



The Robot *is In!*

The Kanas Center for Advanced Surgery at Peconic Bay Medical Center is now home to the **da Vinci Surgical Robotics Program!**



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Change is Good.

Less than a decade ago, the building that stood at the corner of Route 58 and Roanoke Avenue was an outdated community hospital poised to take its place in the annals of time. Rather than accept our fate, we instead decided to transform it.

Through hard work, perseverance, and the generous support of our communities, we changed the hospital into one of the most advanced Medical Centers in Suffolk County.



Our Emergency Department is a designated Stroke Center, a distinction the New York State Department of Health only gives to healthcare facilities capable of providing sophisticated care at a rapid pace.

We've also been recognized as a Bariatric Center of Excellence – the most sought after distinction of this surgical specialty – by the American Society for Metabolic and Bariatric Surgery.

Then there's our 5-star rating in general surgery – the highest available – by HealthGrades, the leading independent healthcare ratings organization in the nation.

And with our new Medical Education Program and partnership with the Stony Brook University School of Medicine and the New York College of Osteopathic Medicine, we are primed to become a teaching hospital of distinction.

What's more, we now have a 64-slice CT scanner – one of the most advanced equipment of its kind available in the industry. Providing physicians with the ability to see more anatomical detail in only a fraction of the time, 64-slice CT scans offer non-invasive imaging of the coronary arteries and other rapid diagnoses.

But perhaps the most exciting news of all is that the Kanas Center for Advanced Surgery is now home to the da Vinci Surgical Robotics Program. This incredible device is the cutting edge of modern surgery and Peconic Bay is the first community hospital in Suffolk County to have it!

Change is good. But a total and complete transformation? That's even better.

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Affiliated with Stony Brook University Hospital
and Stony Brook University School of Medicine

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Introducing the Kanas Center's da Vinci Surgical Robotics Program!

Smaller incisions • Less pain • Lower risk of infection
 Shorter hospital stay • Faster recovery • Less scarring



The da Vinci robot has EndoWrist® instruments that can rotate 360 degrees. This allows for a wider range of motion, more intricate suturing, and greater precision and dexterity than human fingers.



EndoWrist® instruments offer intuitive motion, finger tip control, and tremor reduction.

Last May, we opened the Kanas Center for Advanced Surgery at Peconic Bay Medical Center. In October, we were given a 5-star rating in general surgery by HealthGrades, the leading independent healthcare ratings organization in the nation. And now – just 12 months after launching our new surgical pavilion – Peconic Bay is home to the da Vinci Surgical Robotics Program!

A sophisticated robotic platform designed to enable complex surgery using a minimally-invasive approach, Stony Brook University Hospital is the only other medical facility in Suffolk County with this incredible system and we are the very first community hospital in this county to have this technology.

Powered by state-of-the-art robotic technology, the da Vinci System is designed to scale, filter and seamlessly translate the surgeon's hand movements into precise, delicate movements, which in turn result in an intuitive interface with breakthrough surgical capabilities. What's more, the da Vinci Surgical System's fail-safe design minimizes risk of human error when compared with traditional surgical approaches.

The da Vinci Surgical System is a remarkable improvement over conventional laparoscopy, in which the surgeon operates while standing and uses hand-held, long-shafted instruments which have no wrists. With conventional laparoscopy, the surgeon must view a two-dimensional video monitor to see an image of the target anatomy and rely on their patient-side assistant to position the camera correctly. In contrast, the da Vinci Surgical System's ergonomic design allows the surgeon to operate from a comfortable, seated position at the console with their eyes and hands positioned in line with the instruments.

The da Vinci Surgical System has three main features:

- A surgeon console, which includes a video screen, hand controls and foot pedals
- A vision tower and bedside cart, which is equipped with four robotic arms – one that holds a three-dimensional, high-definition endoscope camera and three that feature miniaturized wristed instruments
- A high-performance three-dimensional, high-definition vision system

By providing surgeons with superior visualization, enhanced dexterity, greater precision and ergonomic comfort, the da Vinci Surgical System makes it possible for more surgeons to perform minimally invasive procedures involving complex dissection or reconstruction. This ultimately raises the standard of care for complex surgeries, translating into numerous potential patient benefits.

For the patient, a da Vinci procedure can offer all the potential benefits of a minimally invasive procedure, including less pain, less blood loss and less need for blood transfusions. Moreover, the da Vinci System can enable a shorter hospital stay, a quicker recovery and faster return to normal daily activities.

Introducing da Vinci

Peconic Bay's Women's Health Initiative: The Gynecologic Oncology Robotic Surgery Program

Peconic Bay's Gynecologic Oncology Robotic Surgery Program is about to change lives ... literally and figuratively.

Traditionally, open surgery for gynecologic cancers has involved large incisions and extensive procedures that often leave the patient feeling disfigured. Conventional laparoscopy just wasn't an adequate surgical option for complex cases. What's more, it was difficult to learn and perform.

But with the da Vinci Surgical System, more advanced operations can be performed with a minimally invasive approach, resulting in shorter hospital stays, minimal pain and scarring, and quicker recovery ... even for women with conditions as serious as cancer. What's more, patients can maintain a greater self-esteem and quality of life.

Easier to perform and learn than conventional laparoscopic surgery, robot-assisted surgery enables gynecologists to perform more advanced operations and a broader range of procedures including hysterectomies and myomectomies.

And with the added dexterity and three-dimensional visualization, the da Vinci Surgical System is appropriate for a broader range of gynecologic conditions such as ...

- Cervical cancer
- Endometrial cancer
- Vaginal or uterine prolapse
- Endometriosis
- Uterine fibroids

This new technology provides surgeons with greater precision, control, and access to hard-to-reach areas, allowing complex surgeries to be performed through just a few

small incisions. Now, minimally invasive techniques can be used for procedures whose complexity once demanded open surgery.

In addition to the number of many benefits to the patient, there are also a number of benefits to the surgeon, including improved visualization; better control of the instruments; improved surgical dexterity for complex aspects of the operation; and easier and faster suturing.

The system also eliminates hand tremors and greatly minimizes surgeon fatigue – a key factor in longer, more complex surgeries.

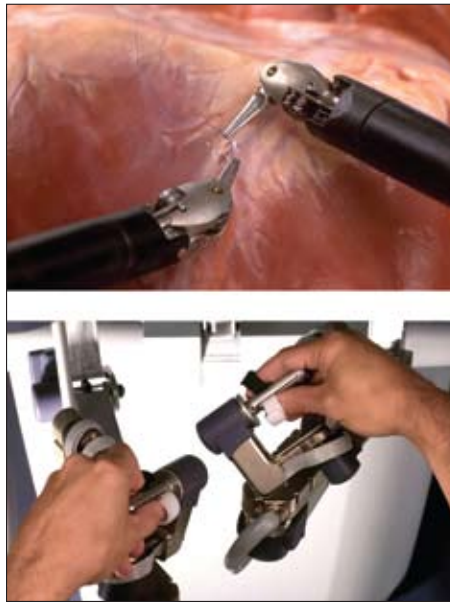


How It Works

During a robotic procedure, the surgeon makes four dime-size incisions in the patient's abdomen and inserts a robotic arm through each opening.

One of the arms holds a camera with 10X magnification, and the other three hold microsurgical instruments with the same full range of motion as the surgeon's wrist and hand.

The surgeon then sits at a console a few feet from the patient and remotely, very precisely and in real-time operates the microsurgical instruments. "It increases the fineness and delicacy of the procedure," said Dr. B. Hannah Ortiz, the Director of Peconic Bay's Gynecologic Oncology Robotic Surgery Program. "It's as if a tiny person is walking around the pelvis."



How It Helps Patients

Rapidly becoming the most effective and least invasive surgical option for patients for many types of gynecologic procedures, robotic-assisted surgery offers patients ...

- Smaller incisions
- Less pain
- Lower risk of infection
- Shorter hospital stay
- Faster recovery
- Less scarring

Meet Dr. B. Hannah Ortiz,

The Director of Peconic Bay's Gynecologic Oncology Robotic Surgery Program

When Peconic Bay began planning the launch of the Gynecologic Oncology Robotic Surgery Program, only one name came to mind: Dr. B. Hannah Ortiz.

One of only 923 board-certified gynecologic oncologists in the U.S., Dr. Ortiz is the only female physician with this distinction in Suffolk County. She completed her Fellowship in Gynecologic Oncology at Harvard Medical School; residency in Gynecology & Obstetrics at Stanford University; medical school at Mount Sinai School of Medicine and earned her B.A. in Germanic Languages and Literatures from Yale University.

Dr. Ortiz brings skill, knowledge and compassion to the women of Eastern Long Island. She is a Fellow of the American College of Obstetrics and Gynecology; Full Member of the Society of Gynecologic Oncologists; and has membership in a host of other national and international specialty societies.

During her 11 years practicing Gynecologic Oncology, Dr. Ortiz has received numerous honors from her colleagues and her community, the most recent being named one of the Top 50 Women in Business on Long Island by the Long Island Business News. She is married, has two daughters, speaks five – English, Spanish, German, French and Hebrew – languages, enjoys cooking and tries to make time to knit.

Dr. Ortiz's vision is changing the face of women's healthcare on the East End.





The Kanas Center for Advanced Surgery and the Hamptons Orthopedic & Rehabilitation InstituteSM: A Joint Effort



**HAMPTONS ORTHOPEDIC
& REHABILITATION INSTITUTE**

Committed to helping those with orthopedic needs regain functional independence and improve their quality of life, the Hamptons Orthopedic & Rehabilitation InstituteSM at Peconic Bay uses the most advanced surgical and rehabilitative techniques available today. And while each patient's individual care plan varies based on their unique challenges, all of them share one overriding goal: to get them back on their feet as quickly and safely as possible.

The continuum of care available once a patient is ready to leave the hospital include Peconic Bay's

Sub-Acute Care Facility for short-term rehabilitation, HomeHealth Services for at-home medical treatment, and the Outpatient Physical Therapy & Rehabilitation Center which offers state-of-the-art equipment and an experienced staff of physical therapists.

From joint replacement surgery to physical therapy and rehabilitation, the Hamptons Orthopedic & Rehabilitation InstituteSM combines the best of both worlds and addresses both the pre- and post-surgery needs of each patient ... it's a genuine joint effort.

The Hamptons Orthopedic & Rehabilitation InstituteSM offers a full spectrum of orthopedic surgeries, including ...

- Total Joint Replacement
 - Knee
 - Hip
 - Shoulder
 - Revision
- Arthroscopy
 - Knee
 - Shoulder
 - Ankle
- Spinal Surgery
- Reconstructive Orthopedic Surgery
- Sports Medicine
- Hand Surgery
 - Open
 - Endoscopic
- Fractures

The Hamptons Orthopedic & Rehabilitation InstituteSM comprises a number of talented and experienced orthopedic surgeons ...

Nestor Blyznak, MD
John Brennan, MD
Fred Carter, MD
Morgan Chen, MD

Alexander Finger, MD
Richard Hindes, MD
Gregg Jarit, MD
Barry Kleeman, MD

Eugene Krauss, MD
John Labiak, MD
Eric Manoff, MD
Jeffrey Muhlrud, MD

Jonathan Owens, MD
Douglas Petraco, MD
Steven Puopolo, MD
Richard Ritter, MD

Philip Schrank, MD
Teresa Schully-Habacker, MD
Itchak Schwarzbard, MD
Michael Sileo, MD
Peter Sultan, MD

The American Society for Metabolic and Bariatric Surgery (ASMBS) recently renewed the Richard B. Rubenstein, M.D. Center for Bariatric Surgery at Peconic Bay's designation as a Bariatric Surgery Center of Excellence! Recognizing surgical programs with a demonstrated track record of favorable outcomes in bariatric surgery, this designation is the most sought after distinction of this surgical specialty.

Clinical evidence has demonstrated that the most experienced and best-run bariatric surgery programs have by far the lowest rates of complications. The ASMBS Centers of Excellence program was created to recognize bariatric surgery centers that perform well and to help surgeons and hospitals continue to improve the quality and safety of care provided.

To earn a Bariatric Center of Excellence designation – both during the initial and renewal phases – the Richard B. Rubenstein, M.D. Center for Bariatric Surgery at Peconic Bay underwent a series of site inspections during which all aspects of the program's surgical processes as well as data on health outcomes were collected and closely examined.

The Richard B. Rubenstein, M.D. Center for Bariatric Surgery at Peconic Bay: A Bariatric Center of Excellence ... and a Beacon of Hope

No one likes the term "morbid obesity." It is – quite literally – morbid and morose. But so are the many health risks that this particular diagnosis brings about in anyone suffering from it. From diabetes; high blood pressure; sleep apnea; and gastroesophageal reflux disease (GERD); to gallstones; osteoarthritis; heart disease; and cancer; morbid obesity is a very real – and very serious – health threat.

Having a body mass index (BMI) of 40 or more, which translates into 100 pounds of extra weight for men and 80 pounds for women, puts you in the morbidly obese category. But it also designates you as a candidate for weight loss surgery, which can significantly alter your health, well-being, and life.

The Richard B. Rubenstein, M.D. Center for Bariatric Surgery at Peconic Bay – a Bariatric Center of Excellence – offers an experienced multidisciplinary team whose approach extends well beyond the

surgical procedure. The Center's staff, which provides surgical and clinical nurse expertise as well as psychological and nutritional counseling, takes a full-scope, comprehensive approach to surgical weight loss. Each patient's tailor-made program includes extensive preoperative counseling and education; a series of preoperative tests and evaluations; nutritional, fitness and psychological counseling; and participation in monthly support group meetings.

Surgical procedures include the Gastric Roux-en-Y Bypass; the Adjustable Gastric Banding (Lap-Band); and the Vertical Sleeve Gastrectomy; all of which help the patient by providing a sensation of fullness which then limits the amount of food eaten during meals. Typically performed laparoscopically, these procedures result in shortened recovery times and reduced post-operative complications and pain.

If you're considering bariatric surgery for yourself or a loved one,

why not sit in on the Bariatric Surgery Support Group's meetings? You'll get tips on achieving a healthier lifestyle, hear from weight loss specialists, and meet patients who have already gone through the procedure. The Bariatric Surgery Support Group meetings are held the second Thursday of each month at the Hilton Garden Inn in Riverhead.

6:30 p.m. – 7:00 p.m.: Keeping on Track
7:00 p.m. – 8:00 p.m.: Support Group

**If you'd like to participate, call 631-475-1013
or visit www.suffolksurgicalgroup.com.**

**If you'd like a copy
of the Center's 2010
Success Stories
Calendar, please
call 631-475-1013.**

The Center's Success Stories

The Richard B. Rubenstein, M.D. Center for Bariatric Surgery at Peconic Bay has forever changed the lives of so many people. And every year, 12 of the Center's patients are selected to participate in the Success Stories Calendar, which includes before-and-after success stories and numerous hints, pointers, and advice from successful patients. Two of the patients featured in this year's calendar are Robert and Afton ...



Robert had the gastric banding procedure in March of 2008 and has since lost 147 pounds. "What helped me was realizing that this procedure was a tool, not a quick fix, for success," said Robert. "And through the consistent and continued support of others experiencing the same issues."



Afton has lost 88 pounds since her gastric banding procedure in May of 2008. "Working out and eating healthy helped me," said Afton. "And keeping my 'before' photo on the wall ... that's what kept me going!"

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Andrew J. Mitchell, FACHE
President/CEO

Denise Civileti
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The MDJ Goodale Emergency Center at Peconic Bay Medical Center

Your Health is Precious.
So is Your Time.



Separate & Distinct

Urgent Care

&

Emergency Center

24 hours a day, 7 days a week.

Because time matters.

Staffed by trauma-trained Stony Brook University Hospital emergency physicians, Peconic Bay's all-new Emergency Center treats all of your urgent medical care needs **quickly, compassionately and efficiently.**

A **New York State designated Stroke Center** offering: state-of-the-art diagnostic technology; modern facilities; and a highly-trained Emergency Team, Peconic Bay's Emergency Center also treats ...

Wounds • Lacerations • Fractures • Sprains • Injuries