

LIVING healthy

Summer 2009

USMD Hospital
at Arlington
Your physician-owned hospital.

Despite 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



Smart Steps: Preventive Care Curbs Health Costs

An 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.

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
Heart Disease		
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
Diabetes		
Blood sugar test	Adults 45 and older	Every 3 years
Osteoporosis		
Bone-density test	Women 60 and older	Discuss with your physician
Cancer		
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
Colorectal Cancer		
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 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.