



IV

THERAPY  
AT HOME.

## Making fast strides in athletic performance

Mercy's Athletic Republic, formerly known as Mercy Acceleration, is a comprehensive program designed to dramatically improve levels of fitness and performance for athletes. More than 120 Division I athletes have trained at Mercy's facility.

The program's success led to the addition of a new location at Core Fitness, on Hwy. 965 in North Liberty. Athletic Republic also continues to operate at Mercy Health Plaza, 5264 Council St. NE, Cedar Rapids.

Athletic Republic offers scientifically proven sports performance programming, including customized strengthening, ground-based training, Dartfish video analysis and Super Treadmill speed development. Athletes also have access to one-on-one, sport-specific private coaching, and advanced, patented training equipment.

Personal results may be tracked online, allowing athletes to measure their progress and compare their results with athletes of the same age, gender, geography, sport and even position.

For more information, call the Cedar Rapids location at (319) 221-8833 or, for North Liberty, call (319) 665-2177.



[www.athleticrepublic.com](http://www.athleticrepublic.com)

## There's no place like home

Most patients prefer receiving IV therapy in the comfort of their own homes and at their convenience. Mercy's Home Health Care team provides home infusion therapy (the administration of medications by IV) to patients, as well as an extensive array of other nursing care, therapy and home-health aide services.

Patients are carefully screened to make sure home infusion therapy is safe and suits their needs. Monitored by a registered nurse (RN), common IV drugs administered at home include antibiotics, steroids, pain management and many others. Patients are not restricted to a bed or chair and are able to perform many activities at home while receiving their IV treatments.

The availability of home IV therapy can help avoid hospitalization. It also allows some hospital patients to be released sooner and is more cost-effective. Patients receive a prescription and physician referral to Mercy Home Care.

For more information about Mercy Home Care services, please call (319) 398-6034.



# LEAKING HELPFUL NEWS

Dan Tucker, BSN, Coordinator of Mercy's Urinary Incontinence Center, watched hundreds of people at a local health fair walk by without talking to him about the incontinence portion of his display.



Steve Mindrup, MD  
Medical Director  
Mercy's Urinary  
Incontinence Center

But he doesn't take it personally because he knows incontinence (the involuntary leaking of urine) is a sensitive topic.

Instead, he measured his success by the stacks of brochures about the Urinary Incontinence Center that were gone by the end of the day.

"We want people to know they can walk in the door and enter an environment designed for confidentiality," says Dan.

The Center offers urinary assessments, urodynamic testing, video urodynamic testing, pelvic floor strengthening, biofeedback, cystoscopy, education, counseling, dietary consults and uro-gynecological consults, under the medical direction of Urologist Steve Mindrup, MD. Mercy is the only place in the area to offer Video Urodynamics, an assessment technology that provides important data, such as bladder pressure, the speed and amount of urine flow or anatomical abnormalities with the aid of fluoroscopy (X-rays).

Assessments may be scheduled without physician referrals; physician referrals are required for urodynamic testing.

There are several types of incontinence: **Stress Incontinence**—leakage while coughing, laughing, exercising, lifting, etc.

**Urge Incontinence**—often termed "overactive bladder," this occurs when an individual has a strong sudden urge to void during sleep, while drinking water or hearing running water.

**Functional incontinence**—resulting from difficulty with mobility or other issues which prevent the patient from getting to the bathroom quickly enough to prevent leakage.

**Mixed incontinence**—two or more types together, usually stress and urge.

Studies show 80 percent of patients with incontinence can be helped. Seventy percent of patients are women, due to internal changes and stresses related to pregnancy, menopause and aging. Men may experience incontinence as a result of prostate gland issues or prostate surgery. But there are many reasons for incontinence.

"Incontinence is not a disease," says Dr. Mindrup. "It is a symptom of something else going on that usually can be treated."

A variety of treatment options exist, from simple diet changes to surgery, depending upon the cause.

To schedule an assessment or for more information, call Mercy's Incontinence Center at (319) 861-7874.

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