

Spring 2025

Dubuque

# LiveWell

 UnityPoint Health  
Dubuque



5-STAR  
QUALITY

As awarded by Centers for Medicare  
and Medicaid Services (CMS).

4 YEARS IN A ROW



## HARVESTER'S HEART

How a Tractor Collector's  
Doctor Visit Unearthed  
His Need for Valve Surgery

## WELCOME TO OUR WORLD

See Why Parents Choose  
Finley's Family Birthing Suites

## VICTORY OVER PROSTATE CANCER

Galena Man Celebrates  
Faster Recovery with Unique  
Treatment Option

## ASK THE EXPERT

How Poor Sleep  
Impacts Your Heart

[unitypoint.org](http://unitypoint.org)



UnityPoint Health  
Dubuque

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Health news you can use.

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# YOUR TRUSTED HEART PARTNER

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

# LiveWell

Spring 2025

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SCAN TO LEARN MORE ABOUT OUR HEART SERVICES.



UnityPoint Health  
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## CMS Awards Finley its Highest Rating

For the fourth year in a row, Finley Hospital received a five-star rating from the Centers for Medicare & Medicaid Services (CMS). Only seven hospitals in Iowa received five stars in 2025.

The hospital rating is based on five aspects of quality care including mortality, safety of care, readmission, patient experience, and timely and effective care. The data is reported by CMS' Care Compare tool. Patients can view this data by visiting [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare).



## New MRI Offers Better Patient Experience



Finley Hospital began seeing patients with its new Magnetic Resonance Imaging (MRI) scanner earlier this year, offering patients a more comfortable experience and quicker scan times.

The Siemens Magnetom Biomatrix Altea reduces scan times by 51% and features a wider opening and QUIET Suite imaging technology, which lowers sound pressure levels by at least 70%, helping to reduce anxiety and claustrophobia patients may experience.

MRI scanners use magnets and radio waves to generate detailed images of soft tissues like muscles, ligaments and the brain. The new machine offers technology that reduces the distortion from MRI-safe implants as well as motion correction to further enhance image quality. The new scanner also has an increased patient weight limit of 550 pounds.

## UnityPoint Clinic to Partner with Grand River Medical Group

Grand River Medical Group (GRMG) and UnityPoint Clinic, UnityPoint Health's multi-specialty medical group, have announced plans to integrate with GRMG physicians, advanced practice providers and team members, to become part of UnityPoint Clinic. This transition is expected to take four to six months.

Patients will continue to receive the same exceptional care from the same providers and care team members they know and trust. As GRMG becomes a part of UnityPoint Clinic, patients will benefit from:

- Expertise of a nationally recognized health system that serves Iowa, Illinois and Wisconsin.
- Close affiliation with UnityPoint Health - Finley Hospital and the Dubuque Visiting Nurse Association.
- Access to UnityPoint Clinic's MyUnityPoint patient

portal, for easy scheduling, prescription renewal and communicating with providers.

"Grand River Medical Group is proud of our legacy of caring for patients in the Tri-State area," said Dr. Ron Iverson, president and medical director, GRMG. "This new relationship with UnityPoint Health will strengthen our collective ability to care for our shared patients for many years to come in both the hospital and clinic."

Both organizations have a rich history of serving their communities, driven by the belief that healthcare is best when it's local.



**UnityPoint Clinic**

# 'RELIEVED AND READY'

Early detection empowers prostate cancer patient to take control of his treatment



**UnityPoint Health**  
**Wendt Regional Cancer Center**



Andy Barclay rings the Wendt Regional Cancer Center bell after finishing treatment for prostate cancer. He and his family enjoy boating and fishing.

For Andy Barclay of Galena, Ill., routine health checkups have always been a priority.

At his annual physicals, he and his doctor kept a close eye on his prostate-specific antigen (PSA) levels. A protein produced by cells of the prostate gland, PSA is often elevated in those with prostate cancer and can be measured through a routine blood test.

After seeing the results of his PSA test in the fall of 2023, they decided it was time to take action. A biopsy determined Barclay had low grade prostate cancer.

"I was relieved and ready - at that point I knew there was something going on and it was something that needed to be taken care of," he says. "The worst thing I could have done at that point was nothing or neglect it and pretend it wasn't happening. Once we had a course of action plotted out, I was relieved."



## Special Type of Therapy Speeds Treatment

The plan was 28 days of radiation at the Wendt Regional Cancer Center inside Finley Hospital. The treatment was hypofractionated radiotherapy, meaning it would require fewer treatment sessions than conventional radiation therapy.

Conventional radiation therapy works by using radiation to kill cancer cells, delivering a targeted dose over a course of prescribed treatment days. Hypofractionated radiotherapy slightly increases that daily targeted dose to complete the course faster.

Patients who qualify for hypofractionated radiotherapy benefit from reduced side effects and fewer trips to the center, as well as lower costs for treatment and travel.

"Patients who are treated with hypofractionated radiotherapy are more likely to complete their treatments as well, which correlates to better outcomes," says Paul Lindholm, MD, radiation oncologist at Wendt Regional Cancer Center.

Barclay said the entire team, from the front desk to the radiation therapists and everyone in between, made his daily appointments comfortable.

"I anticipated it to be way worse than it turned out to be and that was in large part due to the staff - they were outstanding," he shares. "The receptionist, Janaan (Roberts), was wonderful every day, so personable and upbeat. She started my one o'clock appointment in a very positive way every time."

Barclay's wife, Vicki, attended every treatment for moral support. They met weekly with nurse navigator Mary Carol Batteram, RN, OCN, and Dr. Lindholm.

"Everyone did such a good job of keeping me informed along the way to the point that I didn't have a lot of questions," Barclay recalls. "It was nice to have that opportunity to check in with the doctor throughout treatment."

## Ringing in Victory, a Triumph over Cancer

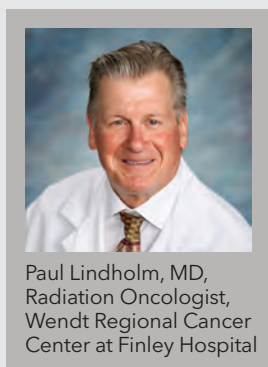
After his radiation was complete, the team celebrated with him as he rang the victory bell.

"Even that was more than I expected - the whole team came out and it was just great," Barclay shares.

Now, he's back to enjoying retirement after a 42-year career with the Chicago Painters District #14. Reflecting on the experience, Barclay emphasizes the importance of regular screenings and listening to your body.

"The key is staying on top of it," he advises. "Don't ignore the signs or delay action. Early detection and a proactive approach made all the difference for me."

The American Cancer Society recommends men who have an average risk for prostate cancer be screened at age 50. It suggests earlier screening for those with family history of the disease. Frequency depends on PSA test results and recommendations by a primary care provider.



Paul Lindholm, MD, Radiation Oncologist, Wendt Regional Cancer Center at Finley Hospital

## Cancer Center Support Group

UnityPoint Health - Wendt Regional Cancer Center and the Integrated Cancer Center offer a monthly support group for cancer patients, as well as caregivers, family members and supporters.

Led by Integrated Cancer Center team members, the support group was created with all cancer patients in mind, no matter what stage they are in their cancer journey.

The group meets the third Wednesday of each month from 3 to 4 p.m. in Suite 3300 of the Delhi Medical Center, 1500 Delhi St., Dubuque. Topics range from nutrition and symptom management to financial and emotional support.

The Cancer Support Group is the latest addition to the Integrated Cancer Center's Integrated Wellness Program, which also includes:

- Oncology rehabilitation, to improve daily function and quality of life for every patient through preventive, restorative, supportive and palliative interventions.
- An exercise program to improve strength, endurance and mobility.

For more information regarding this support group, contact the Wendt Regional Cancer Center at (563) 589-2468 or visit [uph.link/CancerCare\\_DBQ](http://uph.link/CancerCare_DBQ).

For more information about cancer care at the Wendt Regional Cancer Center, visit [uph.link/CancerCare\\_DBQ](http://uph.link/CancerCare_DBQ).

# A CARDIAC CASE

Routine clinic  
visit reveals  
tractor collector's  
heart issue

Thinking he had the flu or another illness, Doug Deshaw was surprised to learn he needed open heart surgery.



Sitting in the waiting room of a doctor's office in October 2024, Doug Deshaw thought he had the flu or COVID-19.

"I had a really high fever and was shaking so bad if the floor didn't have carpet, the chair would have been moving," he says. "I thought I'd get checked out and be home in an hour."

It turned out the Hopkinton resident had a staph infection causing or accelerating an issue with his heart. The clinic immediately arranged an ambulance ride to UnityPoint Health - Finley Hospital, where he was admitted.

During Deshaw's five-day stay, Cardiologist Tauseef Khan, MD, UnityPoint Clinic Cardiology, noted Deshaw would likely need a procedure to repair his leaking heart valve - known as mitral valve regurgitation. When the mitral valve, which is located between the two chambers on the left side of the heart, doesn't close properly, blood flows backward through the heart.

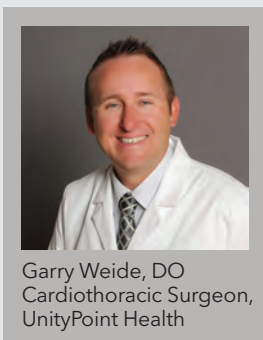
Hospitalist Alexander Chung, MD, illustrated the issue by inviting Deshaw to listen to his own heart with the stethoscope, then put the stethoscope on Deshaw's chest.

"Mine wasn't like a heartbeat, it was more of a wooshing sound," Deshaw says. "I could tell there was a major difference, plain as day."

## Heart Surgery Provides Long-Term Relief

Dr. Khan released Deshaw with IV antibiotic treatments to address the infection and set up an appointment with Cardiologist Richard Kettelkamp, DO, and Cardiothoracic Surgeon Garry Weide, DO, at UnityPoint Health - St. Luke's in Cedar Rapids.

"He was sent here to see Dr. Kettelkamp for consideration of a mitral clip, which is another way we can repair valves, but we felt his overall health and candidacy would be better off for surgery, and it would likely produce a better long-term result," Dr. Weide explains.



The heart team scheduled him for the two-hour surgery the following week.

"We were able to repair his own valve, which is a benefit because he didn't need an artificial valve and doesn't require any special blood thinners," Dr. Weide says. "This should hopefully be a lifelong correction for him."

After five more days in the hospital, Deshaw headed home with his wife, Barb, to recover.

## Heart Restored, Now Back to Restoring Tractors

A retired farmer and mechanic, Deshaw typically spends his time restoring Case tractors. Over the years he has amassed about 100 tractors, the oldest dating back to 1923.

A past president of the National Case Club, he's passionate about the tractors that fill the buildings on his property.

"I keep myself busy and get plenty of exercise working on the tractors, walking between the buildings," he says. "While I'm recovering, there's a limit to what I can lift so I've been good about fiddling with sorting bolts and doing little things."

He invested in air rigs to make it easier for him to continue his passion while recovering.

Since Deshaw spends three to six months restoring each tractor, he knows them like the back of his hand. He can tell the story of how he acquired it, including its year, make, model and the number of that model in existence.

Like his trusty Case tractors, Deshaw is thankful to be up and running again after his health scare. He says what really stuck out throughout his treatment was the cooperation between the members of his care team.

"They weren't afraid to refer me to colleagues who specialized in certain types of procedures," he says. "I appreciated that - I felt like I was in good hands with all of the people caring for me."

**It's important to keep up on regular doctor visits to maintain your health and prevent serious illness such as heart trouble. If you experience unexplainable shortness of breath or other symptoms of a heart attack, call 911 immediately. To connect with a cardiologist, call UnityPoint Clinic Cardiology - Dubuque at (563) 589-2557.**



# FROM STROKE TO STRENGTH

Positive attitude and work ethic contribute to patient's full stroke recovery

Bob Leifker is back to his family business Leifker Enterprises in Benton, Wis., after spending months recovering from a stroke.

Bob Leifker is no stranger to hard work.

The Menominee, Ill., resident built Leifker Enterprises from humble beginnings - a small hog farm, a wheelbarrow and a shovel - into the several-thousand-acre grain operation it is today.

When he had a stroke on New Year's Day 2023, he was determined to return to doing what he loved.

"Anybody who has a stroke like mine, if you want to overcome it you have to dig deep," Bob says. "Just like with the farm, I refuse to fail. Failure is not an option for me and never has been."

Bob suffered a pontine stroke, paralyzing his left side. This left him unable to walk, struggling to talk and incapable of even writing his name. A pontine stroke, or infarction, is a type of ischemic stroke where there's a blood flow blockage to a part of the brainstem called the pons.

## Bleak Outlook Turns to Breakthrough with Therapy

Bob spent a significant part of his recovery on the fourth floor of Finley Hospital, in the Acute Rehabilitation Unit (ARU), which works with patients who have strokes, brain injuries, multiple fractures, and more. The team



there worked with him daily using a combination of occupational, physical and speech therapy.

At first, things looked bleak. Leifker required a mechanical lift to move him from his bed to his wheelchair. He also needed four staff members to lift him from his wheelchair to work on walking.

Each day he'd smile and say he was enjoying "just another day in paradise," cracking jokes with the team and working hard in therapy.

"He maintained such a good attitude about it," recalls his son Dan Leifker, co-owner of Leifker Enterprises. "Even when he could hardly talk, he'd say, 'I'm going to get out of here and make a full recovery.'"

Simple things like touching his finger to his nose or standing unassisted were major milestones along the way.

"I remember seeing Bob for the first time," says Cheri Weber, COTA/L, Finley occupational therapy assistant. "He would lay in his bed, look out into the hall, wave and smile at anyone who passed by his room. He was always so positive - laughing and joking with everyone and trying to make our day better. He worked hard every single day."



At one point a urinary infection spread to Bob's bloodstream and halted his progress. Afterward, he was back to work with the crew in the ARU. He spent a total of 66 days in hospital therapy, between Finley and another facility. He has since returned to Finley to deliver flowers to the teams that cared for him, expressing his deep appreciation.

### Care Team Forms Lasting Relationship







"So many people helped me - even the people you don't see like the ones who cook your meals and clean your room," he shares. "I hold them in the highest regard for everything they did for me. They do not give up on you. That means a lot."

Nowadays, he says his left hand is stronger than his right - a testament to all the hard work he put into hand exercises. He's back to most of his normal activities, avoiding too much physical exertion until he heals from a recent hip replacement surgery, which he had in January.

During his recovery, Bob told the care team about his work on the farm, his family and how he donates sweet corn to his community each year. Weber told him she'd help once he was out of the hospital.

"One day in July I drove to his home and helped him deliver that sweet corn, and I intend to do it every year," she says. "He is truly an inspiration to me and all of us here on rehab - a perfect example of why we do what we do every day and a great example to other patients there's not only a light at the end of the tunnel but a whole lot of life left to live."

Learn more about Finley Hospital's Acute Rehabilitation Unit by visiting [uph.link/ARUOutcomes2024](http://uph.link/ARUOutcomes2024).

BALANCE Lost	EYES Blurry	FACE Drooping	ARM Weakness	SPEECH Difficulty	TIME To Call 911
<b>B</b>	<b>E</b>	<b>F</b>	<b>A</b>	<b>S</b>	<b>T</b>
					
Is the person suddenly having trouble with balance or coordination?	Is the person experiencing blurred or double vision or a sudden loss of vision in one or both eyes without pain?	Does one side of the face droop or look uneven?	Is one arm weak or numb?	Speech slurred or mumbled?	Call 911 immediately if you see any of these symptoms!

Every 40 seconds, someone in the United States has a stroke.

Every four minutes, someone dies from a stroke.

Stroke is the leading cause of serious long-term disability.

**TIME LOST IS BRAIN LOST.**  
Know the warning signs of stroke and B.E.F.A.S.T

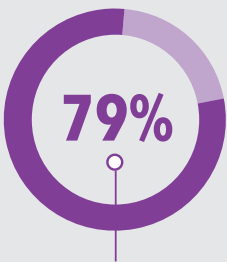
# 2024 FAMILY BIRTHING SUITES YEAR IN REVIEW

TOTAL BIRTHS  
**623**

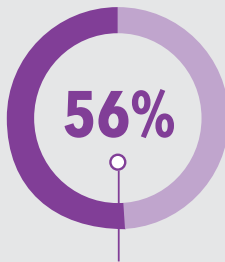
**49.8%** GIRLS  
**50.2%** BOYS

TWINS  
Three Sets

FEEDING BREASTMILK  
Shortly After Birth  
**56%**



**VBAC Success Rate**  
(vaginal birth after cesarean)



**Epidural Rate**

## DELIVERY TYPE

TOTAL C-SECTION RATE

**29%**

*First-time deliveries that result in C-Section: 42%*

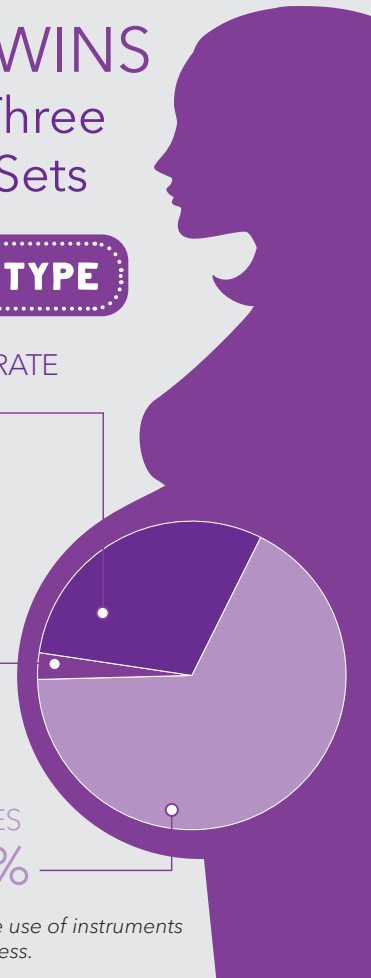
ASSISTED\*  
VAGINAL  
DELIVERIES

**2%**

NON-ASSISTED\*  
VAGINAL DELIVERIES

**69%**

*\*Assisted deliveries involve use of instruments to aid in the birthing process.*



## EXPERT SUPPORT FOR NEWBORNS IN FINLEY'S LEVEL II NICU

Finley Hospital's Level II Neonatal Intensive Care Unit (NICU) is prepared to give babies the very best care when they need it most.

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 as young as 34-weeks' gestation
- Neonatal Nurse Practitioners (NNPs) 24 hours a day, seven days a week
- A NICU that is specialized in caring for a full range of intensive needs for infants, including infants who require oxygen, IV therapy, monitoring or other special medical needs

## WHY CHOOSE FINLEY'S FAMILY BIRTHING SUITES?

When you choose Finley, you'll stay in a beautifully appointed private suite. Each suite is designed to provide everything you need for a safe and comfortable labor and delivery. Features to help you have a happy birth day include:

- Snacks and beverages available 24/7
- TV, CD and DVD players
- Free wireless access
- A meal pass for one support person from Food & Nutrition Services
- Whirlpool tubs
- One-on-one care from a mother/baby nurse after delivery. This means one nurse is the sole provider responsible for you and your baby.

To schedule a personal tour or pre-register for your delivery, call (563) 583-BABY or visit [uph.link/Finley\\_BirthCenter](http://uph.link/Finley_BirthCenter).



# The Link Between Sleep and Heart Health

There's more to staying heart-healthy than eating right and exercising – sleep plays an important role in your overall health and wellbeing, too. Jolene Fransen, respiratory therapist at UnityPoint Health – Finley Hospital, explains how poor sleep can affect your heart and the link between sleeping disorders and other heart problems.

"There's a strong connection between sleep and cardiovascular health," Fransen says. "Studies have shown short sleep duration, or poor sleep quality, is associated with high blood pressure, elevated cholesterol and atherosclerosis (buildup of plaque in the arteries)."

People with common sleep disorders, like obstructive sleep apnea (OSA), are far more likely to experience the following as well:

- Heart arrhythmia (heart beating too fast, slow or erratically)
- Heart failure
- Coronary artery disease

According to a study from the National Institutes of Health, people who sleep less than six hours per night are 66% more likely to have hypertension than those who sleep seven to eight hours per night. As a baseline, the American Heart Association recommends seven to nine hours of sleep.

## Finley Hospital Offers Home Sleep Tests

Finley Hospital's Sleep Center now offers WatchPAT, a portable, home sleep apnea test that allows your provider to see necessary sleep data from the comfort of your home. The test includes a chest sensor, bracelet and finger probe, which monitor and record health information while you sleep.

The Sleep Center is accredited by the American Academy of Sleep Medicine, the highest accreditation for sleep centers in the country.

To participate in a sleep test, whether in our sleep center or at home, ask your medical provider for a referral to the Finley Sleep Center.

Poor sleep is also linked to these health conditions:

- **Type 2 diabetes:** Losing as little as two hours of sleep per day may lead to increased insulin resistance and decreased glucose tolerance. High blood sugar associated with diabetes can also increase cholesterol, blood pressure and triglycerides, which ultimately cause damage to nerves and blood vessels. As a result, people with Type 2 diabetes are twice as likely to suffer a heart attack or stroke.
- **Obesity:** Not enough sleep may affect a part of the brain that controls hunger, which can lead to unhealthy weight gain. This is especially important for children and teens because they require more sleep than adults. "If you're tired, you're less active," Fransen points out. "Too little sleep also affects the hormones ghrelin and leptin, which influence appetite and metabolism; so even if you eat right and exercise, you can gain weight if you have too little sleep or have an undiagnosed, untreated sleep disorder."
- **Mental health:** Poor sleep can impact your mood, which can affect work and home life and lead to, or worsen, anxiety and depression. These conditions are both risk factors for heart disease.

Treating sleep apnea can help prevent and/or improve heart problems. The most common way of treating obstructive sleep apnea is with a mechanical device known as continuous positive airway pressure (CPAP).

People who use a CPAP regularly show improvements in physical functioning, mood, sleepiness, pain and miss fewer workdays. Sleep apnea treatment, combined with heart failure treatment, may reverse a person's existing heart damage by improving cardiac function.

In one study, sleep apnea patients were treated for an average of six months with a CPAP and then given a follow-up echocardiogram. The scan revealed much of the heart damage had been reversed.

If you're struggling with sleep, have a heart condition or both, talk to your medical provider about a treatment plan to help you feel better and well-rested.



Jolene Fransen, Respiratory Therapist,  
Finley Hospital

For more information about Finley's Sleep Center, visit [uph.link/SleepCenter\\_DBQ](http://uph.link/SleepCenter_DBQ).

# NOW HIRING!

Join an amazing team today. >>>

Scan to see our career opportunities!



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