



care connection

» Your Neighbor for Life

» mind, body & spirit

LESS IS MORE

Is surgery without a scar possible? It is now. Meet the surgeons in Northern California performing single-incision surgery, three brothers who operate at Saint Louis Regional Hospital.

Minimally invasive procedures are becoming more commonplace with the use of laparoscopic techniques—operating through multiple small incisions using slender instruments, fiber-optic technology, and video monitoring—to achieve outcomes as successful as those of conventional surgeries.

“Our practice first performed single-incision surgery on September 10, 2008,” says Huy T. T. Nguyen, DO, FACOS, general surgeon at Saint Louis Regional Hospital and one of the first surgeons on the West Coast to use the single-incision approach. “I performed gallbladder surgery by entering through the belly button, removing the gallbladder, and leaving no visible scar.”

Is Single-incision Surgery Right for Me?

For patients with gallbladder disease, 90 percent of cases can be treated using the single-incision technique. Other good candidates are patients requiring an appendectomy, as well as some colon resection cases.

“Patients have traveled from as far as Sacramento and Los Angeles to have single-incision surgeries at Saint Louis,” says Nang T. T. Nguyen, DO, general surgeon at Saint Louis. “Single-incision surgery is very new, and we have trained other surgeons from around the country to utilize these techniques.”

Small Incision, Big Results

Recovery time for minimally invasive procedures is greatly reduced because the precision of the instruments allows the surgeon to disturb less of the surrounding tissue. Smaller incisions heal more quickly and are less painful. Patients also have fewer complications with laparoscopic procedures. Single-incision surgery promises an even shorter recovery time with the obvious cosmetic advantage.



Huy T. T. Nguyen, DO, FACOS



Nang T. T. Nguyen, DO



Richard T. Nguyen, DO

“When it comes to minimally invasive capability, Saint Louis is a community hospital that rivals larger facilities in the area,” says Richard T. Nguyen, DO, general surgeon at Saint Louis. “We are happy to bring state-of-the-art surgical techniques to South Santa Clara County.”



For more information about single-incision or minimally invasive surgery or to find a surgeon, call the Saint Louis Physician Referral Line at (408) 782-1501.

IT'S TRIVIA TIME!

When did Saint Louis Regional Hospital's maternity services partnership with Valley Medical Center, Gilroy begin?

If you know the answer to the above question, call our Physician Referral Line at (408) 782-1501. Each of the first 30 readers to provide the correct answer will win a Saint Louis manicure set.

Here's a hint: The answer is in this issue!

Saint Louis Regional Hospital associates and their immediate family members are not eligible to win.



FILLING A CRITICAL NEED

Delie Jumagdao-Sakai, MD, recently brought her expertise in family and geriatric medicine to South Santa Clara County, filling a void in the area's spectrum of care.



Delie Jumagdao-Sakai, MD



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Before Dr. Jumagdao-Sakai's arrival, our community did not have a physician who specialized in the care of seniors. With the growth of the geriatric population in South Santa Clara County, Dr. Jumagdao-Sakai's services will prove invaluable to the health of many people in our community.

"I chose Gilroy because I recognized the need for a geriatrician here, and it's close to where I performed my residency in Salinas," says Dr. Jumagdao-Sakai. "I look forward to getting to know the community."

The Importance of Geriatric Care

Dr. Jumagdao-Sakai chose to specialize in geriatric medicine because, as a family physician, she recognized the importance of being able to provide quality care to an individual over the course of his or her lifetime.

Caring for a population of patients with frequent medical problems is a team effort that involves social workers, nurses, occupational and physical therapists, and others. Dr. Jumagdao-Sakai is working to establish relationships with local providers in order to offer a seamless continuum of care.

"One of the most challenging aspects of caring for seniors is convincing them to communicate how they feel," Dr. Jumagdao-Sakai says. "The mindset of older patients is completely different from that of younger ones. It's very rewarding, however, to have an impact on the lives of seniors."

To find a primary care physician at Saint Louise Regional Hospital, call the Physician Referral Line at (408) 782-1501 or visit www.saintlouiseregionalhospital.org and select "Find a Physician."

GOING HIP

The trend toward less invasive surgical techniques is not limited to general surgery. Patients in need of many orthopedic procedures, including hip replacements, also can enjoy the benefits of minimally invasive surgery.

"We at Saint Louise Regional Hospital are doing more minimally invasive surgeries across the board, but the orthopedic surgeons specifically are performing minimally invasive hip and knee replacements and arthroscopic knee and shoulder surgeries," says Maury Harwood, MD, MPH, orthopedic surgeon and Chief of Surgery at Saint Louise. "These newer

techniques provide outstanding long-term results, but the short-term quality-of-life benefits make a tremendous difference for most patients."

In addition to using less invasive approaches, orthopedic surgeons at Saint Louise offer gender-specific knee and hip implants, leading to better results for women's total joint replacements.

To learn more about leading-edge orthopedic surgeries or for help finding a physician, please call the Saint Louise Physician Referral Line at (408) 782-1501.



Maury Harwood, MD

PARTNERING TO BETTER SERVE MOTHERS

Thanks to the combined efforts of Saint Louise Regional Hospital, Santa Clara Valley Medical Center, and San Benito Health Foundation, expectant mothers can find the best possible prenatal and postpartum care closer to home.

Through a partnership that began in 2006, Saint Louise is working with Valley Medical Center, Gilroy and Gardner Family Health Foundation to provide maternity services for patients who would ordinarily deliver at VMC in San Jose.

“The purpose of this collaboration is to provide our patients with a local hospital to deliver their babies,” says Diane Sanchez, MD, obstetrician/gynecologist at Saint Louise. “Prior to this partnership, patients would have to travel more than 40 miles to get to the hospital for delivery. For patients with limited transportation or in active labor, this presented a real problem.”

Accessible Maternity Services

We’ve improved access to maternity services through the collaboration and are proud to announce the addition of Dr. Sanchez; Christopher Mele, MD; Rachael Schuessler, MD; and Kyoko Pena-Robles, MD, to our medical staff. These physicians are able to offer their patients access to women’s health services right in their own community, including the full scope of obstetrics, gynecology, and gynecological surgery.

Some of the following services include:

- » delivery of a baby at the hospital
- » diabetic consultations
- » inpatient and outpatient prenatal and postpartum care

Saint Louise recently remodeled our delivery suites to provide mothers and their families with spacious rooms, new birthing beds and furniture, and relaxing décor.

Patients who deliver at our hospital receive excellent personalized care from skilled and compassionate physicians, nurses, and other



Christopher Mele, MD



Kyoko Pena-Robles, MD



Diane Sanchez, MD



Rachael Schuessler, MD



personnel. We want each delivery, for all of our patients, to be the unique, memorable occasion it is intended to be.

“It’s rewarding to be part of raising the level of prenatal and postpartum care available to mothers in our community,” Dr. Mele says. “After taking care of a mother throughout her delivery process, it gives me great satisfaction and fulfillment to know that we helped play a role in making her overall experience a good one.”

For more information about maternity services at Saint Louise, visit www.saintlouiseregionalhospital.org and select “Maternal Child Health” or call (408) 848-8663 for a tour of our remodeled birthing suites.

“All patients in our community now have a choice about where they want to receive prenatal and postpartum care. In terms of this partnership, being able to provide the best possible care to all of our patients is what matters most.”

—Jumnah Thanapathy, MD, FACOG, Chief Medical Officer at San Benito Health Foundation



Jumnah Thanapathy, MD, FACOG

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

BEYOND **SKIN-DEEP HEALING**



If you're one of more than 6 million Americans suffering from a chronic or non-healing wound, the Center for Wound Care and Hyperbaric Medicine at Saint Louise Regional Hospital can develop the right treatment for you.

"Chronic and non-healing wounds usually result from conditions such as peripheral vascular disease, diabetes, pressure ulcers, radiation, and burns," says Mohammed Qayyum, MD, PhD, cardiovascular specialist and Co-director of the Center for Wound Care and Hyperbaric Medicine at Saint Louise. "At our comprehensive center, we identify the patient's underlying condition and determine a specialized treatment plan specifically tailored to his or her needs."

Exceptional Care

With more than 22 years of medical experience and an extensive background in cardiovascular medicine and wound care, Dr. Qayyum and a team of dedicated wound care specialists utilize the latest procedures in wound treatment and work with primary care physicians to help patients prevent the recurrence of wounds.

For more information on the Center for Wound Care and Hyperbaric Medicine, call the center at (408) 848-4949.

A Closer Look: Peripheral Vascular Disease

Peripheral vascular disease (PVD) refers to any disease of the circulatory system outside the brain and heart. Most often, PVD occurs when there is a blockage in the blood vessels caused by plaque—a substance made of fat and cholesterol. When an artery or vessel is blocked or narrowed by plaque, the flow of blood and oxygen to the particular organ system is reduced or stopped. When left untreated, PVD can lead to non-healing ulcers or sores on the legs or feet.



Mohammed Qayyum, MD