



Spring/Summer 2009

Living WELL

New Hope for *Back Pain Relief*

Are you one of the estimated 65 million Americans who suffer from lower back pain? Have you tried every non-surgical option available but can't seem to alleviate the pain? If so, you may be a candidate for an amazing surgical procedure available at Presbyterian Plano Center for Diagnostics & Surgery.

Turn to page 3 to learn more



Presbyterian Plano
Center for Diagnostics & Surgery

A Better Way to Care for Patients



Stop Springtime Allergy Symptoms

Allergies keep millions of Americans from enjoying the season of renewal every year. If you aren't able to get out and smell the roses because of flaring allergy symptoms, it may be time to visit a physician.

it's not uncommon to experience a runny nose or watery eyes as the weather warms and pollen fills the air. However, for many allergy sufferers, over-the-counter medications simply are not strong enough to alleviate symptoms.

"Many great non-prescription medicines are available to provide relief for allergy sufferers, but sometimes more specialized attention is needed," says Steve Peskind, M.D., otolaryngologist on staff at Presbyterian Plano Center for Diagnostics & Surgery. "If patients are dealing with symptoms that affect their quality of life, they should see a physician who can

administer allergy tests and determine appropriate treatment."

COLD OR ALLERGY?

Allergies and the common cold share similar symptoms, including a stuffy or runny nose, sneezing, wheezing and irritated eyes. However, colds often are accompanied by fever and generally subside in a matter of days. If symptoms persist longer than a week and seem to occur at the same time each year, chances are good that allergies are the cause.

To find a physician at PPCDS who may help you find a solution to your allergy or sinus symptoms, visit www.ppcds.com.

Dear Friends,

Welcome to the first issue of *Living Well*—a new publication of Presbyterian Plano Center for Diagnostics & Surgery, a unique hospital dedicated to excellence in surgical and imaging services.

The board-certified surgeons on our medical staff have expertise in numerous specialties, including back and spine care, orthopedics, gynecology, urology, general surgery, podiatry and ear, nose and throat care. We also offer pain management procedures and diagnostic imaging, including magnetic resonance imaging (MRI), all in a warm, friendly and patient-centered setting.

Our facility is designed to provide every patient the comfort and privacy of home. We are conveniently located at Parker Road and the North Dallas Tollway, just across the street from Texas Health Presbyterian Hospital Plano.

Our goal is to bring you articles on topics that are helpful and relevant to the health and well-being of you and your family. Please feel free to search our Web site at www.ppcds.com for more information on available services and a list of physicians on our medical staff. We look forward to serving you and your loved ones.

Sincerely,
Larry Q. Robertson
PRESIDENT



Know the Signs of Colon Cancer



Earlier, more frequent screenings may be recommended for patients at high risk for the disease, such as those with a personal history of colon polyps, ulcerative colitis or Crohn's disease, or those who have a family history of colorectal polyps or cancer. Due to evidence of higher risk, African-American patients should begin screenings at age 45.

"Symptoms of colorectal cancer often do not appear until the later stages, so it is vital for patients to undergo regular screenings," says Eric R. Kaplan, M.D., colorectal surgeon on staff at Presbyterian Plano Center for Diagnostics & Surgery. "When detected early, growths or polyps can be removed before cancer develops, which can save lives."

To find a colorectal surgeon on the medical staff, please call (972) 403-2700.

the American Cancer Society estimates that 150,000 Americans are diagnosed with colorectal cancer each year. People over age 50 are at the greatest risk of developing the disease, and undergoing regular screenings is the best method of prevention.

The American Cancer Society recommends men and women have at least one of the following screenings beginning at age 50:

- » colonoscopy once every 10 years
- » digital rectal exam performed every year
- » fecal occult blood test performed once a year

New Hope for Back Pain Relief

According to the American Association of Neurological Surgeons, most people can alleviate their back pain through non-surgical options, which often include medications to reduce muscle spasms, physical therapy, regular exercise, weight loss and steroid injections. However, if you have tried all of these methods to no avail, there is still hope thanks to a surgical procedure that involves implanting an artificial disc.

The disc was first used in the United States by a spine surgeon on staff at Texas Back Institute and Presbyterian Plano Center for Diagnostics & Surgery, Scott Blumenthal, M.D., who has performed hundreds of these types of procedures.

AN IN-DEPTH LOOK

Until recently, the only surgical solution for degenerative disc disease was a procedure called spinal fusion, which helps to reduce pain but can significantly reduce a patient's range of motion and cause stiffness. However, in March 2000, the Charité® artificial disc, which consists of plastic and metal materials that have been used in hip and knee joints for decades, was introduced in the United States through a trial procedure.

During the procedure to implant the artificial disc, the patient lies on his or her back, and the surgeon makes an incision in the abdomen. The physician then removes the diseased disc and replaces it with the artificial disc.

"The artificial disc, which has been used routinely in Europe since the 1980s, was approved by the U.S. Food and Drug Administration in 2004," Dr. Blumenthal says. "The disc is the first of its kind and is distinguished from other surgical options by its ability not only to reduce or relieve pain, but also to preserve range of motion."

Benefits of surgery using the artificial disc include:

- greater mobility
- shorter recovery time
- less stiffness

"The most important hallmark of success in pain-reduction surgery is patient satisfaction," Dr. Blumenthal says. "We are proud to have a satisfaction rate of around 90 percent for this procedure."

To find a spine surgeon on the medical staff at PPCDS, visit www.ppcds.com.

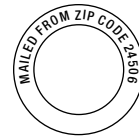


Are You a Candidate for Surgery?

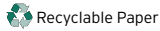
If you have tried conservative treatment options for back pain for at least six months but have experienced no relief, you may be a candidate for artificial disc replacement surgery.

Prior to surgery, a physician will conduct an evaluation process that may include the use of several imaging techniques, including discogram, magnetic resonance imaging, computed tomography and X-ray.

"We utilize many of the imaging techniques available to us to determine the cause of the pain," says Scott Blumenthal, M.D., spine surgeon at the Texas Back Institute and Presbyterian Plano Center for Diagnostics & Surgery. "When we determine that a patient is a candidate for the procedure, we can help them begin their journey toward a pain-free life."



Living Well is published by Presbyterian Plano Center for Diagnostics & Surgery. This information is intended to educate about subjects pertinent to health, not as a substitute for consultation with a personal physician. Most doctors on the medical staff practice independently and are not employees or agents of the hospital. For a source listing on a specific article in this issue, please contact (972) 403-2700.



First-Class Attention *for Patients*



Designed with optimal patient comfort in mind, Presbyterian Plano Center for Diagnostics & Surgery offers comforts and luxuries not typically seen at traditional full-service hospitals. A culinary chef prepares five-star cuisine while you recuperate in your private room. We understand that comfort equals relaxation. We also understand that offering the latest surgical and imaging treatment options and a wide range of board-certified surgeons dedicated to individualized care for each patient provides reassurance and peace of mind.

Welcome to a better way to care for patients.

Welcome to PPCDS.

