Learn more about MercyOne

Try our recipe for oven roasted salmon

Meet our newest heart surgeon
Welcome

A Letter from the President

This is a very special time in the long and remarkable history of Mercy Medical Center. Over the 140 years that we have served the residents of Dubuque, northeast Iowa and the tri-states, we have continuously transformed ourselves to make sure we deliver on our promise to provide the very best care and service and to carry out the mission of our great organization.

In 1879, the Sisters of Mercy opened St. Joseph Mercy Hospital in a rented house on 3rd and Bluff Streets at the request of Bishop John Hennessy. In 1978, we became Mercy Health Center, with St. Joseph’s Unit in Dubuque and St. Mary’s Unit in Dyersville. In 1999, we changed our name to Mercy Medical Center – Dubuque and Mercy Medical Center – Dyersville. And today, in 2019, we are very excited to introduce ourselves as MercyOne.

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MercyOne is the new and unified name and brand identity of the former Mercy Health Network (MHN), our Iowa-based regional health system comprised of more than 20,000 wonderful and health-focused team members who passionately serve 30 percent of Iowans in 40 hospitals and 230 clinics across the state. Our new name and logo incorporate the feedback of thousands of stakeholders and clarify who we are as one organization, and our commitment to make consumers across the continuum of their lives our number one priority.

MercyOne unites us as a system today while honoring the heritage that will always be an important part of our identity.

At the same time that we are launching our new brand identity, MercyOne colleagues across Iowa are collaborating to implement a strategic plan and a bold new vision to set the standard for a personalized and radically convenient system of health services across the state.

As signage is installed and MercyOne becomes more visible in the months ahead, be assured that the Dubuque and Dyersville teams are proud and very excited to be a part of this transformational statewide system. With our partners across Iowa, you can be confident that we are more committed than ever to raising the bar on our consistently outstanding performance, and you can trust that we will be here for many years to come, serving Dubuque, northeast Iowa and the tri-state region.

President: Kay L. Takes
Marketing Staff: Matthew J. Daughenbaugh, Holly Brimeyer, Jennifer Faley, Keri Gockel, Natalie Reittinger

General information: 563 589 8000

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Breathe Deep

We all could benefit from techniques that help us remain calm, reduce stress or simply relax. Deep breathing can help. Dr. Andrew Weil, MD, developed a specific ratio of inhalation and exhalation that he refers to as the “perfect, portable stress antidote.” He calls it the 4-7-8 Breath.

Here’s how you do it.

1. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise.

2. Exhale completely through your mouth, making a whoosh sound.

3. Close your mouth and inhale quietly through your nose to a mental count of four.

4. Hold your breath for a count of seven.

5. Exhale completely through your mouth, making a whoosh sound to a count of eight.

6. Inhale again and repeat the cycle three more times for a total of four breaths.

With time, you could experience less stress and anxiety, and even fall asleep easier.

SOURCE: WWW.DRWEIL.COM
Your best life. Our one purpose.

That is what we strive for every day at MercyOne—to put you at the center of everything we do. At MercyOne, we’re proud to say that from the biggest moments to the smallest, we have the solutions, teams and know-how to support you through all of life’s journeys.

If you’re wondering why we’ve changed our name to MercyOne, here’s a little background:

Mercy Medical Center has been a part of Mercy Health Network for twenty years. Mercy Health Network (now MercyOne) is a leading health care system and one of Iowa’s largest employers with more than 20,000 colleagues. We’re a group of 40 hospitals and 230 clinics, caring for 30 percent of Iowans, but we’ve never really presented ourselves as a united group.

So why now?

The change to MercyOne reflects Mercy Health Network’s significant growth over the last 20 years and is a key step in connecting its many points of care across the state. Simply said, we think becoming ONE will make it easier for you to identify care locations, enhance the coordination of medical expertise and services and ensure consistent experiences across all locations.

With the new brand, our hospitals and clinics have modified our names and logo. So, Mercy Medical Center – Dubuque and Mercy Medical Center – Dyersville are now MercyOne Dubuque Medical Center and MercyOne Dyersville Medical Center. But you’re welcome to refer to us simply as MercyOne.
Our new look

It was important to us that we represent the past, present and future in our new logo. The past is what you see first with the cross, present is Mercy and future is ONE. The continuum circle graphic, as used in the photo above, is inspired by the “O” in “one,” represents the continuum of care we offer throughout life’s journeys, and most importantly, signifies that you will continue to be at the center of everything we do.
Meet the Doc:
Cardiothoracic Surgeon
Stephanie Helmer

Tell us a bit about your background.
I completed medical school, general surgery residency and cardiovascular thoracic surgery residency at McGill University, Montreal, Canada. I became a Fellow of the Royal College of Physicians and Surgeons of Canada in 1997. I moved to the U.S. in 1998 and have been practicing CT surgery since then. I also obtained American Board Certification in Family Medicine at KU Med in Kansas City in 2007. Recently, I completed another cardiothoracic residency at UT Southwestern in Dallas, participated in numerous cardiac and lung transplants, ventricular assist device implantation, robotic lung procedures and minimally invasive cardiac surgery.

What drew you to the field of cardiothoracic surgery?
I was drawn to the field of CT surgery while in medical school due to its demanding nature, and the challenge was a perfect fit for my perfectionist and focused personality. It runs the gamut from very fine motor skills required to do a coronary bypass operation to the physical strength required in a sternotomy and the endurance of a very long case. When I first started training in CT surgery, I was often told that women can't be surgeons, let alone cardiac surgeons, so this only led me to work harder. Cardiothoracic surgery requires clear thinking in emergency situations, intensive care skills and the obvious technical skills necessary to master the operation.

Tell us about your philosophy of care.
My philosophy of care is that CT surgery is usually an unexpected and disruptive event in a patient’s life. I have spent most of my life living in hospitals and am very comfortable in the hospital setting. If I am able to help the patient and their family members through this process, then this is by far the best career in the world.

What’s on the forefront of your field?
The cardiothoracic field is extremely exciting, evolving in many ways. Advances in arrhythmia surgery, minimally invasive approaches, blood conservation, early extubation and ambulation and extracorporeal membrane oxygenation have been some of the more recent developments.

Is there anything else you would like to share?
I have two wonderful daughters, and being a mom is more difficult than being a CT surgeon. Hats off to all moms out there.

I am extremely blessed to work here with Dr. Lance Bezzina, an exceptionally skilled and dedicated CVT surgeon. Chris Burds is the best, most hardworking and experienced nurse practitioner I have ever met. Both our office nursing staff are well loved by our patients: Nancy is truly the kindest, most patient person, and Jessica has a great sense of humor. It is an excellent team.
Inside **Exercise**

Don’t let winter weather stop you from exercising. You can do this routine right at home to build strength and increase your heart rate.

1 – Do one minute of push-ups.

2 – Do a one-minute plank hold.

3 – Do one minute of squats.

**Repeat** the circuit three times. If one minute is too long, start at 30 seconds each and build up your time.

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**Oven Roasted Salmon**

**Ingredients**

- 1 pound salmon
- 2 tablespoons extra virgin olive oil
- 1 lemon, juice squeezed
- 2 cloves garlic, minced
- 1 teaspoon parsley, minced
- salt and pepper to taste

**Directions**

1 – Preheat oven to 375°F.

2 – Drizzle small amount of olive oil on a sheet pan so salmon skin does not stick to pan. Place salmon skin side down in center of sheet pan.

3 – Drizzle 2 tablespoons olive oil evenly over salmon.

4 – Season salmon with salt and pepper to taste, then squeeze juice from half a lemon over the fish until covered evenly.

5 – Sprinkle minced garlic and parsley evenly over salmon.

6 – Cover pan with a sheet of aluminum foil and place pan into oven.

7 – Bake salmon for 15-20 minutes or until fish is flaky and light pink in color.

**TIP** – Add a side of green vegetables for added health benefits.
Your 20,000 person support circle.

Oven Roasted Salmon

“This heart healthy dish comes together in just 30 minutes. Salmon is loaded with nutrients that may reduce risk factors for cardiovascular disease, and is rich in omega 3 fatty acids. Unlike most other fats, omega 3 fats are considered ‘essential,’ meaning you must get them from your diet since your body can’t create them. Consuming at least two servings of salmon per week can help you meet your omega 3 fatty acid needs.”

— Stacy Huss, RD LD

Nutrition information (per serving):
230 calories, 4.6g carbohydrates, 21g protein, 2.5g saturated fat, 1g fiber, 240mg sodium