ADVANCED HEART TECHNOLOGY

SAVES MAN’S LIFE

Michael Meredith is lucky to be alive. On Feb. 9, 2016, the 57-year-old’s life turned upside down, when he was working as a crop specialist and started to feel “not normal. After some deliberation, his co-worker convinced him to go to the hospital in Grinnell, where he went into cardiac arrest. Michael was quickly sent by helicopter to Mercy Medical Center – Des Moines.

Upon arrival at Mercy, Michael was rushed to the cardiac catheterization lab, where he went into cardiac arrest again and required CPR and multiple shocks to resuscitate. An intra-aortic balloon pump was placed and therapeutic hypothermia (cooling) started to protect his brain from becoming severely damaged. While still recovering in the hospital, Michael suffered another episode on Feb. 18, and was rushed to the operating room where, after being shocked multiple times again, he was placed on extracorporeal membrane oxygenation (ECMO) because his heart was not functioning properly.

On ECMO, the machine takes over the function of the heart and lungs – removing blood from the body and then artificially removing the carbon dioxide and oxygenating the red blood cells. It then returns the oxygenated blood back into the body. This procedure allows the heart and lungs a chance to rest and hopefully recover.

To everyone’s surprise, Michael recovered more quickly than expected and he was taken off ECMO. His heart, however, was severely damaged and not pumping effectively on its own. He was soon evaluated for a left ventricular assist device (LVAD) – a mechanical pump attached to the heart to help it pump more blood with less work. It does this by continuously taking blood from the left ventricle and moving it to the aorta, which then delivers the oxygen-rich blood throughout the body. The HeartMate II LVAD was implanted on Feb. 23, 2016, by Dr. Ganga Prabhakar, cardiothoracic surgeon at Mercy and Iowa Heart Center.

Mike’s wife, Cindy, often refers to him as “Miracle Mike” because most people who experienced what he went through don’t survive.

Most people who experience several cardiac arrests and multiple shocks do not survive. After recovering in the hospital and the acute rehab unit, however, Michael was able to go home on March 22. Michael is now being evaluated for a heart transplant at the University of Iowa Hospitals & Clinics. When a new heart becomes available, the LVAD will be removed, along with his bad heart. In the meantime, he is enjoying time with his wife, children and grandchildren.

“It saved my life and I couldn’t be more thankful,” Michael said. “The doctors and staff are second to none and I couldn’t have asked for better.”
A WARM WELCOME TO THE MERCY FAMILY

The following providers recently joined the Mercy Family. Welcome!

Carrie Holmes, M.D.
Family Medicine
Ankeny Briarwood

Arvind Kakani, M.D.
Family Medicine East
Village

Paul Nurmi, D.O.
Family Medicine South

Bryan Topf, D.O.
Hospitalist

Megan Breider, PA-C
Family Medicine East

Kera Casber, ARNP
Family Medicine
Ankeny North

Hermien Creger, ARNP
Hospitalist

Jessica Echterling, PA-C
Family Medicine South

Brady Gerber, PA-C
Family Medicine Carlisle

THE TOP FIVE REASONS YOU’LL ENJOY MERCY FAMILY FUN FEST OCT. 15!

Here are the top five reasons why the thousands of you who signed up will have a blast at Mercy Family Fun Fest on Saturday, Oct. 15, from 11 a.m.-3 p.m., at Principal Park!

IT’S FREE family fun to thank you for all you contribute to Mercy.

Food stations will provide many choices for a delicious, casual meal.

Games will be available for every age and skill level.

You crafty types can take home your pumpkin painting masterpiece!

Everyone who has viewed the video is talking about the Bubble Ball tournament! Maybe it will be your department facing off against the administrative team?

WHAT’S UP?

Discounted $75 calcium scoring screening throughout October

Knowing your risk for heart disease is the first step toward prevention. To help people evaluate their risk, Iowa Heart Center is offering its calcium scoring heart scan screening for only $75 (regularly $99) until Oct. 31. This screening consists of a quick, painless CT scan of your coronary arteries called calcium scoring and an in-depth risk assessment with a nurse practitioner specializing in cardiology if requested (recent lipid panel must be available).

In order to qualify for the exam, you must have two or more risk factors (family history, increasing age, high blood pressure, high cholesterol, diabetes, smoking, obesity and physical inactivity) for heart disease.

This score, along with other risk factors, provides a picture of future risk for heart disease while there’s still time to do something about it. For more information or to schedule an appointment, call (515) 633-3700 or visit www.iowaheart.com/services/preventive-cardiology-center/calcium-scoring.

CONTACT US

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If you are interested in submitting information to be printed in the Bulletin, send it to PR and Marketing or call 515-247-3050.

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