

# LIVING healthy

Summer 2009

**USMD** Hospital  
at Arlington  
Your physician-owned hospital.

**D**espite its name, there's no knife involved in the CyberKnife® Robotic Radiosurgery System. In fact, there's no cutting at all. The CyberKnife system treats tumors—both cancerous and benign—with precisely delivered beams of radiation. It provides a pain-free option for patients who have inoperable or complex tumors, as well as for those who wish to avoid surgery with anesthesia.

## How CyberKnife Works

Your physician will first plan treatment with CyberKnife computer software. This software, using scans of the tumor and healthy structures near it, allows your physician to outline the exact location of the tumor. Then he or she can use the CyberKnife to deliver radiation with pinpoint precision, destroying target cells while sparing healthy tissue.

During the treatment session, you will lie on the CyberKnife table as the robot moves around you. It will continually rescan your body and adjust to even the slightest shift in your position—meaning you can relax and breathe naturally, and your treatment will stay on target.

## What Are the Benefits?

Because radiation delivery is so precise with CyberKnife, physicians can use higher doses. Patients need just one to five treatments of 30 to 90 minutes each, not several weeks of daily treatment as with standard therapy.

Plus, CyberKnife treatment is painless and requires no anesthesia. Almost all patients return to normal activities right away without side effects.

## Call Us Today

CyberKnife, the world's first robotic radiosurgery system, is now available at USMD Hospital at Arlington in our new CyberKnife Center, located in Fort Worth at 800 West Magnolia Street.

You or your primary care physician can call us at **(817) 467-8480** to discuss your case with one of our specially trained physicians.

► **CYBERKNIFE® ISN'T THE ONLY ROBOT** in the neighborhood. Meet one named da Vinci® on the back of this issue!



CyberKnife:  
Pain-Free, Incision-  
Free Surgery



## GET THE SKINNY ON THE BENEFITS OF WEIGHT LOSS

### THE BENEFITS OF WEIGHT LOSS

go far beyond a smaller pair of jeans. Reaching and maintaining a healthy weight may do all of the following:

- **Decrease your cholesterol levels**, which can reduce your heart disease risk.
- **Prevent diabetes.** In a large study, overweight adults who lost an average of 7 percent of their weight reduced their risk for diabetes by 58 percent.
- **Ward off certain cancers**, such as colorectal and breast cancer.
- **Protect your mental health.** People at a healthy weight have a lower risk for anxiety disorders, phobias, and depression.
- **Decrease your blood pressure.** High blood pressure is another heart risk.
- **Help you stay active.** Adults with more body fat may be likelier to damage joints and lose mobility as they age.

▶ **LOOKING TO LOSE?** We offer **FREE** weight-loss surgery seminars the first Tuesday of every month. Call (817) 472-3830 or visit [www.usmdarlington.com](http://www.usmdarlington.com) to learn more.

# Is Joint Replacement Surgery Right for You?

**Y**our knee or hip has been damaged by arthritis, an old sports injury, or simply years of use. Walking, climbing stairs, and getting out of a chair are painful. You've tried medication, physical therapy, changing your activity level, walking aids—but the pain just won't subside. If this sounds familiar, you may want to consider total joint replacement surgery.

## Surgeries on the Rise

If you and your physician decide that joint replacement surgery is the right choice, you are not alone. As the baby boomer population ages yet stays active, more and more are choosing this surgery. It suits many younger patients, too.

According to the American Academy of Orthopaedic Surgeons (AAOS), more than 750,000 hip and knee replacement surgeries are performed in the U.S. each year. Researchers predict the demand will double by 2016.

## What to Expect

Each total joint replacement is different, depending on the amount of damage and the surgical technique used. In most cases, the surgeon replaces damaged

areas with artificial parts that look and work much like the body's natural joint. Thanks to advances in materials and technology, total joint replacement has become one of the most reliable and long-lasting surgeries performed today.

Minimally invasive joint replacement may also be an option. It requires smaller incisions—about half the size of those used in traditional surgery. There is less damage to surrounding tissue, so patients recover faster and have smaller scars.

## Life After Surgery

After a few days in the hospital, most patients can resume normal activities after three to six months. How quickly this actually happens depends on factors such as your activity level before surgery, your overall health, the type of surgery you received, and your level of motivation. Physical therapy, diet, and an appropriate exercise program are very important.

According to the AAOS, most people who have hip or knee replacement surgery experience decreased pain, increased mobility, and improved quality of life. If you need an orthopedic surgeon, call us at (817) 472-3575 or visit our Web site at [www.usmdarlington.com](http://www.usmdarlington.com). ■





# Smart Steps: Preventive Care Curbs Health Costs

**A**n ounce of prevention is worth a pound of cure” is an oft-quoted adage—and for good reason. Taking small, sensible precautions every day can help prevent major medical problems. Research shows that preventive strategies also can help curb medical costs. Once a serious medical condition develops, the treatment may require costly medication, surgery, or hospitalization.

## Costs vs. Benefit

A number of tests, screenings, and preventive medicines are available today—but not all will save you money in the long-term. It’s best to choose proven medical interventions that are right for your age, gender, symptoms, and health risks. A reliable organization to consult is the Agency for Healthcare Research and Quality, which provides checklists for recommended screenings at [www.ahrq.gov](http://www.ahrq.gov).

## What Can You Do?

For better health and lower medical costs, consider these measures:

- **Stop smoking.** This expensive habit harms nearly every organ of the body.
- **Vaccinate.** Flu shots offer low-cost protection for all ages.
- **Exercise daily and diet right.** Focus on fruits and veggies; avoid bad fats.
- **Manage chronic conditions.** Daily self-management will help save you from expensive emergency care.
- **Check your vitals.** The chart below lists screenings that can help identify signs of problems early, when they are least expensive and most treatable.

If your physician recommends a lab screening, call us at **(817) 472-3400** to schedule it. If you have diabetes, our lab can check your glucose meter to ensure it works properly and show you how to use it—all at no charge.

We are also proud to be the first hospital in Arlington to offer digital mammography, and to announce that a new, board-certified radiologist recently joined our team: Azita Tadjali, M.D. She is fellowship-trained as a women’s breast imager.

A mammography is the only screening that doesn’t require a physician’s order. To schedule yours, call **(817) 472-3550**. ■

## MUST-HAVE MEDICAL SCREENINGS

screening	who needs it	when
<b>Heart Disease</b>		
Blood pressure test	Adults 18 and older	Once a year; more often if it’s high
Cholesterol test	Adults 20 and older	Every 5 years
<b>Diabetes</b>		
Blood sugar test	Adults 45 and older	Every 3 years
<b>Osteoporosis</b>		
Bone-density test	Women 60 and older	Discuss with your physician
<b>Cancer</b>		
Pap test	Women at 21 or younger	Every 1 to 3 years
Clinical breast exam	Women at 18	Every 3 years until 39, then annually
Mammography	Women at 35	Every 1 to 2 years
Pelvic exam	Women at 18 or younger	Every year for 3 years, then every 1 to 3 years
Digital rectal exam	Men at 45 or 50	Discuss with your physician
Prostate-specific antigen test	Men at 45 or 50	Discuss with your physician
<b>Colorectal Cancer</b>		
Fecal occult blood test	Adults 50 and older	Every year
Flexible sigmoidoscopy	Adults 50 and older	Every 5 years if you’re not having a colonoscopy
Colonoscopy	Adults 50 and older	Every 10 years



## JOIN US FOR A FREE MEN'S HEALTH SEMINAR ON JULY 16!

Designed by Richard Bevan-Thomas, M.D., and Gary V. Price, M.D., from Urology Associates of North Texas, this seminar will educate men and their spouses on conditions many men are currently facing or will face in the future.

Learn from two of the most experienced physicians in the Dallas-Fort Worth area who specialize in erectile dysfunction, Peyronie's disease, prostate cancer, and da Vinci surgery. The program focuses on giving you a greater understanding of these conditions and will include a discussion of possible causes and the many treatment options available to you.

Go to [www.usmdarlington.com](http://www.usmdarlington.com) or call (214) 774-2859 for details and to reserve your spot.

**Location: USMD Hospital at Arlington**

**Date: Thursday, July 16**

**Time: 6:30 p.m.**

## LIVING healthy

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# Extraordinarily Precise, Less Invasive: Da Vinci Surgery Available Here

If you've been diagnosed with a condition that requires surgery, you owe it to yourself to learn about all your medical options. That includes one of the most effective, least invasive surgical treatments available: the da Vinci® Robotic Surgery System.

Since October 2003, the surgeons at USMD Hospital at Arlington have performed more than 3,500 robot-assisted surgeries. No other hospital in the Dallas-Fort Worth metroplex can come close to our level of robotic surgery experience and expertise.

### Safer, Faster Prostate Surgery

Traditionally, a radical prostatectomy to treat prostate cancer required a large, 8- to 10-inch incision. The procedure commonly resulted in substantial blood loss, lengthy recovery, and the risk for impotence and incontinence. A robot-assisted prostatectomy, however, uses just five small incisions and carries a lower risk for complications.



### High-Tech Hysterectomy

Your physician may recommend a hysterectomy for cervical or uterine cancer, or you may choose to have a hysterectomy for personal reasons. Traditional open surgery uses a large incision, often 6 to 12 inches in length. A da Vinci hysterectomy, as with the prostatectomy, involves only a few small incisions. You can get back to your life faster—within days rather than weeks.

### Bigger Benefits for All

The surgeons at USMD Hospital at Arlington perform many procedures using the da Vinci robot. In most cases, the advantages of robot-assisted surgery, as compared with traditional surgery, include:

- Significantly less pain
- A shorter hospital stay
- Less blood loss
- A lower risk for infection
- Fewer complications
- A quicker return to normal activities
- Less scarring
- Better outcomes and patient satisfaction

If you're scheduled for surgery, ask your physician about da Vinci. ■

► **CONSIDERING A HYSTERECTOMY?**  
Read more about minimally invasive options in the Winter 2009 issue of *Living Healthy*. All of our past issues are available online in the Resource Center at [www.usmdarlington.com](http://www.usmdarlington.com).