After Surgery by a Fellow Military Comrade

Soldier Is Back in Action

While many soon-to-be high school seniors spent their summer poolside with friends, Jon Vonnahme was waist-deep in boot camp the summer before he graduated. The 2003 Carroll High grad enlisted in the Army his junior year of high school. “My goal was to join the Army and serve my county,” states Vonnahme. For the next several years, the Carroll native followed his dream. He put aside his favorite hobbies of hunting and fishing and went to basic training, followed by additional education to become a wheeled vehicle mechanic. He used that knowledge to benefit his unit – the 482nd Transportation Company – when he first went overseas in 2004. “I spent 12 months in western Iraq as part of the Transportation Company,” notes Vonnahme.

Injured Knee Required Surgery

He returned to Iraq for a second tour of active duty in 2009, but this time his deployment was cut short. “I injured my knee and was sent back to the U.S. to have surgery,” recalls Vonnahme. “My case manager knew I wanted to have the surgery close to home and he found Dr. Hieb in Lake City. She was able to see me right away and took a look at my knee.”

Lee Hieb, M.D., an orthopaedic surgeon at Stewart Memorial Community Hospital and a former Navy orthopaedic surgeon, said Vonnahme needed a knee arthroscopy. “Jon had intense knee pain stemming from a shelf of thick tissue between his patella (knee cap) and femur. With any knee movement, that tissue was pinched,” says Dr. Hieb.

She also says injuries like the one Jon suffered are not uncommon in military personnel because they develop “overuse syndrome.”

“When a person greatly increases his or her physical activity in extreme conditions, like the military, the body may not be able to handle it and then overuse syndrome develops,” states Dr. Hieb. While the damage may not be avoidable, Dr. Hieb says it can be fixed in most cases. “A knee arthroscopy is a common procedure for orthopaedic surgeons and the results are very good,” notes Dr. Hieb.

Vonnahme couldn’t agree more. “Before my surgery, I had constant knee pain. It was hard to move and working was very difficult,” recalls Vonnahme.

Back to Daily Living Without the Pain

His surgery was performed in early April, and now the soldier says life is much different. “I’m back to doing the things that I love and without all of the pain,” smiles Vonnahme. He is currently the facility manager at the Army Reserve Center in Sac City, IA, until he is released from active duty. “It’s nice to be able to help guys who are doing so much for our country,” states Dr. Hieb.

And Vonnahme thinks the same of Dr. Hieb. “I’m grateful to have a skilled surgeon close to home who can put me back on my feet. I couldn’t ask for more,” says Vonnahme, who looks forward to a pain-free summer that includes time for a little fishing.
Protecting Your Family

Vaccinations – Simple Ways to Stay Safe

Just as childproof latches and safety seats help protect children from injuries, vaccines help keep children safe from infectious diseases. Before vaccines, children often died from infectious diseases such as measles, polio and whooping cough (pertussis). Today, the germs that cause these serious illnesses still exist, but most people in the U.S. are protected by vaccines.

Getting on Schedule
Babies often receive their first vaccination at birth – for hepatitis B – and then begin a series of vaccinations at 2 months including:
- DTaP for diphtheria, tetanus and pertussis.
- Hib for haemophilus influenzae type b, which can cause pneumonia, serious throat swelling and infections.
- IPV for polio.
- PCV for pneumococcal infections.
- Rotavirus for severe diarrhea and stomach flu.

Before your children head back to school this year, make sure they are up-to-date on vaccinations. You can find current recommendations by age on the Centers for Disease Control and Prevention (CDC) website. (www.cdc.gov/vaccines/recs/schedules/child-schedule.htm)*

Vaccinate Yourself from Misinformation

Myths and misinformation about vaccines can confuse parents who are trying to make informed decisions. Here are some answers from the CDC to common questions parents have about vaccinations:

Is it OK to have several shots at once? Combination vaccines protect against more than one disease with a single shot. The CDC, AAP and AAFP recommend using combination vaccines whenever possible.

Can vaccines cause autism? The CDC, AAP and Institute of Medicine agree that scientific studies have found no relationship between vaccines and autism.

Why does my child need to be vaccinated against rare diseases? Diseases such as polio, diphtheria and measles are highly contagious. Even the few cases in the U.S. each year could spread to hundreds of thousands if vaccinations for those diseases stopped.

Is it safe to have vaccinations when my child is sick? Mild illnesses such as colds and earaches typically do not interfere with vaccination safety. Ask your doctor.

Find Answers

Call our office with questions about vaccinations, and/or write down your questions and bring them with you to your next appointment.
New Recommendations
The CDC, American Academy of Pediatrics (AAP) and American Academy of Family Physicians (AAFP) released a new childhood vaccination schedule in January 2010 that added the H1N1 influenza vaccine for children over 6 months.

The new schedule also suggests that boys between 9 and 18 years receive a three-dose series of the HPV4 vaccine to prevent genital warts. The schedule recommends girls get their first dose of a HPV vaccine to protect against cervical cancer around age 11 or 12.

Your pediatrician's office will note vaccinations in your child's medical history. But it's parents' responsibility to keep immunization records for their children. Our office provides blank vaccination record forms to help you stay organized.

Understanding the Benefits
Knowing what vaccinations and how many doses your child needs can be a challenge – especially when you add in annual vaccines such as seasonal influenza and new vaccines such as H1N1. The good news is that as science advances, vaccines can help protect children against more diseases.

* Website provided for information only. No endorsement is implied.

Boost Your Immunity
If you haven’t rolled up your sleeve for a shot lately, you’re probably overdue! Adults need vaccinations both to stay healthy and to prevent spreading sickness to those most vulnerable, such as children and seniors.*

Seasonal influenza – Safe for those over the age of 6 months. More than 200,000 people in the U.S. are hospitalized and 36,000 die annually from this respiratory illness.** Get vaccinated as early in the flu season as possible – October or November.

Diphtheria, tetanus and pertussis booster – Recommended for those ages 19 to 64. You don't have to step on a rusty nail to get tetanus. Spores of the bacteria can invade your body through breaks in the skin as small as a pinprick. This 10-year booster can help prevent tetanus’s painful, uncontrolled muscle spasms and/or violent seizures.

Herpes zoster (shingles) – Only for those over the age of 60. This painful, blistering nerve rash can strike anyone who has had chicken pox. This is a one-time vaccination.

Pneumonia – Recommended for age 65 and older. One out of 20 adults who get this lung infection die. Pneumonia can spread through contact or the air via anyone who is infected – whether or not he or she shows symptoms, such as fever, chest pain and cough. For most people, this is a one-time shot.

* Talk to your doctor to determine what vaccinations are appropriate for you. Always tell your doctor if you are pregnant or have had a past negative reaction.

** Source: Key Facts About Seasonal Influenza, CDC.

“Vaccinations help shield children and adults from a variety of infections. If you have any doubts that you are not up-to-date on your vaccinations, check with your primary care doctor and follow his or her recommendations.”

– Mark Mogensen, PA-C
Digital Mammography Now Available at Stewart Memorial Community Hospital

There are many benefits of having a digital mammogram and now Stewart Memorial Community Hospital in Lake City is offering this cutting-edge technology. “We strive to give our patients the best care possible and digital mammography is just one more example of how Stewart Memorial is fulfilling its commitment to patient care,” says Leah Marxen, chief executive officer.

Faster Test Results
While women will not notice a difference in how the exam is performed, the benefits of digital mammography are many according to Mary Reiter, director of Radiology. “One of the benefits is the significant decrease in the amount of time it will take to get mammogram test results,” says Reiter. “With a digital mammography system, images of the breast can be stored on our picture archive and communication system (PACS) and sent to Mercy Medical Center in Des Moines, IA, electronically. The PACS system stores digital images that can be viewed instantly, much like storing your digital camera images on your home computer. With the digital system, mammograms can be viewed by a Board Certified mammography radiologist at Mercy Medical Center, Des Moines, IA, within hours instead of a week or 10 days later because we no longer have to mail hard copies of the images.”

Clearer, More Defined Images
Another benefit of digital mammography is the quality of the image taken and the ability to enhance the image. “With a digital picture, magnification, orientation, brightness and contrast of the image may be altered after the exam is completed to help the radiologist more clearly see certain areas,” says Reiter. “In other words, the image can be enlarged and a physician can zoom in on the exact spot in question on the breast. With this technology available, the chance of catching breast cancer early is much greater.” Digital images also help show clearly defined margins of a lesion in the breast so you can see the difference between a benign (no cancer) and malignant (cancerous) lesion.

Receiving a USDA Grant
To help pay for this state-of-the-art technology, Stewart Memorial submitted a grant proposal to the United States Department of Agriculture for $89,400, which it was successful in receiving. The total project cost is $255,450, and Marxen says the grant money relieves some of the financial responsibility of purchasing the equipment.

“The USDA grant paid for one-third of the cost of the project and will allow us to offer this state-of-the-art mammography technology,” notes Marxen. To schedule your mammogram screening or for more information, please call the Radiology department at 712-464-4207.
Stewart Memorial Community Hospital

Expands Partnership with Western Iowa Surgery

Increasing requests for surgical procedures at Stewart Memorial Community Hospital has resulted in an expanded partnership between the hospital and Western Iowa Surgery. “We are excited to announce that our partnership with Western Iowa Surgery is growing,” says Leah Marxen, chief executive officer at Stewart Memorial.

Stewart Memorial has collaborated with Western Iowa Surgery for the past 1½ years and is now expanding the surgical services available. “In the past 18 months, Dr. Marc Miller has provided excellent surgical services here at Stewart Memorial, and now surgeons Dr. Josh Smith and Dr. Ron Cheney are joining Dr. Miller in providing surgical services,” says Marxen.

With the addition of Dr. Smith and Dr. Cheney, Marxen says the type of surgeries available at Stewart Memorial is increasing. “Some of the new surgeries we now offer in Lake City include procedures that deal with urinary incontinence, fallen bladders, colon and breast cancer surgeries, laparoscopic hysterectomies and reflux … just to name a few. These procedures are in addition to the general and orthopaedic surgeries that have always been available,” says Marxen.

Emergency Surgery Services Added

Besides scheduled surgeries, Western Iowa Surgery is offering 24-hour emergency surgery services at Stewart Memorial, as well. “At any time of the day and on any day of the week, emergency surgery is available to our patients at Stewart Memorial,” notes Marxen.

“Expanding our partnership with Stewart Memorial Community Hospital is a natural fit for Western Iowa Surgery,” says Dr. Smith. “We are excited to grow the relationship we’ve had in Lake City for the past 18 months and offer additional surgeries at the hospital.”

The Western Iowa Surgery group is increasing its practice at Stewart Memorial throughout the summer. Kevin Hibbett, M.D., who has been with Stewart Memorial for the past 2½ years, is providing general surgical services throughout the change. “We thank Dr. Hibbett for services and wish him continued success in his future endeavors,” notes Marxen.

To learn more about the surgical services offered at Stewart Memorial Community Hospital in Lake City, log on to our website at www.stewartmemorial.org.
Vegetable Trivia
Do You Know What You’re Eating?

Growing up, you may have heard your parents say, “Eat your vegetables!” Since then, you may have realized they were right. Now many experts suggest making vegetables, along with fruits, half of every meal.*

You may know how vital vegetables are to achieve a heart-healthy diet, but there’s a lot more to veggies than you may realize. Use the clues below to unscramble some of your favorite foods:

1. This vegetable is never sold frozen, canned or cooked. It’s only sold fresh. .......... teecutl
2. By definition, this is a fruit, but the U.S. Supreme Court ruled it a vegetable. .......... otmoat
3. This vegetable’s name comes from the Greek word meaning “sprout”. .......... usgaasrap
4. A member of the potato family, it’s also known as a garden egg. .......... thnaegpg
5. The inside of this vegetable is colder than the outside air — as much as 20 degrees! mruueceb
6. This is one of the two vegetables that can reproduce on its own for multiple growing seasons. ........ uabrbr
7. Babe Ruth wore a leaf of this under his ball cap to keep cool. .......... bceaagb
8. This is the most popular vegetable among Americans. .......... oattpo
9. All of these types of vegetables start off green and then change color, depending on their variety. (two words). .......... sprpweete
10. Nearly 99% of this vegetable is sold to decorate. ppmiunk

Change Your Diet
If you’re looking for easy ways to add healthy alternatives to your diet, the possibilities are endless. You can:

❖ Eat breakfast: It’s been shown that eating a healthy breakfast may prevent overindulging later in the day. Try making a fruit smoothie before work. Just pour it in a travel mug and you’re off.
❖ Occasionally indulge: Americans have a plethora of processed junk foods and low-calorie alternatives. These may lead to overeating, which defeats the purpose of watching what you eat. If you want a piece of chocolate, indulge with a small high-quality piece, rather than overindulging in a low-calorie variation.
❖ Eat power foods: Add more vegetables, fruits, whole grains, beans and nuts to your diet for added health benefits.
❖ Buy a new cookbook: Find a healthy cookbook to incorporate new recipes into your day-to-day life.

Don’t try to change your entire diet overnight. By adding new foods gradually, you’re more likely to stick with the changes you introduce. This may lead to habits that will last — and your heart will thank you.

* Source: www.fruitsandveggiesmorematters.org

❖ Time for a diet revamp? Contact our Registered Dietitian, Maurine Thieszen, at Stewart Memorial Community Hospital to discuss your eating habits. Call 712-464-4249 to learn more.
Don’t Dismiss Atrial Fibrillation

Atrial fibrillation (AF), the most common type of abnormal heart rhythm, is not usually life-threatening on its own. If untreated, however, AF can cause serious complications. AF increases the risk of stroke five-fold, according to the American Heart Association, and it can also lead to congestive heart failure and chronic fatigue.

AF happens when the heart’s upper chambers quiver instead of beat effectively. This can cause blood to pool and clot, potentially leading to a stroke. Normally the heart contracts and relaxes in a coordinated rhythm. AF interferes with the heart’s normal electrical signals, causing an irregular, rapid heartbeat.

Are You at Risk?
About 3 million Americans suffer from AF, and that number is likely to double by 2035.* The following factors increase your risk for AF:

- Age (risk increases with age).
- History of heart disease, heart attack, heart surgery or valve problems.
- High blood pressure.
- Chronic conditions such as thyroid problems, sleep apnea and other medical problems.
- Alcohol consumption (for some people drinking alcohol can trigger AF).
- Family history of AF.

Episodes of AF may come and go in a matter of hours, or symptoms may persist for longer periods until treated. Palpitations (the sensation of a racing, fluttering or irregular heartbeat) are the most recognizable symptom of AF. Other symptoms include weakness, fatigue, lightheadedness, confusion, shortness of breath and chest pain. Call for emergency medical help if you experience chest pain, which may be a sign of a heart attack.

If you think you are experiencing AF, seek urgent medical care. A doctor can assess your condition and refer you to an electrophysiologist who specializes in diagnosing and treating heart arrhythmias. An electrophysiology study may be done to record electrical activity of your heart and determine the cause of heart rhythm disturbance.

Restoring the Right Rhythm
Treatments for AF restore or reset the heart’s rhythm so your heart can pump blood effectively. A doctor can determine the best course of treatment for you, which may include one or more of the following options:

- Lifestyle modifications to reduce risk factors – a heart-healthy, low-sodium diet; exercise; smoking cessation; avoiding alcohol.
- Medications may be used to slow down the rapid heart rate associated with AF and/or prevent clotting.
- Electrical cardioversion may be performed by a physician to restore normal heart rhythm using a precise electric shock defibrillator.
- Radiofrequency ablation is a procedure that delivers a burst of radiofrequency energy through a thin, flexible tube inserted in a blood vessel. The treatment destroys tissue that triggers abnormal electrical signals.
- Surgery can be performed to disrupt electrical pathways that cause AF.
- Atrial pacemakers may be implanted to regulate the heart’s rhythm.

Listen to Your Body
Don’t ignore a racing, fluttering heartbeat or other signs of AF. Treatment for AF helps you feel better now and prevents more serious complications down the road. To learn more about treatment options and our team of cardiologists at Stewart Memorial Community Hospital, please call 712-464-3171.

Stewart Memorial Community Hospital Calendar of Events

**Auxiliary Meetings**

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome!

- **Audiology**
  - John W. Reis, Au.D.
- **Cardiology**
  - Mark Berry, D.O.
  - Anne Schwarte, ARNP
  - Iowa Heart Center
- **Dermatology**
  - Scott Green, M.D.
- **Ear, Nose and Throat**
  - Virginia Uhlenkamp, ARNP
  - Tracey Wellendorf, M.D.
- **General Surgery**
  - Ronald Cheney, D.O.
  - Kevin Hibbett, M.D.
  - Marc Miller, D.O.
  - Josh Smith, D.O.
- **Hematology & Oncology**
  - Robert Behrens, M.D.
- **Neurology**
  - Aamir Habib, M.D.
- **Ophthalmology**
  - Wolfe Eye Clinic
- **Orthopaedics**
  - Lee Hieb, M.D.
- **Podiatry**
  - Mark Hartman, D.P.M.
  - Eric Jensen, D.P.M.
  - Erin Nelson, D.P.M. (Gowrie & Dayton)
- **Pulmonologist**
  - Elizabeth Day, D.O.
  - James Meyer, D.O.
- **Urology**
  - Stephen L. Piercy, M.D.

**Diabetes Support Group**

All meetings start at 7 p.m. and are held in the Lower Level Conference Center. For more information, call Maurine Thieszen or Marcia Schaefer at 712-464-3171.

- **Tuesday, July 27** – Know Your Medications and “Diabetes PHD” by Jane Moeller, Pharmacist
- **Tuesday, Aug. 24** – Ten Strategies to Improve Diabetes Control
- **Tuesday, Sept. 28** – Cooking & Eating Low on the Glycemic Index
- **Tuesday, Oct. 26** – Getting Active, Step by Step

**Caring Hands Closet**

To register, call SMCH at 712-464-3194 or Public Health at 712-297-8323.

Learn more at www.stewartmemorial.org.

- **Thursday, Sept. 2, 3 to 6 p.m. – Caring Hands Closet “Fall Fling”**

**Health care providers at Stewart Memorial Community Hospital and McCrary-Rost Clinics**

- Linda Bettin, ARNP, PA-C
- Derek Duncan, D.O.
- Nancy Flink, PA-C
- Rochelle Guess, ARNP
- Robert Hedges, D.O.
- Kevin Hibbett, M.D.
- Lee Hieb, M.D.
- T. Brent Hoehns, M.D.
- Susan Hornback, D.O.
- Paul Knouf, M.D.
- David McClain, PA-C
- Marc Miller, D.O.
- Mark Mogensen, PA-C
- Elsie Verbik, M.D.
- Patricia Weishaar, PA-C

**For comments, questions or more information, call SMCH at 712-464-3171 or go to www.stewartmemorial.org.**