Dick McGrane conquers New York City after Knee Replacement

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Dick McGrane and his wife, Carol, in New York City.
Many of us remember the radio broadcasts of Paul Harvey, especially his series, *The Rest of the Story*, which ran for 33 years until Harvey’s death in 2009. The program aired on many local radio stations and I remember listening to the brief segments with intrigue.

I wrote about Mercy’s plans to construct a comprehensive cancer center in my Health Watch article back in August of 2017. With the events of the last 18 months behind us, this is a good time to bring you up to speed on the rest of our story, and we are extremely excited about what is yet to come.

Most notably:

- Unfortunately, there is plenty of cancer to go around. More than one in three of us will receive a cancer diagnosis in our lifetime. Everyone knows someone with cancer and the need for options for excellent care is paramount and obvious.

- The numbers don’t lie. Between 1973 and 2015, Iowa saw a 76.3% increase and Dubuque County saw an 86.7% increase in the number of cancer cases. Nationally, regionally, and locally, every reputable source says the numbers are going up.

- While cancer is expected to overtake heart disease as the leading cause of death in the US by 2020, the good news is that deaths due to cancer are declining. This doesn’t mean less cancer; it means more people are living with cancer and needing cancer care.

- Of the 13 accredited cancer programs in Iowa (70 in Illinois, and 36 in Wisconsin), there are no accredited cancer programs in Dubuque or the northeast region of the state. Accreditation is the hallmark of a high quality cancer program.

- Comprehensive care includes chemotherapy, radiation therapy, clinical trials, surgery, and multidisciplinary and holistic services, where patients don’t have to travel from facility-to-facility or system-to-system for their care. Care is convenient, well-coordinated and less stressful. Many people with cancer currently leave Dubuque for comprehensive care from an accredited cancer program.

- Mercy will have the only comprehensive cancer center in Dubuque and northeast Iowa.

- Mercy provides the majority of inpatient cancer care in the region. With the construction of the new cancer center, our hospitalized patients will never again have to travel by ambulance for radiation treatments needed during their inpatient stay.

Iowa doesn’t require a certificate-of-need (CON) for Mercy to build a comprehensive cancer center. A CON is required to purchase the piece of equipment needed to deliver radiation therapy in the cancer center. Despite UnityPoint Finley’s opposition to our vision for improved cancer care and their desire to remain the only provider of radiation therapy services in the market, the State Health Facilities Council understood that our communities deserve access to the best cancer care possible and granted Mercy a CON in July. They then denied UP Finley’s request for a rehearing in October, clearing the path for the delivery of comprehensive cancer care in Dubuque. UP Finley has announced plans to go to court to appeal Mercy’s CON, which is disappointing, but will not deter us in our commitment to move forward.

At the CON hearing, several courageous patients spoke passionately about their personal struggles with a fragmented model of care, because they wanted to influence a change for the better. Their stories were gut-wrenching, undeniable, and inspiring. We had hundreds of letters written in favor of the project and have had an outpouring of support from every corner of our service area since announcing our plans.

While the CON process was challenging at times, it was nothing compared to the life changing impact of a cancer diagnosis, and we are committed to doing everything we can to make the cancer care experience better for our patients.

We plan to break ground on a state-of-the-art cancer center in December, starting a new chapter in the story of cancer care in northeast Iowa. The rest of the story will be a great one and we appreciate your support as we forge forward.
safe sleeping
FOR YOUR BABY

Creating a safe sleep environment for your baby can reduce the risk of sudden infant death syndrome (SIDS) or other sleep-related causes of infant death.

» Use a firm sleep surface, such as a mattress in a safety-approved crib, covered by a fitted sheet.

» Do not place pillows, blankets, crib bumpers, or stuffed animals anywhere in your baby's sleep area.

» Always place your baby on his or her back to sleep.

» Dress your baby in sleep clothing, such as a one-piece sleeper.

» Make sure nothing covers your baby’s head.

For more tips on creating a safe sleep environment for your baby, visit mercydubuque.com/safe-sleep.

Thanks to a generous donation by the Mercy Service Club, every baby born at Mercy now goes home with their very own Halo® SleepSack® swaddle.

New moms also receive a 10% off coupon to use in the Mercy Gift Shop.
After retiring 14 years ago, Dick McGrane found a new passion in the radio world as host of his show, McGrane in the Morning on Dubuque’s Super Hits 106.1. Because he has so much fun on his show, he rarely takes a day off, other than for an annual trip to visit his daughter in New York. Last year, however, Dick and his wife, Carol, weren’t able to make the trip.

Dick suffered from knee pain for many years. When it got bad enough, he received cortisone injections to relieve the pain. Those injections got him through a few years, until the cortisone was no longer effective. He knew knee replacement was the next step, but he didn’t like what he heard about recovery time.

“I’ve been very, very fortunate,” Dick explained. “I’m 74 years old and have never spent a night in the hospital, and I really have no intentions of spending a night in the hospital. I looked at knee replacement and they talk about three to four nights in the hospital and six to eight weeks of recovery. That just didn’t appeal to me.”

Dick simply didn’t want to give up that much time from his radio show and thought perhaps he could just live with the pain. But then he read about robotic-assisted knee replacement at Mercy, and he made an appointment with Medical Associates orthopedic surgeon Brian Silvia, MD, PhD, to learn more.

“What the robotic-assisted surgery allows is a very precise and accurate way of doing the procedure,” Dr. Silvia explained. “It allows you to put in the implants exactly the way they’re supposed to be put in, every single time, which is the benefit of computers and robotics.”

Dick was happy to learn that recovery is typically much faster, too.
“Dr. Silvia is a no-nonsense, direct doctor, which is exactly what I want,” Dick said. “I want to hear exactly what’s going to happen to me and what I have to do to make it better. He’s an excellent doctor.”

So, instead of traveling to New York last year, Dick had robotic-assisted knee replacement on his left knee. He arrived at Mercy at 7:30 that August morning and was back home at 4 p.m. As was his goal, he did not spend the night in the hospital. And instead of missing six to eight weeks of work, he was driving to the radio station in Platteville within three weeks.

“I couldn’t have been happier with any of the process,” he said.

Because the surgery and recovery went so well, Dick opted to have his right knee replaced the following February. With each surgery, he followed up with rehabilitation.

Dick worked with Ali Danner, a physical therapist at Mercy’s outpatient rehabilitation clinic.

“For both knee replacements, we worked on regaining knee range of motion, knee strength and stability, and functional mobility,” described Ali. “Functional goals that we worked towards in PT included walking without an assistive device, returning to work, and being able to negotiate steps using one handrail, since this is what he has at home to negotiate. He did his exercises at home consistently, which is so important, and he achieved all of these goals at time of discharge.”

“Ali is just tremendous. She made it so pleasant, and she was so encouraging,” Dick said. “She was very specific on the goals we were trying to meet, and I knew each time I went in that I would have to bend a little bit more, and it was going to hurt, but I knew I had to do it.”

With his second knee replacement, Dick was back to work again in just three weeks, again driving to Platteville—and having no problem using his right leg to drive.

“Pain in your knees changes your quality of life. When walking hurts, everything becomes a little less appealing and a little less fun, and all of a sudden, life is a little less fun,” he explained. “I should have done this five years ago.”

Dick and Carol just returned from visiting their daughter in New York City.

“We were all over Manhattan, up and down Times Square. We went to parks. We did the 9/11 museum. Whatever we wanted to do, we did. My knees were not a concern. It was just amazing.”

“I would honestly encourage anyone in this position to at least talk to Dr. Silvia. Don’t wait. Don’t wait until you hurt so bad that you can’t stand it. I feel great—well, as good as a 74-year-old can feel,” Dick said with a laugh. “I’m really, really happy to be where I’m at, and I’m really glad I did this.”

Dick and his wife, Carol, enjoyed a recent trip to New York City following knee replacement surgery.

For more information on robotic-assisted surgery, visit mercydubuque.com/joint-care.
Q: Does breast density affect my risk for cancer?
A: Just as some women have blonde or brown hair, women also have different amounts of breast tissue or breast density. Women's breast density can be categorized based on her mammogram into one of four categories: fatty (least dense), scattered, heterogeneous, and extreme (most dense). Half of all women have dense breasts, which includes both heterogeneously and extremely dense categories.

In 2017, the state of Iowa mandated that women getting a mammogram be informed of their breast density category as a way to better inform them of their breast cancer risk. Women with extremely dense tissue have a slightly higher risk of breast cancer. In addition, dense breast tissue can obscure small breast cancers, making it more challenging to diagnose.

So what’s the good news? Screening mammography saves lives. Furthermore, newer technology in breast cancer screening called digital breast tomosynthesis (3D mammography) finds more cancers than standard digital mammography (2D).

What can you do? Get regular screening mammograms and talk to your physician about your breast cancer risk, including your breast density to determine if you may benefit from additional breast cancer screening modalities.

Catherine Holznecht, MD, radiologist

Healthy Variety frozen meals are dietitian-approved and handcrafted in the Mercy kitchen. Heart healthy, low in sodium, diabetic friendly, and delicious – Healthy Variety meals are the perfect meal solution for anyone with congestive heart failure, diabetes, heart disease, those following a weight reduction diet, or anyone looking for a healthy and easy option.

Meals are available for purchase in the Mercy cafeteria and at the Mercy Family Pharmacy Elm Street location, or have them delivered straight to your door.

Visit mercyhealthyvariety.com for more information and to order online.

For more information about mammography, including 3D mammograms, visit mercydubuque.com/mammography.
LASER THERAPY can speed healing and decrease pain

Laser therapy is now available at Mercy – Dubuque. Laser therapy helps with tissue healing and decreasing pain, stiffness, and swelling associated with sprains, tendonitis, arthritis, carpal tunnel, and other acute and chronic pain conditions.

Mercy’s physical and occupational therapists in Dubuque are trained in the use of laser therapy.

Laser therapy is showing to be an effective treatment in recent literature. It has been a useful tool for our therapists, and we have seen a positive impact on our patient outcomes. Laser treatment is painless to administer and usually takes less than 10 minutes.”

— Ann Wachter, PT coordinator of Mercy outpatient rehabilitation services

Call 563-589-9035 to learn more.

PUMPKIN BREAD

INGREDIENTS

1¼ cup all-purpose flour
¼ cup ground flax seed
½ cup oat flour
1 tablespoon + 1 teaspoon pumpkin pie spice
½ teaspoon ground cinnamon
1 teaspoon baking powder
1 teaspoon baking soda
¼ teaspoon salt
1 15-oz. can pumpkin puree (not pie filling)
½ cup sugar
¼ cup 100% pure maple syrup
6 tablespoons extra light, extra virgin olive oil
2 large eggs
½ cup nonfat, plain Greek yogurt

INSTRUCTIONS

1 - Preheat oven to 350 degrees. Grease two 9 x 5 inch loaf pans.
2 - In a large bowl, combine the flours and flaxseed, pumpkin pie spice, cinnamon, baking soda, baking powder, and salt. Whisk to combine.
3 - In a medium bowl, combine the pumpkin puree, sugar, maple syrup, yogurt, eggs, and olive oil. Stir to combine.
4 - Transfer this mixture into the flour mixture. Fold until combined.
5 - Transfer the batter to the greased loaf pan. Bake for 60 minutes, or until a toothpick inserted in the center comes out with a few crumbs attached. Cool for 10 minutes, remove bread from pan and cool on a wire rack for at least 10 minutes, then serve.
6 - Wrap in plastic wrap and store at room temperature for three days.

Note: For muffins, line a muffin tin, fill ½ full with batter and bake at 350 degrees for 20 minutes or until toothpick comes out clean.
HEALTHY VARIETY
MERCY DIETITIAN-APPROVED FROZEN MEALS

ORDER ONLINE FOR DELIVERY

PUMPKIN BREAD

A delicious, healthy pumpkin bread recipe that’s made with half the amount of sugar and a blend of oat flour with ground flaxseed and Greek yogurt. A healthier pumpkin bread you can enjoy without the guilt! Many sweet breads have one or more cups of oil and often 1–2 cups of sugar. This pumpkin bread recipe has many health benefits when compared to a traditional sweet bread and is one I hope you will enjoy throughout the season.”

— Stacy Huss, RD, LD

NUTRITIONAL INFORMATION:
161 calories, 1g saturated fat, 22g carbohydrates, 89mg sodium, 1.5g fiber, 4g protein