

ExploreHealth

AUGUST 2007

WITH  SENTARA®

Medical Breakthroughs at Sentara

EBUS: ENDOBRONCHIAL ULTRASOUND

A Minimally Invasive Tool For Diagnosing Lung Cancer

A technological breakthrough is helping patients with lung and lymph node tumors to be more accurately diagnosed so treatment can begin sooner. With a new, minimally invasive endobronchial ultrasound procedure at Sentara Norfolk General Hospital, known as EBUS, doctors are able to diagnose patients with lung cancers before any surgery begins.



Olympus Evis Exera II BF-UC160F-0L8 ultrasonic bronchofiberscope | Courtesy of Olympus

Often a diagnosis of cancer cannot be confirmed without invasive diagnostic surgery. A new technology breakthrough called endobronchial ultrasound (EBUS) is offering patients a less invasive alternative for evaluating the airways and diagnosing lung and lymph node tumors.

EBUS is an innovation that improves early, accurate diagnosis and treatment of lung cancer.

Outpatient, No Incisions Required
EBUS involves no incisions. Patients receive only conscious sedation for this outpatient procedure, making it a good choice for patients at high risk for invasive diagnostic surgery. This minimally invasive diagnostic tool is useful for patients with possible cancers in their lymph nodes. Previously, patients with concerning lymph nodes would most often have to undergo surgery to get a correct diagnosis.

The physician uses a bronchoscope equipped with an ultrasound device that is threaded through the patient's nose or mouth into the airways of the lungs. Doctors are able to see "real-time" ultrasound images that guide them to where to take the biopsy that tests for cancer as well as other diseases.

Breakthrough technology is offering unprecedented views of lung and lymph node tumors from inside the body, allowing precise placement of biopsy needles and accurate, early diagnoses.

Lung cancer kills more Americans than breast, colon and prostate cancer combined. With new technology such as EBUS, physicians are able to continue to make strides toward diagnosing and treating lung cancers as quickly as possible.

For more information, talk to your physician or call 1-800-SENTARA.

If You're About To Turn 65, Take Advantage Of Early Medicare Enrollment



A Medicare Advantage Plan from Optima Health, Virginia's trusted provider, can offer you benefits you don't receive with original Medicare. You'll get quality coverage and more flexibility with low out-of-pocket expenses.

(and Happy Birthday!)

For details, call 1-866-678-4620 (TTY/TDD 1-800-225-7784), or visit www.optimahealth.com/Medicare.

H4908 SEN Age-in Ad. 2007

Optima Medicare Plans are Medicare Advantage plans with a Medicare contract.

Sentara Leigh Hospital Has A New Prefix "261"

Those are the new first three numbers to dial to reach Sentara Leigh Hospital.

Main Number: 757-261-6000
Patient Information: 757-261-6700



Live Surgery Webcast

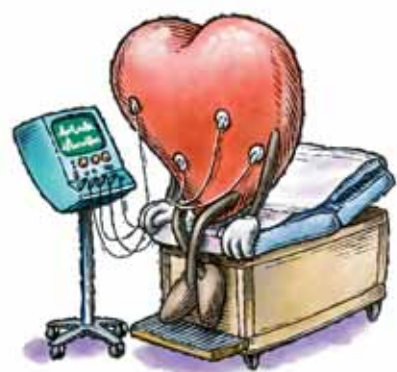
da Vinci® Robotic-Assisted Prostatectomy



Wednesday, August 8, 2 - 3 pm
Join the Live Webcast at
www.sentara.com/explorehealth

This new Live Surgery Webcast will take you right into the operating room at Sentara Norfolk General Hospital as surgeons perform robotic-assisted prostate surgery. For more information or to sign up for a Webcast email reminder, visit www.sentara.com/explorehealth.

PROSTATE CANCER AFFECTS 1 OF EVERY 6 MEN IN THE U.S. Prostate cancer is the most common type of cancer in American men, other than skin cancer. The American Cancer Society estimates about 179,300 new cases this year. Fortunately, prostate cancer can be treated if found early enough.



30 Minutes. Four Heart Screenings. One Easy Way To Remember Them.

Pocket EKG Screenings Include:
EKG - Heart Risk Evaluation
Cholesterol - Blood Pressure

Thursday, August 16, 23 & 30, 1 - 5 pm
Sentara Bayside Hospital Heart Center
\$20. Call 1-800-SENTARA in advance to schedule your visit.

Sore Feet? Find A Solution This Summer. You're Invited To A Free Foot Screening.

Thursday, August 9, 4:30 - 7 pm
Sentara Leigh Hospital

Call 1-800-SENTARA or visit www.sentara.com to register.



Beat The Heat, Stay Well-Hydrated

Feeling thirsty? It's really your body asking for more fluids. Water is an essential part of making our bodies work right, so make sure you keep your body well-hydrated.



HEALTHY HAPPENINGS

Health Screenings

Cholesterol/Glucose/BP

Tuesday, August 7, 9 am-Noon, \$20.

Bone Density Screening for Women

Tuesday, August 14, 9 am-1 pm, \$20.

Sentara Obici Hospital. No appointment needed.

For more information, call 757-934-4720.

Weight-Loss Surgery

Information Sessions

Saturday, August 4, 9:30-11 am

Greenbrier HealthPlex

Wednesday, August 8, 6 - 7:30 pm

Sentara Virginia Beach General Hospital

Wednesday, August 15, 6 - 7:30 pm

Sentara Norfolk General Hospital

Wednesday, August 22, 6 - 7:30 pm

Ambulatory Surgery Center at Sentara Princess Anne

Tuesday, August 28, 6 - 7:30 pm

Sentara Obici Hospital

Free. To register, call 1-800-SENTARA or

www.sentara.com/WeightLossSurgery.

Sentara, your community, not-for-profit health partner.

Free Skin Cancer Screenings

Sponsored by the Sentara Cancer Institute

at Sentara Norfolk General Hospital

Wednesday, August 22, 6 pm

Sentara Bayside Hospital

Wednesday, August 29, 6 pm

Sentara Leigh Hospital

Thursday, August 30, 6 pm

Sentara Norfolk General Hospital

Registration required to 1-800-SENTARA

with more information at 757-388-4268.

Diabetes Support Group

And Sleep Disorders Support Group

Wednesday, August 15, 7 pm

Sentara Bayside Hospital

Free. For more information

call 757-363-6834.

Adult Bereavement

Support Group

6 sessions, beginning

Tuesday, August 21, 7 - 8:30 pm

Marion Manor's Terrace Room, Virginia Beach

Free. For more information call 757-549-5652.

Online Bereavement Support Group

available at www.sentara.com/support.



ExploreHealth with Sentara® Television Programs

WTKR Channel 3 on Saturday nights at 7 pm or
any show, any time at www.sentara.com/explorehealth

AUGUST 4

EXCELLENCE IN COMMUNITY CARE

Sentara Williamsburg Regional Medical

Center - New Surgical Techniques

Dr. Michael C. Lilly

Critical Care

Dr. John Kaiser

Interventional

Community Cardiology

Dr. Timothy Catchings

Outpatient Health Campuses:

Princess Anne Health Campus

Dr. Bill W. Berry Jr.

Dr. Edwin McLaughlin

Sentara Port Warwick

Dr. Michael Jacobson

Sentara Bayside Hospital

Dr. Thomas H. Scott Jr.

Sentara Obici Hospital

D.I.E.P. Flap for Breast Reconstruction

Dr. Helena Guarda

Platelet Enriched Fat Grafting

Dr. Denton Weiss

AUGUST 11

TECHNOLOGICAL

ADVANCES IN HEALTH CARE

Sentara eCare Health Network

Dr. Karen L. Remley

Dr. Meredith B. Rose

Dr. David M. Levin

PACS: Picture Archive and

Communication System

Dr. Shane Peng

Dr. Ravi Shamaingar

Computer-Assisted Knee

Replacement

Dr. James Dowd

Dr. Loel Payne

Treating Stroke:

Wing Span Procedure

Dr. John Agola

New Technologies in Home Care

Rhonda Chetney, RN

AUGUST 18

ADVANCES IN IMAGING

Imaging 101

Dr. John D. O'Neil

Subspecialized Radiologists

Dr. Jeffrey D. McTavish

64-Slice CTA

Dr. Mohit Bhasin

Dr. Richard Thomas

Imaging Advances

in Cardiac Care

Dr. Jaime Murillo

Breast Imaging - MRI

Dr. Nina Fabiszewski

Digital Mammography

Dr. Lynne Stockman

AUGUST 25

BREAKTHROUGHS IN

MEDICAL CARE

New Cancer Therapies

Target Cancer Therapies

Dr. Thomas Alberico

Heated Chemotherapy (ViaCirc)

for Abdominal Cancers

Dr. Richard A. Hofer Jr.

PET/CT Scan

Dr. Lester Johnson

Cardiac Clinical Trials

Dr. John M. Herre

Women & Heart Disease

Dr. Deepak Talreja

New Vascular Procedures

Dr. Marc Glickman

da Vinci Robotic-Assisted

Urologic Surgery:

Prostate Cancer Surgery

Dr. Michael Fabrizio

For more information about Sentara or how to become a part of the Sentara team, call 1-800-SENTARA or visit online at www.sentara.com