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Summer 2008

MISSISSIPPI ValleyHealth

A Publication of Mississippi Valley Health Network

Complimentary Copy

QUAD CITY AREA DAY TRIPS

SPICE UP YOUR WORKOUTS

PUT A LID ON IT

PROTECTING YOURSELF FROM HEAD INJURIES

THE COMEBACK KID

STEAMWHEELER JESSE SCHMIDT KEEPS HOPES ALIVE

RECIPE FOR HEARTBURN

WHEN YOUR FAVORITE SUMMERTIME FOODS DO YOU WRONG

FLEX YOUR MUSCLE

10 QUESTIONS YOU SHOULD ASK BEFORE SURGERY



PROUD MEMBER OF THE
MISSISSIPPI VALLEY
HEALTH NETWORK™
What healthcare should be.™

AT THE MISSISSIPPI VALLEY SURGERY CENTER,
 YOU'LL GET THE
 NEWEST MEDICAL TECHNOLOGY.
 YOU'LL ALSO GET SOME OF THE OLDEST.



Imagine a place that still believes in a personal touch. A place that instills a new twist on an old idea about healthcare – that patients get better, faster, when they're able to concentrate on their recovery rather than worry about the hassles of the healthcare system.

At the Mississippi Valley Surgery Center, we make sure patients are able to experience healthcare the way it should be. We provide personalized attentive care and flexibility in scheduling that gets you on the road to recovery safely and quickly.

You see, there's more to quality healthcare than high-priced equipment, sprawling campuses and miles of bureaucratic red tape that takes your focus off getting better and on to how you're going to pay for it.

If you or someone you know is facing an upcoming surgical procedure, ask your doctor about the options open to you through the Mississippi Valley Surgery Center.



The Mississippi Valley Surgery Center is a proud member of the Mississippi Valley Health Network.

EDITORIAL

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The health content in *Mississippi Valley Health Magazine* is intended to inform, not prescribe, and is not meant to be a substitute for the advice and care of a qualified health-care professional.

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To subscribe, call 563-459-6577 for information.

Welcome

What Healthcare Should Be.™



John Dooley,
 M.D.

It's time to raise the standard on quality health care! What can you do to ensure your or your family member receives the healthcare they deserve?

Be curious. Play an active role in your healthcare decisions!

Our lead story explores questions to ask your physician or surgeon prior to surgery. These are questions that can make a difference in how you look and feel, how you will actually recover and what you ultimately pay for.

When faced with the unknown, such as the intricacies of surgery, people tend to allow others, more knowledgeable, to make decisions for them. However with non-urgent or elective surgery, often, time is on your side. Utilize that time to be curious, do research, and ask those important questions that the article suggests. Patients have the power, and it's time to flex those muscles. Pursuing this information may not be easy, and it will require effort to uncover the facts you need to be informed. Your healthcare providers will notice your interest – and that will get *their* interest. Your curiosity will lead you to be an informed, more knowledgeable patient.

My vision has always been to challenge the status quo regarding traditional surgical care. And eastern Iowa and western Illinois patients are finding there is a better way to experience healthcare. Since our beginning in 1996, the Mississippi Valley Surgery Center (MVSC) has served more than 90,000 patients, and our ambulatory surgical center has grown, supported by a number of independent specialists performing over 10,000 procedures a year.

Mississippi Valley Health Network providers welcome the opportunity to discuss these questions and review options related to your surgery. Your interest and questions will be appreciated. Listen, understand, question, and consider. You always have options.

JULY

AUGUST



July 3-4
Firecracker Run
East Moline, IL

Kids and family events on the evening of July 3 set the stage for the 5K and 10K Firecracker Runs at 7:30 a.m. on July 4. Both the flat-and-fast 5K and the hilly-and-challenging 10K start and end in downtown East Moline. Bands play along both courses to keep runners charged up and going. Everybody gets a T-shirt, even runners in the Clydesdale and Athena divisions (men over 200 lbs. and women over 180 lbs.).



Photo by Greg Boll Photography

July 26
Quad-City Times Bix 7
Davenport, IA

Run the seven miles of the 2008 Bix 7 and finish at the area's biggest and jazziest party. Or run only two miles in the QuickBix (same start time) and get to the party faster. Junior Bix runs start at 70 yards for the five-and-under crowd and grow to half a mile for six and seven year-olds, on up to seven-tenths of a mile for 8-12 year-olds. Runners receive t-shirts, posters, party admission and all the jazz they can hear. For information on all the related events, concerts, and more, go to: www.bix7.com.

August 9-12
Tugfest
LeClaire, Iowa and Port Byron, IL

It's the annual contest for bragging rights as the Tugfest rope spans the Mississippi, Saturday, August 11, 2008 from 1:00 to 3:00 p.m., with teams tugging from both shores. Other events, including a 5K run-walk for adults and kids, a kids' tug, spectacular fireworks, carnival rides, live bands, a parade, dancing, and pageants, begin on August 9 in both communities. Complete information is at www.tugfest.com.



August 16
Xstream Cleanup
All around the Quad City area

For a workout that makes a difference, try volunteering for the fifth annual Xstream Cleanup from 8:30 to noon on August 16. Nearly 1,500 volunteers worked during the cleanup last year, removing 49,000 pounds of debris from area waterways and illegal dump sites. And of course, the after-party at the Bier Stube in downtown Moline is a great way to celebrate. Registration and party information – as well as the lowdown on how to stay involved all year long – is at www.xstreamcleanup.org.

August 23
Celtic Highland Games
Mississippi Valley Fairgrounds,
Davenport, IA

The shrilling bagpipe competitions may help you toss the caber a wee bit higher at the Celtic Highland Games of the Quad Cities. A music festival, dance competitions, and a ceilidh (or Celtic party) all complement the Games of Brawn. Those traditional strong-man events include the caber toss, sheaf toss, hammer throw, weight throws for distance and height, and as if those weren't exotic enough, the Farmer's Walk or Barrel Throw. For more information, surf to www.celtichighlandgames.org.



Photo by Jane Sharp for the Celtic Games

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THERE'S NO BETTER PLACE TO
COMBINE FITNESS,
FUN AND FESTIVALS
THAN SUMMERTIME IN THE QUAD CITIES

QC

AREA DAY TRIPS...

...GOOD FOR YOUR MUSCLES AND YOUR MIND.

Summer means play time, and we're not talking about recess. An outdoor adventure can be great for your overall health. We've picked some of our favorite out-of-the-way Quad City area venues sure to stretch your muscles and spice up your ho-hum workout routines.

MAQUOKETA CAVES STATE PARK
MAQUOKETA, IA
"Maquoketa Caves is probably Iowa's most unique state park," reports the Iowa Department of Natural Resources, and visitors often agree. Its caves, limestone formations and rugged bluffs provide hikers a chance to "step back" into geological time thousands of years. Wear old clothes and bring your flashlight to explore the six miles of trails and numberless caves at the park, located seven miles northwest of Maquoketa. Artifacts once found in the caves tell the story of human habitation, perhaps for thousands of years. Trail highlights include the dramatic "Natural Bridge" which stands nearly 50 feet above Raccoon Creek, the 17-ton "Balanced Rock", and "Dancehall Cave." A trail in the western area of the park takes hikers past a restored prairie, an experimental oak savanna restoration and a wildlife food plot. The remaining caves are all different sizes and shapes. Some can be explored by walking while others can best be seen by crawling. More information on the park can be found at <http://www.iowadnr.gov/parks/>



LOUD THUNDER HIKING AND MOUNTAIN BIKING RURAL ROCK ISLAND COUNTY

One of Dr. Mendel's favorite venues for both hiking and off-road cycling is Loud Thunder Forest Preserve, Andalusia, IL. Loud Thunder offers eight miles of challenging single-track mountain-biking trails and a six-mile loop trail. It's also a favorite for avid hikers. "Off road or mountain cycling isn't just for extreme sports fanatics," explains Dr. Mendel. "If the trail gets tough, I get off the bike. I get just as much of a workout hiking up the hill.

"Cycling is great because it's a strenuous, non-impact outdoor activity that builds significant core and leg strength," he adds. "While mountain biking is a scenic alternative activity, be sure to combine it with regular aerobic and resistance training, along with a good stretching program."

Dr. Mendel also suggests cyclists check out Sugar Bottom near Iowa City. Sugar Bottom's more than 10 miles of trails offer serious challenges to off-riders.

THE HENNEPIN CANAL STATE TRAIL COLONA AND NORTHWEST IL

One of the best-kept secrets in northwest Illinois is the Hennepin Canal State Trail. For walkers, cyclists and equestrians, this scenic trail is packed full of local history and lovely scenic byways. It features 155 miles of fairly level surfaced path stretching from Colona to Bureau Junction, IL. The entire canal system, from the Mississippi to the Illinois River, is on the National Historic Register, and it is part of the Grand Illinois Trail.

For hikers, you can walk along the old towpath, originally intended but never used by animals for towing boats along the canal's main line and feeder routes. The path provides 155 miles of one-foot-after-the-other fun. Because you're right next to the canal, you'll get a great view of its locks and aqueducts, not to mention the animal life. The going is level and easy at the Hennepin -- but be sure to make several stops along the way if you're hiking the canal's entire length.

For cyclists, the Illinois Department of Natural Resources Web site reports the Hennepin Canal's completion of the new trail surface; mountain bikes are no longer a necessity. East-to-west, the trail is surfaced from Bureau Junction, near the Illinois River, to Colona on the Rock River. There is a Feeder Canal to Rock Falls, 29.2 miles long that's also completed. Bring your own refreshments as only three areas along the corridor have water (Locks 21, 22 and the Visitor Center). Be sure to yield the right of way to horses. For more information and maps, there are a number of informative Web sites if you search "Hennepin Canal."

Tuvi Mendel, M.D., Orthopaedic Specialists, PC, Davenport

Out of the armchair adventures build bones

Hiking in Loud Thunder, spelunking in the Maquoketa Caves, or going off-road bicycling in Sugar Bottom — they're all great places to get in some crucial weight-bearing and core-building exercises. And weight bearing is just the kind of exercise you want. As you stomp along the trail or wriggle through the cave, you're working to beat gravity every inch of the way. As you do that, your muscles and tendons pull against your bones. Your bones respond by growing more cells and becoming denser and, well, bonier. When you add the bumps and jolts of running or jumping, your bones really pack on the density.

Bones made dense from weight-bearing exercise are strong bones. They are less likely to break. And they won't become brittle and prone to fracture as in cases of osteoporosis or its precursor, osteopenia. "The health benefits of weight-bearing exercise are hard to overstate," says Tuvi Mendel, M.D, Orthopaedic Specialists, PC, Davenport. "Weight-bearing exercise drives calcium into the bones. That's why astronauts living in zero-gravity conditions quickly lose calcium from their bones unless they simulate weight-bearing exercise while in space."

Like most exercise, it's also good for you in a myriad of other ways. "From cardiovascular health to weight control to helping the mind stay active and avoid depression, exercise is great medicine for life," says Dr. Mendel, himself an avid off-road bicyclist. "Plus, the kinds of paths you can travel here in and around the Quad Cities area offer genuinely fun adventures."



Sunrise over Hennepin Canal, Northwest, IL



PATIENT POWER

Questions to ask before Surgery:

You have the right to choose the safest, least invasive, and cost-effective surgical procedure that gets you back to your normal daily activity level as soon as possible.

JUST BY ASKING THE RIGHT QUESTIONS
YOU CAN CONTROL SURGERY COSTS,
LIMIT SCARRING, RECOVER AT HOME
WITH LESS CHANCE OF INFECTION,
AND GET BACK TO LIFE QUICKER.”

—Douglas Khoury, M.D., Davenport, IA

YOU’RE BUYING A CAR. YOU COMPARE MODELS AND PRICES; EVEN TAKE ONE FOR A TEST DRIVE. YOU’RE CONSIDERING A NEW HIGH-DEF SCREEN TV. YOU ASK YOUR FRIENDS IF THEY LIKE THEIRS. YOU MULL THE AMAZING CHOICES AT THE LOCAL ELECTRONICS STORE. YOU READ UP ON ALL THE REVIEWS AND BUY THE ONE THAT FITS YOUR FAMILY ROOM.

Now, your doctor says you need surgery. What questions should you be asking to make sure you get the best value and the features you want? And can surgery really be treated like a major purchase?

“Yes, patients have control and they need to exercise it,” says Douglas Khoury, M.D., F.A.C.S., a Davenport general surgeon and partner in the Mississippi Valley Health Network. “You need to consider that you are actually purchasing a service, which is more important than any item you could possibly buy. Asking the right questions helps you control surgery costs, limits scarring, and allows you to return to your normal activity level as soon as possible,” explains Dr. Khoury.

Get smart – Look for board certified surgeons

Your doctor has recommended that you be evaluated by a surgeon. How do you find the surgeon who is best for you? First, select a surgeon who is board certified in a specialty recognized by The American Board of Medical Specialties. This can be verified on the Internet (www.abms.org) which can also help you locate board certified surgeons in your community. Primary care physicians, friends, and family members can often provide valuable information helpful in selecting the surgeon best for you.

The letters “FACS” after a surgeon’s name indicate that he or she is a Fellow of the American College of Surgeons (ACS). According to the Chicago based ACS, “Fellows are board certified surgeons whose education, training, professional qualifications, surgical competence and ethical conduct have met the highest standards...not all surgeons are accepted.” Another factor to consider is whether or not a surgeon has undergone subspecialty training better known as fellowship training. This identifies surgeons who have undergone more directed training within a certain specialty. Fellowship training goes beyond board certification as a means to attain a greater degree of proficiency.

For example, at the Mississippi Valley Health Network’s Orthopaedic Specialists, each surgeon is fellowship trained in a specific body part and performs hundreds of procedures related to that part of the anatomy. “We are proud that all of our surgeons are fellowship trained,” says Angie Van Utrecht, Orthopaedic Specialists Director of Operations. “Each is specifically trained on procedures related to hips, knees, hands, the spine, feet and ankles. After consultation, we refer our patients to the appropriate physician for the best procedure.”

Choosing the right anesthesia

So, you’ve picked the right surgeon and you need to learn about the procedure. Your surgeon should be able to explain alternative methods for completing the procedure, as well as specific risks associated with each one. You might even have choices in how to be anesthetized. The type of anesthesia plays an important part not just in the surgery, but also – even especially – in the recovery process, so it’s important to go over those options thoroughly.

“General anesthesia is no longer the only option for surgical procedures,” says John Dooley, M.D., and Anesthesiologist, of Davenport-based Anesthesia and Pain Consultants.

“Depending upon the surgery being performed, we can anesthetize only the local area or region of the body utilizing nerve block technology. The feedback from patients is overwhelmingly positive. General anesthesia can have a number of uncomfortable side effects, from grogginess to nausea and vomiting. Those side effects – and the risk of deep vein thrombosis from being bedridden too long – can be greatly reduced by choosing something other than the standard answer,” says Dr. Dooley. “My goal is to ensure the patients are comfortable, but that they can be up and moving and on their way to recovery as quickly as possible.”

Reduce your risks – the advantages of outpatient surgery centers

You and your surgeon should also discuss how to minimize the general risks of being a surgical patient. Those risks can be real, too: Forbes Magazine recently reported that one in 200 patients who spend the night in a hospital will die because of medical error.

Medication errors are the most common risk of hospitalization. Ask your doctor if a hospital stay is a necessary part of your surgery. If it is, make sure you understand the systems in place to prevent errors and how you and your family can track administration of both your current and surgery-related prescriptions and dosages.

Among the specifically surgery-related medications you may be given are antibiotics to help prevent infections in your surgical wounds. According to the Centers for Disease Control and Prevention, 1.7 million infections occur in U.S. hospitals every year, and those infections cause 99,000 deaths. Forbes puts the mortality number over 100,000 – more than AIDS, breast cancer and automobile accidents, combined. An antibiotic is not always needed when you have surgery. Talk to your physician and ask if an antibiotic is necessary to reduce the risk of infection.

In recent years, as surgical techniques have evolved, more procedures are being performed within Ambulatory Surgery Centers (ASCs) and patients are realizing the benefits. In the Quad Cities, the Mississippi Valley Surgery Center has been in operation since 1996 and has become a viable alternative to traditional hospitalization for many surgical procedures; from total joint replacements to gall bladder surgery. The advantages are many including: lower exposure to diseased patients found in traditional hospitals; better operational efficiency which can result in reduced healthcare costs and convenient service; and quicker recovery because patients are encouraged to be ambulatory (or to move) and recover at home.

Families and patients also find the Mississippi Valley Surgery Center advantageous due to the quality of care. “Our lower patient-to-nurse ratio allows for more attentive care than traditional hospitals that have a medically diverse patient population to care for,” says Alison Beardsley, MVSC Manager. “We are built differently to perform surgeries for patients who don’t necessarily need to be hospitalized, and because patients are home, they recover quicker,” she adds. “Many Quad City area surgeons have privileges at the Surgery Center as well as the local hospitals, so patients do have a choice where a surgery is performed.”

10 Questions to Ask:

1. Can I choose the surgeon?
2. Is the surgeon fellowship trained?
3. What are the procedure’s risks?
4. What are my anesthesia choices?
5. Does the procedure need to be performed in the hospital?
6. Can my care limit exposure to infections?
7. Can scarring be minimized?
8. What kind of I care will I receive?
9. How fast can I recover at home?
10. How much will it cost?

Although many believe that extended observation and stay in a hospital ensures there are no complications, research is bearing out that the best place for recovery can be at home. ASCs consistently perform as well as, if not better than hospital outpatient departments when quality and safety is examined. A recent study included examination of rates of inpatient hospital admission and death in elderly patients following common outpatient surgical procedures in hospitals’ outpatient facilities and procedures in ASCs. Rates of inpatient hospital admission and death were lower in freestanding ASCs according to the Archives of Surgery, a monthly professional medical journal published by the American Medical Association.

“WE ARE BUILT DIFFERENTLY TO PERFORM SURGERIES FOR PATIENTS WHO DON’T NECESSARILY NEED TO BE HOSPITALIZED, AND BECAUSE PATIENTS ARE HOME, THEY RECOVER QUICKER.”

–Alison Beardsley, Mississippi Valley Surgery Center



Douglas Khoury, M.D., Davenport, Iowa

Patients can control costs

As healthcare costs rise patients are facing higher out-of-pocket expenses for healthcare in the form of increased co-payments and deductibles. However many people are also unaware that their choice of where a surgery or procedure is performed can make a difference in the cost for a patient. In many cases, a patient will pay less to have a procedure performed in an ASC compared to a hospital. Studies have shown that procedures performed at an ASC cost significantly less than the same procedure performed at a hospital setting, according to a November 2006 US GAO Congressional Committee's report on Medicare.

Insurers are also taking note. In April, Wellmark Blue Cross and Blue Shield approved Mississippi Valley Surgery Center to perform total joint replacements in the outpatient setting. "Insurers are always considering safe and cost effective alternatives," says Dr. John Hoffman, a fellowship trained surgeon at Orthopaedic Specialists, PC. "To pass muster with major insurance carriers validates our efforts to provide patients with not only a quality, but cost effective option for having their joint replaced."

Ask what your surgeon's fee is and what it covers. Surgical fees often also include visits after the operation. You will also get a bill from the facility for your care and from other providers related to your surgery such as anesthesiologists, radiologists, laboratories, etc. Before your operation, call your insurance company to verify coverage. They will also tell you how much of the costs your insurance will pay and what share you will have to pay.

"ONE MOLINE MOTHER TOLD ME SHE SPENT AN ENTIRE MORNING AT A LOCAL HOSPITAL FOR HER CHILD'S EAR TUBE PROCEDURE WHEN THE ACTUAL SURGERY TIME WAS 10 MINUTES. MISSISSIPPI VALLEY SURGERY CENTER IS A VIABLE CHOICE FOR ALL KINDS OF PROCEDURES."

—Alison Beardsley, Mississippi Valley Surgery Center

The road to recovery

Finally, when considering surgical options, one of the most important factors should be length of stay and the recovery process. Longer isn't necessarily better. Ask how long you will be in the hospital or ambulatory surgical facility. Will your family be allowed to visit 24/7? Family members not only play an important part in helping you to deal with medications and your doctors and nurses, their emotional and practical support can help speed recovery. And when it's time to go home, family members can help make sure that discharge instructions regarding medications, post-surgical care, physical therapy, and the like are organized and complete.



Again, in many cases, an ambulatory surgical facility, such as Mississippi Valley Surgery Center is a viable choice for all kinds of procedures. "I had one Moline mother tell me she spent an entire morning at a local hospital for her child's ear tube procedure in which the actual surgery time was 10 minutes," says Ms. Beardsley. "Not only do we pride ourselves in the safety and quality of our services, but also in the convenient environment we offer patients and their

families. As long as patients are recovering well, patients are discharged in a practical timeframe. The surgery process from admission to discharge does not need to take the whole day," she adds.

"When it comes to quality surgical care, there is a growing consensus that informed health care choices do have an impact on the success of that surgery for patients," says Dr. John Dooley, a founding partner of the Mississippi Valley Surgery Center. "While in the past, patients may have felt they had no power, they should know it's their right to make the purchasing decision that's best for them and their families."

Four highly trained surgeons, four very good reasons:

1. Minimally invasive procedures.
2. Quicker recovery time.
3. Smaller incisions.
4. Less scarring.

Specialized fellowship training allows our board certified surgical team to offer procedures and techniques not commonly available in the Quad City area.

Fellowship training is the Orthopaedic Specialists Advantage



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Official Orthopaedic Physicians of the Quad City River Bandits, Quad City Flames, Quad City Steamwheelers and Clinton Lumberkings

TOTAL JOINT REPLACEMENT CENTER

SPORTS MEDICINE CENTER

FOOT & ANKLE CENTER

HAND & UPPER EXTREMITY CENTER

THE SPINE CENTER



Dr. John Hoffman
Fellowship trained sports medicine surgeon



Dr. Tuvi Mendel
Fellowship trained foot and ankle surgeon



Dr. Tyson Cobb
Fellowship trained hand surgeon



Dr. Michael Dolphin
Fellowship trained spine surgeon



H

HEAD, NECK AND BACK FRACTURES ARE AMONG THE MOST SEVERE SUMMER-SPORT INJURIES FOR SKATEBOARDERS, BICYCLISTS AND ROLLERBLADERS.

The statistics are staggering. According to the Bicycle Helmet Safety Institute: **one in eight** cyclists with injuries suffers a brain injury, and two thirds of the bicycling deaths in the US are from traumatic brain injury.

“I’VE TREATED PATIENTS DUE TO HEAD INJURIES OR WORSE YET, PARALYZED BY NECK INJURIES,” SAYS DR. ANTHONY MAIORIELLO, NEUROSURGEON, MIDWEST BRAIN AND SPINE, DAVENPORT.

“When a very high percentage of cyclists’ brain injuries can be prevented by a helmet, it’s tragic when people ignore this most basic rule.” Dr. Maioriello urges, “The helmet should fit snug and should be worn flat atop your head, not tilted back at an angle. Make sure the chin strap fits securely and that the buckle stays fastened.”

Head and neck injuries aren’t just limited to avid cyclists, skateboarders or rollerbladers. Diving in too-shallow water can be severe, resulting in spinal cord damage and significant lost function or even death. Diving injuries can usually be avoided by checking the water’s depth. “If you can’t see how deep the water is – for instance in a pond or lake,” advises Dr. Maioriello, “don’t dive.”

Wading out into the water to check – seven feet is the absolute minimum for even the tamest diving – is the best way to prevent a skull-first discovery that the water is not deep enough. While home pools usually offer the advantage of see-through water, they seldom have enough depth for safe diving.

Common sense for common injuries

Experts say conditioning yourself before playing a sport is one of the best ways to stay injury-free. Building fitness for summer sports through strength and cardiovascular training gets you ready to suit up and take the field. Once you’re ready to jump into the game, using proper safety equipment, warming up, following the rules and using some common sense are all parts of staying injury-free. Following the rules will also help prevent injuries. Committing a hard foul in basketball, and then brushing it off with a raised hand and a casual, “My bad” can be dangerous for you and everyone else on the court. Many rules – like basketball’s hacking and moving-pick prohibitions – are designed to prevent dangerous play or excessive contact.

Sprains, strains, and bumps are the most common summer-sport injuries. Footwear that fits and is appropriate for the sport offers the best ankle-sprain prevention, but all kinds of bumps, bruises, and strains will happen as long as winning is part of sports. When they do happen, follow the RICE recipe: Rest, Ice, Compression, Elevation (See sidebar.)

The scrapes that go with summer sports – say, leaping to kick that nearly-out-of-reach soccer ball – are typically minor. The wounds should be cleaned, daubed with an antibiotic ointment, and covered with a bandage to prevent dirt or other stuff from getting in. While you’re cleaning a wound, check for any deeper cuts that might require stitches. They might require a trip to the doctor. And make sure the owie-bearer is current with tetanus shots; even grown-ups need to keep current with the vaccine, as tetanus doesn’t discriminate based on age or rusty-nail presence.

RICE is nice!

Rest: Take a break from using your injured item for a couple of days. And if your ankle or knee has the strain, plan on limiting your sports to video-game-simulations while you stay off it.

Ice: Frozen peas may be the best kind of ice: they conform to the shape of the injured area, and they’re already in a tidy plastic bag. Slap them on for 20 minutes at a time, 4 to 8 times a day.

Compression: Elastic wraps, lace-up ankle supports, air casts, special boots, or splints can compress an injured joint to reduce swelling.

Elevation: Keep the injured area elevated above heart level to decrease swelling. Propping your sprained ankle up against the monitor for a couple of days works well. Don’t let the condensation from the peas drip into the works, though, or you may be in for a shock! Anti-inflammatory medication could be added to the RICE acronym, but then it would sound like a wedding’s finale. Yet adding an over-the-counter anti-inflammatory medication like aspirin, ibuprofen or naproxen can help reduce the inflammation even more.



WHAT YOU NEED TO KNOW ABOUT

HEARTBURN

Most of us have a single reaction to summertime food: “Bring it on!” Gotta love those brats, burgers, potato salad and chips – plus your personal beverage of choice to wash everything down. We’re not talking about health food here. Nor is moderation the watchword for July and August cookouts or county fair stands.

Gorging on summer food doesn’t just pack too many calories of too little value into our stomachs. Those of us who’ve overindulged know what gut bombs can set off: heartburn, bloating, and the general havoc in our digestive systems.

Nearly everyone has heartburn – that burning feeling right near the middle of the chest – once in a while. It has many causes, including too much spicy or greasy food, alcohol, caffeine, and smoking. It can even be caused – really, this is true – by stuffing down a huge meal while wearing clothes that are too tight.

Gut check on symptoms

Heartburn may be more than a glutton’s just dessert. “Sometimes the feelings we typically associate with eating too much grill-out food are symptoms of more serious conditions,” says Dr. Sreenivas Chintalapani, M.D., a fellowship trained gastroenterologist at the Gastrointestinal Clinic of the Quad Cities. “We’ve seen patients who were popping Tums all day not realizing they were having a heart attack.”

It’s often hard to tell if chest pain is simply heartburn or something more serious. Here’s your gut check: if heartburn is accompanied by a sour taste and comes right after eating, it’s likely the aftereffects of overgrazing. If it comes after exercise, though, and especially if there’s neck or left arm pain, it’s likely time to call 911. The differences can indicate a heart attack.

“Occasional heartburn shouldn’t be much of a worry. But if you’re over 50, it’s persistent, involves after-exercise pain or if you’re having unplanned weight loss, it’s time to see a physician,” says Dr. Chintalapani.

The general recipe for heartburn

A muscle stands as traffic cop at the stomach’s entrance, to keep your favorite cookout food going the right direction to the stomach. Heartburn happens when the food sneaks the wrong way, from your stomach into your esophagus. And, the food can bring acidic irritants along with it. The esophagus isn’t built to handle that kind of traffic, meaning your esophagus can get burned, much like your skin is burned when you touch something hot.

Heartburn shows up as one of the symptoms for any number of serious and not-so-serious conditions. “Chronic heartburn is often caused by gastro esophageal reflux disease – which can create real problems in your esophagus if it’s left untreated,” says Dr. Chintalapani.

Sometimes the stomach’s top bit can slide up through the ring of muscle that’s supposed to prevent acid reflux that causes GERD. Once the stomach shoves past that muscle – a condition called a hiatal hernia – it’s easy for that stomach-acid to bring on the burn.

Maintaining a healthy weight will help prevent heartburn, too. Obesity creates pressure in the stomach, and the fat can put enough pressure on the stomach to force some heartburn-inducing acid where it doesn’t belong.

To help prevent heartburn, check our healthy grilling recipes on page 20.



Sreenivas Chintalapani, M.D.,
Gastrointestinal Clinic of the Quad Cities

Degrees of burn.

Run-of-the-grill indigestion:

Heartburn, the sour taste in the throat, nausea, gas, loss of appetite.

Gallbladder disease:

Gallbladder attacks are associated with the symptoms for ordinary heartburn, plus rapid-onset, severe upper abdominal pain lasting from 1/2 to several hours. The pain can radiate to under the right shoulder or between the shoulder blades. There is also often abdominal bloating that isn’t relieved by passing gas or changing position.

Acute pancreatitis:

A similar pain profile to gallbladder disease, though without the gas. Your doctor will be able to tell the difference by running blood tests.

Vomiting blood:

If you do so – especially if it looks like coffee grounds – it may indicate more than indigestion. This could be a severe form of gastritis, a stomach-lining irritation, or one of several digestive-tract ulcers. Bloody stools are cause for similar concern.

Health Bites

Summer without a cookout is hardly summer at all, so we've consulted with professionals at the Mississippi Valley Health Network to learn their favorite charbroiled fare. And unlike the greasy stuff that usually comes off the grill, this is genuine comfort food: not chuck wagon chow, but great long-term health food. So here's how to burn the charcoal without cooking up a case of heartburn:

Recipes

Savory Salmon

Yvonne Bonick, RN, Gastrointestinal Clinic of the Quad Cities, says this is a family favorite. Grilled in foil packets with tomatoes, mushrooms and peppers. Easy clean-up, too!

- 4 pieces of salmon, skinned and deboned (approximately 4-5 ounces each)
- 1 1/2 cup canned diced tomatoes with chiles, drained
- 1 Tbsp finely chopped garlic
- 1 Tbsp minced onion
- 1/2 tsp sea salt
- 1/2 tsp lemon pepper
- 1/2 tsp dried oregano
- 1 green bell pepper, seeded and membrane removed
- 6 oz. sliced mushrooms
- 1/2 stick butter

DIRECTIONS:

Build a charcoal fire allowing it to form slight gray ash on top. Place grill 6 inches above coals. In a medium-sized bowl, combine tomatoes, garlic, onion, sea salt, lemon pepper and oregano. Blend well. Place one piece each of salmon on top middle of a 12 inch-wide piece of heavy duty aluminum foil. Place bell pepper, mushrooms and 1 1/2 Tbsp of mixture in the middle of each steak. Add thick pieces of butter on top of mixture. Fold both sides of aluminum foil over salmon, allow room for it to expand. Then fold foil at top and bottom, forming an airtight seal. Place packets on grill and cook for 20 minutes. When done, place packets on serving plates. Be careful when opening hot packets.

Number of servings: 4

Summer Grilling



Grilled Vegetable Medley

Everyone will want to eat their veggies after tasting this simple way to grill summertime vegetables, thanks to Linda Girsakis and Bev Knoblaug, MVSC patient receptionists.

- Tomatoes
- Asparagus
- Green/Red/Yellow pepper chunks
- Red onions
- Red Potatoes

Dip vegetables in olive oil and sprinkle with seasoned salt. Then either put on a skewer or wrap the vegetables in foil. Twist and poke holes in the foil and grill until tender. Add chicken and pineapple for a delicious and heart-healthy dinner.



Marinated Pork Chops

Melissa Pennock, office coordinator, ENT Professional Services, says the secret ingredient in this great-tasting recipe is diet cola!

- 3/4 tsp garlic powder
- 3/4 tsp ground ginger
- 1/2 tsp black pepper
- 1/2 tsp table salt
- 1/4 cup soy sauce
- 6 chop lean boneless pork chop
- 1 1/2 cup diet cola
- 3/4 tsp McCormick Ground mustard

DIRECTIONS:

In a 2-cup measuring cup, combine the first seven ingredients; mix well. Pour 1 1/2 cups into a large resealable plastic bag; add pork chops. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade for basting.

Drain and discard marinade from pork. Grill, covered, over medium heat for 5-6 minutes on each side or until meat juices run clear, basting with reserved marinade.

Number of servings: 6



HEARTBURN'S RED FLAGS



Chronic heartburn isn't just about you over-eating. The acid reflux may eat away at you, specifically your esophagus. If your heartburn is persistent – say, more than twice a week – tell your doctor about it.

If you have persistent heartburn and you are a white male smoker over age 50 who is losing weight, you're flying most of the red flags for serious GERD (gastro esophageal reflux disease). If heartburn is affecting your sleep or your enjoyment of food, doctors are standing by to help you out – and you probably need them.

You may find that your doctor recommends an endoscopy. If your doctor sees any of a number of serious conditions, you might be talking about special medication or even surgery to correct a hiatal hernia or other condition. And don't put it off too long – severe GERD can lead to Barrett's esophagus, which is a serious risk factor for esophageal cancer.



Quad City Steamwheeler Jesse Schmidt is tearing up the turf at the iwireless Center this summer thanks to a career-saving surgery that could put him in the running for the NFL.

"They said I was just a phone call away from the pros," recalls 'Wheeler Receiver Schmidt, referring to his tryout for the Green Bay Packers two years ago. The tryout had gone extremely well, with Jesse putting up better numbers and results than many of the Packers' actual draft picks, including running the 40-yard dash in under 4.4 seconds.

Dashed dreams

He'd hoped to close the deal by showing the Packers and the rest of professional football the kind of stuff he brings onto the field. Then, three weeks into the Quad City Steamwheelers' 2007 season, Jesse was running during a kickoff play and felt something pop in his knee. "It was like no pain I've ever felt before," Jesse says. Once he was taken off the field and onto the sidelines, the team trainer and physicians twisted and bent his leg this way and that to test for injury. "They didn't make a diagnosis right there, but I saw the look in their eyes and knew that they didn't have good news for me," he recalls.

Jesse says the pain, as bad as it was, wasn't the worst part. His family came down from the stands to where the trainer was working on his knee. Jesse recalls the scene: "I couldn't talk to my family because I was too broken up." Seeming a bit reluctant to remember that devastating moment, Jesse concedes that seeing his professional football dreams apparently disintegrate there on the sidelines was hard. "My heart dropped for a little bit... you know, I got a bit teary-eyed."

New hope with a new tendon

Then he met Dr. Tuvi Mendel of Orthopaedic Specialists. "A torn ACL can be a career-ender," says Dr. Mendel. "Any time you tear your ACL, your performance may not return to the same level," he adds. But Dr. Mendel saw that Jesse was young and highly motivated to make at least a full recovery.

After discussing the options for repairing his torn ACL (one of the knee's four major ligaments), Jesse and Dr. Mendel chose to use a new technique that replaces the torn ligament with a bigger, stronger hamstring from a tendon bank. Another option was to remove tissue from Jesse's left kneecap and use it in his right. But the recovery with donated tissue was not only faster; it didn't require rehabbing two legs. "Even though I could tell he was terribly worried about his recovery, Jesse was a terrific patient," recalls Dr. Mendel. "He was committed to putting in the rehab work, and motivation is the key to gaining results in the rehab program."

The surgery itself was no problem. "Right when I met with Dr. Mendel, I knew he was a good guy," says Jesse, and his experience bore out that impression. A friend who'd had a similar surgery wound up with a 6-7" scar. "But I just have three little dots on my knee with a two inch scar where he did the surgery."

A better way to repair a torn ACL

Dr. Mendel employs a newer minimally invasive technique that uses hamstring tendons in ACL reconstruction that does not involve damaging the kneecap and its tendon, like the old technique does. It also involves a smaller incision, off to the side, so there are fewer complications. "In women especially, the old procedure causes knee and joint pain years later," adds Dr. Mendel, who has performed more than 200 hamstring-ACL reconstructions.

Jesse credits the surgery as a career saver. After the procedure came the physical therapy. Jesse's sister had torn her ACL in high school, and her comeback to athletic competition set a strong example for him. "For a while it was tough out there," he recalls. "Dr. Mendel's staff kept my head up, and that really helped a lot." He worked so hard at his physical therapy that the therapist told him to stop coming so often, for fear he'd develop tendonitis.

But Jesse was committed to working out and coming back even better than before the injury. He joined the Acceleration program, and says he has never worked his legs so hard before. He's so committed to the program and its results that he plans on staying with Acceleration through the season. Before the injury, Jesse ran the 40-yard dash in 4.4 seconds or just under. Because of all the hard work he has put in, he's even faster today, he says.

So fast, in fact, that mid-way through the season, Schmidt is now a leading receiver in the af2 League. That is not the kind of production even the most ardent fan would expect from a player whose career looked to be over last season.

He continues to prove himself to reach the NFL. "That's the goal," he says. "That's the final stop." But to get there, he'll have to keep putting up the big numbers. And with his restored knee and confidence, that may happen quickly — perhaps even under 4.4 seconds.

"THEY DIDN'T MAKE A DIAGNOSIS RIGHT THERE, BUT I SAW THE LOOK IN THEIR EYES AND KNEW THAT THEY DIDN'T HAVE GOOD NEWS FOR ME."

Doctor Profile

Dr. James F. Paul

D.D.S., M.S., M.D. FACS

DOCTOR: DR. JAMES F. PAUL,
D.D.S., M.S., M.D. FACS

SPECIALTIES: PLASTIC AND RECONSTRUCTIVE
SURGERY, CRANIOFACIAL SURGERY, PEDIATRIC
PLASTIC SURGERY, COSMETIC SURGERY, ORAL AND
MAXILLOFACIAL SURGERY, AND HAND SURGERY

PRACTICE: PLASTIC SURGERY CENTER, P. C.

YEARS IN PRACTICE: SEVEN



Davenport plastic surgeon gets tremendous satisfaction helping children with overseas mission trips

The Mississippi Valley Health Network of practices brings together a comprehensive group of physicians who share common values of patient-focused care in partnership with the Mississippi Valley Surgery Center. In each issue, we'll spotlight one of our network physicians who lives our mission to ensure patients have access to the best, most affordable and technologically advanced care in an outpatient setting – where we treat patients so they can fully recover and get back to their homes, families, and lives.

WHERE DID YOU GROW UP? I grew up in Monmouth, Illinois, a great place to grow up, an hour south of the Quad Cities.

TELL US ABOUT YOUR FAMILY: I have been married to my wife, Amy, for 16 years. We have 3 children, Kari age 15, Brian age 13, Emily age 9. We live in Bettendorf, Iowa.

WHAT INSPIRED YOU TO STUDY DENTISTRY FIRST? I grew up working part time in my father's dental practice in Monmouth. In his lab, it was interesting to make things by casting crowns, fabricating dentures, or learning about color. I also learned about dental surgery and the importance of taking care of friends and neighbors. In college, my undergraduate advisor was on the dental school faculty. She alerted me to the opportunity of early acceptance into dental school at Iowa. Later, I continued my medical training.

HOW DID YOUR EARLY INTEREST IN DENTISTRY EVOLVE INTO OTHER PLASTIC AND RECONSTRUCTIVE SURGERIES? Shortly after starting dental school, I spent time in the operating room with the oral and maxillofacial surgery residents at Iowa. I became fascinated with complex facial surgery and reconstruction. Historically, plastic surgery evolved from treatment of maxillofacial injuries during World War I by surgeons who were "dental surgeons." Later I became interested in plastic surgery of the whole body, and continued my training so I could also perform general plastic surgery.

WHAT ARE SOME OF THE LATEST ADVANCEMENTS IN PLASTIC SURGERY? Interesting applications in my practice include the use of resorbable plates and screws used for children's skull reconstruction. New types of prostheses are always being developed for breast reconstruction in cancer patients. I have an interest in limited access surgical incisions using endoscopic instruments so that certain head, neck or brow-lift surgeries are easier for the patient with less surgical trauma.

WHAT SHOULD A PATIENT CONSIDER BEFORE CHOOSING PLASTIC SURGERY? Don't be afraid to ask questions. Verify your surgeon is board certified. Also visit www.plasticsurgery.org, the American Society of Plastic Surgeons' Web site.

WE OFTEN THINK PLASTIC SURGERY IS ONLY FOR COSMETIC PURPOSES. WHAT OTHER LIFE-CHANGING PROCEDURES TRANSFORM YOUR PATIENT'S LIVES? I'm routinely asked to treat trauma patients, which is a rewarding part of my practice. I also have a special interest in treating infants and children with birth defects such as cleft lip and palate. I always develop a special relationship with these patients and their families. I think all plastic surgeons that treat women with breast cancer are inspired by their strength. Breast cancer reconstruction is a significant portion of my practice.

TELL US ABOUT ONE PATIENT OR CASE THAT STANDS OUT IN YOUR MEMORY. There are many children born with cleft lip and palate in western Illinois and eastern Iowa who started their treatment in our practice shortly after birth, and have required multiple surgeries through the years. Society can judge people rather critically based on their appearance, and it is a real joy to provide reconstructive surgery that levels the playing field for these kids so they can reach their potential.

TALK ABOUT YOUR INVOLVEMENT IN OPERATION SMILE MISSION TRIPS OVERSEAS. It is special to be part of a team of plastic surgeons, speech pathologists, nurses, dentists, anesthesiologists and others who share the same goal. Mission trips speak to the core values of why most of us chose to pursue health care. There is nothing better than repairing an infant's facial cleft and getting a big hug from the child's mother. The look on a concerned mother's face when she sees her baby whole for the first time is priceless.

Practice: Plastic Surgery Center, P. C. • 3385 Dexter Court, Suite 115 • Davenport, IA 52807 • (563) 359-4777

WHO SAYS IT HAS TO COST AN ARM AND A LEG TO TAKE CARE OF AN ARM AND A LEG



Sure, it's an old saying, but it's one we don't have to agree with. Whether it's paying high out-of-pocket deductibles or navigating through the insurance system and hospital bills, today's healthcare system can weigh heavily on your personal schedule as well as your budget. That's not how healthcare should be.

In fact, as a patient, you have control over where you go for specialized healthcare services – and the decision you make can have a direct impact on what those services cost. We're sure you'll find out why healthcare the way it should be doesn't have to hurt your budget.

When you select a physician who's a member of the Mississippi Valley Health Network you have someone who will work with you, your family, employer and insurance providers to make sure you get on the road to recovery (and back on your feet) safely, quickly and economically.

MISSISSIPPI VALLEY
HEALTH NETWORK™
What healthcare **should be.**™