

To Your HEALTH



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State-of-the-Art 3D Mammography

BCH Now Offers State-of-the-Art 3D Mammography

Boone County Hospital is happy to offer 3D Mammography exams to their patients. BCH is now utilizing advanced breast technology called Genius™ that is clinically proven to significantly increase the detection of breast cancers, while simultaneously decreasing the number of women asked to return for additional testing.

In conventional 2D mammography, overlapping tissue is a leading reason why small breast cancers may be missed and normal tissue may appear abnormal, leading to unnecessary callbacks. A Genius exam includes a three-dimensional method of imaging that can greatly reduce the tissue overlap effect.

A Genius exam includes both 2D images and tomosynthesis scans. During the tomosynthesis-dimensional portion of the exam, an X-ray arm sweeps in a slight arc over the breast, taking multiple images. A computer then converts the images into a stack of thin layers, allowing the radiologist to review the breast tissue one layer at a time.

Patient Jennifer Nelson received a reminder letter from the hospital about scheduling her yearly mammogram. This was her first time having a 3D mammogram and the scan detected changes. These changes were not detected with monthly self-breast exams. Because of a family history of breast cancer, Jennifer was nervous about what would lie ahead. “The Radiology staff was amazing. After the detection of the lump on the 3D mammogram, they got me right in for an ultrasound to determine the next step. At that time, it was recommended I have a breast biopsy,” says Jennifer. “Everything was



Radiology Tech Amy Bachman with patient Jennifer Nelson.

done in a timely manner. Once I had my ultrasound, the radiologist called my doctor and took care of everything. I was even fully educated each step of the way.” For now, Jennifer will continue with her monthly self-breast exams and then will have a follow-up in six months. Jennifer is grateful for the radiologist and the Radiology staff at BCH. “I want to thank everyone involved and Dr. Mehlhaus, including his staff at Boone County Family Medicine, for a timely appointment to receive my results. They were very professional and caring, and helped to put my nerves at ease.”

The new system is recommended for women of all ages and breast densities; men can also have a 3D mammogram. The system allows radiologists to more effectively pinpoint the size, shape and location of abnormalities. This leads to better detection and greater peace of mind for our patients.

Large clinical studies in the U.S. and Europe have demonstrated the positive benefits of a Genius 3D mammography exam. The largest study to date on breast cancer screening using the Genius exam was published in the June 25, 2014 issue of the Journal of the American Medical Association (JAMA). Findings include:

- A 41% increase in the detection of invasive breast cancers.
- A 29% increase in the detection of all breast cancers.
- A 15% decrease in women recalled for additional imaging.

Amy Bachman, RT(R) (M) (Board Certified Radiologic Technologist and Board Certified Mammography), is thrilled BCH was able to get 3D mammography. “We had a lot of patients go to other facilities for 3D imaging because they have dense breasts,” says Amy. “Since the implementation of our 3D mammography, our patient numbers have gone up 35 percent. We have seen patients transfer their care back to BCH from other facilities because we now have the advanced technology.” Amy says since October 1st when the new technology was implemented, they have found four breast cancers that may have been difficult to see on standard 2D mammogram.

If you would like to schedule your 3D mammography, or have questions about this important breast health procedure, please contact BCH Radiology at (515) 433-8440.

New Providers

Boone County Hospital (BCH) and its clinics are pleased to announce the addition of several new providers.



Rienera Sivesind, M.D., family medicine, has joined the Boone County Hospital (BCH) Medical Staff. Dr. Sivesind is

seeing patients at Boone County Family Medicine (BCFM) North with Dr. Filipiak, Dr. Kalenak, and Dr. Mehlhaus.

Dr. Sivesind received her Medical Degree from McGill University, Montreal, Quebec, Canada, and completed a Family Medicine Residency at the University of Wisconsin, Baraboo, Wisconsin. Her special interest is obstetrics.

BCFM North is located at 120 South Story Street, Boone, and can be reached at (515) 432-4444.



Josiah Goldammer, D.O., family medicine, will be joining the Boone County Hospital (BCH) Medical Staff in early

2018. Dr. Goldammer will see patients at Boone County Family Medicine (BCFM) South and will join Dr. Anderson, Dr. Dunker, Dr. Peterson, and Dr. Sheffler.

Dr. Goldammer received his Doctorate Degree from West Virginia School of Osteopathic Medicine, Lewisburg,

West Virginia, and completed a Family Medicine Residency at the University of Minnesota, Mankato, Minnesota, and Lonesome Pine, Wise, Virginia.

BCFM South is located at 1115 South Marshall Street, Boone, and can be reached at (515) 432-2335.



Todd Harbach, M.D., orthopedic surgeon from Iowa Ortho, Des Moines, is providing medical care at the BCH

Specialty Clinic one day a month.

Dr. Harbach received his Medical Degree from the University of Nevada School of Medicine, Reno, Nevada, and completed a Residency and Internship at the Naval Medical Center, Portsmouth, Virginia. In addition, he completed a Residency at the University of Texas Health Science Center, San Antonio, Texas. His specialties include neck and spine, IME, bone health and work injuries. Other Iowa Ortho providers that come to the Specialty Clinic are Dr. Aviles, Dr. Kenney, Dr. Mahoney, Dr. Paulson, Jared Carter, PA-C, and Casey Howe, PA-C.

For an appointment with an orthopedic provider in the Specialty Clinic, call (515) 247-8400.



Hazem El-Arousy, M.D., Ph.D., vascular surgeon from The Iowa Clinic, is providing care at the BCH Specialty

Clinic one day a month.

Dr. El-Arousy received his Medical Degree from Cairo University, Egypt, and completed a Vascular Residency at Cleveland Clinic, Ohio, a General Surgery Residency at Geisinger Medical Center, Pennsylvania, and a General and Vascular Surgery Residency at Cairo University Hospitals, Egypt; a Fellowship in Vascular Surgery was also completed at the Cleveland Clinic.

For an appointment with Dr. El-Arousy, call (515) 875-9090.

For more information about the physicians and providers at Boone County Hospital, log on to www.boonehospital.com.

New Heart Equipment, an Echocardiogram, a Priority

Boone County Hospital (BCH) continually strives to have the latest technology so each patient gets the best testing available. Each year, the Boone County Hospital Foundation (BCHF) and BCH identify a significant equipment need. Last year, the need was 3D mammography, which was completed and implemented in the fall of 2017. This year, the identified need is a new echocardiogram for Technical Services.

“From my perspective, it’s essential we have the latest, up-to-date equipment. My life depends on it.”

– Carol Keithley
BCH volunteer and patient

An echocardiogram is a test that uses ultrasound to evaluate your heart muscle and heart valves, and allows the doctor to look inside the heart at the structure and function. A doctor may perform an echocardiogram to:

- Assess the overall function of your heart,
- Determine the presence of many types of heart disease,
- Follow the progress of heart valve disease over time,
- Evaluate the effectiveness of medical or surgical treatments.

The procedure is the same technology as what is used to evaluate a baby’s health before birth. A hand-held device called a transducer is placed on the chest and transmits high frequency sound waves (ultrasound). These sound waves bounce off the heart structures producing

images and sounds that can be used by the doctor to detect heart damage and disease.

“We have the capability to look at the blood flow through the valves, any leaking of the valves, and the strength with which the lower chambers (ventricles) contract to squeeze blood out to the body,” says Cindy Briley, Tech Services Director. “We can measure the chamber size to make sure it’s not abnormal and look for any other abnormalities in the valve structure. We can also see if there is fluid around the heart, which can be a life threatening condition.”

There are approximately 375 patients each year who receive an echocardiogram at BCH. That translates into about two echocardiograms per day.

Carol Keithley, a BCH volunteer and patient, has an echocardiogram every year at BCH due to a health condition. From her first diagnosis until now, she has had changes in both her right and left atrium, as well as her left ventricle. She says, “From my perspective, it’s essential we have the latest, up-to-date equipment. My life depends on it.”

According to Roger Franksain, Respiratory Therapist, technology has dramatically changed over the years. The current machine is 12 years old and the software is seven years old. Newer and updated equipment will provide more information to the physician and,



therefore, improve the treatments for the patient. A new machine would allow much-improved diagnostic imaging.

The Foundation has funding secured to purchase the new equipment. As always, the Foundation’s mission is to help find resources for equipment, programs and services that may not otherwise be available. If donors are interested in assisting with BCHF projects, please contact Sara Behn, BCHF Director, at (515) 433-8470 or simply mail a donation to the BCH Foundation at 1015 Union Street, Boone, Iowa 50036.

EDUCATING & EMPOWERING U



**BOONE COUNTY HOSPITAL
FOUNDATION**
f t i y p @bchfoundation

**“Atrial Fibrillation”
February 20, 2018 @ Noon
BCH 4th Floor Conference Room**

February is heart month!
Join guest speaker Denise Sorrentino, M.D., Electrophysiologist/Cardiologist, Iowa Heart Center, Ames, as we learn about atrial fibrillation, who is at risk, how it is diagnosed, and the latest treatments. A complimentary meal will be provided.

**Please RSVP by calling 515.433.8470
or emailing sbehn@bchmail.org**
Educating & Empowering U is a FREE monthly community workshop series.

Health care Heroes



We love hearing about your wonderful experiences with our awesome employees!

Nominate a Healthcare Hero and share your story!

**BOONE COUNTY HOSPITAL
FOUNDATION**
f t i y p @bchfoundation

Visit our website or find us on Facebook
www.boonehospital.com

Medical Staff



Anesthesia

Beth Brady, CRNA, MS, ARNP
Genev Calek, CRNA, MS, ARNP
Rebecca Clark, CRNA, MS, ARNP

Clinical Psychology

William Martin, Jr., Ph.D. 433-0343

Emergency

Tammy Chance, D.O.,
ED Medical Director
Kimberly Bina, D.O.
Timothy Evert, D.O.
Katie Kuehner, D.O.

Family Practice

Joshua Anderson, D.O. 432-2335
Devi Dunker, D.O. 432-2335
Trishia Filipiak, M.D. 432-4444
Caleb Glawe, M.D. 275-2417
Josiah Goldammer, D.O. 432-2335
Alexander Kalenak, M.D. 432-4444
Brian Mehlhaus, M.D. 432-4444
Eric Peterson, M.D. 432-2335
Jason Sheffler, D.O. 432-2335
Rienera Sivesind, M.D. 432-4444
Melinda Altman, ARNP 432-8740
Josh Chrisopoulos, PA-C 795-4300
Mel Hilsabeck, ARNP 795-4300
Mindy Royster, ARNP 433-8585
Rebecca Nunn-Ryan, ARNP 433-8585
Dawn Tingwald, ARNP 275-2417

General Surgery

Jeffrey Maire, D.O. 433-8500
Jay Seligman, D.O. 433-8500

OB/Gyn

Tracey McIntire, D.O. 433-8700

Pain Clinic

Christopher Hanson, CRNA,
MS, ARNP 212-2420

Pathology

Christopher Johnson, M.D.
Trisha Schlick, D.O.
Jamie Wedert, M.D.

Podiatry

John Erickson, D.P.M. 433-8500

Radiology

Randy Anderson, M.D.
Grant Goldsberry, M.D.
Dean Gute, M.D.
Douglas Lake, M.D.
David Larson, M.D.
Charles Olson, M.D.
David Sosnouski, M.D.

Wound Clinic

Scott Thiel, M.D.

BCH OUTREACH SERVICES

Infectious Disease

Ricardo Arbulu, M.D.
McFarland Clinic

Ophthalmology

Nicolas Hamouche, M.D. McFarland Clinic

BCH SPECIALTY CLINIC 433-8300

Allergy

Jay Brown, M.D., McFarland Clinic

APO

Rick Volk, CO, CL, American Prosthetics

Audiology

Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

Amar Nath, M.D., UnityPoint Cardiology
Rakshak Sarda, M.D., Iowa Heart Center
Robert Shapiro, M.D., McFarland Clinic

Dermatology

Kathy Cook, M.D., Skin Solutions
Dermatology
Scott Green, M.D., Mid-Iowa
Dermatology
Katherine Blomgren, PA-C,
Mid-Iowa Dermatology

Ear, Nose, Throat

Cory Mineck, M.D., Mercy ENT
Matt Morgan, M.D., Mercy ENT

Endocrinology

Diana Wright, M.D., Iowa Diabetes and
Endocrinology, Mercy Clinics

Hepatology

Blake Williams, ARNP, UnityPoint

Nephrology

Jacob Alexander, M.D.,
McFarland Clinic

Neurology

Michael Kitchell, M.D.,
McFarland Clinic

Oncology

Joseph Merchant, M.D.,
McFarland Clinic

Ophthalmology

Louis Scallon, M.D., Wolfe Eye Clinic

Orthopedic Surgery

Steven Aviles, M.D., Iowa Ortho
Todd Harbach, M.D., Iowa Ortho
Timothy Kenney, M.D., Iowa Ortho
Craig Mahoney, M.D., Iowa Ortho
Benjamin Paulson, M.D., Iowa Ortho
Jared Carter, PA-C, Iowa Ortho
Casey Howe, PA-C, Iowa Ortho

Physical Medicine and Rehab

Todd Troll, M.D., Iowa Clinic

Podiatry

Todd Miller, D.P.M.

Pulmonary Medicine

Greg Hicklin, M.D., The Iowa Clinic
Katrina Guest, M.D., The Iowa Clinic

Urology

Brian Gallagher, M.D., The Iowa Clinic

Vascular Surgery

Hazem El-Arousy, M.D., Ph.D.,
Iowa Clinic



Programs & Services

▶ **Blood Pressure Checks**

Every Friday, 8 a.m. to Noon, BCH Specialty Clinic. No appointment is necessary.

▶ **Boone Blood Drive**

March 12, 1 to 6 p.m., Central Christian Church. The Boone Blood Drive is offered bi-monthly on the second Tuesday of the month. If you are interested in donating blood, call (800) 287-4903. Sponsored by the BCH Auxiliary.

▶ **Boone County Caregiver Support Group**

First Tuesday of every month, 6 p.m., Westhaven Chapel. The program topics vary each month. Register if you would like a RSVP respite volunteer to watch over your loved one. Call Courtney Clement, RSVP Adult Caregiver Respite Program, at (515) 433-7836.

▶ **Boone County Nutrition Programs**

Boone County provides meals to individuals 60-plus and older throughout the county. For more information on the Home Delivered Meal and Congregate Meal Programs, call (515) 432-1127.

▶ **Car Seat Safety Checks**

If you would like a car seat safety technician to install your child's safety seat correctly, call (515) 433-8196.

▶ **Childbirth Education**

March 1 and 8, 6 to 9 p.m., BCH 4th Floor Board Room. Covered topics are childbirth preparation, infant care and breastfeeding. Snacks provided. Call the Family Birth Center at (515) 433-8400 to register.

▶ **Diabetes Support Group**

February 15, 4 p.m., BCH 4th Floor Conference Room. The program topic will be "American Heart Month"; speaker yet to be determined. No pre-registration is required. For more information, call (515) 433-8624.

▶ **Educating and Empowering U**

February 20, noon, BCH 4th Floor Conference Room. The program topic "Atrial Fibrillation" will be presented by Denise Sorrentino, M.D., Electrophysiologist/Cardiologist, Iowa Heart Center. Learn about atrial fibrillation, who is at risk, how it is diagnosed, and the latest treatments. A complimentary meal is provided. RSVP by calling (515) 433-8470 or email sbehn@bchmail.org. Sponsored by the BCH Foundation.

▶ **F. William Beckwith Adult Day Services**

Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals and individualized care for adults 55 years of age and older who do not need 24 hour care, but cannot be left alone for long periods of time. Call (515) 432-2275.

▶ **Gifts Galore Gift Shop**

Open Monday through Friday, 9 a.m. to 4 p.m., (515) 433-8190.

▶ **Home Care Services**

Provides a wide range of home care and health promotion programs to better the community's health. For more information, call (515) 432-1127.

▶ **Hospice Rooms**

Family and Friends Patient Comfort Rooms are available for individuals diagnosed with a life-limiting illness. For more information, call (515) 433-8465.

▶ **Lab Wellness Profiles**

Offered seven days a week, 7 to 10:30 a.m., BCH Lab. A variety of blood tests are available. Cost is low; no insurance filed. For a listing of blood tests that are available, log on to www.boonehospital.com and click on Lab.

▶ **Living with Cancer**

The fourth Tuesday of each month, 4:30 p.m., BCH 1st Floor Conference Room. The support group is for anyone affected by any kind of cancer. For questions, call Heather Cook, (515) 433-8300.

▶ **Outpatient Nutritional Services**

A BCH dietitian can provide you with a nutritional needs assessment, help you develop healthier eating habits, plan healthy menus and lose weight. Call (515) 433-8624.

▶ **Pain Management Support Group**

First Wednesday of the month, 9:30 to 11 a.m., BCH 3rd Floor Pain Clinic Waiting Room. This group is for individuals with chronic pain. For questions, call (515) 212-1594.

▶ **Sibling Class**

February 21, 6 p.m., BCH 4th Floor Conference Room. This sibling class for 2 to 10 year olds helps children prepare and accept the arrival of a newborn. To register, call the Family Birth Center, (515) 433-8400.

▶ **Valet Services**

Monday through Friday, 8 a.m. to noon and 1 to 3 p.m.

▶ **Volunteer Auxiliary**

The BCH Auxiliary is looking for men and women volunteers of all ages. To become a volunteer, please fill out a volunteer application at www.boonehospital.com.

Obstetrics and Gynecology Changes at BCH



Tracey McIntire, M.D.



If you've been to the obstetrics and gynecology clinic since November, you may have noticed a new name by the door or maybe a different name on the bill you received. In November, Dr. Tracey McIntire and her staff joined another regional OB/GYN practice called The Gabrielson Clinic for Women (GCW). Even though the name is different, Dr. McIntire will continue to provide the same, high quality OB/GYN care she has provided over the past 11+ years in the same location at Boone County Hospital (BCH).

What does this mean for you, the patient? The location of the clinic and the hours are the same, the clinic still accepts the same insurance, and even the nurses on staff are still the same. Dr. McIntire does anticipate adding some new equipment to the office to

make the patient experience more convenient, such as a new in-office ultrasound in early 2018. Lab blood draws will also be done in the clinic as well as stress testing procedures.

In addition, Dr. McIntire is now reaching out to other rural communities in our area. Dr. McIntire has started an outreach clinic at Dallas County Hospital in Perry. Through this venture, and other potential outreach clinics, Dr. McIntire hopes to continue to grow the OB/GYN service at BCH even more.

By joining the GCW, Dr. McIntire joins Dr. Dan Gabrielson, Dr. Emily Hill Engstler and Dr. Ross Valone. The GCW has offices in Clarion, Belmond, Clear Lake, Webster City and Humboldt and has been providing OB/GYN services in central and north central Iowa since 2010. Providers at GCW specialize in

urodynamic, stress urinary incontinence, surgeries, and OB/GYN services.

In addition to working with the physicians at GCW, Dr. McIntire will be working with Dr. Rienera Sivesind, who recently joined BCH as a family practice physician and specializes in obstetrical services.

So, don't be concerned about the name by the door. Dr. McIntire will continue to provide the same personal, high quality OB/GYN care she has always provided at BCH. To schedule an appointment, call (515) 433-8700, and if you receive the answering machine, please leave a message.