

Connect with St. Luke's at stlukescr.org



Healthcare information on your phone or computer



Upcoming Events

Restless Leg Syndrome

Restless leg syndrome is a common neurological disorder characterized by an uncomfortable urge to move the legs, often accompanied by tingling or other sensations. Learn about recent developments related to this condition, as well as other possible underlying issues and treatment options.

Monday, May 23 • 6-7 p.m.
St. Luke's Hospital, 3rd Floor Heart Center Classrooms

Skin Cancer 101

One in five Americans will develop skin cancer; it is the most common form of cancer in the U.S. Fortunately, it is also the easiest to cure if diagnosed and treated early. Attend to learn more about prevention and early detection. Free, five-minute dermatologist screening appointments are available at the event, during which you can ask about your specific areas of concern (*must call ahead to schedule appointment*).

Thursday, June 2 • 6:30 – 7:30 p.m.
Screenings: 5:30 – 6:30 & 7:30 – 8:30 p.m.
(*by appointment, must call ahead*)
St. Luke's Hospital, 3rd Floor Heart Center Classrooms

■ To register for any of these free events, go to stlukescr.org or call 319/369-7395.



Secrets of a Long & Happy Life

National Geographic explorer and writer, Dan Buettner has traveled across the globe to discover "Blue Zones" – hot spots of human health, vitality and happiness. A regular guest on the Oprah show, Dan will give you the steps to get more life from your years and more years from your life. A book signing will follow, bring your own copy or buy one at the event.



Thursday, June 16
7 – 8 p.m.

Cedar Rapids Marriott
1200 Collins Road NE

Continuing Care Hospital at St. Luke's

Specialized care for patients who need extra time to recover from injury or illness

The Continuing Care Hospital (CCH) at St. Luke's is really a "hospital within a hospital."

As a separate area within St. Luke's, the CCH cares for critically ill patients that need intense treatment and extra time to recover. In fact, it is sometimes also called a Long-Term Acute Care Hospital (LTACH) because of the care it specializes in: acute care for a longer time period than a typical hospital stay.

Many of the CCH patients depend on technology such as ventilators, special monitors or dialysis. However, the CCH is not a nursing home, skilled nursing facility or hospice. It is for patients expected to recover and be discharged. The average length of stay for patients at the CCH is 20 to 30 days.

The CCH provides the same type of care as an Intensive Care Unit (ICU), yet because patients stay for a longer period of time, it promotes a more healing and family-oriented environment than an ICU. The CCH also differs from an ICU setting because care can also focus on rehabilitation, while still providing for the patient's acute needs.

The CCH at St. Luke's is not just for St. Luke's patients. It is a regional resource, admitting patients from across the state and even from outside Iowa. For admission, patients must be referred to the CCH by a doctor, nurse, case manager or social worker.

■ To learn more about the Continuing Care Hospital at St. Luke's contact **Elly Steffen, administrator at 319/286-4319.**



The CCH cares for patients with conditions such as:

- ~ Long-term IV therapy
- ~ Infectious diseases
- ~ Respiratory disorders
- ~ Complex wounds
- ~ Neurological conditions
- ~ Heart disease
- ~ Sepsis
- ~ Cancer
- ~ Congestive heart failure

Medical alert pendant calls for help when you can't

Living independently is a goal for many seniors, yet the idea of suffering a fall while alone in their home can cause distress and uncertainty. A fall can have devastating consequences when immediate help is not available: pain, emotional distress, as well as secondary medical problems like hypothermia or dehydration.

Philips Lifeline medical alert system has been a lifesaver for many men

and women living on their own. Knowing help is on the way – even if you're disoriented or immobilized – with just the touch of a button offers incredible peace of mind.

Yet what if you've fallen and are unable to push the personal help button? That's where Lifeline offers an additional option for added security: AutoAlert. The new AutoAlert feature offers the same push-button benefits of the standard alert service, but with embedded technology in the pendant that can automatically place a call for help if it

detects a fall and you're unable to push the button yourself. Designed with multiple sensors to detect changes in movement, the compact, waterproof pendant can detect falls while minimizing false alarms.

St. Luke's Home Medical Equipment carries a full line of Philips Lifeline products. Our professional staff can help in choosing the right Lifeline products for you or your loved ones' needs.

■ For more information, call St. Luke's Home Medical Equipment at 319/369-8686 or visit our showroom located at 298 Blairs Ferry Road NE.



Bring this coupon to one of our shops and receive

10% off
any one item

Cannot be combined with any other offer. Excludes stamps and movie tickets. Expires 6/31/11



Bring this coupon to the coffeehouse at St. Luke's and receive

50¢ off your order

We have coffee, espresso, smoothies, baked goods, sandwiches and so much more!
Expires 6/31/11

St. Luke's offers \$99 Heart Scan

Every 36 seconds someone dies from heart disease. It's the number one killer of men and women.

Heart disease – also called coronary artery disease – develops when the coronary arteries become diseased or damaged. The coronary arteries are the major blood vessels that supply the heart with oxygen, nutrients and blood. Over time, cholesterol-containing deposits called plaque build up and narrow the arteries, restricting blood flow to the heart. The lack of blood flow can cause chest pain, shortness of breath and other warning signs. A heart attack occurs when there is a complete blockage.

According to the American Heart Association (AHA), advancing age is considered a risk factor for heart disease- over 83 percent of people who die of coronary heart disease are 65 or older. At older ages, women who have heart attacks are more likely than men to die from them within a few weeks.

Unfortunately, heart disease can go virtually undetected for years but with St. Luke's Heart Scan, our heart care experts can identify calcified plaque in your arteries and assess your heart's health. There are no injections, treadmills or pre-test fasting.

A Heart Scan consists of a CT (computed tomography) machine taking multiple X-ray pictures of the

heart and detecting the plaque build up in the arteries, creating a number called a calcium score. This number is then used to determine heart disease risk. The results help you and your doctor assess the risk of heart disease and what steps can be taken to avoid serious heart complications.

The Heart Scan is for men and women between the ages of 40 and 70. All that's needed is a doctor's referral.

The special \$99 price is only available through August 1, 2011.

■ To learn more or to schedule a Heart Scan, call St. Luke's Heart Care Services at 319/369-8909.

Ask the expert: women & heart disease

Heart disease isn't just a man's disease. Heart attacks are the number one cause of death in both women and men, but symptoms of this killer are not gender neutral.

"Symptoms experienced by women can be different than those of men," said Keith Kopec, MD, cardiologist, Cardiologists, L.C. "The classic symptom men typically feel is heaviness or weight in the upper chest, but this is not always felt by women. A lot of women will feel fatigue; they can be short of breath or can just have vague aches and pains in the chest."

According to the American Heart Association (AHA) many women believe cancer is more of a health threat, but that's not the case. Nearly twice as many women in the United States die of heart disease, stroke and other cardiovascular diseases than all forms of cancer, including breast cancer.

"There are several factors that increase the risk of heart disease and stroke," said Dr. Kopec. "The more risk factors a woman has, the greater her chances of having a heart attack or stroke. Some of

these risk factors you can't control, such as increasing age, family health history, race and gender. But you can modify, treat or control most risk factors to lower your risk." One of the best things a woman can do to reduce her heart attack risk is to stop smoking. Other areas she can improve would include: reducing blood pressure, lowering cholesterol, maintaining a healthy weight, exercising and minimizing stress.

If you or someone you know is experiencing chest discomfort that is lasting and not going away seek medical attention immediately.

■ Cardiologists, L.C. now offers evening appointments at their St. Luke's location. Call 1-855/CLC HEART to schedule an appointment.

What are the symptoms of a heart attack in women?

Like in men, the most common heart attack symptom for women is pain or discomfort in the chest. However, women can also have a heart attack without having any chest pain.

Some other symptoms women might experience include:

- Feeling out of breath
- Pain that runs along the neck, jaw or upper back
- Nausea, vomiting or indigestion
- Unexplained sweating or dizziness
- Sudden or overwhelming fatigue



Keith Kopec, MD, cardiologist, Cardiologists, L.C.

What is fibromyalgia?

Chronic, widespread pain, muscle stiffness, extreme fatigue and sleep problems are the most common symptoms of fibromyalgia, but a host of other issues can make this syndrome difficult to diagnose and treat.

Pronounced "fye-bro-my-AL-jah," it is not considered a disease, but rather a syndrome because it is a combination of symptoms. Fibromyalgia Syndrome (FMS) affects an estimated 10 million people in the U.S., most commonly between the ages of 20 and 50. According to the National Fibromyalgia Association, while it is most prevalent in women – 75-90 percent of the people who have FMS are women – it also occurs in men and children of all ethnic groups. The disorder is often seen in families, among siblings or mothers and their children.

A diagnosis of FMS can be difficult to confirm because the symptoms can mimic other conditions such as arthritis. Along with the most common complaints of pain, muscle stiffness and sleep difficulties, other symptoms include sensitive skin, irritable bowel syndrome, bladder issues, restless leg syndrome, ringing in the ears, dizziness, vision problems, Raynaud's Syndrome, impaired memory and concentration, anxiety, depression and balance problems.

Once thought to be a muscle disorder, new studies now point to issues with the central nervous system as the cause for FMS. Unfortunately there is no test that can accurately diagnose FMS. Instead, diagnosis is based on two criteria:

- Widespread pain in all four quadrants of the body for at least three months.
- Pain or tenderness when pressure is applied to at least 11 of 18 specific tender points on the body.

There is no cure for FMS. Treatment is aimed at providing relief from symptoms to help sufferers lead a life

as pain-and fatigue-free as possible. Options include prescription medication, exercise, physical therapy, breathing techniques and therapeutic massage. Implementing a healthy sleep regimen and enlisting psychological support can also be extremely helpful in dealing with the symptoms.

If you or a loved one is suffering from pain associated with FMS, the experts at St. Luke's Pain Clinic can help. Our team includes a cross-section of doctors, nurses and other professionals who treat pain with a combination of approaches – medications, relaxation techniques, physical therapy and counseling. A referral from your doctor is required.

■ If you'd like more information, please contact St. Luke's Physical Medicine and Rehabilitation at 319/369-7331.



Welcome to Medicare seminar

Are you eligible for Medicare in the near future and have questions about the program? Have you been on Medicare for awhile and want to better understand what it offers? Do you have a family member that needs guidance with Medicare issues?

"Welcome to Medicare" is for you. This free, two-hour seminar hosted by St. Luke's Hospital will cover Medicare Part A and Part B benefits, the prescription drug benefit (Part D), Medicare Advantage plans and Medicare supplemental insurance.

The presenters are trained counselors from St. Luke's SHIIP (Senior Health Insurance Information Program) office. SHIIP is a service of the State of Iowa. SHIIP counselors are trained by the state and do not sell or promote any insurance companies, policies or agents.



St. Luke's Hospital, 3rd Floor Heart Center Classrooms

Thursday, June 23 10 a.m. – Noon
 Thursday, July 7 6 – 8 p.m.
 Thursday, Aug. 11 2 – 4 p.m.
 Tuesday, Sept. 20 6 – 8 p.m.

■ Registration is required. Call the St. Luke's SHIIP/Advantage office at 319/369-7475 to register or for more information.



Advantage Discounts

Did you know Advantage members receive a 15 percent discount by presenting their Advantage card when checking out in the St. Luke's cafeteria? Advantage members also receive one free guest meal card for a friend or family member when they are a patient at the hospital.