

HealthLines

News and Health Information from Cleveland Clinic Florida Weston

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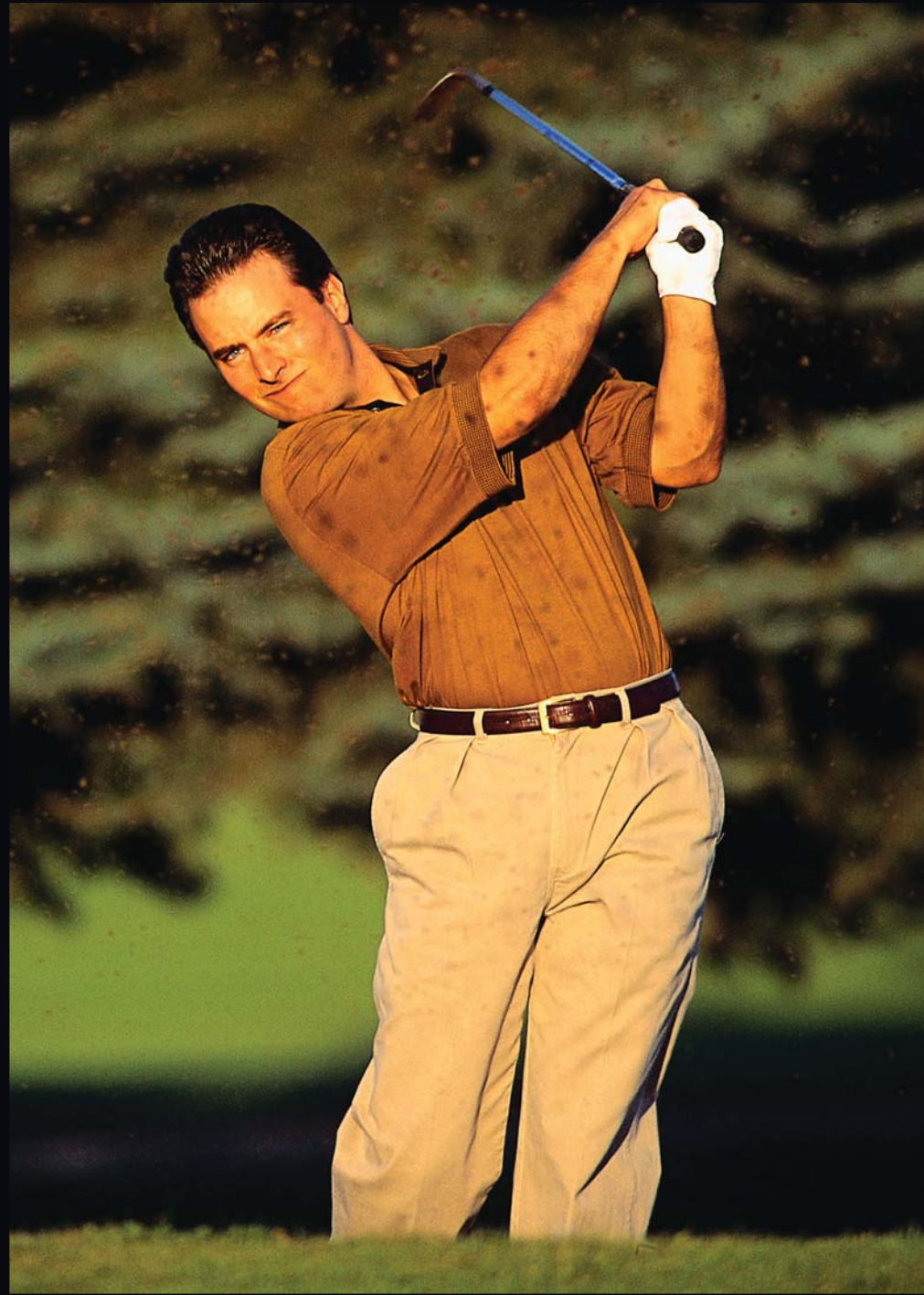
World-Class Spine Institute
Opens at Cleveland
Clinic Florida

If you have back problems, Cleveland Clinic Florida Weston's new Spine Institute can help. "It's estimated that more than 70 percent of people will have a spine, back or neck problem in their lifetime that requires medical attention," explains Robert Biscup, D.O., chairman and director of the institute. "And what's unique about spinal conditions is that they strike all ages, sexes, races and socioeconomic backgrounds."

Whether you have disc pain, a fracture or a tumor, you can count on the Spine Institute's multidisciplinary team for your care. The team uses pain therapy, neurology, physiotherapy, neurosurgery, orthopaedic surgery, minimally invasive spine surgery, biofeedback and medical management to treat back problems.

"Patients see any number of spinal specialists, depending on the nature of their problem and whether it's surgical or nonsurgical," Dr. Biscup explains. He notes that 80 to 90 percent of spine >

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patients do not require surgery. “For those patients who do require more invasive procedures, including surgery, we have a world-class team with extraordinary experience,” he says.

Dr. Biscup foresees minimally invasive spine surgery will be a major area of focus for the institute. “There are a lot of new and innovative outpatient procedures in this area,” he notes. He also expects the institute to become a national referral center for people with spinal surgery that has failed.

Spinal stenosis, where spaces in the spine grow narrow causing pain and numbness, is a common problem in older adults. “Some people can’t walk more than 10 or 20 steps,” Dr. Biscup explains. The institute offers a new procedure that treats spinal stenosis through outpatient surgery with local anesthesia. “The surgery takes a half hour and we open up the area of the spine where stenosis is occurring. We don’t have to remove much bone and supporting structure, only what’s necessary. We use lasers, high-powered microscopes and endoscopes to minimize injury to the spinal muscle,” Dr. Biscup says.

“People don’t need to stay in bed, and part of our research efforts will be to study the effects and benefits of this type of treatment.”

- Robert Biscup, D.O.



On the rehab side, the institute uses recreational sports, such as golf, tennis, swimming, cycling and skiing, as part of physical therapy. “If a patient is a golfer and has a spine operation, we’ll work with the physical therapist to use golf as part of rehab and physical therapy,” Dr. Biscup explains. “People don’t need to stay in bed, and part of our research efforts will be to study the effects and benefits of this type of treatment.”

As a part of its latest research, the institute is establishing a spine assessment center that collects clinical information regarding patient care, monitors clinical research projects sponsored by the government and other agencies, and works closely with the industry in developing and evaluating new techniques and procedures. The institute’s physicians will also be responsible for writing and publishing peer-reviewed articles and textbooks.

Dr. Biscup expects to see the institute’s research focus on:

- next-generation spinal fusion cages
- artificial disc replacement surgery
- minimally invasive procedures
- robotic surgery
- genetic or hormone-based bioactive materials

Additionally, the highly trained team at the Spine Institute will offer training in advanced spinal care and surgical techniques to visiting surgeons from across the United States and around the world. ●

Make an Appointment

If you would like to make an appointment with a physician at Cleveland Clinic Florida, please call 1-800-691-6555.

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Steady Beat

End Heart Palpitations with Catheter Ablation

A procedure called catheter ablation can end the frightening heart palpitations caused by supraventricular tachycardia (SVT). With SVT, a miscue in the heart's electrical system causes palpitations, as often as several times a week or as infrequently as once a year. SVT can occur at any age, but is more common in teenagers and young adults. Palpitations may occur during exercise and often become worse during pregnancy.

SVT can be quite scary, according to electrophysiologist Sergio L. Pinski, M.D., especially the first time an episode occurs. People want to stabilize their heart rhythms as quickly as possible and find it impossible to continue with their normal activities. They may also feel chest pressure and lightheadedness along with the palpitations. If the palpitations don't stop, doctors administer intravenous drugs in the emergency room to get them under control.

If episodes become frequent, doctors can prescribe preventive medications, Dr. Pinski explains, though the drugs may cause side effects, including fatigue, and sometimes cannot be taken during pregnancy.

Catheter ablation gives people an alternative to coping techniques and drug treatments. "Catheter ablation ends SVT once and for all," Dr. Pinski says. It's safe, quick and effective for 95 percent of SVT



patients. During the procedure, doctors map the heart to find the area responsible for the palpitations. They then use radiowaves, delivered via a catheter, to destroy the cells causing SVT. "There is no damage to the heart muscle, and the procedure is not painful," Dr. Pinski says.

The procedure is performed under conscious sedation and takes a couple of hours. Patients stay in the hospital overnight for observation. Rarely, palpitations return, but in these cases doctors can repeat the procedure to help alleviate symptoms. ●

Make an Appointment

If you're concerned about heart palpitations or SVT, you can make an appointment with a Cleveland Clinic Florida physician by calling 1-800-691-6555.

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Conquering Cancer



Beat Kidney, Prostate and Bladder Cancer with New Techniques

New technology and treatments can help people with kidney, prostate and bladder cancer recover more quickly, with fewer side effects.

Kidney

Surgeons can often remove small kidney tumors laparoscopically, shaving days off the recovery time. Also, surgeons can use MRI or ultrasound to guide cryotherapy or high-frequency radio-waves to destroy small tumors. These procedures are still investigational, but urologic oncologist C. Lee Jackson, M.D., of Cleveland Clinic Florida Weston, believes they are the wave of the future for destroying tiny tumors.

Prostate

With prostate cancer, Dr. Jackson worries that younger men may shy away from prostate removal, even though the surgery may give them the best chance of having a normal life expectancy. He notes that the high rates of incontinence and impotence found in the past

are no longer occurring, especially in the hands of experienced surgeons. He says incontinence rates are down to between 2 and 5 percent, and that 70 to 75 percent of men who were in good sexual health before surgery recover their sexual function.

Bladder

There are new agents doctors can use to reduce recurrence rates and progression in bladder cancer, Dr. Jackson reports. If the cancer does progress and the bladder needs to be removed, more people are now candidates for “continent urinary diversion,” a procedure where surgeons build a new bladder from the bowel. ●

Make an Appointment

If you'd like to learn more about cancer prevention and treatment, make an appointment with a Cleveland Clinic Florida physician by calling 1-800-691-6555.

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Robert Isaacs, M.D.

* Physician also sees patients in Naples.

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Otolaryngology, Wyatt To, M.D.
Radiology, Mark R. Berman, M.D.
Radiology, Jeffrey J. Spreitzer, M.D.
Spine Institute, Robert Biscup, D.O.

Medical Minutes

SEEING CLEARLY WITH EYE CARE SERVICES

Look to Cleveland Clinic Florida's board-certified ophthalmologists for:

- Glasses and contact lenses
- Cataract treatment and surgery: no-stitch, no-patch, no-shot, home-same-day surgery
- Glaucoma treatment and surgery
- Laser treatment for eye disease
- Diabetic eye care
- Corneal and ocular surface disease treatment
- Care for eye infections
- Vision correction surgery

For information or an appointment, call 954-659-5082.

YOGA FOR HEALTH

Yoga's guided imagery, meditation and focused breathing patterns can bring therapeutic benefits to people who are coping with illness and offer stress relief to everyone. Classes meet Tuesdays and Thursdays from 5:30 to 6:45 p.m. Call 954-659-5236 to register. **Mention this article and your first class is free!**



EAST MEETS WEST WITH ACUPUNCTURE

Acupuncture is a natural healing process that recruits the body's own internal mechanisms to heal itself, explains Lawrence Frank, M.D., an anesthesiologist and acupuncturist at Cleveland Clinic Florida Weston. It's been practiced for thousands of years, and research now shows that acupuncture stimulates the release of endorphins and helps the body modulate its pain response. The World Health Organization lists more than 300 diagnoses for which acupuncture might help. For an appointment, call 954-659-5401.

CLEVELAND CLINIC FLORIDA SKIN CARE CENTER

Within its brand new Aesthetic Surgery Center, Cleveland Clinic Florida is offering a full range of skin care and treatments—including glycolic treatments, deep pore cleansing facials, microdermabrasion, back and shoulder treatments, lash and brow tinting and permanent make-up—to help patients achieve and maintain healthy and beautiful skin. Most treatments are provided by the center's staff aesthetician, an expert with special training in skin care. For information or appointments, call 954-659-5401.

DON'T BE EMBARRASSED, SEEK HELP

Many people, especially women who have given birth, have fecal incontinence but are too embarrassed to seek treatment. The Colorectal Physiology Center at Cleveland Clinic Florida can help, says the center's director Dana Sands, M.D. The center has four ongoing trials for fecal incontinence treatments. To schedule an



Book a Cleveland Clinic Florida Speaker

The Cleveland Clinic Florida speakers bureau has physicians and allied health professionals with expertise in a wide range of healthcare subjects, from general fitness to the latest research and medical treatments. If you would like someone from Cleveland Clinic to speak to your group or organization, please call toll-free, 1-800-691-6555.

appointment or to find out if you might qualify for one of the trials, call 1-800-691-6555.

NEW KNEES AND HIPS

If you can't control your arthritis pain, consider joint replacement surgery. "Joint replacement is extremely effective at managing arthritis in the hip or knee," explains Holly Brown, M.D., an orthopaedic surgeon at Cleveland Clinic Florida Weston. "We have excellent long-term results with current implant technology and techniques." For more information or an appointment, call 1-800-691-6555. ●

www.clevelandclinic.org/florida

Log on to find out more about the services at Cleveland Clinic Florida Weston.

Best Face Forward

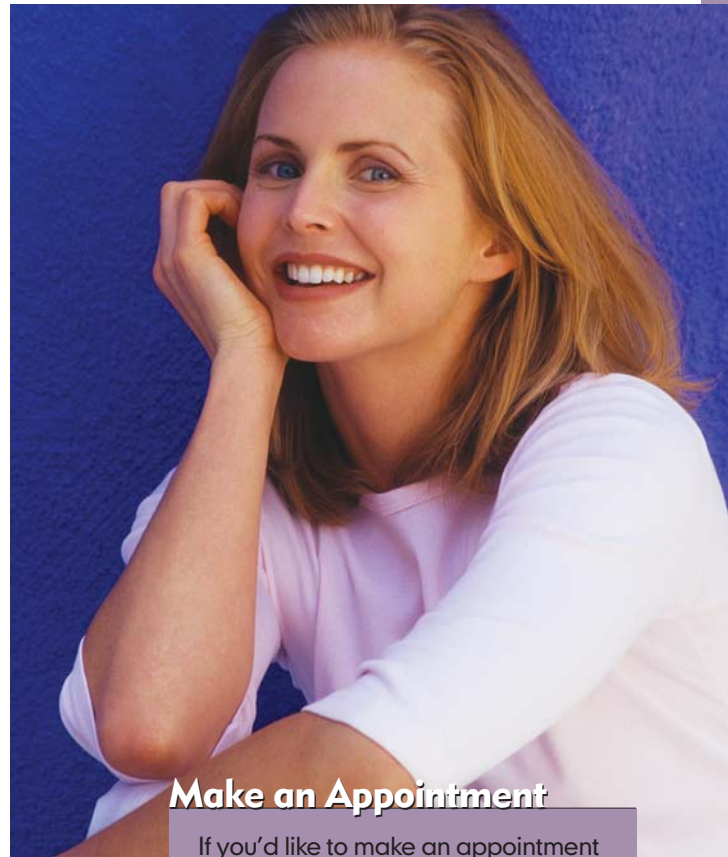
BOTOX® Approved by the FDA for Treatment of Facial Wrinkles

BOTOX®, or Botulinum Toxin Type A, was recently approved by the Food & Drug Administration for the treatment of frown or concentration lines at the brow. According to Wyatt To, M.D., a facial-plastic and reconstructive surgeon on staff at the Cleveland Clinic Florida, BOTOX® is very useful in alleviating brow furrows as well as crow's feet seen at the corner of the eyes. Wrinkles that could have taken decades to develop may be alleviated in a simple, safe, 10-minute office procedure. Minute amounts of BOTOX® are injected into the muscles responsible for the wrinkling to temporarily paralyze them.

"This is a relatively simple non-surgical procedure that takes about 10 minutes to do in our office. Special precautions are taken to numb the area prior to injection," Dr. To says. "Since this treatment is not surgery, a lengthy recovery period is not needed. Effects may be seen as soon as 24 to 48 hours after treatment, with more than 80 percent of patients experiencing a significant improvement after one week."

Dr. To notes that the vast majority patients treated are very pleased with the results. "BOTOX® allows rejuvenation of the upper third of the face without an operation and gives the patient a more relaxed and refreshed appearance," he says.

The effect of the BOTOX® lasts up to four months after which treatment may be repeated. ●



Make an Appointment

If you'd like to make an appointment with Dr. Wyatt To or another Cleveland Clinic Florida physician, call 1-800-691-6555.

How to Find Cleveland Clinic Weston

For more detailed directions, visit our website at www.clevelandclinic.org/florida



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