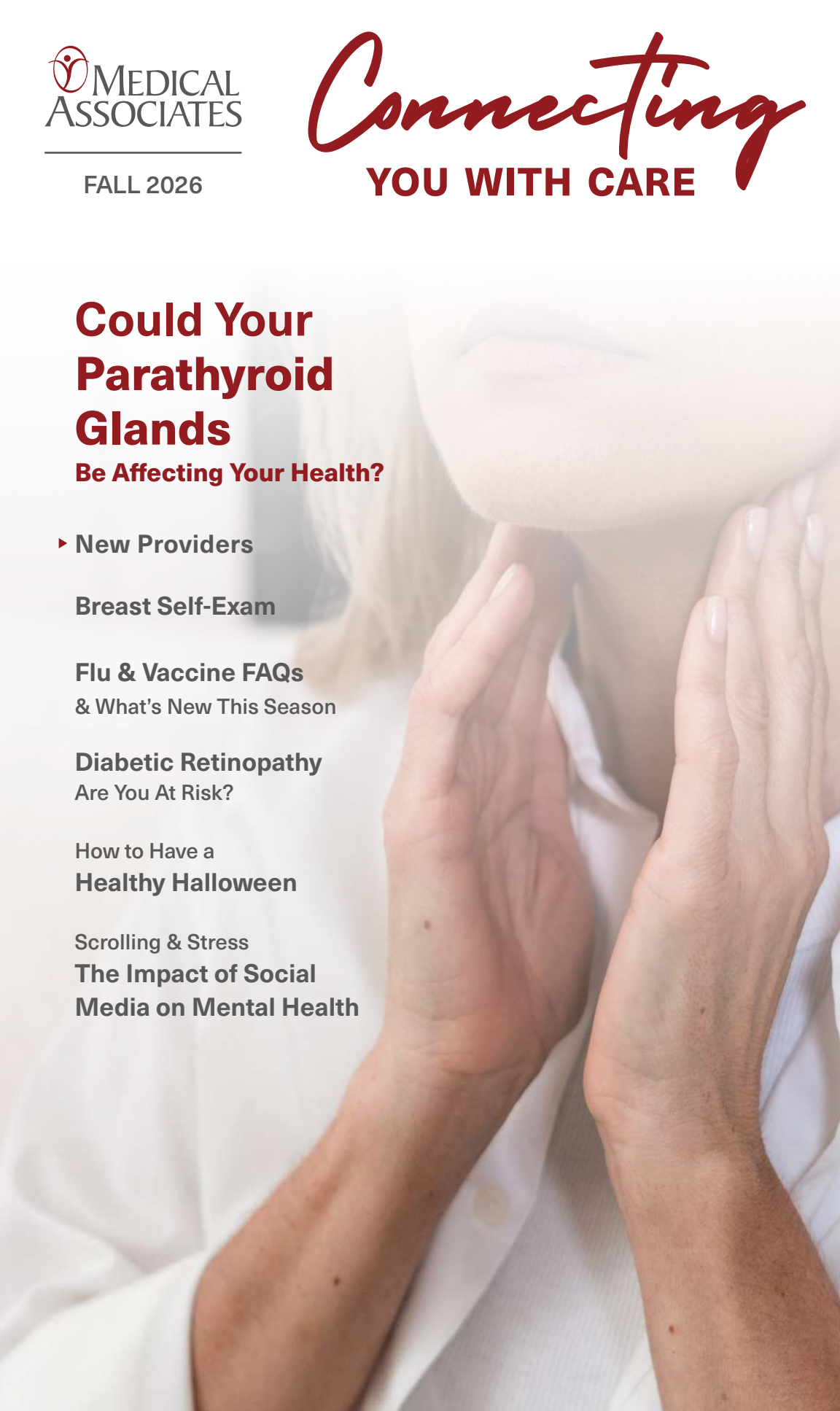
MEDICAL ASSOCIATES

FALL 2026

Connecting YOU WITH CARE



Could Your Parathyroid Glands Be Affecting Your Health?

- New Providers
- Breast Self-Exam
- Flu & Vaccine FAQs
  & What's New This Season
- Diabetic Retinopathy
  Are You At Risk?
- How to Have a
  Healthy Halloween
- Scrolling & Stress
  The Impact of Social Media on Mental Health

Our Clinic

For over 100 years, Medical Associates has been the leading multispecialty clinic in Dubuque and the Tri-State region.

Delivering expert care through a team of over 200 primary and specialty care providers.

West Campus | 1500 Associates Drive, Dubuque, IA 52002

Allergy, Asthma, & Immunology	563-584-4485
Dermatology	563-584-4425
Family Medicine	563-584-4450
Gastroenterology	563-584-4370
Internal Medicine	563-584-4430
Infusion Therapy	563-584-4370
Lab Services	563-584-4400
Obstetrics, Gynecology & Infertility	563-584-4435
Occupational Medicine	563-584-4600
Ophthalmology	563-584-4415
Optometry	563-584-4415
Optical	563-584-4410
Orthopedics	563-584-4460
Pediatrics	563-584-4440
Physical & Hand Therapy	563-584-4465
Physical Medicine & Rehab	563-584-4470
Podiatric Medicine & Surgery	563-584-4420
Radiology	563-584-4400
Rheumatology	563-584-4370
Sports Medicine	563-584-4455
Travel Medicine	563-584-4485

East Campus | 1000 Langworthy Street, Dubuque, IA 52001

Acute Care	563-584-3455
Audiology	563-584-3475
Cardiology	563-584-3425
Cardiothoracic Surgery	563-584-3445
Endocrinology & Diabetes	563-584-3310
Family Medicine	563-584-3226
Hospital Medicine	563-589-9140
Infectious Disease	563-584-3430
Internal Medicine	563-584-3430
Lab Services	563-584-3400
Nephrology	563-584-3550
Neurology	563-584-3495
Otolaryngology (ENT)	563-584-3475
Pediatrics	563-584-3440
Pulmonology & Sleep Medicine	563-584-3330
Radiology	563-584-3400
Surgery	563-584-3450
Urology	563-584-3490

Department Update: Effective Monday, September 28th, our Physical Medicine Department will be located at Medical Associates West Campus.

Medical Associates West Campus

Dermatology - Penn Avenue
563-584-4500
4155 Pennsylvania Avenue
Dubuque, IA 52002

Dialysis Center
563-258-6548
555 John F. Kennedy Road, Suite 700-06
Dubuque, IA 52001

Behavioral & Mental Health
563-584-3500
200 Mercy Drive, Suite 201
Dubuque, IA 52001

MercyOne Cancer Center
563-584-3480
150 Mercy Drive
Dubuque, IA 52001

Tri-State Occupational Health
563-584-4600
1500 Associates Drive
Dubuque, IA 52002

Tri-State Surgery Center
563-584-4500
1500 Associates Drive
Dubuque, IA 52002

Regional Primary Care Locations

Bellevue Clinic
208 N. 12th Street
Bellevue, IA 52031
563-872-4008

Cascade Clinic
805 Johnson Street SW
Cascade, IA 52033
563-852-7756

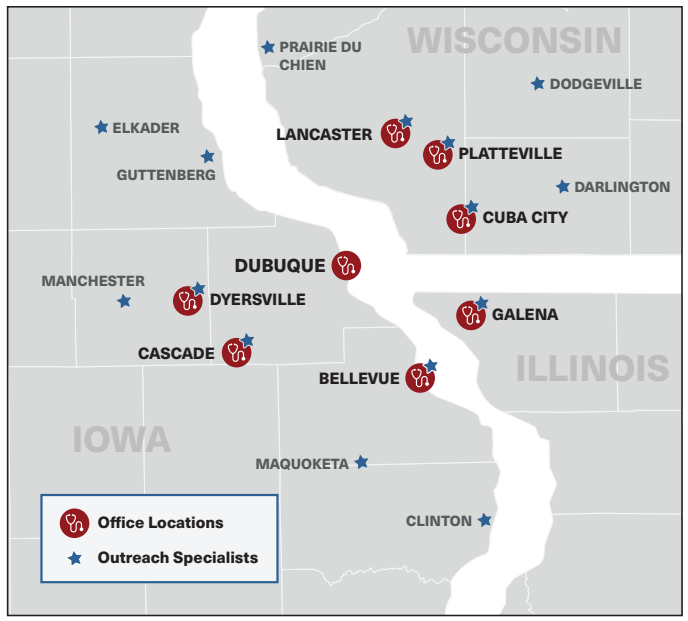
Cuba City Clinic
117 S. Madison Street
Cuba City, WI 53807
608-744-2115

Dyersville Clinic
1121 3rd Street SW
Dyersville, IA 52040
563-875-2776

Galena Clinic
10988 Bartell Boulevard
Galena, IL 61036
815-777-0900

Lancaster Clinic
9177 Old Potosi Road
Lancaster, WI 53813
608-723-0051

Platteville Clinic
1240 Big Jack Road
Platteville, WI 53818
608-348-6266



MEET OUR NEW

Family Medicine Physician

EAST CAMPUS

Reilly Wojciehowski, MD

Bachelor of Science in Biology, Minor in Chemistry: Loras College in Dubuque, IA

Medical Degree: University of Illinois College of Medicine in Rockford, IL

Family Medicine Residency: University of Illinois College of Medicine in Rockford, IL

"I love getting to care for kids, their parents, and grandparents. I focus on preventive health, while also seeing and managing acute and chronic diseases. I have a special area of interest around diabetes and chronic disease management."

Most recently, she worked as a Campus Physician at Rockford University in Rockford, IL.

As a member of the Medical Associates Family Medicine Department, Dr. Wojciehowski provides immediate and routine care including diagnosis and treatment of acute and chronic illnesses for patients of all ages.

ACCEPTING NEW PATIENTS

Call 563-584-3226 to schedule an appointment with Dr. Wojciehowski
Provider Location: East Campus - 1000 Langworthy Street, Dubuque, IA

Providing *expert care* to our community.

ADDITIONAL *New* PROVIDERS

Thomas Haugen, PT | Physical Therapy Department & Tri-State Occupational Health

Thomas received his Doctor of Physical Therapy and Bachelor of Science in Kinesiology from the University of Wisconsin-Madison in Madison, WI.

As a member of the Medical Associates Physical Therapy Department and Tri-State Occupational Health, Thomas evaluates conditions and designs personalized treatment plans to reduce pain and enhance strength, posture, flexibility, and movement. He also supports Occupational Medicine by assisting individuals in recovering from work-related injuries and returning to work safely.

ACCEPTING NEW PATIENTS

Call 563-584-4465 to schedule an appointment with Thomas.
Provider Location: West Campus - 1500 Associates Drive, Dubuque, IA

Katherine Dunne, OD | Ophthalmology Department

Dr. Dunne received her Doctor of Optometry from Illinois College of Optometry in Chicago, IL, and Bachelor of Arts in Biology from Augustana College in Rock Island, IL.

As a member of the Medical Associates Ophthalmology Department, Dr. Dunne provides routine and preventive care of the eyes as well as the diagnosis, treatment, and management of diseases affecting the eye and vision.

ACCEPTING NEW PATIENTS

Call 563-584-4415 to schedule an appointment with Dr. Dunne.
Provider Location: West Campus - 1500 Associates Drive, Dubuque, IA

Pieper Waara, DNP | Psychiatry & Psychology Department

Pieper received her Doctor of Nursing Practice (DNP) in Psychiatric Mental Health from Clarke University in Dubuque, IA, and Master of Science in Nursing (MSN) from the University of Iowa in Iowa City, IA.

As a member of the Medical Associates Psychiatry & Psychology Department, Pieper provides diagnostic assessment, counseling, and therapeutic intervention for patients six years of age and older.

ACCEPTING NEW PATIENTS

Call 563-584-3500 to schedule an appointment with Pieper.
Provider Location: 200 Mercy Drive, Suite 201, Dubuque, IA

Could Your Parathyroid Glands Be **Affecting Your Health?**

Written by: Tyler Willman, MD, Ear, Nose, Throat, Medical Associates Clinic, Dubuque, IA

Some individuals may be surprised to learn that four small glands in the neck play a critical role in regulating calcium levels. These glands are known as parathyroid glands, and they produce parathyroid hormone (PTH for short). The parathyroid glands are located near, but distinct from, the thyroid gland in the central neck. The most common abnormality that occurs with the parathyroid glands is a condition known as primary hyperparathyroidism.

Primary hyperparathyroidism occurs when one or more of the parathyroid glands produces too much parathyroid hormone. Elevated parathyroid hormone levels lead to the inappropriate breakdown of bone, which is the largest storage location of calcium within the human body. This leads to an increase in the level of calcium within the bloodstream.

Primary hyperparathyroidism is a relatively common benign endocrine abnormality. It is more common in women. It can present with a variety of signs and symptoms including fatigue, bone and muscle pain, osteoporosis, kidney stones, and brain fog/difficulty concentrating. The condition may also be completely asymptomatic in some individuals.

The diagnosis of primary hyperparathyroidism is typically made through blood tests showing elevated calcium and parathyroid hormone levels. Additional testing, often including a urine collection, may be used to confirm the diagnosis or rule out other conditions. The only cure for primary hyperparathyroidism is surgery. Surgery can return calcium levels to normal, improve bone health, reduce the risk of kidney stones, and help prevent other long-term complications.

At Medical Associates, our endocrinology team and head and neck surgeons (also known as otolaryngologists or ENT surgeons) are very experienced in managing and treating primary hyperparathyroidism. In some patients, this condition can be observed through close clinical monitoring. Oftentimes, however, surgery is required for those who meet criteria or are symptomatic.

Prior to surgery, you will have a thorough review with your surgeon about your laboratory studies, symptoms you may have, and indications for surgery. You may also have an in-office ultrasound to try and identify the gland (or glands) that may be malfunctioning. Occasionally, further imaging studies will be required before surgery.

The surgery is typically performed as an outpatient with minimal downtime. We use the latest intraoperative technology to make the surgery as efficient as possible. Patients are typically able to get back to their normal routines within only a couple of days.

Primary hyperparathyroidism can have a significant impact on your bones, kidneys and overall health. The good news is this condition is treatable and often curable. At Medical Associates, our endocrinology and surgical teams provide coordinated care for primary hyperparathyroidism close to home.

If you are experiencing symptoms or have concerns about your calcium levels, talk with your primary care provider. They can order initial testing and, if needed, provide a referral to an endocrinology or surgical specialist for additional evaluation and treatment.

A Message from Our Medical Associates Providers: Your Health Is More Than a Number

At Medical Associates, we are committed to helping our patients live healthier, more active lives. While managing medical conditions is an important part of care, we also focus on overall well-being, including physical function, independence, emotional health, and quality of life.

During office visits, our providers may ask questions about mobility, balance, daily activities, mood, energy levels, and other factors that affect overall health. These conversations help us better understand the needs of our patients and identify opportunities to support long-term health and wellness.

The Importance of Staying Active
Regular physical activity plays a key role in maintaining health as we age. Staying active helps improve strength, balance, flexibility, and endurance while supporting heart health, bone strength, and emotional well-being.

We encourage patients to find activities they enjoy and to discuss any limitations or concerns with their provider. Even small amounts of regular movement can make a meaningful difference.

Fall Prevention Starts with Awareness
Falls are a common cause of injury and loss of independence for older adults. Our providers encourage patients to discuss any concerns related to balance, walking, dizziness, or previous falls.

By identifying risk factors early, patients and providers can work together on strategies that may help reduce fall risk and promote safety at home and in the community.

Mental Health Matters
Good health includes both physical and emotional well-being. Stress, anxiety, depression, loneliness, and other emotional challenges can affect overall health and quality of life.

Our providers encourage open conversations about mental health and emotional wellness. Seeking support is an important part of maintaining overall health and should be viewed no differently than addressing a physical health concern.

Partnering for Better Health
The strongest health outcomes occur when patients and providers work together. Open communication helps ensure that care plans reflect each individual's needs, goals, and challenges.

We encourage patients to talk with their provider about:

- Physical limitations or mobility concerns
- Falls or fear of falling
- Changes in mood or emotional well-being
- Difficulty with daily activities
- Medication questions or concerns
- Personal health goals

These discussions help us provide the best possible care and support healthier, more independent lives.

Our Commitment to You
The providers at Medical Associates are honored to care for our patients and communities. By focusing on prevention, wellness, safety, and whole-person care, we can work together to support better health outcomes today and in the years ahead.

Healthy conversations lead to healthier lives. Don't hesitate to bring your questions and concerns to your next appointment. We're here to help.

Breast Self-Exam

Regularly checking your breasts may help you find breast cancer early, when it's more likely to be treated successfully.

Doing a breast self-exam means checking your breasts, by sight and touch, for changes such as a new lump. While most medical organizations no longer recommend formal breast self-exams as a screening tool, experts agree that it's important to know how your breasts normally look and feel, so you can notice any breast changes early on.

Focus on Breast Self-Awareness

Research has found that regular, formal breast self-exams do not improve breast cancer survival rates and can lead to unnecessary testing. Instead, many experts encourage breast self-awareness — becoming familiar with how your breasts normally look and feel so you can recognize changes.

Breast self-awareness does not replace recommended breast cancer screenings, such as mammograms. Talk with your healthcare provider about which screenings are right for you based on your age, health history and risk factors.

How to Check Your Breasts

Periodically look at and feel your breasts in a way that works for you. In a mirror, look for changes in your breasts' usual size, shape or appearance, including:

+ Dimpling, puckering or bulging of the skin
+ A nipple that has changed position or turned inward
+ Redness, rash or swelling
+ Unusual nipple discharge

You can also feel your breasts while lying down, sitting or standing. Using the pads of your fingers, gently feel the entire breast and underarm area for a new lump or other change.

If You Notice a Change

Most breast lumps are not cancerous. Still, contact your healthcare provider if you notice a new lump or another breast change that persists, becomes larger or concerns you.

Your provider may perform an exam and recommend imaging, such as a mammogram or ultrasound. Additional testing may be needed depending on the findings.

Know Your Normal

Breasts can naturally feel lumpy or uneven and may change with your menstrual cycle, age or medical procedures. Knowing what is normal for you can make it easier to recognize something new.

Breast self-awareness should be part of — not a replacement for — recommended breast cancer screening. Talk with your healthcare provider about your risk and the screening schedule that is right for you.

Source: breastcancer.org/screening-testing/breast-self-exam-bse

OCTOBER IS **BREAST CANCER AWARENESS MONTH**

FLU & VACCINE FAQS

Who should get a flu vaccine?
CDC recommends annual flu vaccination for everyone 6 months and older, with rare exceptions. Vaccination is especially important for people at higher risk of serious flu complications.

When should I get my flu vaccine?
For most people, September or October is a good time to get vaccinated, ideally by the end of October. Vaccination later can still be beneficial while flu viruses are circulating. Some people, including children and pregnant individuals, may have different timing considerations.

I got a flu shot last year. Why do I need another one?
Protection from vaccination decreases over time, and the flu viruses circulating each year can change. That's why the flu vaccine is updated annually to help protect against the strains most likely to spread during the upcoming flu season.

Can the flu vaccine give me the flu?
No. Flu vaccines cannot cause flu illness. Flu shots use inactivated virus or components of the virus that cannot cause influenza.

How long does it take for the flu vaccine to work?
It generally takes about two weeks after vaccination for your body to develop antibodies that help protect against influenza.

Does the flu vaccine guarantee I won't get sick?
No vaccine provides 100% protection. How well the flu vaccine works varies from season to season and from person to person. Even so, vaccination can reduce flu illness and the risk of serious complications, including hospitalization.

What are common side effects?
Many people have no side effects. When they occur, they're usually mild and resolve within days. Common reactions include soreness, redness or swelling where the shot was given.

Where can I get a flu vaccine?
Flu vaccines are commonly available at doctors' offices, pharmacies, health departments, urgent care clinics and other community locations. Please call Member Services at 563-584-4885 to see which vaccines are covered under your plan before scheduling your appointment.

WHAT'S NEW FOR THE 2026-2027 FLU SEASON?

This season's flu vaccines have been updated to better match the flu viruses expected to circulate. All three virus components have changed from last season, including an update to protect against an influenza A(H3N2) virus that spread widely during the 2025–2026 season.

Source: cdc.gov/flu/vaccines/

STOP THE SPREAD & GET YOUR FLU SHOT!

DIABETIC RETINOPATHY
ARE YOU AT RISK?

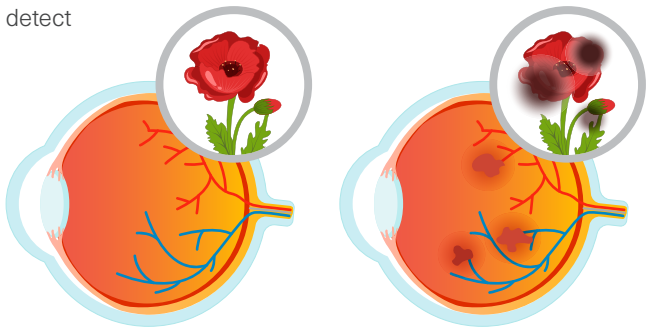
Written by: Kimberly Markham, Quality Improvement Nurse, Medical Associates Health Plans, Dubuque, IA

Diabetes is a condition that impacts blood vessels all over the body, with a specific focus on vessels in the kidneys and eyes. When diabetes affects the blood vessels in the eyes, it is known as Diabetic Retinopathy.

The retina, located at the back of the eye, plays a crucial role in detecting and transmitting visual images to the brain. The front portion of the retina is filled with significant blood vessels. In cases of diabetes, these blood vessels can suffer damage, leading to the leakage of fluid or blood and the formation of scar tissue. This leakage impairs the retina's ability to detect and transmit images effectively.

During the early stages of Diabetic Retinopathy, vision is typically not affected. However, as the condition advances, new blood vessels develop in the retina as the body responds to damaged vessels caused by diabetes. These new vessels, although abnormal, attempt to replace the damaged ones. Unfortunately, they can bleed, causing blurred vision and in some cases, complete vision loss.

Abnormal blood vessel growth on the iris may lead to glaucoma and Diabetic Retinopathy can also contribute to the formation of cataracts in the eyes. Furthermore, these new vessels may lead to retinal damage, forming scar tissue and pulling the retina out of its proper position. This condition, known as retinal detachment, can result in blindness if not treated promptly.



NORMAL RETINA

DIABETIC RETINOPATHY

SYMPTOMS

- There are usually no symptoms in the early stages
- Floaters or double vision
- Difficulty reading or doing work that requires close focus

CAUSES

- High blood sugar levels and blood pressure
- Uncontrolled blood sugar levels
- High cholesterol levels
- The longer someone has diabetes, the greater their risk of developing complications. Typically this condition doesn't manifest until an individual has been diabetic for a minimum of 10 years.

REDUCING YOUR RISK

- Keeping your blood sugar under control
- Monitoring your blood pressure
- Maintaining a healthy diet
- Exercising regularly
- Getting an eye exam at least once a year

Studies show that early detection of diabetic eye complications, such as Diabetic Retinopathy, allows for more effective treatment and better protection of your vision.

Schedule your annual dilated eye exam today! Call the Medical Associates Ophthalmology Department at 563-584-4415. **Before scheduling, confirm your coverage for preventive dilated eye exams, especially if you have diabetes.**

If you cannot schedule an exam in 2026, ask if you are eligible for the **Digital Luminetics Diabetic Retinopathy Exam**, the first FDA-approved AI system that can diagnose more than mild diabetic retinopathy. This screening is only available to individuals without a prior diagnosis of diabetic retinopathy.

Don't delay your screening, as early detection is vital for diabetic eye health.

5 SIMPLE WAYS TO INVEST IN YOUR HEALTH

There's no shortcut to good health. Some of the most powerful ways to protect your health are the simple things you do consistently.

Build your health, one habit at a time:

Get enough sleep.
Give your body and mind time to recharge.

Stay connected.
Strong relationships are good for your well-being.

Get moving.
Regular activity supports your health at every age.

Eat well.
Choose nutritious foods that help fuel and strengthen your body.

Stay up to date on screenings.
Preventive care can help catch health concerns early.

You don't have to change everything at once. Small, healthy choices made consistently can add up to a

HEALTHIER FUTURE.

MEET OUR NEW

Orthopedic & Sports Medicine Physicians

WEST CAMPUS

Nicholas Hora, DO

Medical Degree: Rocky Vista University College of Osteopathic Medicine in Parker, CO

Residency in Family Medicine: Mayo Clinic Health System in Eau Claire, WI

Fellowship in Primary Care Sports Medicine: VCOM-Virginia in Blacksburg, VA

"One of the reasons I love sports medicine is that, at some level, I believe everyone is an athlete; whether someone is training for competition, keep up with their children, staying active in retirement, or simply pursuing a healthier lifestyle, movement is important to quality of life."

With expertise in sports medicine and musculoskeletal care, Dr. Hora provides personalized, non-operative care to help patients remain active, recover from injuries, and return safely to their activities. His experience includes serving as a team physician and providing sideline coverage for collegiate and high school athletes, including athletes at Virginia Tech and Radford University.

Dr. Hora is board-certified by the American Board of Family Medicine, demonstrating the highest standards for education, knowledge, and ongoing professional development. This certification is also a mark of competence and commitment to delivering quality healthcare to patients.

ACCEPTING NEW PATIENTS

Call 563-584-4460 to schedule an appointment with Dr. Hora.
Provider Location: West Campus - 1500 Associates Drive, Dubuque, IA

Stephen Goodin, MD

Medical Degree: University of Nebraska Medical Center in Omaha, NE

Residency in Orthopedic Surgery: Michigan State University/Corewell Health in Grand Rapids, MI

Fellowship in Sports Medicine & Shoulder Surgery: University of Missouri in Columbia, MO

"I am passionate about getting to know my patients and helping them return to the activities that are important to them. Whether the goal is returning to sports or work, or simply enjoying everyday activities, I want to help patients achieve their goals."

With a special interest in sports medicine and treating sports-related injuries, Dr. Goodin brings experience caring for athletes at all levels. During his Sports Medicine Fellowship, he worked with Division I collegiate athletes at the University of Missouri, as well as athletes at Central Methodist University.

As a member of the Medical Associates Orthopedics & Sports Medicine Department, Dr. Goodin provides outpatient treatment for conditions affecting the muscles, joints, and bones, including those related to trauma or chronic disease. He also performs surgical procedures for orthopedic and sports-related injuries.

ACCEPTING NEW PATIENTS

Call 563-584-4460 to schedule an appointment with Dr. Goodin.
Provider Location: West Campus - 1500 Associates Drive, Dubuque, IA

Providing *expert care* to our community.

HOW TO HAVE A HEALTHY HALLOWEEN

Too much Halloween candy got you spooked? Try some of these healthy tips for party snacks and trick-or-treats. Ideas so good, it's scary!

CURB THE CANDY CRAZE

The kids look adorable in their costumes and are counting down the days until Oct. 31! Are you ready for the sugar rush? Whether you're having a party with friends or trick-or-treating in the neighborhood, a little creativity can help you work some healthy options into the mix.

Try these tips to make your Halloween festivities a little healthier for your family, party guests and trick-or-treaters.

FOR TRICK-OR-TREATER

Fill up first. Having a healthy meal BEFORE your kids go trick-or-treating can reduce the temptation to snack while walking or overindulge later.
Bag the monster bag. Choose a smaller collection container instead of a pillowcase, and encourage kids to take just one piece of candy from each house.
Get moving. Make Halloween a fun family activity by walking from house to house instead of driving. Bring water and a flashlight, and wear comfortable shoes.
Look before you eat. Check expiration dates and inspect treats before children eat them. Avoid anything with questionable or unknown ingredients, especially for kids with food allergies.
Have a plan. Talk with kids about moderation and decide in advance how much candy they can keep and eat. Let older kids help decide what to do with the extras.

FOR THE PARTY HOST

Up the fright factor. Serve healthy snacks with a Halloween twist, such as banana ghosts, apple monster mouths, carrot witch fingers or candy-corn-colored fruit parfaits.
Play with food. Make healthy foods part of the fun by decorating oranges like jack-o-lanterns or bobbing for apples.
Keep 'em on their feet. Plan active games such as a zombie dance party, three-legged monster race, spider crawl or pumpkin toss.
Rethink the drink. Cut back on sugary beverages by offering water, unsweetened tea, 100% juice or fat-free/low-fat milk. For a festive option, combine sparkling water with a splash of 100% orange juice and fresh fruit.

FOR THE STAY-AT-HOME CREW

No self-service. Hand out one treat per child instead of letting trick-or-treaters help themselves. It can help keep portions—and your Halloween budget—under control.

Be that house. Candy isn't your only option. Try healthier treats such as fruit, 100% juice boxes, snack-sized pretzels, popcorn, dried fruit or sugar-free gum. Or hand out non-edible goodies such as glow sticks, bouncy balls, crayons, stickers, temporary tattoos, bubbles, spider rings or friendship bracelets.

Avoid very small items that could be a choking hazard for young children.

WHAT TO DO WITH EXCESS CANDY

Afraid you'll still have Halloween treats around by Valentine's Day? Let kids keep enough for one or two pieces a day for a week or two, then donate, toss or repurpose the rest. You can also "buy back" candy with money or tokens for a fun activity, save it for holiday baking or crafts, or check whether a local dentist or community organization accepts candy donations.

Have no fear–you got this! Let's make Halloween fun, spooky and a little healthier, too.

Source: www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/how-to-have-a-healthy-halloween

Ground Turkey Skillet

Serves 4

Nutrition (1 1/2 Cups)
Calories: 266
Total Fat: 8.5 g
Saturated Fat: 2.5 g
Carbs: 22.5 g
Dietary Fiber: 6.5 g
Protein: 28 g

Ingredients

- 14 ounces: from 2 medium or 1 large zucchini, quarter & sliced 3/4 inch
- 1 lb 93% lean ground turkey
- 1/4 cup chopped onion
- 1 tbsp tomato paste
- 3/4 cups canned blacked beans, rinsed & drained
- 3/4 cups corn kernels, fresh or frozen
- 1 large diced tomato
- 1 jalapeño, diced
- 1 cloves garlic, minced
- 2 tbsp chopped cilantro (more for garnish)
- 1 1/4 tsp cumin
- 1 1/4 tsp kosher salt
- 1/4 cup water
- Lime wedges, optional

Directions

Spray a large skillet over high heat with oil and brown the turkey. Season with 1 teaspoon salt and 1 teaspoon cumin. Cook breaking the meat up until the turkey is cooked through, about 5 minutes.

Push the meat to the side, add the onion and tomato paste and cook 1 minute.

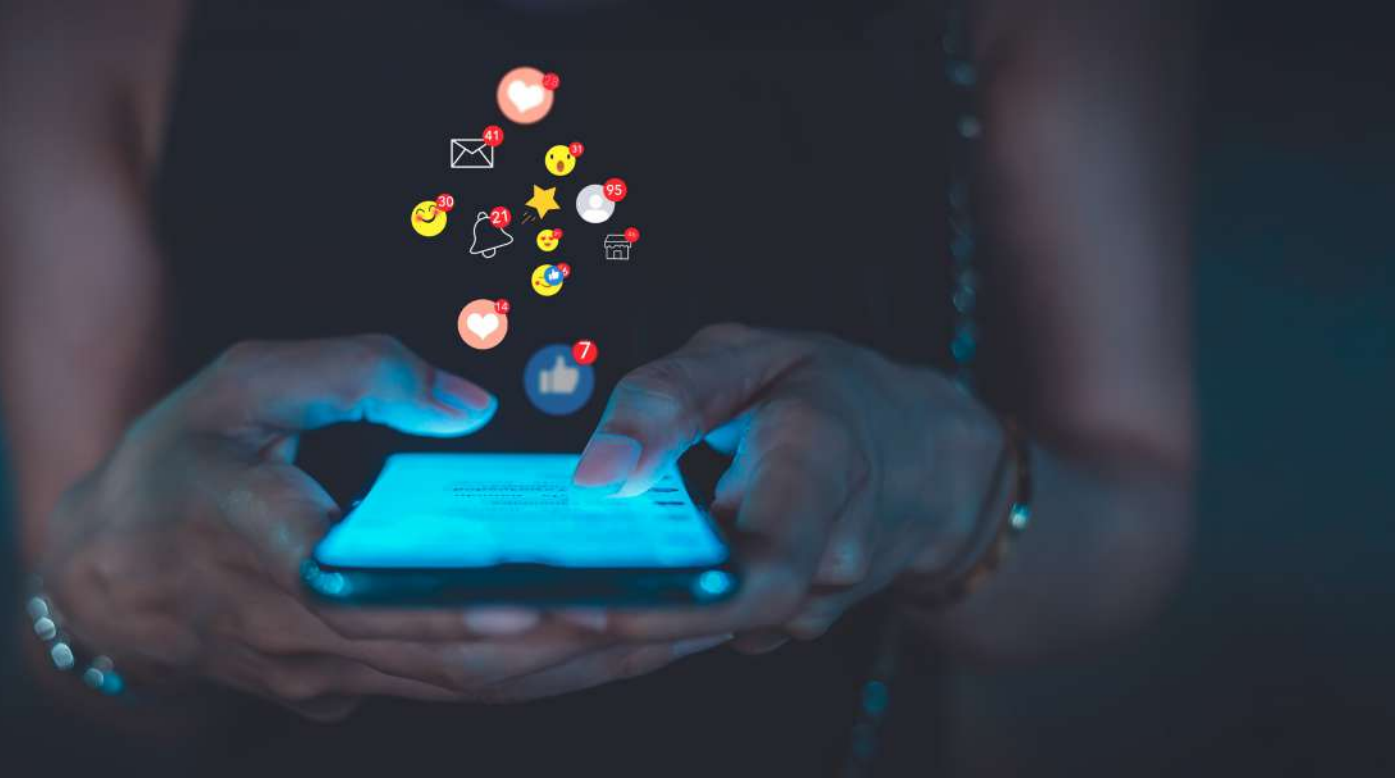
Add the black beans, corn, tomato, jalapeño pepper, garlic, cilantro and stir with 1/4 cup water.

Add the remaining zucchini, 1/4 teaspoon and cumin.

Serve with lime wedges and more cilantro if desired.

Recipe Source: skinnytaste.com/ground-turkey-skillet-with-zucchini-corn-black-beans-and-tomato/#recipe

Scrolling and Stress: The Impact of Social Media on Mental Health



Social media offers instant gratification: a like, a comment, a quick hit of dopamine. But that feel-good feedback loop is by design—and it may take a toll on our health.

Anxiety, depression and sleep disruption are among the concerns associated with social media use. Studies have also linked social media use with poor sleep, memory issues and academic struggles. Because mental and physical health are closely connected, stress can even show up through physical symptoms such as headaches or nausea.

According to Pew Research Center, 69% of U.S. adults and 81% of teens use social media, making it important to understand how our online habits may affect our well-being.

We're All Vulnerable in This Filtered World

Social media has a reinforcing nature. Using it can activate the brain's reward center by releasing dopamine, a chemical associated with pleasurable activities and social interaction. Because we don't know when a post will receive a like, comment or other response, that unpredictability can encourage us to keep checking our accounts.

Young people may be especially vulnerable. Research suggests that the earlier teens begin using social media, the greater its potential impact on mental health. Social media can expose teens to exclusion, hurtful interactions and constant comparisons with others. It can also give young people an immediate view of activities or experiences they weren't included in, potentially increasing feelings of loneliness or fear of missing out.

Filters and editing tools add another challenge. Airbrushing and other effects can create unrealistic expectations about appearance and make it difficult to distinguish between an online image and reality. During adolescence—a time already marked by physical and emotional changes—those comparisons can be especially difficult.

Adults aren't immune to these pressures. Comparing our lives and appearances with carefully selected and edited posts can affect how we feel about ourselves and may distract us from in-person relationships.

Social media also has benefits, including helping people stay connected with friends and family. Rather than avoiding it altogether, the goal can be to recognize how it affects you and develop healthier habits.

Distract Yourself From the Distraction

Pay attention to how you feel before and after using social media. If you regularly feel less happy, more anxious or more critical of yourself afterward, consider spending less time on certain apps and replacing some screen time with activities you enjoy.

Research suggests that limiting social media use may help. A 2018 University of Pennsylvania study of 143 undergraduates found that participants who limited Facebook, Instagram and Snapchat to 10 minutes per platform per day experienced significant reductions in loneliness and depression compared with those who continued their usual social media habits.

Simple boundaries can help, too. Set daily app limits, turn off unnecessary notifications or designate times of the day to put your phone away. You may also find it helpful to unfollow accounts that negatively affect your mood or self-esteem.

Set a Good Example

Parents can help children develop healthy media habits by setting family guidelines for screen time and device use, including putting phones away at bedtime or during meals.

It's also important to talk with teens about what they post and see online. Remind them that social media doesn't always reflect reality and that what they share can leave a lasting digital footprint. Encourage other ways of staying connected with friends so that limits on social media don't have to mean missing out socially.

Most importantly, adults can model the habits they want children to develop. Putting your own phone away during meals, conversations and family time sends a powerful message.

Take Care of Your Mental Health

Social media is part of everyday life for many of us. Being intentional about when and how we use it can help us enjoy the benefits of staying connected while protecting our mental and emotional well-being.

If social media use is affecting your mood, sleep, relationships or daily life—or if you have concerns about your or your child's mental health—**talk with your primary care provider or call our Psychiatry and Psychology Department at 563-584-3500.** They can help you identify next steps and connect you with additional support or resources if needed.

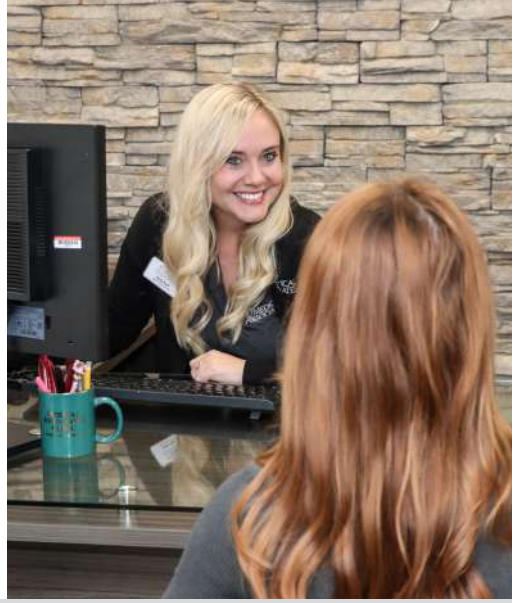
Source: deconstructingstigma.org/guides/social-media

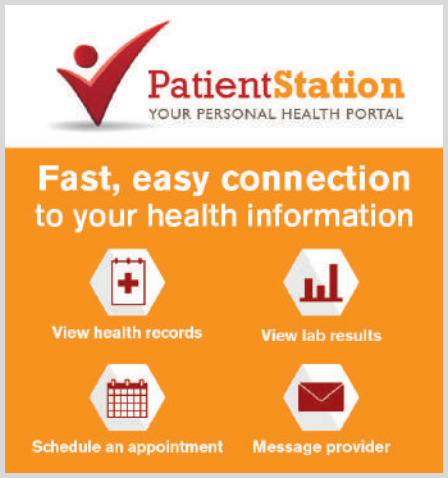
Patient Information

Care Connect Advisors | 563-584-4570

Medical Associates offers expert providers dedicated to your long, healthy life. Choosing the right one can be tough, so our Care Connect Advisors are here to help:

- Establish a primary care provider
- Explore health programs and specialty care
- Assist in scheduling appointments
- Identify insurance options
- Assist with billing and insurance inquiries





Patient Station

Your health information is stored in a secure portal that you can conveniently access whenever you need to. With patient station you can:

- View a summary of your visits, vital signs, medications, allergies, and immunizations
- View your lab and radiology results
- Send a secure message to your provider's office
- Schedule an appointment
- Securely send select medical information to another physician
- View upcoming appointments
- Participate in video visits
- View after-visit care summaries

24-Hour Help Nurses | 563-556-4357 or 800-325-7442

Your health doesn't follow a 9 to 5 schedule, and neither do we. Whether your a Medical Associates Clinic patient or a Medical Associates Health Plans member, you have 24/7 access to our registered nurses by phone. We're here anytime to offer guidance, answer questions, and help you take the next step in your care. Our Help Nurses can answer your questions on:

- When to seek professional care
- Locating the nearest medical facility
- Medications and potential side effects
- Finding network providers
- Health-related resources available in the community

ADDITIONAL *New* PROVIDERS

Paulina Phomvongsa, MD | Surgery Department

Dr. Phomvongsa received her medical degree from Michigan State University College of Human Medicine in Grand Rapids, MI. She received her Bachelor of Science in Human Biology and Bachelor of Science in Psychology, both from Michigan State University in East Lansing, MI. She completed her residency in General Surgery from the University of Michigan Health-West in Wyoming, MI. She is also fluent in Laotian and English.

As a member of the Medical Associates Surgery Department, Dr. Phomvongsa provides a full spectrum of general surgery services.

Provider Location: East Campus - 1000 Langworthy Street, Dubuque, IA

Brianna Fry, DNP | Surgery Department

Brianna received her Doctor of Nursing Practice from Clarke University in Dubuque, IA, and Bachelor of Arts in Nursing from Luther College in Decorah, IA.

Brianna is board-certified by the American Nurses Credentialing Center, demonstrating the highest standards for education, knowledge, and ongoing professional development. This certification is also a mark of competence and commitment to delivering quality healthcare to patients.

Brianna is a Dubuque native, and as a member of the Medical Associates Surgery Department, she provides a full spectrum of general surgery services.

Provider Location: East Campus - 1000 Langworthy Street, Dubuque, IA

Paige Winter, PA-C | Internal Medicine Department

Paige received her Master of Science in Physician Assistant Studies from Carroll University in Waukesha, WI, and Bachelor of Science in Genetics, Minor in Psychology from Iowa State University in Ames, IA.

Paige is board-certified by the National Commission on Certification of Physician Assistants, demonstrating the highest standards for education, knowledge, and ongoing professional development. This certification is also a mark of competence and commitment to delivering quality healthcare to patients.

As a member of the Medical Associates Internal Medicine Department, Paige provides services to patients needing routine physicals, preventive healthcare, and the diagnosis, treatment, and management of diseases and conditions related to the internal organs and systems of the body.

Provider Location: East Campus - 1000 Langworthy Street, Dubuque, IA

Help Loved Ones With Medicare Decisions

Medicare Annual Enrollment: October 15–December 7

This is a great opportunity for family and friends to enroll in or adjust their Medicare coverage.

If someone you know is approaching Medicare age or already enrolled, they may need help reviewing options, comparing costs, or understanding deadlines. Reviewing coverage now can prevent unexpected gaps or higher out-of-pocket costs later.

Our team can simplify the process, answer questions, and guide them to the plan that best fits their needs.

Medicare Questions? Call 563-584-4796

You must continue to pay your Medicare Part B premium. Open to all Medicare beneficiaries eligible by age or disability. Medical Associates is a Cost Plan with a Medicare contract. Enrollment in Medical Associates Health Plans depends on contract renewal. Y0045_MAHP 2060_M CMS Accepted 09212025