

LIVING WELL *from*

northern nevada

MEDICAL CENTER

SPRING 2016

Introducing **da Vinci®**

***Surgery that can
offer less pain and
a faster recovery***



INSIDE:

***A new tool for
battling obesity***

**The Orbera™
Intragastric Balloon**

News in neurology

**Treatments for movement
disorders and epilepsy**



Quality counts. NNMC is the first hospital in the nation to receive a certification from The Joint Commission for Back Pain! We are also the only hospital in Nevada to receive certifications from The Joint Commission in all of the following: Stroke (Primary Stroke Center), Spine Surgery, Joint Replacement – Hip and Joint Replacement – Knee. NNMC's Chest Pain Center is accredited by the Society of Cardiovascular Patient Care (SCPC).



Compliments of
Northern Nevada
M E D I C A L C E N T E R

FROM THE CEO



Northern Nevada Medical Center has a strong reputation for excellence in surgical care. Skier David Wise, Reno native and 2014 Olympic Gold Medalist, has already made his choice in the event he needs orthopedic care in the future. He says he'll "go for the gold" at Northern Nevada Medical Center, where we've earned The Joint Commission's

Gold Seal of Approval® for back pain, spine surgery, and hip and knee replacement.

Recent achievements and additions are keeping us looking ahead to the future. We're proud NNMC has been recognized as a *Top Performer on Key Quality Measures®*, which means the hospital achieved top performance on accountability measure data in five key areas. And we're excited to add the da Vinci® robot for gynecologic, general and urologic surgery. The increased precision of robotic technology can contribute to less painful procedures and easier, faster recovery. See our story on page 6 and call 775-356-NNMC (6662) to find a doctor who uses this technology.

In our mission to continue to offer advanced technology, we've added a new computed tomography (CT) scanning system. It's designed to be more comfortable for patients, minimize radiation dosage and provide quicker results. These are some of the ways we show our commitment to patient-centered care, effective technology and a genuine sense of caring for all.



Alan Olive
Chief Executive Officer

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VNS for epilepsy



Northern Nevada Medical Center named a *Top Performer*

Northern Nevada Medical Center was recently recognized as a 2014 *Top Performer on Key Quality Measures®* by The Joint Commission, the leading accreditor of healthcare organizations in the United States. The hospital was acknowledged for attaining and sustaining excellence in accountability measure performance for heart attack, pneumonia, surgical care, stroke and immunizations. "We understand what matters to patients most is the quality and safety of the care they receive," says Alan Olive, CEO. "That's why improving patient outcomes through evidenced-based care practices is a top priority."

More help in winning the battle against obesity



Northern Nevada Medical Center is first in the region to introduce Orbera™, a new non-surgical procedure for losing weight and improving health.

More than 78 million American adults are obese.* Besides causing low energy, degenerative changes in the joints and sleep problems, obesity has been linked to coronary heart disease, high blood pressure, diabetes and stroke. Not all patients are candidates or want to undergo bariatric surgery such as the gastric sleeve, or take weight-loss drugs. For these patients, there is a Food and Drug Administration (FDA)-approved option: the Orbera™ Intragastric Balloon.

A temporary device plus lifestyle counseling



Kent Sasse, MD

In the Orbera procedure, a soft silicone balloon is temporarily placed in the stomach to curb hunger and encourage portion-controlled eating. "Patients feel fuller faster, so they take in fewer calories," says Kent Sasse, MD, MPH, FACS, FACRS, a bariatric surgeon. Coaching starts right away with a team of physicians, therapists and a nutritionist who monitor the patient's progress. "This helps patients develop sustainable, healthy habits that can keep the weight off over time," says Dr. Sasse.

Dr. Sasse emphasizes the ease of this new weight-loss option. "The balloon is removable, the procedure is reversible and it is usually performed in an outpatient setting," he says. "Those who are candidates for Orbera are 20 to 50 pounds overweight, have a Body Mass Index (BMI) of 28 to 35 and have not had weight-loss success on their own through diet and/or exercise."

A step-by-step look at the Orbera™ procedure

- 1)** The deflated Orbera Intragastric Balloon is placed inside the stomach with an endoscope in about 30 minutes under light sedation.
- 2)** The balloon is inflated with sterile saline solution, creating a feeling of fullness.
- 3)** A 12-month coaching program, which includes nutrition, fitness and psychological counseling, begins.
- 4)** At six months, the balloon is deflated and removed in the same way it was placed – through a non-surgical procedure with a mild sedative. ■



*Centers for Disease Control and Prevention

Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if Orbera is right for you.

To find a doctor, call NNMC's free physician referral line at 775-356-NNMC (6662).

Traveling in good health

Wherever you're going, start by visiting Northern Nevada Medical Group's Immunization and Travel Clinic.

The Immunization and Travel Clinic, operated by Northern Nevada Medical Group, offers a comprehensive immunization program. Everyone should check on standard immunizations before going away, and international travelers need to be extra vigilant. Diseases that are not a concern in the United States may still pose a risk abroad. Recommended immunizations vary by country, and may change depending on what's happening in the region.

A personal report on each destination

To get a trip off on the right foot, visitors to the clinic receive a consultation with nurses experienced in travel health. They compile the traveler's health history, specific destination and planned activities into a report that covers which vaccinations are needed and a timetable for receiving them. Patients can be immunized during the same visit. They receive an immunization record and learn how to access it via computer from anywhere in the world.

Incorporate vaccines into a travel plan



Jeremy Bearfield, MD

Physicians at the clinic recommend getting immunized at least a month before traveling. "This ensures full protection," says Family Medicine Physician Jeremy Bearfield, MD, PhD, Medical Director of the Immunization and Travel Clinic. "Also, some immunizations, such as the oral vaccine for typhoid, are given in a series over several days." Dr. Bearfield notes the clinic provides vaccines on-site for employees, churches or groups for destinations as far away as India and South Africa. It also has standard immunizations. "We offer protection against everything from yellow fever to the flu," he says. ■

VACCINES AVAILABLE AT THE CLINIC

RECOMMENDED FOR INTERNATIONAL TRAVEL:

- Japanese Encephalitis
- Pre-exposure rabies
- Typhoid
- Yellow fever

GENERALLY RECOMMENDED:

- Diphtheria, tetanus and pertussis (DTaP)
- Hepatitis A and B, and Twinrix® (A and B together)
- Influenza (flu)
- Haemophilus influenzae type b (HIB)
- Measles, mumps and rubella (MMR)
- Meningococcal
- Pneumococcal
- Prevnar 13® (pneumococcal conjugate)
- Polio – IPV
- Rotavirus
- Tetanus, diphtheria and pertussis (Tdap)
- Varicella (chicken pox)
- Zostavax® (shingles)

To stay healthy on your next trip, schedule a travel immunization office visit by calling 775-355-5000. The clinic is located at 5575 Kietzke Lane, Reno.

Your Prescription for *Convenience*

CentRx® Pharmacy

Patient-centered Pharmacy

Visiting the Northern Nevada Medical Center (NNMC) ER?

Live close by?

Just seeing your doctor in our Medical Office Buildings?



The full-service CentRx® Pharmacy at NNMC is here for you no matter what your situation.

When you visit the NNMC ER or a doctor practicing in one of our Medical Office Buildings, the physician can send your prescription right to CentRx. There's no need to leave the campus to get your medications!

And, we are conveniently located so that any member of the community can take advantage of our services.

Why wait?

CentRx Pharmacy at NNMC features:

- A highly trained, licensed pharmacist
- Medicare Part D and most insurances accepted
- Over-the-counter drugs and sundry items

Plus, we stay in direct communication with your doctor, closing gaps in care.



Hours and Location

CentRx Pharmacy at NNMC is located in the Vista Medical Terrace in Suite 111.

We are open Monday through Friday, from 9:00 a.m. to 5:30 p.m.

For more
information, call
775-432-7907



Time is on your side with da Vinci®

The increased precision possible with robotic-assisted surgery can help patients return to normal activities sooner.

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Gains in medical technology are turning surgery from a major interruption to a small bump in the road. The incisions surgeons are making are smaller and can cause less trauma, often leading to a faster recovery. This is made possible with technology like the da Vinci® Si HD™ Surgical System, now at Northern Nevada Medical Center. The hospital acquired the system to expand surgical options for patients in the areas of gynecology, urology and general surgery. ►

More treatment for more patients



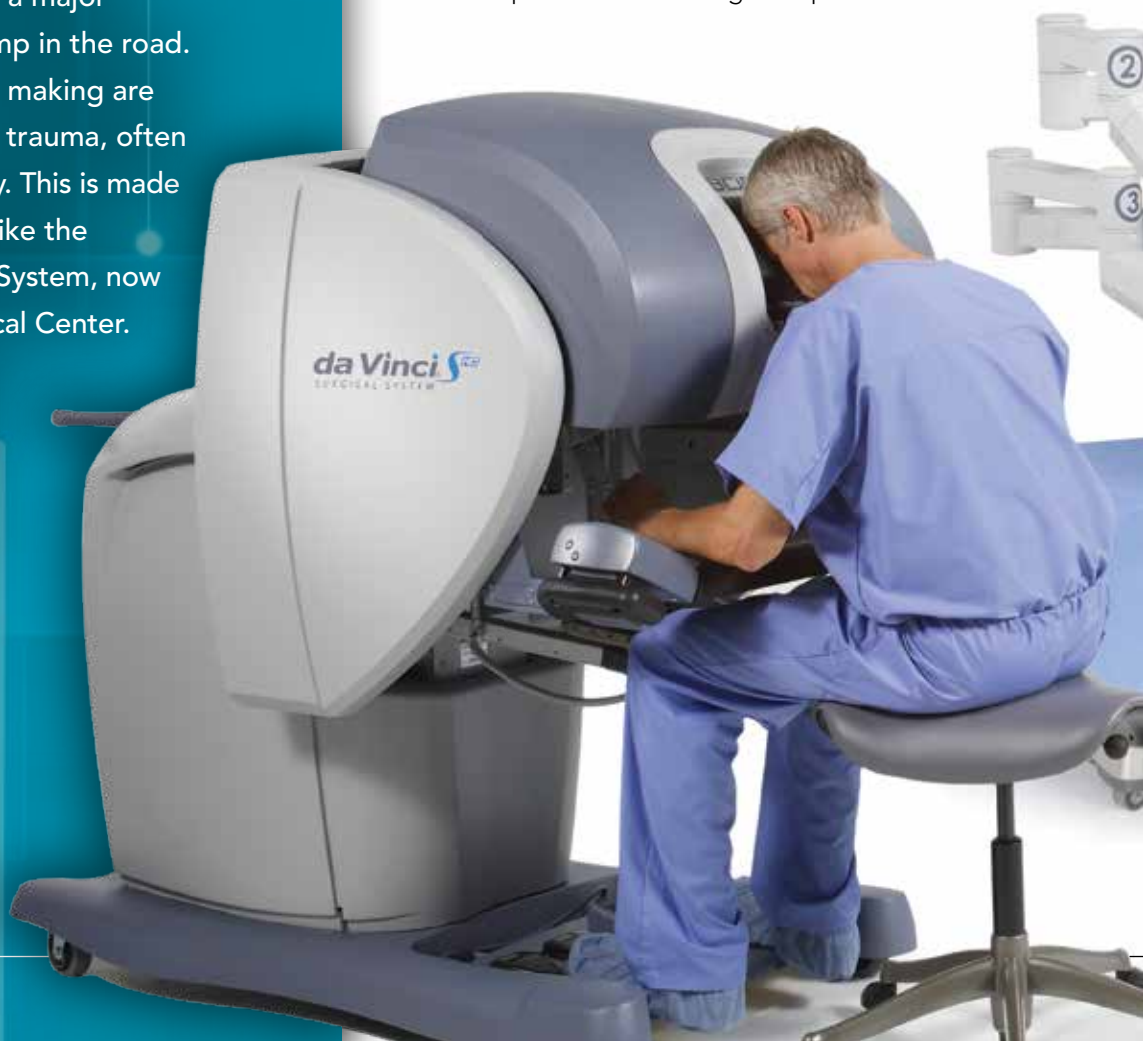
Keith Covert
Director of
Surgical Services

Keith Covert, Director of Surgical Services at Northern Nevada Medical Center, says bringing in da Vinci is a big step for NNMC and the surrounding community.

"Our goal is to invest all of our resources into a high level of quality and service, so that patients can experience less pain, less scarring, a faster recovery and a better surgical outcome," says Covert. "By introducing robotic-assisted surgery here, we're increasing access and ensuring this level of quality is available to more people."

Added precision, less discomfort

Medically, the word "invasive" means entry into the human body. When surgery can make that entry less impactful, it's called minimally invasive. This is the theory behind the da Vinci Surgical System. Surgeons who operate the system are specially trained in robotic surgery and are in complete control during the operation.



To start, the instruments and a miniature camera are placed in the patient's body through incisions measuring from ¼-inch to 1-inch long. The instruments are hinged – not rigid – so they can get to difficult-to-reach places. The surgeon is positioned at a console, which shows magnified images of the patient's anatomy. High-definition pictures enable him or her to see what may not be visible with the human eye, and da Vinci's overhead arms provide access from nearly any angle.

The goal: a safe, faster return home

Less operative trauma as a result of added precision and smaller incisions can lead to a faster recovery and a shorter stay in the hospital. This is illustrated by comparing a traditional hysterectomy (removal of the uterus) to one performed with da Vinci. An open operation requires an incision spanning a woman's abdomen, which has to be closed up in layers with sutures and staples. The patient typically spends three days in the hospital and eight weeks recovering from the hysterectomy at home.

"With da Vinci, a hysterectomy can be performed with three very small incisions, and women often go home the same day," says Covert. "By focusing on this kind of quality and service, we're helping patients have a better experience here, and helping them get back to what they need and love to do more quickly." ■

To find a da Vinci-trained surgeon, call our free physician referral line at 775-356-NNMC (6662).

ROBOTIC PROCEDURES *now available at NNMC*

GYNECOLOGY

- **Hysterectomy**
(removal of uterus, including Single-Site®)*

GENERAL SURGERY

- **Cholecystectomy**
(removal of gallbladder, including Single-Site®)*
- **Hernia repair**
- **Colorectal**

UROLOGY

- **Prostatectomy**
(removal of prostate gland)
- **Nephrectomy**
(removal of part, one or both kidneys)

*Single-Site® surgery is performed only for certain operations with one small incision in the belly button. Check with your surgeon to see if you may be a candidate for Single-Site® surgery.



Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.

Neurology: Electrical stimulation for MOVEMENT DISORDERS, EPILEPSY



Board-certified
neurologist

Kiran Nuthi,
MD, with
Northern
Nevada

Medical Group (NNMG),
takes advantage of
emerging science to
diagnose and treat
conditions of the nervous
system. Here, Dr. Nuthi
discusses two treatments
that work similarly for
different disorders.



Q: What is deep brain stimulation and what is it used to treat?

Deep brain stimulation, or DBS, involves a surgically implanted device that delivers mild electrical pulses to specific areas of the brain. It has been shown to be effective in treating the shaking, slow movements and stiffness that accompany Parkinson's disease*. DBS was originally developed to treat essential tremor, a rhythmic trembling of the limbs or hands, and is still used for that purpose.

Q: How does DBS help?

A neurosurgeon will use magnetic resonance imaging (MRI) or computed tomography (CT) scanning to find the exact location in the brain to surgically implant an electrode. An implantable pulse generator (IPG) is placed in the chest and connected to the electrode. Electrical pulses are sent from the IPG to the brain, blocking abnormal electrical signals and alleviating symptoms.

Q: Is there electrical stimulation treatment to prevent epileptic seizures?

Vagus nerve stimulation, or VNS, is a type of therapy for people whose seizures can't be controlled by medication. It's conducted via a device about the size of a half dollar that is implanted under the skin in the upper chest. This device sends mild electrical impulses to the brain by way of the vagus nerve, which passes through the neck. The impulses can reduce or terminate the abnormal electrical activity that causes epileptic seizures.

Q: How does VNS therapy work?

After implantation by a surgeon, the VNS device is programmed by the neurologist to go on and off. The idea is to stimulate the brain at regular intervals – usually 30 seconds of stimulation followed by 5 minutes of no stimulation. Like DBS, VNS is similar to a pacemaker, and once implanted, provides treatment without the patient knowing the device is operating. ■

To make an appointment with Dr. Nuthi, call Northern Nevada Medical Group in Sparks at 775-356-4888.

*National Institute of Neurological Disorders and Stroke

A special team for **non-healing** wounds

Some wounds can't heal on their own. Those that haven't responded to conventional treatment and started to heal in 30 days are considered chronic. The Wound Care Center® at Northern Nevada Medical Center is a hospital-based outpatient service staffed by a skilled team of doctors and nurses who are committed to healing chronic wounds.

At The Wound Care Center, patients find highly specialized care for conditions such as diabetic ulcers, pressure sores and serious infections. "We provide advanced infection therapy that can include debridement – removal of dead or infected tissue – therapeutic dressings and topical treatment," says Todd Inman, MD, Medical Director of The Wound Care Center. "For burns and certain grafts as well as crush injuries or serious wounds associated with diabetes, we may use hyperbaric oxygen therapy."

HOW DOES HYPERBARIC OXYGEN THERAPY HELP?

Breathing 100 percent pure oxygen increases the oxygen level in the blood. As this blood circulates in the body, it helps fight infection, reduce swelling and assist growth of new blood vessels. The center's two hyperbaric oxygen chambers deliver oxygen at many times the normal rate and pressure. "Whether healing is needed in the bones, soft tissue or cells, exposing a patient to 100 percent pure oxygen can, in many cases, accelerate healing," says Dr. Inman. ■

WOUND CARE PHYSICIANS



TIMOTHY
MOONEY, DPM,
FACFAS, DABPS
Board Certified in
Podiatric Surgery



WYNTER
PHOENIX, MD
Board Certified in
General Surgery



MICHAEL
O'BRIEN, MD
Board Certified in
Family Medicine

Ask your doctor about The Wound Care Center at Northern Nevada Medical Center, or call 775-352-5353.

Recognized for excellence in wound healing – again!

The Wound Care Center at NNMC recently received the Heallogics, Inc.™ 2015 Center of Distinction and the Robert A. Warriner III, MD, Center of Excellence Award.

The Wound Care Center has been named a Center of Distinction six times and a Center of Excellence five times since opening in late 2008.

Heallogics has recognized NNMC for the following outstanding patient outcomes for the past four years:

- More than 92% patient satisfaction
- 91% or greater wound healing rate
- 30 or less median days to heal

"We are proud to be able to heal wounds effectively, and help patients who might otherwise have experienced life-threatening conditions or amputation," says Tanya Crisp, Director of The Wound Care Center.



*Leslie Peek and
Alicia Roney*
Advanced Practice
Nurses (APNs)

Accepting *New* Patients!

Advanced Practice Nurses
Leslie Peek and Alicia Roney are
ready to care for you and your family.
You can visit them at Northern
Nevada Medical Group's South Reno
Clinic at 5575 Kietzke Lane.

**To schedule an appointment with
Leslie Peek, APN or Alicia Roney,
APN, call 775-355-5120.**



NORTHERN NEVADA
Medical Group

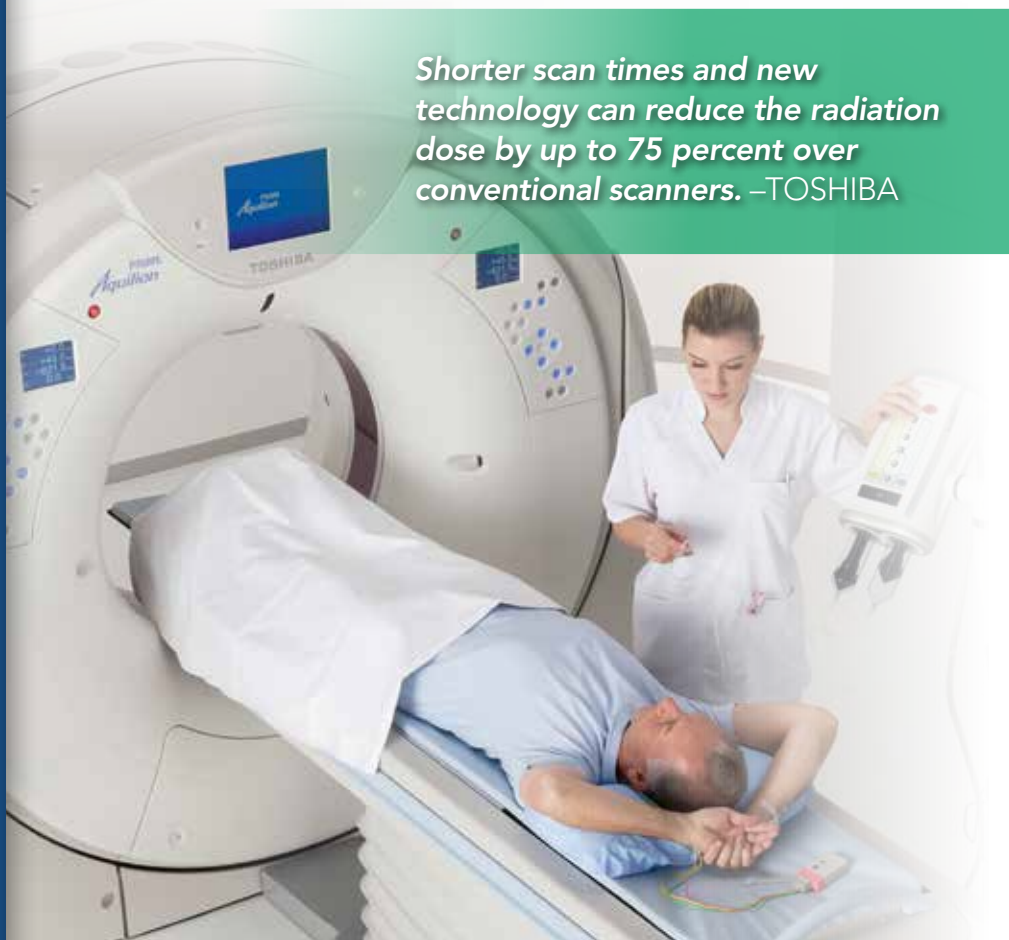
New CT scanner *offers more comfort, less radiation*

Northern Nevada Medical Center is pleased to announce the addition of the Toshiba Aquilion PRIME™ computed tomography (CT) scanner to its diagnostic imaging capabilities. The scanner reconstructs 160 image "slices" per rotation and delivers high-quality images of soft tissues with low-dose radiation.

The combination of Aquilion PRIME's rotation speed and superior technology allows many examinations to be performed and reconstructed in seconds. This can make exams shorter and produce images at the earliest possible time for evaluation. "With low-dose examinations and faster scan times, our new CT scanner is an excellent example of delivering faster, safer patient care," says Alan Olive, Chief Executive Officer.

Special features also help patients have a more relaxing experience with the Aquilion PRIME. An extra large opening and adjustable table comfortably accommodate patients, and it's quieter than conventional scanners.

**For more information, call diagnostic imaging at
775-356-CARE (2273).**



*Shorter scan times and new
technology can reduce the radiation
dose by up to 75 percent over
conventional scanners. –TOSHIBA*



Spring 2016

APRIL



Varicose Veins and Vein Insufficiency: Prevention and Treatment

Wednesday, April 6
6 – 7 p.m.

Presenter: Wynter Phoenix, MD,
Northern Nevada Medical Group

Cardiac Device Clinic: What is Remote Follow-up? What are my Choices for Device Follow-up?

Friday, April 8
Noon – 1 p.m.

Presenter:
Laurie Newmark, RN, Certified
Cardiac Device Specialist
RSVP: 775-352-5325

MAY

Cardiac Device Clinic: Medical Procedures and Your Cardiac Device

Friday, May 13
Noon – 1 p.m.

Presenter:
Laurie Newmark, RN, Certified
Cardiac Device Specialist
RSVP: 775-352-5325

JUNE

Cardiac Device Clinic: Lifestyles with Your Cardiac Device

Friday, June 10
Noon – 1 p.m.

Presenter:
Laurie Newmark, RN, Certified
Cardiac Device Specialist
RSVP: 775-352-5325

Stroke Support Group

Monday, June 20
12:30 – 1:30 p.m.

Speaker: Ellie Van Winkle

HEALTH FAIRS AT NNMCM

First Thursday of the month
April 7, May 5, June 2
7 – 10 a.m., NNMCM Lobby

For a full list of
screenings and
pricing, visit
www.nnmc.com
and click on
Community Events.



All events, except for
health fairs, are held in Suite
201 of the Sparks Medical Building
at 2385 East Prater Way in Sparks.
Healthy snacks will be provided.
**Registration is required for
all events except health fairs.**
Call **775-356-NNMC (6662)**
to register. Events are
FREE of charge!

Go for the GOLD

NORTHERN NEVADA MEDICAL CENTER



SPINE
SURGERY



JOINT
REPLACEMENT
HIP



JOINT
REPLACEMENT
KNEE



BACK PAIN

NNMC is first in the region to earn The Joint Commission's Gold Seal of Approval® in knee replacement, hip replacement, spine surgery and back pain. In addition to its commitment to the highest level of orthopedic care, NNMC is also the only local hospital with all private rooms.

Take it from Olympic Gold Medalist David Wise

Local Pro Skier, 2014 Olympic Gold Medalist

"NNMC's Gold Seals of Approval® come from a long track record of good customer service. I hope I don't need surgery in the future, but if I do, I'd go for the gold. I'd go to NNMC."

To learn more about the
JOINT AND SPINE CENTER OF EXCELLENCE
AT NNMC,

visit **nnmc.com/gold**

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Chair, Board of Governors

Robert Dalrymple, MD
Chief of Staff

Alan Olive
Chief Executive Officer

Don Butterfield
Director of Marketing and
Business Development

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