



A N O P E N L E T T E R *from* C A P E F E A R V A L L E Y H E A L T H :: *part 7 in a series*

this is YOUR HOSPITAL... comprehensive SURGICAL SERVICES

Today many surgical procedures can be performed safely in an outpatient setting, allowing patients to return home the same day as surgery. Cape Fear Valley Health has two outpatient surgery centers, which provide the safety of a hospital setting with the convenience of free parking and easy access. They are Highsmith-Rainey SurgiCare, located at Highsmith-Rainey Specialty Hospital, and Short Stay Surgery, located on the Cape Fear Valley Medical Center campus. Both offer individualized care from experienced nurses who specialize in outpatient surgery.

Some surgical patients require an overnight stay or longer. Many recover on our Surgical Unit in our Valley Pavilion where rooms are 50 percent larger and have a handicapped-accessible bathroom.

Cape Fear Valley Medical Center's Main Operating Suite is where many of our general, urological, gynecological and vascular surgeries are performed. It is equipped with a daVinci robot with mechanical hands are so delicate and precise they can peel back the skin of a grape or create miniature origami models no larger than a quarter. The daVinci can be used to treat fibroids, endometriosis, ovarian tumors, pelvic prolapse, hernia repairs, Nissan Funduplications, colon resections, female cancers, and prostate cancer.

Bariatric surgery is another field in which Cape Fear Valley excels. Our bariatric surgery program has been named a Bariatric Center of Excellence by the American Society for Metabolic and Bariatric Surgery. The designation is awarded to programs with a proven record of favorable outcomes for weight-loss surgery.

Doctors say bariatric surgery has become a viable diabetic treatment for those who are more than 100 pounds overweight. Many patients with type 2 diabetes experience complete remission within days of surgery, long before significant weight comes off. The gastric bypass changes insulin resistance.

Since opening in the summer of 2010, Cape Fear Urology surgeons have been busy providing patients state-of-the-art care for both common and complex urologic conditions. The scope of services includes surgical treatments for prostate, kidney and bladder cancers, kidney stones, vasectomies, urinary incontinence and other genitourinary disorders.

Cape Fear Valley's 19 general and vascular surgeons specialize in a variety of procedures, including laparoscopic, colorectal, pediatric, breast, endocrine, rectal cancer, endovascular and oncology surgeries.

When it comes to surgery, Cape Fear Valley has the surgeons, staff, equipment and experience to provide exceptional healthcare for all our patients.

Mike Nagowski
CHIEF EXECUTIVE OFFICER

Chris Aul, M.D., Family Physician
CHIEF MEDICAL OFFICER



CAPE FEAR VALLEY HEALTH



Cape Fear Valley has earned The Joint Commission's Gold Seal of Approval™

Cape Fear Valley's scores are at or above the national average in 9 out of 11 measures for timely and effective care according to the most recent Hospital Compare data posted by the Centers for Medicare and Medicaid Services. In the other two measures, Cape Fear Valley is just 1 percentage point below the national average. Here are some ways Cape Fear Valley reduces the risk of infection after surgery and the risk of cardiac problems associated with surgery:

- ▶ Giving the recommended antibiotics at the right time before surgery and stopping the antibiotics within the right timeframe after surgery
- ▶ Maintaining the patient's temperature and blood sugar at normal levels
- ▶ Removing urinary catheters in a timely manner after surgery
- ▶ Ensuring blood pressure and heart rhythm medications are properly administered before, during and just after surgery
- ▶ Giving drugs that prevent blood clots and using methods that increase circulation in the legs

www.capefearvalley.com