

GREAT NEWS

GREAT RIVER HEALTH SYSTEMS

May 20, 2015



Great River Cancer Center's new linear accelerator is the same type of radiation therapy equipment used in the world's top medical centers.

Great River Cancer Center offers world-class radiation therapy

The Johns Hopkins Hospital
University of Iowa Hospitals and Clinics
University of Texas MD Anderson Cancer Center
Great River Health Systems

If you were playing "Jeopardy," the television quiz show in which the answers are given in the form of questions, the answer to these four clues would be "Which hospitals use the most-advanced linear accelerator technology?"

Great River Cancer Center's recent installation of a new radiation therapy system puts it in good company with major medical centers in the world. The new system is equipped with advanced beam-shaping and high dose-rate technologies to deliver extremely precise treatments in shorter times.

How radiation therapy works

Radiation treats cancer by using high-energy beams to kill tumor cells. Beams are aimed from several angles toward the tumor. They are strongest at the point where they meet. Treatment with the new linear accelerator is so precise the most-intense beams can be delivered in the shape of the tumor within 2 millimeters of its outer edges. This protects the surrounding healthy tissue.

The new machine delivers radiation faster and with greater intensity.

"Radiation has a cumulative effect," said Sheila Savage, supervisor, Great River Cancer Center. "Research has proven that 25 low-dose treatments and five high-dose treatments have the same biological effect on cancer."

Quicker and fewer treatments are beneficial to patients because they reduce the length of time patients are immobilized during treatment and the number of trips to Great River Cancer Center. And they allow the center to treat more patients.

Cutting edge treatment at home

Great River Cancer Center and the University of Iowa Hospitals and Clinics work together to pro-

William Rockey, M.D., Ph.D.

- Great River Cancer Center
- University of Iowa Hospitals and Clinics



New linear accelerator for advanced radiation treatment

- Higher doses
- Fewer treatments
- Precise alignment

Open House
1 to 3 p.m.
Sunday, June 7

Great River Cancer Center
1315 W. Agency Road, West Burlington

Refreshments will be provided.

 **Great River
Cancer Center**
A service of Great River Health Systems

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vide cancer treatment for patients in southeast Iowa. Radiation oncologist William Rockey, M.D., Ph.D., who treats patients at Great River Cancer Center, is on the university's medical staff.

"Some of our patients go to the university first and are told they can receive the same treatment in West Burlington," said Greg Fields, director, Diagnostic Imaging and Great River Cancer Center. "Dr. Rockey follows their protocols, and we have the same treatment equipment."

Some patients, including children, are referred to the university for treatment.

Quality control and precision

The new linear accelerator arrived at Great River Cancer Center last December – in 37 large crates. Assembly was quick compared to two months of testing.

"There's a tremendous amount of testing to verify that the radiation beams are precise. There is no room for error," Fields said.

The machine also has an image-guidance system with improved soft tissue contrast, making it easier for radiation therapists to align the patient for treatment. Light from three cameras reflects off patients' skin surfaces to determine the correct position. A green light from each camera means "go" for treatment. A red light signals "stop" and reposition.

The linear accelerator also has a new image-guidance CT system that creates more-precise alignment while using less radiation.

For more information about radiation therapy at Great River Cancer Center, please call Savage at 319-768-3907.



High school students explore health careers this summer

Every summer, Great River Health Systems offers Medical Explorers, a program that allows high school students to take in-depth looks at health careers. Medical Explorers will meet from 11:30 a.m. to 1 p.m. Thursdays from June 11 through July 30, excluding July 2.

There is a \$14 fee. Registration packets are available from 7 a.m. to 3:30 p.m. weekdays in Corporate Education on the lower level of Great River Medical Center, 1221 S. Gear Ave., West Burlington. The registration deadline is Friday, June 5.

Top health care careers based on predicted growth through 2025 include registered nurse, home health aide, pharmacy technician and pharmacist, and fitness trainer. Other high-demand jobs are diagnostic medical sonographer, medical laboratory technologist, and occupational and physical therapist assistant. Some of these areas will be explored during the program.

For more information, please call 319-768-4006.



Cancer survivors' picnic set for June 7

Cancer survivors and their families are invited to a National Cancer Survivors' Day Picnic from noon to 4 p.m. Sunday, June 7, on the Cafeteria patio at Great River Medical Center, 1221 S. Gear Ave., West Burlington. Great River Cancer Center is sponsoring the picnic.

Cancer Center staff members will give T-shirts to cancer survivors while supplies last, and they will serve grilled hamburgers, hot dogs, brats and other foods from 12:30 to 4 p.m. Beginning at 1 p.m., participants can play games to earn tickets for prize drawings every 15 minutes. Oncologists Mustapha Khalife, M.D., and William Rockey, M.D., Ph.D., will be in the dunk tank.

**Reservations
are required for this
free event.**

**Please call Great River Corporate
Education at 319-768-4070,
by Wednesday, June 3.**



Older Active Adult Day

Great River Health Systems, YMCA sponsor Older Active Adult Day May 27

Great River Health Systems and the YMCA will celebrate the benefits of physical activity for improved health from 10 a.m. to noon Wednesday, May 27, during its Older Active Adult Day.

It will begin with an .8 walk around the lake on the health system's campus at 10 a.m. Participants should meet in the Walnut Room on the lower level of Great River Medical Center, 1221 S. Gear Ave., West Burlington. Balance screenings, blood pressure checks and information about Great River Health Fitness and the YMCA will be available from

10 a.m. until noon in the Walnut Room.

A tai chi class is scheduled at 1045 a.m. A series of slow, precise movements accompanied by deep breathing, tai chi is a beneficial type of exercise for older adults because it puts minimal stress on muscles and bones. It can help improve posture, balance, muscle tone, flexibility and strength. It also helps reduce stress and anxiety.

Healthy snacks and door prizes will be available.

For more information, please call Great River Health Fitness at 319-768-4191.

Free workshop May 30 to help youth overcome loss

The Climb: A Workshop to Help Youth Overcome Loss is scheduled from 1 to 4:30 p.m. Saturday, May 30, at Great River Hospice House, 1306 S. Washington Road, West Burlington.

Sponsored by Great River Hospice, the free program is for youths who have experienced a loss that has greatly affected their lives. Participants will celebrate the lives of their loved ones, connect with peers facing similar experiences, conquer physical obstacles – the rock-climbing tower at Great River Wellness Gym and an obstacle course – while learning how to conquer emotional barriers and create keepsakes in remembrance of their loved ones. The workshop will conclude with planting a tree donated by Zaiser's Landscaping in memory of participants' loved ones.

"The goal of this program is to let youth know they are not alone and that there are other children going through the same thing," said Great River Hospice social worker Megan Woodard, program coordinator. "The Climb was developed after we surveyed grief services in the area and discovered there were few resources for youth. Schools do a good job of supporting youth who have lost loved ones, but sometimes other resources are needed to support moms, dads and kids."

The program will be led by Great River Hospice social workers and nurses, and a chaplain.

The Climb: A Workshop to Help Youth Overcome Loss is funded, in part, by February's Pack It in Pink fundraiser at Southeastern Community College.

A parent session from 1 to 2 p.m. will include a discussion on children's reactions to grief and loss, and ways to support them. It will be led by Great River Hospice social worker Barbara Miller and Kim Rector, a teacher who guided her young children through the loss of their father.

Registration is required for both programs. For more information, or to register, please call Great River Hospice at 319-768-3387 or toll-free 877-404-4766.

Briefs

Bill Orton, Information Systems, is retiring with 38 years of service to Great River Health Systems. A retirement reception is scheduled from 2:30 to 3:30 p.m. Friday, May 29, in the Walnut Room.

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The next casual days and projects they benefit are:

- June 5 American Lung Association Asthma Adventure Camp
- June 26 Camp Courageous

June cancer support meeting changes

The next meeting of Great River Health Systems' cancer support group has been changed to 4:30 p.m. Saturday, June 13, at Great River Cancer Center, 1315 W. Agency Road, West Burlington.

At the monthly meetings, patients who have a cancer diagnosis, their families and friends discuss concerns, gain emotional support and share information on cancer-related topics. There is no cost to attend. Reservations are appreciated but not required. Please call 319-768-3701.

Great River Health Systems Communication Network to Shut Down for One-hour Maintenance

Great River Health Systems' communication network will shut down from 3 to 4 a.m. Thursday, May 21, for annual maintenance. During this time, a cellphone will be dedicated for incoming calls to Great River Medical Center. The number is 319-759-9885. Two-way radios and cellphones will be used for communication in the hospital during the one-hour downtime.

Great River Friends awards scholarships

Great River Friends recently awarded \$10,000 in scholarships to students pursuing health care careers. Ten \$1,000 scholarships were given in three categories.

Scholarships for high school seniors were awarded to:

- Taylor Rice, West Central High School, Biggsville, Illinois, nursing, Bradley University
- Tyler Rogers, Mediapolis (Iowa) High School, physical therapy, University of Northern Iowa
- Robert Roundy, Notre Dame High School, Burlington, pre-medicine, Loyola University
- Emily Stockdale, West Burlington High School, nursing, Truman State University

Continuing-college scholarship winners were:

- Monica Brooks, Western Illinois University, nursing
- Jenna Edwards, University of Iowa, athletic training
- Carmen Ertz, University of Iowa, physical therapy
- Lorin Fisher, University of Iowa, pharmacy

The recipients of Great River Friends' Southeastern Community College scholarships were:

- Tyesha Bright-Dory, Burlington, nursing
- Teri Dunshee, Mediapolis, nursing

Great River Friends is a community of donors and volunteers that supports Great River Health Systems with the gifts of time, talent and treasure. For more information, please call Great River Volunteer Services at 319-768-3340.

Fourth Red Hot Mamas program coming May 28

Treating menopause without hormone therapy is the topic of the fourth Red Hot Mamas program presented by Great River Health Systems. It is scheduled at 5:30 p.m. Thursday, May 28, in the Blackhawk Room on the lower level of Mercy Plaza, 1225 S. Gear Ave., West Burlington.

The featured speaker will be Erin Haeger, M.D. Great River Women's Health. Participants will learn about using complementary and alternative medicine, and making lifestyle modifications to help control menopause symptoms.

A light supper and door prizes will be available at the free program. Reservations are requested. Please call 319-768-4070.

Red Hot Mamas is a 10-week education and support program that educates women about physical and psychological changes as they age, and helps them make informed health care decisions. It has been educating and engaging women, and health care providers, since 1991. For more information, please visit www.redhotmamas.org.



EMPLOYEE PROFILE

Nikki Ireland

Secretary

Great River Health Fitness



Start date:

April 4, 2013

What I like about my job:

I enjoy the members and patients who use Great River Health Fitness. I like talking with them and getting to know them. Their personalities are so different, and each person and day presents new and fun challenges.

What I wanted to be when I grew up:

A teacher

Hometown / Where I live now:

Danville, Iowa

Family:

Three children, Seth, Hannah and Madisyn, and my fiancé Dave

Things I enjoy:

Spending time with family and friends, kayaking and anything else outside

I helped a co-worker today by:

Some changes were made to software we use. I showed co-workers how to locate information and navigate the new screen. It can be tricky for people who don't use the software every day.

Department I'd like to learn more about:

Quality Resources. I would like to know more about health care rules and regulations, and how they are implemented.

Favorite memories:

The births of my children

People would be surprised to know:

Each year, I try a new adventure on my birthday. This year, it's indoor skydiving! It's a simulated experience in a vertical wind tunnel.

Weirdest thing I've eaten:

Ostrich steak

Hidden talent:

I enjoy baking, but I hate cooking.

Must-have guilty pleasure:

My manicures. I love getting manicures!