



A Better You

Embracing Health...Embracing Life

Summer 2009

High Definition Provides Clear Advantages in the Operating Room

Pasco Regional Medical Center offers OR monitors with the highest resolution in medical history

Minimally invasive, laparoscopic surgical specialists at Pasco Regional Medical Center (PRMC) have the most advanced high-definition equipment in the operating room. High definition (HD) enables surgeons to see better during laparoscopic surgical procedures through wide-angle views and improved image clarity.

"With top-performing laparoscopic surgeons the new high definition provides the highest possible resolution, giving our surgeons improved visibility and color contrast for even better surgical performance," says Stan Holm, Chief Executive Officer at Pasco Regional Medical Center. "With these new cameras, our surgeons use tiny scopes, which means smaller incisions, less pain and a quicker recovery for our patients."

HD monitors offer superior images with wide, more natural, resolution for full high definition with 2 million pixels. This is the highest resolution in medical history and provides full images with no flickering or interference like other systems with fewer pixels. Because the images are displayed on WideView™ monitors, physicians are able to capture precise pictures compared with smaller screens where image quality is lost due to stretching. In addition, this improved image quality virtually eliminates eye fatigue that is common during lengthy procedures.

Although laparoscopic surgical techniques have been performed at PRMC for nearly 16 years, gynecologists, general surgeons, urologists and vascular surgeons continue to pioneer new surgical techniques. PRMC bariatric surgeons recently introduced the incisionless ROSE® procedure to help gastric bypass surgery patients who have regained weight. PRMC gynecologists have performed laparoscopic assisted vaginal hysterectomies for the past 15 years, and general surgeons perform Lap Nissens to treat gastroesophageal reflux disease and Lap Cholecystectomies for gallbladder removal. These surgeons are leaders in their specialties and have trained other surgeons throughout the nation in laparoscopic, minimally invasive techniques.



Laparoscopic Procedures at Pasco Regional Medical Center:

Bariatric Surgery

LAP-BAND®
Band Revisions
LAP-BAND® Over Bypass
ROSE® (Incisionless)

Gynecology/Urogynecology

Vaginal Hysterectomy
Pelvic Organ Prolapse
Tubal Surgery
Diagnostic Laparoscopy

Endoscopic Surgery

Hernia Repair
Gallbladder Removal
Appendectomy
Lap Nissen (Gastroesophageal Reflux Disease)
Colon Surgery

Urology

Ureteroscopic Stone Removal

Vascular Surgery

Video Assisted Thoracoscopic Surgery

Forward-Thinking Technology Enhances Radiology

Pasco Regional Medical Center strives to stay ahead of technology to provide you with the best care available. In keeping with this tradition of excellence, we recently remodeled our radiology angio suite and installed a technologically advanced, multi-purpose interventional imaging machine – the Siemens Artis zee.

The Artis zee is a multipurpose system with a flexible architecture. Because it is so versatile, it can be used to perform a number of both angiography and fluoroscopy examinations, including:

Angiogram	Fluoroscopy
Myelogram	Salpingogram
Nephrostomy	LAP-BAND® fills
Lumbar Puncture	PICC Lines (central lines)
Cysternogram	Venograms
Upper GI	

“We have provided angio services for more than 12 years, but this update was planned to increase our level of technology and, ultimately, provide the best diagnostics available for our patients,” explains Stan Holm, CEO of Pasco Regional Medical Center (PRMC).

Three key design fundamentals of the Artis zee led PRMC to select this technology:

- **Imaging Excellence.** Advanced high-definition, 3-D imaging provides optimal clarity and detail, which offers a more accurate and complete diagnosis for patients.
- **Enhanced Workflow.** 3-D applications allow the radiologist to integrate MRI and CT scan images on high-resolution monitors alongside a patient’s angiography or fluoroscopy images. This integration aids in comparison of images and leads to greater speed and precision for diagnostics.
- **Investment Confidence.** Equipment is continuously updated and upgraded based on the latest technological developments. This cutting-edge technology



3-D applications allow for integration of MRI and CT scan images with angiogram and fluoroscopy images.

ensures that we will continue to have the latest technology available for angiography and radiography testing.

Another key attribute of this technology is the radiation-reducing design. The Artis zee features two functions to reduce the patients’ exposure to radiation. CAREPOSITION allows patients to be accurately positioned without the use of radiation. CAREVISION uses pulses of fluoroscopy – instead of a continual stream. Both features reduce exposure to radiation without loss of image quality.

Physical Therapy for Dizziness and Vertigo

Many of us have experienced dizziness or vertigo at some point in our lives – both are common symptoms for many allergy and sinus sufferers. But can you imagine fighting a constant battle with vertigo? That is what life is like for someone living with a vestibular disorder.

Vestibular disorders can cause dizziness, vertigo, imbalance, problems with hearing and concentration, nausea, fatigue, anxiety and headaches, to name a few symptoms. Rehabilitation can help relieve symptoms for people with vestibular disorders and get them back to enjoying life.

Treating Vertigo

The Pasco Regional Medical Center physical therapy department is the only rehab center in our community to offer vestibular rehab. Using treatments such as gaze training, habituation exercises and canalith repositioning, patients can find relief from dizziness and vertigo.

Gaze training and habituation exercises consist of working with a physical therapist to evaluate posture, balance and body mechanics to determine what causes your dizziness and vertigo. The therapist then works with you to retrain these common habits,

which helps to synchronize body movements with the messages your eyes deliver to the brain. Using habituation and gaze therapy can alleviate your symptoms in as little as one month of rehab sessions two to three times a week.

“We have a 95% success rate with vestibular rehab at Pasco Regional,” says Vicky Bahmann, MSPT.

Patients who experience vertigo and dizziness caused by physical particles trapped in the ear canal – commonly called crystals – can find relief from their symptoms in as little as one therapy session. Using

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Living with Diabetes

If you or a family member have been diagnosed with diabetes, you are not alone. An estimated 23.6 million people or 7.8% of the U.S. population have diabetes.

Before insulin was discovered, people with type 1 diabetes died within a few years of their diagnosis. Today, through healthful eating, exercise and medication, diabetes can be managed effectively.

Doing so means keeping your blood pressure, cholesterol levels and blood glucose levels as close to the normal range as possible. This reduces the risk of developing major complications from type 1 diabetes.

With type 2 diabetes, once known as adult-onset or noninsulin-dependent diabetes, your body doesn't produce enough insulin to maintain a normal glucose level. Untreated, the consequences of type 2 diabetes can also be life-threatening.

There is no cure for type 2 diabetes, but you can manage the condition through diet and exercise. If these aren't enough, you may need diabetes medications or insulin therapy to manage your blood sugar.

Diabetes Management

A team of medical professionals at Pasco Regional Medical Center is equipped to help you manage your diabetes. The **Living with Diabetes Program** is the

only one of its kind offered in East Pasco. This program follows guidelines established by the American Diabetes Association. It is unique because it includes both **education** about diabetes **and** an individualized **exercise** program for each participant. Patient progress is monitored to ensure each patient is as safe as possible while following his or her personal diet and exercise plan. Enrollment in this program requires a prescription from your physician and a commitment to getting control of your diabetes. There is also a one-time fee of \$50 for the program.

Outside Support

Support outside of your family is also important. It is helpful to have someone you can talk to and share your feelings, fears and frustrations. For this reason, Pasco Regional Medical Center offers a monthly **Diabetic Support Group**. This group meets on the first Thursday of every month from 2 to 3 p.m. in Medical Plaza I, Suite 107 on the hospital campus. Facilitator Kathy Lamonda, PRMC Dietitian, presents a fresh topic every month on nutrition and health issues related to managing diabetes. If you are not currently part of a diabetic support group, please consider joining this group.

We're Here for You

With proper nutrition, medications, exercise and support, you can manage your diabetes and live



With proper nutrition, medications, exercise and support, you can manage your diabetes and live a long, healthy life.

a long, healthy life. For more information on the Living with Diabetes Program or Diabetic Support Group, please call **(352) 521-1100, ext. 1423**. You can also refer to the Calendar of Events on the back of this newsletter for upcoming dates.

Physical Therapy for Dizziness and Vertigo

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canalith repositioning, Bahmann can reposition these crystals from the outer portion of the ear canal back into the middle ear.

"I guide the patient's head through a series of specific movements – much like tilting and turning a maze to help a bead roll from the beginning to the end," Bahmann explains. "Once the crystals are back in place, the vertigo is gone."

If you experience symptoms that may be a sign of a vestibular disorder, talk to your medical care provider to find out if you need evaluation and treatment.

Vestibular rehab can help treat:

- Benign Paroxysmal Positional Vertigo
- Meniere's Disease
- Secondary Endolymphatic Hydrops
- Labyrinthitis & Vestibular Neuritis
- Perilymph Fistula
- Acoustic Neuroma
- Ototoxicity
- Vestibular Migraine
- Mal de Debarquement
- Pediatric Vestibular Disorders
- Aging, Dizziness, & Balance
- Cervicogenic Dizziness
- Otosclerosis
- Cholesteatoma
- Enlarged Vestibular Aqueduct
- Vestibular Hyperacusis
- Autoimmune Inner Ear Disease
- Superior Canal Dehiscence

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Calendar of Events

LAP-BAND® Weight Loss Seminars

Are you ready to finally lose the weight and change your life? If so, register to attend one of our free surgical weight loss seminars. **Our surgeons are pioneers in the field of LAP-BAND® surgery and have performed more than 800 procedures at Pasco Regional Medical Center (PRMC).** For more information, register to attend one of our monthly seminars by calling **(352) 518-1090** or toll-free **(888) 848-7673**.

- **Aug. 5, 6 to 7:30 p.m.**
- **Sept. 2, 6 to 7:30 p.m.**
- **Oct. 7, 6 to 7:30 p.m.**

ROSE® Weight Loss Seminars

If you've regained weight after gastric bypass surgery, we have good news. PRMC is one of a handful of hospitals nationwide to offer the ROSE®, an **incisionless**, endoscopic, surgical procedure to treat the source of weight regain and help you restore weight-loss success. To learn more, register to attend one of our monthly seminars by calling **(352) 518-1090** or toll-free **(888) 848-ROSE (7673)**.

- **Sept. 2, 7:30 to 8:30 p.m.**
- **Oct. 7, 7:30 to 8:30 p.m.**

Childbirth Education Classes

This series of five classes, including Infant/Child CPR focuses on childbirth techniques, breathing exercises, what to expect, the role of the support person and how to manage labor. These classes are free to parents delivering at PRMC. All classes are held from 7 to 9:30 p.m. at PRMC in Medical Plaza I, Suite 107. For registration information, please call **(352) 521-1138**.

- **Aug. 12 – Child/Infant CPR**
Aug. 19, 20, 26, 27 – Childbirth Classes
- **Sept. 9 – Child/Infant CPR**
Sept. 16, 17, 23, 24 – Childbirth Classes
- **Oct. 7 – Child/Infant CPR**
Oct. 14, 15, 21, 22 – Childbirth Classes

Diabetic Support Group

This monthly support group meets on the first Thursday of each month from 2 to 3 p.m. to discuss nutrition and health issues related to managing diabetes. To register to attend, please call **(352) 521-1100, ext. 1423**.

- **Aug. 6** ● **Sept. 3** ● **Oct. 1**

Living with Diabetes Program

A unique education and exercise rehabilitation program for diabetics, this program follows specific guidelines from the American Diabetes Association. Patient progress is monitored to ensure each patient is as safe as possible while following his or her individualized diet and exercise plan. To be accepted into this program, you will need a prescription from your physician, a commitment to getting control of your diabetes and a one-time fee of \$50. For more information, please call **(352) 521-1100, ext. 1423**.

Safe Sitter

This two-session class teaches emergency care of the young child to young people ages 11-17. Because of the cost of course materials, there is a minimal charge of \$25. Students will receive a Safe Sitter Certificate upon completion of the course. Class size is limited; please register early. Class time is 9:30 a.m. to 1 p.m. and participants are asked to bring their lunch.

Next Available Class: Sept. 19 and 20