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# FIVE QUESTIONS FOR DEAN STURCH

Q: What TV series have you recently binge watched?

A: Lost in Space



Q: Where did you go for what you consider your best family vacation growing up?

A: Montreal Olympics in 1976



Q: What character would you like to play in a movie?

A: Indiana Jones

Q: What teacher or coach made a profound difference in your life?

A: Coach Bruce Gulick – he always pushed me to do my best.



Q: Name something unique about you that people might not know.

A: I really enjoy doing jigsaw puzzles.

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FALL 2022

# LIVING UNLIMITED

Clark & Associates Prosthetics and Orthotics

## A TRUE SERVICE MENTALITY

Placing the needs of others first is a characteristic of those who are described as having a service mentality. For more than 30 years, Dean Sturch has demonstrated an unwavering commitment to provide the very best service to each and every patient he has helped. At the conclusion of 2022, Dean will retire as an Orthotist after serving 1000's of patients in the Cedar Valley and across the state of Iowa.

With a patient population that ranges in age from newborns to the very elderly, Dean has created many life-long relationships with his patients and their families. When asked what he hopes his



patients will remember most about the care he provided, Dean said, "I hope I was able to help make their daily lives a little better and that I worked to do my very best for each individual."

While long-time patients will surely miss the quality care Dean has provided, those who have worked with him at Clark & Associates will also feel a void upon his retirement. Co-workers describe Dean as kind, thoughtful, hard-working and funny. Deb Brustkern who has worked with Sturch for over 10 years described him as "A salt of the earth person who truly cares about patients and the people he works with."



Patients and co-workers alike are certainly going to miss the service mentality that Dean demonstrated on a daily basis at Clark & Associates. We thank Dean for the tremendous impact he has had on the lives of so many and wish him all the best as he embarks upon retirement.

**Congratulations Dean!**





# C&A PATIENTS OVERCOME LIFE THREATENING CHALLENGES

Cancer unfortunately touches the lives of thousands of Americans each year. Most of us personally know a family member or friend who is battling some form of this ugly disease. At Clark & Associates, we care for several patients who have experienced limb loss as a result of cancer treatment.



Marcus Thurm was in seventh grade when a series of mysterious ankle sprains resulted in the discovery of a cancerous tumor in his right leg. The rare bone cancer that started in his lower leg had also metastasized into his lungs creating an even more challenging situation. Marcus endured nearly a year of chemotherapy and an amputation of his right leg below the knee before becoming cancer free.



For the past five years, Marcus has worked with C&A Prosthetist Brian Frank who leads our Cedar Rapids office. Over those years, Brian and Marcus have developed a rapport that has resulted in fantastic functional outcomes. Marcus is very active and enjoys many outdoor activities including snow skiing. He is currently a freshman at Drake University and is studying Pre-Medical Sciences.



Like Marcus, Farhad Khorsand developed a cancerous tumor in his lower leg. A friend actually noticed that one of Farhad's calves looked much larger than the other which prompted a visit to the doctor. After several tests, it was determined that the mass was cancerous and that an amputation above the knee would be required in order to prevent further spread of the disease. Following a complex 13 hour surgery, Farhad was determined to get back to the active lifestyle that he lead prior to amputation. Nineteen days out from his surgery and at the age of 46, Farhad was at the local YMCA re-learning how to swim with the use of one sound leg. From that day forward, for 14 years, Farhad swam 1.5 miles each and every day at the YMCA.



Farhad's daily swims were interrupted by the Pandemic so he decided to turn to cycling which was one of his favorite activities prior to his amputation. He currently bikes everyday the weather allows, with typical rides of 25 to 30 miles per outing. Farhad credits his quick return to an active lifestyle to his positive attitude; "I truly believe that if there is a will, there is a way. That is how I approach life in general. It's also important to maintain a sense of humor and keep a smile on your face."

## NEW TO THE TEAM



Clark & Associates welcomes George Gerrard to our team of practitioners. George will work with Matt Kasten in our Mason City office with a primary focus on patients in need of orthotic services. The Mason City office will now be staffed M-F from 8:00am to 5:00pm.

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