Most of us who are old enough to be aware have been touched in some way by cancer. I was affected very personally when my Dad was diagnosed with esophageal cancer in September of 2004. While he lost the battle to this menacing disease, he fought valiantly and made us all very proud of the way he carried his cross in the last days of his extraordinary life. I know Dad was grateful to his care team and my whole family learned a lot about cancer from the patient’s point of view.

Indeed, cancer can be a formidable opponent. While some of us are at a higher risk, cancer doesn’t always discriminate, and even the toughest and healthiest people can be blindsided with a cancer diagnosis. The American Cancer Society estimates that 17,400 new cancer cases will be diagnosed in Iowa in 2017, which is up from last year’s estimate by about 800 cases. Cancer is the second leading cause of mortality in the US, accounting for nearly one in every four deaths. The fastest growing segment of our population, people 65 years and older, are the most susceptible to a cancer diagnosis, so the need for cancer care is only going to rise.

With this information as a backdrop, I am very excited to announce our plans to collaborate with Medical Associates Clinic in the development of a comprehensive cancer center at Mercy. The Mercy Cancer Center will offer a new and improved approach to cancer care not currently available in our region, with medical oncologists, radiation oncologists, surgeons and other specialists, and the entire multidisciplinary team working together with patients under one roof to create a seamless and more therapeutic experience of care. The center, which will include a $25 million, two-story addition on the east side of the Mercy Professional Arts Plaza, will offer a holistic and healing environment with green space, educational facilities and peaceful views of the Mississippi River from the medical clinic and chemotherapy and infusion bays on the second floor. The Mercy Cancer Center will not only add capacity for a growing population of people in need, it will provide differentiated care in a regionally prominent, full-service center of excellence.

I’ve written (and spoken) often over the last two years about Mercy’s commitment to advancing patient-centered care and the Triple Aim. Recall, one of the three goals of the Triple Aim is to improve the health of populations, like the population of folks dealing with a cancer diagnosis. Today Mercy provides the majority of inpatient cancer care in our community. However, patients are often required to visit multiple locations and providers for diagnosis and treatment, making care fragmented and challenging, and population health more difficult to achieve. The Mercy Cancer Center will optimize medical management by integrating care and will make the experience of cancer easier and better for patients and their families.

As the leading health care provider in the region, we are excited to take this next major step in cancer care in order to better serve the needs of our community. We will keep you posted as we move through the process and get nearer to completion. In the meantime, thanks, in advance, for your ongoing support and for your input.

We understand that all of us have somehow been affected by cancer, and at Mercy, we’re with you every step of the way.
Constant stress — whether from a traffic-packed daily commute or heavy workload — can have real physical effects on the body. It has been linked to a wide range of health issues, including mood, sleep, and appetite problems — and yes, even heart disease.

Doctors don’t know exactly how chronic stress affects the heart but it most likely triggers inflammation, a known instigator of heart disease. Stress may also influence heart disease in more subtle ways.

For example, when stressed, people often eat unhealthy food and don’t have the energy to exercise. Stress can also lead us into other heart-damaging behaviors, such as smoking and drinking too much alcohol.

Researchers at Harvard Medical School say breaking the connection requires both learning to deal with stress and managing unhealthy habits. Their five simple tips can help you do just that:

1. **UNPLUG.** It’s impossible to escape stress when it follows you everywhere. Put down the phone, avoid emails, social media, and TV news. Take time each day — even if it’s for just 10 minutes — to escape from the world.

2. **STAY POSITIVE.** Laughter has been found to lower levels of stress hormones, reduce inflammation in the arteries, and increase “good” HDL cholesterol.

3. **EXERCISE.** Every time you are physically active, whether you take a walk or play bags in the back yard, your body releases mood-boosting chemicals called endorphins. Exercising not only melts away stress, it also protects against heart disease by lowering your blood pressure, strengthening your heart muscle, and helping you maintain a healthy weight.

4. **FIND WAYS TO TAKE THE EDGE OFF YOUR STRESS.** Simple things, like a warm bath, listening to music, or spending time on a favorite hobby, can give you a much-needed break from the stressors in your life.

5. **MEDITATE.** This practice of mindfulness and deep breathing has been shown to reduce heart disease risk factors such as high blood pressure.

Want more information on how to start a meditation practice? Visit mercydubuque.com/meditate
Mercy Medical Center and Medical Associates Clinic announced plans for the addition of a fully-integrated, comprehensive cancer center in July. The $25 million project will be located in a new, two-story facility to the east of the current hospital and adjacent to the Professional Arts Plaza building. Construction is expected to begin in 2018.

The cancer center at Mercy will be the first in Dubuque and the tri-state region to conveniently offer a hematology/oncology outpatient clinic, with both chemotherapy infusion and radiation oncology services in the same building. In addition to these clinical services, the center will offer an array of holistic and other cancer-related services that are not currently available in the area. For many people in Dubuque with cancer, care can be fragmented – with provider visits in one facility and treatments in another, or the need to travel hours for care. This creates confusion for patients, family inconvenience, treatment delays, and increases the overall cost of care.

“Our patients and their families should have one focus — to get better,” said Kay Takes, president of Mercy Medical Center – Dubuque. “Knowing they have access to coordinated care and resources in one place, instead of having to make multiple visits to different facilities across various communities, is a huge benefit. The less people have to worry about, the better the outcomes.”

The timing for the expansion of cancer care is critical. In the next 10 years, the incidence of cancer will increase by more than 13 percent in Dubuque and surrounding communities, with breast, prostate, lung and colorectal cancers seeing some of the largest increases. Cancer deaths worldwide are projected to reach 13 million annually by 2030.
Medical Associates Clinic physicians will provide oncology services for patients in the new cancer center. Working together, Mercy and Medical Associates will further enhance the ability of both organizations to provide coordinated, comprehensive care to patients with cancer diagnoses.

“We are very excited to be part of this new cancer center,” said John Tallent, CEO of Medical Associates Clinic. “Bringing together our team of nationally recognized specialists under one roof will enable us to provide an excellent standard of comprehensive integrated cancer care for patients in the greater Dubuque area.”

This project represents a significant investment in Dubuque and the region. The project will generate construction jobs during the building phase and will add permanent jobs to meet the demand for services at the new cancer center when completed. Mercy also plans to launch a major fundraising campaign to provide additional support for the project. Details of the campaign will be announced later this year.
Q: I have been breastfeeding my baby and have an excessive supply of breast milk. Is there a way I can share my supply with other moms/babies in need?

A: More than two decades of research indicate that human milk is the perfect food for infants, protecting them from many illnesses. It’s wonderful that you have been able to provide this for your baby. Through Mercy’s collaboration with University of Iowa Health Care, you can safely share this gift with others in need via the Mother’s Milk Bank of Iowa.

Milk donors
To donate you must be in good health, be willing to pump and store milk according to milk bank guidelines, and be willing to donate a minimum of 200 oz. of milk.

Donors:
- Are screened thoroughly and carefully
- Are non-smoking
- Are not taking any medications (with few exceptions)
- Should not consume alcohol 12 hours before pumping milk to donate
- Are not taking herbal supplements, including herbs in multivitamin (multivitamin is not an exclusion)

Donated milk
All donated milk collected and stored in the Mother’s Milk Bank of Iowa is pasteurized. Most immunologic and nutritional components of human milk remain intact after pasteurization. Pasteurized milk is then frozen and stored until prescribed for an infant by a health care provider.

Recipients of donated milk
Donor breast milk is available for premature and term infants from the Mother’s Milk Bank of Iowa. It is often used for hospitalized premature infants, infants born with immunological defects, adopted infants, and mothers with insufficient milk supply or illness requiring brief cessation of breast feeding.

-Amy Wright, director of maternal child services

For more information about Mercy’s milk collection depot, call our certified lactation consultants at 563-589-8553.
COULD COFFEE HELP YOU LIVE LONGER?
A new study says “yes”

Go ahead and reach for a second or even third cup of coffee. Scientists have linked drinking coffee to a longer life.

In one of the largest studies ever published on coffee consumption, researchers at the Imperial College in London revealed that higher coffee consumption was associated with a lower risk of death from any cause, and specifically circulatory diseases and digestive diseases.

The study analyzed 521,330 people aged 35 and above from 10 European countries, assessed their diets and lifestyle and followed up sixteen years later. The study found that men who drank at least three coffees a day were 18 percent less likely to die from any cause, and for women, eight percent.

Learn more about this research and a similar study sponsored by the University of Southern California by visiting: mercydubuque.com/coffee

TRAIL MIX GRANOLA BAR
SERVES 16

INGREDIENTS
½ cup honey
¼ cup pure maple syrup
2 tsp. vanilla extract
¼ tsp. salt
½ cup natural creamy peanut butter
2 cups rolled oats
2 tbsp. ground flax seed
2 tbsp. Chia seeds
½ cup dark chocolate chips
½ cup unsweetened coconut
½ cup dried cranberries (optional)

INSTRUCTIONS
Combine the honey, maple syrup, vanilla, salt, and peanut butter in a medium sized saucepan and bring to a boil. Reduce heat to simmer and cook for about four minutes, stirring occasionally.

In a large bowl, combine all other ingredients except for chocolate chips. Pour the boiling honey mixture over the oat mixture and toss well. Finally, add the chocolate chips and fold together (being careful not to overmix and melt the chocolate).

Press mixture into a greased nine inch pan and pat down with wet hands. Chill in fridge for an hour, or until firm, before cutting into bars.
Mercy Weight Loss Program

If you have been struggling to lose weight and are looking for a new approach to long-term weight loss, register for this innovative and comprehensive 12-week weight loss program that includes:

- **8 nutrition classes** with a clinical dietitian discussing topics such as meal planning, dining out, and maintaining weight loss.
- **4 cooking sessions** with Mercy's chef that will teach you how to create simple yet flavorful dishes - meals are included with the cooking sessions.

You'll walk away with a plan based on your individual calorie needs to help you achieve your weight-loss goals. **Fee: $249. Next session starts in September, 2017 with classes at noon and in the evening.**

For more information, and to register, log on to mercydubuque.com/events

**TRAIL MIX GRANOLA BAR**

“School will be back in session soon, lunches will need to be packed, and kids will be craving afternoon snacks. Prepackaged granola bars can often be a source of hidden added sugar with very little protein and fiber to keep you satisfied. Get creative and explore alternate options with this homemade granola bar, consider adding alternative dried fruit or additional grains and seeds.”

–Stacy Barton RD, LD

**NUTRITIONAL INFORMATION PER SERVING**

215 calories, 3.5gm protein, 8gm total fat, 3gm saturated fat, 30mg sodium, 32gm carbohydrate, 3.5gm fiber