

## AWARD WINNING CARE

*Two Convenient Locations*



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## AWARD WINNING CARE

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# THE OAKBEND

## Health and Fitness Center

### A NEW GENERATION OF HEALTH CLUB NOW AVAILABLE IN THE FORT BEND COMMUNITY

**The OakBend Health and Fitness Center introduces exclusive new wellness program and unparalleled level of care.**

The OakBend Health and Fitness Center is now open and ready to provide a comprehensive approach to overall health and fitness unlike any program available in mainstream fitness facilities.



Picking up where traditional health clubs leave off, the new OakBend Health and Fitness Center provides one-on-one consulting, supervision and specialized training. Fitness trainers work closely with medical specialists and licensed therapists to ensure individualized programs specific to each member's goals and lifestyle – for healthy, sustainable results.

The facility offers a comprehensive array of programs, including cardio and strength training classes, yoga, Pilates, and Tai Chi; as well as massage therapy, acupuncture, pulmonary rehab, occupational therapy and more.

According to Randy Kaiser, M.Ed., ACSM Health Fitness Specialist and the Director of the OakBend Health and Fitness Center, the core goal of the staff is to help members achieve both short- and long-term results by building individualized, multi-tiered programs.

"We have established a proprietary new program that will help individuals establish a balanced fitness routine that can become a way of life, rather than a short-lived activity. We work closely with physicians, rehabilitation specialists and licensed therapists to ensure safe and successful results for members – whether they're recovering from an injury or just wanting to live healthier, stronger lives," said Kaiser.

"We understand that it is important to see real results in the short term, in order to remain motivated. So, we establish a personalized program with regular milestones while ultimately working towards optimal health that can be sustained and translate into longer lives and overall health for mind and body," added Kaiser.



Kaiser is the principle creator of the fitness program designed exclusively for the OakBend Health and Fitness Center. The program enables the Center to play both an adjuvant role for post injury strengthening as well as overall health and fitness support, by combining a personal trainer and "custom program" environment for every single member. It was designed to not only help reduce the number of injuries that result from unsupervised programs, but also put valuable resources and effective tools in the hands of individuals who want to make health and fitness a way of life.

Kaiser has extensive experience in the fitness industry – working as a fitness director, collegiate instructor, personal trainer, and strength and conditioning coach. He has a Master's of Education in Exercise Science and is certified by the American College of Sports Medicine. With extensive knowledge in the fields of weight training, strength and conditioning, post-rehab, flexibility and energy systems training, he and his staff can help members safely accomplish all of their health and fitness goals – big and small.

Special pre-registration offers are still available and include half-price enrollment fees, access to the Jump Start Program, one acupuncture therapy session and a 60-minute massage therapy session – a \$344.99 value for \$155.99. Smaller membership packages are also available. To learn more, call (281) 341-2045.

# Surgical Weight Loss

Dr. Brian Mirza MD, FACS



Dr. Brian Mirza is changing perception through education; underscoring the critical role of surgical weight loss in today's society.

For many, weight concerns go beyond the extra 10 to 20 pounds resulting from a year of inactivity...exacerbated by the holidays. They are, in fact, life threatening.

The threat of diabetes, high blood pressure, stroke and cancer battles the barrage of unhealthy fast food solutions and modern devices promoting an inactive lifestyle. Though for the obese in today's society, it is a "lose-lose."

Dr. Brian Mirza, a fellowship trained laparoscopic surgeon who exclusively performs "obesity" surgery, understands the challenges obesity poses. He has assembled a complete support team to help patients establish a secure footing in the journey to health and longevity.

As part of this support, he also provides regular seminars to answer questions for medical specialists regarding the safety of these procedures for their patients undergoing treatment for other conditions – many of which are related to their unhealthy weight.

"It is important that we work together as a team to help patients attain a higher degree of health at every level. By working closely with the cardiologists, internal medicine physicians and general practitioners alike, we are able to provide patients with the support they need for the healthiest results," said Dr. Mirza, President and Medical Director of the Bariatric Care Centers in Houston, with privileges at OakBend Medical Center.

"When less invasive attempts to reduce weight fail and the risk of remaining obese rivals that of a surgical procedure, a patient needs to consult with a specialist in bariatrics. After careful assessment of overall health and lifestyle, we recommend the procedure likely to yield the best and safest results for that individual - whether it's Gastric Bypass, the LAP-BAND® procedure or a Sleeve Gastrectomy," said Dr. Mirza.

Dr. Mirza said that in some cases, a two-tiered approach is used for patients in fragile health. The new minimally invasive Laparoscopic Sleeve Gastrectomy may be performed to prompt some weight loss and help the patient achieve a healthier state, so that a more extensive procedure can be performed.

Dr. Mirza underscores that he is not part of a "one-physician practice" – stating that all patients have access to a team of specialists equipped to provide the best chance at sustained weight loss and healthy living, from psychologists identifying the triggers contributing to unhealthy habits and dietitians building healthy eating plans, to medical specialists who monitor the overall effort and its impact on the patient's body.

Abiding by the recommendations of the American Society of Metabolic & Bariatric Surgery (ASMBS), Dr. Mirza and his staff distinguish themselves in bariatrics with this comprehensive program.

Board certified and a member of ASMBS, Dr. Mirza has been in practice for over 15 years. He specializes in Laparoscopic and weight loss surgery including Laparoscopic Gastric Bypass/RNY, the adjustable gastric banding surgery or (LAP BAND), the Gastric Sleeve procedure, as well as Bariatric revisional surgery.

Dr. Mirza is a fellow of the American College of Surgeons, a member of the Society of the American Gastrointestinal and Endoscopic Surgeons (SAGES), and the Society of Laparoendoscopic Surgeons (SLS).

*According to studies revealed by the American Society of Metabolic & Bariatric Surgery, weight loss prompted by bariatric surgery resulted in the elimination of Type 2 diabetes cases in 83.7 percent of patients studied – in some cases just days following surgery. The studies also revealed that 96.9 percent of hyperlipidemia cases were resolved, 75.4 percent of hypertension cases were resolved, 87.1 percent resolved or improved.*

*In 2000, a study of 500 patients showed that 96 percent of co-morbidities (the study looked specifically at back pain, sleep apnea, high blood pressure, Type 2 diabetes, and depression) were improved or resolved.*



*Before*



*After*

# EATING WELL TO LIVE WELL FOR A HEALTHY HEART

By: Mita De Jesus



Taking care of your heart, means taking care of your entire body. Your heart pumps blood throughout your body to nourish your every cell. It's one of the most important organs. It's essentially a muscle. Your heart is constantly working and yet it never gets tired. However, poor eating habits and lack of physical activity will cause it to weaken and be tired.

Heart disease is the #1 cause of death in men and women. According to the American Heart Association, over 64 million Americans have one or more forms of cardiovascular disease. So eat well to live well.

Changing your eating habits can be challenging but start off slow and follow these guidelines.

**1** Limit the bad fats, saturated and trans fats which are found in butter, shortening, lard, bacon, cream cheese, sour cream, cream sauces and coconut:

- Choose olive oil, canola oil, nuts and reduced fat or fat free peanut butter, margarines and salad dressings.

**2** Avoid high fat protein foods such as fried foods, full-fat milk and other full-fat dairy products, fatty marbled meats like spare ribs, hot dogs, sausages, processed sandwich meats like bologna and salami, pimento cheese and regular cheeses.

- Choose eggs (no more than 2 egg yolks per week), egg whites or egg substitutes, white meat chicken and pork, lean beefs such as sirloin, tenderloin, fresh ham, seafood, beans, legumes, fat free or reduced fat dairy products (milk, cheese and yogurts) and soy bean products. Bake, grill, roast, poach, steam and broil your meats.

**3** Eat more fruits and vegetables.

- They are a good source of vitamins and minerals.
- Fat free and low in calories.
- Avoid canned vegetables unless the label says "No Added Salt" and avoid canned fruit packed in heavy syrup.
- Fresh or frozen is best.

(Have more salads, including veggie sticks like baby carrots, fresh broccoli, freshly steam spinach, fresh cut up fruits and don't drench them with salad dressings or cream sauces.)

**4** Reduce your daily salt intake to < 2300 milligrams

Eating a lot of salt can contribute to high blood pressure, which is a risk factor for cardiovascular disease.

- Buy fresh or frozen vegetables. If you buy canned, make sure the label reads "No Added Salt."
- If you buy canned soups, look for reduced sodium soups.
- Processed meats, lunch meats, hot dogs, bacon, sausage and other packaged meats are high in salt. Many come in reduced sodium/reduced salt versions.

- Chips and snack mixes are also high in salt. Choose unsalted or reduced sodium.
- Buy unsalted nuts.
- Read labels and "Nutrition Facts" labels to know how much salt you are eating. A general rule, if a food item has <140 milligrams of sodium/salt per serving, then it is considered a low sodium food.
- Also be careful of sauces and condiments which can be high in salt if used in large quantities.

**5** Choose whole grain products as your carbohydrate choice.

- They provide fiber and vitamins/nutrients.
- Choose breads, cereals and pastas which are made from 100% whole wheat. The first ingredient should be whole wheat or whole grain and it should have at least 3 grams of fiber per serving.

**6** Eat sweets in moderation. For example, instead of having a whole piece of chocolate cake, have 1/2.

**7** Drink more water. Water plays many important roles to keep our bodies healthy. Drink 8-10 (8 oz) glasses each day and less juice, soda and coffee.

**8** Exercise. Commit to a consistent exercise regimen weekly. Choose what you like - aerobics, walking, dancing. Choose an activity you like, your heart will thank you.

**9** Balance everything. When you sit down to eat does your plate or bowl of food remind you of the rainbow? It should. Eat colorful foods which are healthy to live well.

*The following recipes provided by the  
American Heart Association: [www.americanheart.org](http://www.americanheart.org)*

# Chocolate Pudding Cake

Rich and gooey, this easy-to-prepare pudding cake is intensely satisfying. It magically bakes into two distinct layers, one cakelike and the other a chocolate pudding sauce.

Serves 12; 1 piece per serving

## Cake Layer

- 1 cup all-purpose flour
- 1/2 cup sugar
- 1/3 chopped pecans
- 3 tablespoons unsweetened cocoa powder
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 1/2 cup fat-free evaporated milk
- 1 tablespoon canola or corn oil
- 1 teaspoon vanilla extract



## Pudding Layer

- 1/2 cup sugar
- 1/4 cup firmly packed light brown sugar
- 3 tablespoons unsweetened cocoa powder
- 1 cup water
- 1/2 teaspoon vanilla extract

Preheat the oven to 350°F. Lightly spray a 9-inch square baking pan with cooking spray. Dust the bottom with 1 teaspoon cocoa powder.

For the cake layer, in a medium bowl, stir together the flour, sugar, pecans, cocoa powder, baking powder, and salt. Add the evaporated milk, oil, and vanilla, stirring until well combined. Using a rubber scraper or the back of a large spoon, spread the batter in the pan. (The batter will be very thick.)

For the pudding layer, in another medium bowl, stir together the sugar, brown sugar, and cocoa powder. Whisk in the water and vanilla. Pour over the batter. Do not stir. Bake for 25 to 30 minutes, or until the cake springs back when touched lightly in the center. (A cake tester or wooden toothpick doesn't work well for testing doneness here.) Transfer to a cooling rack and let cool in the pan for 10 to 15 minutes. Serve hot, warm, or at room temperature, spooning the pudding over the cake.

## NUTRITION ANALYSIS (per serving)

Calories	175	Cholesterol	0 mg
Total Fat	4.0 g	Sodium	105 mg
- Saturated Fat	0.5 g	Carbohydrates	33 g
- Trans Fat	0.0 g	- Fiber	1 g
- Polyunsaturated Fat	1.0 g	- Sugars	23 g
- Monounsaturated Fat	2.0 g	Protein	3 g

# Salmon with Tomato-Basil Salsa

The fresh tomato-basil salsa will have you "hooked" on this delicious salmon dish. Rich in omega-3 fats, salmon is good for your heart as well as your taste buds.

Serves 4; 3 ounces salmon and 1/4 cup salsa per serving

Start to Finish:  
25 to 30 minutes

## Salmon

- Cooking spray
- 4 salmon fillets (about 4 ounces each), rinsed and patted dry
- 3 tablespoons light mayonnaise
- 2 tablespoons chopped fresh basil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika



## Salsa

- 6 ounces grape tomatoes
- 1/4 cup fresh basil
- 1 to 1 1/4 ounces sweet onion
- 1 tablespoon red wine vinegar



Preheat the oven to 375°F. Lightly spray a shallow baking pan with cooking spray. Place the fish in the pan. In a small bowl, stir together the remaining salmon ingredients. Lightly spread on each fillet. Bake for 15 to 20 minutes, or until the fish flakes easily when tested with a fork.

Meanwhile, chop the tomatoes, basil, and onion. Put in a small bowl. Add the vinegar, stirring gently to combine. Spoon over or beside the cooked fish.

## NUTRITION ANALYSIS (per serving)

Calories	200	Cholesterol	68 mg
Total Fat	8.5 g	Sodium	175 mg
- Saturated Fat	1.5 g	Carbohydrates	5 g
- Trans Fat	0.0 g	- Fiber	1 g
- Polyunsaturated Fat	4.0 g	- Sugars	2 g
- Monounsaturated Fat	2.0 g	Protein	26 g

# JOINT PRESERVATION IN AN ACTIVE SOCIETY

*Separating Fact from Marketing*



**Dr. Mark Anthony Vann II**  
*Orthopedic surgeon  
specializing in sports  
medicine and foot & ankle*

so conveniently packaged; a healthy weight, nutritious diet and toned muscles.

Over the course of our life, our joints and the connective cartilage between them wear down. This is a natural part of the aging process. But, there are some factors that accelerate this natural process. Some are related to autoimmune diseases, while others are related to a previous trauma. But, one of the most damaging things on load bearing joints like the knees and ankles is excess weight. Excess weight dramatically reduces the life of the joint. This is something we can control.

No over-the-counter product can compare to the positive effects that weight loss can have on the musculoskeletal system overall. This is one of the best joint-preserving measures we can take.



important for athletes subjecting their limbs to rigorous and repetitious activities. Strong well-conditioned muscles and their

In a society living longer and staying active, concern for joint preservation has never been more present. Healthy joints are key for quality of life. And while there are a growing number of products on the market promoted for joint health, the things truly supported by long-term scientific research are far less exciting and not

Building toned muscles will help preserve bone density and more equally distribute and absorb the impact of many repetitive movements. This is particularly

bone-strengthening effect also help protect against fractures – often times the trigger for joint instability and eventual onset of osteoarthritis.

The right diet facilitates both building and maintaining strong muscles and bones. These all go hand in hand. And while they're not exciting and rarely promoted in marketing campaigns, they work.

When a trauma or other condition results in joint degeneration despite best efforts, today there are more options available than ever before. Injections like viscosupplementation are proving effective by replacing the hyaluronic acid lost in osteoarthritis – and providing lubrication within the joint for smooth painless movement.

New procedures now allow us to perform joint resurfacing, preserving the healthy part of a joint, rather than complete joint replacement. And a new orthopedic metal device known as a Trabecular is eliminating the need for harvesting bone grafts from another part of the body, or using a cadaveric allograft. The Trabecular Metal is metal that closely resembles the mechanical and physical properties of healthy bone. This can dramatically reduce the associated risks of joint reconstruction procedures.

Ideally, an individual does all that is within their power to preserve their joints - then utilize the best we have to offer in orthopedic medicine for many more strong and active years.

Dr. Vann is an orthopedic surgeon who is fellowship trained in foot and ankle injuries. He specializes in foot deformities and trauma and has privileges at OakBend Medical Center.



# Strengthening Heart Health

## BY EXERCISING CARDIOVASCULAR EXPERTISE

### *OakBend's Signature Heart Service Expands Scope to Reverse Alarming Trends*

As heart disease strengthens its position as the number one killer of both men and women in our society, OakBend Medical Center's cardiovascular team builds an elite program unlike any other in the Fort Bend community and readies to reverse current trends.

Experienced board certified physicians with decades of combined experience bring the latest technology and advanced diagnostic tools to the OakBend Institute for Diabetes, Heart and Vascular Disease, with patient-focused care at the heart of the comprehensive program.

The physicians work with a highly trained staff, utilizing the latest catheterization equipment, to launch minimally invasive innovative new procedures such as laser ablation to unblock arteries and improve blood flow. The program expands preventative treatments which translate into superior patient outcome.

Among one of OakBend Medical Center's Signature services, the expanding heart and vascular disease program is dedicated to maintaining a healthy community and offers comprehensive care – from stress echocardiogram, carotid ultrasound and nuclear cardiology to coronary artery (CT) scans, diagnostic heart catheterization and automatic implantable cardioverter defibrillator (AICD).

Most recently the Center became the first in the area to offer Spectranetics' Excimer Laser Ablation System for patients suffering from peripheral artery disease (PAD). The first of its kind, FDA-approved laser procedure for PAD is one of the newest treatment options now available to prevent the progression and reduce the damaging effects of cardiovascular disease.

Under the leadership of Dr. Uttam Tripathy and Dr. Imran Mohiuddin, whose specialties include Adult Cardiac Surgery, General Thoracic Surgery and Peripheral Vascular Surgery, it is easy to understand the rapid recovery times and exemplary success rate patients experience at the Center.

Dr. Tripathy and Dr. Mohiuddin work closely with OakBend Medical Center cardiovascular and internal medicine physicians certified by the American Board of Cardiovascular Disease to distinguish the OakBend cardiovascular program and bring the latest information on heart disease and prevention, along with leading edge treatment to patients of the Fort Bend and surrounding counties.

Currently OakBend Medical Center offers a state-of-the-art interventional cardiovascular laboratory, where minimally invasive procedures can be performed quickly and comfortably.

Open heart procedures and surgeries represent a major component of the program. One of the many ways OakBend reduces risks while improving outcomes is the use of the fully digital Allura Xper FD20 X-ray system from Phillips, which enables physicians to view detailed 3D images of cardiac vasculature for faster, more accurate diagnosis. This flexible system aids in the rapid diagnosis and treatment of a range of patient conditions and is used for such procedures as diagnostic catheterizations, stenting and balloon angioplasty. The Allura system also reduces the amount of radiation to which patients are exposed, in comparison to some of the other equipment on the market.

Today the OakBend Cardiovascular Services Department is not only expanding its scope but is promoting public awareness and prevention through educational seminars and personalized fitness programs established in conjunction with the new team of nutritionists and fitness trainers at the OakBend Health and Fitness Center. Recognizing that physical well-being and heart health go hand in hand, the staff and physicians of the OakBend cardiovascular program redefine "comprehensive" in today's medical care.

OakBend Medical Center is a comprehensive care facility and award-winning hospital located in the heart of one of Houston's fastest growing areas, Fort Bend County. Leading physicians recruited from across the United States provide the latest treatment in general, specialized and emergency medicine, as well as rehabilitation and physical therapy.



Dr. Uttam Tripathy



Dr. Imran Mohiuddin

# COLON CANCER: IS IT PREVENTABLE?



It stands to reason that most people would take a couple hours of their busy lives to go to a physician if it meant preventing cancer. That's why 70% of women have undergone a mammogram and almost 85% of women have undergone a PAP smear in the last three years.

Unfortunately, the same cannot be said of colon cancer screening. Colorectal cancer (CRC) is the second most common cause of cancer death in the United States, and approximately 50,000 people die of CRC each year. There are over one million Americans living with colon cancer. Despite the mounting evidence and professional society endorsements supporting the use of colonoscopy as the primary screening modality for CRC, only 42% of eligible adults in the USA are screened for colon cancer, numbers much less than for breast, cervical, or prostate cancer. The reason for this poor screening rate is multifactorial, including lack of education, anxiety over the invasiveness of the procedure, direct and indirect costs associated with colonoscopy, as well as the high nonattendance rates for endoscopy. Hopefully, this article will provide some basic education about the importance of having this procedure done, and it may save a life.

Colon cancer is a disease in which the cells of the inner lining of the colon start growing in an abnormal pattern, forming a tumor. This tumor is initially called a polyp, which is a small protuberance or pimple which grows inside the colon. These polyps can range anywhere from 1 millimeter to 2-3 centimeters in size. They are usually noncancerous, but if left in place over many years, can slowly grow and become cancerous. A colonoscopy can not only find these polyps, but can also remove these polyps before they can become cancerous. A colonoscopy is one of only a few tests that can detect and treat precancerous lesions before they can turn into cancer.

So when should you see a gastroenterologist? This varies, but if a patient has no symptoms, then the American Gastroenterological Association recommends that people undergo a colonoscopy at age 50. However, symptoms such as blood in the stool, sudden change in bowel movements, or anemia warrant earlier evaluation. A family history of colon cancer or a personal history of prior polyps require earlier and closer follow up. If a patient has a normal colonoscopy, then a repeat procedure is necessary in 7-10 years, although discussion with a gastroenterologist is required to discuss the actual interval.

Many different tests can be performed to detect polyps. Stool tests can often times detect microscopic blood, and if found, can be subsequently followed by a colonoscopy. An xray can also be done to evaluate the colon, but it requires a colon preparation without allowing for treatment. A colonoscopy is the only test that can actually detect and treat polyps. A recent abstract has shown a mortality reduction of 69% with colonoscopy. This procedure represents a cost effective means of screening because it decreases mortality at a relatively low incremental cost. The actual test that you should undergo should be determined by your gastroenterologist.

So what does the procedure entail? Usually, a gastroenterologist will see the patient in clinic to discuss and educate them about the procedure. At that initial clinic visit, a colonoscopy will be scheduled, and the patient will be prescribed a medication which will cleanse the colon to allow adequate visualization. Then, the day before the procedure, the patient will usually drink only a clear liquid diet comprised of juices, broth, lemon soda, and lots of water. The colonic preparation starts late in the afternoon. It usually consists of both a pill laxative and a liquid form bowel irrigation preparation. It is critical to follow all instructions carefully as an unprepped colon with stool will increase the likelihood of missing a small polyp. The patient should plan to spend the day at home with ready access to the commode. The patient then shows up usually an hour before the scheduled procedure. The sedation is usually done via two methods. The patient can either be sedated but remain conscious, which will allow them to be comfortable but still awake. Or, depending on the preference of the patient and gastroenterologist, an anesthesiologist may administer a drug that works as a sedative hypnotic and will put you to sleep completely. The colonoscopy usually takes approximately 30 minutes, and most patients report the procedure as being comfortable and pain free. A colonoscope is a small flexible tube with a fiber optic camera on one end

which is transmitted to a television screen. The gastroenterologist can visualize polyps as small as 1 millimeter and can remove and retrieve these polyps. Once the polyp is removed, it can be studied under a microscope and further characterized as a precancerous polyp or not. Patient recovery takes place in a separate room. The gastroenterologist will discuss the results, and a family member or friend will then have to drive the patient home.

Overall, most patients are happy with the overall experience, although it can be anxiety provoking and may seem embarrassing. These can be allayed by visiting your local gastroenterologist and discussing the procedure. Sharing your experience may also motivate others to get the procedure performed as well. Given the benefit a 30 minute colonoscopy can offer, can you afford not to have one?

The comments made in this article should be collaborated by your gastroenterologist.

# OAKBEND MEDICAL CENTER *Laboratory*



Surya Kantipudi, MBA, MT (ASCP)  
Laboratory Director



The full service, single-team approach of the OakBend Medical Center Laboratory continues to set it apart from others in the Fort Bend community and prove a tremendous benefit to patients and physicians alike.

The onsite laboratory boasts full-time pathologists and microbiologists, who work in close proximity and are available to consult with physicians and radiologists any time of the day or night. With a full-time professional staff and state-of-the-art equipment, the OakBend laboratory is able to produce rapid and reliable results.

Onsite testing eliminates the potential of damaging tissue in transport and has dramatically reduced the need for repeat biopsies resulting from inadequate specimens. Processing tissue onsite not only preserves the integrity of the specimen, but also permits a faster turnaround.

The on-staff pathologists include specialists in diseases of the skin, blood, body fluids and cytology. They accompany physicians into the operating room and work closely with the patient's medical team throughout the biopsy process.

Working in this collaborative effort, the laboratory is able to provide a cohesive extension of the Medical Center and a service unlike any other found in Fort Bend.

"We are pleased to provide such a valuable service to patients and physicians. It is our goal to facilitate a critical part of the process in caring for patients," said Laboratory Director Surya Kantipudi, MBA, MT (ASCP).

"We do this by assembling an outstanding team of specialists and working in a partnership. They don't go home until the OR closes," added Kantipudi.

Kantipudi has worked with the OakBend Medical Center for over 12 years. She received a Bachelor of Science degree in Biology at Lamar University and in Medical Technology at St. Elizabeth Hospital. She also received a Master's in Business Administration at Lamar University. She is certified as a Medical Technologist by the American Society of Clinical Pathologists and a Clinical Laboratory Scientist by the National Certification Agency for Medical Laboratory Personnel.



Annette Bastianos, Uttam Tripathy, MD, Imran Mohiuddin, MD, Celeste Good

# OAKBEND MEDICAL CENTER **FIRST** **IN COUNTY** TO OFFER MINIMALLY INVASIVE LASER TREATMENT FOR PERIPHERAL ARTERY DISEASE

## *Laser Ablation System Removes Artery Blockages to Restore Blood Flow to the Legs*

OakBend Medical Center is now offering a new treatment option for patients suffering from peripheral artery disease (PAD). It is the first in the area to use Spectranetics' Excimer Laser Ablation System, which is designed to eliminate artery blockages and restore blood flow in the legs. This treatment is the first-ever, FDA-cleared laser procedure for PAD.

PAD is a cardiovascular disease that restricts or blocks blood flow in the legs. Arterial blockage, or hardening of the arteries, occurs when plaque builds up along artery walls and if left untreated, can lead to critical limb ischemia which can cause rest pain, non-healing of wounds on the legs or feet gangrene and may even lead to amputation. Those suffering from PAD are at increased risk for heart disease, aortic aneurysms and stroke. Therefore, it is important for an individual to recognize the risk factors and symptoms for PAD, and seek testing and treatment early.

“NEARLY  
100,000  
AMPUTATIONS  
HAPPEN EVERY  
YEAR THAT  
COULD BE  
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IF PAD WERE  
RECOGNIZED  
AND TREATED  
IMMEDIATELY,”

In an effort to provide the highest quality patient care, OakBend is now offering patients a new treatment option for PAD—laser ablation. Laser ablation is a minimally-invasive procedure that treats blockages within peripheral arteries. Spectranetics’ Excimer Laser produces pulsed bursts of ultraviolet (UV) light energy that vaporize blockages in the arteries. This energy is transmitted along flexible glass fibers encased in tiny catheters, which can be passed through the arteries right to the location of the blockage. The UV light energy is then focused on the blockages that need to be treated, restoring blood flow to the limb. Laser ablation may aid in limb salvage and may improve well-being. An alternate procedure, open surgical bypass, requires general anesthesia during the surgery and a much longer recovery; however, the minimally invasive procedures take only a couple of hours and the patient can usually go home within a day. The typical patient is back on his feet and able to resume normal activities in about a week.

“Nearly 100,000 amputations happen every year that could be prevented, if PAD were recognized and treated immediately,” said Imran Mohiuddin, MD. “Patients should not be subjected to a life-altering amputation procedure when a minimally invasive treatment option exists to restore blood flow to the legs and feet. The Spectranetics’ Laser Ablation System can help many patients get back on their feet quickly and pain-free.”

One of the first patients to receive this treatment at OakBend was Ms. Annette Bastianos, pictured immediately following the procedure with Dr. Uttam Tripathy, Cardiovascular & Thoracic Surgeon, Dr. Imran Mohiuddin, Vascular Surgeon and her sister, Ms. Celeste Good. “We have been here several times and have been so happy because the nurses were so friendly and the doctors that have taken care of my sister have been just wonderful. It was good for us to have this treatment here at home and not be transferred. The traffic and parking would just make that so hard for us,” said Ms. Good.

### **About Peripheral Artery Disease**

Peripheral Artery Disease is a serious condition that causes blood vessels in the legs and sometimes arms, to become restricted or blocked and affects between 8 and 10 million Americans. PAD is progressive. Only 10% of the population has the classic symptom of claudication and up to 50% of people with PAD have no symptoms and may be undiagnosed. The remaining 40% may have atypical or unusual symptoms. PAD may lead to an advanced condition called Critical Limb Ischemia (CLI), which is evidenced by rest pain, tissue loss and/or gangrene of the affected area. Peripheral artery disease is associated with coronary artery disease, and an increased mortality rate. Early diagnosis based on individual risk factors, sign and symptoms can improve the prognosis and quality of life.

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# THE OAKBEND MEDICAL *Wound Care Center* NOW EQUIPPED WITH A COMPLETE *Wound Care Team*

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## **Plastic Surgeon and Wound Care Specialist, Dr. Azul Jaffer, Joins the Award-Winning Wound Care Team of Specialists**

The OakBend Medical Wound Care Center now offers comprehensive care and a complete wound care team with the addition of plastic surgeon and wound care specialist Dr. Azul Jaffer.

The addition of Dr. Jaffer to the team of specialists makes the center one of the few multi-disciplinary wound care centers in Fort Bend County. From minor accidents to burns and chronic disease-related wounds, specialists in plastic surgery, internal medicine and podiatry work closely with nurses and dietitians to achieve the best outcome for patients.

State-of-the-art therapy and advanced wound healing technology, including Hyperbaric Oxygen Treatment and biologic wound dressings, enable the center to create an optimal healing environment for a range of wounds - including diabetic, pressure and vascular ulcers, bone infections, gangrene, surgical wounds and post-operative infections, radiation burns and more.

Individualized plans are established based on the needs and unique circumstances of each patient's wound. Blood work and vascular tests help determine the root cause of improper healing and are integral in establishing specific patient plans.

"As a plastic surgeon, much of your work is centered on the wound care of trauma victims - from burn to accident victims, minor and severe. You learn to see things not as they are but as they may be beneath what is visible to the eye. This is particularly true when wounds linger for months with no apparent signs of healing," said Jaffer.

"At the center, we involve all of the specialists in determining the root of the problem and work together to remove the elements hindering proper healing," added Jaffer.

The wound care team of OakBend works to educate the community on wounds and when they should be assessed, as well as the type of diets and lifestyle habits that contribute to slow healing.

A primary focus for the group is identifying "the culprit" preventing proper healing, particularly important today as childhood diabetes and a number of chronic diseases affecting the body's ability to heal continue to rise. Understanding how a patient's immune system may be compromised and what internal factors are contributing to delayed healing enables the group to establish targeted plans to promote healing.

Among the innovative conservative treatments utilized at the center and proving very effective in the treatment of chronic wounds is Hyperbaric Oxygen Treatment, which is used to oxygenate bodily tissue and stimulate its own healing properties. The oxygen treatment also promotes greater blood vessel formation, preserves damaged tissue and eliminates toxic substances in the wound.

The center also performs wound debridement and other minor procedures to promote an optimal healing environment. When chronic wounds, or those resulting from a trauma, require more than conservative treatment, the specialized wound care team is equipped to address them using the latest technology and advanced treatment.

Dr. Azul Jaffer is a plastic surgeon who specializes in wound care. He works with a team of surgeons, podiatrists, internal medicine physicians and nurses at the OakBend Medical Wound Care Center. He is a staunch advocate of education and offers free consultations in order to promote a greater understanding in the optimal care of wounds.

Dr. Jaffer obtained his Medical Degree and specialized in surgery at the University of Massachusetts in Pittsfield, MA. He completed the fellowship program in Plastic Surgery at Tulane University in New Orleans and today has hospital privileges at OakBend Medical Center.