

October 11, 2019
Issue 21 Volume 33



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

- Breast Cancer Awareness Month
- Flu shot reminder
- Employee Giving Campaign

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, St. Anthony Ministries.

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

October is...



UNTIL THERE IS A CURE...

Mammograms are an important first step in taking care of yourself and of your breasts. A mammogram is a procedure that involves a low dose x-ray that allows radiologists to look for changes in breast tissue that may not be normal. Whether you or a loved one is worried about developing breast cancer, this information will help you find the answers you seek.

When Should I Start Mammograms?

Through the years, medical opinions have changed about when women should have their first mammography. The American Cancer Society published the current guidelines below.

Bear in mind that women considered at “high risk” – because of family history, a breast condition, or another reason – need to begin screening earlier and more often. In addition, all women, no matter what age you are, should let your doctor know about any change to your breasts.

- Women 40 - 44 should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- Women 45 - 54 should get mammograms every year.
- Women 55 and older may now change to mammograms every 2 years or can continue yearly screening.
- Screening should continue as long as a woman is in good health and is expected to live 10+ years.

3D Mammograms

3D mammograms are imaging tests that combine multiple x-rays to create a 3D image of a breast. They are becoming more common but are not yet available at all medical facilities. Combining a 3D mammogram with a standard mammogram has a variety of benefits.

First, it may reduce the need for follow-up imaging. When abnormalities on standard mammogram images are detected, doctors may recommend additional imaging. Being called back for additional imaging can be stressful and may lead to additional costs. In addition, 3D mammograms offer advantages in detecting breast cancer in people with dense breast tissue because the 3D image allows doctors to see beyond areas of density.

Importance of Self Breast Exams

Regular breast self-exams help increase your awareness of the normal look and feel of your breasts. By becoming more aware, you can more easily determine whether there have been any changes to your breasts. While this is not the most effective means of detecting cancer, doctors believe there is value in self-exams so that women can promptly report any changes. Note that cancer is just one condition that may cause changes in your breasts.

2019-2020 Employee Campaign

Information regarding the 2019-2020 Employee Campaign was recently mailed to each employee's home. Your financial support of the campaign sends a strong message to our community. It's a sign that we care about our healing mission. All gifts are appreciated; please participate at whatever level is possible for you. In addition, we would like you to share the *Building Hope* video with family and friends. It can be found at buildinghopeiowa.org.

Areas of Focus

- St. Anthony Building Hope Campaign
- St. Anthony Hospice
- SOS Fund

GIVE

Return your form by Wednesday, Nov. 27 to be entered into the drawing for prizes. **(Forms returned by Monday, Oct. 21st will be entered in for a drawing for two tickets to the Iowa State vs Oklahoma State football game on Oct. 26th.)** More prizes will be added as they are received. Forms may be returned to the Human Resources Office or the Foundation Office, both located on the 4th Floor of the Surgery Center.

For questions regarding your donation, call Stacey at x5287.

- Wear PINK on Fridays in October for Breast Cancer Awareness Month.
- FREE PINK ice cream in Café on Oct. 18th.
- Remember to schedule your yearly mammos! (712) 794-5202



Staff, Don't Forget Your Flu Shot!

- Clinic Times:**
- Friday, October 11: 9:00 am-1:00 pm
 - Friday, October 18: 11:00 am-4:00 pm



Declination of flu vaccine means you will have to complete a Healthstream assignment, you must wear a mask from October 31 to March 31. If you are declining the flu shot, you must sign a declination form by October 31.

**All clinics will be held in Meeting Room 2 across from the cafeteria entrance.



Charles Neumayer– Clinic
Kelsey Truitt– F&N



St. Anthony Regional Hospital
311 S Clark St., Carroll, Iowa

Chronic Care Center
712-794-5901

Deb Adams, ARNP, Cara Vogl, ARNP

St. Anthony Cancer Center
712-794-5265

Randal Hess, M.D., *Radiation/Oncology*

St. Anthony Surgical Group
712-794-5700

General Surgery

Patricia Teschke, M.D.

Nicholas Kuiper, D.O.

Gynecology/Urology

Maria Hernandez, M.D.

Mental Health Services
712-794-5435

Philip Muller, M.D.

Amy Canuso, D.O.

Cyndi Johnson, ARNP

Mikala Landon, ARNP

St. Anthony Clinic
Carroll: 712-792-2222

Adult Medicine

Mark Collison, M.D.

Family Medicine

Patrick Courtney, M.D.

Tina Flores Schechinger, M.D.

Barb Boldt, PA-C

Shelley Diehl, PA-C

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.

Jeff Boldt, PA-C

Breda: 712-673-2301

Wall Lake: 712-664-2800

Denison: 712-263-6116

Cassie Esdohr, PA-C
Coon Rapids: 712-999-2237

DeRae Schroeder, DNP
Denison: 712-263-6116

Michelle Kroeger, ARNP
Manning: 712-653-2211

Dominick Ervelli, D.O.
Westside: 712-663-4371