MercyOne Iowa Heart Center Investigates Stem Cell-Based Therapy to Treat Heart Failure

MercyOne Iowa Heart Center has treated its first patient in the Phase III CardiAMP® clinical trial of an investigational stem cell-based therapy for the treatment of heart failure that develops after a heart attack. The first procedure was performed by Mark Tannenbaum, M.D., interventional cardiologist, lead investigator of the trial at MercyOne Des Moines and chief physician officer of MercyOne Iowa Heart Center.

The investigational CardiAMP therapy is designed to deliver a high dose of a patient’s own bone marrow cells directly to the damaged parts of the heart, potentially stimulating the body’s natural healing response after a heart attack. Patients are screened for bone marrow characteristics that may result in a higher likelihood they may benefit from the therapy.

Alan Nicholas, a 62-year-old retired pilot and engineer from southwest Iowa, was the first patient enrolled in the trial at MercyOne Iowa Heart Center. While he won’t know for nearly two years whether he received the treatment during randomization, during his six month follow-up visit, he noted he is experiencing an improvement in his heart failure symptoms. “I am able to walk without getting short of breath and recently walked a nine-hole golf course,” said Nicholas. “My color is better and I am able to do things I wasn’t able to do before.”

“We’re looking at how use of a patient’s own stem cells promotes self-healing within his or her heart,” said Dr. Tannenbaum. “Oftentimes, advanced heart failure patients need an artificial pump or heart transplant. With this trial, we hope to identify a less invasive option to improve quality of life for these patients.”

For more information on this trial, contact Megan Murphy, RN, clinical research coordinator, at 515-235-5089.

Colleague store now open!

If you’re wanting additional MercyOne apparel or branded items, you can now order them 24/7 online through the new MercyOne Colleague Store. The store features a wide variety of merchandise, including polos and dress shirts, casual attire, outerwear, hats, bags and smaller promotional items.

Orders will be shipped to your home or chosen location, and shipping charges will apply. American Express, Discover, MasterCard and Visa are accepted, with tax added to orders shipped to Iowa residents. Exchanges or returns will not be accepted for completed orders unless defective.

New items will be added periodically, so be sure to check the store often. A link will also be made available on MercyNet.
May is National Stroke Awareness Month!

Stroke is the fifth leading cause of death and the leading cause of disability in the United States. Every year, life changes in an instant for more than 800,000 Americans who have a stroke.

**Stroke Prevention**
A stroke can be treated successfully when recognized early – up to 80 percent of strokes are preventable.

Time equals brain: two million brain cells are lost for each minute blood flow is delayed to the brain. The sooner treatment is received, the less damage to the brain. It is important to know the risk factors, symptoms and what to do if you or someone close to you is having a stroke. It could save a life.

**Key Stroke Statistics**
- One American dies from a stroke every 4 minutes.
- Someone in the United States has a stroke every 40 seconds.
- Thirty-four percent of people hospitalized for stroke are younger than age 65.

**BE FAST Test**
Use the BE FAST test to see if someone is having a stroke.

- (B) BALANCE. Is the person suddenly having trouble with balance or coordination?
- (E) EYES. Is the person experiencing suddenly blurred or double vision or a sudden loss of vision in one or both eyes?
- (F) FACE. Ask the person to smile. Check to see if one side of the face droops.
- (A) ARMS. Ask the person to raise both arms. See if one arm drifts downward.
- (S) SPEECH. Ask the person to repeat a simple sentence. Check to see if words are slurred and if the sentence is repeated correctly.
- (T) TIME. If a person shows any of these symptoms, time is essential. It is important to get to the hospital as quickly as possible. Call 911 immediately.

**Stroke Care at MercyOne Des Moines**
Did you know our stroke center treats the most stroke patients in Des Moines? Through a robust team of experts, not only do we treat strokes but we also treat aneurysms.

- Michael Jacoby, M.D., a fellowship-trained vascular neurologist;
- Einar Bogason, M.D., central Iowa’s only fellowship-trained vascular neurosurgeon;
- Terri Hamm, RN, stroke coordinator who follows every stroke case;

And a team of other medical specialists from Emergency, 6 North, Interventional Radiology, Neurology, Neurosurgery, Hospitalists, Neuro Trauma Medical Intensive Care Unit, Rehabilitation, Internal Medicine, Family Medicine and many more.

In addition, MercyOne Des Moines is the area’s only hospital to offer mechanical thrombectomy – an interventional procedure available to acute ischemic stroke patients.

MercyOne Des Moines is central Iowa’s only hospital to receive the Gold Seal of Approval™ and Primary Stroke Center certification from The Joint Commission, the nation’s predominant standards-setting and accrediting body in health care. MercyOne Des Moines has held this distinguished honor since 2007.

**Consumer Experience**

Visit [MercyOne.org/desmoines/find-a-service-or-specialty/neurosciences/stroke-care](MercyOne.org/desmoines/find-a-service-or-specialty/neurosciences/stroke-care) to learn more about stroke prevention. You can also see if you or a loved one is at risk for stroke by taking our Stroke Risk Assessment at [MercyOne.org/desmoines/health-and-wellness](MercyOne.org/desmoines/health-and-wellness).
Where there is a need, you will find Marlina

MercyOne Des Moines is a constant hum of activity. While we perform different roles, by working as One we are at our best in caring for our patients and their families — and for each other. On 7 South, Marlina Ames is a vital member of the team. Her official role is to provide environmental services for the busy unit, but colleagues say she does much more. Marlina’s commitment to the MercyOne Values often connect her with people in need. Her ministry to them often helps improve the patient experience. It also makes Marlina our latest Spirit of Mercy Award winner.

While Marlina’s primary role is to make sure rooms are always ready for their next patient, the job does not define her. Even during hectic days, Marlina also owns the responsibility of helping others on 7 South when they have a need. Co-workers say she is very detail driven, which helps during major initiatives like putting all new beds in rooms on the med-surg units. Though the work was demanding, Marlina knew how important the beds were to patient comfort and healing. The work brought a smile to her face as she moved beds through the halls and remade them with fresh linens for patient comfort.

Colleagues are touched by Marlina’s ability to connect with patients and families. They shared examples of times she gathered care materials for patients or suggested they remain safely in bed while she sought assistance. Marlina also advocates for patients and helps them communicate their needs. In one instance, icy roads had caused a husband to arrive at the hospital late and his wife was not in the unit. Seeing him upset and wandering the hall, Marlina asked how she could help. He shared his concern and Marlina connected him with staff who told him his wife went to surgery early, relieving his stress and putting his mind at ease.

We all have opportunities daily to serve others. Through watchful listening, Marlina is part of the healing process. Her practice of reverence preserves a patient’s dignity and her compassion helps bring healing and comfort.

Thank you, Marlina, for your examples of caring, and congratulations on your Spirit of Mercy Award.

Integrity and compassion are good medicine

Everyone is born with talents, and everyone chooses how and when to use these talents. When used well, talents can help create a nurturing environment that positively impacts others. At Mercy College of Health Sciences, associate dean of nursing Dr. Mary Schemmel embraces the opportunity to use her talents to help shape the future of health care. By modeling the MercyOne Values for students and faculty, she shows how reverence, compassion and integrity play a role in Personalized Patient Care. Modeling these values has also led to Mary’s selection as a Spirit of Mercy Award Winner.

Mary has been a part of Mercy for 45 years. Through her roles as student, caretaker for the sick, leader of discussions and theories in a classroom and now administrator — Mary has always possessed a servant’s heart. The compassion and reverence she learned from the Sisters of Mercy is
The compassion and reverence she learned from the Sisters of Mercy is returned and frequently felt by those she meets.

Compassion and Excellence, Willow was nominated by colleagues for a 2018 Spirit of Mercy Award, and later was chosen as the recipient of the Ireland trip. Spirit of Mercy Award winners from the current year are entered into a drawing for the trip, which is given annually in honor of former Mercy Board Chairman Steve Chapman and funded by generous members of the community.

Seeing the Mercy International Center on Baggot Street in person added to Willow's excitement. "I am in awe of Sister Catherine McAuley, a woman full of love and compassion at such a young age," said Willow. "She was a very innovative person who put a lot of thought, time and prayer into making her dream come true — benefitting many people."

Willow met Sister Carita, who took Willow on a virtual journey back to Ireland of Catherine's time. She was soon immersed in the story of Catherine's life, including the formation of the Sisters of Mercy. Willow graduated from the Mercy School of Nursing and worked in the Coronary Care Unit as a new nurse. She says the Sisters of Mercy were mentors who have been impactful in her life. By living and practicing the Values of Reverence, Integrity, dedicated to education and looked at artifacts that were part of Mother Catherine's humble life. In a community room sat a simple wooden table and a tea service. The table was used by Mother Catherine during her lifetime of service. The tea service was a reminder of her request for the sisters to have "a good cup of tea" in the community room after she was gone. The "good cup of tea" remains an example today of hospitality towards all.

When reflecting on her trip, including the beautiful Irish countryside and welcoming people, Willow says she remains amazed how Catherine's work could have such a global impact. She believes Catherine's mission is still alive, especially at MercyOne Des Moines. "We have a loving concern for each other, the poor and people who can't take care of themselves," said Willow.

She believes we all can make a difference by following Catherine's example. "We need to do the best we can wherever we are. Catherine was a little spark who set a big fire that became a movement at a time where love and concern for others was needed. It still is — love and concern for others is still needed today," Great advice from a wonderful journey.