



Fall/Winter 2009

Living WELL

Protecting Young Athletes

If you are a parent of a teen athlete, you probably have a wide variety of concerns about your child's safety and health on the playing field. What you may want to be aware of is a painful condition called osteochondritis dissecans (OCD) that occurs in otherwise healthy, active young people.

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Texas Health
Center for Diagnostics & Surgery
PLANO

A Better Way to Care for Patients

*Allen resident Tucker Carter (left)
with James C. Walter, M.D.*

Singing Away Pre-Surgery Blues

a small group of pre-operative nurses at Texas Health Center for Diagnostics & Surgery (THCDS) have added a rather unusual job skill to their résumés—singing. Mary Morris, Esmeralda Soliz and Gail Jones successfully serenaded a patient into relaxation after sensing his uneasiness about undergoing surgery.

A traumatic experience with a tonsillectomy as a child had caused the patient to become apprehensive about surgery and hospital environments, even into adulthood. Thanks to the nurses he dubbed the “Angel Team,” the patient was able to take his mind off the procedure and overcome his fear.

Feelings of anxiety about surgery are common, and THCDS is devoted to helping its patients cope with and overcome such fears in any way possible.

For more information on surgical services at THCDS, visit www.THCDs.com or call (972) 403-2808.

Back on Track

With new techniques for treating spine disease, the discipline of spine surgery has grown in recent years.

“It’s exciting to be in a field where revolutionary procedures are helping patients recover faster,” says Jessica Shellock, M.D., a new spine surgeon on the medical staff at Texas Health Center for Diagnostics & Surgery (THCDS).

Dr. Shellock chose to practice with the Texas Back Institute (TBI), one of the largest freestanding multi-specialty clinics in the United States, due to its comprehensive medical care for back and neck pain. TBI, located on the THCDS campus, is also a research institution that is involved with many clinical trials, including studies on the use of artificial discs.

“I’m glad to help those with spine disorders get back to living full lives,” Dr. Shellock says. “I can’t think of a more rewarding career.”

To find a spine surgeon on the medical staff at THCDS, call (972) 403-2808 or visit www.THCDs.com.

A Targeted Approach to Breast Care

Learning you or a loved one has cancer disrupts your life, and undergoing traditional breast cancer treatment can seem like a daunting task. Thanks to partial-breast irradiation therapy with MammoSite®, now available at Texas Health Center for Diagnostics & Surgery (THCDS), patients can receive proven treatment in less than a week.



Terre McGlothlin, M.D.

prior to the availability of MammoSite, women who opted for breast conservation therapy or lumpectomy instead of mastectomy had to undergo six to seven weeks of daily radiation treatment. However, patients with early-stage breast cancer who are candidates for lumpectomy now can receive a full course of targeted radiation in only five days.

“MammoSite therapy delivers radiation directly to the lumpectomy cavity, which is the most likely area of recurrence,” says Terre McGlothlin, M.D., breast surgical oncologist on the medical staff at THCDS. “Targeting this area from the inside out reduces radiation exposure for normal, healthy tissue and organs.”

HOW IT WORKS

MammoSite uses a small balloon at the end of a catheter—or small tube—

that the surgeon places into the empty space occupied by the cancer before the lumpectomy. The balloon is inflated with a saline solution, and the radiation source is inserted in the balloon to deliver treatment. After radiation therapy is complete, the surgeon deflates the balloon and removes the catheter.

“Although research data is limited, we have seen only a 2 percent recurrence rate over four years with MammoSite,” Dr. McGlothlin says. “MammoSite appears to be at least as effective as external-beam radiation in terms of recurrence.”



To find a breast surgeon on the medical staff at THCDS, visit www.THCDs.com or call (972) 403-2808.

Protecting Young Athletes



OCD is a joint condition characterized by injury of bone and cartilage due to overuse and a loss of blood supply, according to the Arthroscopy

Association of North America. When this occurs, the fragment can become unstable and cause joint pain. Though the condition is most common in knee joints, young athletes can experience cases of OCD in many of the body's critical joints, including the ankle or elbow. According to the American Academy of Family Physicians (AAFP), OCD is most common in males ages 10 to 20.

"In its earliest stages, OCD typically causes discomfort with activity and mild swelling. Symptoms of advanced OCD include painful decreased joint motion, significant swelling and joints that lock or make noises when they move," says James C. Walter, M.D., orthopedic sports medicine surgeon on the medical staff at Texas Health Center for Diagnostics & Surgery (THCDS). "I advise parents to allow their young athletes to play sports no more than 10 months out of the year, with at least two months set aside to rest their growing bodies. This break will significantly reduce the risk of OCD and other overuse injuries."

DIAGNOSIS AND TREATMENT

Unfortunately, OCD is a difficult injury to prevent altogether since it generally results from overuse. It is much easier to treat when recognized early in the disease process. To diagnose the condition, a physician will examine the joint for symptoms such as swelling, tenderness and restricted motion. In order to confirm the diagnosis of OCD, the physician will order X-rays and possibly a magnetic resonance imaging (MRI) scan. Computed tomography (CT) scans also can be used to confirm a diagnosis.

Treatment for OCD depends on the condition of the bone fragment. In early cases with stable bone, resting the joint for up to six months or taking anti-inflammatory medications can heal the injury without further concern. If the bone fragment is unstable, surgical options—including arthroscopic surgery—may be recommended to repair defects in the joint, reduce pain and help athletes return to the field. If not treated appropriately, OCD can lead to advanced arthritis at an alarmingly young age.

To find an orthopedic sports medicine surgeon on staff at THCDS, visit www.THCDs.com or call (972) 403-2808.

Back on the Field

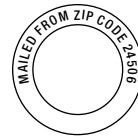
Allen resident Tucker Carter thought his football career was over when he injured his knee during football practice. The injury led to a consultation with James C. Walter, M.D., orthopedic sports medicine surgeon on the medical staff at Texas Health Center for Diagnostics & Surgery (THCDS).

The visit to Dr. Walter led to a diagnosis of osteochondritis dissecans (OCD) for Carter. Although the condition is relatively common in growing teenage athletes, the severity of Carter's injury could have meant the end of his athletic career. In fact, even with all the expertise of the THCDS staff on his side, he knew he only had about a 50-percent chance of ever getting back on the field.

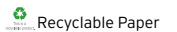
THE RECOVERY PROCESS

Dr. Walter performed a surgical procedure on Carter that relocated the loose piece of bone and cartilage in his knee and secured it to the underlying bone with bio-absorbable screws. After the procedure, Carter began a year-long rehabilitation process that included plenty of hard work, but no sports.

Fortunately for Carter, the odds were in his favor after all. While he missed sports in his time off, he came back his junior year stronger than ever—and helped lead his team all the way to the 2008 Class 5A state football title.



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First-Class Attention for **Patients**

Designed with optimal patient comfort in mind, Texas Health 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.