

3 Miraculous Medical Milestones—Only at Northridge Hospital



Northridge Hospital Medical Center's new minimally-invasive and noninvasive treatments trump those of years' past. Our ability to rapidly evolve with the medical field has resulted in faster, more precise diagnoses, shorter hospital stays and quicker recoveries—whether patients are treated for cancer, a brain tumor or heart disease.

In fact, we've taken the lead by being the first and only facility in the San Fernando Valley to offer all three of the most cutting-edge pieces of medical equipment in the world available today: **da Vinci Robotic Surgery System**®, **Gamma Knife** and the **64-Slice CT Scanner**.

MEET DA VINCI NORTHRIDGE HOSPITAL DEBUTS THE ROBOTIC-ASSISTED SURGICAL SYSTEM

A firefighter is diagnosed with prostate cancer. Six weeks later, he's battling blazes and is cancer free. A quick turnaround thanks in part to the **da Vinci Robotic Surgical System**®—the world's first with high definition 3D vision. It helps physicians perform a wide-range of major surgeries through a few tiny incisions.

Northridge Hospital debuted the da Vinci in the San Fernando Valley and is one of only 20 percent of hospitals in the U.S. to offer this revolutionary technology.

Here's how it works: From a seated position, the surgeon views true-to-life 3D images through the Vision System. It refines the surgical site allowing the surgeon 10 times the magnification of the human eye. Then, using the EndoWrist instruments, the surgeon gains six degrees of motion that go beyond the limits of the human hand. "These devices improve access to and manipulation of organs, tissues, blood vessels and nerves—a benefit for the patient and surgeon," explains Urologist **Albert Samadi, MD**.

"It provides improved visualization, magnification, and maneuverability, which translates into surgical accuracy and patient safety."

"The da Vinci is remarkable because it allows the surgeon to bend, twist and maneuver instruments in ways not humanly possible," describes Urologist **Gary Bellman, MD**. "The seat at the console also provides good ergonomics so physicians avoid neck and back strains, injuries and time off of work that can result from long laparoscopic surgeries."

REST ASSURED

The da Vinci cannot be programmed or make decisions on its own. Rather, it requires every surgical maneuver to be performed with direct input from your surgeon. "As with any surgery, a highly-qualified and expertly trained surgical team remains at the patient's side to assist with the procedure," says Gynecologist **Green Hsueh, MD**, who performed a da Vinci hysterectomy on a patient who went home in two days, and a da Vinci ovarian cystectomy on a patient who went home four hours later. "I told them they were welcome to stay longer," recalls Dr. Hsueh, "but they said they felt great."

The da Vinci robot-assisted surgeries include but are not limited to the fields of urology, gynecology and general, weight loss and cardiac surgeries—all of which are then performed as minimally-invasive procedures.

DA VINCI HYSTERECTOMY

Hysterectomy—the surgical removal of the uterus—may offer a life-saving treatment for serious conditions, such as cancer or uncontrollable bleeding. It can sometimes be performed through the vagina. However, when the uterus is enlarged or pathology is complicated, an abdominal hysterectomy is preferable. Traditional surgery



Urologist Albert Samadi, MD, shows Lester Luedke of Mission Hills how tiny da Vinci prostatectomy incisions are compared to larger incisions made during traditional surgery (l-r).



Urologist **Gary Bellman, MD**, values the da Vinci because its 3D high-definition Vision System improves accuracy and patient safety.

requires a 6- to 12-inch incision compared to a da Vinci abdominal hysterectomy, which consists of several tiny 1- or 2-centimeter incisions.

Renee Christianson, who works for Northridge Hospital Podiatrist **Arthur Fass, DPM**, considered a hysterectomy to remove fibroids in her uterus that caused constant bladder pressure and repeated bladder infections for five years. She met with Dr. Hsueh who explained her surgical options, including the da Vinci hysterectomy. "I was a little apprehensive at first," recalls 53-year-old Renee. "But my concerns were alleviated when I attended a da Vinci presentation at the hospital."

Renee had a total hysterectomy (removal of the ovaries, cervix and uterus) and took her last pain pill 24 hours later. "I had absolutely no need to take anymore pain medication," she explains. Within two days, she returned home from the hospital and she was doing household chores and playing with her grandchildren in less than two weeks.

DA VINCI PROSTATECTOMY

Approximately one in six American men will be diagnosed with prostate cancer within their lifetime. One of the most common treatments for prostate cancer involves the surgical removal of the prostate gland, known as a radical prostatectomy. The downside to this traditional open surgery is that it requires a large, 8- to 10-inch incision and commonly results in substantial blood loss and a lengthy and uncomfortable recovery with a higher risk of impotence and incontinence. The alternative is da Vinci prostatectomy—the #1

Northridge Hospital's growing list of expertly-trained physicians now performing da Vinci surgeries include:

- Gary Bellman, MD, Urology**
- Lisbeth Chang, MD, Gynecology**
- Richard David, MD, Urology**
- Green Hsueh, MD, Gynecology**
- Robert Klein, MD, Urology**
- Jirair Konialian, MD, Gynecology**
- Albert Samadi, MD, Urology**
- Richard Shapiro, MD, Urology**



Gynecologist **Green Hsueh, MD**, assures **Renee Christianson** of Granada Hills that a team of medical experts assist while she controls the da Vinci robot to perform **Renee's hysterectomy (l-r)**.

choice to treat localized prostate cancer in the United States.

When 64-year-old **Lester Luedke** found out he had prostate cancer, he contemplated whether to undergo radiation or surgery. "I learned about the less-invasive da Vinci surgery while researching various treatment options online," he remembers. "I was intrigued, but didn't think it was available at Northridge Hospital." Unbeknownst to Lester, Northridge Hospital had just acquired the da Vinci and Dr. Samadi had already performed the facility's first da Vinci prostatectomy.

Lester's procedure went smoothly, as did his recovery. When he returned home, he began walking one mile, four times a day. "I feel so fortunate to be a patient of Dr. Samadi and of Northridge Hospital," says Lester. "If da Vinci laparoscopic surgery wasn't offered, I probably would have chosen radiation, but this was a great alternative because I'm now cancer free."

Like Lester, patients often have many options to treat their condition. "I always educate my patients about every treatment available, and then let them make an informed decision," says Urologist **Robert Klein, MD**. "After they learn how advantageous the da Vinci is, it's their number one choice."

da Vinci Patient Advantages

- **Shorter hospitalization**
- **Reduced pain**
- **Less blood loss**
- **Lower risk of infection**
- **Faster recovery time**
- **Minimal scarring**
- **Quicker return to daily activities**

da Vinci Robotic Surgery Inquiries
(818) 885-3500
www.NorthridgeHospital.org

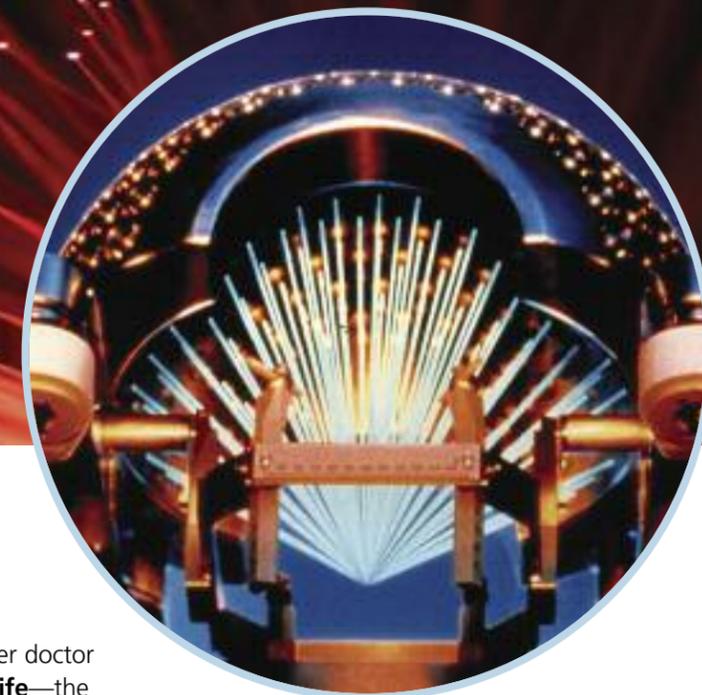


GAMMA KNIFE BLADELESS BRAIN SURGERY

A woman eagerly awaits her daughter's wedding when her doctor discovers a tumor in her brain. She's treated with **Gamma Knife**—the safest and most advanced technology to treat brain tumors and flies back east to witness her daughter say "I do" the following day.

"Not a knife at all, Gamma Knife delivers 201 beams of gamma radiation to the precise location of a lesion or tumor without a single cut or even shaving the hair," describes **Asher Taban, MD**, Medical Director, Neuroscience Institute, Neurosurgeon. "This highly effective brain procedure is performed under local anesthesia, allowing patients to return home from the hospital the same day."

"Gamma Knife gives new hope to patients who harbor historically inoperable diseases of the brain, such as multiple metastatic brain tumors, certain deep-seated solitary malignant and benign tumors, and recurrent trigeminal neuralgia," explains **Mark A. Liker, MD, FACS**, Gamma Knife Medical Director. "It also provides effective treatment for patients considered too ill to undergo an invasive surgical procedure." Northridge Hospital is the first facility in the Valley to offer Gamma Knife, which is now recognized worldwide as the preferred treatment for certain brain tumors.



Gamma Knife Patient Advantages

- **Avoid even a single incision**
- **Eliminate surgical risk**
- **Avoid a lengthy hospital stay and rehabilitation**
- **Experience little to no pain**
- **Return to daily activities within 24 hours of the procedure**

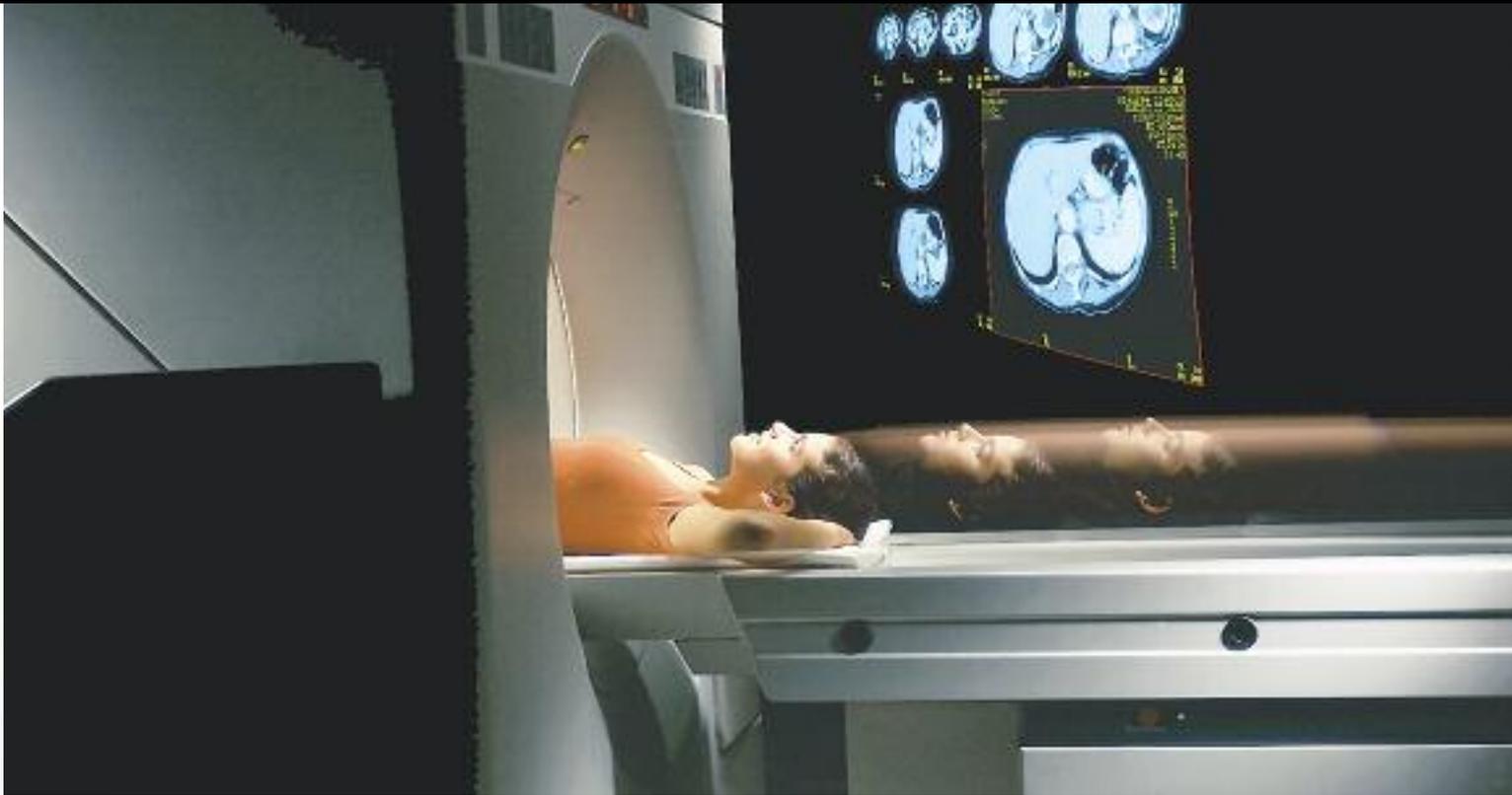
Gamma Knife Inquiries
(818) 885-5432

www.NorthridgeHospital.org



Northridge Hospital's growing list of physicians now performing Gamma Knife procedures include:

- Todd Gravori, MD, Neurosurgeon**
- Sherwin Hua, MD, Neurosurgeon**
- Deborah Hyde, MD, Neurosurgeon**
- Mark A. Liker, MD, FACS, Gamma Knife Medical Director, Neurosurgeon**
- Afshin Safa, MD, Radiation Oncologist**
- Asher Taban, MD, Medical Director, Neuroscience Institute, Neurosurgeon**



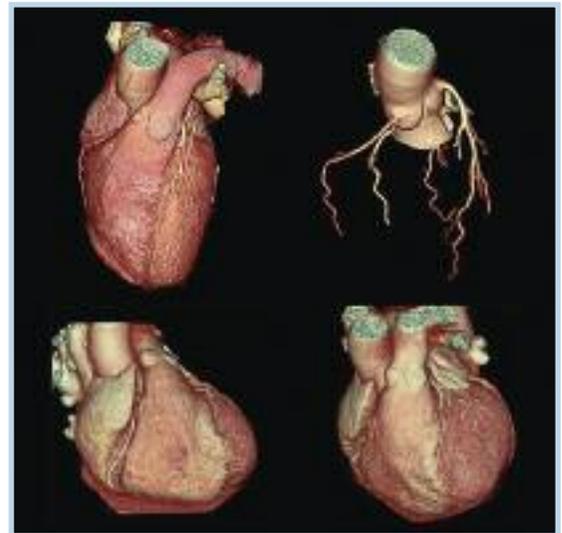
64-SLICE CT SCANNER ZOOM IN ON THE MIRACLE OF PRECISE IMAGING

The human heart averages 60 to 80 beats per minute. This constant motion once made it difficult for radiologists to capture clear images of the coronary arteries using a 16-slice CT scanner. Not anymore. With the revolutionary **GE 64-Slice CT scanner**, radiologists at Northridge Hospital can pinpoint blockages and make an accurate diagnosis in record time.

The 64-Slice CT scanner captures 3D image “slices” of the body. Visualize a loaf of sliced bread. Cut into 16 slices, the slices of bread are very thick and dense. Compare that to a 64-slice loaf, which yields very thin pieces of bread—thin enough to see previously unnoticed details in the grain. Images taken with the 64-Slice CT scanner can reveal tumors the size of a grain of rice—or tiny pockets of heart disease-causing plaque in artery walls.

“With the 64-Slice scanner, radiologists can now image the heart so quickly that very clear and precise images are obtained of the heart’s blood vessels,” describes **Andrew L. Deutsch, MD, MBA**, Medical Director, Northridge Hospital Imaging. “What’s more, this specific noninvasive technology allows the exam to be done with an extremely low radiation dose—up to 70-percent less than competing equipment. It can also produce extremely detailed images of the lungs and other organs.”

Northridge Hospital is one of the first in Los Angeles to offer this new 3D imaging technology at the outpatient **Renaissance Imaging Center** and at our inpatient **Imaging Center**.



The 64-Slice CT scanner produces refined, detailed images of the heart.

64-Slice CT Scanner Patient Advantages

- **Reduced exam time**
- **Less radiation**
- **More accurate, detailed images**
- **Fast results**

64-Slice Inquiries

Outpatient Renaissance Imaging Center
(818) 435-1400

Northridge Hospital Inpatient Imaging
(818) 885-8500, ext. 5095 or 5060
www.NorthridgeHospital.org