



Vital Signs Co-Editors:
Alison Bauer
Paula Lambertz
Stacey Vonnahme

- Skin Cancer Awareness
- 22nd Annual Field of Teams
- Burst Your Thirst

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 Shares 7 Skin Cancer Prevention Tips in Support of Melanoma Awareness Month

By 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:

1. **Seek the shade**, especially between 10:00 a.m. and 4:00 p.m., and **avoid burning**.
2. **Do not tan**, and never use UV tanning beds.
3. **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.
4. **Cover up** with protective clothing, including a broad-brimmed hat and UV-blocking sunglasses.
5. **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.
6. **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.
7. **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.



22nd Annual Field of Teams Team Sign-up

This fundraiser, sponsored by the Carroll Rotary Club, helps raise money used to assist with the care and support of St Anthony Regional Hospice patients and their families.

Sunday, August 12th @ Carroll Softball Complex
Games will begin around 11AM.

Our team's first play time can be accommodated if event coordinators know in advance.

If you have any questions, please don't hesitate to contact me at CSchimmer@stanthonyhospital.org or extension 5392.



Registration opens May 14

Burst Your Thirst, the next Live Healthy Iowa challenge!!

Go to: www.livehealthyiowa.org Enter group ID: LHSARH

Plan to join in the fun and get a group together!

WELCOME

New Employees

Patty Hauswirth– NH
Matthew Brinkman– F&N

Melonie Vandgrift– F&N

I wish to thank everyone for the thoughtful and kind words expressed in the cards and letter sent honoring me as one of the 100 Best Iowa Nurses. So grateful to St. Anthony and Michelle Kroeger for the nomination. You are the best!

Thanks

Sincerely,
Verna Tiefenthaler



Adult Medicine
Mark Collison, M.D.
Family Medicine
Patrick Courtney, M.D.
Tina Flores Schechinger, M.D.
David Nystrom, D.O.
Barb Boldt, PA-C
Shelley Diehl, PA-C
Gynecology/Urology
Maria Hernandez, M.D.
OB/GYN
Nelson Lo, M.D.
Charles Svensson, M.D.
Pediatrics
Karla Cheney, M.D.
Susan Teggatz, M.D.
Neurology
Blanca Marky, M.D.
Urology
Richard Sazama, M.D.
St. Anthony Clinic
405 S. Clark St., Ste 100
Carroll, IA 51401
712-792-2222

Dominick Ervelli, D.O.
St. Anthony Clinic–Westside
235 Hwy 30, Westside, IA 51467
712-663-4371
Jeff Boldt, PA-C
St. Anthony Clinic–Breda
221 Main Street, Breda, IA 51436
712-673-2301
David Nystrom, D.O.
St. Anthony Clinic–Coon Rapids
215 Main, Coon Rapids, IA 50058
712-999-2237
DeRae Schroeder, DNP
St. Anthony Clinic–Denison
1820 4th Ave South, Denison, IA 51442
712-263-6116
Michelle Kroeger, ARNP
St. Anthony Clinic–Manning
221 Ann Street, Manning, IA 51455
712-653-2211
Jeff Boldt, PA-C
St. Anthony Clinic– Wall Lake
311 W. First St., Wall Lake, IA 51466
712-664-2800

Randal Hess, M.D.
Radiation/Oncology
St. Anthony Cancer Center
405 S. Clark, Carroll, IA 51401
712-794-5265

Philip Muller, M.D.
Mental Health Services
311 S. Clark St., Ste. 435
Carroll, IA 51401
712-794-5435

Deb Adams, ARNP
Cara Vogl, ARNP
Chronic Care Center
311 S. Clark St.
Carroll, IA 51401
712-794-5901