



Buchanan County
Health Center

New Year, New You!

Take advantage of the
new wellness services
now offered at BCHC!

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Here For You. Trusted For Life.

Winter 2017

*Medical Office Building during week 31 of
the “Building for You” project.
See inside for more photos!*

Progress Continues on the “Building for You” Project

Celebrating



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talk about! Get all
the news at:

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**Read why over 250 employees call
BCHC their employer of choice!**

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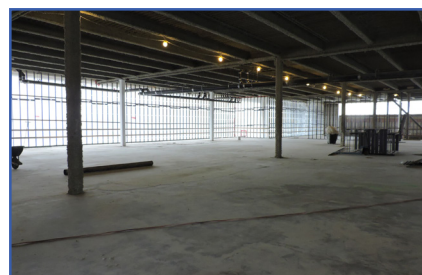


Progress Continues on the “Building for You” Project – Set to Open Fall of 2017



Inside the entrance of the new medical office building, which will house BCHC's Specialty Clinics, Primary Care, and Ryan Pharmacy

For those of you who have visited or even driven by our campus over the past ten months, you can tell that a lot of work has progressed on our new Medical Office Building. Most of the exterior and interior has been framed so we can truly begin to see the look and feel of our exciting new offering. I am happy to report that with Larson Construction's hard work and our fortunate good weather, the project is on time to open during the fall of 2017. To show just how much progress has been made, I wanted to share with you all a few pictures of what will soon be home to an abundance of health care offerings and services. We look forward to revealing the final product during a community-wide open house next fall that I hope you choose to attend.



Second story of the medical office building and future home of Medical Associates of BCHC - Primary Care and sleep study rooms

We also have some exciting developments that have now been finalized in addition to our expanding grounds. With our agreement now completed with Medical Associates as well as a new lease signed with Ryan Pharmacy, we will be able to add both primary care and retail pharmacy to our campus as a one-stop shop for all of your health-care needs. The development and construction of the second floor and pharmacy shell space has been approved by our Board of Directors and will also be carried out by Larson Construction.



Private therapy bays will be a feature of the expanded and remodeled Therapy & Wellness Department

Embarking on our 100th year of service in Buchanan County, we intend to remain your choice for health care while continuing to offer you and your family new services with ease of access, an attractive, up-to-date campus, and a commitment to great patient care.
Thank you for placing your trust in Buchanan County Health Center, our staff, and our many services.

If you have yet to discover the offerings of Buchanan County Health Center, please visit our new, user-friendly website to view a full list of services at www.bchealth.org.

Wishing you and your family a happy and healthy New Year,
Steve Slessor, CEO



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New Providers at BCHC – Growing Your Access to Local Health Care

Wound Center Welcomes Michelle Wenzel, ARNP

In September, the Center for Wound Healing & Hyperbaric Medicine was pleased to expand its hours to five days a week and welcome wound specialist Michelle Wenzel, ARNP, to its team of providers. Wenzel attended Allen College of Nursing and is board-certified by the American Association of Nurse Practitioners and by the Wound, Ostomy, and Continence Nursing Certification Board. Michelle has been working as a wound and ostomy nurse at St. Luke's Hospital in Cedar Rapids treating venous, arterial, surgical, diabetic, and fistula wounds for the past five years. The Wound Center at BCHC sees patients for chronic wounds and diabetic, pressure, and/or arterial ulcers. BCHC's Wound Center is now open on Mondays, Wednesdays, and Fridays from 8:00 a.m.-4:30 p.m. and Tuesdays and Thursdays from 8:00 a.m.-12:00 p.m.



Michelle Wenzel, ARNP

Urgent Care Welcomes Connie Kramer, ARNP, & Karl Holmes, PA-C

In October, BCHC welcomed Connie Kramer, ARNP, and Karl Holmes, PA-C, to its rotating panel of Urgent Care providers. Connie Kramer attended Northeast Iowa Community College and Clark University and is board-certified by the American Nurses Credentialing Center as a certified nephrology nurse and family nurse practitioner. Karl Holmes, PA-C, currently practices at UnityPoint Clinic Family Medicine in Belle Plaine, specializing in family medicine. Karl attended St. Louis University and is board-certified by the National Commission on Certification of Physician Assistants. Both Connie and Karl come to BCHC with prior urgent care experience. Located near the Specialty Clinic, BCHC's Urgent Care is open Tuesday-Friday from 4:30-8:30 p.m. and Saturday-Sunday from 12:00-6:00 p.m. Closed on Mondays and holidays, BCHC's Urgent Care sees patients on a walk-in basis.



Connie Kramer, ARNP



Karl Holmes, PA-C

Primary Care Welcomes Sarah DeVore, ARNP

In the beginning of February of 2017, Medical Associates of Independence welcomed Sarah DeVore, ARNP, to its team of family practice providers. A lifelong resident of Jesup, DeVore attended Allen College of Nursing and is board-certified by the American Nurses Credentialing Center. Coming to BCHC with eight years of experience in family practice and five years of prior experience in nephrology, Sarah will also provide coverage at BCHC's Urgent Care. Sarah will be seeing patients of all ages, including young children and elderly patients. Sarah looks forward to growing as a provider and as an active community member within Buchanan County.



Sarah DeVore, ARNP

Emergency Department Welcomes Three New Physicians from ECIAC

BCHC is pleased to welcome David Baumgartner, MD, Rachel Mutnick, DO, and Sarah Hemming-Meyer, DO, to its rotating panel of emergency providers. Dr. Baumgartner attended the University of Colorado School of Medicine and completed an Emergency Medicine Residency at the University of Iowa. Dr. Mutnick attended Ohio University and completed an Emergency Medicine Residency at the University of Iowa. Dr. Hemming-Meyer attended Des Moines University and completed an Emergency Medicine Residency at Indiana University. BCHC's Emergency Department is staffed 75% of the time by East Central Iowa Acute Care (ECIAC); a team of board-certified emergency physicians and health professionals. In addition to providing emergency coverage at BCHC, ECIAC also staffs the same providers at St. Luke's Hospital Emergency Department in Cedar Rapids.



Rachel Mutnick, DO



David Baumgartner, MD



Sarah Hemming-Meyer, DO

Find your provider easily online at bchealth.org/provider



A New Knee for Local Buchanan County Resident – Restored Activity & Quality of Life

When Gerald O’Loughlin and his wife Sue saw the X-ray of his right knee last May, they knew that a knee replacement was the only option for relieving the pain and decreased activity that he had been experiencing over the past three years. “I was instantly without pain when I stood up a couple hours after surgery. I thought, ‘wow’ ... I just noticed no pain,” commented Gerald, an employee of John Deere for the past twenty years.

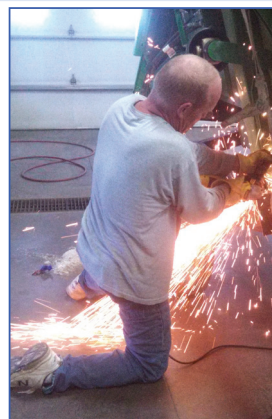
When Gerald isn’t walking the floors of the assembly line at John Deere, sometimes logging over 4-5 miles a day, his wife and he enjoy being active together and with their three young grandchildren through outdoor recreation. “The limitations of not being able to exercise, go biking, hiking, or kayaking ... we didn’t even get the kayaks out last summer. That was something that my pain really limited,” commented O’Loughlin. After meeting with visiting orthopedic surgeon, Dr. Benjamin Torrez, a knee replacement was scheduled for Gerald on August 9th of 2016.



Gerald & Sue enjoying Glacier National Park in July of 2016. They were only able to do a limited amount of hiking, as Gerald’s knee was causing discomfort.

“I felt better about having it done in Independence due to it being a smaller hospital with individualized care, rather than a bigger city hospital,” commented Gerald. “The infection rates were one of the reasons we chose BCHC too. BCHC doesn’t have a history of acquired infections after major surgeries. That was one of the biggest reasons I wanted to do it at BCHC,” commented Gerald’s wife, Sue. Both agreed that they were thrilled with the level of care they received both pre and post-op. “Everyone was very nice, professional, and accommodating,” commented Gerald. “They were excellent with me too,” said Sue.

“They let me stay overnight and went out of their way to provide great accommodations for me so I could stay with him too.” After 24 hours of observation, Gerald was released from BCHC, immediately began physical therapy to strengthen his new knee, and returned to work in eight short weeks. Now six months post-op, Gerald will return to Dr. Torrez for a check-in, excited to show him how far he’s come in a short amount of time.



In his spare time, Gerald enjoys working in his shop on machinery.

“It’s important for people to not get depressed when they find out that a knee replacement is needed. It may be the best option for them, regardless of what age they are. If you stick with the physical therapy and fight through it, it’s very rewarding,” advised O’Loughlin.



Pictured in 2015 with granddaughter Cecelia, Gerald looks forward to spending time being active outdoors with his family this coming spring and summer.

Currently exercising indoors and continuing to regain full range of motion, both Gerald and Sue are looking forward to warmer weather and being able to get back on their bicycles and in the water this coming spring and summer.

BCHC began offering total knee replacements in the late summer of 2016 and has recently added total hip replacements to their surgical repertoire, which are performed by Dr. Benjamin Torrez of Cedar Valley Medical Specialists. Although every patient is different, the average recovery time for a joint replacement can vary from three to twelve months.



Wellness Screenings On Demand – New Year, New You

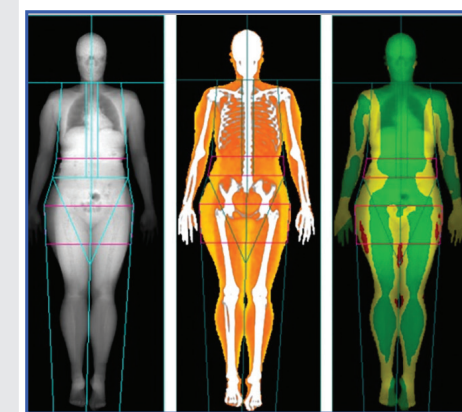
Monitoring your own health has never been easier or more affordable. In a world of constant reminders to eat healthy, exercise, and watch your waist line, it is easy to track your progress by stepping on a scale, looking in a mirror, or feeling how tight or loose your clothing may be. Although you may be noticing changes on the outside – for better or for worse – it is not as easy to track what may be going on on the inside. *(After all, it’s what’s on the inside that counts.)* Our Laboratory and Radiology Departments are now more equipped than ever to help you monitor your health by offering affordable and quick wellness screenings, complementing your New Year’s resolution for a healthier you.

A new service from our Laboratory Department, patients may now receive lab work for a general health screening for \$20 on a walk-in basis. This lipid panel will include your total cholesterol, HDL-C, LDL-C, and triglycerides. Although it is highly encouraged for you to follow up with your primary care provider once you have received their test results, our new wellness screenings do not require a referral. Offered Monday through Friday from 7 a.m.-12 p.m. on a walk-in basis, patients will sign a consent form with the test(s) selected to be performed with results mailed back within a matter of a few days to a week.

Another way that BCHC is making it easier and more affordable to track your wellness is with body mass testing through our Radiology Department. **With a provider’s referral and a quick phone call to our Radiology Department, you can schedule a DXA Body Composition Test for \$30 on Monday through Friday from 8 a.m.-4 p.m.** During the body mass testing, patients will lie down on a padded examination table as a bone densitometer will scan their body by using small amounts of X-ray to produce the total body image, evaluating bone lean and fat tissue. This will determine your overall body composition values, such as percentage of body fat, fat mass and lean muscle mass. With these results, you may better understand how changes in your diet, lifestyle, exercise, or other interventions may influence your body composition and help you achieve your wellness goals. Commonly used by individuals on a weight management plan, athletes, those recovering from an eating disorder, and individuals living with cystic fibrosis, this test only takes 10 minutes from start to finish with immediate results sent to your provider.

Through follow-up with your provider, you will both determine what your next goals may be for maintenance or lifestyle changes.

In addition to these new services, BCHC also offers an on-site Wellness Center with 24/7 gym access, an indoor lap pool, fitness classes and rehabilitation, along with personal training for your unique wellness goals.



These photos show direct measurement of fat, bone, and lean (the mass of the body minus body fat)

It’s never been easier to become proactive about your health and wellness with BCHC by your side.

For more information on how BCHC can help you with your wellness goals, visit bchealth.org or call (319) 332-0999 to learn more.

BCHC Walk In Wellness Lipid Panel Normal Ranges		
CHOLESTEROL	BCHC NORMAL RANGE: 50-200 mg/dL	
	Optimal range per NCEP ATP III Guidelines*	
	<200	Desirable
	200-239	Borderline High
TRIGLYCERIDE	BCHC NORMAL RANGE: <150 mg/dL	
	Optimal range per NCEP ATP III Guidelines*	
	<150	Normal
	150-199	Borderline High
HDL CHOLESTEROL	BCHC NORMAL RANGE: 40-60 mg/dL	
	Optimal range per NCEP ATP III Guidelines*	
	<40	Low
	> or = to 60	High
LDL CHOLESTEROL	BCHC NORMAL RANGE: <100 mg/dL	
	Optimal range per NCEP ATP III Guidelines*	
	<100	Optimal
	100-129	Near/above optimal
	130-159	Borderline High
	160-189	High
	> or = to 190	Very High

*National Cholesterol Education Program
<https://www.nhlbi.nih.gov/files/docs/guidelines/atglance.pdf>

Example of normal ranges one may receive through a walk-in wellness lipid panel compared to the optimal ranges as recommended by the National Cholesterol Education Program



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A Culture of Care Where Our Team is Our Family

Coming to work is more than administering X-rays and ultrasounds for BCHC's Radiology team. A place where friendships and memories are made just as frequently as appointments, the Radiology Department has mastered the balance of work and play inside and outside of the office. "We're here for each other. Everyone is helping each other out, because ultimately it helps our patients out if we're working well together," commented Lisa Rasmussen. "We have pot lucks, dress up for Halloween as a group, celebrate birthdays, and we get together outside of work when we can," commented Katy Perry.



With over 200 full and part-time employees, BCHC was recently honored as a Cedar Valley Employer of Choice by the Waterloo-Cedar Falls Courier. To be selected, an organization must receive multiple nominations from current employees exemplifying how the organization excels in employee satisfaction and support. Working in an environment of friendly coworkers, recognition and support from upper management, and the opportunity to grow as an employee, BCHC employees agree that BCHC provides a strong family atmosphere organization-wide. "Buchanan County Health Center is not only care-based; we are family-based and ecstatic about bringing excellent care to the people in

our community," said Chandlynne Reichenbacher. "Family isn't a word most people even use to describe their coworkers, but I'm proud to say it about everyone working and coming to the hospital." Golden, K. (2016, Waterloo-Cedar Falls Courier)

A recent employee opinion survey rated overall BCHC employee satisfaction at 4.33 out of 5, an 8% increase from 2015. BCHC is currently growing its family by hiring full and part-time health care professionals including CNAs, RNs, LPNs, and receptionists.

Along with a family-like atmosphere and coworkers you can count on, BCHC offers its employees a wide variety of benefits, including but not limited to, IPERS, 403b, health, vision, and dental coverage (which can be extended to an entire household), competitive wages, tuition assistance, and paid time off. *To view our open positions, benefits package, or to apply online, please visit www.bchealth.org/careers.*

Join Our Team!

Now Hiring Full & Part-Time Professionals!

See why over 250 employees call BCHC their employer of choice!

View our open positions and apply online at bchealth.org/careers

BCHC is an Equal Opportunity Employer



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So Many Options – So Close to Home

We are pleased to offer 15 different clinical specialties at BCHC with over 35 experienced providers visiting from the Cedar Rapids, Waterloo, and Dubuque areas, all in one place and close to home. From women's health to cardiology and everything in between, our Specialty Clinics take the hassle out of traveling and bring the medical expertise of area specialists right to your doorstep.

Meet our Specialists:

AUDIOLOGY Amy Melik-Iranyan, HIS	CARDIOLOGY Abbie Schaa, ARNP	CARDIOLOGY Keith Kopeck, MD	CARDIOLOGY Boothapuri Vankatesh, MD, MRCP, FACC	CARDIOLOGY Matthew McMahon, DO, FACC	CARDIOLOGY Laila Payvandi, MD	CARDIOLOGY Georges Hajj, MD	CARDIOLOGY Fahed Al Darazi, MD	CARDIOLOGY Ojas Bansal, MD
ENT/FACIAL PLASTICS Kevin Carpenter, MD, FACS	ENT/FACIAL PLASTICS Meg Heatley, PA-C	ENT/FACIAL PLASTICS David Congdon, MD, MPH, FACS	DIGESTIVE HEALTH Ana Huerta Alardin, MD	NEPHROLOGY Cristina Pasarin, MD	NEPHROLOGY Vinay Kantamneni, MD	NEPHROLOGY Jan Davis, ARNP	OB/GYN Gwen Fang, MD	ONCOLOGY Jasmine Nabi, MD
ORTHOPEDICS Benjamin Torre, DO, MPH	ORTHOPEDICS Liz Hoy, ARNP	ORTHOPEDICS David Hart, MD, FACS	ORTHOPEDICS Sandeep Munjal, MD, FACS	PHY. MEDICINE Farid Manshadi, MD	PODIATRY Charles Cibula, DPM	PODIATRY Jeff Klein, DPM	PODIATRY David Hemmes, DPM	PULMONOLOGY Muhammad Anwer, MD
PULMONOLOGY Hamad Azam, MD	RHEUMATOLOGY George Issac, MD	SURGERY CLINIC Brian Gerrelts, MD, FACS	SURGERY CLINIC Scott Houghton, MD	UROLOGY Eric Askeland, MD	UROLOGY Mark Newton, MD	UROLOGY Steven Mindrup, MD	UROLOGY Thomas Richardson, MD, FACS	UROLOGY Jonathan Rippentrop, MD
WOMEN'S HEALTH Jenna Berendzen, ARNP, FNP-C								

Local Surgeries Performed by:

GENERAL SURGERY Brian Gerrelts, MD, FACS	GENERAL SURGERY Scott Houghton, MD	GENERAL SURGERY Anthony Leo, MD, FACS	PODIATRY Charles Cibula, DPM	PODIATRY Jeff Klein, DPM	PODIATRY David Hemmes, DPM	OPHTHALMOLOGY Daniel Miller, MD	OPHTHALMOLOGY Thomas Petrie, DO	OPHTHALMOLOGY Michael Puk, MD
GI PROCEDURES Ana Huerta Alardin, MD	GI PROCEDURES Brian Gerrelts, MD, FACS	GI PROCEDURES Scott Houghton, MD	GI PROCEDURES Anthony Leo, MD, FACS	ENT/FACIAL PLASTICS Kevin Carpenter, MD, FACS	ENT/FACIAL PLASTICS David Congdon, MD, MPH, FACS	PAIN CLINIC Douglas Sedlacek, MD	ORTHOPEDICS Benjamin Torre, DO, MPH	

Give us a call at (319) 332-0950 to learn more!



Buchanan County Health Center

People's Memorial Hospital
1600 First St. E.
Independence, IA 50644

Buchanan County Health Center Specialty Clinic

Phone: 319-332-0950

Specialty	Office Location	Physician	Schedule	To Schedule
AUDIOLOGY	Waterloo	Amy Melik-Israyelyan	Every Monday	800-728-4327
CARDIOLOGY	Waterloo	Abbie Schaa, ARNP	Every Tuesday	877-514-3278
	Cedar Rapids	Dr. Keith Kopec Dr. Boothapuri Venkatesh Dr. Matthew McMahon Dr. Laila Payvandi Dr. Georges Hajj Dr. Ojas Bansal Dr. Fahed Al Darazi	Every Monday Every 3rd Wednesday	800-982-1959
ENT/FACIAL PLASTICS	Cedar Rapids	Dr. Kevin Carpenter	2nd Wednesday	319-399-2022
	Waterloo	Mary "Meg" Heatley, PA-C Dr. David Congdon	Every Thursday & Friday Every 3rd Friday	866-896-7619
GI SERVICES	Waterloo	Dr. Ana Alardin	2nd & 4th Thursday	319-234-5990
NEPHROLOGY	Waterloo	Dr. Vinay Kantamneni Jan Davis, ARNP	2nd & 4th Monday	319-332-0950
	Waterloo	Dr. Cristina Pasarin	1st & 5th Friday	800-525-8153
OBSTETRICS & GYNECOLOGY	Waterloo	Dr. Gwen Fang	2nd & 4th Wednesday	319-266-5491
ONCOLOGY	Cedar Rapids	Dr. Jasmine Nabi	1st & 3rd Tuesday	319-332-0950
ORTHOPEDIC	Waterloo	Dr. Benjamin Torrez Liz Hoy, ARNP	Every Wednesday 1st, 3rd & 4th Wednesday	888-251-9670
	Cedar Rapids	Dr. David Hart Dr. Sandeep Munjal	2nd Monday 4th Friday	319-332-0950
PHY MED & REHAB	Waterloo	Dr. F.F. Manshadi	1st & 3rd Monday	319-234-0109
PODIATRY	Waterloo	Dr. Charles Cibula	Every Thursday	800-362-4180
	Worthington	Dr. Jeff Klein	1st Monday	866-228-1060
	Cedar Rapids	Dr. David Hemmes	1st, 2nd & 3rd Friday	319-332-0950
PULMONOLOGY	Cedar Rapids	Dr. Muhammad Anwer Dr. Hamad Azam	2nd & 4th Tuesday	319-363-3565
RHEUMATOLOGY	Dubuque	Dr. George Isaac	1st & 3rd Tuesday	563-583-4848
SURGERY CLINIC	Waterloo	Dr. Brian Gerrelts	Every Monday Every Thursday	800-775-3691
		Dr. Scott Houghton	Every Tuesday	
UROLOGY	Cedar Rapids	Dr. Jon Rippentrop Dr. Tom Richardson Dr. Steven Mindrup	2nd & 4th Tuesday	319-247-3627
	Waterloo	Dr. Mark Newton Dr. Eric Askeland	2nd & 4th Wednesday	319-233-0340
WOMEN'S HEALTH	Waterloo	Jenna Berendzen, ARNP	1st & 3rd Wednesday	319-334-7005

Local surgical services are offered by:

Dr. Charles Cibula-Podiatry	Dr. Jeff Klein-Podiatry	Dr. Scott Houghton-General Surgery/GI
Dr. Roswell Johnston-Orthopedics	Dr. Daniel Miller-Ophthalmology	Dr. Michael Puk-Ophthalmology
Dr. David Hemmes-Podiatry	Dr. Brian Gerrelts-General Surgery/GI	Dr. Anthony Leo-General Surgery/GI
Dr. Benjamin Torrez-Orthopedics	Dr. Thomas Petrie-Ophthalmology	Dr. Doug Sedlacek-Pain Clinic
Dr. Kevin Carpenter-ENT/Facial Plastic Surgery	Dr. David Congdon-ENT/Facial Plastic Surgery	Dr. Ana Alardin-GI

For more information about our services, visit bchealth.org 