

Health Watch

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INNOVATIVE PROCEDURES AND CUTTING-EDGE TECHNOLOGY

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HealthWatch is a publication that provides information about community health classes and programs, medical advances and the many services offered by Memorial Healthcare System. These articles should not be considered specific medical advice, as each individual patient and circumstance is different. Should you need medical advice, see your doctor or call our Physician Referral Service at (954) 985-3450 to help you find the right doctor.



Dear Neighbors,

Memorial Healthcare System is a distinguished leader for cutting-edge medical and surgical advancements. Memorial Cardiac & Vascular Institute recently became the first facility in Florida to perform robotic heart valve surgery. Additionally, our state-of-the-art "Heart Attack Program" has saved many lives by providing a new and exceptional level of immediate treatment.

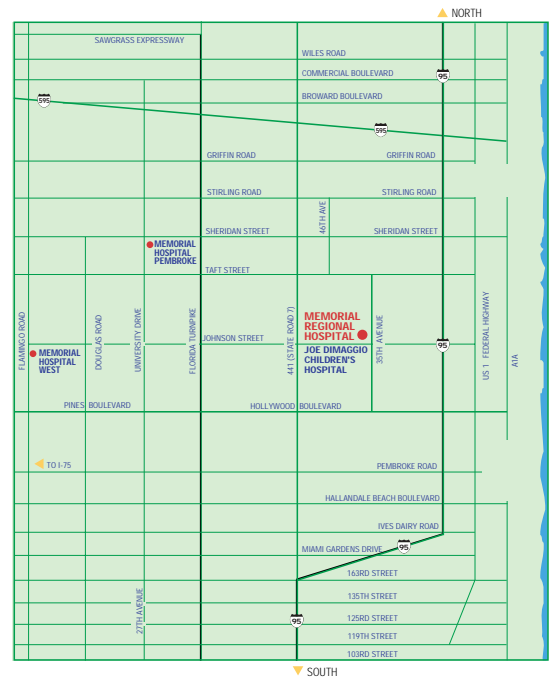
Our Comprehensive Cancer Centers are pioneering new cancer treatments every day, including national and international clinical trials. We have one of the few facilities nationwide offering radiofrequency ablation on lung tumors as well as many other sophisticated cancer treatments.

The Memorial Neuroscience Center is distinguished by its experienced neurosurgeons, including one of the few neuro-interventionalists in the United States. Our surgeons are specially trained to treat some of the most complex neurological conditions, such as exacting spinal surgery involving delicate nerve structures and specialized pediatric neurosurgery.

At Memorial, we are dedicated to providing you with compassionate, high-quality care. Our unwavering commitment has placed us among the nation's top 5 percent in patient satisfaction. Just as this illustrates our extraordinary dedication over the years, we will always continue to strive for excellence.

Warm regards,

Frank V. Sacco
Chief Executive Officer
Memorial Healthcare System



Memorial Healthcare System facilities are centrally located and easily accessible from I-95 and the Florida Turnpike.

Memorial Neuroscience Center

Intervention for a Wide Range of Neurological Conditions

Medical expertise and the latest treatment options distinguish the Memorial Neuroscience Center

at Memorial Regional Hospital in Hollywood as a facility of excellence.

Meet a Memorial patient, Carol Harlos, vice president of a title insurance company in Dade County, who first noticed the problem as a pain that started in her hip and gradually moved down to her ankle. She thought it was stress, but within a week, the pain was unbearable. "I waited until there was so much pain I couldn't sit or stand, and then I saw a doctor," says Harlos. "I'm not a baby, but it was agony. On a scale of 1 to 10, it was a 12."

As painful as it was, Harlos' problem was an all-too-common one: a herniated disk. Also called a slipped or ruptured disk, a herniated disk occurs most often in the vertebrae of the lower back. The disks are "shock absorbers" surrounded by a covering that holds them in place. When the covering ruptures and the disk pushes out between the vertebrae, the pressure on a spinal nerve can cause pain, weakness and numbness in the leg.

"Most patients get better with conservative care: over-the-counter medicine, rest, physical therapy and perhaps steroid injections," says Greg Zorman, MD, Chief of Neurosurgery at the Memorial Neuroscience Center. In Harlos' case, however, surgery was necessary. Dr. Zorman performed a discectomy to trim the ruptured disk.



One day after a discectomy to treat a herniated disk, Carol Harlos left the hospital pain-free. "I was thrilled," says Harlos.

Symptoms of Nerve Compression May Include:

- Low back pain
- Numbness
- Weakness
- Tingling/electric shock sensation
- Shooting pain down one or both legs
- Difficulty standing or walking for prolonged times
- Tingling or numbness of the hands and/or feet

Relief came immediately for Harlos. "When I woke up at noon after the surgery, the pain was gone," Harlos says. "I was walking with help at 2:30pm, without help at 4pm, and I went home the next day. I was thrilled."

Medical Expertise and Advanced Treatments

The Memorial Neuroscience Center is distinguished by its experienced neurosurgeons, including one of the few neuro-interventionalists in the United States. The Center provides advanced treatment for acute neurovascular conditions, including strokes, aneurysms, and brain and spinal tumors, as well as for common and recurring conditions, such as back and neck pain and carpal tunnel syndrome.

As with any serious medical condition, a second opinion can be vitally important to help you explore your treatment options. After all, what you learn from us may make all the difference. For more information about obtaining a second opinion, please call (954) 985-1490 ext. 9701.



*Greg Zorman, MD
Chief of Neurosurgery
Memorial Neuroscience Center*

Our surgeons are specially trained to treat some of the most complex neurological conditions, such as exacting spinal surgery involving delicate nerve structures and specialized pediatric neurosurgery.

Cardiac & Vascular Institute

Setting the Pace for State-of-the-Art Cardiovascular Care

The Memorial Cardiac & Vascular Institute at Memorial Regional Hospital in Hollywood provides some of the latest and most advanced detection and treatment methods for cardiovascular disease, including robotic heart surgery.

Memorial Cardiac & Vascular Institute, already a leader in general valve surgery, was the first in Florida to perform robotic heart valve surgery. Coronary artery bypass grafting (CABG) with robotics also has been extremely successful.

Controlling instruments while seated at a console, cardiac surgeons are able to use the state-of-the-art da Vinci® Surgical System to perform precise cardiac procedures with minimal incisions. This reduces the patient's hospital stay to as little as one day and allows the patient to return to normal activity, usually within a week, compared to 6-8 weeks following traditional surgery.

"The da Vinci® Surgical System can do everything that a doctor's hands can do," says Chris Akins, MD, cardiothoracic surgeon on the medical staff at Memorial Regional Hospital and Memorial Hospital West. "This surgical method yields the same time-tested results of traditional surgery, but with many additional advantages because it is minimally invasive."

State-of-the-Art Treatment for Heart Attack Victims

A heart attack occurs when one or more of the arteries supplying blood to the heart becomes blocked, reducing or stopping blood flow. The heart muscle can be severely damaged if the blood supply is cut off for an extended period of time. For this reason, Memorial follows certain protocols to ensure that heart attack patients are diagnosed promptly and, if necessary, transported immediately to a cardiac catheterization laboratory for treatment.

"Numerous trials on heart attack victims have demonstrated that immediate cardiac catheterization and angioplasty are the best treatment," says Luis Tami, MD, Chief of the Vascular Services Department and Director of Interventional Vascular Medicine at Memorial Regional Hospital. "In some patients, the blocked artery can be reopened via angioplasty in less than 60 minutes, surpassing the recommended 90 minutes by the American Heart Association."

The Memorial Cardiac & Vascular Institute was the first in Florida to perform robotic mitral valve surgery.

Many hospitals don't have the physicians, facilities or equipment to provide this level of immediate care. However, with a commitment to rapid diagnosis and treatment



Memorial Cardiac & Vascular Institute, already a leader in general valve surgery, was the first in Florida to perform robotic mitral valve surgery.

protocols, Memorial Regional Hospital provides crucial intervention that saves time and ultimately, lives.

Important Advances in Treating Blocked Arteries

An important development in the treatment of heart disease is the use of drug-eluting stents, which the Food and Drug Administration approved last spring. "Drug-eluting, or drug-coated, stents could be the most effective way yet of preventing restenosis, or the narrowing or re-closure of blood vessels following angioplasty," says Bassel B. Ibrahim, MD, Director of Interventional Cardiology at Memorial Regional Hospital. "Studies show a decrease in restenosis from 20-40 percent with traditional stents to only 2-5 percent with drug-eluting stents."

Coronary brachytherapy also is used to help reduce recurring blockage in existing coronary stents. Radiation from beads placed in the artery where the stent is located destroys cells that could develop into scar tissue and cause restenosis.

3-D Cardiac Mapping

Physicians can now view the electrical activity of the heart through state-of-the-art, 3-D cardiac mapping to identify and treat arrhythmia, or irregular heart rhythms. Once the exact location of the arrhythmia is determined, ablation is used to cauterize the abnormal circuit and eliminate the arrhythmia. "Memorial Regional Hospital is one of a select few hospitals in South Florida that uses advanced technology similar to GPS (global positioning satellite), as used by NASA for scientific research and navigational purposes. This technology allows physicians to more accurately determine the site of the arrhythmia, as well as treat it during the same procedure," says Raul Mitrani, MD, Director of Cardiac Electrophysiology at Memorial Regional Hospital.

Cutting-Edge Stroke Care

The Memorial Cardiac & Vascular Institute is also committed to the prevention and advanced treatment of stroke, the number one cause of disability in adults. Approximately one-third of all strokes are caused when the carotid arteries, the two main blood vessels in the neck, become clogged and restrict blood flow to the brain. "Carotid artery stenting (CAS) is a stroke prevention therapy that is rapidly emerging as an alternative to surgery, especially for high-risk stroke patients," says Dr. Tami. Performed under local anesthesia in the cardiac catheterization laboratory, the technique involves inserting a small catheter into the

"Memorial Saved My Life"

"I consider myself incredibly fortunate to have been in the care of Memorial Regional Hospital. Their immediate response saved my life."

For three days, Tony Brown, now 55, experienced pain in his chest. On the fourth day, he found himself at the Memorial Regional Hospital Emergency Department.

"Based on the description of my symptoms over the previous days, Dr. Ibrahim insisted on my admission to the hospital," says Brown.

Referring to Bassel B. Ibrahim, MD, Director of Interventional Cardiology at Memorial Regional Hospital, Brown feels he owes his life to Dr. Ibrahim and his staff. "I was admitted on the insistence of Dr. Ibrahim. He just knew I was sick, and the staff respected his opinion," says Brown. "The very next morning I underwent a stress test



Bassel B. Ibrahim, MD
Director
Interventional Cardiology
Memorial Regional Hospital

and experienced a heart attack just as I stepped off the treadmill."

Brown recalls the immediacy with which his cardiologist, Walif Aji, MD, was on the phone, alerting Dr. Ibrahim of the heart attack. "I was still hooked up to all the



Tony Brown — pictured with his wife, Sheryl — credits Memorial Regional Hospital for saving his life after experiencing a heart attack.

wires from the stress test. I looked over and saw Dr. Aji on the phone. The next thing I knew, I was being prepped for the procedure. I knew I was experiencing a heart attack, but due to the calm, comforting efficiency of the team, I wasn't afraid," says Brown.

"It was like watching a finely tuned orchestra," recalls Brown. "Within minutes, I was whisked into the angioplasty room where Dr. Ibrahim showed me the blocked artery on the monitor. I watched as the injected dye broke through the clot and the vessel opened up like a flash of lightning. It was amazing!"

The entire experience has left a positive impression on Brown, who is grateful for Memorial's immediate, life-saving response.

femoral artery and advancing it into the carotid artery. Here, the physician inserts and deploys a stent to prop open the narrowed artery.

Similar in philosophy to their heart attack protocols, the Memorial Cardiac & Vascular Institute also provides a Brain Attack Program that is available around the clock to provide prompt, efficient diagnosis and treatment of stroke. Rapid intervention can significantly reduce the destructive effects of stroke and potentially reverse the damage. In addition to traditional stroke management methods, tissue plasminogen activator (t-PA) is now used in treating selected acute strokes. This can be

administered intravenously within three hours at the onset of brain attack, and intra-arterially by a neuro-interventionalist within four to six hours. Hoang Duong, MD, Director of Interventional Neuroradiology at Memorial Regional Hospital, is one of only a few neuro-interventionalists in the United States, and his expertise is called upon when it is necessary to administer t-PA intra-arterially.

Memorial Cardiac & Vascular Institute is a distinguished leader for cutting-edge medical and surgical advancements. For more information, please call (954) 987-2020 ext. 5605.

Comprehensive Cancer Centers

Aggressive, Leading-Edge Cancer Treatments

Memorial Healthcare System Comprehensive Cancer Centers are dedicated to providing state-of-the-art early detection and treatment methods, while offering highly personalized attention for cancer patients and their families.

In February 2003, after two lung surgeries and four years of chemotherapy and radiation, 57-year-old Charles Adams received more bad news. A PET scan of his right lung showed a 7-8 centimeter mass accompanied by two smaller areas of concern.

"I had already been through a left lung lobectomy and a right lung resectioning and was now facing another surgery," says Adams, the father of three. "When I decided to research my treatment options, help came in the form of a cancer chat room on the Internet."

Here, Adams learned about a woman in California who had been treated with radiofrequency ablation (RFA) with great success. This prompted Adams to make phone calls in search of a facility to treat him. "Most of the doctors I spoke to said that RFA had only been used on tumors less than 3 centimeters," says Adams. "Mine was 8 centimeters, yet I was told I might still be a candidate." Adams consulted his oncologist who was familiar with Michael Cohn, MD, Chief of Interventional Radiology at Memorial Regional Hospital. Thanks to this cutting-edge treatment at Memorial, Adams found the help he needed close to home.

Memorial Regional Hospital is one of a few healthcare facilities in the country performing RFA on lung tumors. Radiofrequency ablation uses electromagnetic waves to generate heat to destroy small, targeted portions of cancerous tissue. "RFA is a minimally invasive procedure performed under local anesthesia that can destroy a tumor while sparing healthy tissue," says Dr. Cohn. RFA can be repeated without the degree of trauma associated with surgery, and patients may return to normal activities within a few days. It can be used in conjunction with radiation therapy and chemotherapy and has been successful in treating liver, kidney and soft-tissue tumors.

"The procedure took about 45 minutes," says Adams. "As Dr. Cohn had indicated, I experienced a warming sensation and only a small amount of bleeding. I spent the night in



Charles Adams is a lung cancer survivor, thanks to successful treatment at Memorial Regional Hospital.

the hospital and went home the next day."

A month later, Adams' follow-up PET scan showed the tumor was totally devoid of live cells. A subsequent CAT scan indicated a reduction in size from 7-8 centimeters to 1 centimeter within two months. The smaller areas of concern turned out to be infections, not cancerous tissue.

"It is extremely important for cancer patients to be informed about RFA," says Adams. "I want to do all I can to make others aware of this option."

Early Detection of Lung Cancer

Screening is the key to early detection of lung cancer because it rarely causes symptoms until it has reached an advanced stage. The LightSpeed™ CT Lung Scan at Memorial helps to detect lung cancer in the early stages — identifying approximately six times as many stage 1 cancers as chest X-rays. The

CT (computed tomography) scan is painless, non-invasive and takes only a few minutes to perform. In addition, a minimally invasive procedure called video-assisted thoracoscopy (VAT) allows physicians to inspect and sample abnormal lung tissue through a very small incision, with greater effectiveness and accuracy than an open lung biopsy.

For more information or to schedule an appointment, please call (954) 985-5885.

Additional Advances in Cancer Care

In addition to RFA, one of the most sophisticated and technologically advanced cancer treatments in the world is available through Memorial Healthcare System Comprehensive Cancer Centers: intensity modulated radiation therapy (IMRT).

Rather than a single large radiation beam passing through the body, the Smart Beam™ IMRT system splits radiation into thousands of tiny beams that attack the tumor from all sides. Because it's so tightly focused, the dosage can be intensified up to 15 percent, resulting in a high dosage to the tumor while minimizing potential damage to surrounding healthy tissues. With this precision, IMRT can be used on tumors close to delicate organs, glands and tissues, including prostate, brain, liver, lung and head and neck tumors.

Memorial is one of the few facilities in the nation performing radiofrequency ablation on lung tumors.

"IMRT is the next level of care in treating cancer," says Srinath Sundararaman, MD, Medical Director of Radiation Oncology Services at Memorial Healthcare System.

For some patients, high-dose rate (HDR) brachytherapy, another state-of-the-art procedure, allows physicians to direct radiation in or near the cancer site, thus increasing the effectiveness of the radiation while reducing the duration of treatments and side effects. Performed by one of three radiation oncologists fellowship-trained in brachytherapy, this procedure can significantly reduce the length of the treatment regimen for lung, prostate, colon and gynecological cancers.

In addition, advances in chemotherapy medications and delivery methods continue to improve patient care. "Over the past four years, the FDA has approved new chemotherapy drugs such as CPT-11 and Oxaliplatin," says Ney Alves, MD, hematologist and oncologist on the medical staff at Memorial Regional Hospital. "These drugs, combined with new delivery methods and surgery, have produced steady increases in survival rates."


Memorial's R2 ImageChecker offers a higher level of detection, finding up to 28 percent more breast cancers than manual readings alone.

Innovations in Diagnosing and Treating Breast Cancer

Early detection is essential to improved breast cancer survival rates, making the Memorial R2 ImageChecker an important diagnostic tool for women. After the screening mammogram film is developed and read manually, the R2 ImageChecker digitally analyzes the image and marks areas that require closer inspection. Memorial's R2 ImageChecker offers a higher level of detection, finding up to 28 percent more cancers than manual readings alone.

In addition, the Breast MRI Biopsy Coil allows physicians to locate — and in many cases, biopsy — small lesions that might otherwise go undetected through traditional imaging methods,

Robotic Cancer Surgery



The da Vinci® Surgical System at Memorial Regional Hospital is a state-of-the-art, computer-assisted robotic system that expands a surgeon's ability to perform precise, minimally invasive surgical procedures.

The American Cancer Society estimates that more than 198,000 new prostate cancer cases will be diagnosed in the United States this year and that more than 31,000 men will die from the disease, making it the second leading cause of cancer death among men.

One of the most effective methods for treating prostate cancer is surgically removing the prostate and surrounding tissue, or radical prostatectomy. Robotic surgery, now available at Memorial Regional Hospital, represents the latest innovation in radical prostatectomy.

With the advanced da Vinci® Surgical System, surgeons use a three-dimensional computer system to manipulate robotic arms that hold special surgical instruments.

"The benefits of minimally invasive robotic radical prostatectomy are tremendous," says Jonathan Masel, MD, Chief of Urology at Memorial Regional Hospital. "The incisions are very small, which can result in less post-operative pain, fewer complications, shorter hospital stays and faster recovery for the patient."

Because of its high success rate with radical prostatectomy, robotics promise to play an increased role in the surgical treatment of other forms of cancer in the future.

such as mammography or breast ultrasound. This provides patients, especially those at high risk, with the earliest and most accurate diagnosis possible.

Memorial is also one of a few hospitals nationwide to offer MammoSite®, an innovative treatment option. This provides women who have early-stage breast cancer an alternative to full-breast radiation following a lumpectomy. "MammoSite® uses a single catheter for partial breast radiation therapy and is much easier to deliver, making the procedure more comfortable for the patient," says Vinay Sharma, MD, radiation oncologist on the medical staff at Memorial Regional Hospital, Joe DiMaggio Children's Hospital, Memorial Hospital West and Memorial Hospital Pembroke.

National and International Clinical Research

Clinical research is an important component of the Memorial Healthcare System Comprehensive Cancer Centers. In cooperation with physicians and hospitals throughout the United States, Memorial offers ongoing clinical trials sponsored by the government and other scientific organizations. An Institutional Review Board reviews all clinical trials and protocols to ensure that ethical and scientific standards are implemented and maintained.

For more information about Memorial Healthcare System Comprehensive Cancer Centers, please call Memorial Regional Hospital at (954) 985-3443 or Memorial Hospital West at (954) 430-6868.

Q: Do you know the symptoms of a heart attack?



Knowing the difference in heart attack symptoms for men and women can save your life.

Heart attack is the #1 killer of both men and women in the United States. Recent studies indicate men and women experience different symptoms. Men are more likely to feel crushing chest pain or pain running down the left arm. Women are more likely to experience unusual fatigue and sleeplessness as early warning signs of a heart attack. Recognizing these symptoms can save your life.

The Memorial Cardiac & Vascular Institute is committed to preventing, detecting and treating cardiovascular disease. Our state-of-the-art "Heart Attack Program" has saved many lives by providing a new and exceptional level of immediate treatment.

Please call Memorial Physician Referral Service at (954) 985-3450 for a referral to one of the many outstanding physicians on our medical staff.

 **Memorial**
Cardiac and Vascular Institute
AT MEMORIAL REGIONAL HOSPITAL

3501 Johnson Street / Hollywood, FL 33021 / (954) 987-2000 / www.mhs.net

A facility of Memorial Healthcare System
Creating a healthier community

There are a wide variety of heart attack symptoms. Please consult your physician for more information.