Move Your Exercise Outdoors
page 4

A NEW LOOK for Mercy’s front entrance
page 5

Pictured: Bill and Lee Leeser of Dubuque at Mines of Spain
Appearances can sometimes be deceiving (like the photo immediately above, which makes the author of this column, who is in his early 60s, appear to be a considerably younger man still in his 40s – not exactly an oversight, but more the result of personal vanity on the part of the writer). Similarly, the external appearance of Mercy Medical Center hasn't changed much through the years, despite the fact that internal modifications are occurring almost constantly.

With the exception of a relatively small build-out to permit a much-needed expansion of the emergency department in 2004, and the development of the cardiology center in new space above one of our newer buildings in 2005, we have managed to accommodate the addition of new programs and the growth of our services without much new construction. Instead, for the most part we've worked within the walls of the existing complex to continuously modernize and upgrade our facilities without making them substantially larger.

This has been intentional, because we believe in the concept of "adaptive reuse." With the help of creative planners, designers, and contractors, we've been able to install state-of-the-art technology in buildings that date as far back as 1947. Even though complicated renovations can sometimes be as costly as new construction, we believe in the long run our approach is more economical, because we've been able to avoid adding a lot of new space that requires expensive heating, cooling, cleaning, and maintenance.

During the past 17 years there have been many examples of major facility improvements accomplished at Mercy using this technique, including: relocation of the skilled nursing unit and inpatient rehabilitation unit, expansion of the emergency department, upgrading of the inpatient psychiatric unit, modernization of the cardiovascular and intensive care units, and renovation of the birth center, to name just a few. We are currently modernizing and expanding our suite of operating rooms within the footprint of the existing building and we will soon be welcoming the microbiology section of United Clinical Laboratories into space vacated by the relocation of our home care department into the old ICU.

As an exception to our typical practice, there is one big project scheduled to start soon that will alter the hospital's external appearance in a significant way. After several years of planning and evaluating alternatives, we are about to begin construction of a new main entrance and lobby. In fact, it is possible some work may have started by the time this issue of Health Watch is published. We will be moving the entrance further north, providing a fully-covered drop-off area, improving the flow of automobile traffic outside the building and of pedestrian traffic inside, replacing the revolving door with automatic sliding doors, and enhancing the appearance, comfort, convenience, and utility of the lobby.

So, although we've been able to achieve continuous improvements of our facilities and equipment without many expensive new additions or changes in our external appearance, we are about to get a fresh new look that we hope the thousands of people who visit Mercy each year will find both visually appealing and highly functional. As for a more up-to-date depiction of this columnist, that probably won't happen anytime soon.
BOOST YOUR ENERGY

Feeling sluggish?
Try these tips to rev your engine.

EAT BREAKFAST. Studies show that those who eat breakfast have more energy throughout the entire day.

DRINK UP. Even slight dehydration can make you feel tired, so grab a tall, cold glass of water to give your energy a boost.

HAVE A SNACK. Choose an energy boosting option that contains lean protein and healthy fat, such as hummus with veggies or Greek yogurt.

TAKE A WALK. According to a study in Personality and Social Psychology, taking a 10-minute walk will keep you energized for 2 hours.

JOKE AROUND. A good laugh raises your blood pressure and heart rate, which can pump you up when you’re feeling tired.
A gentler C-SECTION

Some moms who have experienced a traditional C-section feel like they missed out on the bonding experience immediately following delivery. Typically, mom isn’t able to hold her new baby until she’s in recovery, usually an hour later. But Mercy is changing that, and Danielle Kuboushek is one mom who experienced a new, gentler C-section.

After having a traditional C-section with her first baby, Danielle knew she wanted to experience immediate skin-to-skin contact with her second baby, contact that is typical during a vaginal delivery.

“We’re trying to mimic a vaginal delivery where we put baby on mom’s chest right away,” explains Medical Associates OB/GYN Tara Holste, DO. “It helps create a bonding experience, and I think babies do better if they can have skin-to-skin as quickly as possible. As long as mom and baby are both doing well, we will do our best to accommodate that.”

Danielle let her nurse, Lisa Schroeder, know that she wanted that experience. Lisa herself is a mom who delivered twice via C-section and understands why women want to have skin-to-skin contact.

“Babies who experience skin to skin can better regulate breathing, temperature, and blood sugars, have stronger immune systems and tend to cry less,” Lisa explains. “Bonding and breastfeeding outcomes are also better, as well as decreasing mother’s pain. As a nurse, we see the benefits of skin to skin every day.”

Danielle can attest to the benefits since experiencing the gentle C-section, including successful breastfeeding from the start. “I really feel that part of that is because I got him as soon as I could. I didn’t have to wait an hour for him to be on my chest. That made a difference for us. They let me have skin to skin for as long as I wanted while I was getting stitched up, and that was amazing.”

“Danielle and her son, Theodore, moments after his birth via C-section.”

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— Lisa Schroeder

And that moment when she met her new son, well there’s nothing better. “It was one of those happy moments when it feels almost like you’re floating. He was just cradled right in my neck—that person who I’ve been closest to for the last nine months but hadn’t yet met.”
It was one of those happy moments when it feels almost like you're floating."

— Danielle Kuboushek

Pictured: Danielle Kuboushek with her husband, Brandon, and sons, Silas and Theodore.
Q: My spouse says I snore—a lot. What should I do?

A: Snoring can affect a good night’s sleep for both you and your spouse. But more than that, it can also indicate a serious health concern—sleep apnea. Sleep apnea is characterized by multiple episodes of breathing pauses of 10 seconds or longer, due to upper airway narrowing or collapse. This results in lower amounts of oxygen in the blood, which causes the heart to work harder. Apnea patients may experience up to 300 of these events each night. Sleep apnea increases the risk of developing heart attack, stroke, diabetes, and many other medical problems. And because the snorer does not get a good rest, he or she may be sleepy during the day, which impairs job performance.

The good news is that sleep apnea is treatable. A CPAP is a device worn while sleeping that keeps the airways open. If you (or your spouse) are concerned about your snoring, ask your doctor about having a sleep study at Mercy.

— Carol Marinko, coordinator of Mercy’s neurodiagnostic services and sleep laboratory

**MOVE IT OUTSIDE**

Warmer temperatures are here, and for many people that means moving workouts outdoors. What’s your favorite outdoor activity for staying in shape? We recently asked our Facebook friends that question, and the resounding answer was walking—a wonderful option for burning calories that’s easy on the joints. But if you’re looking for a new activity to try this summer, here are a few suggestions.

<table>
<thead>
<tr>
<th>ACTIVITY, 1 HOUR</th>
<th>WEIGHT OF PERSON AND APPROXIMATE CALORIES BURNED</th>
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<tbody>
<tr>
<td></td>
<td>160 pounds</td>
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<tr>
<td>BICYCLING, LEISURELY</td>
<td>292</td>
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<tr>
<td>CANOEING</td>
<td>256</td>
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<tr>
<td>GOLFING, CARRYING CLUBS</td>
<td>314</td>
</tr>
<tr>
<td>HIking</td>
<td>438</td>
</tr>
<tr>
<td>ROLLERBLADING</td>
<td>548</td>
</tr>
<tr>
<td>RUNNING, 5 MPH</td>
<td>606</td>
</tr>
<tr>
<td>STAND-UP PADDLE BOARDING</td>
<td>466</td>
</tr>
<tr>
<td>SOFTBALL/BASEBALL</td>
<td>365</td>
</tr>
<tr>
<td>TENNIS, SINGLES</td>
<td>584</td>
</tr>
<tr>
<td>WATER WALKING</td>
<td>402</td>
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</tbody>
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Our cover models, Bill and Lee Leeser, are avid health enthusiasts who recognize that exercise enhances all aspects of their lives. Lee has run nine marathons and just qualified for the 2016 Boston Marathon. She has also completed a 50-mile ultramarathon run. Bill has run 15 marathons and multiple triathlons. He is currently training to compete in his third Ironman distance race this September.

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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. - 7:30 p.m.
Saturday: 10 a.m. - 3 p.m.
A NEW LOOK

Construction is underway for a remodel of Mercy’s front entrance. The updated, modern entrance will be moved farther north to offer better visibility from Langworthy Street, and a covered drive-up area will protect patients and visitors during inclement weather. The new doors will improve climate control in the lobby, where natural light and rich interiors will provide a welcoming environment. Better traffic flow will also increase safety for pedestrians.

AVOCADO CRAB SALAD

MAKES 6 SERVINGS • SERVING SIZE: 1 CUP

INGREDIENTS

- 1/3 cup chopped red onion
- 1/4 cup lime juice
- 1 teaspoon olive oil
- Black pepper to taste
- 12 ounces lump crab meat
- 1 avocado, pitted, peeled, and diced
- 1 pint cherry tomatoes, halved
- 1 yellow or orange bell pepper, diced
- 2 jalapeño peppers, finely diced
- 1 1/2 cups corn kernels
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS

1 - In a small bowl, combine red onion, lime juice, olive oil and pepper. Set aside.
2 - In a large bowl, combine crab meat, avocado, tomatoes, bell pepper, jalapeño peppers and corn. Add the red onion mixture to the crab meat. Add the cilantro and gently toss.
3 - Season with additional lime juice and black pepper to taste.
More families choose Mercy to deliver their babies.

Find out why at mercy-baby.com

AVOCADO CRAB SALAD

Here's a refreshing crab salad that is packed with sunny summer ingredients. This delicious salad will brighten up any backyard party. The recipe is low calorie, low sodium, and high fiber. The variety of vegetables provides a lot of color, which means a lot of antioxidants!

— Kristie Jacobsen, RD, LD

NUTRITIONAL INFORMATION:
158 calories, 6g fat, 1g saturated fat, 60mg cholesterol, 266mg sodium, 14g carbohydrates, 4g fiber, 11g protein