



Patient Ela Lillian Archbold, Brunswick, with Matthew D. Katz, M.D., board-certified urologist.

Surgery Made Simple

Laparoscopic surgery is much easier on patients than traditional approaches

Surgery used to mean months of recovery time, a weeklong hospital stay and substantial pain. But not anymore. Today, doctors can use new tools and techniques that have you home the next day, back to work the next week and fully recovered the next month—if not sooner.

Traditional vs. Laparoscopic

Ela Lillian Archbold can speak to the benefits of laparoscopic surgery, a technique where the surgeon operates through multiple small incisions rather than one large open incision. After all, she's had surgeries performed both ways.

"I've had many surgeries in my life," the 71-year-old Brunswick patient says. "I healed much faster with the laparoscopic surgery. And there was less pain, too."

So little pain, in fact, that Ms. Archbold barely needed the pain medication prescribed by her doctor, Matthew D. Katz, M.D., a board-certified urologist with Southeast Georgia Physician Associates—Urology, a strategic affiliate of the Health System.

"I only took one pain pill after surgery," she says. "I really didn't feel much pain at all."

Dr. Katz isn't surprised by Ms. Archbold's results.

"With laparoscopic surgery, we see less pain, shorter hospital stays and quicker return to activity," he says. "Two to three weeks after laparoscopic surgery, patients are feeling back to normal versus up to eight weeks for traditional surgery."

When Five Incisions Are Better Than One

John Pafford, 68, of Brunswick, had laparoscopic surgery to remove his prostate after he had been diagnosed with prostate cancer. His surgery left him with five small incisions ranging from less than a centimeter to two inches in length. A traditional prostatectomy would have meant a large incision extending from his navel to his pubic bone. The smaller scars of the laparoscopic approach mean less pain for the patient.

"I never really had any pain from the surgery," Mr. Pafford says. "Really, the only discomfort I had after surgery was from the catheter."

James M. Muse Jr., M.D., a board-certified urologist with Southeast Georgia Urology Associates, performed Mr. Pafford's surgery with the help of Southeast Georgia Health System's *da Vinci*® Surgical System.

"The *da Vinci* has been widely used

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- Jack Amie, M.D.
- Matthew D. Katz, M.D.
- David Kranc, M.D., Ph.D.
- Joseph A. Lanzone, M.D.
- James M. Muse Jr., M.D.
- Rudolf Nunnemann, M.D., Ph.D.

in radical prostatectomy for the last five years or more," Dr. Muse says. "It's becoming more and more the standard of surgical care. It's as good as, if not better, from a cancer cure rate, and it leads to better urinary control because the reconnection of the bladder to the urethra is much more precise."

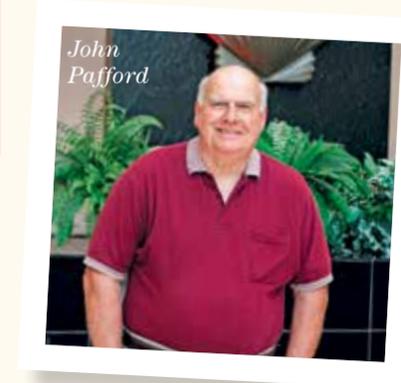
The Future of Surgery

da Vinci laparoscopy is now an option in many surgeries, particularly urologic, gynecologic and abdominal procedures. But not every hospital offers the technology.

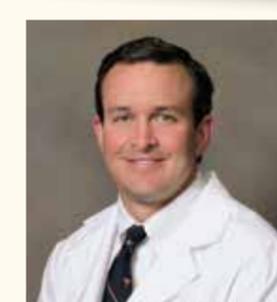
"One of the real benefits is the fact that patients no longer have to travel to Atlanta or Jacksonville for this type of care," says

Dr. Katz, who is fellowship-trained in robotic surgery and urologic oncology.

"I really believe that robotic surgical case volume is very important," says Dr. Katz, who has performed more than 600 robotic surgeries. "You should always ask your surgeon what type of training he or she has received using the robot, and how many of these procedures he or she has done." •



John Pafford



James M. Muse Jr., M.D.

da Vinci Robotic Surgery Facts

- "Robotic surgery" is actually a misnomer. The surgeon is 100 percent in control during the procedure. The robot is just a tool offering precise instruments and movements.
- *da Vinci* surgical procedures performed at Southeast Georgia Health System include general surgery, gynecologic and urologic.
- More than 1.5 million procedures have been completed worldwide using the *da Vinci* Surgical System since 2000.
- *da Vinci* surgery boasts less pain, less blood loss, a lower risk of infection, smaller scars and shorter recovery times as compared with traditional surgery.
- Over the past decade, hundreds of studies have been published on the use of the *da Vinci* system, demonstrating improved surgical outcomes when compared to traditional surgery. To date, more than 1.5 million surgeries have been performed worldwide using the system.