Major Tom Mason shares his heart attack story page 2

New heart pump offers option for high-risk patients page 4

Pictured: Major Tom Mason, Dubuque, Iowa, at The Salvation Army Corps Community Center
I was asked by the great folks at the Dubuque Chamber of Commerce to share my 2016 predictions for health care at their annual forecast luncheon last month. After proposing (ok, maybe wishing) the Cubs would make it to the World Series and the Hawkeyes, the national championship, I offered some perspective on the future of health care, centered on the Triple Aim. The Triple Aim, developed by the Institute for Healthcare Improvement, has become a unifying focus in health care, and has three dimensions: Improving the health of populations; improving the patient experience; and lowering per capita cost. The goal is prevention, health maintenance, and great outcomes.

At Mercy, we believe in the Triple Aim, which begins for us with a deep commitment to caring. Every colleague is committed to a framework that promotes excellence in the patient experience called the Mercy Model of Caring. This model, which was first developed by a team of Mercy clinicians back in 2002, incorporates Dr. Kristen Swanson’s mid-level caring theory and includes five very important principles. The first, maintaining hope and belief in the patient, means that we have a hope-filled attitude that the patient can get through whatever it is he or she is facing. I recently received a letter from a patient describing that hope in her future had been restored because of the care she received from our psychiatric services team; a great illustration of this first principle. Principle #2 is knowing the patient or seeing the world through the patient’s eyes by avoiding assumptions based on our own reality. We seek to understand patients’ needs and wishes by asking questions and involving them as full players on their personal care team. The third principle, being with the patient, is about authentic presence, or clearly conveying that the patient’s experience really matters to us. This is the most basic principle and means when I am with you, I am really with you. Principle #4 is doing for the patient what he or she would do for themselves if they could. This is where our technical expertise fits in. Finally, principle #5, facilitating care for the patient, is about promoting shared problem solving, teaching, coaching, explaining, and giving feedback. This principle is paramount in the Triple Aim, which promotes that people are the conductors of their own health care and so need the education and skills to be successful in this role.

Most everything we do at Mercy can be explained within the context of our Model of Caring. Individual stories, coupled with stories of how we care for our community, like the addition of Aircare 3 in partnership with the University of Iowa to add air transport capability; or the Red Dress Breakfast to promote heart health; or the renovation of our birth center and front entrance to make sure our facilities are top notch, are all examples of how our Model of Caring is brought to life each and every day at Mercy.

We will talk more about the Triple Aim in coming editions, but in the meantime, you can be assured that patients, families and communities are at the center of all that we do, consistent with the Mercy Model of Caring.
Snacks versus Treats
They’re not the same.

Snacking often gets a bad rap, but that’s because people often consider snacks and treats to be interchangeable.

But remember: Snacks and treats are not the same. Snacks are healthy options that nourish your body and control hunger between meals. Treats are those items that should be reserved for special occasions.

Consider these options for a healthy snack:
» A piece of fruit and a small handful of nuts
» Peanut butter on apple slices or celery
» Raw veggies and hummus
» Plain, unsweetened yogurt with dried fruit

An ideal snack should be around 150 calories and include a little protein and complex carbohydrate.
Major Tom Mason’s service to others extends beyond his vital work at the Salvation Army. He also helps several elderly women in his neighborhood with yardwork and chores. That was what he was doing one day seven years ago when he started developing pain in his back, between his shoulder blades.

“I figured I just tweaked my back since I had previous issues with it,” he recalls. But when the pain didn’t subside, his wife, Major Kay Mason, suggested stopping at Mercy’s emergency department.

“His exact words were, ‘It’s not a heart attack,’” Kay remembers.

But sure enough, the tests confirmed Tom had a heart attack.

“Not all heart attacks feel like an elephant sitting on your chest,” explains Rami Eltibi, MD, cardiologist at Medical Associates Clinic. “Everyone is different, and symptoms vary.”

In addition to chest or back pain, symptoms can also include pain in one or both arms, neck, or stomach; shortness of breath; or even lightheadedness or nausea.

Tom stresses that he had always been healthy. “I’ve never had any issues. This came out of nowhere.”

However, Tom’s strong family history of heart disease increased his risk.

“Not all heart attacks feel like an elephant sitting on your chest. Everyone is different, and symptoms vary.”

— Rami Eltibi, MD
The biggest thing we have against us is denial. We don’t believe it can happen, but it really can happen to anybody.”

— Major Tom Mason, pictured with his wife Major Kay Mason, at the Salvation Army.

“If someone has a strong family history of heart disease, it’s important that the patient be involved in their medical care early in life and be aggressive in modifying their own risk factors,” Dr. Eltibi says. Seeing a primary care provider on a regular basis is very important.

Tom had a stent placed to keep his artery open. He attended Mercy’s cardiac rehabilitation program where he learned about nutrition and began a medically monitored exercise program.

“You’re scared to start exercising again because you don’t know if you’re going to have another one,” Tom explains. “But they build your confidence back up to know that it’s okay to work and to sweat. They know how much to push you.”

Tom soon got back to his regular life and was diligent about maintaining a healthy lifestyle. But stress and 12-hour work days added up, and over the years some of those healthy habits became less important.

This past August, Tom suffered a second heart attack. His artery where the first stent was placed was 95 percent blocked. Dr. Eltibi placed a second stent to reopen the artery.

Tom and Kay still have stress and long days at the Salvation Army, especially during the holiday season, but they have made changes to adapt. Instead of picking up fast food for supper at 8 p.m., Kay prepared and froze homemade, healthy soups that they can easily reheat after a 12-hour work day.

“Tom is doing very well,” confirms Dr. Eltibi. “It was good he came to Mercy when he did. If nothing was done, it would have been a major heart attack.”

“My heart attacks both were small, but I don’t have to have a big one to get serious about life,” Tom says. “The biggest thing we have against us is denial. We don’t believe it can happen, but it really can happen to anybody.”
**Q&A**

**Q: What do blood pressure numbers mean?**

About one in three adults in the U.S. has high blood pressure, so it’s a good idea to know and understand your numbers.

The top number, systolic, measures the pressure in the arteries when the heart beats. The bottom number, diastolic, measures the pressure in the arteries between heartbeats. High blood pressure, or hypertension, is a disease. Even though it typically has no symptoms, high blood pressure can have critical health consequences if not treated.

Blood pressure should normally be less than 120/80. However, it can change with exercise, stress, sleep, or even shifts in posture, so a single high reading does not necessarily mean that you have high blood pressure. If readings consistently stay at or above 140/90, your health care provider will likely want you to begin a treatment program, which may include lifestyle changes and prescription medication.

Michelle Arensdorf, RN, community education nurse

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**NEW OPTION FOR HIGH-RISK HEART PATIENTS**

Mercy is the only hospital in the region to offer a new heart procedure for advanced heart failure patients with coronary artery disease. Known as a Protected PCI (percutaneous coronary intervention), this procedure uses the world’s smallest heart pump to maintain stable blood pressure and circulation for high-risk patients during balloon angioplasty and stenting.

Many patients who are treated with Protected PCI are those who have been turned down for traditional cath lab procedures due to their high risk. This gives these high-risk patients a safe and effective option.”

— Robert Wethal, vice president of patient care services and chief nursing officer

Another use of the device is for patients who have had a major heart attack and are suffering from a stunned heart. This device lowers the work load of the heart and allows the heart to recover.

Protected PCI is a minimally invasive procedure. Benefits include improved quality of life, less time spent in the hospital, and a reduced need for repeat procedures and related readmissions.

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**MERCY GIFT SHOP**

Shop gifts and home decor at the Mercy Gift Shop. All proceeds support programs and services for children in Mercy’s care. As always, there is no sales tax.

Monday, Thursday, and Friday: 10 a.m. - 5 p.m.
Tuesday and Wednesday: 10 a.m. - 6:30 p.m.
Saturday: 10 a.m. - 3 p.m.
WORK YOUR CORE WITHOUT CRUNCHES

This seated leg lift works your abs and hamstrings

Beginners to even more advanced individuals will feel the burn after a few reps.

**STEP 1** - Sit on the floor, legs extended straight out in front of you. Place hands on the floor.

**STEP 2** - Take a deep breath and lift one leg six inches off the ground. If you’re able, hold for five seconds, and then put it down.

**STEP 3** - Repeat with the other leg. Continue alternating for one minute, then take a 20 second break. Repeat for five reps.

3D MAMMOGRAPHY AVAILABLE AT MERCY

Mercy’s mammography options include breast tomosynthesis — or 3D mammograms — which are proven to detect more incidents of breast cancers and very often detect them earlier than traditional mammograms.

This technology creates multiple images of the breast in very thin layers so doctors can examine tissue one layer at a time instead of viewing just a single flat image. The increased image quality and detail helps radiologists better see the size, shape, and location of any abnormalities, resulting in earlier detection, fewer unnecessary call-backs, and fewer false positives for patients.

To schedule your mammogram at Mercy, call 563.589.9040.

VERY BERRY BREAKFAST SMOOTHIE

Makes 1 serving

**INGREDIENTS**

- ½ cup skim milk
- ½ cup raspberries (fresh or frozen)
- ½ cup strawberries (fresh or frozen)
- 1 container Chobani Greek Simply100 Yogurt — blueberry or flavor of your choice
- ½ cup ice
- 1 tablespoon chia seeds

**INSTRUCTIONS**

1. Add ingredients to a blender listed in the order to the left.
2. Blend until very smooth.
3. Pour into a tall glass and enjoy!
upcoming HEART HEALTH CLASSES

FEB 17

Syncope: Shedding Light on Blacking Out
Wednesday, February 17 | 6 - 7 p.m.
Presenters: Dr. Hopson and Dr. Kienzle

FEB 22

Heart Failure: Nutritional Considerations
Monday, February 22 | 6 - 7 p.m.
Presenter: Kristie Jacobsen, RD, LD

FEB 23

What’s Good for You Heart
Tuesday, February 23 | 6 - 7 p.m.
Presenter: Julie Ehlinger, ARNP

FEB 24

The Reality of Heart Disease
Wednesday, February 24 | 6 - 7 p.m.
Presenter: Lance Bezzina, DO

No fee. Registration required at mercydubuque.com/events or at 563-589-9600.

VERY BERRY BREAKFAST SMOOTHIE

Get back on track after the holiday season with this refreshing breakfast smoothie. It contains half the daily recommended amount of dietary fiber and no added sugar. Be adventurous with chia seeds; they contain fiber, antioxidants, and omega-3 fatty acids, all of which are key components to a well-balanced diet.”

— Stacy Barton, RD, LD

NUTRITIONAL INFORMATION:
266 calories, 4.5g fat, 0g saturated fat, 7.5mg cholesterol, 120mg sodium, 39g carbohydrates, 15g fiber, 19g protein