

# Bulletin

JAN. 6, 2012

## Mercy receives donation from Bras for the Cause

For more than four years, Mercy Medical Center has been a supporting sponsor and partner of Bras for the Cause, a non-profit organization dedicated to ensuring lowans have access to mammograms, cervical screenings and other related health programs.

In April 2011, Mercy Mammography held its first Muffins and Mammograms event, which provided screening mammograms for women age 40 and older who had little or no insurance coverage. Mammography technologists and registration staff, who strongly support Mercy's mission, helped staff the event. To pay for the service, Mercy used funding from a donation made by Bras for the Cause in 2010. Throughout 2011, Mercy provided the following using the donation from 2010:

- 78 screening mammograms.
- From the 78 mammograms, nine patients were called back for diagnostic mammograms and/or breast ultrasound.
- Of those nine patients, three were sent on for breast biopsies, which all came back negative for cancer.

Mercy recently received a \$50,000 donation from Bras for the Cause, which will again be used to help patients who have little or no insurance to cover the cost of mammograms and other breast-related needs.

 **Mercy**  
Excellence.  
Every Day in Every Way.™

## Taking the First Step toward substance abuse recovery can make all the difference

As the holiday season winds down and we come off of the month-long sugar high, those dealing with alcohol and drug abuse tendencies may be struggling.

The period from Thanksgiving to New Year's is a time when most drug addicts and alcoholics try to ignore their condition to participate in the camaraderie and festivities of family gatherings, company parties and other social activities. This behavior typically results in increased drug and alcohol abuse—especially among those who are already addicted.

“We do typically see an increase in inquiries to Mercy First Step through our Help Center after the holidays,” said Teri Fredregill, RN-BC, CARN, director of Outpatient Services, Mercy Behavioral Health. “Clients are usually around family members more during the holidays and extended family members can witness abuse-related habits first-hand. Add the potential for negative family memories and we have more adults seeking treatment.”

Most drug addictions start with casual or social use of a drug or alcohol. For some people, using the drug or consuming alcohol becomes a habit and its use becomes more and more frequent. Drug and alcohol abuse isn't something that is limited to adults – more and more teens are becoming abusers. It can sometimes be difficult to distinguish normal teenage moodiness or angst from signs of drug use.

Mercy First Step – located on the Mercy Franklin Campus in Des Moines – offers an array of treatment options for adults and unique programs for professionals and adolescents suffering from alcohol and substance abuse

problems. Mercy First Step does not require a physician's referral for treatment.

More than one-half of American adults have direct family experience with alcohol problems, which cost Americans more than 100,000 lives and approximately \$185 billion each year.

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Mercy Behavioral Health offers a 24/7 Help Center to assess patients – (515) 271-6111.

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*Mercy First Step typically sees an increase in inquiries through its Help Center after the beginning of a new year.*

## Announcements & News Briefs

### Office 2010 Overview classes offered

In response to many requests, an overview of Microsoft Office 2010 is being offered. This free two-hour demonstration includes overviews of Excel, Word, Outlook and PowerPoint. You will learn what you need to know to get you up to speed quickly, including the new ribbon tabs, how to customize the quick access toolbar and preview some of the new features. Classes are being offered both at the Mercy Central Campus and Mercy West Lakes. Registrations for these classes are being accepted through LEARN on InsideCHI.

### 2011 W-2s to be available soon

Mercy employees have until Sunday, Jan. 15, to consent to view and print their 2011 W-2

form online instead of waiting for a printed copy to arrive in the mail. Those who wish to be able to access an electronic copy of their 2011 W-2 beginning Jan. 20 must visit InsideCHI, go to HR/Payroll Connection, select the “My Pay” tab, click on “View or Request Electronic Delivery of Your W-2” on the right-hand side of the screen and provide consent—all prior to the Jan. 15 deadline.

Those who authorized the electronic delivery of their W-2 in the past also will be able to view and print their 2011 W-2 online beginning Jan. 20. Paper copies will not be mailed to any employee requesting electronic delivery. Employees who do not consent to receive their 2011 W-2 online can expect to receive a hard copy at their home address. CHI will mail the forms on or before Jan. 31, 2012.

### Live Healthy, Cook Healthy, Be Healthy

Join Mercy Weight Loss & Nutrition Center’s Diane McIlhon, when she presents “Super Superbowl Treats” at 6:30 p.m. on Tuesday, Jan. 17. Co-sponsored by Iowa Diabetes and Endocrinology Center (IDEC) and Mercy Weight Loss & Nutrition Center, this class is part of the Live Healthy, Cook Healthy, Be Healthy series held at the YMCA Healthy Living Center, 12493 University Ave. in Clive. For more information about this free class, please call x8-9400.

## AIM-HIGH study: If bad cholesterol is controlled, adding niacin won’t lower heart attack, stroke risk



Cardiologist William Wickemeyer was principal investigator of the AIM-HIGH trial at Iowa Heart Center.

Mercy and Iowa Heart Center enrolled 93 of the 3,414 patients in the highly-publicized AIM-HIGH study that analyzed whether raising HDL through combination statin and

niacin therapy would reduce the risk of having a heart attack in people with established heart disease. The therapy showed no benefit and the study was brought to a halt more than a year before the anticipated end date.

“We need research studies because we can’t assume to know which drug therapies and procedures are successful until we study them scientifically,” said cardiologist William Wickemeyer, principal investigator of the AIM-HIGH trial at Iowa Heart Center.

The improved lipid changes in the niacin group didn’t translate into fewer heart attacks, strokes or heart-related deaths or hospitalizations, which occurred in 16.4 percent of patients taking niacin and 16.2 percent of those on placebo – a difference that was not statistically significant.

“However, niacin has a number of metabolic effects beyond raising HDL,” said Dr. Wickemeyer. “Each patient’s need for niacin must be evaluated on a case-by-case basis and shouldn’t automatically be thrown out based on this trial,” he said.



## BULLETIN

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