

We've put together a fresh new season of 30-minute shows, live surgery webcasts, web page references and newspaper publications that are aimed at keeping you healthy.

- It's real experts – local doctors and patients – who know what good health is all about.
- Check it out. We're betting you'll learn something that will make a difference in your health.

# ExploreHealth

WITH  SENTARA®

## On The Web



It's easy to get the information you want, when you want it.

Visit the Sentara Video Center at [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth)

to view TV shows, webcasts, patient stories and physician interviews.

### Watch *ExploreHealth with Sentara*® TV Shows Online

The shows that air on Saturday nights at 7 pm on NewsChannel 3 are also available to you whenever you have the time to watch them. They're all part of a Video Library we've prepared for you that makes learning about health-related topics and breakthroughs as easy as clicking your mouse (see the complete listing of show topics inside).

Receive the latest breakthroughs with *eExploreHealth news*, delivered monthly to your inbox. Join at [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth).

### Live Surgery Webcasts

Throughout the year, we will be hosting *ExploreHealth with Sentara*® Live Surgery Webcasts. Check the website often for dates and times of upcoming live surgeries that take you into local Sentara Operating Rooms. Video interviews with physicians and patients who have had these procedures are clickable on the webcast page. Archive editions are available at [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth).

### Medical Breakthroughs

Search by topics for the latest medical breakthroughs at Sentara. You'll find them written in an easy to understand format that you can easily print out.

# ExploreHealth

WITH  SENTARA®

## In The Newspaper

The *Virginian-Pilot* and *Daily Press* Third Tuesdays of each month\*\*



Each month, *ExploreHealth with Sentara*® newspaper brings you news you can use on an innovative medical breakthrough that's available right in your community. You'll also find information about new services, programs, screenings, educational events and support groups that are available to help keep you healthy.

If you don't get the newspaper, it's easy to view editions of *ExploreHealth with Sentara*® newspaper by visiting [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth). You can even search by topic.

Reprints available by calling 1-800-SENTARA or visit [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth) to print it out.

\*\*select editions also appear in the *Richmond-Times Dispatch* and the *Virginia Gazette*.

# Have You Thought About Your Health Today?

We have and we know there is a wealth of health information out there.

But are you getting good advice?

[www.sentara.com/explorehealth](http://www.sentara.com/explorehealth)  
Your community, not-for-profit health partner

6015 Poplar Hall Drive, Suite 101  
Norfolk, VA 23502

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## 2008 Program Guide

- A Fresh New Season of
- Medical Breakthroughs
  - Innovative Treatment Options
  - Patient Stories

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## Special Surgery Webcast TV Shows

### Showing You New & Innovative Surgical Techniques

ExploreHealth with Sentara® Special Surgery Webcasts are 30-minute television versions of the ExploreHealth with Sentara® Live Surgery Webcasts. They take you inside Sentara Operating Rooms to see surgeons using new techniques to improve the lives of area patients.

#### Minimally Invasive Procedures for Improving Leg Circulation

With vascular surgeons *Dr. Marc Glickman, Dr. Jean Panneton & Dr. Gordon Stokes*

Watch as innovative procedures are performed in a specially-designed Vascular Suite to restore blood flow for patients suffering with leg pain caused by Peripheral Vascular Disease (PVD). You'll see the dramatic results of restored blood flow from these procedures.

AIR DATES:	
Jan	5
Feb	2
Feb	23
Jun	21
Aug	2
Oct	11

#### Lap-Band®: Minimally Invasive Weight-Loss Surgery

With weight-loss surgeons *Dr. Thomas Clark, Dr. Anthony Terracina & Dr. Stephen Wohlgemuth*

Watch the entire procedure for this safe and effective surgical intervention for people who have been unsuccessful with more conservative weight reduction. Interviews with the surgeons and patients offer more insights.

AIR DATES:	
Jan	26
Feb	16
Jul	19
Sep	6
Oct	4
Nov	22

#### da Vinci Robotic-Assisted Prostatectomy for Prostate Cancer

With urologists *Dr. Michael Fabrizio, Dr. Raymond Lance & Dr. Robert Given*

During this robotic-assisted prostatectomy, you'll see how the surgeon uses small incisions and the precise movements of the robotic arms to remove a cancerous prostate. Two local men share their personal stories.

AIR DATES:	
Jan	12
Feb	9
Jul	5
Aug	16
Nov	1
Dec	13

Watch archived editions of the entire webcast, plus physician and patient comments, at [www.sentara.com/explorehealth](http://www.sentara.com/explorehealth).

#### Cutting Edge Heart Care

##### Day in the Life Of...

*Dr. Mohit Bhasin, cardiologist*

Sentara Healthcare is well-known for its award winning heart care. We'll take you behind the scenes to Sentara Heart Hospital to see how one cardiologist is using technology that is making a difference for heart care patients.

##### Cardiac Diagnosing & Patient Story

*Dr. Edward Lynch, cardiologist*

Bi-ventricular pacing is just one type of technology offered at Sentara Obici Hospital to improve the heart's normal function. Meet a 56-year-old man who is back on the road to recovery.

##### Patient Story: Heart Bypass

Successful bypass surgery has this Norfolk man back on the walking path and looking forward to a longer, healthier life.

##### Emergency Angioplasty

*Dr. Paul Mahoney, cardiologist*

When it comes to saving heart attack patients' lives, dozens of studies say emergency angioplasty beats clot-busting drugs.

##### Patient Story: Ambulance EKG In Heart Attack Care

A Virginia Beach man was near death from a heart attack as local emergency medical personnel transmitted his EKG while in route to Sentara Virginia Beach General Hospital.

##### Ask The Expert: Cardiac Imaging

*Dr. Richard Thomas, radiologist*

The most up-to-date cardiac imaging technology is helping doctors detect and treat heart disease.

##### Tech Corner: Cardiac Ablation

Doctors are using surgical and medical radiofrequency ablation for restoring normal heart rhythm.

AIR DATES:	
Mar	1
Apr	26
May	24
Jun	28
Aug	23
Sept	27
Nov	8
Dec	20

#### More Technology Close to Home

##### Day in the Life Of...

*Dr. Kelley Allison, breast imaging radiologist*

We'll take you inside the Dorothy G. Hoefer Comprehensive Breast Center where new, state-of-the-art technology has doctors finding diseases in very early stages.

##### Patient Story: Breast Cancer

Meet women going through diagnostic testing as well as women who are returning year-after-year, breast-cancer free.

##### New Mesh Sling for Pelvic Prolapse & Patient Story

*Dr. Naved Jafri, obstetrics/gynecology*

See an innovative mesh sling that's helping women with the frustrating problem of pelvic prolapse.

##### Bravo pH Monitoring

*Dr. Jan Janson, gastroenterologist*

Doctors are evaluating persistent heartburn symptoms using a miniature pH capsule in the esophagus to monitor gastric activity.

##### Patient Story: Crohn's Disease

Meet a local woman and hear how Sentara doctors are helping her battle a life-long disease.

##### Ask The Expert: Open Bore MRI

*Dr. Adam Specht, radiologist*

At Sentara Bayside and Sentara Port Warwick imaging technology is making testing more comfortable, and accurate, for people with obesity or claustrophobia.

##### Tech Corner: eICU

It's an elaborate network of cameras, monitors and two-way communications links that's proven to be a true lifesaver.

AIR DATES:	
Mar	8
May	3
May	31
Jul	12
Aug	30
Oct	4
Nov	15
Dec	27

#### Medical Breakthroughs: More Options for Care

##### Day in the Life Of...

*Dr. Terryl Times, general surgeon*

Here's your opportunity to spend time with a Sentara Williamsburg Regional Medical Center surgeon, meet his patients and see how surgery puts lives back together.

##### Transnasal Endoscopic Surgery for Skull-Based Tumors & Patient Story

*Dr. Joseph Han, otolaryngologist*

It's a new type of surgery at Sentara Norfolk General Hospital that uses a natural opening – the nose – to remove tumors from the skull. It's a team effort between an otolaryngologist and neurosurgeons that's making a difference for patients.

##### Patient Story: Stroke Recovery

Meet a 50-year old man and hear his story of recovery and involvement in a clinical trial at Sentara Virginia Beach General Hospital.

##### Ask The Expert: Repairing Knee Cartilage

*Dr. Kevin Bonner, orthopaedic surgeon*

Check out the pioneering advances aimed at fixing painful knees.

##### Tech Corner: Gamma Camera for Breast Cancer Detection

When a mammogram is inconclusive, the breast-specific gamma imaging can aid in diagnosis.

AIR DATES:	
Apr	12
May	10
Jun	7
Jul	26
Sep	13
Oct	18
Nov	29

#### Minimally Invasive Procedures: Less Invasive, Quicker Recovery

##### Day in the Life Of...

*Dr. Kurt McCammon, urologist*

A physician's passion for improving quality of life has patients with urologic problems returning to activities that had previously been impossible.

##### Patient Story: Sling for Male Incontinence

Hear from the men themselves about this innovative procedure that cures male incontinence.

##### Breast Cancer Surgery & Patient Story

*Dr. Jennifer Reed, general surgeon*

New minimally invasive surgery for breast cancer, coupled with radiation, is offering the same survival rates as traditional surgery.

##### Patient Story: Lap-Band® Weight-Loss Surgery

This minimally invasive surgery for weight-loss has one woman telling her story with a very happy ending.

##### Improving Leg Circulation

*Dr. Marc Glickman, vascular surgeon*

Specially designed vascular suites at Sentara offer the newest, minimally invasive technology to battle vascular disease.

##### Patient Story: Heart Attack Intervention

Minimally invasive treatments in heart care at Sentara CarePlex Hospital gave a second chance to a Sentara employee who suffered a heart attack.

##### Ask The Expert: EBUS – Finding Lung Tumors

*Dr. Carolyn Fruci, pulmonologist*

Endobronchial Ultrasound offers unprecedented views of the lung and lymph node tumors from inside the body.

##### Tech Corner: eCare

eCare is being introduced at Sentara Leigh Hospital to allow you to take a more active role in your own care.

AIR DATES:	
Apr	19
May	17
Jun	14
Aug	9
Sep	20
Oct	25
Dec	6