



Vital Signs Co-Editors:  
Alison Bauer  
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- Diabetes Services Receives Recognition
- Melanoma Awareness

### Mission

*St. Anthony is inspired by faith and committed to excellence.*

*We are dedicated to improving the health of the people we serve.*

*We will lead in providing high quality, high value healthcare services responsive to the needs of our patients and the region.*

*We are committed to the health ministry of our sponsors, the Franciscan Sisters of Perpetual Adoration.*

### Vision

*As a faith-based regional provider, St. Anthony will continue to be the recognized leader in mission focus, quality care and fiscal strength in Iowa.*

### Mantra

*Health, Healing and Hope*

## St. Anthony Chronic Care Center, Diabetes Services, Merits Recognition from the American Diabetes Association

On April 27, the prestigious American Diabetes Association (ADA) Education Recognition Certificate for a quality diabetes self-management education program was awarded to the St. Anthony Chronic Care Center, Diabetes Services program. The program was originally recognized in April 2007 and has been continually recognized since then. The ADA believes that this program offers high-quality education that is an essential component of effective diabetes treatment.

The Association's Education Recognition Certificate assures that educational programs meet the National Standards for Diabetes Self-Management Education Programs. These standards were developed and tested under the auspices of the National Diabetes Advisory Board in 1983 and were revised by the diabetes community in 1994, 2000, 2007 and 2012.

Programs apply for recognition voluntarily. Programs that achieve recognition status have a staff of knowledgeable health professionals who can provide participants with comprehensive information about diabetes management.

"The process gives professionals a national standard by which to measure the quality of services they provide," said Cara Vogl, ARNP, St. Anthony Quality Coordinator. "And, of course, it assures the consumer that he or she will likely receive high-quality service."

Education recognition status is verified by an official certificate from ADA and awarded for four years.

The American Diabetes Association is the nation's leading non-profit health organization supporting diabetes research, advocacy and information for health professionals, patients and the public. Founded in 1940, the association conducts programs in communities nationwide.

To get more information on this local, recognized education program, please contact the St. Anthony Chronic Care Center, Diabetes Services at (712) 794-5901.



## St. Anthony Shares 7 Skin Cancer Prevention Tips in Support of Melanoma Awareness Month

By: Dr. Randal Hess, M.D., Radiation Oncology, St. Anthony Cancer Center

Spring has finally arrived, and with it – Melanoma Awareness Month. Did you know that more than 3.3 million people are diagnosed with skin cancer annually, and skin cancer is the most common form of cancer in the United States? Fortunately, skin cancer is also one of the most *preventable* forms of cancer and highly treatable when detected early.

Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV radiation can also come from tanning booths and sunlamps. The most dangerous kind of skin cancer is called melanoma. If left undiagnosed and untreated too long, melanoma may grow and spread, attacking lymph nodes or organs.

The good news? Skin cancer – even melanoma – can almost always be cured when it's found and treated early. Early detection is the key. There are several steps you can take to keep yourself and your loved ones safe. Implement these skin cancer prevention tips into your regular routine:

- **Seek the shade**, especially between 10:00 a.m. and 4:00 p.m., and **avoid burning**.
- **Do not tan**, and never use UV tanning beds.
- **Wear sunscreen**. Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day – recommended by the Skin Cancer Foundation. For extended outdoor activity, use a water-resistant UVA/UVB sunscreen with an SPF of 30 or higher. Apply sunscreen 30 minutes before going outside. Reapply every two hours and immediately after swimming or excessive sweating.
- **Cover up** with protective clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Keep newborns out of direct sunlight**. Dress them in protective clothing and watch for overheating. Sunscreen should be used on babies over the age of six months.
- **Examine your skin once a month**. Check head-to-toe, noting any new moles or growths, as well as any existing ones that grow or change in size, shape, color, border, symmetry or elevation. Look for symptoms, such as bleeding, itching or crusting.
- **See your primary care physician or dermatologist once a year** for a professional skin examination; and as soon as possible if you spot any new moles, or growth or changes listed above.

Conducting monthly self-exams is critical for early detection of skin cancer. The best advice for patients is to get to know the moles on your body. Check for growth or changes in size, shape, color, etc. If you notice a mole that is new or looks different somehow – trust your instincts and see your health care professional right away. Remember, melanoma is very treatable and survivable if it is detected early – so if you're in doubt, check it out.

# WELCOME

## New Employees

Kristen Thompson (F&N)  
Connie Janning (HR)  
Jolene Hasbrouck (P Reg)

Jo Hasbrouck (P Reg)  
Caitlin Reis (P Reg)

### Our Condolences to:

Nancy Bielenberg (QM) on the loss of her Brother.  
Dr. Susan Teggatz (Clinic) on the loss of her Sister In Law.  
Kathy Powell (OB) on the loss of her Father.



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