

A Better You

Embracing Health...Embracing Life

Winter 2009

Are You Suffering from Chronic Sinus Problems?

Do you feel pain behind your eyes, tenderness in your cheeks or have trouble breathing through your nose? If you do, you may brush this off as another cold or the flu. However, it may not be a cold at all – you could be suffering from chronic sinus pain.

What Is Chronic Sinus Pain?

Chronic sinus pain, or chronic sinusitis, affects more than 30 million people in the United States each year, making it one of the most common chronic illnesses diagnosed in the country, according to MedlinePlus. With chronic sinusitis, the cavities around the nasal passages, or sinuses, become inflamed or swollen. This can interfere with nasal drainage and mucus may build up, causing pain or pressure in the sinuses.

This illness can be caused by a number of factors, according to Tew Sak, M.D., an ENT at Pasco Regional Medical Center. "Nasal congestion from allergies, a deviated septum, sinusitis with or without nasal polyps, and migraines can all contribute to chronic sinus pain," Dr. Sak says. You may also be at risk if you have asthma or smoke.

What defines this condition as chronic is how often a person gets sinus pain during the year and how long the symptoms last. Dr. Sak advises patients to seek medical attention if symptoms last longer than a month or if pain does not respond to treatment.

Chronic Sinus Symptoms

The difference between sinus pain and discomfort resulting from a cold or the flu is all about location – sinus pain is generally isolated to the sinuses. Some symptoms associated with this illness are:

- Pressure or pain around the eyes, cheeks, nose or forehead.
- Nasal congestion or a thick, yellow or green discharge from the nose.
- Pain in the roof of the mouth, teeth or ears.
- Reduced sense of smell or taste.
- Headaches in the front of the head and around the eyes.

Diagnosis and Treatment

If your family physician suspects chronic sinusitis, he or she may refer you to an ENT. The ENT will look closely at your medical history and thoroughly examine your eyes, ears, nose and throat. You may also have a CT scan so the doctor can see any sinus blockages. If diagnosed with chronic sinusitis, you may be prescribed medication for relief or your doctor may recommend surgery.

According to Daniel Jiannetto, M.D., an ENT at Pasco Regional Medical Center, surgery today is very different from nasal surgeries of the past. "For a functional endoscopic sinus surgery (FESS), we take tiny cameras and instruments to enlarge the natural openings of the sinuses just enough to promote drainage," Dr. Jiannetto says. "It's minimally invasive, generally permanent and patients may breathe better, in addition to getting relief from chronic sinusitis."

A Hospital You Can Depend On

At Pasco Regional Medical Center, we strive to provide the best care to our patients. "It's the hospital's atmosphere that sets it apart," Dr. Jiannetto says. "We have well-qualified physicians and the people on staff give personal treatment. It's this personal level of care that makes the difference versus a huge hospital that treats you like a number."

If you suspect you have chronic sinusitis, speak with your physician or contact Dr. Tew Sak or Dr. Daniel Jiannetto.

Meet Our ENTs



Tew Sak, M.D.

6719 Gall Boulevard, #107
Zephyrhills, FL 33542

(813) 782-4113



Daniel Jiannetto, M.D.

27406 Cashford Circle
Wesley Chapel, FL 33543

(813) 907-7031



New Tool to Fight Breast Cancer Arrives at Pasco Regional Medical Center

Mammography is probably the most important tool doctors have to help diagnose breast cancer. It plays a key role in the early detection of breast cancers because it can reveal changes in the breast up to two years before a patient or physician can feel them. Leading experts, including the American Cancer Society, the American Medical Association and the American College of Radiology, recommend a mammogram once a year for women age 40 and older.

Advanced Technology

Pasco Regional Medical Center recently announced the installation of a new digital mammography system to help fight breast cancer. This system, called the GE Senographe® 2000D full-field digital mammography system, is designed to provide physicians with clear and precise all-digital images rather than X-ray film. This technology will help physicians detect and diagnose breast cancer in patients earlier and more accurately.

“Breast cancer strikes about one of every eight American women,” states Veronica Socas, M.D., Obstetrician and Gynecologist with Verssa Women’s Center in Dade City. “With digital mammography, my patients have a new and powerful tool in the detection and fight against breast cancer.”

Advanced Care

Digital mammography at PRMC is equipped with computer aided detection (CAD) software. CAD acts as a radiologist’s “second pair of eyes” when reading a mammogram. Similar to spell check on your personal computer, the CAD technology searches for abnormal areas of density, mass or calcification that may indicate the presence of cancer. The CAD system highlights these areas on the images, which lets the radiologist know they need further analysis.

“This new digital technology will help us provide the most advanced care for our patients,” states Michael Weiss, M.D., Obstetrician and Gynecologist with

Women’s Health of Pasco. “A precise diagnosis is the first step toward getting a patient treated and on the road to good health.”

Going Digital

According to Dr. Weiss, there are many advantages to a digital system. “The images are clear and easy to read, and it offers a better view of the breasts, especially near the skin line, chest wall and in women with all breast tissue types.”

In addition, studies indicate that digital mammography is better than traditional X-ray mammography for women who are younger than 50, have dense breasts, and are pre-menopausal or perimenopausal.

Schedule your personal appointment today by calling Pasco Regional Medical Center’s One Call Scheduling at (352) 521-1592. All appointments require a prescription from your physician.



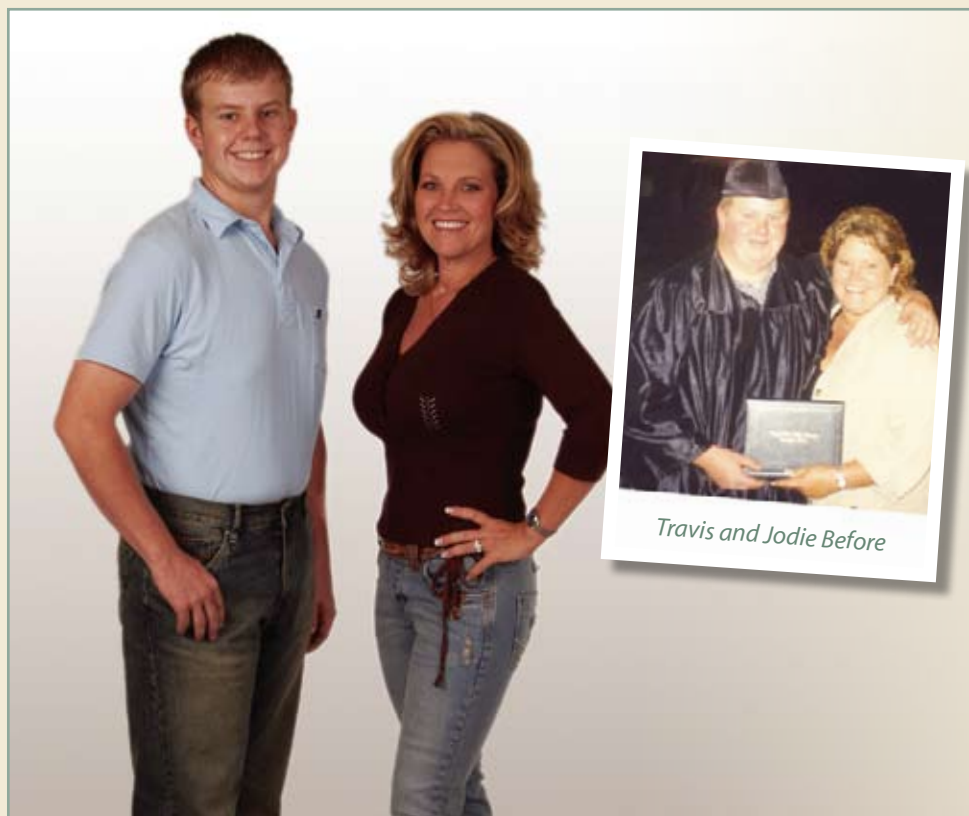
Ready to Lose the Weight and Change Your Life?

How many times have you started a new year with the resolution to lose weight, exercise and get into shape? If you are ready to finally lose the weight and change your life, Pasco Regional Medical Center is pleased to offer the LAP-BAND® procedure for weight loss. **Some of the nation's most experienced bariatric surgeons are right here in our community.** Our five-star, award-winning surgeons have performed the LAP-BAND procedure for weight loss since October 2002 and have performed more than 700 procedures right here at Pasco Regional Medical Center. Surgeons Lee Grossbard, M.D., Pandurangan Krishnaraj, M.D., and Richard DiCicco, M.D., are board-certified in General Surgery and are members of the American Society of Bariatric Surgeons.

The LAP-BAND is the least invasive, safest surgical option for weight loss available today. It is an adjustable surgical option for customized weight loss and is completely reversible.

Free LAP-BAND Seminar

If you are contemplating weight loss surgery, it is important to get the facts first. Pasco Regional Medical Center understands the importance of making educated choices and is pleased to present free weight loss seminars about the LAP-BAND procedure. If you would like to attend one of our free evening seminars, check the Calendar of Events on the back of this newsletter for upcoming seminar dates or call (352) 518-1090 or (888) 568-0967 for more information. Reserve your seminar seat today and let us help you fulfill your New Year's resolution. You have nothing to lose but the weight.



Travis and Jodie After

GreenLight™ Laser Therapy Offers Relief from Enlarged Prostate



Jordan Baum, M.D.,
Urologist, Florida
Medical Clinic

One of the most common concerns for older men is an enlarged prostate. More than half of all men over 60 years of age will develop an enlarged prostate, which may lead to frequent urination, weak urine flow and interrupted sleep. You should know that men with noncancerous enlargement of the prostate, also known as

benign prostatic hyperplasia (BPH), have a minimally invasive surgical option available at Pasco Regional Medical Center. This procedure, known as the GreenLight™ Laser, is suitable for most patients with an enlarged prostate.

"With more than 300,000 procedures successfully performed worldwide, the GreenLight Laser is creating a new standard of care for my patients," states Jordan Baum, M.D., Urologist with Florida Medical Clinic.

How the Procedure Works

GreenLight Laser Therapy uses laser energy to evaporate prostate tissue, resulting in an open channel for urine-flow. It combines the effectiveness

of the traditional surgical procedure known as transurethral resection of the prostate (TURP), but with fewer side effects, shorter catheterization and quicker, less painful recovery times.

"The GreenLight procedure is typically done in the operating room with a short-stay admission," Baum states. "Most patients can return to their normal, nonstrenuous activities within days of the treatment."

If you are looking for freedom from urinary symptoms and want to live life the way you choose, speak to your physician about GreenLight Laser Therapy or visit our Web site at www.PascoRegionalmc.com for more information on this procedure.

Inside This Issue



Are You Suffering from Chronic Sinus Problems?

(page 1)



New Tool to Fight Breast Cancer

(page 2)



Lose the Weight and Change Your Life

GreenLight Laser Therapy Offers Relief from Enlarged Prostate

(page 3)



13100 Fort King Road
Dade City, FL 33525

(352) 521-1100
www.PascoRegionalmc.com

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 700 procedures at Pasco Regional Medical Center (PRMC). These seminars are held monthly from 6 to 8 p.m. at PRMC in Medical Plaza I, Suite 108. Make your reservation today by calling **(352) 518-1090** or toll-free **(888) 568-0967**.

- **Feb. 4 – LAP-BAND Seminar**
- **March 4 – LAP-BAND Seminar**

Childbirth Education Classes

This is a series of five classes, including infant/child CPR. They focus 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**.

- **Feb. 5 – Infant/Child CPR Class**
- **Feb. 11, 12, 18, 19 – Childbirth Classes**
- **March 11 – Infant/Child CPR Class**
- **March 18, 19, 25, 26 – Childbirth Classes**

Safe Sitter Classes

This two-session class teaches emergency care of the young child to young people ages 11 and older. Class times are 9 a.m. to 1 p.m. and students should bring a bag lunch each day. 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. Seating is limited. For registration information, call **(352) 521-1138**.

- **March 7 and 8 – Safe Sitter Classes**

Diabetic Support Group

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

