

VASCULAR, ENDOVASCULAR, & GENERAL SURGERY

H. Charles-Harris, MD & Associates

A Center of Excellence

A Surgical Newsletter Joining Physicians in Medicine and Surgery



Håkan Charles-Harris, MD, FACS  
Diplomate, American Board of Surgery  
Chief of Surgery, North Shore Med. Ctr.  
Clinical Professor: NSU & MDC

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Questions?  
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Contact Us!

Tel: 305.691.2941  
Fax: 305.696.4435

1190 NW 95 Street  
Suite 101  
North Miami, FL 33150

NEWS

#2 Surgeon

Medtronic, a leading manufacturer of endovascular stents, this month launched a new stent graft to be used to repair Abdominal Aortic Aneurysms (AAA): the **AneuRx AAA-advantage® Stent Graft on New Xcelerant® Hydro Delivery System**. Dr. Charles-Harris, well known for incorporating state-of-the-art techniques into his practice, was approached by Medtronic to use this new Stent Graft in a recent AAA repair. The results were excellent. He is now the **second Vascular Surgeon** to perform an Endovascular Stent Graft Repair of an Abdominal Aortic Aneurysm with Medtronic's new Stent Graft following its recent FDA approval on 10 January 2008.



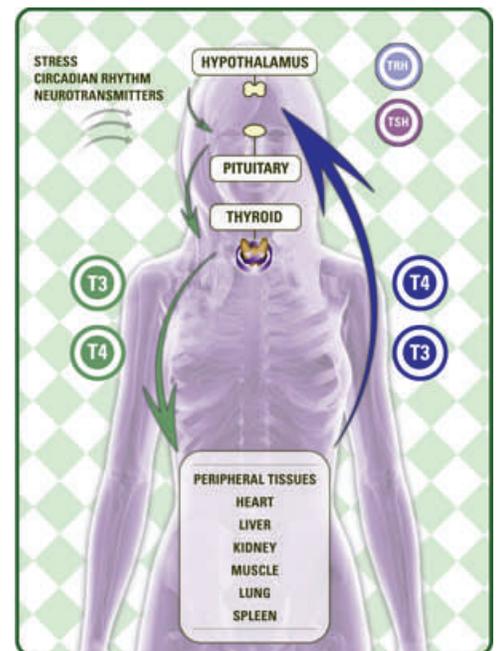
One of few General Surgeons in South Florida  
who Performs Thyroid Surgery

Dr. Charles-Harris is one of very few General Surgeons who performs numerous types of thyroid operations. Surgery is recommended for many patients who have both malignant and benign thyroid nodules, large thyroid glands (goiters), or over-active thyroid glands. Depending on the patient's individual diagnosis, Dr. Charles-Harris will discuss the surgical options with each patient. Together, the decision may be to perform a **lobectomy** (removing half of the thyroid gland), a **subtotal thyroidectomy** (removing nearly all of the thyroid gland,) or a **total thyroidectomy** (removing all identifiable thyroid tissue.) Specializing in minimally invasive surgical procedures, Dr. Charles-Harris ensures minimal scarring with tiny incision size and camouflaging of the incision's location.

SCREENING FOR AAA

Did You Know?

Effective 1 January 2007, Medicare reimburses for a one-time screening for an Abdominal Aortic Aneurysm (AAA) to qualified seniors as part of its Welcome to Medicare physical. This physical must be conducted within the first six months of enrollment in Medicare. The senior must receive a referral for an ultrasound screening as a result of an initial preventative physical exam, and have one of the following risk factors: a family history of AAA, men ages 65-75 who have smoked at least 100 cigarettes during their life, and other risk factors as recommended for AAA screening. The Part B deductible is waived for this service.



## ASK THE SURGEON

### What are the symptoms of Hypothyroidism vs. Hyperthyroidism?

Common symptoms of problem with thyroid due to **low thyroid hormone** or **hypothyroidism** are:

- Fatigue and weakness
- Low basal temperature (cold intolerance)
- Dry and coarse skin
- Hair loss
- Cold hands and feet
- Weight gain
- Insomnia
- Constipation
- Depression
- Poor memory, forgetfulness, dementia
- Nervousness and tremors
- Immune system problems
- Heavy menstrual periods

The most common symptoms of thyroid problems related to **overactive** or **hyperthyroidism** are:

- Fatigue and weakness
- Heat intolerance
- Dry and coarse skin, clammy skin
- Hair loss
- Warm hands and feet
- Weight loss
- Insomnia
- Depression
- Poor memory, forgetfulness
- Nervousness and tremors
- Immune system problems
- Light menstrual periods
- Frequent defecation



## DIAGNOSIS IN DETAIL

### Thyroid Dysfunction

Thyroid dysfunction occurs when the thyroid gland, a small, butterfly-shaped gland located at the base of the neck, produces either too much thyroid hormone, which causes the body's systems to speed up (hyperthyroidism); or too little thyroid hormone, which causes the body's systems to slow down (hypothyroidism). Disease, damage to the thyroid, or certain medicines can cause the thyroid to not produce enough hormone or to produce too much.

The thyroid produces hormones that affect and regulate virtually every bodily activity. Thyroid hormones control metabolism and organ function, directly affecting weight loss or gain, energy levels, skin condition, heart rate, cholesterol levels, menstrual regularity and memory as well as many other functions.

When thyroid dysfunction is suspected, three tests can be useful in diagnosing the type of dysfunction in order to formulate a treatment plan: Thyroid Function Test, Thyroid Nuclear Scan, & Blood Tests: TSH, T3 & T4. We recommend these be performed before the surgical evaluation so that the results of these tests can be discussed with the patient during the surgical consultation.

## SURGERIES PERFORMED

- Ultrasound-Guided Breast Biopsy
- Stereotactic Breast Biopsy
- Uterine Fibroid Embolization
- Aortogram with Peripheral Angiograms
- Peripheral & Visceral Arterial Stenting
- Aneurysm Repair & Excision
- Abdominal Aortic Aneurysm
- Carotid Stenosis
- Vena Cava Filter
- Permanent Dialysis Access: AV-Fistula & AV-Graft
- Stomach Cancer & Disorders
- Colorectal Cancer & Disorders
- Breast Cancer & Disorders
- Gallstones & Cholecystitis
- Biliary Cancer & Disorders
- Pancreatic Cancer & Disorders
- Goiters & Thyroid Disorders
- Hernia Repairs
- Appendix Surgery
- Circumcision
- Hemorrhoids
- Anal Fissures & Fistulas
- Various Vascular Access: Catheters & Infusion Ports

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## A LOOK BACK AT 2007

### A Message From the Administrator

As this is our first newsletter of 2008, I'd like to take this opportunity to wish everyone a very Happy New Year! I also want to thank all the referring physicians and satisfied patients for your referrals.

Last year we expanded our endovascular cases, repairing more AAAs than all previous years. We also saw a dramatic increase in the number of patients with PAD who benefited greatly from our outpatient peripheral artery procedures. In the office setting, we introduced ultrasound-guided breast biopsies. Also in the office, we began inserting the cavity device for patients seeking breast cancer treatment through Mammosite's 5-Day Radiation Therapy. Through an increase in out-patient ultrasound-guided and stereotactic breast biopsies, Dr. Charles-Harris diagnosed an unprecedented number of breast cancer cases, many of whom, we are happy to say, were diagnosed and treated in their early stages.

We are anticipating this year to be one of continued growth in community education and in the variety of procedures offered. We look forward to continuing to work with our referring physicians to offer the most state-of-the-art and comprehensive surgical treatment to our mutual patients and their families.

~ Ardith