

NEWS RELEASE



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For Immediate Release

MODERN SURGICAL TECHNIQUES AT HALIFAX REGIONAL BENEFIT PATIENTS

Less Pain and Faster Recovery with Minimally Invasive Surgery

ROANOKE RAPIDS, NC (August 5, 2010)—A few years ago, recovery from surgery was difficult, often painful and could involve months before the patient could resume normal activities.

In traditional (or open) surgery, surgeons made long cuts through skin & muscle. Recovery often was lengthy.

Today, the preferred surgical approach for a growing number of illnesses is referred to as minimally invasive surgery. These procedures are performed through one or more short incisions, with much less trauma to the body and a number of benefits to patients:

- Less pain after surgery,
- Faster recovery,
- Shorter stay in the hospital and in some cases the procedure is done on an outpatient basis,
- Less scarring,
- Reduced blood loss,
- And in some cases a better overall outcome.

The minimally invasive approach can allow some patients who are not candidates for open surgery to have surgery in some cases.

The surgeons at Halifax Regional use the minimally invasive approach for a variety of procedures, including orthopedics, gynecology, urology, ophthalmology and many others.

The number of incisions depends on the type of surgery. “The trend is to use fewer and shorter incisions,” said Shiva Rao, MD, Chief of the Medical Staff and a surgeon. “Gallbladder surgery, for example, may have only one incision around the navel and require only an overnight stay and heal without a scar.”

At least 13 surgeons on the staff perform some type of minimally invasive surgery, says James Ketoff, MD, Chief of Surgery. “Our surgeons are experienced and utilize minimally invasive surgery for a growing number of procedures.”

The interest in minimally invasive surgery has caused Halifax Regional to inform the community about the procedures, beginning with a new site on www.halifaxregional.us. Visitors just click on minimally invasive surgery to learn about the surgical procedures done at Halifax Regional and information on the surgeons who perform them.

The minimally invasive techniques vary widely. Basically, surgeons insert a long, thin tube with a lighted camera at its tip through a small incision. The camera sends a two-dimensional image of the surgical site to a monitor, which the surgeon watches throughout the operation. Specially designed surgical instruments are placed through the original cut or through other small incisions.

The surgeons at Halifax Regional have completed advanced laparoscopy training and are experienced in techniques required by their surgical specialties.

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About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.us.