

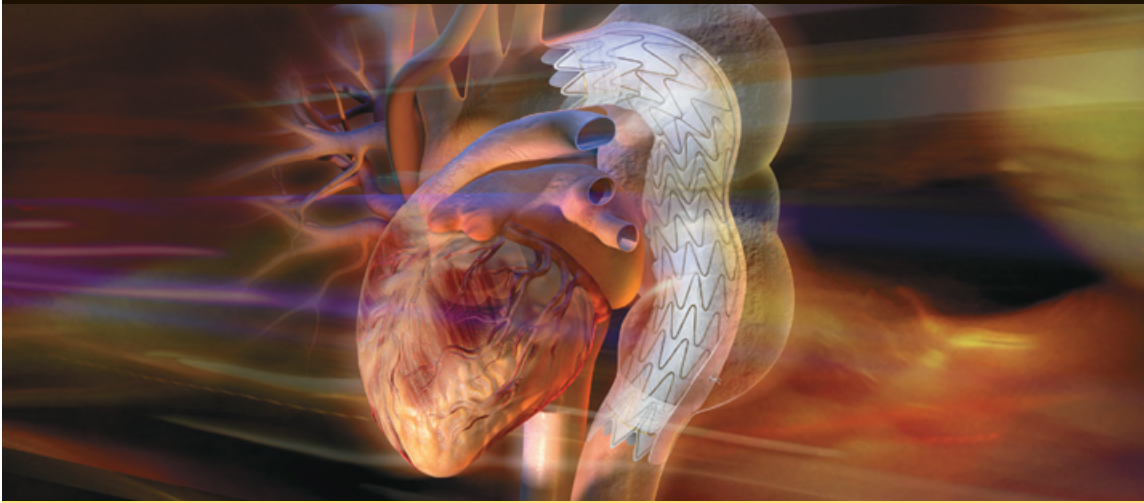
# ExploreHealth

MARCH 2006

WITH  SENTARA®

## Medical Breakthroughs at Sentara

### GORE TAG THORACIC ENDOPROSTHESIS



#### New FDA-Approved Device Offers Minimally Invasive Option For Treating Potentially Deadly Aneurysms

Every year in the United States, an estimated 15,000 people die of a ruptured aortic aneurysm. Vascular surgeons at Sentara Norfolk General Hospital are now performing a minimally invasive procedure, with a much lower risk, for the treatment of thoracic aortic aneurysms.

The *aorta* is the body's largest blood vessel, leading from the heart and supplying oxygen-rich blood to the entire body. An *aortic aneurysm* is a weakening or bulge in the wall of the aorta. When this weakening (aneurysm) occurs in the part of the aorta that runs through the chest, it's called a *thoracic aortic aneurysm* or TAA.

TAA's are generally caused by hardening of the arteries (arteriosclerosis), high blood pressure, a family history of TAA or trauma/accident. Often there are no symptoms until the aneurysm begins to leak or increase in size.

#### Reduce Your Risks of a TAA:

- Don't smoke
- Control your blood pressure and blood lipid levels
- Exercise regularly

Once diagnosed, TAA's now can be repaired with a new, less invasive procedure called thoracic endoprosthesis. The GORE TAG Thoracic Endoprosthesis is the first and only endovascular device approved by the FDA for treating TAA's.

Prior to this approval, traditional surgery required the chest to be surgically opened to repair a TAA. This minimally invasive

**Thoracic endoprosthesis is a minimally invasive treatment alternative to open-chest surgery for patients with thoracic aortic aneurysm.**

procedure offers patients the opportunity for fewer complications, less surgical blood loss, shortened hospital stay and a much faster return to normal activities\*.

Thoracic endoprosthesis uses a synthetic graft to seal off an aneurysm inside a damaged aorta by creating a new path for blood to flow. The stent is delivered to the site of the aneurysm through the use of guide wires, X-rays and an endovascular device that is inserted through small incisions in the leg. The procedure is much less invasive than traditional TAA surgical repair.

**People with complex, pre-existing conditions who are unable to withstand the risks of open-chest surgery can now have their TAA repaired using thoracic endoprosthesis.**

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

\*Source: W. L. Gore and Associates, Inc.

## Introducing the Region's Only Dedicated Heart Hospital

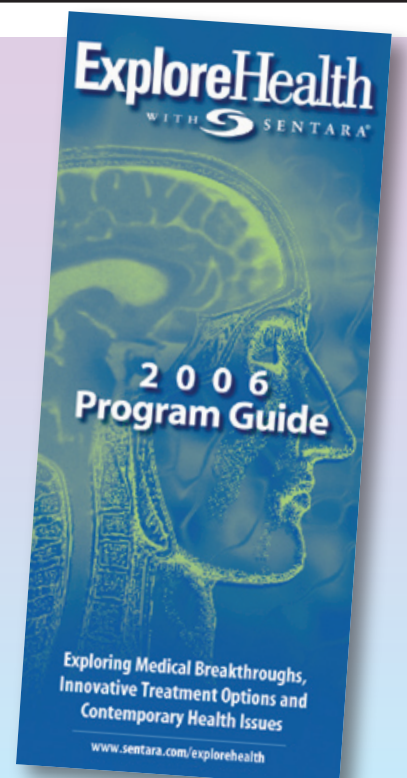


### Sentara Heart Hospital Opening February 25

## A Year of Good Health Programming

### ExploreHealth with Sentara® 2006 Television Program Guide

Now available at Sentara locations. Call 1-800-SENTARA to receive one by mail or visit [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth) to view any show, any time.



## What's the Best Way to Become a Great Nurse? Learn from a Mentor.

Extensive, hands-on clinical training is what makes Sentara graduates stand apart.

#### Sentara School of Health Professions

- Practical Nursing
- Registered Nursing
- Surgical Technology
- Monitor Surveillance
- Cardiovascular Technology
- Nurse Aide
- Care Partner

To apply, call (757) 388-2900 or visit [www.sentara.com/healthprofessions](http://www.sentara.com/healthprofessions).

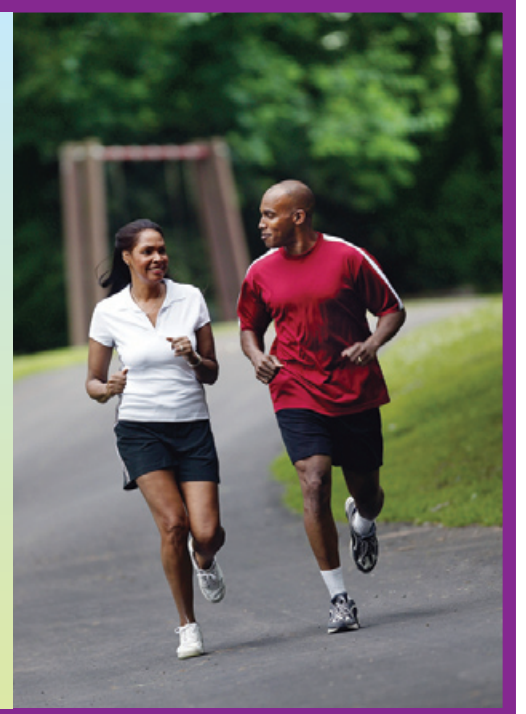
## Free Running Clinic

- The latest treatments for running injuries and rehabilitation
- Guest speaker Dr. Brick Campbell, orthopedics/sports medicine specialist
- Get information on flexibility, gait and choosing the proper running shoes

**Tuesday, March 14, 6:30 – 8:30 pm**

**Sentara Virginia Beach General Hospital Health Education Center**

Refreshments and door prizes  
Call 1-800-SENTARA for reservations.



## ExploreHealth with Sentara® Television Series

Tune in to this weekly television show or log on to [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth) to view any show, any time as we explore medical breakthroughs, innovative treatment options and contemporary health issues in our community.

**EVERY SATURDAY at 7 pm on WTKR CHANNEL 3**

#### MARCH 4

**3-D Imaging & Spinal Surgery**  
Dr. John Agola  
Dr. Joseph Koen  
Dr. Paul Mitchell

#### Colon Cancer Detection

Dr. Taylor Wootton, III  
Dr. Whitney Brooks

#### Sleep Disorders

Dr. Mike Miller  
Dr. Alexander Haraldsted  
Catesby Ware, PhD

#### MARCH 11

Show pre-empted by NCAA Basketball

#### MARCH 18

Show pre-empted by NCAA Basketball

#### MARCH 25

Show pre-empted by NCAA Basketball



**All 2006 ExploreHealth with Sentara shows are available online, any time that's convenient for you, at [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth).**

## HEALTHY HAPPENINGS

#### Diabetes Support Group Weight Loss

Wednesday, March 15, 7 pm  
Sentara Bayside Hospital  
For more information call 363-6834.

#### Breast Cancer Support Group

Tuesday, March 21, 6:30 pm  
Sentara Norfolk General Hospital Transplant Center  
For more information, call 388-2062.



#### Grocery Shopping with a Registered Dietitian

Wednesday, March 15  
Noon – 1:15 pm  
Meet at the ExploreHealth Center, Great Neck area  
Please call 496-9485 to register.

#### Sentara Heart Hospital Community Open House

You're invited to visit the area's only dedicated heart hospital  
**Saturday, March 25 1–3 pm**  
600 Gresham Drive, Norfolk  
For more information call 1-800-SENTARA.

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

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](http://www.sentara.com)