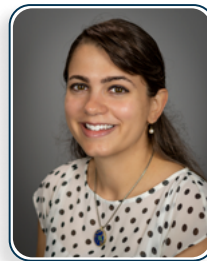


## Physician Targets Kidney Disease Before Symptoms Begin

If you had kidney disease, you surely would know it – wouldn't you? The answer is "no," because there are no symptoms until its late stages. Kidney disease is silent, and it is irreversible.

A Southeast Iowa Regional Medical Center nephrologist, a physician who specializes in the treatment of kidney disorders, says it's her job to make people aware of this silent disease. Last January, she implemented a system for identifying patients with potential kidney disease so treatment can begin early.

"There's a lot of momentum for detecting kidney disease early," said Maria Story, MD. "This type of program doesn't have to be done at an academic medical center. We have committed and dedicated people at Southeast Iowa Regional Medical Center."



Maria Story, MD

### Silent disease on the rise

Chronic kidney disease is increasing nationwide because diabetes and hypertension, its two main risk factors, are on the rise too. Other risk factors are genetics, obesity, autoimmune diseases and prolonged use of ibuprofen, Aleve or Motrin (medications in the NSAID drug category).

Early detection and treatment can help control the progression of chronic kidney disease.

"Years ago, the only treatment was waiting until dialysis was needed," said Dr. Story. "Now there are medications that can slow its progression, and prevent or reduce the need for renal replacement therapy [dialysis]."

### Identifying patients

Dr. Story developed a HIPAA-approved method for identifying patients who are at risk for developing kidney failure. Through the hospital's electronic medical record system, she searches laboratory test results for high urine albumin-to-creatinine ratios, which means there is high protein in urine, an indicator of kidney disease. Then she notifies patients' primary care providers, who can refer the patients to Nephrology-Southeast Iowa Regional Medical Center.

## What Do Kidneys Do?

Your kidneys remove waste and extra fluid from your body. They do this by filtering the blood that flows through them – about a half cup every minute. The waste is removed from the body through urination.

Your kidneys also remove acid that is produced by the cells in your body, and maintain a healthy balance of water, salts and minerals including sodium, calcium, phosphorus and potassium in your blood. Without this your balance, nerves, muscles and other tissues may not work normally.

Your kidneys make hormones that help:

- Control your blood pressure
- Make red blood cells
- Keep your bones strong and healthy

Source: National Institute of Diabetes and Digestive and Kidney Diseases

“Because there usually are no symptoms until kidney function is reduced to 10 to 15 percent, identifying people using laboratory tests results we already have is a great way to evaluate, educate and begin treating them,” she said.

### **Beginning treatment**

Although newer medications for treating kidney disease are available and often used, Dr. Story advises patients to begin with a natural approach – diet.

“Increasing the intake of fruits and vegetables, following a Mediterranean-style diet and losing weight are reliable methods of improving kidney function,” she said. “Improving eating habits also can help control diabetes and high blood pressure.”

Most patients come to Nephrology-Southeast Iowa Regional Medical Center by referral from their primary care providers. However, if someone has a family history of kidney disease, it is possible to become a patient without a referral. Please call the clinic at 319-768-4380.

## **3 Urgent Care Clinics for You**

Southeast Iowa Regional Medical Center’s Walk-In Clinic in Fort Madison was renamed Urgent Care-Southeast Iowa Regional Medical Center Oct. 3.

### **What is urgent care?**

Urgent care is a more-affordable alternative to emergency care if the injury or illness is not life-threatening. Laboratory and X-ray services are available. It is suitable for sudden health conditions when you can’t wait for an appointment or when other clinics are closed. Appointments aren’t required. **Get more information.**

### **Hours**

7 a.m. to 7 p.m. Monday through Thursday

9 a.m. to 4 p.m. Saturday and Sunday.

### **Locations**

Fort Madison

5409 Avenue O, Suite 120

Keokuk

3285 Main St., Keokuk

West Burlington

1321 S. Gear Ave

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## **Southeast Iowa Regional Medical Center Auxiliary Donates \$26,850 to Hospital**

The Southeast Iowa Regional Medical Center Auxiliary has donated \$26,850 to Southeast Iowa Regional Medical Center. The money will fund these projects that enhance patient and family experiences.:

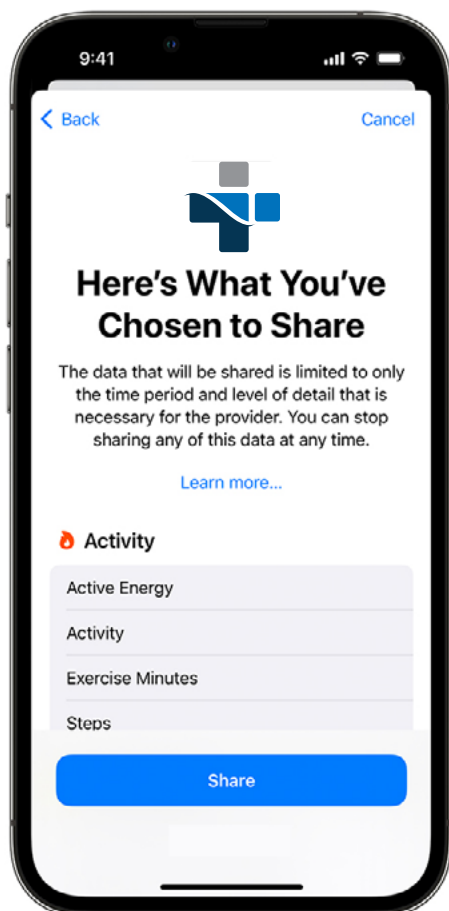
- Elder activities at the Klein Center
- Keepsake items for families of hospice patients
- Art and music therapy for the Behavioral Health Unit
- Books and activities for the Pediatrics Unit
- Oxygen tank holders for wheelchairs
- Plants and flowers for indoor and outdoor planters
- Art for the cafeteria and corridors on the Fort Madison campus
- Electricity for the auxiliary-funded lakeside shelter house near the Klein Center
- Swaddling sleep sacks for newborns
- Donor breast milk for newborns who need it
- Supplies to make comfort pillows for patients who have had surgery

# Patients Can Securely Share Apple Health App Data With Providers

Great River Health patients can now share important everyday health information stored in the Apple Health app directly with their providers. With iOS 15, patients can securely send certain types of this data to their electronic health records. (The service is already available to Henry County Health Center patients.)

The Apple Health app is a central and secure place to view personal health and fitness data consolidated from iPhone, Apple Watch, compatible third-party apps and devices, and available health records from participating health care organizations. Great River Health patients who have a patient portal can select categories of this information to share with their provider, including data like activity, heart rate, cycle tracking, sleep, irregular rhythm notifications, falls and more, as well as certain health records categories like laboratory tests and immunizations.

When you use this feature to share data from the Health app to Great River Health, the data is encrypted. Apple doesn't have access to the Health app data you share with Great River Health.



## How to get started

- Find Great River Health in the list of participating hospitals and clinics.
- Enter the user name and password that you use to sign in to your Great River Health patient portal, then follow setup instructions.
- You can choose which health data categories to share.
- You must notify your health care provider through the patient portal that you are sharing Apple Health data.
- When you start sharing your health data with your provider, new data is automatically updated approximately once a day.
- You can stop sharing or manage which types of health data are shared at any time from the Sharing tab in the Health app on iPhone.

## New Providers



**Muhammad Ajmal, MD**  
Cardiology



**Patrick Bredar, PA-C**  
Internal Medicine



**Melissa Brewer, ARNP**  
Urgent Care

## New Providers



**Cass Brown, ARNP**  
Urgent Care



**Brandon Briggs, MD**  
Emergency Department



**Morgan Fraise, PA-C**  
Orthopedics



## Meet 40-Year Volunteer Rudie Castagna

Rudie Castagna has spent her life of 94 years giving back to others. The second eldest of seven children, she developed a natural talent for it. After being a volunteer Weight Watchers leader for several years, she was asked to join the hospital auxiliary. This fulfilled her desire to help others and give back, which she has continued to do for the last four decades at Southeast Iowa Regional Medical Center, Fort Madison.

Since the 1970s, Castagna has experienced hospital name transitions, building projects and leadership changes. However, the one thing that has remained the same is the enjoyment she gets from her interaction with hospital staff.

Castagna's time at the Fort Madison campus has been spent volunteering in Rehabilitation Services. Her main task is folding linens, which frees staff to focus on patient care. Over the years, she has created a close bond with each of the people she works with.

"They treat me well and recognize the work I do. Every day I leave feeling appreciated," Castagna said. Her volunteer work has given her the opportunity to meet new people and positively impact others.

After experiencing a health scare earlier this year, Castagna made a comeback and continues her passion of volunteering.

"Contributing at our hospital has become a way of life for me every week, she said. "This is my way to stay connected to the town where I was born and raised. I encourage those looking to give back to their community to consider volunteering their time."



## Kid Zone Opens in Fort Madison, Expands in West Burlington

An on-site childcare center for employees' children opened Aug. 22 on the Fort Madison campus of Southeast Iowa Regional Medical Center. Kid Zone has a capacity for 70 children from six weeks to 12 years old.

On the hospital's West Burlington campus, Kid Zone opened in 2006. It was built in response to employees' requests for high-quality, convenient care for their children. An addition to that building is expected to open in November.

Kid Zone is the only childcare center in southeast Iowa to hold a top five-star rating from the Iowa Department of Human Services' Quality Rating System (QRS). The five-star rating indicates Kid Zone has made significant steps in meeting key indicators of quality in:

- Environment
- Family and community partnership
- Health and safety
- Leadership and administration
- Professional development



Opening day at Kid Zone, Fort Madison



Kid Zone addition in West Burlington

## New Providers



**Charles Frank, MD**  
Orthopedics (spine surgery)



**Christine Franklin, PhD**  
Mental Health



**Caleb Frazier, CRNA**  
Anesthesia

## New Providers



**Amy Gnann, ARNP**  
Family Medicine



**Becky Longe, PA-C**  
Orthopedics



**Sarah Lundin, DO**  
Woman's Health

## Job Shadowing Experiences for Students

Spending time with health care professionals is one way to learn about specific careers. Southeast Iowa Regional Medical Center offers job shadowing experiences for high school students to observe health careers in action.

### Job shadowing dates

West Burlington:

- 8 a.m. to noon Tuesday, Dec. 27
- 12:30 to 4 p.m. Tuesday, Dec. 27

Fort Madison:

- 8 a.m. to noon Thursday, Dec. 29
- 12:30 to 4 p.m. Thursday, Dec. 29

### Apply

The application deadline is Friday, Dec. 16. [Submit your application.](#)

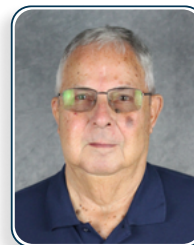
## SHIP Volunteers Receive Governor's Awards

Three Southeast Iowa Regional Medical Center volunteers received Governor's Volunteer Awards. They were recognized for their dedication to the Senior Health Insurance Information Program (SHIP), a service offered at both hospital campuses and at Henry County Health Center.

The recipients were:

Fort Madison campus  
Dennis Osipowicz, 5 years

West Burlington campus  
Fred Kelly, 15 years  
Jackie Welch, 5 years



Osipowicz



Kelly



Welch

With training from the State of Iowa Insurance Division, SHIP volunteers help seniors and their families find answers to questions about Medicare, supplemental insurance, long-term care insurance, other insurance issues and Medicare prescription drug coverage. To make an appointment with a SHIP counselor, call:

- Henry County Health Center, 319-385-6774
- Southeast Iowa Regional Medical Center, 319-768-3342

## Great River Health Entities Award \$31,000 in Health Careers Scholarships

The Southeast Iowa Regional Medical Center Auxiliary, Great River Health Foundation and Friends of Henry County Health Center recently awarded \$31,000 in scholarships to students who are pursuing careers in health care. The students represent 11 high schools in the health system's service area.

### Kathleen Canella Family Scholarship – Great River Health Foundation

This scholarship was established in memory of Kathleen Canella, a longtime volunteer and member of the Fort Madison Community Hospital Auxiliary.

\$1,000 to \$1,200 scholarships to high school seniors and continuing college students:

- Grace Gobble, Fort Madison High School, psychology, University of Northern Iowa
- Logan Johnson, Fort Madison High School, psychology, Princeton University
- Raquel Schneider, Holy Trinity High School, radiologic technology, Indian Hills Community College
- Isabella Steffensmeier, Central Lee High School, biomedical engineering, University of Northern Iowa
- Hannah Torgler, Holy Trinity High School, social work, University of Northern Iowa

### Tracey Howe Scholarship – Great River Health Foundation

This scholarship was established in memory of Tracey Howe, a registered nurse at Fort Madison Community Hospital.

\$1,000 scholarships:

- Natalie Ames, Keokuk High School, nursing, Iowa Wesleyan University
- Daniel Atwood, Fort Madison High School, respiratory care, Southeastern Community College
- Anna Sobzak, Holy Trinity High School, nursing, University of Iowa

### Friends of Henry County Health Center scholarships

\$2,000 scholarships for high school seniors and continuing college students:

- Kelsi Hetrick-Strange, nursing, Southeastern Community College
- Loni Hetrick-Strange, nursing, Southeastern Community College
- Kimberly Novak, health care management, Western Governors University

### Southeast Iowa Regional Medical Center Auxiliary scholarships

\$1,000 scholarships for high school seniors:

- Natalie Ames, Keokuk High School, nursing, Iowa Wesleyan University
- Kyra Anderson, Mediapolis High School, psychology, University of Northern Iowa
- Seth Bailey, New London High School, pre-medicine, Wartburg College
- Morgan Grelk, Winfield-Mt. Union High School, biology, Wartburg College

Continued on next page

## New Providers



**Seth Mendenhall, ARNP**  
Mental Health



**Vinodkumar Paddolkar, MD**  
Mental Health



**Kyle Santee, DO**  
Emergency Department



- Patricia Hank, Wapello High School, nursing, Kirkwood Community College
- Logan Johnson, Fort Madison High School, psychology, Princeton University
- Aneisha Norman, Illini West High School, respiratory care, Southeastern Community College
- Raquel Schneider, Holy Trinity High School, radiologic technology, Indian Hills Community College
- Carly Tate, West Central High School, nursing, Iowa Wesleyan University
- Cole Ward, Notre Dame High School, biology and chemistry, Edgewood College
- Maura Watkins, Central Lee High School, dental hygiene, Des Moines Area Community College

\$1,000 scholarships for continuing college students:

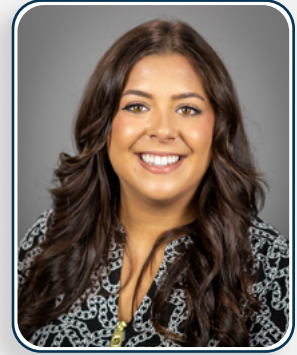
- Daniel Atwood, respiratory care, Southeastern Community College
- Abigail Crowner, pharmacy, University of Iowa
- Lydia Fisher, biology and public health, University of Alabama
- Claire Hackenmiller, occupational therapy, Creighton University
- Vidya Mullangi, neurobiology, Georgetown University
- Gracie Olson, nursing, Southeastern Community College

## Run in the Sun



Saturday, Oct. 1, was a perfect day for the Miles & Memories 5K Run/Walk. Proceeds will benefit Southeast Iowa Regional Hospice.

## New Providers



**Shereen Santee, DO**  
Hospitalist



**Cassie Schill, PA-C**  
Emergency Department



**Sumathi Vijaya Rangan, MD**  
Hospitalist



## New Providers



**Megan Warneke, MD**  
Pediatrics



**Greg Wood, DO**  
Cardiology



**Sandra Worrell, MD**  
Family Medicine, Mercy



Henry County Health Center CEO Teresa Colgan presents a Hospital Hero award to Matt Miller.

## Miller Receives Hospital Hero Award

A nurse anesthetist at Henry County Health Center received an Iowa Hospital Association Hospital Hero award in October for demonstrating exceptional commitment to care and service. Matt Miller, DNAP, was one of 12 employees of Iowa hospitals recognized at the association's 2022 annual meeting.

The Hospital Heroes program celebrates employees who have acted courageously in a moment's crisis or who have selflessly served their hospitals and communities throughout their careers.

Miller provides high-quality patient care with sincerity, compassion and charisma. During the COVID-19 pandemic, his commitment to patients and community never wavered, even as he became the sole anesthesia provider at the hospital for several months. He continues to provide outstanding service, always helping whenever needed.

Miller's commitment to providing quality care expands to an international level with his organization, Operation Hope Medical Mission. He and other volunteer health care professionals travel to Honduras to provide free, life-changing surgeries in Honduras. Miller's actions and character are the epitome of a hospital.

Iowa Hospital Association is a voluntary membership organization representing hospital and health system interests to business, government and consumer audiences. It has 117 member hospitals.

# TAKE 5

with Great River Health



**MARTHA ATWOOD**

Administrative Assistant  
Diagnostic Imaging  
Fort Madison  
21 years



**ERIKA DUVALL**

Preoperative/Scheduling Nurse  
Ambulatory Surgery  
Henry County Health Center  
15 years



**JOHNITA VORWALDT**

Care Coordinator Nurse  
Population Health  
West Burlington  
32 years

What was your first job?		
Burgess' gas station	Bussing tables at a late-night hamburger joint	Detasseling corn
What's your favorite type of music?		
R&B	Everything but rap	Rock'n roll
What is one thing you cannot resist?		
Shopping	Dessert – baking is my therapy	Sweets
What would be your ideal vacation?		
Martha's Vineyard or St. Augustine, Florida	Going to my home state of Arkansas	One spent with my daughter, son-in-law and grandchildren
Three words that describe you:		
Empathetic, driven, happy	Southern, sarcastic, adventurous	Hardworking, kind, empathetic