



Vital Signs Co-Editors:

Alison Bauer
Paula Lambertz
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- Groundbreaking of St. Anthony Regional Cancer Center
- Carroll County Leadership Institute Graduates

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

St. Anthony Breaks Ground on \$16.5 Million Cancer Center

A valuable investment in the future of health care for west central Iowans

On April 23rd, St. Anthony Regional Hospital took a momentous step in meeting the future health care needs of west central Iowa as the organization broke ground on its \$16.5 million regional cancer center. St. Anthony Hospital Board and St. Anthony Foundation Board members, administration, and medical staff commemorated the event by moving the first shovels of dirt. Numerous colored shovels were used to represent the types of cancer awareness ribbons.

“This groundbreaking event signifies the official build of our new cancer center. St. Anthony Hospital and St. Anthony Foundation board members, volunteers, staff, and our community members are working diligently to see this project come to fruition,” said Ed Smith, St. Anthony President and CEO. “We know there is much work yet to do, but this spring we are one step closer to opening a tremendous facility to continue the fight against cancer.”

A special ceremony was held featuring a presentation by Tom Gronstal, St. Anthony Hospital Board Chair, that revealed features of the cancer center including upgraded, next level treatment technology, expanded space with natural lighting for improved patient experience and convenience, and improved coordination of care, all under one roof.

Cancer survivors, Emily St. Peter, DMACC nursing student of Carroll, and Gale Zellweger, retired Glidden Ralston High School teacher, shared their stories of hope and healing. Both St. Peter and Zellweger received cancer treatment at St. Anthony and expressed how grateful they were for the medical treatment available here in their own community. They thanked those who worked so tirelessly to provide their treatment from the doctors, therapists, oncology certified nurses, and all the caring staff in infusion, radiation, and medical oncology areas.

St. Anthony Radiation Oncologist Randal Hess, M.D., and Medical Oncologist Mark Westberg, M.D., of Medical Oncology and Hematology Associates of Iowa at St. Anthony, displayed their support of the new cancer facility, which will treat an anticipated 2,000 patients each year.

“We know there is great need for technology, equipment and providers to treat cancer patients here in west central Iowa,” said Dr. Hess. “I am so proud to be part of a community that passionately supports cancer care with their own personal time and resources. The realization of this project speaks volumes about the community of Carroll and the communities in this region.”

“We have seen research that supports the fact that patients battling cancer do well when surrounded by family and friends,” said Dr. Westberg. “We are obligated to do everything we can to afford patients and their families the opportunity to heal close to home.”



**Congratulations to the
Carroll County Leadership Institute's Graduates**



The Carroll County Leadership Institute class helps participants develop and enhance leadership skills and build a network with fellow attendees through a series of eight evening sessions that take place from September through April. Additionally, community leaders provide presentations that help to instill a spirit of commitment and prepare attendees to assume leadership roles.

The Carroll County Leadership Institute's 2018-2019 graduation was held Wednesday, April 17th at the Carrollton Inn. Graduates from St. Anthony Hospital were Angelo Luis, Chaplain, and Dawn Bonham, Surgical Services Director.



Doctors have always recommended using a sunscreen with an SPF 15 or higher as one important part of a complete sun protection regimen. Sunscreen alone is not enough, however. Check out this full list of skin cancer prevention tips.

- **Seek the shade**, especially between 10 AM and 4 PM.
- **Don't get sunburned.**
- **Avoid tanning and never use UV tanning beds.**
- **Cover up** with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- **Use a broad spectrum (UVA/UVB) sunscreen** with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- **Apply 1 ounce (2 tablespoons) of sunscreen** to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or excessive sweating.
- **Keep newborns out of the sun.** Sunscreens should be used on babies over the age of six months.
- **Examine your skin** head-to-toe every month.
- **See your physician at least once a year** for a professional skin exam.

WELCOME

New Employees

Bailey Esslinger-Lab
Lisa Flygstad-F&N
Carmen Malloy-NH

Savannah Quandt-F&N
Jeff Storjohann-Clinic Courier

Our Condolences to:

Sandy Williams (Med/Surg) for the loss of her mother.
Debbie and Richard Sazama, M.D. (Clinics) for the loss of her mother.
Susan Teggatz, M.D., (Clinic) for the loss of her father in law.



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

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Deb Adams, ARNP, Cara Vogl, ARNP
712-794-5901

St. Anthony Cancer Center
Randal Hess, M.D., *Radiation/Oncology*
712-794-5265

St. Anthony Surgical Group
Nicholas Kuiper, D.O., & Patricia Teschke, M.D.
712-794-5700

Mental Health Services
Amy Canuso, D.O., Cyndi Johnson, ARNP
Philip Muller, M.D.
712-794-5435

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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.

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