

NorthCrest health

Great Care, Right Here

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Your Guide to General Surgery page 2

CEO Letter: page 2

Be Prepared and Ask Questions: page 3

Laparoscopic Procedures: page 4

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NorthCrest
MEDICAL ♦ CENTER



CEO LETTER >>

NORTHCREST MEDICAL CENTER has always offered a wide array of surgical services. From orthopaedic, urological, gynecological, general, and vascular surgery, along with several others, we have strived to provide the community with high-quality specialty services available close to your home. We work diligently to ensure these services are of the highest quality possible and that you are served by the hospital staff in such a way that your needs as a patient and your family's needs are constantly being met.

With Keith Goldberg, MD, general and vascular surgeon, assuming the role as chief of staff and Mark Cutright, MD, orthopaedic surgeon, taking over as the chairman of our department of surgery, we have superior clinical leadership to continue to thrive in this area to meet and exceed your expectations.

We have committed energy and resources to continue providing our community and our primary care physicians, who refer patients for surgical services, with state-of-the-art facilities, technology, and amenities to assure your surgical needs are met.

Sincerely,

Scott Raynes
President & CEO

Your Guide to General Surgery

Over the past few years, advances in surgical technology have made it possible for patients to come in for an operation and go home the same day. You may be surprised to learn just how many procedures can be performed on an outpatient basis at NorthCrest Medical Center.

“ALL OF THE SURGERIES performed at NorthCrest are carried out to the highest standard,” says Jonathan Kroser, MD, FACS, general and vascular surgeon on the medical staff at NorthCrest. “We use advanced technologies to perform a variety of minimally invasive procedures that offer patients a faster recovery time and less post-surgical pain.”

Your Surgical Options

Many common procedures can be performed at NorthCrest using laparoscopic equipment. Some of the most popular surgeries include:

- **Appendectomy.** When performed laparoscopically, this procedure may only take half an hour. The operation is performed through several small incisions, and offers the usual benefits of a minimally invasive procedure—a faster recovery and less pain.

“ Both the surgeons and the hospital are committed to excellence in care and positive outcomes for their patients. That explains the high level of loyalty our patients show to the hospital, and why local families continue to choose NorthCrest Medical Center for their surgical services. **”**

—Keith Goldberg, MD, FACS, general and vascular surgeon on the medical staff at NorthCrest Medical Center



Ask Questions

Here are some questions to ask your surgeon before your surgery date to ensure that your operation is as safe as possible.

What are the benefits and risks of my procedure, and is there a viable alternative?

What are your qualifications, and how many of these procedures have you performed?

What kind of anesthesia will I need?

How long will the operation take?

How long will it take me to recover?

Will I need to stay overnight in the hospital, and what should I bring?

Be Prepared

Having surgery—even when you know that you'll be home in time to enjoy dinner with your family—can cause anxiety. Because we understand your concerns, NorthCrest Medical Center offers these tips to help make preparing for your procedure a little easier.

- » Don't eat or drink anything after midnight on the day of your procedure.
- » Bring all of your pertinent information (identification, insurance card, etc.) as well as a list of all the medications you are taking.
- » Leave all your jewelry and other valuables at home.
- » Ask a friend or family member to drive you to and from the hospital.

• **Cholecystectomy.** During this procedure, surgeons remove the gallbladder through a series of small incisions around the navel. The laparoscope is inserted through a cut just above the navel, allowing the surgeon to view your gallbladder on a screen in the operating room. The smaller incisions are a marked improvement over traditional cholecystectomy, which requires a cut several inches long.

• **Colon surgery.** Much like the traditional cholecystectomy, open colon surgery requires a large incision across the abdomen and several weeks of recovery time. Minimally invasive colon surgery offers patients an option that requires only three to five small incisions, one of which is used to insert a camera into the abdomen. Utilizing smaller versions of the same operating room tools used for open surgery, surgeons can treat conditions ranging from colon cancer to diverticulitis by removing a small section of the bowel.

• **Hernia repair.** Designed to give patients relief from painful hernias, this operation can now be performed through a minimally invasive procedure. Traditional hernia surgery requires a large incision in the abdomen and several weeks of recovery time.

“When choosing where to go for surgical procedures, patients should expect a caring and competent medical staff,” says Daniel Davis, MD, FACS, general and vascular surgeon on the medical staff at NorthCrest. “Our focus is on providing excellent surgical care in a compassionate and thorough manner. We want people to be aware of the quality and scope of the services we offer.” ♦

For more information about the surgical services program at NorthCrest Medical Center, visit www.northcrest.com and select the “Hospital Services” option.

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.

The Future of Surgery... Now

In the past, undergoing a surgical procedure meant days—and even weeks—of recovery. Thanks to new laparoscopic equipment at NorthCrest Medical Center, patients now have access to the latest in minimally invasive procedures, meaning shorter recovery times.

LAPAROSCOPIC EQUIPMENT, as well as new high-definition (HD) monitors, were recently installed in surgical suites at NorthCrest.

“With the new HD monitors and laparoscopic equipment, the images that surgeons see are as close to a three-dimensional image as possible, with high resolution and the ability to zoom in and enlarge the image of the area being worked on,” says Suhail Allos, MD, FACS, general and vascular surgeon on the medical staff at NorthCrest. “This translates into better visualization and identification of the small structures in the body, which ultimately leads to improved procedures and positive outcomes.”

How Does It Work?

Laparoscopic procedures are performed through small incisions, thanks to specialized equipment being utilized. A tiny tube, called a laparoscope, is inserted into the incision.

“The laparoscope is a long, thin

tube,” says Sabi Kumar, MD, FACS, general and vascular surgeon on the medical staff at NorthCrest. “At the end of the laparoscope is a light and video camera that transmits the view of the surgical area to the HD monitor. The surgeon is able to operate while watching the image on the monitor.”

The HD monitors add an enhanced view, just as they do for your home television. With an HD monitor, the view is much sharper, giving physicians an in-depth look at the area they are working on.

“These new technologies allow us to perform complex procedures in a minimally invasive way,” says Dr. Kumar. “Patients benefit greatly—there is much less surgical pain, blood loss, and risk of infection.” ♦

To find a physician for your surgical needs, visit www.northcrest.com and select “Find a Doctor.”

