

Bulletin

JULY 22, 2011

Margin Marker beneficial in treatment of breast cancers



The Margin Marker inks come in a pack for ease of use by cancer surgeons. Each color denotes a specific area of the tissue sample.

The idea is simple; the benefits immense. Dr. Susan Beck, breast surgeon, and the surgeons at Mercy's Katzmann Breast Center, have been using a procedure called Margin Marker to better prepare tissue samples for analysis in the pathology lab.

Margin Marker is a sterile, single-use ink device used by the surgeon immediately after removing the tissue sample. The inks are identical to those currently used in pathology labs and do not interfere with processing or analyzing the tissue.

By marking areas of a tissue sample with specific colors of ink, a surgeon is able to show how the tissue was situated in the body before it was removed. Showing this exact orientation is helpful to pathologists as they test and study the sample to determine whether the surgeon has successfully removed the entire cancer.

"Margin Marker is a great advancement for breast cancer patients because it helps us to be more exact," said Dr. Beck. "Using this procedure, we are much better able to assure that we have removed all of the cancerous tissue to help avoid a recurrence of the cancer at that site and preserve normal breast tissue."



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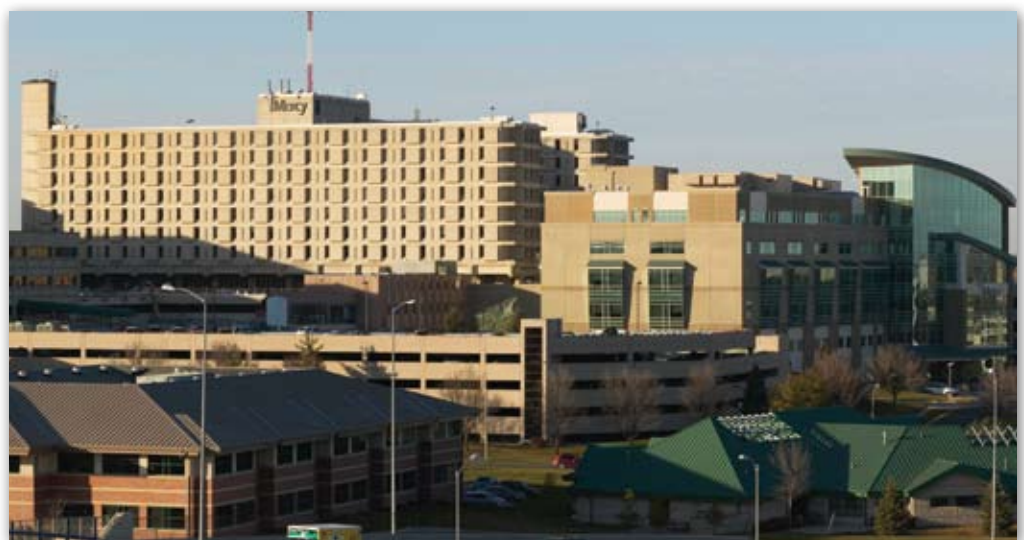
Mercy named Best Hospital in Des Moines metro by *U.S. News & World Report*

For the past 22 years, *U.S. News & World Report* has released a list of the highest performing hospitals in the nation, ranking them according to specialty and quality of inpatient care delivered. This year, for the first time, the publication drilled deeper to evaluate all hospitals serving 94 metropolitan statistical areas (MSAs) with at least a half million residents – and named Mercy the Best Hospital in the Des Moines metro.

The designation came as a result of Mercy's being ranked as a "high-performing" hospital in three adult specialty areas: cancer, gynecology and nephrology. To make that determination, *U.S. News & World Report* looked at data from more than 720 regional hospitals to identify which ones met stringent benchmarks in its 16 adult specialty areas for a variety of indicators – including hospital reputation, survival rates, patient safety and quality-related data such as patient volume and nursing care.

After all the hospitals that met the criteria were scored, *U.S. News & World Report* identified the top 25 percent, and those that serve MSAs of at least 500,000 residents that were not ranked nationally were ordered by the number of specialties for which they were recognized as being a top performer. Mercy's three specialty ratings led to its being named Best Hospital in the Des Moines metro.

"We are truly honored to receive this recognition," said Mercy President & CEO Dave Vellinga. "Being designated as a 'high-performing' organization in the areas of cancer, gynecology and nephrology is a validation of the skill and dedication of our physicians, clinicians and support staff. And by naming Mercy as the top hospital in the Des Moines metro, *U.S. News* is recognizing Mercy's commitment to providing excellent health care to every patient and family we serve – something that happens here every day in every way."



Mercy Medical Center – Des Moines was recently named the Best Hospital in the Des Moines metro area by *U.S. News & World Report*. The designation was due to Mercy's outstanding performance in the areas of cancer, gynecology and nephrology.

Just as figuring the temperature in the middle of an Iowa winter is never complete without knowing the wind chill factor, it's hard to get an accurate feel for the dog days of summer without knowing the heat index. The similarities in weather extremes don't end there, though, and the pediatricians at the Mercy Children's Emergency Center would like to see parents take some tips from winter to avoid the health hazards that accompany the heat.

Mercy Children's Emergency Center Medical Director Dr. Tom McAuliff said putting together a heat safety kit, similar to a winter survival kit, can be an important safeguard for families. "When we see extreme heat, it's important to do two things for children – keep them hydrated and be able to cool them down," he said. "If you're going to be outside when it's extremely hot, pack plenty of cool or cold water and cloths or towels you can soak to cool children down. You can also toss in a battery-operated fan and an umbrella or oversized cloth to provide shade. Having a cell phone to call for help is also important."

Dr. McAuliff said even healthy children can be affected by extreme heat. "People often think of young, unconditioned athletes when they think of children impacted by heat," he said. "But a healthy child, or a child with a

pre-existing health condition, can also be impacted by the heat very quickly."

If children do have to be outdoors when it's dangerously hot, Dr. McAuliff advises keeping the amount of time they spend outside to a minimum and making sure they drink plenty of water every hour.

"Water is the best drink for children and adults" he explained. "Fruit juices don't hydrate enough because of their high sugar content and young children don't really benefit from sport drinks. Soda actually dehydrates the body and should be avoided."

During the recent heat wave, children have been treated for heat-related illnesses at the Mercy Children's Emergency Center, but Dr. McAuliff said there are early signs parents can look for to keep a child from experiencing these conditions. "If a child becomes extremely tired and sweats profusely or stops sweating completely, parents should pay attention. Things like muscle cramping, extreme headaches, vomiting or difficulty breathing are additional signs you need to head indoors or get help if necessary," he added.

For more ways to help children cope with summer heat, call Mercy Nurse at x-32584.



A heat safety kit like the one pictured above can help protect children against a number of heat-related illnesses that result from exposure to extreme summer temperatures. The kit should include plenty of water, a towel to soak and an insulated carrier with ice packs. A battery-operated fan and an umbrella for shade can also be useful.

Mark your calendar...

CELEBRATE YOU WOMEN'S CLUB

Thursday, July 28 (5:30 p.m.)

Jordan Creek Town Center

Upper level near Younker's

Mercy Center for Joint Replacement educator, Mary Ann Be, RN, BSN, will present "Got Joint Pain?" at the July Women's Club event. The free, hour-long program focuses on beauty, health, friendship and shopping and is open to all women over the age of 18. To RSVP or learn more about the club, visit www.mercydesmoines.org/celebrateyou or call (515) 224-5000.

MERCY CLINICS SUMMER 2011 CME CONFERENCE

Saturday, Aug. 6 (7:15 a.m. – noon)

East Tower Auditorium

This free seminar for Mercy medical professionals has continuing medical education (CME) credits available. Topics include diagnosis of musculoskeletal pain; radiation therapy options for breast cancer; trends in imaging and surgical techniques for breast disease; criteria to diagnose unusual rashes and lesions; and the role of the physician when caring for infants undergoing helmet therapy for craniofacial malformation. To register, call Mercy Clinics Administration at x-37150 by Friday, July 29.

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