she was meant to be.

"I'd been working at Mercy since 2005 in various roles, most recently as a shift supervisor in the Emergency Room," Meg, a registered nurse, says. "A friend of mine called and told me about an opening as the program coordinator in Mercy's Bariatric Surgery Clinic. She thought

I would be a

good fit.'

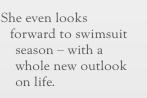
After careful consideration, Meg applied She got the job, suddenly finding herself on the flip side of her own journey, helping patients like herself navigate the bariatric surgery process.

"I'm not shy or embarrassed about having the surgery," she says. "I want to help other people. This was a perfect position for me and keeps me accountable to myself. This position has helped me be as successful as I am in my journey."

In addition to other duties as the program coordinator, Meg runs the monthly support group meetings, an integral part of the program. Not only does she facilitate discussion; she draws from her own experiences and shares advice and ideas with other patients.

"The meetings are uplifting, encouraging. They provide huge emotional support,"

Meg is maintaining her goal weight of 165 pounds. She's enjoying some of life's simple pleasures such as biking and hiking with her family.







# EVERYONE'S LICATION

THOSE WHO KNEW KENNETH KETELSEN WOULD SAY HE WAS A HUMBLE, SERVANT-MINDED MAN. BORN IN 1928, HE LIVED IN CLINTON FOR MOST OF HIS LIFE. KEN, AS HE PREFERRED TO BE CALLED, WENT INTO MASONRY AND RAN A BUSINESS WITH HIS BROTHERS. HE AND HIS WIFE, ARTHERA, HAD BEEN MARRIED 61 YEARS WHEN SHE PASSED AWAY IN 2014. AND, THOUGH HE WASN'T VERY OUTSPOKEN ABOUT IT, HE WAS A VETERAN.

Ken served in the Army during the Korean War, firing mortars near the front line. He lost some of his hearing but gained many close friends.

"He didn't talk about it a lot, but we didn't ask about it a lot," says Ken's daughter, Susan Lloyd. "He mostly talked about his friends. Several years ago, he reconnected with a comrade who gave him a Korean War veteran hat. He wore that hat all the time – unless he was wearing his Cincinnati Bengals hat."

When his kidneys began to weaken in 2014, Ken knew it was time to

make some difficult choices. He left his home of 60 years and moved in with family near Cedar Rapids. He started dialysis the following year. Treatment became increasingly hard on him as the years passed.

In September 2018, Susan found her 90-year-old father trying not to collapse, propped up by his walker. His body was simply giving out.

Susan struggled with fear as Ken, alongside his family, decided to stop dialysis. She wanted her father to have the right care in his final days, and she wasn't sure how to do that at home.

"I just prayed for guidance to know what to do," Susan says. "My prayer must have been heard because just as I finished, one of the staff came in to say that there was availability at the Dennis and Donna Oldorf Hospice House of Mercy. The hospice house is a warm, welcoming place. It was like being at home, but better. Time sort of stops. And, it's not just the patient who is cared for – it's the whole family. They lifted the burden of physical care so we could focus on making him feel loved."

The hospice staff noted Ken's veteran status by hanging a small United







A veteran's ceremony at the Dennis and Donna Oldorf Hospice House of Mercy honored Susan Lloyd's father, Ken Ketelsen, with a heroic tribute to his military service.



States flag in his room. His trademark Korean War hat was there, too, Staff told his family about Code Red, White and Blue – a beautiful ceremony honoring the selfless service of veterans as they pass from this world.

"They told us about the Code Red. White and Blue ceremony that was available for veterans, and we were so touched," says Susan. "We thought Dad would love that."

When Ken peacefully passed after a two-week stay at the hospice house, the Code Red, White and Blue ceremony began with a special patriotic quilt that covered his body. Nearly every person in the hospice house lined the hall with hands over their hearts to pay respects to Ken as "Taps" played softly in the background. Fellow veterans saluted as

the funeral home escorted his body past the line of caring faces and out into the October air with Susan and family following behind.

"It felt like an out-of-body experience because I was so emotional," Susan shares. "I remember thinking, 'I wish he was here to see this ...' But, I think he was. In his very humble way, I think he was on the other side, grinning from ear to ear."

Ken's family had always seen him as a hero, and that day was no different.

"The Code Red, White and Blue ceremony made it feel, to me and my siblings, like he was everyone's hero," says Susan.

Since her time at the hospice house with her father, Susan has developed a deep connection with the facility's mission and plans to volunteer there.

"I just want to pay it forward and help more people know about this place," she said. "How fortunate are we to have something this special in our community?"



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