



MEDIA ADVISORY

For more information

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**San Jose Surgeon Performs
First Single Incision Gallbladder Removal
In Northern California**

**Media Availability
2 to 3 p.m.
Friday, October 24
Redwood Board Room
Regional Medical Center of San Jose**

San Jose, CA (10-21-08)—A San Jose surgeon is the first in northern California to remove a patient's gallbladder using a single incision.

Huy Nguyen DO, performed the first procedure on [date] at Regional Medical Center of San Jose and has since completed [xx] procedures. Most patients are discharged the same day and return to normal activities, including golf and scuba diving, as quickly as one week.

The technique was introduced this summer and has been used almost exclusively at hospitals associated with academic institutions. Dr. Nguyen is a community physician who practices at Regional Medical Center of San Jose. The hospital's laparoscopic operating suite is designed to maximize advances in minimally invasive surgical techniques.

- Unlike traditional laparoscopic gallbladder surgery where instruments are inserted through four incisions, in single incision gallbladder removal, the surgeon uses a single port in the patient's navel.

- The tools include a camera and instruments to cut and suture. The physician watches a high definition video monitor to guide the course of the surgery.
- Patients are attracted to the aesthetic appeal of having fewer post-operative scars, but doctors say the single incision can mean faster recovery, less risk for infection or bleeding, less pain and potentially reduced costs because less instrumentation is needed.
- Single incision laparoscopic surgery is a rapidly developing method. Future uses in development include appendectomies, some colon resections, weight loss surgery and gastrectomies.
- 750,000 Americans undergo gallbladder removal annually, most frequently because associated attacks involve intense pain that can resemble a heart attack and that interferes significantly with work and daily activities.

About Regional Medical Center of San Jose

Regional Medical Center of San Jose is a 204-bed acute care hospital in East San Jose offering services for women's and children's health, neurosciences, cardiology, medical/surgical, orthopedics and cancer care. For more information about the hospital's programs and services, go to www.regionalmedicalsanjose.com