New heart procedure uses sonic waves to break up calcium in arteries

MercyOne Iowa Heart Center is now offering a new treatment option for patients with severely calcified coronary artery disease living in Iowa. David McAllister, DO, interventional cardiologist, performed the first procedure utilizing this equipment in Central Iowa on May 21, 2021.

The new technology is a novel application of lithotripsy, an approach that uses sonic pressure waves to safely break up kidney stones. It’s now available to treat problematic calcium in the coronary arteries that can reduce blood flow in the heart. As people with heart disease, specifically coronary artery disease, grow older and their disease progresses, plaque in the arteries evolves into calcium deposits, which can narrow the artery.

The new shockwave technology, also known as intravascular lithotripsy or IVL, allows physicians to fracture the problematic calcium - using sonic pressure waves - so that the artery can be safely expanded, and blood flow is restored with the placement of a stent and without unnecessary complications.

“The cardiology team at Iowa Heart is steadfast in our commitment to give our patients access to the latest cardiovascular innovations to treat heart disease,” said Dr. McAllister. “It is exciting to be starting a new chapter in the treatment of heart disease in some of our most complex patient cases after using the same tools for the last 30 years – especially one that improves the safety of the procedure for the benefit of local patients.”

Innovation on the horizon for Emergency Care

MercyOne Des Moines and West Des Moines Emergency Care has partnered with Vital to roll out a new program to help patients be connected, get status results and schedule follow up visits.

ERAdvisor will update MercyOne Central Iowa emergency room patients and their families or friends about their progress in the emergency department. In one, easy step, patients provide a cell phone number during check-in and registration and can then get information directly to their phone. No sign-up or app download is needed.

Patients using ERAdvisor can:
- See estimated wait times
- Share their visit timeline with family
- Get answers to common questions
- Get updates on lab status
- Schedule follow-up visits

By collaborating with Vital for ERAdvisor, MercyOne Des Moines and West Des Moines Emergency Care bring the vision of being radically convenient to provide personalized care and improve our patients’ experience to life.
MercyOne Children’s Hospital Superheroes featured at golf tournament

MercyOne Children’s Hospital Heart Superheroes were featured at the 2021 Principal Charity Classic, held June 4-6 in Des Moines. The seven children – ranging in age from 4 years old to 14 years old – are all former patients who experienced life-saving cardiac care surgeries and procedures through MercyOne Children’s Hospital’s pediatric cardiac care program.

Several Superheroes, their families and their physicians provided insight to the local media and PGA press on their MercyOne health care journey.

Proceeds from Principal Charity Classic benefit the MercyOne Children’s Hospital pediatric cardiac care program.

Man up

Let’s change the trajectory of men’s health by increasing preventive care! Grab your dad, brother, son, grandpa and encourage them to focus on their health by scheduling an appointment or screening. Schedule now with a MercyOne physician.

Get rolling with RAGBRAI

Want to Be One with your bicycle group? MercyOne bicycle jerseys are available through June 20 at www.siglershop.com/MercyOneCycleJerseys/shop/home.

Disability-friendly upgrades installed

MercyOne Central Iowa has the first medical centers in Iowa to install a height adjustable changing table for people with disabilities.

A MercyOne patient, who has a disabled child, reached out to MercyOne in regards to awareness on providing inclusive restrooms at their facilities. MercyOne colleagues realized the need and moved to upgrade their facilities. The project would involve installing adjustable adult-sized changing tables, which are safer for the dependent and the caregiver, and offer more privacy and dignity to those that need such accommodations.

MercyOne West Des Moines Medical Center and Mercy Des Moines Medical Center have made the necessary changes to go beyond the ADA requirements and accommodate those with disabilities.

Consumer Experience

Photo of Zoe, MercyOne Heart Superhero, at the Principal Golf Classic speaking with Principal Insurance President, Dan Houston.

Below are links to two spots featuring the Superheroes:

PGA TOUR Champions: Colton and Zoe are both our heroes

WHO: Zoe Foster – Principal Charity Classic ‘Superhero Kid’

Learn more about Juneteenth – mark your calendars “Juneteenth: The Movement” hosted by Iowa PBS on Saturday, June 19 from 7-9 p.m. Click here for how to watch and listen.