



Buchanan County
Health Center

BUCHANAN
COUNTY HEALTH
CENTER

FISCAL YEAR 2017

Pages 2 and 3

Here For You. Trusted For Life.

Fall 2017



Wellness Center to Offer New Services in 2018

Our Community's Portal to Better Health

Pages 4 and 5

We've got a lot to
talk about! Get all
the news at:

BCHealth.org

Like us on Facebook!
Follow us on Twitter!



Specialized Care and
Comprehensive Healing
at the BCHC Wound Center

Page 6

A Suite of Advanced
Surgical Specialties—
All Right Here at BCHC

Page 7



Buchanan County Health Center Fiscal Year 2017

—The Area's Leader in Healthcare Services

July 1, 2016 - June 30, 2017

Surgeries Performed: **1,572**

Urgent Care Visits: **2,615**

ER Visits: **5,554**

Family Practice Visits: **20,191**

Laboratory Diagnostic Tests: **61,237**

Imaging Tests & Procedures: **26,041**

Therapy Sessions
(PT, Occupational, Speech): **9,535**

Specialty Services Visits: **10,398**

Total Patient Days of Care to
Patients Admitted in Hospital: **1,914**

Wound Clinic Visits: **2,251**

Cardiac Rehab Sessions: **1,066**

Respiratory Therapies
& Procedures: **6,136**



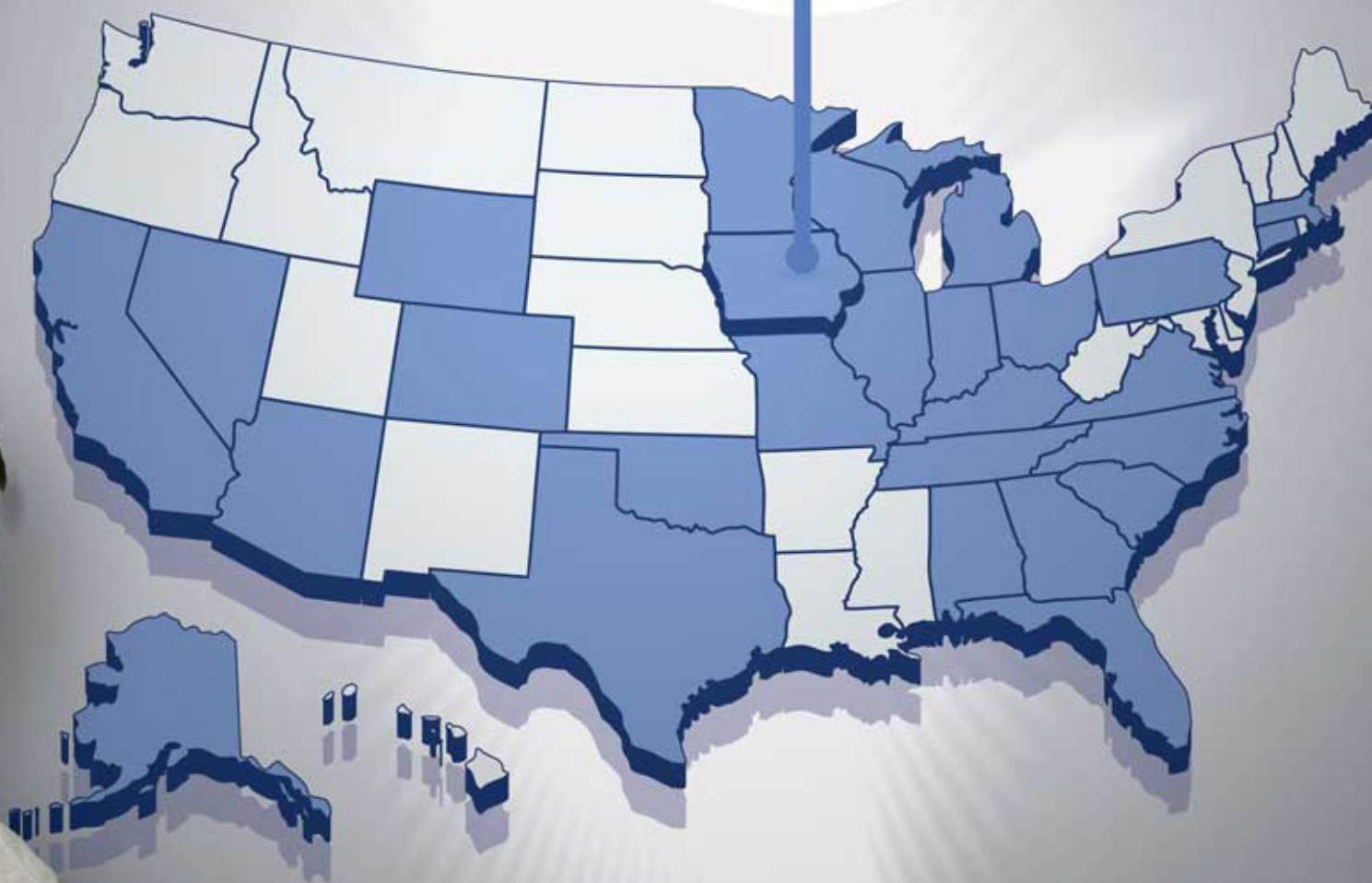
**WHERE OUR
PATIENTS ARE
COMING FROM:**

28
States

44
Counties in Iowa

155
Communities in Iowa

TOP 5 COUNTIES:
Buchanan, Fayette, Linn,
Delaware, Black Hawk



What our patients are saying:

"The care here is top notch; I tell everyone to come here. The staff is just wonderful. I can finally go home and relax because I know they are getting the care they need." –Family member of Lexington Estate resident



Wellness Center to Offer New Services in 2018: Our Community's Portal to Better Health

The **Wellness Center at BCHC** has been serving the communities of Buchanan County and the surrounding areas for over 10 years. As it embarks on its 13th year of service, the Wellness Center is expanding its offerings more than ever before, making it a one-of-a-kind facility in northeast Iowa. Here are some things that Wellness Center community members can look forward to in 2018.

Expanded Gym with New Equipment

As part of the building project, the gym will gain extra square feet to allow for more equipment, catering to the wants and needs of current (*and future*) members. Some of the new equipment will include elliptical machines with built-in studio consoles, a WaterRower, an additional Power Lift rack and platform, a Woodway Curve treadmill, and new weight-lifting equipment.

Kid Gym

Offering an opportunity for a gym-like environment for children ages six months+, kids will be able to run, jump, and play under supervision while a parent or guardian is in the Wellness Center. This serves as a great opportunity for parents and guardians to exercise, without finding a child care provider. Activities will include agility exercises, bounce house, interactive projector, scooters, and more!

New Wellness Studios—New Offerings!

In addition to a lengthy list of currently offered fitness classes, the Wellness Center will be adding a variety of new opportunities, including spinning and TRX suspension training! A list of offered classes can be found at bchealth.org/wellness.

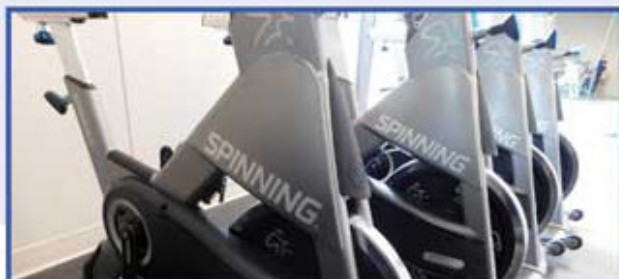
Pool—Increased Youth Opportunities

The Wellness Center strives to provide a family-friendly environment. To encourage family and youth participation, the Wellness Center will be increasing youth options for the indoor pool, including open youth lap swim hours, year-round swimming lessons, family swim events, and **POOL PARTIES!**

Nutrition Education

Staying active is only half the battle. Having the knowledge and tools to make healthy eating decisions for your body's goals and needs is the other. BCHC's nutrition education will help by providing education on food allergies, weight loss and weight management, disease management, sports nutrition, and more. Available in 30- and 60-minute sessions, no referral is necessary!

Our new wellness studios will include a variety of new classes, including spin classes for a more intense workout.



The BCHC Wellness Center features an expanded gym with modern weight-lifting, strength training, and cardio equipment.

Offering new fitness and nutrition classes and expanded health equipment, our Wellness Center is a one-of-a-kind facility in northeast Iowa for all ages!

With a variety of free weights, we make weight-lifting accessible for everyone.

**YOU ARE CAPABLE
OF AMAZING THINGS**

We are expanding open youth lap swim hours, year-round swimming lessons, family swim events, and pool parties—providing more opportunities for family and youth participation.

Other Current Wellness Center Offerings:

- 24/7 Gym Access
- Corporate Wellness
- Athletic Training
- SPARK! Igniting Health in Kids
- Personal Training and Performance Improvement Training (P.I.T.)
- CPR/First Aid & Blood-borne Pathogen Training
- Babysitting Clinic

It's never been easier, or more exciting, to take advantage of tools for a healthier you. For more information on the Wellness Center and the many services and programs available, call us at 319-332-0850.

What our patients are saying:

"I've always had my exams, surgeries, & many labs done at BCHC and am always very happy with the care shown. I'm a life-time user of the facility."



Specialized Care and Comprehensive Healing at the BCHC Wound Center

When Megan Bantz and her provider noticed a wound on Megan's leg that wasn't healing properly, they turned to BCHC's Wound Center for help. "I had a spot on my leg that was changing colors that I figured I'd better get looked at. I had a punch biopsy that went real well, but when I went to get the sutures removed, my wound immediately popped completely back open like there had never been any sutures there before," Megan explained. No stranger to the medical world, Megan is the Clinic Supervisor at UnityPoint Clinic Family Medicine in Oelwein. "My body reacts differently. I am allergic to latex and different types of tape, so it was decided to try a different type of suture and wrap to see if that would work. Shortly after, my whole leg was warm, red, and itchy. They immediately took off my wrap and gave me Benadryl, and that's how I ended up at the Wound Center, because nothing would heal."

With little time to spare between her career and busy family life, Megan made an appointment to see Bethany Stevens, ARNP, a provider at BCHC's Wound Center.



"The team is absolutely amazing. I never sat in the waiting room for more than five minutes and they took me right back. There was always a nurse in the room that made the time go by super-fast and they are very knowledgeable. They know their stuff. I was never afraid to ask questions because they made me feel very comfortable," Megan commented.

"Despite excellent care by her primary care provider, Megan had a non-healing surgical wound to the lower leg. On her first visit, we realized we had some work ahead of us as the wound was quite deep. The skin surrounding the wound was inflamed and unhealthy," commented Bethany Stevens, ARNP. "Once we determined the underlying causes, we were able to intervene and create a patient-specific care plan, promoting new tissue growth and healing. She healed quickly without any complication!" Stevens explained

Staffed with experienced providers and nurses specialized in the care and healing of chronic wounds, the Wound Center sees patients of all ages who are suffering with non-healing wounds such as ulcers, trauma, surgical, and soft tissue wounds. In operation for nearly two years, the Wound Center also offers dressing changes, debridement, biological skin applications, compression therapy, hyperbaric oxygen therapy, and negative wound therapy.



Former BCHC Wound Center patient
Megan Bantz and her family.

For more information, or to make an appointment at BCHC's Center for Wound Healing & Hyperbaric Medicine, please call 319-332-0937.

What our patients are saying:

"Waiting time was very minimal. The nurses were very friendly and helpful and they made me feel very relaxed and confident that all would go well."



A Suite of Advanced Surgical Specialties— All Right Here at BCHC

BCHC is proud to offer you and your family a wide variety of services close to home. One of these services that BCHC is especially proud of is its extensive line of growing surgical procedures. With 10 highly experienced surgeons visiting from all over eastern Iowa, BCHC can perform over 100 different types of surgeries—including some that you may not have even known can be performed right here, close to home. Here's a list of some of the top surgical procedures performed at BCHC.

General Surgery

- Hernia repair (*open and laparoscopic*)
- Laparoscopic gallbladder removal
- Lipoma or cyst removal
- Appendix removal
- Colon resection
- Endovenous laser treatment (EVLV)

Gastroenterology

- Colonoscopy
- Upper endoscopy

Women's Health

- Hysterectomy (*traditional and laparoscopic*)
- Bladder repair
- Colposcopy
- Breast biopsies
- Mastectomy

Orthopedics

- Total knee replacement
- Total hip replacement
- Knee scope
- Shoulder scope
- Carpal tunnel repair
- Trigger finger release
- Achilles repair

Urology

- Cystoscopy

ENT/Facial Plastic Surgery

- Ear tube placement
- Tonsil removal
- Facial plastic skin cancer removal
- Septoplasty
- Functional endoscopic sinus surgery
- Turbinate reduction

Podiatry

- Bunion repair
- Hammer toe repair

Ophthalmology

- Cataract removal

Pain Clinic

- Management of acute and chronic pain



BCHC's team of surgical specialists and staff can perform over 100 different types of surgeries.

For more information about BCHC's surgical specialties, please call 319-332-0999.

LOCAL SURGERIES PERFORMED BY:

General Surgery/
GI Procedures



Brian Gerrelts,
MD, FACS

General Surgery/
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 Torres,
DO, MPH

Podiatry



Charles Cibula,
DPM

Podiatry



David Hennes,
DPM

Ophthalmology



Daniel Miller,
MD

Ophthalmology



Theresa Larson,
MD



Buchanan County Health Center

1600 First St. East
Independence, IA 50644

Buchanan County Health Center Specialty Clinic

Phone: 319-332-0950

Specialty	Provider	Affiliate	Schedule	To Schedule
Audiology	Amy Melik-Israyelyan	Iowa Hearing Clinics	Every Monday	800-728-4327
Cardiology	Abbie Schaa, ARNP	Cedar Valley Medical Specialists	Every Tuesday	877-514-3278
	Dr. Keith Kopec	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Boothapuri Venkatesh	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Matthew McMahon	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Laila Payvandi	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Georges Hajj	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Ojas Bansal	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
	Dr. Fahed Al Darazi	UnityPoint Clinic	Every Mon. & 3rd Wed.	800-982-1959
ENT/Facial Plastics	Dr. Kevin Carpenter	Physician's Clinic of Iowa	2nd Wednesday	319-399-2022
	Mary "Meg" Heatley, PA-C	Cedar Valley Medical Specialists	Every Thursday & Friday	866-896-7619
	Dr. David Congdon	Cedar Valley Medical Specialists	3rd Friday	866-896-7619
Nephrology	Dr. Vinay Kantamneni	Cedar Valley Medical Specialists	2nd & 4th Monday	319-332-0950
	Jan Davis, ARNP	Cedar Valley Medical Specialists	2nd & 4th Monday	319-332-0950
	Dr. Cristina Pasarin	Covenant Clinic	1st & 5th Friday	800-525-8153
OB/GYN	Dr. Gwen Fang	UnityPoint Clinic	2nd & 4th Wednesday	319-266-5491
Oncology	Dr. Jasmine Nabi	Mercy Medical Center	1st & 3rd Tuesday	319-332-0950
Orthopedics	Dr. Benjamin Torrez	Cedar Valley Medical Specialists	Every Wednesday	888-251-9670
	Liz Hoy, ARNP	Cedar Valley Medical Specialists	1st & 3rd Mon/Every Wed	888-251-9670
	Dr. David Hart	Physician's Clinic of Iowa	2nd Monday	319-332-0950
	Dr. Sandeep Munjal	Physician's Clinic of Iowa	4th Friday	319-332-0950
Phy. Med. & Rehab	Dr. F. F. Manshadi	UnityPoint Clinic	1st & 3rd Monday	319-234-0109
Podiatry	Dr. Charles Cibula	Cedar Valley Medical Specialists	Every Thursday	800-362-4180
	Dr. Jeff Klein	Klein Podiatry	1st Monday	866-228-1060
	Dr. David Hemmes	Foot and Ankle Specialists	1st, 2nd, & 3rd Friday	319-332-0950
Pulmonology	Dr. Muhammad Anwer	UnityPoint Clinic	2nd & 4th Tuesday	319-363-3565
	Dr. Hamad Azam	UnityPoint Clinic	2nd & 4th Tuesday	319-363-3565
Rheumatology	Dr. George Issac	Dubuque Rheumatology	1st & 3rd Tuesday	563-583-4848
Surgery Clinic	Dr. Brian Gerrelts	Cedar Valley Medical Specialists	Every Mon. & Thurs.	800-775-3691
Urology	Dr. Jon Rippentrop	Physician's Clinic of Iowa	2nd & 4th Tuesday	319-247-3627
	Dr. Tom Richardson	Physician's Clinic of Iowa	2nd & 4th Tuesday	319-247-3627
	Dr. Steven Mindrup	Physician's Clinic of Iowa	2nd & 4th Tuesday	319-247-3627
	Dr. Mark Newton	UnityPoint Clinic	2nd & 4th Wednesday	319-233-0340
	Dr. Eric Askeland	UnityPoint Clinic	2nd & 4th Wednesday	319-233-0340
Women's Health	Jenna Berendzen, ARNP	Allen Women's Health	1st & 3rd Wednesday	319-334-7005
Wound Center	Bethany Stevens, ARNP	Buchanan Co. Health Center	Every Mon., Wed., Thurs.	319-332-0937
	Michelle Wenzel, ARNP	Buchanan Co. Health Center	Every Friday	319-332-0937

Local surgical services are offered by:

Dr. Charles Cibula - Podiatry
Dr. David Hemmes - Podiatry
Dr. Benjamin Torrez - Orthopedics
Dr. Kevin Carpenter - ENT/Facial Plastic Surgery

Dr. David Congdon - ENT/Facial Plastic Surgery
Dr. David Sedlacek - Pain Clinic
Dr. Daniel Miller - Ophthalmology
Dr. Theresa Larson - Ophthalmology

Dr. Brian Gerrelts - General Surgery/GI Procedures
Dr. Anthony Leo - General Surgery/GI Procedures

