

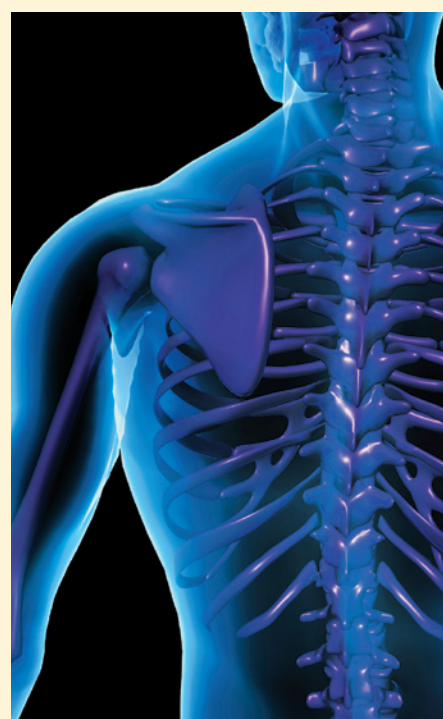
ExploreHealth

WITH  SENTARA®

Medical Breakthroughs at Sentara

Lateral Interbody Fusion and Cervical Disc Arthroplasty Minimally Invasive Options for Treating Spinal Disorders

People with spinal disorders are finding relief from Lateral Interbody Fusion and Cervical Disc Arthroplasty – minimally invasive surgical procedures now offered at Sentara Potomac Hospital.



Neck, shoulder, arm and back pain are frequent concerns that can be related to a disc herniation, where a spinal disc bulges or ruptures, or deteriorates with age. When steroid injections, physical therapy and medications are unsuccessful, new spinal surgery procedures at Sentara Potomac Hospital may offer relief.

Traditionally, spinal fusions have been performed with a single, large surgical incision on the back or front of the body to remove a problematic disc and replace it with a bone graft that essentially fuses the surrounding discs together. Using Lateral Interbody Fusion surgeons can perform spinal procedures with smaller incisions, safely entering from the patient's side.

Lateral Interbody Fusion uses the lateral (side) approach instead of the traditional back or front approach to repair a diseased spinal disc.

The less invasive side approach is enhanced by the technology of a Nerve Monitoring System. By detecting the real-time, accurate position of the nerves, the surgeon knows

precisely where to place the instruments and the implant, avoiding surgical damage to the nerves.

Patients recover more quickly because the muscles are only separated, not cut, during this surgery.

Cervical Disc Arthroplasty

Another surgical option for treating herniated discs is cervical disc arthroplasty that uses an artificial ball-and-socket joint in the cervical disc space instead of a bone graft fusion. This maintains the height of the disc, reducing compression and restoring the patient's ability to move.

The reduced anesthesia time and blood loss with these minimally invasive procedures provides a new option of relief for patients with complicated medical issues. Patients are often walking within a day of surgery, recover faster and more quickly return to normal activities with restored spinal range-of-motion.

Your surgeon can determine which procedure would be best for you. For information about spinal surgeons at Sentara Potomac Hospital, call our Health Connection at 703-221-2500, view profiles at PotomacHospital.com or attend the seminar below.

Learn More About Weight Loss Surgery And Life After Surgery

Weight Loss Surgery & Healthy Living Expo

Sunday, September 19, 11 am – 3 pm

Hylton Education Center at Sentara Potomac Hospital

Keynote speaker: Delegate Rosalyn R. Dance, a resident and former Mayor of Petersburg, and a gastric banding weight loss surgery patient

Meet our doctors and staff, enjoy refreshments, visit exhibits and attend learning sessions on:

- Healthy Eating
- Healthy Joint Information
- Exercise Programs & More

Free and open to all!
Register at 703-221-2500
or online at
PotomacHospital.com.



If You Suffer From Chronic Neck Or Back Pain, Recurrent Pain Or Sciatica Pain This Seminar Is For You.

Solutions to Back and Neck Pain: New Advances in Spinal Surgery

**Wednesday, October 6
7 – 8:30 pm**

Hylton Education Center
at Sentara Potomac Hospital

Guest speaker Dr. Paymaun Lotfi, orthopedic surgeon, will discuss spinal surgery using smaller incisions for faster recoveries and shorter hospital stays.

Free. Register at 703-221-2500
or PotomacHospital.com.



Joint Replacement Is It Right For You?

If back, shoulder or hip pain is limiting your activities, attend this free seminar that includes a question and answer period
Saturday, September 25, Noon – 1:30 pm
Hylton Education Center at Sentara Potomac Hospital

Guest speaker Dr. Joseph Hanna, orthopedic surgeon, will discuss advances in:

- Joint replacement treatment options
- New minimally invasive techniques
- Gender knees and partial knee replacements

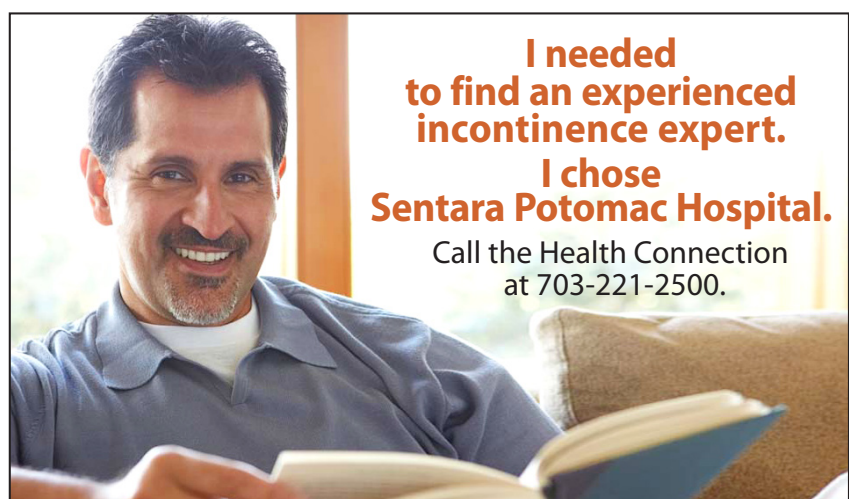
Free. Register at 703-221-2500
or PotomacHospital.com.



Commemorating Infant and Pregnancy Loss Remembrance Ceremony

Sunday, October 17, 2 – 4 pm

Worship Room
Sentara Potomac Hospital
Free. For details call 703-583-3003.



I needed to find an experienced incontinence expert. I chose Sentara Potomac Hospital.
Call the Health Connection at 703-221-2500.

HEALTHY HAPPENINGS

Register online at PotomacHospital.com or by calling 703-221-2500. All classes meet at Sentara Potomac Hospital, I-95 at Exit 156, unless otherwise specified.

Foot Screenings

Consult with specially-trained podiatrists who will explain available treatment options and ways to relieve your foot pain.

Friday, September 17, 9 – 11 am

Spring Hill Clubhouse
8946 Yellow Daisy Place, Lorton

Saturday, October 23, 9 am – noon

Sentara Potomac Hospital
Free. By appointment only.



Men's Health Event: Debunking Myths About Prostate Cancer

Guest Speaker Dr. Inderjit Singh, urologist
Men and ladies invited to attend.
Blood pressure and cholesterol screenings available.

Thursday, September 30, 5:30 pm

Spring Hill Clubhouse
8946 Yellow Daisy Place, Lorton

Free. More information at KnowYourStats.org

Annual Diabetes Fair

Helpful hints

for managing diabetes

Guest speaker Dr. Raghu Tadikamalla, cardiologist

Saturday, October 30

11 am – 1 pm. Free.

Free Breast Health Kit

Order online at
PotomacHospital.com
or call
703-221-2500.

Sentara Potomac's Health Connection – PotomacsHealthConnection.com or 703-221-2500

A free resource in finding a new primary care or specialist doctor, registering for seminars and getting more health information.