

Spring 2024

# LiveWell

Dubuque



## ONE MAN'S JOURNEY TO COMBAT GENERATIONS OF HEART PROBLEMS

Discussing Family History with Your Doctor

## 'IT SAVED MY FOOT'

How Hyperbaric Chamber Treatment  
Prevented Amputation

## FRIENDS THROUGH THICK & THIN

A 20-Year Friendship Helps Two  
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## When to Use the ER

Know Where to Go For Care

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UnityPoint Health  
Dubuque

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## Spring 2024

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# WE ♥ YOUR HEART



At UnityPoint Health - Finley Hospital, it's our mission to educate our community on ways to stay healthy and understand the signs of a heart attack and stroke. Please read and remember these symptoms and act if you or someone you know displays any of these warning signs. Call 911 and immediately go to Finley's ER.

## STROKE is an Emergency

Every minute counts!

### B.E.F.A.S.T.!



**BALANCE** - Is the person suddenly having trouble with balance or coordination?



**EYES** - Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes without pain?



**FACE** - Does one side of the face droop? Ask the person to smile.



**ARMS** - Is one arm or leg weak or numb? Ask the person to raise both arms. Does one arm drift downward? Is the person having trouble walking?



**SPEECH** - Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated clearly and correctly?



**TIME** - If the person shows any of these symptoms, **Call 911** immediately.

Information provided by the National Stroke Association.

## HEART ATTACK is an Emergency

Time Is Muscle!

### Signs & Symptoms:



Chest discomfort (pain, pressure, squeezing or fullness).



Shortness of breath, sweating, nausea or lightheadedness with or without chest discomfort.



Discomfort in arms, back, jaw, neck or stomach with or without chest discomfort.



Dizziness and extreme fatigue. Feelings of anxiety or "impending doom."

*Although a woman's most common symptom is chest discomfort, women are more likely to experience shortness of breath, nausea/vomiting and back or jaw pain.*

If the person shows any of these symptoms, **Call 911** immediately.

## Culturally Inclusive Personal Care Products Available for Patients

UnityPoint Health is committed to showing people they belong by creating a safe and welcoming space for everyone in our care. To support this effort, patients at Finley have access to culturally inclusive care products for those with textured hair.

The kits include products that are better suited for protecting textured hair, which requires more moisture and a different care regimen.

Kits also include a boar bristle brush, wide tooth comb, satin head scarves, sulfate-free shampoo and moisturizing conditioner, leave-in conditioner and a coconut oil-based body lotion.

**Please ask your healthcare team if you would like one of these kits when you are a patient at Finley or any UnityPoint Health hospital.**



## Finley Hospital Debuts New Mobile PET/CT Scanner

UnityPoint Health – Finley Hospital is debuting a mobile digital PET/CT scanner that delivers faster exam times, better image clarity, and reduced radiation doses.



The uMI 550 is a state-of-the-art digital PET/CT scanner that can perform a whole-body scan in four bed positions within eight minutes. Due to its high speed and sensitivity, the machine produces less radiation and provides an enhanced visualization of small lesions with exceptional image quality.

Patients can select sound and lighting to fit their mood for a personalized experience, which includes skylights, murals and an integrated music system.

Shared Medical Services (SMS) helped us bring this new technology to Finley Hospital. Through a strategic collaboration with United Imaging, SMS is the first in the United States to offer a mobile digital PET/CT unit.

## New Cancer Support Group Available



The Integrated Cancer Center, a partnership between Grand River Medical Group's Medical Oncology Clinic and UnityPoint Health – Wendt Regional Cancer Center, recently added a Cancer Support Group to its wellness offerings for cancer patients.

Led by Integrated Cancer Center team members, the support group was created with all cancer patients in mind, no matter where they are in their cancer journey.

The group meets on the third Wednesday of each month from 3 to 4 p.m. in Suite 3300 of the Delhi Medical Center, 1500 Delhi St., in Dubuque. Topics discussed range from nutrition and symptom management to financial and emotional support.

Recently, the group hosted the Avery Foundation and the Crocus Foundation, who spoke about community resources. The topic for March's meeting, set for 3 p.m. on Wednesday, March 20, will be Emotional Support.

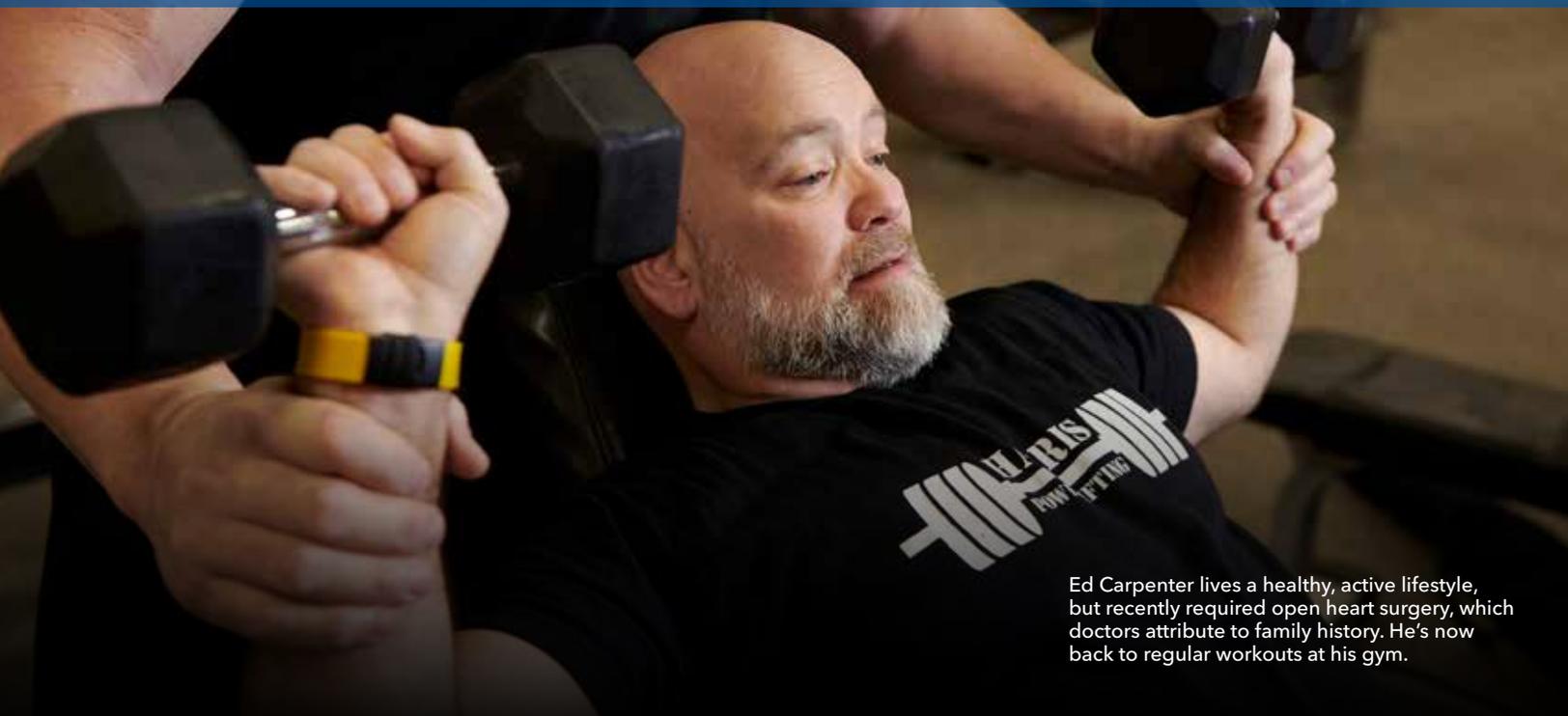
The Cancer Support Group is the latest addition to the Integrated Cancer Center's Integrated Wellness Program.

### OTHER WELLNESS PROGRAMS INCLUDE:

- Oncology rehabilitation, with the goal of improving daily function and quality of life for every patient through preventive, restorative, supportive and palliative interventions.
- An exercise program to improve strength, endurance and mobility.

**For more information regarding this support group, contact the Wendt Regional Cancer Center at (563) 589-2468 or visit [uph.link/CancerCare\\_DBQ](http://uph.link/CancerCare_DBQ).**

# ONE MAN'S JOURNEY TO COMBAT GENERATIONS OF HEART PROBLEMS



Ed Carpenter lives a healthy, active lifestyle, but recently required open heart surgery, which doctors attribute to family history. He's now back to regular workouts at his gym.

Dubuque resident Ed Carpenter has always enjoyed staying active, whether he's on the golf course, playing basketball, lifting weights or riding a four-wheeler. That's why the 54-year-old husband and father of two was surprised when everyday activities made him tired.

"I had chest pain and tightness, but I thought it was just indigestion," Carpenter recalled. "Normally I could go running and do all kinds of things in the gym, but I started getting tired more quickly. The symptom that caught me off guard was when I went up a flight of stairs and my legs got tired. I struggled to get up the second flight."

His chest tightness during exercise and fatigue, along with his family's encouragement, convinced Carpenter to have his heart health checked. He made an appointment with Tauseef Khan, FACC, MD, at UnityPoint Clinic Cardiology - Dubuque. Dr. Khan ordered an echocardiogram to investigate further. The results showed severe weakness of Carpenter's heart pumping function. He then performed a cardiac catheterization to assess for possible blocked heart arteries.

## SWIFT DIAGNOSIS UNVEILS HIDDEN HEART BLOCKAGES

"During Mr. Carpenter's procedure, I discovered multiple blocked arteries with the help of ultrasound," Dr. Khan explained. "Ultrasound measures the severity of blockages in a more accurate and reliable way, from inside the arteries. It was apparent he required bypass surgery."

While Carpenter was still in recovery, Dr. Khan contacted Garry Weide, DO, cardiothoracic surgeon at UnityPoint Health - St. Luke's Heart & Lung Surgery in Cedar Rapids. He scheduled an appointment the following day, and within a week, Carpenter was in the operating room at St. Luke's Hospital for open heart surgery.

"I was shocked. It all happened so quickly," Carpenter said. "I didn't think it was anything that major. I was healthy, never smoked, didn't drink much and exercised whenever I could. It just came out of the blue."

## HOW TO HELP YOUR HEART AVOID YOUR FAMILY'S FATE

While Carpenter didn't expect such a serious diagnosis, he knew heart trouble runs in his family. His father had triple bypass surgery at age 39 and passed away at 56. His grandfather had coronary artery disease and died at age 49.

"Both Dr. Khan and Dr. Weide said my diet may have contributed to my blockages, but they believe 90% of the reason was genetics," Carpenter shared.

According to the Centers for Disease Control and Prevention (CDC), knowing family history is the first step in preventing heart disease. Individuals with family history of heart disease are most at risk if a parent or sibling had a heart attack or was diagnosed with heart disease before age 50. While genetic factors are unavoidable, Dr. Khan points to other controllable risks.

"It's important to pay attention to your cholesterol level, blood pressure and blood sugar readings," he recommended. "You can also reduce the risk of heart disease by eating a healthy diet, staying active, maintaining a healthy weight, avoiding smoking and limiting alcohol consumption."



Tauseef Khan, MD  
Cardiologist, UnityPoint  
Clinic Cardiology -  
Dubuque

## WHAT HAPPENS AFTER HEART SURGERY

Following surgery, Carpenter attended Cardiopulmonary Rehab at Finley Hospital. The rehab program is designed for individuals who have experienced a heart attack, have stable angina, been diagnosed with heart failure, or who have undergone angioplasty, stent placement, bypass surgery, valve surgery or a heart transplant.

The rehab team creates an individualized treatment plan that includes evaluation and instruction on physical activity, as well as nutrition coaching, stress management and other health-related education. Cardiac rehab helps patients decrease the chance of additional heart problems, reduces the physical and emotional effects of heart disease, improves stamina and strength, and boosts confidence to resume an active lifestyle.

Today, Carpenter is happy to be back to work. "It's because of the personal care I received from UnityPoint Health that I feel so good," he said. "From the beginning, Dr. Khan and Dr. Weide explained everything and didn't go over my head, so I felt at ease with the surgery. In the hospital, I wasn't just a number, it was always 'Ed' or 'Mr. Carpenter,' and everyone was always asking if I needed anything, or my family needed anything. At rehab, Sydney, Diane and Jolene were perfect to work with. All along, I knew I was where I should be to have the best care."

If you experience unexplainable shortness of breath or other symptoms of a heart attack, call 911 immediately. If you have family history of heart problems, be proactive and talk to your primary care provider. To connect with a cardiologist, call UnityPoint Clinic Cardiology - Dubuque at (563) 589-2557.

## SYMPTOMS OF HEART ATTACK

If you or someone you love experiences heart attack symptoms, the best course of action is to **call 911 immediately**. Symptoms can include:

- > Pressure, fullness, squeezing pain in the center of the chest, spreading to the neck, shoulder or jaw
- > Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath
- > Upper abdominal pressure or discomfort
- > Lower chest discomfort
- > Back pain
- > Unusual fatigue
- > Unusual shortness of breath
- > Dizziness
- > Nausea



# 'THE RIGHT SURGERY CAN CHANGE A PERSON'S LIFE'

## Dubuque Man Receives Spinal Fusion Surgery to Alleviate Decades of Back Pain

Terry Brosius' 10-year-old son Wiley stared in awe at the X-rays of his dad's back - images that included a steel cage fusing his lower spine to his tailbone, all held together with rods and screws.

"Dad, you're like a superhero!" he said.

Terry laughed - after 43 years of working as a drywall contractor, his spine required multiple surgeries to repair the damage from a life of manual labor.

He had spinal surgery years ago, but by the beginning of 2023, muscle relaxers and other treatments weren't working.

"The back pain was so bad I couldn't stand it anymore," Terry said. "I had been referred to the pain center, but after an MRI, CAT scan and X-rays, they said the shots won't help - you need surgery, and referred me to the neurosurgery clinic."



Terry and Wiley Brosius in Dubuque. Terry is happy to be able to do more activities with his son after spinal surgery helped reduce his chronic back pain.



Catherine Miller, MD  
Neurosurgeon, UnityPoint  
Clinic Neurosurgery -  
Dubuque

## A BETTER QUALITY OF LIFE

There are two main surgical options when it comes to the spine. One is a smaller surgery where the surgeon focuses only on unpinching the nerves or spinal cord, such as in the case of a disc herniation.

A more extensive surgery is a fusion where they unpinch the nerves but also stabilize/support the spine. A fusion can be performed for a number of reasons including degenerative disease of the spine, scoliosis or spinal fracture.

“Terry already had the smaller decompression surgery years ago, but his disc continued to degenerate, and his arthritis worsened with time,” Dr. Miller said. “When he saw us, the only option was the fusion surgery where we had to fuse two levels of his spine using four screws, two rods and a cage.”

Terry’s five-hour surgery was performed in August 2023. While he is still healing, he’s able to move around better and in much less pain.

“Terry is a great example of how the right surgery can change a person’s life,” Dr. Miller said. “We always encourage patients to try all conservative options first, such as therapies, medications or injections, but for some, surgery is the only option. I always strive to help my patients understand why I recommend a particular surgery and to set appropriate expectations regarding the surgery itself as well as its recovery.”

As a single dad, the spinal fusion has made it easier for Terry to do things with his son and improved his quality of life. He’s thankful he had the option for neurosurgery care close to home.

# When to See a Neurosurgeon

A neurosurgeon treats brain and spinal cord conditions. Your primary care provider may refer you to a neurosurgeon if you are experiencing symptoms such as muscle weakness, loss of feeling, seizures, pain or paralysis.

You may also see a neurosurgeon if imaging shows a brain or spinal cord abnormality, such as a brain bleed, aneurysm, brain or spine injury/tumor or degenerative disc disease.

Our care team specializes in spinal conditions and their treatment, specifically minimally invasive spine surgery. Spinal disease/disorders can be very complex. Patients may have different symptoms, pain and treatment plans. Some may not require surgery, while for others it may be the only option.

Our team works closely with members of the medical community, including the pain clinic and therapies, to find the best solution for each patient.

A doctor’s referral is required to be seen at UnityPoint Clinic Neurosurgery - Dubuque.

## NEUROSURGERY CLOSE TO HOME

UnityPoint Clinic Neurosurgery - Dubuque is the only neurosurgery practice in the Dubuque area. It’s led by Catherine Miller, MD, a native of Galena, Ill., who returned home to bring this highly specialized service in 2022.

She specializes in minimally invasive spine surgery but also performs more traditional spinal surgeries, each tailored to the individual patient. Dr. Miller assessed Terry’s scans and medical record and came to the same diagnosis - he required surgery.

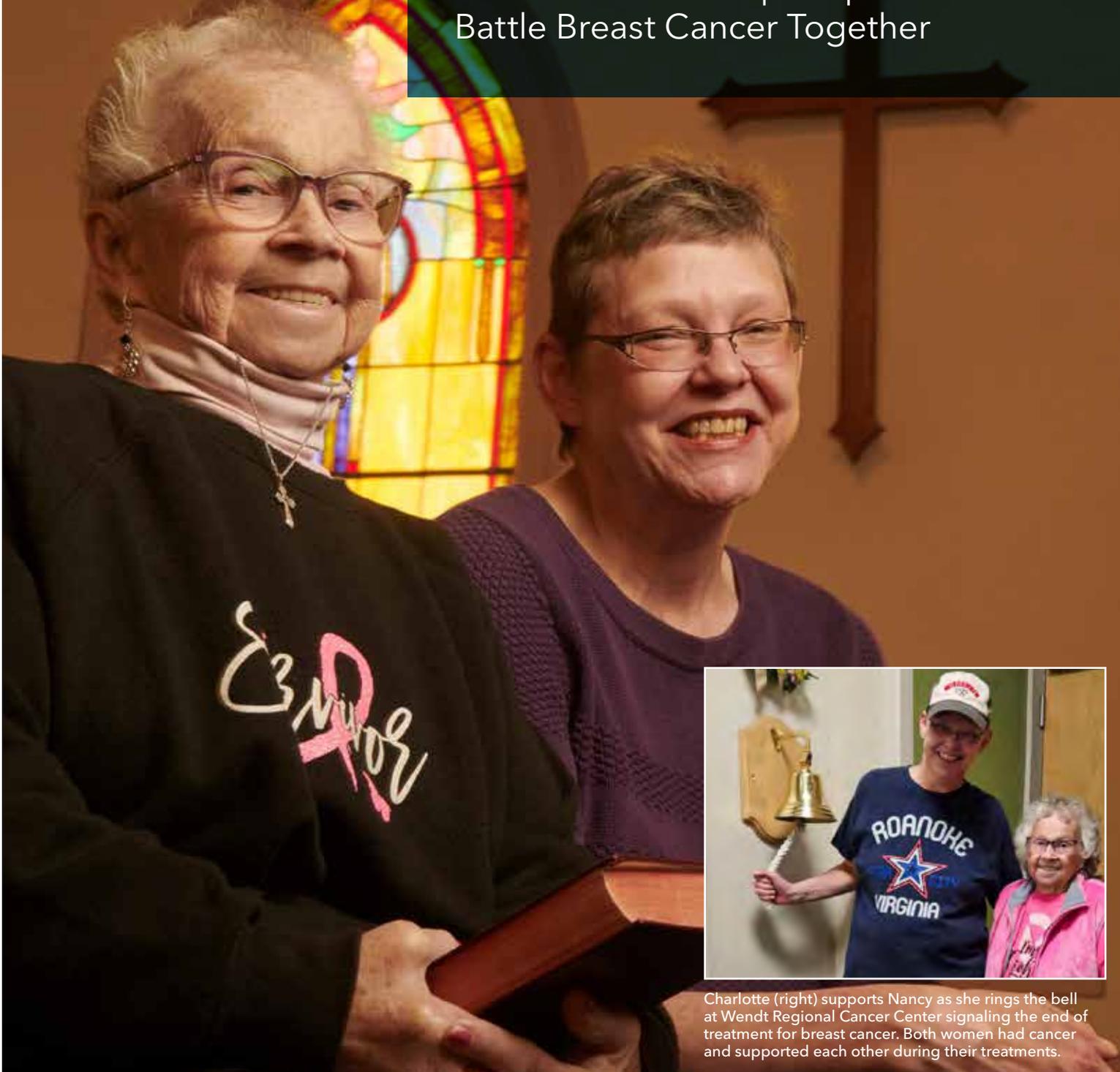
“The bottom disc in Terry’s back had essentially worn down so it was bone on bone,” Dr. Miller said. “He also had significant arthritis in the joints of his lower back. Both of these issues can cause back pain on their own, but they were also pinching two of the nerves leading from the spine to the leg.”

“Dr. Miller spent a lot of time explaining what they had to do and how the spine works,” Terry said. “They even made a little model of it. And I can’t forget Brittini, her nurse. They’re just a perfect team.”

For more information about UnityPoint Clinic Neurosurgery-Dubuque, please visit [uph.link/Neurosurgery\\_DBO](https://uph.link/Neurosurgery_DBO).

# FRIENDS THROUGH THICK & THIN

A 20-Year Friendship Helps Two Women Battle Breast Cancer Together



Charlotte (right) supports Nancy as she rings the bell at Wendt Regional Cancer Center signaling the end of treatment for breast cancer. Both women had cancer and supported each other during their treatments.

Nancy Goforth and Charlotte Lange have prayed together each Sunday for years at Davies Memorial United Church of Christ in Potosi, WI.

Their Sunday-morning friendship deepened in the last two years as they went on another journey together: fighting cancer.

First, it was Charlotte who found a lump in her breast in March of 2022, when she was diagnosed with breast cancer. After a mastectomy and chemotherapy, she chose Wendt Regional Cancer Center for radiation treatments.

Then in October 2022, Nancy went in for her routine mammogram, which turned out to be anything but routine.

"They found a lump, so I came in for an ultrasound and a biopsy - and I learned I had breast cancer," she said.

After a lumpectomy and chemotherapy, she had 21 rounds of radiation at the Wendt Regional Cancer Center - the same place Charlotte had hers.

One in eight women will be diagnosed with breast cancer in her lifetime, so routine mammograms beginning at age 40 are crucial for catching cancer early.

"There are breast MRIs, molecular breast imaging, and ultrasounds, but mammograms are the most effective way to detect breast cancer," said Carissa Oberbroeckling, radiologic technologist at UnityPoint Health - Dubuque.

At first, Nancy didn't tell anyone about her diagnosis.

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**"It took me a while before I told people I had cancer," said Nancy. "Finally, one day at church I announced it and my little church family came up and gave me hugs."**

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As she continued her treatments, she bonded with Charlotte over her experiences, discussing side effects, offering suggestions and supporting one another. They've known each other for nearly 20 years.

"She gave me all of her cute hats to wear," Nancy said, smiling at Charlotte. "I'm more of a 'throw on a Badger cap' kind of girl, and all of these little hats have breast cancer pins on them. She gave me those and a cup that says 'Cancer picked the wrong girl.' I wear all the hats to church, I call them my 'Char Collection.'"

Both women agree the staff at the Wendt Center made treatments more bearable, and even pleasant.

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**"The experience [at the Wendt Cancer Center] was wonderful," Nancy said. "The ladies are just wonderful people, always giving out little special treats and bags. Mary Carol (Batteram) and Julie (Rundle) - they were wonderful as well. I can't say enough good things."**

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Each appointment, the radiation therapists would pick out a goofy hat for Charlotte to wear.

"I'd come in the next day and I'd have that hat on," she said. "It was such a treat knowing they cared and did things to put a smile on my face. They treat you like a human being - they're angels, every one of them."

When Nancy reached her final day of radiation, Charlotte made it a point to attend her bell-ringing.

"I wanted to do that because I knew how I felt when I rang the bell," Charlotte said. "It was a relief. Not that I didn't want to come back, because I did. You get to know the staff so well; they were part of the family."



**WATCH THEIR  
STORY.**

**For more information about  
cancer care at the Wendt  
Regional Cancer Center, visit  
[uph.link/CancerCare\\_DBQ](http://uph.link/CancerCare_DBQ).**



## 'IT SAVED MY FOOT'

### How Hyperbaric Chamber Treatment Prevented a Possible Amputation

Wendy Briggs in her Dubuque home after successfully completing hyperbaric oxygen therapy at Finley Hospital.

Wendy Briggs has been spreading the word about the benefits of Hyperbaric Oxygen Therapy after it saved her from having an amputation.

For years, Wendy had been battling an infection and diabetic ulcers on her foot. She'd already had a toe amputated and was on the brink of foot amputation.

Thankfully, a UnityPoint Health provider told her about Finley Hospital's Wound & Hyperbaric Center, and suggested she try that first.

"At that time, I would have tried anything," Wendy said. "I said 'I'm not ready to give up yet.'

The Wound & Hyperbaric Center, located inside UnityPoint Health - Finley Hospital, has two hyperbaric chambers. Each pressurized tank provides 100 percent oxygen, which helps fight bacteria and promotes healing.

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**"A hyperbaric chamber improves the oxygenation of your body's blood to help heal things like diabetic foot ulcers, post-radiation changes in skin, leg ulcers, bed sores and more," said Alethia Graham, ARNP.**

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It's something many people have heard associated with scuba diving, so each treatment is called a 'dive.'

"The patient is placed in a big cylinder, but it's clear so they don't feel claustrophobic," Wendy said. "They relax and watch TV for an hour and a half."

After 60 dives, Wendy's foot had healed.

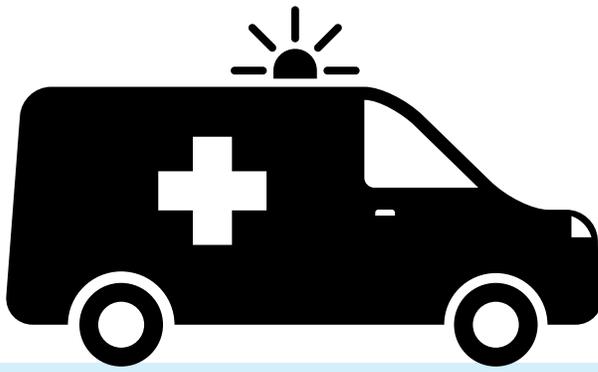
The Wound & Hyperbaric Center boasts a 96 percent healing rate, well above the national average of 88 percent. Wounds that fail to heal following four weeks of standard medical care are considered chronic and have the best potential to benefit from hyperbaric oxygen therapy.



**IN HER OWN WORDS**

Scan the QR code to watch Wendy's video.

**No referral is required for a consultation at Finley's Wound & Hyperbaric Center. To learn more, visit [uph.link/WoundCenter\\_DBQ](http://uph.link/WoundCenter_DBQ).**



Michael Banyasz, MD, Medical Director  
Finley Hospital Emergency Department

## When Should You Use the Emergency Room?

We find there's uncertainty at times for individuals on when to go to a Primary Care Provider, Urgent Care Clinic or the Emergency Room (ER).

For non-life-threatening health issues start with your primary care provider's office. Your primary care provider knows you and your medical history best. Primary care providers are a great choice for any health-related questions or concerns. You can make an appointment for preventive health visits and nonemergent issues.

If your primary care provider is unable to get you in right away, Urgent Care can be used for less serious issues like coughs, colds and sprains.

Virtual Care is a great option to receive care from the comfort of your own home via secure video on your smartphone or computer. Virtual care also provides treatment for non-emergency situations. [Visit \*\*unitypoint.org/virtualcare\*\* to learn more.](https://www.unitypoint.org/virtualcare)

When you have a medical emergency, every minute counts. Call 911 and tell first responders to take you to Finley Emergency Room (ER). The ER is open 24/7.

The ER should be used for serious or life-threatening concerns such as trauma, stroke, chest pain or shortness of breath. It's important to remember that ER patients are seen according to the severity of symptoms.

### Examples of Symptoms and Conditions Treated by the ER Include:

- Symptoms of a heart attack, including severe chest pain, sweating and shortness of breath.
- Profuse bleeding or blood loss that continues even after direct pressure has been placed on the wound.
- Severe abdominal pain.
- Sudden dizziness, weakness, loss of coordination, balance or vision problems, which are signs of stroke.
- High fever and vomiting that continues nonstop for several hours.
- Injuries occurring from an accident or fall - intense back or neck pain, obvious compound fractures and/or dislocations of bones, deep cuts and severe burns.
- Signs of meningitis for adults: severe headaches, neck/joint pain and stiffness, vomiting, high temperature, sensitivity to light. For babies and small children meningitis symptoms include: high-pitched whimpering/ crying, lethargy, fussiness, restlessness, high fever, vomiting, cold extremities, refusing food, pale or blotchy skin.
- Seizures lasting longer than five minutes.

For information about where to go for care, visit [unitypoint.org/emergency](https://www.unitypoint.org/emergency).

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