

Fall 2025

Dubuque

LiveWell



SHOUTING "GET YOUR MAMMOGRAMS!"

Breast Cancer Survivor Shares
Her Powerful Message

BABY, BABY, BABY

Three Dubuque Sisters Share
Birthing Suite Experience

DOUBLE HEART CRISIS

Galena Territory Man Survives
the Fight of His Life - Twice

FLU AWAY

How Vaccination
Can Keep You Healthy

unitypoint.org



UnityPoint Health
Dubuque

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LiveWell

Fall 2025

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YOUR TRUSTED HEART PARTNER

Our heart care teams are experts in the most important thing: You.



SCAN TO LEARN MORE ABOUT OUR HEART SERVICES.



UnityPoint Health
Dubuque

'Center of Excellence' Designation Highlights Finley's Advanced Pain Care



Timothy Miller, MD,
Finley Hospital Pain Clinic

Boston Scientific recently recognized Finley Hospital as an Intracept Procedure Center of Excellence. Intracept is a minimally invasive, same-day treatment designed to alleviate chronic low back pain. The Center of Excellence designation is given to physicians who have achieved a high level of training and experience with Intracept. Timothy Miller, MD, Finley Hospital Pain Clinic, specializes in the procedure and is the only physician in eastern Iowa to earn this honor. Learn more by visiting uph.link/PainClinic_DBQ.

Visiting Nurse Association Receives Grant to Provide Free Prenatal Vitamins

UnityPoint Health - Visiting Nurse Association (VNA) is the grateful recipient of a grant from Vitamin Angels to provide free prenatal multivitamins to women with limited access to these important supplements.

Women who are currently pregnant, postpartum, breastfeeding or otherwise capable of pregnancy and have limited access to prenatal vitamins can stop by the VNA, 660 Iowa St., and receive a free bottle of prenatal multivitamins. Each bottle contains 180 doses, which is a six-month daily supply.

The program will serve as an addition to the VNA's maternal health program and Iowa's Healthy Pregnancy Program, a free, statewide service that provides education and support to pregnant and postpartum women.

For more information, visit uph.link/VNA_DBQ.

HEALTH CLIPS

New CT Scanner Enhances Patient Comfort



Finley Hospital installed a new Computed Tomography (CT) scanner earlier this year. The Siemens X.Cite features a wider bore, a camera to help technologists monitor the patient throughout the scanning process and a tablet-based system that allows the technologist to stay closer to the patient for enhanced communication and comfort.

Finley Hospital Receives National Recognition for Stroke Care

The American Heart Association has awarded Finley Hospital with the Get With The Guidelines® - Stroke Gold Plus with Target: Stroke Honor Roll quality achievement. This designation recognizes the hospital for its commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines, ultimately leading to more lives saved and reduced disability.

Stroke is the No. 5 cause of death and a leading cause of disability in the U.S. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is either blocked by a clot or bursts. When that happens, part of the brain does not receive the blood and oxygen it needs, so brain cells die. Early stroke detection and treatment are key to improving survival, minimizing disability and accelerating recovery times.

For any sign of stroke, such as loss of balance, facial drooping, arm numbness or weakness or slurred speech, call 911 to go to Finley's Emergency Room immediately.



CANCER SURVIVOR SHOUTS FROM THE ROOFTOPS: "GET YOUR MAMMOGRAMS!"

Dubuque resident Jodi Doty sought treatment for breast cancer at Finley and Wendt Regional Cancer Center. She now advocates for women to have annual mammograms.

Jodi Doty, a life-long Dubuque resident, went in for what was her second-ever mammogram at the age of 60, in March 2025. The American Cancer Society recommends women begin annual screening for breast cancer at age 40, or earlier if there's family history of the disease. However Doty, like many women, prioritized taking care of her family over her own health for many years.

"My family encouraged me to get my first mammogram at age 59," said Doty. "They said, 'You're always taking care of everybody else and making sure we get to the doctor or get tests done. You need to start taking care of yourself.'"

Thankfully, Doty listened to her family's suggestion and went to the radiology department at UnityPoint Health –

Finley Hospital for her first mammogram and then her second a year later.

She was asked to come back after that second mammogram appointment because the team found a suspicious spot. Following an additional mammogram, she underwent an ultrasound and eventually received the news: Stage 2 breast cancer.

"It was devastating," said Doty "Your mind just goes blank. You don't ever want to hear the word 'cancer.' There were a lot of tests, and as results came back, we found it hadn't spread to my lymph nodes, which made me a little less scared going into surgery."

Surgery and Radiation to Treat the Cancer

Doty chose to have a lumpectomy to remove the tumor in her left breast. Ahmad El-Hattab, MD, surgeon with Dubuque Surgery PC, performed the procedure in Finley Hospital's advanced surgical suites.

"Dr. El-Hattab was very straightforward and told me everything that was going to happen with the surgical process," said Doty. "He and his nurse always took time to answer my questions and made me feel like I was part of their family. Everything went really well with surgery."



Ahmad El-Hattab, MD,
Surgeon, Dubuque Surgery PC

Following the operation, Doty had a two-week break for recovery. During this time, she met with her oncologist, Mark Hermann, MD, with the Wendt Regional Cancer Center. They discussed her treatment plan, and after Oncotype testing (genetic testing to predict cancer recurrence), Dr. Hermann recommended radiation treatments.



Mark Hermann, MD
Wendt Regional Cancer Center

For this part of her treatment, Doty worked with Paul Lindholm, MD, Wendt Cancer Center radiation oncologist, and the radiation team. She received radiation treatment every day, Monday through Friday, for three weeks.



Paul Lindholm, MD,
Wendt Regional Cancer Center

"The radiation team was phenomenal – from the receptionist Janaan, who always has a smile on her face, to the radiation therapists who I called 'my girls,' to Dr. Lindholm and his nurse Mary Carol," said Doty. "Mary Carol has been like a mother to me, guiding me through everything and helping with any side effects I've experienced."

"Everyone was so positive, and they keep things upbeat, but if you need to cry, they'll cry with you," she continued. "They made me feel like, 'okay, I can do this.' They've all found their calling, and I couldn't have picked a better group of people to go on this journey with me."

A Champion for Mammograms

Doty's breast cancer treatment may have ended after she rang the bell at the Wendt Cancer Center, but a new journey of advocating for women to take care of their health and have regular mammograms was just beginning.

"I'll be shouting, 'get your mammograms' from the rooftops," said Doty. "I felt perfectly fine and had no symptoms at all. I want to tell women to not wait. Mammograms don't hurt, and it's worth the short time it takes, once a year, to get it done. If I would have continued waiting, I don't think I would have had the outcome I did. Mammograms save your life."

THE RIGHT CARE, RIGHT HERE

If you've been diagnosed with breast cancer, or any type of cancer, the Wendt Regional Cancer Center is here for you. To learn more about our team and the services we provide, visit uph.link/CancerCare_DBQ.

GET YOUR ANNUAL SCREENING MAMMOGRAM

The American Cancer Society recommends women start with a baseline mammogram between the ages of 35-40, then begin annual screening mammograms at age 40, or sooner if there's a family history of breast cancer.

To schedule your mammogram, ask your healthcare provider for a doctor's order and then call (563) 557-2787 to schedule your mammogram at UnityPoint Health – Finley Hospital's Radiology Department.

UNITYPOINT CLINIC – DUBUQUE

UnityPoint Clinic offers five primary care clinics, two urgent care clinics and seven specialty care clinics in several convenient locations to meet all your health care needs. We provide comprehensive, high-quality care so that you can look forward to good health.

- 1

UnityPoint Clinic Urgent Care – Warren Plaza
3500 Dodge Street, Suite 135 | Dubuque, IA
(563) 557-3935
- 2

UnityPoint Clinic Family Medicine – Dubuque
4025 Westmark Drive | Dubuque, IA
(563) 583-9300
- 3

UnityPoint Clinic Family Medicine – Peosta
8456 Commercial Court, Suite 100 | Peosta, IA
(563) 557-3960
- 4

UnityPoint Clinic Multi-Specialty – Dubuque
1515 Delhi Street, Suite 100 | Dubuque, IA
(563) 557-9111
 - Internal and Family Medicine (Primary Care)
 - Allergy & Immunology
 - Endocrinology
 - Gastroenterology

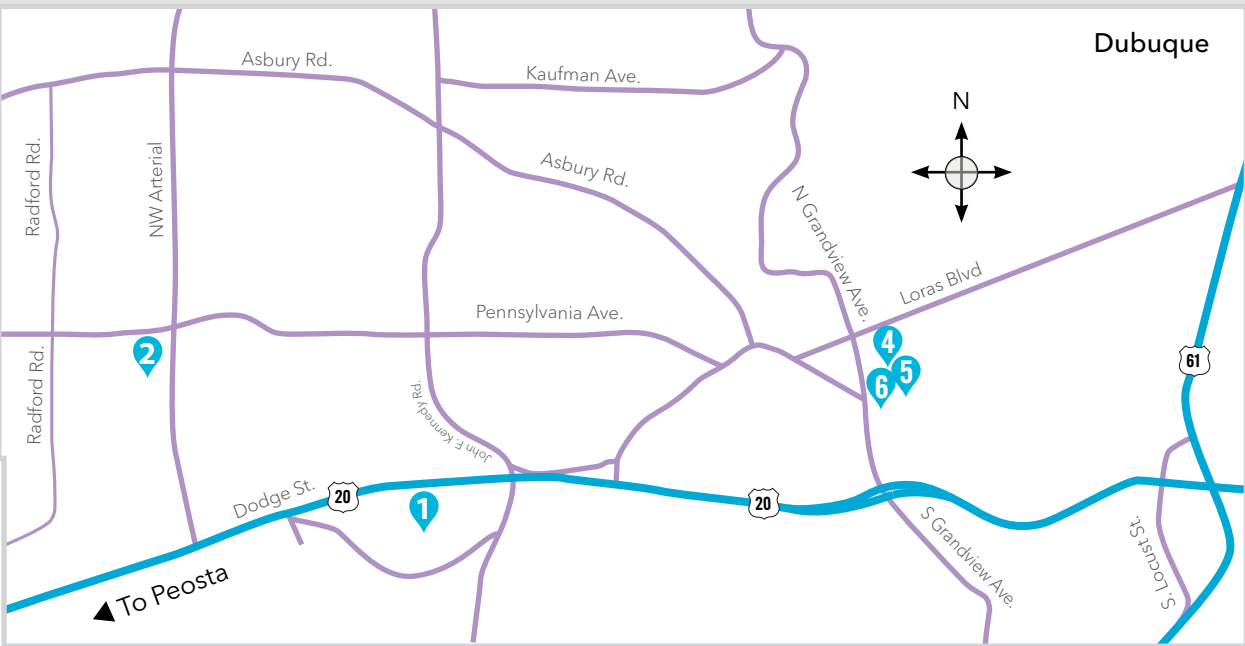
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Located at Delhi Medical Center (attached to Finley Hospital)
1500 Delhi Street | Dubuque, IA
 - UnityPoint Clinic Nephrology & Hypertension – Dubuque**
Suite 2100
(563) 589-4835
 - UnityPoint Clinic Pediatrics – Dubuque**
Suite 3500
(563) 557-3900
 - Tri-State Family Practice**
Suite 4100
(563) 557-5900
 - UnityPoint Clinic Urology**
Suite 4300
(563) 557-5971
- 6

Located at Finley Hospital
350 North Grandview Avenue | Dubuque, IA
 - UnityPoint Clinic Cardiology – Dubuque**
(563) 589-2557
 - UnityPoint Clinic Neurosurgery**
(563) 589-4990



Scan QR code to find a provider or schedule an appointment. Visit [uph.link/FindADoctor](#)



UNITYPOINT CLINIC FAMILY MEDICINE – DUBUQUE



Jaclyn Houseal, ARNP



Molly Kunkel, PA-C



Kenneth Martin, DO



Kyle Tevebaugh, PA-C



Chelsey Zitelman, ARNP

UNITYPOINT CLINIC FAMILY MEDICINE – PEOSTA

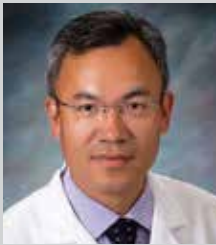


Amanda Robinson, ARNP



Jennifer Zalaznik, ARNP
Jennifer also sees patients at UnityPoint Clinic Family Medicine – Dubuque.

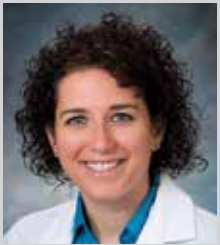
UNITYPOINT CLINIC MULTI-SPECIALTY – DUBUQUE (INTERNAL AND FAMILY MEDICINE PROVIDERS)



Zhengjin Cao, MD



Melissa Casey, PA-C



Angela Hubanks, PA-C



Cortney Kueter, PA-C



Matthew Kirkendall, MD



Elise McPherson, DO



Hillard Salas, MD



Thomas Schreiber, MD

UNITYPOINT CLINIC PEDIATRICS – DUBUQUE



Ankura Kadakia, DO



David Kragenbrink, MD



Shiny Kunjummen, MD



Susan Roewe, MD

COOL COUSINS CLUB

Dubuque sisters share the journey of pregnancy and motherhood



Room 1 in the Finley Hospital Family Birthing Suites is a family tradition! Sisters Theresa DeVries, Kristina Knabel and Amanda Thole all welcomed babies there within a few months' time.



Theresa and Sean DeVries were expecting their third child when they found out Theresa's sisters, Kristina Knabel and Amanda Thole, were both pregnant as well. Kristina was the last to announce to the family, so she and her husband hatched a plan:

"We had known about both of them being pregnant, then my husband and I found out we were expecting," Kristina said. "So, I told them, I got your babies matching onesies that say 'Cool Cousins Club.' Afterward, my husband walked down the hall with the third one and said, 'Oh, wait, you forgot one.'"

The Dubuque sisters, daughters of Jim and Rose Koos, have always been close growing up and enjoyed sharing the milestones of pregnancy together.

"It was a lot of fun – a lot of questions being asked, like, 'I'm having this symptom – are you guys having this too?' and a lot of preparation together," Amanda said. "We had some moments where we had to stop comparing things because you never want to compare too much."



Sharing the Experience

As this was Amanda and Kristina's first pregnancy, they were grateful for advice and information from Theresa and her husband, Sean.

"Sean has become our car seat technician – he's done all of the car seat checks for us," Kristina said. "It's been nice to have them as the experts."

Theresa said she was thankful to experience pregnancy alongside her sisters.

"We all said a lot of prayers for each other," she said. "As much as we were worried about ourselves and our own pregnancies, we were also worried about each other, wanting to make sure everyone came through with a healthy, happy baby and mom. This brought us closer, just to go through that together, to experience it at the same time."

The sisters knew they'd all be delivering at UnityPoint Health – Finley Hospital, where Theresa works as the

Director of Clinic Operations; where Kristina's mother-in-law, Laura Knabel, works as a lactation consultant; and where the sisters were born.

The babies came in the order of the sisters' ages – Theresa, the oldest, giving birth first, followed by middle child Kristina, then youngest Amanda – all in Room 1 of the Finley Hospital Family Birthing Suites.

Theresa and Sean welcomed Jack Lawrence on April 15. A few months later, Rosie Louise was born to Kristina and Nolan Knabel on August 16. It was a surprise, as Amanda's due date was before Kristina's.

While Kristina was still in the hospital, Amanda stopped to visit after her own prenatal appointment. Hours later, after Kristina was discharged home, Amanda was back – this time in labor herself.

"It was funny, because we went home with Rosie on Monday, then Matt and Amanda came in on Monday night," Kristina said. "Some of the nurses we saw Monday morning were still there when we came in to meet Amanda's baby, Kolston. They were surprised to see us back and wondered what we were doing!"

Kolston Paul was born to Amanda and Matt Thole on August 19.

Care That Feels Like Family

The sisters appreciated the family-like feel of the staff at Finley's Family Birthing Suites.

"Everyone was very supportive, and they communicated really well," Kristina said. "I am the type of person who has lots of questions, and they all answered my questions and kept me calm. Things moved fast, so it was a little scary, but they were all very supportive."

All three sisters live in the Dubuque area, so the cousins will spend plenty of time together growing up.

"They all look so different in size, even though they're so close in age," said Kristina, who is a Title 1 teacher at Lincoln Elementary. "It's going to be cool seeing them grow up together."

For more information about Birth Care at Finley Hospital, visit uph.link/Finley_BirthCenter.

We're Here for Life's Biggest Deliveries

Finley Hospital's Family Birthing Suites provides one-on-one nursing care during labor and delivery, education throughout pregnancy and recovery, as well as breastfeeding classes and support groups to help mom and baby along the way.

- ### BREASTFEEDING SUPPORT
- Finley's board-certified lactation consultants are committed to helping nursing moms have a positive breastfeeding experience. A wide variety of services are available before and after delivery:
- Breastfeeding educational materials and aids
 - Prenatal assessment for women with previous or anticipated breastfeeding problems
 - In-hospital consultations for mothers and newborns
 - Outpatient consultation for nursing mothers and babies
 - Free telephone consultation with a lactation consultant by calling (563) 583-BABY (2229)

- ### LEVEL II NICU
- As a Level II Neonatal Intensive Care Nursery, Finley has the latest equipment and specially trained nurses. This allows baby's primary care provider to care for them from within the Family Birthing Suites. Choosing to entrust your newborn's care with our compassionate and experienced team means your family gains access to:
- Nursing staff who are trained to closely monitor and care for infants from as early as 34 weeks gestation
 - A NICU specialized in caring for a full range of intensive infant needs, including babies who require oxygen, IV therapy, monitoring or other special medical requirements
 - An environment to best support baby's development
 - Encouraged family involvement with baby's care and ongoing emotional support from the care team
 - Privacy for families, to bond with their baby

'THEY SAVED MY LIFE TWICE'

GALENA TERRITORY RESIDENT CREDITS FINLEY HOSPITAL FOR LIFE-SAVING HEART CARE



Barry Williams was recently treated at Finley Hospital for a heart attack and Afib. He's happy to once again enjoy hobbies like going for walks with his wife, Philippa, gardening, traveling and church activities.

In late June, Barry Williams was struggling with a 103-degree fever that wouldn't break. The Galena Territory, Ill., resident visited his local hospital's emergency department, where doctors performed a battery of tests.

"They ran tube after tube of blood, ruling out just about everything," Williams said.

Despite days of evaluation, there was no diagnosis. Eventually, a tick-borne illness was suspected, and he was treated accordingly. It wasn't until July 7 that a positive test for anaplasmosis, a rare and potentially deadly disease carried by ticks, was confirmed.

By then, Williams had already survived what he calls the most dangerous two days of his life.

Williams' Heart Attack

In the early hours of July 2, Williams woke up with chest pain. He immediately returned to the ER near his home, where an EKG diagnosed a heart attack.

He was prepped for transport and raced by ambulance to UnityPoint Health - Finley Hospital in Dubuque.

"I could tell everyone was worried," Williams said. "I'd had a heart attack before, but this one felt different, worse."

His EKG and blood enzyme levels were so abnormal that his primary care doctor saved the results to use as teaching material for medical students.

When Williams arrived at Finley's cardiac catheterization lab, he said the team worked together like a "finely tuned watch" as they quickly prepped him for the emergency procedure.

"The whole cath lab team was so efficient, and also kind and calm," he said. "They kept talking to me, letting me know what was going on, and still worked like clockwork."

Interventional Cardiologist Tauseef Khan, MD, discovered a 100-percent blockage in the number two branch of the left anterior descending artery. A stent was placed, and Williams was stabilized.



Tauseef Khan, MD, UnityPoint Clinic Cardiology - Dubuque

A Second Crisis

The next day, as Williams was 15 minutes from discharge, telemetry monitoring caught a troubling heart rhythm: serious atrial fibrillation (AFib).

"They came running into the room and asked how I felt," Williams said. "I said I felt fine, just a little dizzy earlier that morning. I had no idea my heart rhythm had gone so far off track."

He was rushed back to the cath lab, where Dr. Khan confirmed all his arteries were still clear and the stent was working. However, his heart was out of rhythm.

There was no time for anesthesia.

"Dr. Khan asked if he could perform a cardioversion, basically shocking the heart, without putting me under. I said, 'Go for it.'"

After two shocks, Dr. Khan administered a heart rhythm medication. Twenty minutes later, Williams' heart began to fall back into regular rhythm, stabilizing fully over several hours.

He was finally discharged on July 4.

"I call it my Independence Day," he said.

A Tick-Borne Mystery

The diagnosis of anaplasmosis came days later and opened new questions. Barry's primary care provider suspects the tick bite and illness may have triggered an inflammatory response that accelerated his cardiac condition.

Even his Milwaukee-based cardiologist, who had previously identified only a 30-percent narrowing in that artery, was baffled by the sudden 100-percent blockage.

"How it jumped to a full blockage with my otherwise healthy lifestyle is a mystery," Williams said. "But the infection is the likely culprit."

Williams participated in a cardiac rehabilitation program as part of his recovery and is now back to enjoying retired life. He and his wife, Philippa, have been married for over 50 years and have three children and nine grandchildren.

He is happy to be able to continue the things he loves - gardening, traveling, attending church and cherishing time with his family.

"I'm convinced the team at Finley saved my life twice," Williams said. "If I'd been discharged just 15 minutes earlier on July 3, who knows what might've happened on the way home."

Learn more about Finley Hospital's Heart Care at uph.link/HeartCare_DBQ.



Chelsey Zitelman, ARNP, UnityPoint Clinic Family Medicine - Dubuque

Flu Vaccines

An influenza (flu) shot is a vaccine that reduces your risk of contracting the flu and can decrease the severity of symptoms. Influenza is a respiratory illness that can cause fever, chills, cough and fatigue. Chelsey Zitelman, ARNP, UnityPoint Clinic Family Medicine - Dubuque, answers frequently asked questions about the flu vaccine and how it can help you stay healthy during flu season.

WHO SHOULD RECEIVE THE FLU SHOT?

The flu vaccine is an important step in maintaining your health. In the U.S. alone, 34-75 million people become sick from the flu virus each year, and thousands die. There may be a few rare exceptions, but in general, everyone six months of age and older should have an influenza vaccine every year.

HOW EFFECTIVE IS THE FLU SHOT?

Because the influenza virus can vary from year to year, the effectiveness can fluctuate. Each year's flu vaccine is the best prediction and treatment for the main circulating strain at the time. No vaccine has 100-percent effectiveness, but the vaccine will likely reduce the severity and length of the illness. Flu vaccines reduce the risk of illness by up to 60 percent when the vaccine is well matched to the circulating viruses. Even if you do become sick, the chances of severe illness and/or hospitalization is lower with vaccination.

CAN THE FLU SHOT MAKE YOU SICK?

A common misconception is the flu shot causes the flu. You cannot develop influenza from the vaccine. You can have side effects, such as soreness at the injection site, headache, low grade fever, nausea and fatigue. These are

typically mild and short-lived. Life-threatening allergic reactions are very rare.

ARE FLU SHOTS FREE?

The cost of the flu shot is covered by most insurance plans. Contact your insurance provider directly to learn more about what is covered.

HOW LONG DOES A FLU SHOT LAST?

On average, the flu shot provides protection for about six months. UnityPoint Clinic recommends individuals receive their flu shot every fall to help maximize protection during peak flu season (October - March).

IS THE FLU SHOT A LIVE VIRUS?

The viruses in flu shots are inactive, meaning you can't develop the flu from receiving the vaccine. The nasal spray vaccine uses a live but weakened virus.

SHOULD I RECEIVE A FLU SHOT IF I'M SICK?

If you have a mild illness, you can still receive a flu shot. If you have a high fever or severe illness with or without a fever, you should delay your flu shot until you've recovered.

HOW CAN I SCHEDULE MY FLU SHOT?

Talk to your primary care provider about receiving your flu shot. If you don't have a primary care provider, find one near you at unitypoint.org/findadoctor.



CARE CLOSE TO HOME

When you need care now, visit our UnityPoint Clinic Urgent Care location.

Our urgent care clinic can treat minor illnesses and injuries every day of the week, after hours and on holidays.

Urgent Care - Warren Plaza

3500 Dodge St. Suite 135
Dubuque, IA 52003

(563) 557-3935

Visit unitypoint.org/urgentcare for clinic hours.

**UnityPoint Clinic**