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# healthline

## Highlights from Our Community Events Calendar

Fun, Educational Programs about Health and Lifestyle  
 for the Entire Family

### World Asthma Day Saturday, May 2, 9:30 am–2 pm

An educational event for the community.  
 Registration, Exhibit Hall Refreshments  
 Moderator: Paul Sachs, MD  
 Tully Health Center, 32 Strawberry Hill Court

### Transitions and Transformation After Cancer Monday, May 11, 6–7:30 pm

Kathleen Sanders, APRN, will lead a class to help patients develop a plan to live optimally after they've completed their cancer treatments. Open to all cancer patients, survivors and families.  
 Tully Health Center—Brace Auditorium,  
 32 Strawberry Hill Court  
 To register call 877.233.9355.

### Freedom From Smoking® May 12–June 23

Freedom From Smoking is an American Lung Association program. This intensive seven-week program combines behavior modification, stress management and nutritional education with the support you need to quit for good.  
 Tully Health Center—Conference Room  
 Pre-registration is required.  
 To register call 877.233.9355.



## Stamford Hospital... Surgical Center of Excellence

- Minimally Invasive Cancer Surgery
- Experts in Robotic Surgery for Gyn & Prostate
- The Area's Only Open Heart Surgery Program

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## A Message from Our President and CEO

Dear Friend,

There are many ways to measure excellence in the hospital world, one of which is surely the ability to offer sophisticated surgical care. Stamford Hospital is now recognized as the area leader in minimally invasive surgical techniques across a wide variety of specialties—prostate to neurosurgery, cardiac to cancer, pediatric to plastic surgery—and more.

Not only do we have many renowned surgeons on our staff—including an impressive number named to national, regional and local Best Doctor lists—we also have invested in leading edge technology to ensure our excellent doctors can do everything possible to deliver the best outcome.

In the world of minimally invasive surgery, Stamford Hospital's list of surgical superlatives is a long one. We are the only hospital in the area where open heart surgery is performed. We have the region's only CyberKnife for stereotactic surgery, offering hope for treatment of tumors that would otherwise be considered inoperable. Not only were we among the first hospitals here to invest in the *da Vinci* robotic surgical platform, we are now a training site for this advanced technology—other doctors come to Stamford Hospital to learn how it's done. There's more too—you can learn all about new and exciting minimally invasive surgical approaches, meet our surgeons and read about the amazing technology that makes it all possible in this issue of *Healthline*.

Once again, I'm very proud to be at the helm of a hospital on the cutting edge—and I promise that Stamford Hospital will continue to invest in bringing the best doctors and the best technology in order to keep us there.



**Brian G. Grissler**  
President and CEO



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**Timothy S. Hall, MD**  
Chairman of Surgery

## Stamford Hospital: Tools & Technology for Surgical Excellence

When it comes to surgery, scientific breakthroughs and technological advances continue to bring miracles into the realm of reality—but in this fast-moving world, it is more important than ever to have faith and trust in your hospital and its technology, and in your surgeon and the entire support staff. At Stamford Hospital, our patients know they have access to the most advanced tools and technology...that our surgeons have the skills, training and experience to perform highly complex procedures...and also that no one ever forgets that you're not a patient, you are a person with a full life—a spouse, a friend, someone's sibling, parent or child.

At Stamford Hospital we blend the personal touch of patient-centered care with the best of modern medicine. In recent years our always excellent surgical department has been transformed into a renowned center of excellence. We've invested in the latest technology and hired surgeons who are nationally recognized for their skills and experience and, as new technologies and innovations continue to be developed, we remain committed to keeping our position among the region's very best hospitals and surgical centers.



## Specialists in Minimally Invasive Surgeries

Our surgical staff specializes in minimally invasive techniques which are used for a wide range of surgical procedures, across virtually all surgical disciplines. Surgeries that once required extensive hospital stays and long periods for recovery and recuperation are now routinely done utilizing minimally invasive approaches, often on an outpatient basis.

Minimally invasive surgery is not always the best approach for every patient, and every procedure—in fact, there are many situations where the traditional “open” approach to surgery is most advantageous. However, when appropriate, minimally invasive surgical procedures offer many advantages, including:

- less pain
- less blood loss
- faster recovery
- better cosmetic results
- quicker return to full function

If you or a loved one is facing the prospect of surgery, what you really want to know is that you'll have access to whatever offers the best possibility of a good outcome. At Stamford Hospital, we have it all—the latest technology, excellent surgeons and a patient-centered approach to care that will boost the odds you'll be back to the activities of your normal life quickly and comfortably.

## They Come to Us for Training in Robotic Technique

One of the many reasons Stamford's Center for Robotic Surgery is “outstanding” is because our commitment to education goes beyond caring for patients in our area. Stamford Hospital is now a regional training site for the *da Vinci* surgical platform, where physicians from other hospitals come to learn how to perform robotic surgery—or hone their skills further and learn new applications. We train surgeons in robotic techniques by using a device called the “Mimic” that has been likened to a “video game for surgeons” using medical simulations so doctors can gain experience performing procedures with robotic technology.



## Surgical Precision: Stamford Hospital Surgeons Use *da Vinci* Robot for Delicate Procedures

Stamford Hospital's new Center for Robotic Surgery boasts the newest and most advanced platform for minimally invasive surgery in the world, the *da Vinci* Surgical System. This is breakthrough technology, enabling surgeons to handle tissue in the most delicate areas with exquisite sensitivity. This technology gives surgeons many advantages, including vastly improved 3-D visualization—often better than what they could achieve with open surgery. Outcomes are better and patients recover far more easily. Utilizing the robotic platform, even the most complex procedures can be performed with great precision.

The robotic surgery technology is most widely used for prostatectomy, gynecological surgeries and lung surgeries—but new applications are being introduced regularly and in the not too distant future, the robot will be used for bladder cancer, colon cancer, coronary artery disease, kidney disorders, and more. Research continues to expand what's possible, with new techniques always in development—what is not being done just yet may become a viable option for patients tomorrow. Stamford Hospital is committed to remaining in the forefront of this new surgical frontier.

Stamford Hospital specializes in minimally invasive gynecological surgeries, including robotic hysterectomy, according to **Lance R. Bruck, MD** (above), Chairman of the Department of Obstetrics and Gynecology, who notes that this new procedure is often the most effective and least invasive solution for women. Major surgery is performed through five tiny incisions, allowing patients to recover faster and with fewer complications.



**Ketan K. Badani, MD**, head of the Department of Surgery's Robotics Program in Urology, and Director of Robotic Surgery at New York-Presbyterian Hospital/Columbia University is one of only a few select surgeons in the world who have performed more than 1,000 robotic surgeries.

Stamford Hospital surgeons publish between 10 and 15 research papers in medical journals each year. “We study how we do our procedures and if we introduce something that is new from the American College of Surgeons, we will review it and report on our outcome and experience,” said Timothy S. Hall, Chairman of Surgery. (link to Research; surgery)

## Moving Ahead: Orthopedic Institute Wins National Acclaim

Stamford Hospital's Orthopedic Institute stands above other area hospitals in the quality of care we deliver. Our orthopedic specialists are experts at total joint replacement, sports medicine, spine care and trauma. We also have a full physical rehabilitation program to help keep patients on track...get back in the game... and to live their lives at maximum velocity.

We're the only hospital in the area offering the innovative CPNC nerve block on an ambulatory basis. This new technology enables the continuous delivery of pain medication so patients are able to recover faster, participate in physical therapy and get back on their feet. CPNC reduces the need for narcotics and can be managed at home. At Stamford Hospital, CPNC has been used in more than 100 surgeries, including more than 30 total knee replacements, along with rotator cuff repair, hand surgery, ACL repair and foot surgery.

### Among the minimally invasive procedures we offer:

- Carpal tunnel release
- Minimally invasive spine fixations, decompression techniques
- Rotator cuff repair
- Shoulder instability repair
- Treatment of early joint arthritis
- Unicompartmental knee replacement
- Vertebroplasty



## Neurosurgery at Stamford Hospital "First in the State" for Neurosurgery

Renowned throughout Connecticut for excellence and advanced neurosurgical techniques, Stamford Hospital is the only area hospital offering CyberKnife, stereotactic surgery that is a form of radiation therapy that treats tumors and other abnormalities of the brain with pinpoint accuracy. According to C. Corey Rosenstein, MD, Director of Neurosurgery, Stamford Hospital now does most spine, pituitary and intracranial surgery using a new minimally invasive image-guided navigational system that gives surgeons three-dimensional imaging of inside the body without making incisions. "This expanded visual field gives us visual access to tumors that would otherwise be hidden, so we can target a specific area and spare healthy tissue," says Dr. Rosenstein. This innovative technology enables surgeons to perform minimally-invasive surgery in critical areas, including the spine, pituitary gland and cranium.



C. Corey Rosenstein, MD  
Director of Neurosurgery

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Our surgical specialists include many of the area's leading physicians, named to national, regional and local Top Doctor lists. Their skill, knowledge and expertise are equaled only by their compassion in dealing with patients. (link to Find a Doctor)

The Department of Surgery at Stamford Hospital continues to not only meet but exceed the highest national quality standards for outcome and safety. (Is there a link to quality data?)

[stamfordhospitalrobotic.com](http://stamfordhospitalrobotic.com)



### Top-of-the-Line Total Joint Program

Our Orthopedic Institute has earned certification from the Joint Commission (a not for profit organization that provides voluntary oversight and accreditation to participating hospitals) for our Total Hip and Total Knee Replacement programs. Stamford Hospital offers the only Joint Commission-certified Joint Replacement program in lower Fairfield and Westchester Counties.

[stamfordhospitalrobotic.com](http://stamfordhospitalrobotic.com)



## Comprehensive Surgical Management of Cancer

A diagnosis of cancer is never good news, but patients who choose to have treatment at Stamford Hospital have the advantage of knowing they are in the care of specialists highly trained in their particular area who also are committed to working as a team on behalf of each and every patient.

Surgery is often a key part of the cancer treatment plan. At Stamford Hospital, our top oncological surgeon, Xiang Da (Eric) Dong, MD, works with the staff at the Bennett Cancer Center to devise a plan of action to provide the best outcome. "Most patients fear the worst when they hear a tumor has metastasized, but we're able to tell them this is not the end of the road," said Dr. Dong. Surgical oncologists specialize in treatment of cancer, differing from general surgeons in their exclusive focus on tumors. "We work together with the physicians (oncologists and radiation oncologists) at the Cancer Center, as well as with dermatologists (for melanoma) and plastic surgeons to provide excellent treatment while minimizing disfigurement," he said. "Since we know cancer has a tendency to recur, we treat it as a chronic disease—often the solution is not so simple as just taking the tumor out."



**Sunny Mitchell, MD**  
Title to come

### New Breast Surgeon Specializes in Oncoplastic Surgery

Stamford Hospital welcomes Sunny Mitchell, MD, who has recently completed a one-year fellowship in breast surgery from Columbia-New York Presbyterian Hospital, where her specialty was in oncoplastic surgical techniques, where the focus is on providing excellent oncologic and aesthetic results in one operation. With this leading-edge surgical technique, Dr. Mitchell and Stamford Hospital's Breast Cancer Team aim to offer breast-conserving therapies to as many patients as possible. "The goal is always to optimize aesthetic as well as the oncologic outcome for every woman, using nipple-sparing whenever possible, though that's not for everyone," she said.

### 5 Surgeons Specializing in Gynecologic Cancer

Stamford Hospital now has five expert gynecologic oncology surgeons on staff, specializing in minimally invasive, robotic approaches to cancer surgery. In addition to completing their comprehensive medical training, these specialized surgeons have completed additional years of fellowship training in their field, enabling them to deliver a higher level of care to women with reproductive cancer.



**Xiang Da (Eric) Dong, MD**  
To come

### Lung Cancer Specialists

Among the most common treatments for lung cancer is surgical removal of the lobe of the lung, known as pulmonary lobectomy. This typically involves a large incision, often 10 inches or so, and also carries the risk of substantial blood loss and a lengthy and uncomfortable recovery. Now patients at Stamford Hospital may have this done with the *da Vinci* robotic system, which offers numerous potential benefits over the traditional open procedure. Stamford Hospital also offers CyberKnife therapy for lung cancer patients who are not good surgical candidates.



"Most patients fear the worst when they hear a tumor has metastasized, but we're able to tell them this is not the end of the road." — Xiang Da (Eric) Dong, MD

Stamford Hospital is the only hospital in Fairfield County to achieve the prestigious Magnet Award of Excellence for nursing and also be a member of the Planetree Alliance, a group of hospitals nationwide that are focused on patient-centered care.

Stamford Hospital's Department of Surgery publishes a quarterly report called 3 Surgical Cases (log on to [www.ttkk.com](http://www.ttkk.com)) in which Stamford Hospital surgeons report on innovative surgical treatments and approaches that have worked well with patients. Are you interested in seeing a copy? Call us at 203-276-TTKK.



[stamfordhospital.com](http://stamfordhospital.com)



## Heart and Vascular Institute: Partnering with Excellence

Not so long ago, patients had to go outside the state to get top quality cardiac treatment—and the separation from home and community added to the trauma and difficulty of the surgery. That's no longer the case, as Stamford Hospital's Heart and Vascular Institute collaborates with New York-Presbyterian Healthcare System/Columbia University Medical Center to bring world-class care right here to our community. Right here in the community, patients can receive the full spectrum of cardiac and vascular surgical procedures—elective through life-saving emergency procedures.



**Samantha Jansson, MD**  
To come



**Alan Ahron, MD**  
To come

### Minimally Invasive Heart Procedures Performed at Stamford Hospital

- Aortic valve surgery
- Mitral valve surgery
- Tricuspid valve surgery
- Atrial septal defect closure, including patient foramen ovale surgery
- Atrial fibrillation surgery

### Vascular Surgery

Repairing damaged or diseased blood vessels is painstaking work, and our vascular surgeons are at the top of their field—able to perform all manner of vascular operations, including salvaging lower extremities damaged by diabetes. Stamford's vascular surgeons use leading-edge technology and the most advanced imaging and surgical equipment available, including noninvasive techniques where possible. Operating suites are equipped with endovascular surgical intervention such as angioplasty or stents.

### Minimally Invasive Vascular Procedures Performed at Stamford Hospital

- Endovascular treatment of carotid, renal and peripheral arteries
- Endovascular repair of abdominal and thoracic aortic aneurysms
- Radiofrequency or laser ablation of varicose veins
- Endovascular resection of venous thrombosis

## Surgical Trauma Care

Of all patients entering Stamford Hospital's Emergency Department, approximately one quarter have an injury related to trauma—meaning that each year we treat more than 1,000 patients who have been in accidents involving motor vehicles, falls, recreational injury, etc. As a Level II Trauma Center, designated by the Office of Emergency Medicine of the State of Connecticut and verified by the American College of Surgeons, we're committed to providing round-the-clock, continually operating trauma care. This includes our staff of fellowship-trained, board-certified trauma surgeons who work with our emergency-room physicians, surgical residents, nurses and support staff. Trauma patients may also be cared for by physicians in many of our subspecialty services, including orthopedics, neurosurgery, plastic surgery, ophthalmology, urology and vascular surgery.

Stamford Hospital is the only area hospital with a specialized pediatric surgeon on staff. A pediatric surgeon has completed a minimum of seven years of training, including at least two focused exclusively on infants and children. Among the specialized procedures performed by Stamford Hospital Director of Pediatric Surgery, Peter Liebert, MD, are surgical repair of birth defects, treatment of traumatic injuries, diagnoses and surgical care of tumors, endoscopic procedures and more. Hernias (groin, belly button and epigastric) are the most common pediatric surgeries, followed closely by appendectomies. (link to Children's Specialty Center)

