

Fewer stitches,  
faster recovery

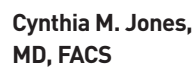
## Q: WHAT IS MINIMALLY INVASIVE SURGERY?

## Q: HOW DOES IT WORK?

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Now there's a handy way to keep tabs on all of your medications, dosages, supplements and drug allergies. *My Medication Record* is a wallet-sized resource to bring to doctors' appointments, show your pharmacist and use in case of emergency. Always carrying this list of what you're taking can prevent dangerous drug interactions and mistakes, says M. Veronica Daly, MD, MS, director of medical informatics for Atlantic Health System. "If you're in a car accident, the ER would want to know what medications you're taking," she says. You should list herbals and supplements that can have powerful effects on other drugs, she adds. The bottom line? Be proactive about your health. "Write down what you're taking, and how much, and mention to everyone who cares for you that you have that list in your wallet," says Dr. Daly. "It's about patient safety and empowerment." ▶

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**A: Dr. Nakhjo:** You can perform the same surgeries you would do with an open (traditional) surgical procedure, but you make smaller incisions, about 5 to 10 millimeters. We use a port device — a cannula or tube placed into the incision and through the abdominal wall. The instruments we use to perform the surgery are placed through these cannulas.

**A. Dr. Nakhjo:** The recovery time for a patient is quicker. There's also less postoperative pain after minimally invasive surgery, which means less need for pain medication. There's less of a chance to develop pneumonia, blood clots in the legs or wound infections. Aesthetically, it looks better — the scarring is not as noticeable.

## Q: WHO'S A GOOD CANDIDATE?

**A: Dr. Nakhjo:** There's always a chance of converting a laparoscopic surgery to an open procedure, especially with a patient who has a very severe active disease and may have had multiple prior surgeries. There can be dense adhesions or scarring. But in most cases, it's only a challenge we can work through. At Newton, we have the latest technology, the training and the experience to do the latest in minimally invasive surgical procedures. ▶

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