

VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

H. Charles-Harris, MD & Associates

Exceeding Your Expectations!

A Surgical Newsletter Joining Physicians in Medicine and Surgery



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SPECIAL IN THIS ISSUE

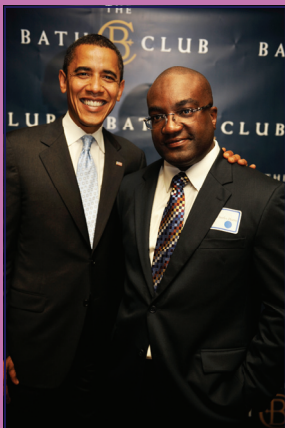
- Abnormal Mammogram
- Case Study: Gastrectomy
- Hernia Repair
- Surgical Procedures Offered

Questions?
Referrals?
Contact Us!

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ABNORMAL MAMMOGRAM.....NOW WHAT?

We encourage all women ages 35 and over or those with a family history of breast cancer to contact their primary care physician to make arrangements for doing a mammogram. If an abnormality is detected, an evaluation by a breast surgeon should be the next step. A biopsy will provide a more definitive diagnosis. Our practice offers many different types of options depending on the individual, performed both in the office and outpatient.

Minimally-Invasive Options:

- Ultrasound-Guided Biopsy
- Stereotactic Biopsy

Traditional Surgical Options:

- Open Core Biopsy
- Excisional & Incisional Biopsies

Should the pathology from the biopsy be diagnosed positive for breast cancer, our practice also offers various treatment options depending on the diagnosis.

Modern Options &

Breast Conserving Therapy:

- Lumpectomy
- Wide Excision
- Sentinel Lymph Node Biopsy & Axillary Dissection

Traditional Surgery:

- Modified Radical Mastectomy

Should the patient need radiation or chemotherapy, our practice will provide the access necessary.

- Port-a-Cath Insertion for Chemotherapy OR
- Mammosite Balloon Insertion for 5-Day Targeted Radiation Therapy

CASE STUDY

“Gastrectomy: Japanese Style”

Mr. X is a 65 year old gentleman who presented with a new EGD (upper endoscopy) after having complaint of stomach pain. This showed a tumor of the lesser curvature of the stomach. Significantly he was also recently diagnosed with prostate cancer. He has worked hard all his life and his only previous surgery was tonsillectomy and prostate biopsy. He underwent a subtotal gastrectomy (a large operation) in late March 2009 and recovered very well. He was out of the hospital in 5 days with no complications. Significantly he had no nausea, which may happen after this type of surgery. **His pathology returned clear margins (all tumor removed cleanly) and 8 of 38 lymph nodes removed, with metastatic cancer.** The metastatic lymph nodes were all adjacent to the tumor.

The pathology was representative of a very good surgical oncology resection because **getting this many lymph nodes is more like how the Japanese do their stomach surgery, and they (the Japanese) are the world leaders in this type of surgery.** The significance of the clear margin and this many nodes removed is that there is **much less chance of cancer cells being left behind and much better chance of chemotherapy working to put this patient in remission.** In the USA the 5 year survival after gastric cancer is about 20% whereas in Japan the 5 year survival is about 60%, which obviously is dramatically better. Most authorities attribute this difference to the SURGICAL LYMPHADENECTOMY (removing more lymph nodes in Japan than in USA) so clearly THIS patient has a better prognosis because of how this surgery was done.

HERNIA REPAIR

Dr. Charles-Harris is well-known for his excellent techniques in laparoscopic and open hernia repairs.

- Surgery in under 30 minutes
- Extremely low complication rates
- Patients can be home for lunch!

What is a hernia?

Hernias are bulging of the abdominal wall due to heavy strain on the abdominal wall, aging, injury, an old incision or a weakness in the abdominal wall present at birth. Most hernias in children are congenital. In adults, a natural weakness or strain from heavy lifting, persistent coughing, difficulty with bowel movements or urination can cause the abdominal wall to weaken or separate, and hernias to form.

How is a hernia repaired?

Because hernias will usually get bigger rather than disappearing on their own, surgical repair is the best option to prevent complications. Such problems may include incarceration of intestines or other organ structures in inguinal hernias. This can cut off the blood supply to these organs and cause gangrene, sepsis, and even death. A famous Miami Singer may have died a few years ago from this!

Hernias are repaired either by open technique or laparoscopically depending on the type of hernia and the condition of the patient. For ventral hernias, mesh is placed to reduce the chance for recurrence. The laparoscopic technique results in shorter operative time, decreased post-operative pain, and a faster recovery.

Usually a cough impulse and other clinical signs will demonstrate the existence of a hernia. If there is a question or concern, a CT scan can confirm this.

TODAY'S BREAST CANCER TREATMENT IS DIFFERENT

Major Open Surgery is Becoming a Treatment of the Past for Early Detected & Early Stages

Minimally Invasive & Keyhole Biopsies Provide Modern Options

Mastectomy is not Always the Only Option

Breast Conserving Procedures are Available

You may not need Many Weeks of Chemo

Targeted Radiation Therapy Lasts just 5 days

Feel Happy with the Cosmetic Results

Contact Us Today and Discuss your Options

A Note from Surgical Scheduling

We suggest patients return to their PCP as soon as possible for pre-op labs and tests. This ensures results are received early and medical clearance can be obtained in time for surgery.

Kindly fax all authorizations and pre-op labs at least 72 hours before the patient's scheduled surgery.

Fax: 305-696-4435 Thank you!

Did you Know?

In 2008 alone, Dr. Charles-Harris repaired over 220 hernias. That's equal to one hernia repair nearly every working day of the year!

SURGERIES PERFORMED

Breast Surgery

- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Breast Cancer Disorders

Endovascular Procedures

- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm

Vascular Surgery

- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula & AV-Graft
- Various Vascular Access: Catheters & Infusion Ports

Thyroid Surgery

- Goiters & Thyroid Disorders

General & Colorectal Surgery

- Stomach Cancer & Disorders
- Colorectal Cancer & Disorders: Laparoscopic Colon Resection
- Gallstones & Cholecystitis: Laparoscopic Gallbladder Surgery
- Biliary Cancer & Disorders
- Pancreatic Cancer & Disorders
- Hernia Repairs: Laparoscopic & Open
- Circumcision
- Hemorrhoids
- Anal Fissures & Fistulas

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