

# ADVANCING HEALTH



**SERIOUS MEDICINE.** EXTRAORDINARY CARE.

WINTER 2004

## Make Your Health a Priority

It's easy to take our health for granted. In fact, most of us often do until our health fails us. Isn't it time you made your health a priority? By doing a little bit of regular maintenance and preventive care, you can



keep your body and mind in maximal shape. And you can start by attending this one-day health conference, "Renew, Refresh, Revive: Community Health Fair and Conference," sponsored by The Nebraska Medical Center on Saturday, March 13.

This day of health and wellness is designed to help educate you about some of today's primary health issues. You'll learn about topics such as:

■ **9 a.m.** New Ovarian Cancer Tests—Are They Worth It?, Stroke Treatment: Minutes Count, Heart Surgery Without the Zipper, Depression: Is It in Your Genes?

■ **10 a.m.** Beating the Odds and Living with Cancer, Headaches 101: From Coping to Curing, WARNING—Heart Disease Ahead, Pace Yourself: The Weekend Warrior Motto

■ **11 a.m.** What's the Latest for Prostate Cancer?, New Surgery Techniques for Back Pain, The Buzz About Drug-Coated Stents, The Power of Healing Touch

We'll also offer you the resources to follow through with some preventive care of your own through our health fair that will include a variety of exhibitors and important screenings for men and women. ■

## We Are Here for You 24 Hours a Day, 7 Days a Week

The Nebraska Medical Center allows you access to free health information whenever you need it and features:

- 7 days a week, 24 hours a day access
- bilingual
- physician referral
- class or seminar registration
- a "call-me-back-later" feature through our website

800-922-0000

## Renew, Refresh, Revive

REGISTER  
TODAY!

Saturday, March 13, 7 a.m. to noon

Holiday Inn Convention Center, 72nd and Grover Streets

Complimentary Refreshments • Door Prizes • Giveaways

### Health presentations

9 a.m. to noon

Three breakout sessions will feature 12 different topics, including the latest prevention and treatment strategies in cancer care, heart disease, neurology and health and wellness.

### Health screenings and exhibits

7 a.m. to 11 a.m.

- Wellness panel blood profile—preregistration required, \$29 fee, 12-hour fast required.
- Prostate cancer screening—preregistration required, \$16 fee. Includes prostate-specific antigen (PSA) blood test

- Lung screening
- Stroke risk assessment
- Blood pressure screening
- Physical therapy representatives
- Latest in cosmetic procedures
- Sun scanner evaluation

Registration is required. Please call **800-922-0000**. Sponsored by The Nebraska Medical Center.

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UPDATE



THE LATEST MEDICAL RESEARCH

**Diagnosed with Early Parkinson's Disease?**

Adults age 40 and older who have been diagnosed with Parkinson's disease within the past five years may be eligible to participate in a research study evaluating early Parkinson's disease. Eligible participants will receive research-related health examinations, laboratory tests and research medications at no personal cost.

For information, call 402-552-2254 or e-mail [mamiller@NebraskaMed.com](mailto:mamiller@NebraskaMed.com).

**Investigational Drug for Alzheimer's Disease**

The Nebraska Medical Center is seeking people age 50 and older with mild to moderate Alzheimer's disease to participate in a research study testing an investigational medication treatment for Alzheimer's. Participants must have a caregiver who is able to supervise medication administration and report changes in thinking and functioning to study staff. Participants will be monitored closely over a 15-month period. For more information, please call 402-354-6868.

**Anxiety and Depression Studies**

Pharmaceutical trials for anxiety and depression medications are being conducted at The Nebraska Medical Center's Department of Psychiatry. Participants must be 19 years of age or older and in good health. For additional information, call 402-354-6868.

heart health

**A Simpler Approach to Heart Surgery**

Physicians at The Nebraska Medical Center are revolutionizing the way we perform cardiac surgeries by introducing newer, less invasive approaches to surgery. Patients requiring heart valve surgery now have the option of undergoing minimally invasive heart valve surgery, a much less traumatic procedure than traditional surgery.

Traditionally, the procedure required a complete split of the chest bone through a 6- to 8-inch incision, giving the surgeon direct access to the heart. But the minimally invasive procedure, which is performed through a 2-inch incision and requires only a partial split of the chest bone, reduces postoperative pain and distress, minimizes blood loss and speeds recovery. It also cuts recovery time in half—to three to four days compared with a



week following traditional surgery.

Mohammed Quader, M.D., a cardiothoracic surgeon at The Nebraska Heart Institute and The Nebraska Medical Center, trained at the Cleveland Clinic Foundation, where this procedure was pioneered. He recently brought this new technology to Omaha.

More than 90,000 people will need their heart valves replaced or repaired

each year. Of those, approximately 65 percent will undergo complete replacement of one or more valves. Dr. Quader specializes in the more technically demanding heart valve repair, which he says is superior to replacement.

"In repairing a valve, the patient retains their own natural tissue, which decreases the risk of stroke, as well as the need for blood-thinning medications and the bleeding risks associated with them," says Dr. Quader. "Long-term survival rates are also much higher for valve repair."

Most patients are candidates for heart valve repair. However, because the procedure is more difficult to perform, physicians need specialized training, notes Dr. Quader. ■

**For more information about heart valve surgery and other heart treatments, call 800-922-0000, or visit us online at [www.NebraskaMed.com](http://www.NebraskaMed.com).**

**New Blood Pressure Guidelines May Put You at Risk**

Your blood pressure may have measured in the acceptable range the last time you had it checked, but it might not be OK after all. Revised guidelines that went into effect last May toughen the old blood pressure guidelines, placing the normal standard of 120/80 millimeters of mercury (mm Hg) in an at-risk category. Readings of 120/80 or slightly higher are now classified as prehypertension, meaning your condition is likely to get worse and may cause a heart attack or stroke if left untreated.

"This is a wake-up call to all physicians that we need to begin treating patients with hypertension more aggressively," says Thomas Sears, M.D., cardiologist with The Nebraska Medical Center. "Approximately 50 percent of patients are inadequately treated. When treated appropriately, there is a clear reduction in cardiac events."

Prehypertension includes a systolic pressure—top number—ranging from 120 to 139 or a diastolic pressure—bottom number—ranging from 80 to 89. You can also have prehypertension if just one of the two numbers in your blood

pressure reading is elevated.

So if you fall into the prehypertension category, what does this mean to you? It means that you're at major risk of developing full hypertension if you don't make changes in your lifestyle to control your blood pressure and live a healthier life. These include: maintaining a healthy weight, following a low-sodium diet, getting regular physical exercise and limiting your alcohol intake. Even if your blood pressure is normal, adopting these types of healthy habits can help prevent you from developing high blood pressure.

High blood pressure that is left untreated can cause heart attack or stroke—two of the leading causes of death in the United States—and also can result in kidney failure and vision loss.

**Call 800-922-0000 to receive your free brochure, "Healthy Choices That Help Lower Your Blood Pressure."**





**Q** How can I keep my child healthy this winter?

**A** Even the healthiest children sometimes get sick. And in bad weather, children spend more time indoors sharing space, toys—and viruses.



**Kenneth Blad, M.D.**  
Family Practitioner

You cannot protect your children against every germ. You can, however, lower their chances of getting colds and other contagious illnesses.

- Keep your home smoke free. Children exposed to tobacco smoke get more infections of the ears, sinuses and lungs.
- Schedule regular check-ups for your child.
- Serve plenty of fruits, vegetables and whole grains. The nutrients in these foods help strengthen the body's defenses.
- Get your children into the hand-washing habit. Regular hand washing can protect against many kinds of infections. Show your children how to scrub the front and back of their hands with soap and rub them together under running water.
- Encourage exercise and activity. Regular exercise can provide a mild boost in immune function.

**Q** I think I may have endometriosis. What is the best way to make a diagnosis and how will this affect my chances of becoming pregnant?

**A** Endometriosis can cause mild to severe symptoms in different women.



**Sonja R. Kinney, M.D.**  
Obstetrician/gynecologist

Surgery is needed to make a definite diagnosis of endometriosis. However, medical therapy can be given to relieve symptoms when endometriosis is suspected—even before surgery has been done.

Endometriosis' role in infertility is controversial and needs to be considered during an infertility evaluation. In some cases, surgery to remove the endometriosis or to remove the resulting adhesions may improve a woman's chance of becoming pregnant.

**Q** How can I protect my eyes as I age?

**A** Age-related macular degeneration (AMD) is the main cause of vision loss in older Americans. This condition affects central vision as the center of the retina is affected. People with AMD have a hard time reading, driving or recognizing faces.



**Mark D. Emig, M.D.**  
Ophthalmologist

Researchers don't know why AMD occurs. However, they do suggest some steps you can take to lower your risk:

- If you smoke, quit.
- Keep your cholesterol levels in check.
- Wear sunglasses when you're out in the sun.
- Eat a low-fat diet that includes fish, fruits and leafy, green vegetables, such as spinach, kale and collard greens.

Experts advise adults ages 40 to 65 to have an eye exam every two to four years; those older than age 65 should be tested every one to two years. If you have a high risk for AMD, your doctor may recommend more frequent screenings.

**Q** What is COPD and what can I do to prevent it?

**A** Emphysema and chronic bronchitis—illnesses that limit how well you breathe—are known together as chronic obstructive pulmonary disease (COPD). Although largely preventable, COPD is the fourth leading cause of death in the U.S.



**Marlin G. Stahl, M.D.**  
Pulmonologist

The most important step toward preventing COPD is to avoid smoking. Early discovery of a breathing problem can prevent COPD from progressing to the point where it seriously interferes with your life. A simple, painless test called spirometry can tell whether your breathing is normal. Ask your doctor if you should have a breathing test.

**Q** If my baby goes to the NICU, will I be able to see her?

**A** If your little bundle of joy arrives too early or has health problems such as low birth weight, birth defects or pneumonia, she may spend some time in the neonatal intensive care unit (NICU). The NICU can be overwhelming. But you can still bond with your little one.



**David L. Bolam, M.D.**  
Neonatologist

Premature babies have tiny organs that don't always work right. In the NICU, they get help to survive. For example, a baby who can't swallow may be fed through a tube.

Ask a doctor or nurse to explain what everything is and how you can safely interact with your baby. You might be able to:

- breast-feed or bottle-feed
- help her suck on a pacifier
- do "kangaroo care"—hold her skin-to-skin
- hold her in a tucked position, to instill security
- touch her—a gentle, massage-like touch is best
- talk or sing to her.

## Looking for a Physician? We Can Help.

Call us at  
**800-922-0000**  
or visit us on the Web at:

[www.NebraskaMed.com](http://www.NebraskaMed.com)

**cancer** care



# Cancer Care from the Nation's Best

## The Nebraska Medical Center Is Your Source for Credible Health Information on the Internet

- Confidential physician referral
- Health risk assessments
- Educational programs
- Answers to health questions
- Medical atlas
- Employment information
- Maps and virtual tours
- Babies online
- Free e-mail newsletters on cancer care, heart health and women's health

[www.NebraskaMed.com](http://www.NebraskaMed.com)

There's a reason why people from across the United States and around the world come to The Nebraska Medical Center for their cancer care. They come to receive innovative treatment from some of the top cancer specialists in the world. And they come for our reputation.

Through our commitment to research, education, outreach and patient care, The Nebraska Medical Center has established itself as one of the country's leading centers for cancer care. In its annual list of "America's Best Hospitals," *U.S. News and World Report* recently ranked our cancer program 38th from a survey of 6,003 hospitals across the country.

The Nebraska Medical Center is a respected leader in radiation oncology and bone marrow transplantation. Our bone marrow transplant program has gained national and international recognition, drawing patients from all 50 states, the District of Columbia and 12 foreign countries.

"The clinical expertise of both our academic and private-practice physicians, along with the knowledge of researchers, gives our patients the best of both worlds," says Glenn Fosdick, president and CEO of The

Nebraska Medical Center. "We are the only hospital in the country with two physicians on the National Board of Directors. That speaks volumes about the caliber of physicians and the kind of treatment patients find here at The Nebraska Medical Center."

geons in our cancer care program were recently named "America's Top Doctors," according to an annual assessment of physicians conducted by Castle Connolly Medical Ltd., of New York. These include James Armitage, M.D., hematologist/oncologist and dean of the University of Nebraska Medical Center College of Medicine; James Edney, M.D., surgical oncologist; Thomas Howard, M.D., surgeon; Byers W. Shaw Jr., M.D., transplant surgeon; and Alan Thorson, M.D., colon and rectal surgeon.

**"WHAT OUR PATIENTS TELL US THEY REMEMBER ABOUT THEIR EXPERIENCE IS THE WARM, CARING ENVIRONMENT AND A MEDICAL TEAM THAT CONNECTED WITH THEM."**

—JAMES ARMITAGE, M.D.,  
HEMATOLOGIST/ONCOLOGIST

"What our patients tell us they remember about their experience is the warm, caring environment and a medical team that connected with them," says Dr. Armitage. "We strive to heal the whole person and respect their mind, spirit and body." ■

for more information

For more information about cancer therapies, call 800-922-0000, or visit us online at [www.NebraskaMed.com](http://www.NebraskaMed.com).

## Nationally Known Transplant Surgeon Chooses The Nebraska Medical Center for Cancer Treatment

When Byers W. Shaw, M.D., a nationally known transplant physician, was diagnosed with non-Hodgkin's lymphoma last year, he selected one of the best programs in the country for his care. It might surprise you to know that it's right here in Omaha, at The Nebraska Medical Center.

Last year, The Nebraska Medical Center diagnosed more than 2,034 cancer patients. Of those, 252 had

non-Hodgkin's lymphoma and received bone marrow transplants as part of their treatment.

"After my diagnosis, I researched the medical literature on the Internet, but it never crossed my mind to go anywhere else," says Dr. Shaw. "I've seen this team work with patients at every stage of my disease and knew they were the best. I knew people from all over the country who came here for their care. Dr. James

Armitage has a wonderful reputation, and I was extremely comfortable to become his patient."

Dr. Shaw, who has a passion for competitive cycling, was able to return to his sport after a short recovery period. ■

for more information

Visit [www.NebraskaMed.com](http://www.NebraskaMed.com) to sign up for our free e-mail newsletters.



# HealthLink

YOUR SOURCE FOR CLASSES AND SUPPORT GROUPS

## Classes and Groups

### Choose to Lose

Learn to effectively control your weight with this weight management program that includes six group sessions and four individual counseling sessions with a registered dietitian. You'll learn to make healthy food choices using regular foods that will take off those extra pounds and keep them off for good. Sessions start each month.

### Childbirth and Family Education

The Nebraska Medical Center offers classes to help educate and prepare you for your birth experience, recovery and adjustments that follow. Weekend and evening classes are available.

Fees will be discussed when you register. Insurance may cover the fees. Call **800-922-0000** to register or for more information.

Classes include:

- Early Bird Tour and Prenatal Class
- Childbirth Education Class
- Childbirth Refresher Class
- Baby Care Class
- Breast-Feeding Class
- Infant CPR and Basic First Aid Class
- Sibling Class

### Diabetes Education

Diabetes management classes will help you develop a plan suited to your specific needs. Tuition covers

class materials, activities and individualized counseling during sessions. Family or friends are encouraged to attend. Classes are offered monthly during afternoons, evenings, Saturday mornings or in two-day sessions.

### Vascular Rehabilitation

This program provides medically supervised exercise and education designed to improve limitations caused by peripheral vascular disease (PVD). A written referral from a physician, pre-enrollment requirements and a stress test are required. Each session will be monitored with progress reported to your physician.



## Health & Wellness Club

Center's Center for Healthy Living, cafeterias and Clarkson Gift Shop and CornerStone Gifts. A health-risk appraisal, wellness planning and "Healing Touch" are available by appointment.

A variety of exercise opportunities are also available, including:

- Vigor Tone, Mightier Bones—offers strength training
- Tai Chi—improves balance
- Healthy Mind and Body—uses tai chi, yoga and relaxation
- For club members who also have zoo memberships, a Walking Club meets every Friday at the Henry Doorly Zoo.

For more information or to register for the following activities, call **800-922-0000**.

### Third Thursday Art Encounters Club

*Thursdays, Feb. 19, March 18, April 15; 10:30 to 11:30 a.m.*

Joslyn Art Museum

Free to Joslyn members; H&W Club members pay museum admission (\$6 or \$4 for seniors)

Call **342-3300, ext. 206**.

### How Can You Get a Good Night's Sleep?

*Thursday, March 25; Optional lunch:*

*11:20 a.m.; Presentation: noon*

Speaker: Paul Ganesan, M.D.

Storz Pavilion

\$5 H&W Club members; \$6.50 guests; preregistration required.

### Renew, Refresh, Revive

*Saturday, March 13, 7 a.m. to noon*

Holiday Inn, 72nd and Grover Streets

Free health conference, screenings and exhibits; nominal fees for laboratory services, preregistration required.

### Behind the Scenes Tour of the Orpheum Theater

*Thursday, March 11, 9 to 10:30 a.m.*

Light refreshments served.

Free; preregistration required.

### Zoo Walking Club Spring Kickoff

Friday, March 26; 8:30 to 11 a.m.

Tree Tops Restaurant

Free; guests welcome.

The Health & Wellness Club is a free membership club for people 50 years and older that offers social activities and free and discounted programs to help you live a healthier lifestyle.

Members receive a newsletter, invitations to special events and discounts at the University of Nebraska Medical

**OVER 50?  
JOIN OUR  
FREE CLUB**

To register for these programs, or to learn about the many more programs we have to offer: Call **800-922-0000** or go to our website at [www.NebraskaMed.com](http://www.NebraskaMed.com).

## neurology

# Migraines: Suffer No More

If you're one of the 28 million Americans who experience migraines, suffer no more. Migraine pain management has improved dramatically over the years.

Although there's still no cure, the right medications can help reduce the frequency of migraines and the pain associated with them, says



Prevention is the key to beating migraines.

Angie Rakes, M.D., pain and headache specialist with The Nebraska Medical Center.

Migraines are intense headaches that usually return over and over again. They often cause severe throbbing on one side of the head and may also be accompanied by other symptoms, such as nausea, vomiting and

extreme sensitivity to light and sound. Some individuals may experience auras, such as blind spots or tingling in their arms or legs, shortly before the migraine sets in.

The key, says Dr. Rakes, is prevention. "You have an 80 percent chance of getting rid of the headache if you take medications with the first sign of its onset," she says, "compared to a 40 percent chance of eliminating the headache if you delay taking

medications."

Some individuals can find relief from over-the-counter medications, such as ibuprofen, acetaminophen or aspirin. If you are not getting relief or you experience more than a couple of migraines a month, you should see a physician. Certain prescription medications can be taken daily to help prevent their occurrence. Other prescription medications may be more effective at treating or preventing migraines as they occur.

You should also see your physician if you notice any changes in your headaches, notes Dr. Rakes, for instance, if they seem more frequent, severe or longer-lasting. ■

Call 800-922-0000 to receive your free brochure, "Track Your Headache Triggers."



## New Procedure Extends Independence for Parkinson's Patients

Seven years ago, Glenn Miller of Fremont, Neb., was stripped of his independence. Incapacitated by uncontrollable tremors—the most common and frustrating aspect of Parkinson's disease—Miller relied on his wife to assist him with many basic activities such as eating, drinking and writing.

But that was before Miller underwent a surgical procedure that virtually stopped the tremors in their tracks. The procedure, deep brain stimulation, was performed by neurosurgeon Arun-Angelo Patil, M.D., of The Nebraska Medical Center, the only physician in Nebraska performing the procedure.

"It was like night and day," says

Miller. "You wouldn't even know that I had Parkinson's disease."

Deep brain stimulation uses mild electrical pulses to stimulate the brain and block the signals that cause tremors. An insulated wire lead is implanted in different areas of the brain depending on the patient's symptoms. It is connected to a pulse generator, implanted beneath the skin in the chest area, that can be controlled by the patient.

"The procedure is highly effective in about 80 to 85 percent of patients," says Dr. Patil. Since Parkinson's disease is a progressive disease, symptoms can worsen or new symptoms may appear. "If symptoms return, the stimulation can be adjusted to better

manage the symptoms," says Dr. Patil. "It can work indefinitely."

Drug therapy, which has improved greatly in the last five years, should be tried first. "However, after five to 10 years, some patients on medications may develop debilitating complications," notes Ekaterini Markopoulou, M.D., Ph.D., a neurologist with The Nebraska Medical Center. "Patients with severe symptoms and those with debilitating medication complications may be candidates for this procedure. The patient should be evaluated first by a neurologist to ensure their medication needs are being optimized and to determine whether they are an appropriate candidate for the surgical procedure." ■

## FITNESS AND NUTRITION

■ According to an 11-year study of 1,624 women, diets high in protein may strain a woman's kidneys. Women who started out with minor kidney abnormalities saw their condition worsen more quickly on a diet high in protein, particularly protein from meat. *Annals of Internal Medicine*

■ Studies show that many people with arthritis shy away from physical activity. But engaging in regular exercise can ease joint pain, reduce disability and boost independence in people with arthritis. Aim for just 30 minutes a day of joint-friendly activities, such as walking, swimming or gardening. *Arthritis and Rheumatism*

■ Men who need to keep their cholesterol levels in check may want to load up on rye bread. In one study, Finnish men with moderately high cholesterol levels ate about eight to 10 slices a day of rye, rather than wheat bread. This lowered their total cholesterol levels by 14 percent and reduced their LDL—or "bad"—cholesterol levels by 12 percent. *Journal of Nutrition*

■ Researchers have found a strategy that might help prevent the common cold: Stay active. Engaging in about 80 minutes of physical activity per week may lower your chance of catching a cold by as much as 30 percent, according to one study. *Medicine and Science in Sports and Exercise*

## Eliminating Painful Fibroids

If you're younger than age 35, there's a good chance you'll get them. Uterine fibroids are the most common tumors of the female genital tract, affecting approximately 30 to 40 percent of the female population and 50 percent of African-American women during their child-bearing years. While fibroids are non-cancerous and do not always cause symptoms, their size and location can lead to pain and heavy bleeding for some women.

Doctors at The Nebraska Medical Center have recently introduced a non-invasive procedure that shrinks tumors and, for some women, can serve as an alternative to hysterectomy.

The procedure, fibroid embolization, works by blocking the arteries that supply blood to the fibroids. The procedure has had a 90 percent clinical success rate and is not routinely performed at most medical centers, notes Udaya Chintalapudi, M.D., interventional radiologist with The Nebraska Medical Center.

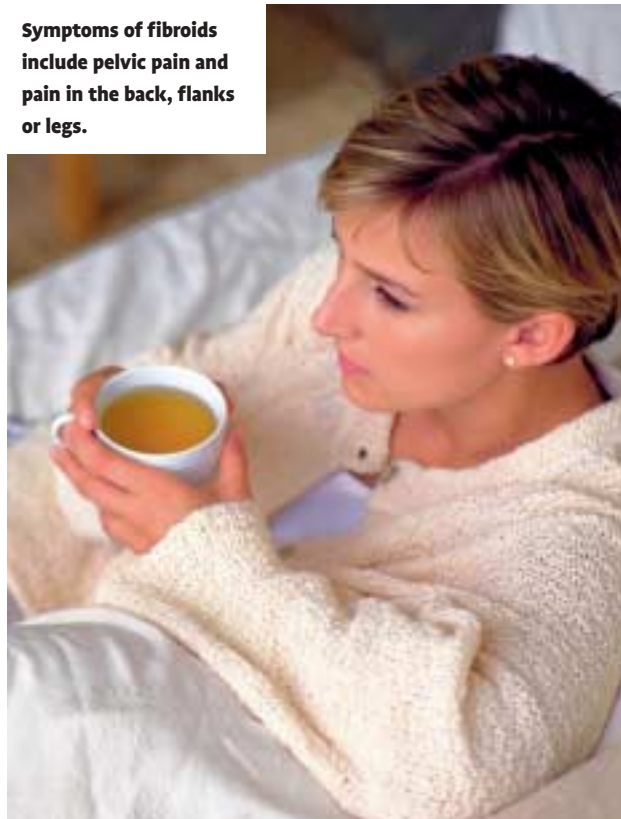
Approximately 30 percent of patients with fibroids may have symptoms that require some form of treatment, says Dr. Chintalapudi.

Symptoms include heavy, prolonged menstrual periods; increase in menstrual cramps; pelvic pain; pain in the back, flanks or legs; pain during intercourse; increased urination; pressure on the bowel, leading to constipation and bloating; and an abnormally enlarged abdomen.

Patients who have just a few fibroids may be candidates for myomectomy, a procedure that removes the individual fibroids, leaving the uterus intact. However, the fibroids often return. Patients who have a large num-

ber of fibroids that can't be controlled by myomectomy are candidates for hysterectomy or uterine fibroid embolization. ■

Symptoms of fibroids include pelvic pain and pain in the back, flanks or legs.



## Finding a Physician Who Meets Your Needs

What's in a good physician? How about an ounce of prevention and a pound of cure. And don't forget peace of mind. Regular visits and good communication with your primary doctor can help you stay healthy and stave off potential health problems. That's because your primary care physician is familiar with your medical history and health habits and can ensure continuity in your health care.

Your primary care physician may be a family practitioner, an internist, an obstre-

trician/gynecologist, or for children, a pediatrician. Whichever type you choose, he or she should be someone you trust and can communicate with openly.

If you're in need of a physician, let us help. The Nebraska Medical Center's 24-hour, seven-day-a-week, bilingual health information and physician referral service can provide you with all sorts of information to help you select the physician who meets your needs. You'll be told the doctor's age, sex, educational background and training,

board certification, languages spoken, office hours and location.

Even if you have the best relationship with your doctor, in some instances you may want to seek a second opinion. A second opinion may provide you with alternative treatment options as well as peace of mind. A call to our physician referral service at 800-922-0000, or a visit to our website, [www.NebraskaMed.com](http://www.NebraskaMed.com), will link you to more than 200 of the top doctors in the area.

## special events

### Renew, Refresh, Revive

Saturday, March 13, 7 a.m. to noon  
Holiday Inn Convention Center,  
72nd and Grover Streets

Health screenings, exhibits and health presentations on cancer, heart disease, neurological conditions and wellness. See front page for details.

### South Omaha Cancer Screening

Sunday, April 25, 10 a.m. to 3 p.m.  
Our Lady of Guadalupe Church  
Social Hall

Free breast cancer clinical exam, breast self-exam training, prostate cancer PSA blood test and digital rectal exam

Sponsored by The Nebraska Medical Center, UNMC Eppley Cancer Center, UNMC College of Nursing Cosmopolitan Mobile Nursing Center and Olsen Center for Women's Health

### Kaleidoscope 2004—Sunset Fiesta

Saturday, April 3, 6 p.m.

Qwest Convention Center

Dinner, auction and south-of-the-border entertainment

Proceeds benefit The Nebraska Medical Center's "Almost Like Home" pediatrics project

Sponsored by University Hospital Auxiliary

### Life-a-Thon

Saturday, May 22, registration 7 a.m., event 8 a.m. to 1 p.m.

Lake Wehrspann

To help raise awareness of organ and tissue donations. Walk, run, bike, rollerblade and other family activities.

## SIGN UP TODAY FOR FREE E-MAIL NEWSLETTERS

Receive valuable health information on a monthly basis and get the latest updates on our classes and services relevant to your interests. Sign-up is simple! Use our convenient online subscriber registration form at [www.NebraskaMed.com](http://www.NebraskaMed.com)



# New Procedure Makes Joints Like New

**T**oday's Americans are living longer than ever. Unfortunately, our bodies can't always keep up with our advancing age and desire to stay active. Our hips and knees are often the first to go. In fact, approximately 400,000 people will undergo hip or knee replacement surgery each year to help them return to an active, pain-free lifestyle.

While the end result is normally positive, the ensuing pain and recovery can be a long and difficult process. The Nebraska Medical Center has recently introduced a new procedure that greatly reduces the discomfort and long recovery process following joint replacement surgery.

Minimally invasive hip and knee joint replacement surgery is a new approach that uses smaller incisions, approximately 3 to 4 inches, causing less trauma to the patient.

"As a result, patients are able to get back on their feet more quickly and experience less postsurgical pain and complications than they do after traditional surgery," says Todd Sekundiak, M.D., orthopedic surgeon with The Nebraska Medical Center. After the new surgery, most patients spend two days in the hospital and may resume light activities in two to six weeks. Full healing and recovery is usually obtained by three months.

John Clark of Waterloo, Neb., is a recent benefactor of this new procedure. For two years, Clark lived with an arthritic hip so painful that even daily doses of powerful narcotics and walking with a cane didn't help.

After undergoing the new minimally invasive surgery, Clark was back home after two days and, just six weeks later, was mowing his one-acre lawn.

In comparison, traditional surgery involves an incision up to 10 inches long and often results in heavy blood loss and damage to surrounding tissue. Patients often spend up to a week in the hospital and can't bear weight on their knee or hip for six to eight weeks. Total recovery may take as long as three to six months.

Short-term success for the minimally invasive procedure has been comparable to joint replacements performed using traditional surgical techniques, which is 90 percent or more successful after 10 years, says Dr. Sekundiak. ■

Call **800-922-0000** to receive your **free brochure**, "Chronic Pain: What Are Your Options?"



## FREE Health Information: Take Charge of Your Health

To get your free information, call The Nebraska Medical Center at **800-922-0000** or e-mail us at [info@NebraskaMed.com](mailto:info@NebraskaMed.com):

- for the free brochure "Healthy Choices That Help Lower Your Blood Pressure"
- to register for "Renew, Refresh, Revive"
- for the free brochure "Track Your Headache Triggers"
- to register for the Choose to Lose program
- for the free brochure "Chronic Pain: What Are Your Options?"

Get your FREE health information today!

## ADVANCING HEALTH

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