Studies evaluate investigational procedure to lower blood pressure

Cardiologists at MercyOne Iowa Heart Center are conducting a pair of studies to evaluate an investigational procedure to learn whether it is a safe and effective treatment option to lower blood pressure for certain patients with uncontrolled high blood pressure.

The SPYRAL HTN trials are evaluating the Symplicity Spyral catheter and the Symplicity G3 generator system. The studies, which are proceeding simultaneously, will investigate the use of the device both with (HTN ON-MED) and without (HTN OFF-MED) medications and lifestyle adjustments.

The 40-60-minute procedure delivers energy to the nerves in the kidneys that help regulate blood pressure. Regulating the nerves may help the kidneys better manage blood pressure. Both trials are blinded to eliminate the placebo effect, meaning some patients will have "sham" procedures consisting of renal angiography only.

The principal investigator is Magdi Ghali, interventional cardiologist, and the sub-investigator is Randy Rough, cardiologist. To qualify, patients must meet study criteria including age, blood pressure (systolic blood pressure 150-180 mmHg; diastolic blood pressure >90 mmHg) and medication requirements, and be willing to complete the required testing and follow up visits.

Nearly 200 celebrate Cancer Survivors Day at Science Center

In celebration of National Cancer Survivors Day®, nearly 200 cancer survivors and their guests enjoyed hands-on exhibits and interactive programs at the Science Center of Iowa on Sunday, June 2. Each year, MercyOne Cancer Center invites cancer survivors to take part in a special event in honor of Cancer Survivors Day, a celebration of life held in communities worldwide. MercyOne Cancer Center partnered with John Stoddard Cancer Center to invite survivors from both

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Cancer Survivors Day
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Lei back and donate blood
Lei back and donate blood with LifeServe and MercyOne Des Moines Air Ambulance! Blood donations are vital during busy summer months, especially around the holidays. While we can choose to take a vacation, hospital patients cannot when they need lifesaving blood transfusions.

Join the flight team for its blood drive on Friday, July 19, from 10 a.m.-3:30 p.m. Blood donors can enjoy food trucks and four lucky donors will win a FREE FLIGHT. Donors will also receive a free T-shirt while supplies last! A one-time whole blood donation can help save three lives. Donors are encouraged to schedule an appointment to donate blood by clicking here. Walk-in donors are also welcome. All donors should bring a valid form of identification, such as a donor ID card or driver’s license.

125th Anniversary Secret Surprise Giveaway

On Dec. 8, 2018, MercyOne Central Iowa celebrated the 125th anniversary of the Sisters of Mercy first opening the doors of Mercy Hospital in Des Moines. In honor of this milestone, a variety of events has been held throughout the year, including the latest, the “125th Anniversary Secret Surprise Giveaway.”

Members of MercyOne Central Iowa senior leadership are surprising colleagues, volunteers and providers with small gift packages, to show appreciation for demonstrating commitment and delivering our Key Results and Cultural Beliefs. The packages are not marked with what’s inside, making the campaign fun for everyone.

Keep on the lookout – you may be the next recipient of a “Secret Surprise Giveaway!”

Des Moines Air Ambulance Blood Drive
Friday, July 19
10 a.m. - 3:30 p.m.