



from body image to women's imaging ... menopause, mammograms, mastectomies, and more summer 2010

Breast health: a continuum of care, 2

Sports injuries: ACL repairs, recovery, 2

Hysterectomies: know your options, 3

Physician profile: Dr. Marie Moeller, 3

Your guide to screenings through the decades, 4

VNUS: a solution to varicose veins, 4

Caring for you ... because you care for so many

Welcome to the premier issue of *image*, our tribute newsletter for generations of women ... and the men who love them.

At Orange City Area Health System, we get to celebrate and experience all the stages of womanhood. The ecstasy of new life with the birth of each baby. The joy of motherhood from that first breath through the growth and development of your children. The anxiety and anticipation of puberty, pregnancy, menopause, and maturity. We get to care for your newborns and your aging parents. From our birthing center to our senior center ... family practice to home health and hospice, we are blessed each day with the circle of life.

To that end, it is our privilege, our duty, and our mission to provide you with high-quality, high-tech, high-touch medical and health services for every stage of a woman's life. Close to home. Close to the heart.

Consider us your partners in that mission. We are here for you ... your daughters and your mothers. For a lifetime of care.



Play the Pond!

Join us on Saturday, June 12 as we celebrate 50 years of health care services to the region. Our Prairie Grass Music Festival brings free music to an outdoor stage throughout the afternoon, culminating in The Nadas at 5:30. Held in conjunction with Blue Mountain Culinary Emporium's Rhubarb Festival – there will be regional, rhubarb-inspired foods for sale, a wine and beer tent, Dutch games for the kids, and more. The fun starts at 11:30am, on the pond and on Lincoln Circle.



imagine

woman *to* woman

generation
to generation



Orange City Area
Health System



in the news

Health system receives "no findings" accreditation for digital mammography

First digital mammography service in area to be certified

Orange City, IA: Orange City Area Health System's Mammography Department – which launched a new full-field digital mammography service last October – was recently given a "no findings" accreditation by the Iowa Department of Public Health (IDPH). In addition to the annual state inspection by IDPH, the health system submits data and images that are closely evaluated to meet requirements of the Mammography Quality Standards Act of 1992 (MQSA).

Orange City Area Health System (OCAHS) is the first Digital Mammography system in the area to be accredited – or certified – according to Marty Guthmiller, CEO of the health system.

"This was the first time that we have submitted 'digital' images for the inspection," reports Darin Blankespoor, Radiology Manager at OCAHS. "A 'no findings' evaluation is the highest mark you can receive, and means that the inspectors had no recommendations on how the images could improve."

According to Dr. Nicholas de Vries, radiologist at OCAHS, digital mammography offers the advantage of very high-resolution images. "We can adjust the contrast, magnify areas, and take a much closer and detailed look by enhancing the data rather than relying on standard films," he explains. "We can also transmit images electronically, quickly, to other medical providers like oncologists and surgeons."

When it comes to breast health, know your best options



Sure, we were the first hospital in the area to have its digital mammography system accredited (see "in the news"). And don't get us wrong: offering full-field, high-resolution digital mammography – along with our skilled, experienced radiologists and techs – means all the women in your life are assured of the best quality imaging, and timely results, for early detection of breast cancer.



But that's not the whole picture.

When it comes to breast health, it's important to have access to a **full spectrum of screening, diagnosis, and treatment tools and services**. That's why Orange City Area Health System offers a continuum of care. Like our CEO Marty Guthmiller says, "As important as digital mammography is to early breast cancer detection, other services related to breast health are just as vital." He adds that "It's important to us that we offer women a continuum of care. That means providing a full range of both diagnostic and treatment services – on site."

It's hard to explain in a newsletter like this, so please ask your doctor if you have any questions about what this all means. But just to give you an idea of what is offered for you, at all stages of life, close to home ...

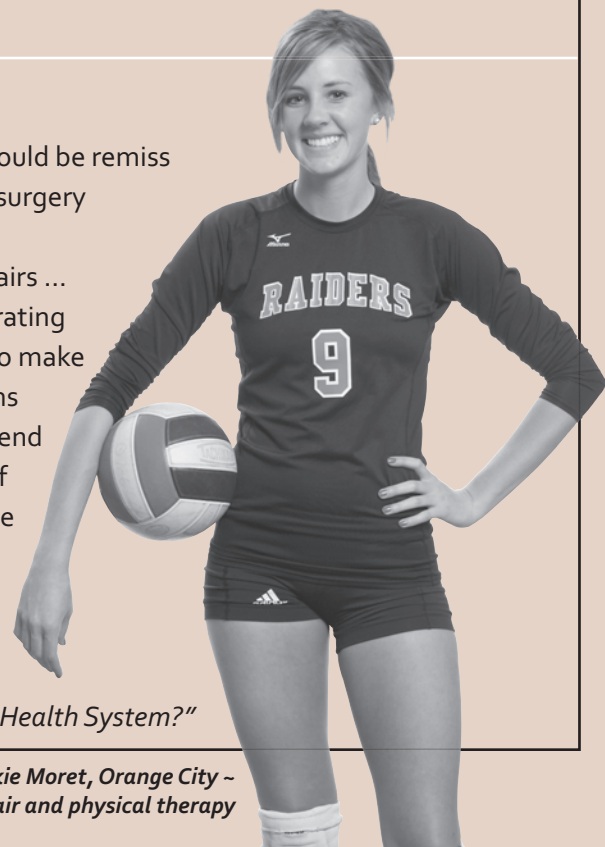
- **Breast biopsy.** We perform both ultrasound-guided biopsies and **stereotactic breast biopsies** for accurate diagnoses of suspicious tumors.
 - **Surgery.** Our skilled surgeons perform both lumpectomies and mastectomies in our state-of-the-art "high tech, high touch" surgical center.
 - **Sentinel lymph node biopsies.** We are pleased to offer this procedure in our surgery center. In a SLN biopsy, only the sentinel node is removed and evaluated, requiring just a small incision and the removal of a pea-sized mass of tissue – with a very short recovery. There is no need for a drain, and the patient is typically doing regular activities within a few days.
 - **Breast reconstruction.** Arrangements are currently underway to have a highly skilled plastic surgeon join our team as an outreach physician. (Watch for information in the coming months.)
 - **Chemotherapy.** Breast cancer patients don't have to travel to receive their chemotherapy. Our oncologists can prescribe therapy that is administered right here in our clinic by our caring nurses.
 - **Support and aesthetics.** Kim Lyons-Weiland offers her "Beyond Pink" outreach clinic here so cancer patients can receive the pre- and post-surgery products, services, and support they need.
 - **Physical and aquatic therapy.** Following surgery, our therapists can work with patients who may be experiencing lymphedema, or swelling and stiffness.
- We encourage you to learn as much as you can about the breast health services offered at OCAHS, and to ask your doctor if you can receive those quality services here, for convenience and peace of mind.

Sports injuries: ACL repairs and recovery

If you want to go to the Dunes for knee surgery, that's your choice. But we would be remiss in not letting you know that you can have it right here in our state-of-the-art surgery center, with the same skilled orthopedic surgeons.

From total knee replacements, to rotator cuff surgeries, scopes, and ACL repairs ... Orange City Area Health System offers high-tech, high-touch care in three operating rooms, in a total healing environment. Having surgery is never fun, but we try to make it as pleasant as possible, with private but roomy pre- and post-procedure rooms filled with natural light ... caring, compassionate nurses ... and if you have to spend the night ... your own medical team to check on you ... room service any time of day ... and the convenience of small town, close-to-home care. Plus, you may be able to have your surgery scheduled sooner. And ... you can receive top-quality physical therapy right here too.

One more thing. We also offer non-surgical treatments of musculoskeletal injuries. You may be a candidate, for instance, for ultrasound-guided Platelet-Rich-Plasma (PRP) injections. *Ask your doctor "Can I have it at Orange City Area Health System?"*



Jackie Moret, Orange City ~ volleyball player, ACL repair and physical therapy

Physician profile: Marie Moeller, MD

Speaking of a "continuum of care" ... we are so fortunate to have a team of 13 family practice doctors and mid-level providers who each bring a passion and purpose to their practice. From pediatrics to geriatrics, OB to ER, our docs are skilled and focused. In this issue meet Dr. Marie Moeller ...

Dr. Moeller joined Orange City Area Health System's family practice in July of 2008.

She is a native of Beresford, SD, and received her undergraduate degree in biology from the University of Colorado, Colorado Springs, in 1999.

In May 2005, Dr. Moeller graduated from the University of Iowa College of Medicine and went on to do her residency at Siouxland Medical Education Foundation in Sioux City in family practice. She received the Farm Bureau Scholarship from the Iowa Academy of Family Physicians Foundation,



As a family physician I have an opportunity to care for people in multiple settings, whether it's the emergency room, hospital, or clinic. I enjoy preventing or treating diseases in patients across the entire spectrum of ages.

When she's not seeing patients in Orange City and Hospers medical clinics, Dr. Moeller enjoys running, photography, church activities, and spending time with her husband and two children.

For an appointment with Dr. Moeller in Orange City or Hospers, call 737-2000.

and also received numerous honors and awards as a medical student.

Dr. Moeller is one of six doctors on our staff who do obstetrics and delivery. She also has a special interest in diabetes care, asthma care, and women's health.

Hysterectomy: what you need to know to avoid hysteria

It's one of those things no one really wants to talk about. So you may not know what services we offer here for hysterectomies.

A hysterectomy is the removal of the uterus. For certain conditions, the Fallopian tubes and ovaries are also removed. The most common medical reasons for doing a hysterectomy include benign fibroid tumors of the uterus, abnormal uterine bleeding, endometriosis, genital prolapse, and chronic pelvic pain.

Laparoscopically assisted vaginal hysterectomy (LAVH) is a surgical procedure using a laparoscope to guide the removal of the uterus and/or Fallopian tubes and ovaries through the vagina.

When LAVH is feasible, it has distinct advantages. The incisions in an LAVH are relatively small. The scars, pain, and recovery time are usually significantly less than with an abdominal hysterectomy, which requires both a vaginal incision and a 4-6 inch long incision in the abdomen. LAVH is similarly less physically traumatic than a routine vaginal hysterectomy.

Orange City Area Health System's two general surgeons, Dr. Steve Locker and Dr. Brent Nykamp – and outreach gynecologist Dr. Jeanne Hassebroek-Johnson – perform LAVHs here in our state-of-the-art surgical center. We also offer other (sshhhh "female") procedures right here, for high-tech, high-touch, convenient and accessible care, close to home.

Talk to your family doctor about the services available in our hospital – including LAVH and other laparoscopic procedures – and you may be able to receive your care right here.

Now that's something to talk about!

did
you
know



The Women's Imaging Center at Orange City Area Health System is designed to provide high quality imaging and screening in a comfortable, quiet, and private suite. We know your primary concern is quality care and true peace of mind. Our skilled technologists and board certified radiologists – combined with advanced state-of-the-art equipment and technology including digital mammography, stereotactic breast biopsy, 3D ultrasound, and DEXA bone densitometry – promise accurate, timely results. So relax. Enjoy a cup of gourmet coffee and some dark chocolates in the comfort of the private waiting area.

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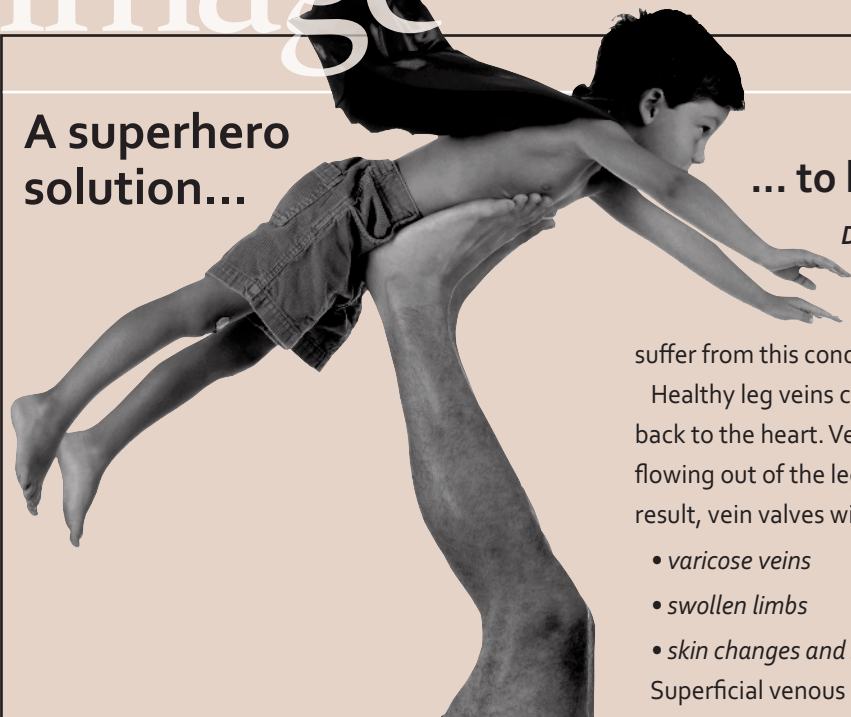
Family practice clinics: Orange City 712.737.2000
Hospers 712.752.8800 • Paullina 712.448.2000



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Image

A superhero solution...



... to leg pain, swelling, and varicose veins

Do you experience discomfort, swelling, and varicose veins?

If so, you may be suffering from superficial venous reflux disease. Approximately 25 million people in the United States suffer from this condition.

Healthy leg veins contain valves that open and close to assist the return of blood back to the heart. Venous reflux disease develops when the valves that keep blood flowing out of the legs and back to the heart become damaged or diseased. As a result, vein valves will not close properly, leading to symptoms of:

- varicose veins
- swollen limbs
- skin changes and skin ulcers
- pain
- leg heaviness and fatigue

Superficial venous reflux disease is progressive – symptoms can worsen over time if left untreated.

The super news: you don't need to undergo vein stripping surgery. **The VNUS® Closure® procedure – a minimally invasive and more comfortable alternative to painful vein stripping surgery – is available right here at Orange City Area Health System.**

Surgeon Steve Locker, MD, has performed hundreds of VNUS Closure procedures at Northwest Surgery, Orange City Area Health System. The Closure procedure is performed in a clinic setting. Using ultrasound, Dr. Locker positions the Closure catheter into the diseased vein through a small opening in the skin. The tiny catheter powered by radio-frequency energy delivers heat to the vein wall, sealing it closed. Once the diseased vein is closed, blood is re-routed to other healthy veins. Following the procedure, a simple bandage is placed over the insertion site, and additional compression may be provided to aid healing. Patients who undergo the Closure procedure typically resume normal activities within one or two days.

If you are experiencing any of the symptoms of venous reflux disease, talk to your doctor about a consultation with Dr. Locker.

Just in time for a **super summer!**

“I had been diligent about wearing support hose for many years, being in the nursing profession. Over the past couple years my legs began aching more. I had heard of the VNUS Closure procedure and talked to Dr. Locker and his staff about the options available for me. One of the main things I liked was the fact that I was able to walk in and out within a short period of time and not be heavily sedated. They worked with my schedule to set the appointments so I didn't have to miss too much work. I'm really happy with the results and haven't had any of the discomfort of the tired legs that I had after being on them all day at work. The recovery was very quick and there is minimal scarring. The staff was very accommodating. Thank goodness for this improved way to remove varicose veins.”

-Lori, Sioux Center

recommended screenings through the decades

Screening Tests	Ages 18 - 39	Ages 40 - 49	Ages 50 - 64	Ages 65 and Older
Heart Health				
Blood pressure test	At least every 2 years	At least every 2 years	At least every 2 years	At least every 2 years
Cholesterol test	Start at age 20	Discuss with your doctor	Discuss with your doctor	Discuss with your doctor
Bone Health				
Bone mineral density test	Discuss with your doctor	Discuss with your doctor	Bone density test at least once	Talk to your doctor about repeat testing
Diabetes				
Blood glucose test	Discuss with your doctor	Start at age 45, then every 3 years	Every 3 years	Every 3 years
Breast Health				
Mammogram		Every 1-2 years	Every 1-2 years	Every 1-2 years
Reproductive Health				
Pap test and pelvic exam	Every 1-3 years	Every 1-3 years	Every 1-3 years	Discuss with your doctor if sexually active or older than 21
Colorectal Health				
Fecal occult blood test			Yearly	Yearly
Flexible sigmoidoscopy			Every 5 years	Every 5 years
Colonoscopy			Every 10 years	Every 10 years
Immunizations				
Influenza vaccine	Discuss with your doctor	Discuss with your doctor	Yearly	Yearly
Pneumococcal vaccine				One time only
Tetanus-diphtheria booster	Every 10 years	Every 10 years	Every 10 years	Every 10 years
HPV	Up to age 26			
Meningococcal vaccine	Discuss with your doctor if attending college			
Herpes zoster vaccine (to prevent shingles)			Starting at age 60, one time only	Starting at age 60, one time only

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