

NorthCrest health

Great Care, Right Here

FALL 2009

Caring for You

from Ear to Ear

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A publication of

NorthCrest
MEDICAL ♦ CENTER



CEO LETTER

With the addition of John Westerkamm, MD, otolaryngologist, to our medical staff, NorthCrest Medical Center has enhanced the services offered to our community. Dr. Westerkamm provides a full array of ear, nose, and throat (ENT) specialty services, as well as allergy testing and allergy care. Having a full-time ENT affiliated with our hospital is a great benefit. With four pediatricians on staff—and approximately 1,000 deliveries scheduled for this year—Dr. Westerkamm's services are especially welcome to meet newborn and adolescent needs. With the necessity adults also have for ENT services, Dr. Westerkamm's specialty fulfills a real demand in our community.

By adding Dr. Westerkamm to our surgical team, we have further enhanced a department that already provides a wide range of quality services to our community. From general and vascular surgery to orthopaedic care, we continue our efforts to meet the community's needs.

Sincerely,

Scott Raynes
President & CEO

Caring for You from Ear to Ear

Your child suffers from chronic ear infections. Your mother is experiencing difficulty swallowing. You have developed seasonal allergies. While a pediatrician or a primary care physician can help with many of these issues, the specialized services provided by an otolaryngologist—also known as an ear, nose, and throat (ENT) specialist—may be just what the doctor ordered.

NORTHCREST Medical Center is proud to welcome an experienced ENT to our medical staff. John Westerkamm, MD, otolaryngologist, is now practicing at NorthCrest. As a full-service provider of care, Dr. Westerkamm can provide both medical and surgical treatment for a variety of problems, including those that affect these areas of the body:

Ears—Otolaryngologists are trained in the medical and surgical treatment of disorders of the ear, including problems with cranial and facial nerves, hearing, ear infections, balance, and ringing of the ears.

Nose—Whether you have sinus problems and allergies or breathing difficulties because of anatomical problems, an otolaryngologist can help manage these conditions with medication or surgery.

Throat—As experts in the management of diseases of the esophagus and larynx (voice box), otolaryngologists can be your biggest allies if you are dealing with swallowing or speaking difficulties.

Head and Neck—In addition to providing cosmetic and reconstructive surgery, otolaryngologists provide treatment for infectious diseases, head and neck tumors, trauma to the face, and facial deformities.

“We use a combination of leading-edge therapies, medications, and surgical treatments in order to offer our patients the best quality of life during and after treatment,” says Dr. Westerkamm. “In most cases, patients don't have to live with these conditions. They can find relief from chronic problems including allergies, sinus infections, and snoring.”



ENT Services

John Westerkamm, MD, otolaryngologist on the medical staff at NorthCrest Medical Center, and his staff offer an array of inpatient and outpatient ENT services for pediatric and adult patients, including:

- Allergy testing and treatment
- Ear tubes (for recurring ear infections or fluid)
- Endoscopic sinus surgery
- Hearing and balance testing
- Nasal surgery (for correction of breathing problems or trauma)
- Snoring and sleep apnea treatments
- Surgical oncology
- Thyroid surgery
- Tonsil and adenoid surgery
- Voice treatments

Bringing the Best Home

Dr. Westerkamm's office in the NorthCrest community is now open full time and accepting new patients. Services include an advanced allergy lab, allergy shots, and hearing tests. In addition, Dr. Westerkamm performs a variety of surgeries, including endoscopic sinus procedures and tonsil coblation—new options for members of the NorthCrest community that allow patients to heal more quickly.

“Tonsil coblation is a new technology that uses gentle radiofrequency energy to remove tonsil and adenoid tissue,” explains Dr. Westerkamm. “This approach results in reduced pain and a rapid recovery.”

For more information, or to schedule an appointment with Dr. Westerkamm, call (615) 433-7302.



“The solutions available to meet the needs of ear, nose, and throat patients are broader and more effective today than they have ever been. Because there are so many treatments available for these conditions, patients in the NorthCrest community can rest assured that we will do everything in our power to provide the most effective option for their ENT-related conditions.”

—John Westerkamm, MD, otolaryngologist on the medical staff at NorthCrest Medical Center



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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Meeting Your Surgical Needs

Surgeons at NorthCrest Medical Center utilize the latest minimally invasive techniques to perform a variety of thoracic and vascular procedures, including treatment of peripheral artery disease (PAD) and lung cancer.

PAD affects arteries that bring oxygen-rich blood from the heart to the arms, legs, abdomen, and neck. These blood vessels develop cholesterol plaque buildup that results in gradual narrowing of the vessels. Untreated, the condition can greatly inhibit mobility and lead to stroke, heart attack, or amputation.

“When blood vessels are partially blocked, the condition often can be treated with medication and lifestyle modifications,” says Sabi Kumar, MD, general/vascular surgeon at NorthCrest. “However, if the blood vessels are more than 70 percent blocked, vascular surgery is usually required to alleviate the blockage.”

Other common vascular surgeries performed at NorthCrest are repair procedures for abdominal aortic aneurysms (AAA). AAA also can be

treated with stents—a minimally invasive form of surgical repair in which a wire, mesh tube is inserted to support the stressed blood vessel.

Minimally Invasive and Thoracic Procedures

Minimally invasive surgeries performed at NorthCrest include Nissen fundoplication (treatment of gastroesophageal reflux disease), colon resections, splenectomies (spleen removal), hernia repairs, and treatment of ulcers.

“We can perform video-assisted thoracoscopic surgery (VATS)—a minimally invasive procedure used in diagnosing and treating conditions including lung cancer, collapsed lungs, and fluid around the lungs or heart,” says Mark Sanders, MD, general/vascular surgeon at NorthCrest. “During VATS,



Mark Sanders, MD



Sabi Kumar, MD

one or more small incisions are made in the chest. A tiny, fiber-optic camera is inserted through one incision and transmits images of the chest on a video monitor, which the surgeon uses to maneuver tiny instruments to complete the procedure.”

Open surgery generally requires large incisions, and patients must stay hospitalized for more than a week and usually cannot return to work for six weeks. In contrast, patients who have VATS can leave the hospital sooner and experience much less pain.

“We offer a very high standard of care that’s both clinically excellent and compassionate,” says Dr. Kumar. “Patients don’t have to travel far for state-of-the-art surgery—it’s right here at home.”

For more information about surgical services offered at NorthCrest, visit www.northcrest.com.