High Tech and High Touch:

Center for Robotic Surgery and
Center for Integrative Medicine & Wellness,
New at Stamford Hospital
A Message from Our President and CEO

Dear Friend,

You don’t have to choose between warm, compassionate and highly personalized care and high-tech, scientific solutions to medical problems—we have both at Stamford Hospital, where we bring the high standards of an academic medical center into the very personal environment of a community hospital.

Now open at the Tully Health Center, our Center for Integrative Medicine & Wellness is a valuable resource for those who want to achieve or restore optimal health. Renowned physicians and medical professionals have come to Stamford to run our programs in heart health, wellness, women’s health and pain management. Our collaborative approach is one of the aspects that makes us truly unique…our integrative physicians work directly with and in support of the relationships you already have with doctors you trust.

On the heels of opening the area’s first CyberKnife® radiosurgery center, we’ve extended our investment in robotic technology and minimally invasive techniques with the acquisition of the da Vinci® Surgical System. This sophisticated robotic platform gives your surgeon state-of-the-art robotic technology to perform even the most complex and delicate procedures.

It’s all part of who we are and what we do at Stamford Hospital.

Brian G. Grissler
President and CEO
Center for Robotic Surgery...
Hospital’s new da Vinci improves minimally invasive surgeries with an emphasis on gyn procedures.

Center for Integrative Medicine & Wellness...
Treats the whole person—mind, body and spirit—using a safe and evidence-based approach customized for each person.
The new Center for Robotic Surgery employs the latest technology to perform surgery that is safer, has shorter recovery times and offers a higher likelihood of success than regular open or conventional minimally invasive surgeries. Initially, the Center is focusing on minimally invasive women’s surgery, expanding to other procedures in the near future.

**Advantages of Robotic Surgery**

According to Timothy S. Hall, MD, Stamford Hospital’s Chairman of Surgery, this new technology offers distinct advantages for surgeons and for patients. “You can see the anatomy better and you can handle tissue better; these two factors are the most paramount issues in performing surgery,” he explained. Surgeons will receive extensive training on how to utilize this high-tech surgical tool so as to deliver the advantages of both traditional open surgery and minimally invasive techniques. Dr. Hall continued: “For the surgeon, it recreates operative techniques similar to open procedures—you can operate as if you have two hands in the surgical field, even being able to dissect tissue as precisely as if it were being done with an open approach. Also, it enables 3-D view, which is a real advantage.”

For the patient, he notes, “robotic surgery offers the benefits of minimally invasive methods—the incisions are smaller, the surgery is shorter and recovery time and likelihood of post-operative bleeding are significantly reduced.”
Women’s Minimally Invasive Robotic Surgery

Initially Stamford Hospital is using the da Vinci robotic surgery system for gynecological surgeries, but the system can be used for a wide range of surgical procedures. Prostate, cardiovascular, colorectal, lung and many general surgeries can be done robotically.

Dr. Lance Bruck, Stamford Hospital’s Chairman of Obstetrics & Gynecology, performed the hospital’s first robotic procedure in October. His patient, a woman in her 30s, had endometrial cancer which required a complete hysterectomy. Dr. Bruck operated robotically and she went home the next day.

He notes that most patients facing gyn surgery would benefit from this technology. “Usually a hysterectomy is done laparoscopically, through the vagina or an abdominal incision. Performing the surgery robotically offers a clear advantage in terms of shorter hospital stay, less pain, less blood loss, fewer complications, and faster return to normal activities,” Dr. Bruck explained.

In addition to performing hysterectomies, the da Vinci robotic system can be used for treating and removing myomas (benign fibroids). It also is valuable for endometrial cancer and possibly cervical and ovarian cancer surgeries, which may require the removal of tubes and ovaries, as well as extensive lymph node dissections. “For these procedures the benefits are the ability to maneuver in small spaces, 3-D visualization—robotics is just perfect for those applications,” says Dr. Bruck. “For women who have had multiple gynecologic surgeries and therefore have scar tissue, the da Vinci technology offers better magnification, giving us a much better tool for these difficult procedures.”

Stamford Hospital’s Center for Robotic Surgery will expand into other surgical specialties soon. Please visit our website stamfordhospitalrobotic.com for the latest information and to view videos of robotic surgery procedures. If you’d like to contact Dr. Bruck, call 877.233.WELL (9355).

Robotic Surgery means a shorter hospital stay, less pain and a faster return to normal activity.

Lance Bruck, MD
Chairman, Obstetrics & Gynecology

Timothy Hall, MD
Chairman, Department of Surgery
There is a strong connection between a person’s mind, body and spirit in the healing process. While advances in technology have made the practice of medicine more of a science, there are healing traditions far older than ours that have come from all over the world. Integrative medicine merges the best of both—where the best of scientific medicine is integrated with the safest, clinically proven treatments from many other healing trades.

According to the Bravewell Collaborative, a foundation that develops and manages strategic initiatives that support integrative approaches to healthcare, integrative medicine is defined in the following way:

- It is patient-centered care that focuses on healing the whole person—mind, body and spirit—in the context of community.
- It educates and empowers people to be active participants in their own care and to take responsibility for their own health and wellness.
- It integrates the best of Western scientific medicine with a broader understanding of the nature of illness, healing and wellness.
- It makes use of all appropriate therapeutic approaches and evidence-based global medicine modalities to achieve optimal health and healing.
- It encourages healing partnerships between the provider and patient, and supports the individualization of care.
- It creates a culture of wellness.

The growing popularity and consumer demand for integrative forms of treatment prompted Stamford Hospital to open the Center for Integrative Medicine & Wellness. The Center is designed to help patients attain optimum health and healing with an integrative approach to medicine. Our Center is unique in that physicians work with every patient to develop a personalized plan combining scientific and evidence-based complementary medicine with standard medicine.
A key factor in the Center’s success will be establishing relationships with community physicians to ensure a collaborative process in identifying and treating patients.

“We are providing a consultation service and the object is to work together with a patient’s primary care physician or referring specialist to ensure that any modalities we may recommend are fully integrated with the patient's current medical treatment plan,” said Dr. Joseph Feuerstein, the Center’s Director of Integrative Medicine. “The goal is for this to be a one-track system with a multidisciplinary approach, where we will create a customized plan to optimize health for every patient.”

Set in a tranquil environment and staffed by a dedicated group of expert physicians and a nurse practitioner who are all trained both in conventional and complementary medicine, the Center currently offers four programs focusing on common health concerns: integrative cardiology, integrative medicine, women’s health and pain management.

**Integrative Cardiology.** If you are at high risk for heart disease or are recovering from a heart problem, you know that getting healthy is your first priority. This program offers multiple lifestyle techniques to complement and support standard medical therapies for the treatment of heart disease. The Center will create individualized programs tailored to a patient’s specific needs and support patients and their families throughout the process. The Center is also one of the few in the Tri-state area to offer the Dr. Dean Ornish Program for Reversing Heart Disease.™ This innovative, 12-week program has proven valuable for the prevention and treatment of the most common form of heart disease.

**Integrative Medicine.** Whether you want to improve your general wellness or have specific issues that require problem-solving, this program is designed to work with you, your physician and other healthcare professionals to create a customized plan to achieve your health goals. The program offers numerous options to change and improve the quality of your life.

**Women’s Health.** Women face unique health challenges throughout their lifecycle. In addition to issues related to reproductive health, from fertility to menopause, we recognize that women have healthcare needs that require different interventional strategies than men. Our program works with patients to help them define their health and lifestyle objectives and, working together with referring physicians, create a strategy to achieve them.

**Pain Management.** Many people suffer with chronic pain. For some, pain is a side effect of medical treatment, while for others it is related to aging, injury or stress. Regardless of the cause, this program provides support and solutions that tap a variety of healing modalities to bring about change and improve the quality of your life.

The Center is conveniently located on the first floor of the Tully Health Center, and is open weekdays from 9 am to 5 pm. Its clinicians accept medical insurance. For more information, please visit stamfordhospitalintegrative.com or call 203.276.4777.
Coronary artery disease (CAD) affects more than 14 million Americans. It is the leading cause of death in the United States, resulting in more than 475,000 deaths each year. Since the root causes of CAD can lie more with lifestyle, alternative approaches to deal with heart disease (and address lifestyle issues) have been gaining popularity.

An integral part of Stamford Hospital’s new Center for Integrative Medicine & Wellness is its integrative cardiology program. This program offers multiple lifestyle techniques to complement and support standard medical therapies for the treatment of heart disease. The hospital’s Chief of Cardiology Dr. Steven Horowitz, and nurse practitioner, Kathleen Sanders, will work in tandem with each patient’s physicians to create programs tailored to address specific patient needs. Staff also will support patients and their families to successfully achieve lifestyle changes that will optimize their health and well-being.

Such a lifestyle approach looks to address key risk factors of heart disease, many of which are behavioral in nature. This typically includes a diet rich in fat, lack of regular exercise, an inability to deal effectively with stress, and emotional challenges that lead to other negative feelings. The hospital’s program is based on Dr. Dean Ornish’s Program for Reversing Heart Disease™, the first program scientifically proven to reverse heart disease.

A one-size-fits-all approach to medicine is not the solution for many patients. While we need to be evidence-based in using the scientific data available to us as medical professionals, we cannot ever stop listening to our patients. We need to consider both technology and alternative techniques that are available so that we can present patients with the best possible plan of care.”

Steven Horowitz, MD
Director, Integrative Cardiology

Since he first arrived at Stamford Hospital in 2003, Dr. Horowitz envisioned a program that would not only offer state-of-the-art care, but also would encourage a healthy lifestyle. This vision is supported by published evidence indicating that the increasing rates of survival for heart patients over the last 20 years are as much a result of lifestyle change, such as smoking cessation and becoming fit, as they are from technological innovations in cardiology.

Serving as the hospital’s Chief of Cardiology and Chair of the Advisory Council for the Center for Integrative Medicine & Wellness, Dr. Horowitz is board-certified in internal medicine and cardiovascular disease. Prior to coming to Stamford, in his 14-year career at Beth Israel Medical Center, he helped create one of the top cardiac centers in New York City and is well-known for his use of noninvasive methods to diagnose cardiac conditions, as well as his contributions to nutrition and complementary programs in cardiac health and cardiac rehabilitation.
“We are excited to offer this program, which has proven that lifestyle modification can reverse the effects of heart disease,” said Dr. Horowitz. “Such a focus on integrative cardiology will enhance and complement the state-of-the-art surgical options that patients have available here through the hospital’s open heart program.”

Designed to help patients begin to heal from their very first phone call or visit, the integrative cardiology program is built on the belief that health and wellness involve healing of the spirit, mind and body, not just treatment of the symptoms of heart disease. It will target three primary groups:

- Men and women who are contemplating bypass surgery or angioplasty, but are seeking an option that may reduce the need for these procedures;

- Patients who have previously had one or more heart procedures and want to minimize the chances of repeating the process; and

- People with significant risk factors for cardiovascular disease, such as high cholesterol, high blood pressure, inactivity, or a strong family history of heart disease or diabetes.

Program participants will be screened and approved following an initial consultation with family primary care physicians and cardiologists. Then, patients will begin a 12-week course that includes nutrition, exercise, relaxation techniques and emotional support.

According to information provided by the Ornish Program, participants have achieved significant reductions in all risk categories and demonstrated marked improvement in exercise and physical capabilities, not to mention an improved emotional outlook.

“Our program will help people take charge of their own lives and make them part of the healing process,” said Dr. Horowitz. “The results are dramatic, both in terms of overall health improvement and patient empowerment, a powerful experience for all involved.”

For more information about the Integrative Cardiology program, please visit stamfordhospitalintegrative.com or call 203.276.4777.

“A healthy community is an important part of becoming and staying well. It is central to integrative medicine. Having the time to connect with patients, hear their story and work together to become as healthy as possible is unique. It is very exciting to be a part of this commitment within the Stamford Hospital community.”

Kathleen Sanders, APRN

*Integrative Nurse Practitioner*

Kathleen enjoys teaching patients about well-studied healthcare modalities available to them that will improve their health and help them to feel better. She believes it is essential to work together as a team, meeting the patient where they are at physically, emotionally and spiritually to develop an effective plan to become as healthy as possible.

She will be coordinating the Dr. Dean Ornish Program for Reversing Heart Disease™ as well as working with the Women’s Health Services and the integrative medicine program.
Women face many different health-related challenges over the course of their lives. As an internist, board-certified in internal medicine, Dr. Poa’s consultative practice will focus on the unique health needs of women, whether related to specific signs of illness or individual lifestyle changes. Before relocating to Connecticut from California, she was Associate Clinical Professor of Medicine at UCLA Medical Center in the Iris Cantor-UCLA Women’s Health Center.

Dr. Poa is looking forward to meeting women of various ages and interests through her work at the Center. She will assess her patients’ medical, emotional and hormonal needs in order to determine what tools and options will best help to achieve their own goals and optimal health status.

There is an area cardiologist who has referred a number of patients to me because he believes that stress, diet, physical activity and lifestyle can make a difference. Working together, we really have the chance to totally change the course of their lives. To me, this idea of actually changing someone’s life for the better, is not just my job, it’s a tremendous honor.”

Joseph Feuerstein, MD
Director, Integrative Medicine

While he speaks the language of standard medical care as a board-certified family medicine physician, Dr. Feuerstein also is trained and proficient in integrative medicine, having completed a fellowship at the University of Arizona with Dr. Andrew Weil. Since coming to Stamford, he has been working with primary care physicians and specialists to help patients for every type of medical specialty and disease.

As Director of Integrative Medicine, Dr. Feuerstein is looking forward to the opportunity to expand his work with physicians to develop completely individual plans incorporating clinically tested modalities for every patient that can help improve their level of health no matter the disease.

Most of the time, women are making healthcare choices for their whole family. Part of what I enjoy most is learning about a patient’s role in her particular family, helping her to evaluate current healthcare choices and determine the best medical and lifestyle approaches for her ultimate health and well-being.”

Hyunah Poa, MD
Director, Women’s Health
When I first observed the synergism of standard medical care and other health systems and modalities, it was a personal transformation. Blending these different approaches, safely and effectively, seemed to be ideal.”

Marc Brodsky, MD
Medical Director

As a Navy physician working in Japan, Dr. Brodsky’s patients wanted to try a number of Eastern medicine therapies, but he knew little about their effectiveness or their safety. Nonetheless, he noticed that many of these modalities added value to the medical care that he was providing as a board-certified family medicine physician. He became interested in learning more about them, particularly how they could help people get relief from pain symptoms. Public demand for a full range of treatment options has increased over the time that Dr. Brodsky completed a fellowship in integrative medicine at UCLA and, subsequently, served as an Assistant Clinical Professor at that institution.

As Medical Director, Dr. Brodsky is eager to work with the Center’s team to build a strong community resource for patients and physicians that will help solve health problems. Treatments for his patients will be guided by safety, scientific evidence, and patient preferences.

“Our treatment rooms are designed to support a mind, body and spirit approach to achieving optimal health.”

stamfordhospitalintegrative.com
Highlights from Our Community Events Calendar
Fun, Educational Programs about Health and Lifestyle for the Entire Family

February is Heart Month
Stamford Hospital and The Fairfield County Chapter of the Links, Incorporated are partnering to raise awareness about cardiovascular health and wellness.

3RD ANNUAL DAY OF DANCE—
FOR CARDIOVASCULAR HEALTH & WELLNESS
Saturday, February 28, 2009
10 am – 2 pm
A Spirit of Women event
The Holiday Inn, 700 E. Main Street, Stamford
Free Admission
To register call 877.233.WELL (9355).
More information at stamfordhospital.org/dayofdance.

FASHION FROM THE HEART
Saturday, March 7, 2009 at 8 pm
Palace Theatre, 61 Atlantic Street, Stamford
A fashion extravaganza and a show with a heart!
VIP Reception and Preferred Seating, $75.
More information at fashionfromtheheart.org.

FREEDOM FROM SMOKING®
Freedom from Smoking is an American Lung Association Program. This intensive 8-session, 7-week program combines behavior modification, stress management and nutritional education with the support you need to quit for good. Pre-registration is required.
Tully Health Center—Conference Room B
To register call 877.233.WELL (9355).

THE HEALTH AND FITNESS INSTITUTE,
located in the Tully Health Center, offers classes year round in:
• Yoga
• Tai Chi
• Pilates Mat
• Pilates Reformer
• Back Pain Relief
• Prenatal Yoga
• Prenatal Aquafitness
• Meditation
• Fall Prevention
• Win to Lose Weight Loss Competition

Also offered at The Health and Fitness Institute:
Massage Therapy and Nutritional Counseling
These classes are open to members and non-members of The Health and Fitness Institute. For more information call 203.276.4567 or visit stamfordhospital.org/services/fitness.