

ExploreHealth

OCTOBER 2006

WITH  SENTARA®

Medical Breakthroughs at Sentara

DIEP FLAP: MICROSURGERY BREAST RECONSTRUCTION

Harvesting Tissue, Preserving Muscle

Advances in microsurgery are offering women more options for breast reconstruction following mastectomy. A new procedure called DIEP, or Deep Inferior Epigastric Perforator Flap, allows the woman's own tissue to be surgically transferred from the lower abdomen, without sacrificing the muscle, and microsurgically attached to the mastectomy site. This procedure is currently being offered at Sentara Obici Hospital.



For 2005, an estimated 211,240 new cases of invasive breast cancer were diagnosed in women.* Many may require surgical treatment that includes a mastectomy, an operation to remove all or part of the breast tissue. At this point, some women may choose breast reconstruction.

DIEP, or Deep Inferior Epigastric Perforator Flap, is one of the newest procedures available in breast reconstruction.

The skin and soft tissues removed during a mastectomy are replaced by transplanting skin and fatty tissue from the abdomen.

DIEP Procedure

The abdominal area generally has excess fat and tissue, making it a good donor site. Through an incision on the bikini line, skin, fatty tissue and tiny blood vessels are removed. The tiny blood vessels are then microsurgically

attached to the blood vessels at the mastectomy site and the abdominal tissue and skin form a new breast.

Unlike conventional TRAM flap reconstruction, perforator flap technique allows the tissue and blood flow vessels to be transferred without having to remove the main abdominal muscle. This reduces the post-surgical risk of abdominal weakening or hernia that can make it difficult to sit up from a lying position.

In athletes with low abdominal fat, the buttock area (gluteal) can provide the donor tissue through a similar procedure called the Gluteal Artery Perforator Flap (GAP).

Breast reconstruction can be performed during the same surgery as the mastectomy or delayed until later. It's a personal choice with even more options now available locally.

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

*Source: Breast Cancer Facts & Figures 2005-2006, American Cancer Society

Newly Expanded Imaging Services



Imaging Services:

- New Mobile 16-Slice CT Scan
- New Mobile MRI
- Digital Mammography

Additional Services:

- Family Practice & Specialty Physician Care
- Urgent Care
- Ultrasound and X-Ray
- Physical Therapy

All Available At

**Sentara Obici Outpatient Center
Smithfield**

913 South Church Street – Smithfield
For more information, call 1-800-SENTARA.



Our First Interventional Cardiologist Made Such An Impact, Meet Our Latest Addition



Introducing Dr. Timothy Catchings, the community's newest expert for lifesaving heart care.

Dr. Catchings joins the Sentara Medical Group office of Colonial Cardiology to perform emergency procedures such as angioplasty, stent implants, and diagnostic heart treatments in Williamsburg.

These unique skills are offered around the clock in an advanced cardiac cath lab at Sentara Williamsburg Regional Medical Center.

To make an office appointment with Dr. Catchings, call 757-345-4952. For more about heart care, visit www.sentara.com/heart.

What Should You Know Before Weight-Loss Surgery?



Sentara CarePlex Hospital and its surgeons have been recognized with the Center of Excellence designation by the American Society for Bariatric Surgery.

Call 1-800-SENTARA to attend a free seminar or visit www.sentara.com/gastricbypass to learn more.

Weight-Loss Surgery at Sentara CarePlex Hospital

New construction will begin early 2007 in the New Town section of Williamsburg for the relocation of Williamsburg Urgent Care, several Sentara Medical Group physician practices, the Coumadin Clinic and Diagnostic Services. This outpatient care campus will offer convenient services for the Greater Williamsburg area.

Sentara Medical Group Planning New Town Site



ExploreHealth with Sentara® Television Series

Tune in to this weekly television show or log on to 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

OCTOBER 7 GI/VASCULAR/MAMMOGRAM

- Gastroenterology:
New Surgery & Treatments**
Dr. Jonathan Eisner
Dr. Jan Janson
Dr. David Johnson
- Vascular Imaging Suite &
Peripheral Vascular Disease**
Dr. Robert Lee
Dr. Marc Glickman
- Mammogram Checker**
Dr. Richard Thomas
Dr. Kelley Allison

OCTOBER 14 CARDIAC CARE

- da Vinci Robotic-Assisted
Cardiac Surgery**
Dr. Robert Hagberg
- Heart Transplantation**
Dr. John Herre
- Women and Heart Disease
& Sentara Heart Center**
Dr. Deepak Talreja
- Interventional Cardiology**
Dr. Stephanie Goodwin
Dr. Charles Vaughan
Dr. David Eich

OCTOBER 21 ORTHOPEDICS

- Minimally Invasive Surgery
for Spine**
Dr. Joseph Koen
- Artificial Replacement Disc**
Dr. Paul Savas
- Computer-Assisted
Knee Replacement**
Dr. James Dowd
Dr. Loel Payne
- Arthroscopic Hip
& Shoulder Surgery**
Dr. John Schaffer
Dr. Brick Campbell
Nightingale

OCTOBER 28 MINIMALLY INVASIVE SURGERY

- da Vinci Robotic-Assisted
Urologic Surgery**
Dr. Michael Fabrizio
Dr. John Davis
- Laparoscopic
Hysterectomy**
Dr. Jon Crockford
Dr. Dwight Groves
- Endoscopic
Brain Surgery**
Dr. Joseph Koen

HEALTHY HAPPENINGS

Look Good . . . Feel Better
A program for women in cancer treatment
Monday, October 9, 6:30 - 8:30 pm
Sentara Williamsburg Regional
Medical Center

**Bosom Buddies
Breast Cancer Support Group**
Tuesday, October 17, 7 - 8:30 pm
Sentara CarePlex Hospital
Cancer Institute
Free. Call 757-827-2218
for more information.

**10th Annual
Senior Health Fair**
Preventive health screenings,
information for seniors on community
services and flu shots
Friday, October 27, 8:30 am - Noon
James City/Williamsburg
Community Center
Call 757-220-3480 for more information.
Refreshments provided.

**Family FitFest:
Sentara Wellness Fair 2006**
Saturday, September 23
8:30 am - Noon
A free community event
for the entire family

- Family Fun Run/Walk
- Outside Exercise Class
- Kid Activities
- Wellness Information
- On-site Screenings

Sentara Hampton Health
& Fitness Center
Free. Call 757-766-2658
for more information.

**Healing the Spirit Workshop
Healing With Yoga**
Saturday, October 28
10 - 11:30 am
James City County Library
Free. To register, please 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