

Advancing Orthopaedic Surgery

at UPMC Horizon



In January 2023, UPMC Horizon was designated as a Hip and Knee Joint Replacement Center of Excellence. This designation is granted to hospitals with a high volume of orthopaedic surgeries, low complication rates, and excellent patient experiences. Currently, UPMC Horizon is the only hospital in Mercer County to carry this designation.



According to **Mark Gardner, DO**, chair of orthopaedic surgery at UPMC Horizon and UPMC Jameson, “The Center of Excellence designation helps assure patients that, based on thorough data analysis, UPMC Horizon’s outcomes for patient recovery and overall quality of life are among the best.”

The most common procedures are total and partial hip, knee, and shoulder replacements, in addition to arthroscopic rotator cuff and anterior cruciate ligament (ACL) repair.

Dr. Gardner is proud to offer research-based orthopaedic medicine in a community setting. “Instead of driving a long distance for appointments and surgery, we’re able to perform all the procedures you need at the highest level, just a few miles from home,” he says.

Robotic Precision Supplements Surgical Skill

Mako® SmartRobotics™ is a robotic arm that uses preoperative CT imaging and x-rays to help with accuracy during surgery. It is currently approved for total and partial knee replacement and total hip replacement procedures.

The robot adds extremely specific information to x-rays and what the surgeon sees during the operation. “This helps to increase safety, reduce complications, and improve overall results,” Dr. Gardner says.

Additionally, the modern implant devices used at UPMC Horizon encourage bone growth and healing on a microscopic level, resulting in extremely precise surgical techniques that are catered to the individual patient.

Convenient Same-Day Surgery Options

In some cases, patients who have joint replacement surgery at UPMC Horizon are able to go home the same day of their procedure. “We’re changing the narrative about dependency on inpatient hospital stays for joint recovery,” says Dr. Gardner. “By working with anesthesia to provide pain management and using the most advanced robotic technologies, we’ve had excellent results while getting people home to their own beds, their favorite foods, and their normal life activities more quickly.”

Same-day surgery patients also have access to the same recovery services they would use during an inpatient stay. Before their surgery, patients attend a class to learn how to set up their homes for a successful recovery and any necessary equipment is delivered to their homes. The day after surgery, home health nurses and physical and occupational therapists visit patients to support their recovery.

Faster Recovery

By using robotic techniques and getting patients up and moving more quickly, the orthopaedic surgeons at UPMC Horizon are seeing exceptional results. “Most patients who receive a total joint replacement at UPMC Horizon can anticipate shortened hospital stays and an enhanced recovery process, with less tissue damage and smaller incisions,” Dr. Gardner says.

To learn more, visit UPMCHorizon.com/Ortho.

SmartRobotics™ is a trademark of Stryker

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Outpatient Surgery Options at UPMC Jameson

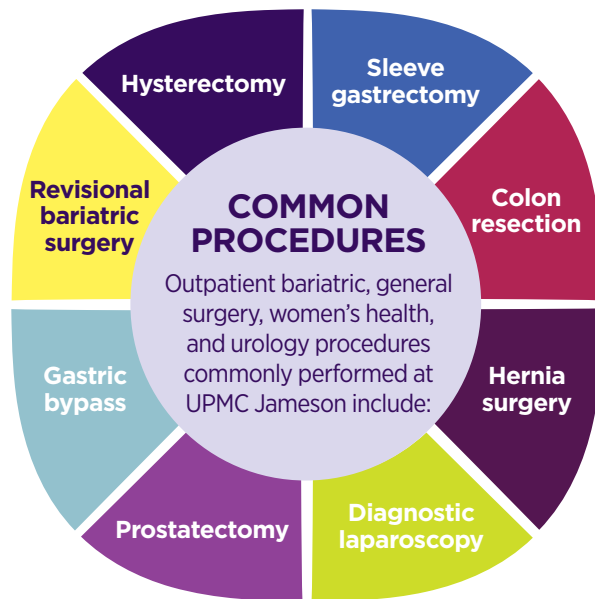
UPMC Jameson is a regional hub for same-day surgery, providing a variety of options for those living in the Lawrence and Mercer county area. Many minimally invasive procedures can be performed via robotic surgery, which uses smaller incisions than traditional surgery and may result in less pain and scarring. In addition, UPMC Jameson is designated by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program as an accredited center.



Outpatient Bariatric and General Surgery

Christopher Myers, MD, specializes in same-day bariatric and general surgery with the da Vinci® robot.

“With robotic technology at UPMC Jameson, we’re able to optimize patient care. Patients not only can have their surgery performed locally, they also can



go home the same day — even after advanced-level gastric and hernia procedures,” Dr. Myers says.

Local access to bariatric surgery is particularly essential to obtaining optimal outcomes because the surgery is only part of the process, and patients need

to consistently follow up with their surgeon. UPMC Jameson also offers local support groups for bariatric surgery patients.

“If we can help patients be more comfortable and get them back to doing many of the things they hadn’t been able to do, that’s what makes it rewarding,” Dr. Myers says.

Same-Day Women’s Health Surgery



Shea Ana Soberdash, DO, specializes in minimally invasive gynecologic procedures, and performs outpatient hysterectomies at UPMC Jameson using the da Vinci® robotic surgery system.

Robotic surgery allows surgeons to use minimally invasive techniques to perform more complicated procedures. That’s especially beneficial for women with uterine fibroids or complex surgical histories.

As opposed to a several-day hospital stay with a traditional hysterectomy, same-day hysterectomy patients can expect to spend about six hours at the hospital. The procedure usually takes about one hour.

According to Dr. Soberdash, typical recovery time for a hysterectomy is six weeks. “After recovery, most women have more energy, they are lighter and have less pelvic pressure, and their sex lives are improved,” she says.

The Secret to Success

The surgeons at UPMC Jameson credit the hospital’s same-day surgery outcomes to their teams. From anesthesia and pre-op to the operating room and recovery, everyone works together to ensure an optimal patient experience.

“I think one of the reasons we have such good results is that UPMC Jameson is a smaller hospital,” Dr. Myers says. “We have low staff turnover, which leads to increased experience, trust, and communication. The staff here is incredible.”

“The pre-op and anesthesia teams are fantastic,” says Dr. Soberdash. “They keep patients comfortable and safe, while controlling pain and nausea with minimal narcotics.”

To learn more about surgical procedures available at UPMC Jameson, visit UPMCJameson.com/Surgery.

da Vinci® Surgical System is a trademark of Intuitive Surgical Operations, Inc.

DID YOU KNOW?

The most common conditions leading to hysterectomies include uterine fibroids, heavy bleeding, pelvic pain, and pelvic organ prolapse.

ASK THE EXPERT

Spine Surgery



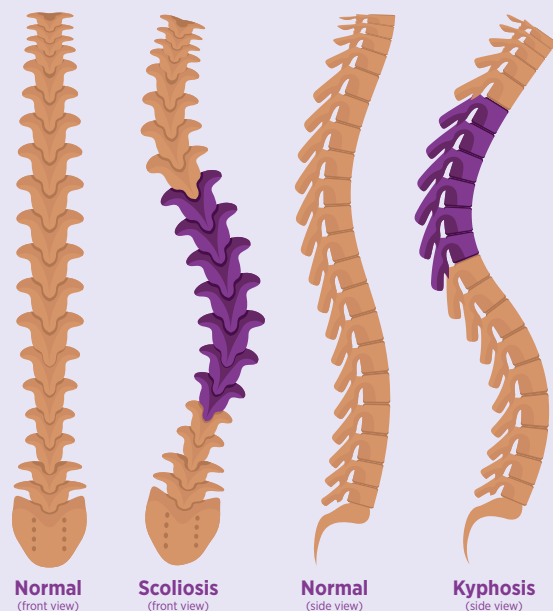
Kathryn Hoes, MD, is a neurosurgeon at UPMC Passavant. A specialist in advanced surgical treatment

options for complex spine disease and degeneration, she now sees patients at a clinic in New Castle. We asked Dr. Hoes to answer some common questions about spine disease treatment options.

What is spine degeneration?

Over time, degeneration (or breaking down) of the spinal vertebrae and discs causes the spine to shift out of its normal position. That leads to compression of soft tissues, including nerves. Some terms are used to describe the contours of the spine in normal or disease states.

Scoliosis is often seen early in life, but it can also present later in life. It is caused by malformed bones that can't hold the weight of the skeleton, causing the spine to curve to the side.



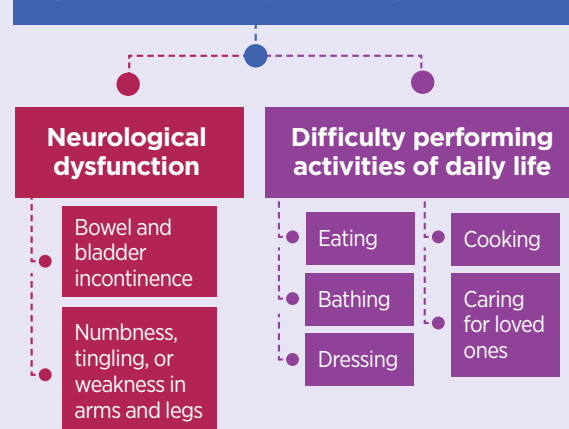
Kyphosis (forward curvature of the spine) at increased levels is more commonly seen in older patients. It can result in a hunched back or neck.

Degenerative disc disease is a deterioration of the disc between the bone. It is common as we age but, in some cases, it can happen earlier in life if caused by trauma that leads to disc herniation.

What are the treatment options for spine degeneration?

Treatment plans depend on the severity of degeneration, how much activities of daily life are limited, and whether there are neurologic symptoms.

Symptoms of Spinal Degeneration



Ideally, we want to see patients as soon as symptoms begin and help them decide if and when surgery may be the best option for them.

Oral medicines and injections, in combination with physical and occupational therapies, may relieve their symptoms and help patients regain strength and mobility.

When nerve structures are affected or the condition worsens, surgical options such as lumbar discectomy and cervical disc removal with fusion can help correct alignment and take the pressure off of the nerve.

What are the benefits of robotic spine surgery?

The Mazor X Stealth™ surgical robot allows surgeons to navigate the spine more precisely than ever before. We are able to do smaller and less invasive procedures with this tool. Surgical procedures are performed at the McCandless campus of UPMC Passavant.

We use CT and MRI imaging in the operating room to make a map of the patient's spine in real time. We also use an operating microscope that enhances what we see, especially in minimally invasive cases. Being able to perform surgeries more efficiently and safely through smaller incisions has made a huge impact on outcomes.

Where can patients get care?

Pre- and postsurgical appointments are available at UPMC Outpatient Center at Westgate Plaza in New Castle.

We also offer telemedicine visits for added convenience when a physical exam isn't required, and we're expanding our practice to additional sites in the near future.

What can patients expect?

We work with each patient to create a strategy that will help them live a fulfilling life. Depending on the extent of the damage, it may take some time to heal.

We also counsel patients on overall health and wellness, diabetes management, smoking cessation, bone health, and how to eat nutritiously to help healing.

When we restore the patient's natural alignment and stability, reduce pain, and help them regain mobility, they often also experience elevated mood, reduced anxiety, loss of excess weight, and improved nutrition.

To schedule an appointment at our New Castle office, call **412-802-3350**.

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Prostate Cancer Treatment at UPMC Horizon

An additional therapy to help treat prostate cancer is now available from UPMC Hillman Cancer Center at UPMC Horizon. Prostate seed implantation (PSI) provides precise doses of radiation where it is needed, reducing the risk of damage to surrounding organs.

PSI is a form of brachytherapy, a cancer treatment that places small radioactive seeds inside the body. The radiation inside the seeds helps to shrink and kill the tumor without affecting surrounding healthy tissue. PSI can be used alone for patients with a low to intermediate risk of recurring prostate cancer. For patients at high risk of recurrence, it may be used in conjunction with external beam radiation treatment.



“Virtually any prostate cancer patient who is curable can receive PSI,” says **Uzoma Iheagwara, MD, PhD**, radiation oncologist with UPMC Hillman Cancer Center at UPMC Horizon.

Radiation oncologists work closely with urologists to plan and provide PSI. During the procedure, the doctors use ultrasound imaging to guide needles into the prostate before placing the seeds. Patients typically go home the same day after receiving PSI.

The seeds in the prostate deliver doses of radiation during a one-month period to shrink the cancerous tissue. After this, the seeds no longer give off radiation.

Side effects of PSI may include frequent and urgent urination and diarrhea. There is also a small chance of painless rectal bleeding, Dr. Iheagwara says.

For patients at low or intermediate risk of recurrence, PSI has about a 90% or higher cure rate. For patients at high risk of recurrence, the cure rates are slightly lower but still excellent. When compared to surgical treatment of prostate cancer, PSI has a similar cure rate.

“PSI and surgery are equivalent in terms of curing prostate cancer, but they have different side effects and different inconveniences,” says Dr. Iheagwara. “By offering PSI at UPMC Horizon, we can provide more treatment options to aid in personalizing care to each patient in the Shenango Valley and beyond.”

For more information about cancer treatment at UPMC Horizon, visit UPMCHillman.com/Horizon.