I recall it vividly. My son Regan, in 5th or 6th grade at the time, was playing in a youth baseball tournament in Dubuque on a sweltering summer day. Regan was a runner on third base, facing the batter, when one of his teammates smashed a line drive ball directly at him. It hit Regan hard in the abdomen, just under his sternum, and he fell fast to the ground trying to catch his breath. I knew the minute the ball hit him that we needed to get to Mercy’s emergency department (ED) right away.

We understand the last place most people want to be is in a hospital ED. But we also know that when you need emergent care, you want to be treated in a state-of-the-art facility, in a timely manner, and most importantly, by an expert team of professionals with you at the center of their attention. At Mercy, we are constantly working to improve the quality of the patient and family experience in our ED. We value the contribution of every member of our team in meeting your urgent and often complex health care needs, and our results demonstrate that the care we provide is second to none. Patients consistently rate Mercy Dubuque # 1 among Trinity Health hospitals in their overall ED care experience. For people who are treated and discharged from our ED, their total time in the hospital averages only 111 minutes, again, best in Trinity Health.

Our commitment to exceeding national benchmarks for quality of care and patient satisfaction likely explains our double digit growth in ED visits in recent years. For this reason, we are expanding our physical facility by adding new treatment rooms (to be completed by early summer) so you can continue to count on our prompt attention in meeting your emergent care needs. In addition, we are very excited to bring air transport services to Dubuque in partnership with the University of Iowa, so that we can provide timely, lifesaving emergency transfers and care at the scene of an accident, 24 hours/day, 7 days/week with a helicopter and team, Aircare 3, based at Mercy. Our flight nurses and paramedics will assist with patient care in the ED when they aren’t flying, and will be available to deploy with no more than 10 minutes notice, raising the bar on the quality of emergency medical services in the region.

When Regan and I arrived in Mercy’s ED, he was assessed by a highly skilled ED triage nurse and immediately seen by Dr. Mark McKeon, one of our seven board-certified ED physicians. He ended up with an imprint of the baseball on his stomach and a lesson to never face the batter when running from third base to home. I don’t remember the outcome of the game, but I’ll never forget the expert care we received. While we would rather have avoided the injury and the visit to the ED, we were grateful beyond words that the service was there when we needed it, and exceeded all of our expectations. You can expect the same.
the scoop on ANTIOXIDANTS

How can I get more antioxidants?

Add nuts and beans to meals.

Use fresh herbs and spices.

Drink black or green tea.

Enjoy seafood, salmon, and tuna.

Choose whole grain products, such as whole wheat bread and brown rice.

Eat a rainbow of fruits and vegetables.

What are antioxidants?

Antioxidants are nutrients in food that protect your cells from free radicals. Free radicals are unstable molecules that can damage your cells. This cell damage may increase your risk of cancer, heart disease, cataracts, diabetes, or infections.

SOURCE: AMERICAN DIETETIC ASSOCIATION
Previously, critically ill or injured patients requiring transfer to a university hospital had to either travel one and a half hours by ground ambulance or wait on average 30-40 minutes for a helicopter to come from somewhere else. **With AirCare 3 on Mercy’s helipad and its crew in our emergency department, those patients will reach tertiary care in a fraction of the time.** In addition, they will be transported by a highly trained air medical crew consisting of a flight nurse and flight paramedic who will be involved in the patient’s care and stabilization the minute they arrive at Mercy.”

— Dr. Anna Lorence, Mercy emergency department physician
Response Times

The map below shows the approximate response times from Dubuque.

Fast Facts about the AirCare 3 Helicopter

- **152AC -** AirCare 3 is an **ASTAR 350-B2** manufactured by Eurocopter (a French/German consortium) and is a single pilot and single engine aircraft.

- The **main rotor** is a 3-blade Starflex design with a 35-foot diameter.

- The **tail rotor** is a 2-blade design with a 3.3-foot diameter.

- The engine is a **single jet turbine engine** manufactured by Turbomeca.

- The maximum take-off power is **732 shaft HP.**

- The maximum continuous power during cruise flight is **625 shaft HP.**

- Aircraft length: **42.5 feet** (tip of main front rotor blade to tail)

- Aircraft width: **5.7 feet** (cabin width)

- Aircraft height: **10.8 feet** (ground to top of tail fin)

- Fuel capacity: **142 U.S. gallons**

- Fuel consumption: **46 gal/hr**

- Cruise speed: **120 knots** (138 mph)

- Approximate range: **150-200 NM** (with crew and patient)

- Maximum gross take-off weight: **4,961 pounds**
After her husband passed away, Kay Kingsley understandably attributed any health concerns to the stress of her husband’s death. But when she visited her doctor for a physical last fall, he heard wheezing in her right lung and ordered a CT scan. It was discovered that Kay had lung cancer.

“I was going through a lot of stress, so everything that came up in my life, I attributed to that,” she recalls. “I never dreamed that I had lung cancer.”

Kay and her children met with physicians to discuss her plan of care, and at first she thought she needed to go to Madison for treatment. The cancer was located very close to her trachea, a contributing factor to her high-risk status. But after a discussion with Dr. Lance Bezzina, cardiothoracic surgeon at Medical Associates Clinic, she learned she could have her surgery at Mercy.

“Due to myself being on staff at the University of Wisconsin, I was able to discuss this case with my colleagues there and go over the CT scans, and all other studies,” Dr. Bezzina says. “They agreed with this plan of care without ever making the patient travel that distance.”

Kay was relieved to stay in town for treatment.

“Mercy is the only place I wanted to be,” she says. “The inconvenience for my children to go out of town would have been too much.”

Kay’s surgery was scheduled for January.

“Typically a lung cancer surgery involves removing a lobe of the lung, but due to the location of her cancer, removal of the entire lung needed to be performed,” explains Dr. Bezzina. “This was challenging due to
Due to myself being on staff at the University of Wisconsin, I was able to discuss this case with my colleagues there and go over the CT scans, and all other studies. They agreed with this plan of care without ever making the patient travel that distance.”

— Lance Bezzina, DO

The surgery went very well. Kay was out of the hospital in a few days and back to many of her normal activities after a week.

“I feel very good. Every week, I feel a little stronger,” she says. “I didn’t have any pain, and I haven’t needed oxygen. I have to pay attention to my energy level a little bit, but I also push myself a little to find out what I can do and what I can’t do. But most things I can do. If my energy improves, great. If it doesn’t, at least I’m healthy. And I’m very comfortable. I think I’m doing very well.”

Kay is now finishing her treatment with four rounds of chemotherapy. Pulmonary rehabilitation following treatment will help her continue to increase her energy level.

Kay has a message to share:

“I really want people to know about Dr. Bezzina. We have this great physician here in Dubuque who can do these complex surgeries. I hope to gosh I don’t need him again, but there are a lot of people who will. So why send people out of the city to get their care when we have it right here? Mercy is my choice, and my care was fantastic.”

GRAPEFRUIT AVOCADO SALAD

MAKES 4 SERVINGS

INGREDIENTS
1 avocado, peeled and sliced
1 large grapefruit, peeled, segmented, seeds removed
Bed of lettuce (to serve 4)

Citrus Vinaigrette:
1 tablespoon shallot (minced)
½ teaspoon dried oregano
1 teaspoon lime zest
2½ tablespoons lime juice
½ cup light olive oil
1 teaspoon sugar
½ teaspoon salt

INSTRUCTIONS
1 - In a small bowl, whisk the vinaigrette ingredients.
2 - To prepare the grapefruit, use a sharp knife to slice off a half-inch or more from the stem end and the blossom end of the fruit, enough to easily expose the fruit. Cut away the peel from the grapefruit, following the contours of the fruit. Keep cutting away the peel until the grapefruit is completely peeled. Use the knife to cut alongside the membranes that separate the grapefruit segments. Remove the segments by either cutting the segments away from the membranes, or by gently pulling the segment out after you’ve made a cut alongside one of the membranes. Continue to work around the grapefruit until you’ve cut out or removed all of the segments, without their connective membranes.
3 - Peel and slice the avocados. Arrange slices of avocados and grapefruit segments on a bed of lettuce leaves on a plate.
4 - Spoon dressing over the salad. Enjoy!
GRAPEFRUIT AVOCADO SALAD

“This salad is not only healthy but incredibly colorful and satisfying. Avocados are the star of the show in this recipe! Although they are often given a bad rap for their higher fat content, much of the fat is healthy fat, also termed monounsaturated and polyunsaturated fat. As the seasons change and the weather starts to get warmer, consider this light and nutritious recipe.”

— Stacy Barton, RD, LD

NUTRITIONAL INFORMATION:
363 calories, 3.3g saturated fat, 0mg cholesterol, 321mg sodium, 17g carbohydrates, 4g fiber, 2.5g protein