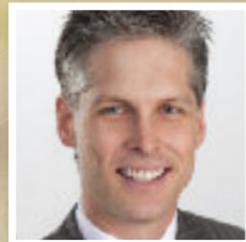


# MOVING

## IN ON BETTER HEALTH

Moving from Marion to a new home on the northwest side of Cedar Rapids led Howard and Ilene Simanek also to move their medical home to the more conveniently located MercyCare Edgewood, under the care of Greg W. Hayes, MD.



Greg W. Hayes, MD  
MercyCare Edgewood



Colleen L. Keating, MD  
MercyCare Edgewood

That decision led to a big improvement in Howard's overall health – the most immediately recognizable one being his weight loss, from 319 to 188 pounds. But there have been other positive changes, too. His Body Mass Index (BMI) went from 42.1 to 27.8, his waist measurement went from 50 down to 34.5 inches and his blood pressure improved to a normal range of 128/74.

Howard has gone from taking four blood pressure medications down to one, no longer takes joint medication and walks easier since having a hip replacement at Mercy Surgery Center in May 2013.

"We chose Mercy Medical Center because our grandkids were born here and our daughter-in-law had such a good experience," says Ilene.

In fact, when their grandson recently broke his leg playing basketball, their daughter chose to bring him to Mercy based on Howard's positive

experience at the hospital. One of the biggest crowd pleasers was Mercy's 24/7 room service, says Howard. He recalls, "I was up at 2 a.m. after surgery watching TV and eating a roast beef sandwich and milkshake!" Room service is just one example of Mercy's commitment to patient-centered care.

Since having his hip replaced, Howard not only gets around better, but he's also relieved of the heavy breathing that used to accompany the slightest exertion due to his weight.

"Dr. Hayes is great and takes the time to listen to questions or concerns regarding my health," says Howard. Dr. Hayes referred Howard to the weight loss expert at MercyCare Edgewood, Colleen L. Keating, MD.

"I feel that both Dr. Hayes and Dr. Keating are genuinely concerned about my health; they provide both words of encouragement and

concern for my well-being. I have been on the Ideal Protein diet since the beginning of the year with great success," he says proudly. "I feel great! My son and daughter-in-law motivated me to get healthier – this is kind of a family affair. I've changed my lifestyle and my eating habits."

Ilene agrees, saying, "He has more energy and isn't so tired all the time." She remembers he used to come home from work and not move from his living room chair until bedtime. Now, Howard sits less and one of his favorite pastimes is cooking up healthy meals.

**"I am thrilled about Howard's positive lifestyle choices. They are better than any prescription I can offer him."**

Greg W. Hayes, MD  
MercyCare Edgewood

"I am thrilled about Howard's positive lifestyle choices. They are better than any prescription I can offer him," says Dr. Hayes. MercyCare Edgewood, like all MercyCare family clinics, has been recognized by the National Committee for Quality Assurance as a Patient-Centered Medical Home.

Howard says he appreciates having access to an online single record management system and MyChart. He says, "I use MyChart quite frequently. It is a great tool. I send emails and receive replies from Dr. Hayes and Dr. Keating, receive reminders for upcoming appointments, check for upcoming preventive care and more."

Howard Simanek enjoys preparing healthier meals, like roasted vegetables, as part of his commitment to improve his health.



To establish your medical home with a MercyCare physician, visit [www.mercycare.org/doctors](http://www.mercycare.org/doctors) or call our Find-a-Doc line at (319) 369-4444 between 8 a.m. and 4:30 p.m., Monday through Friday. To sign up for MyChart, visit [www.mercycare.org/mychart](http://www.mercycare.org/mychart).