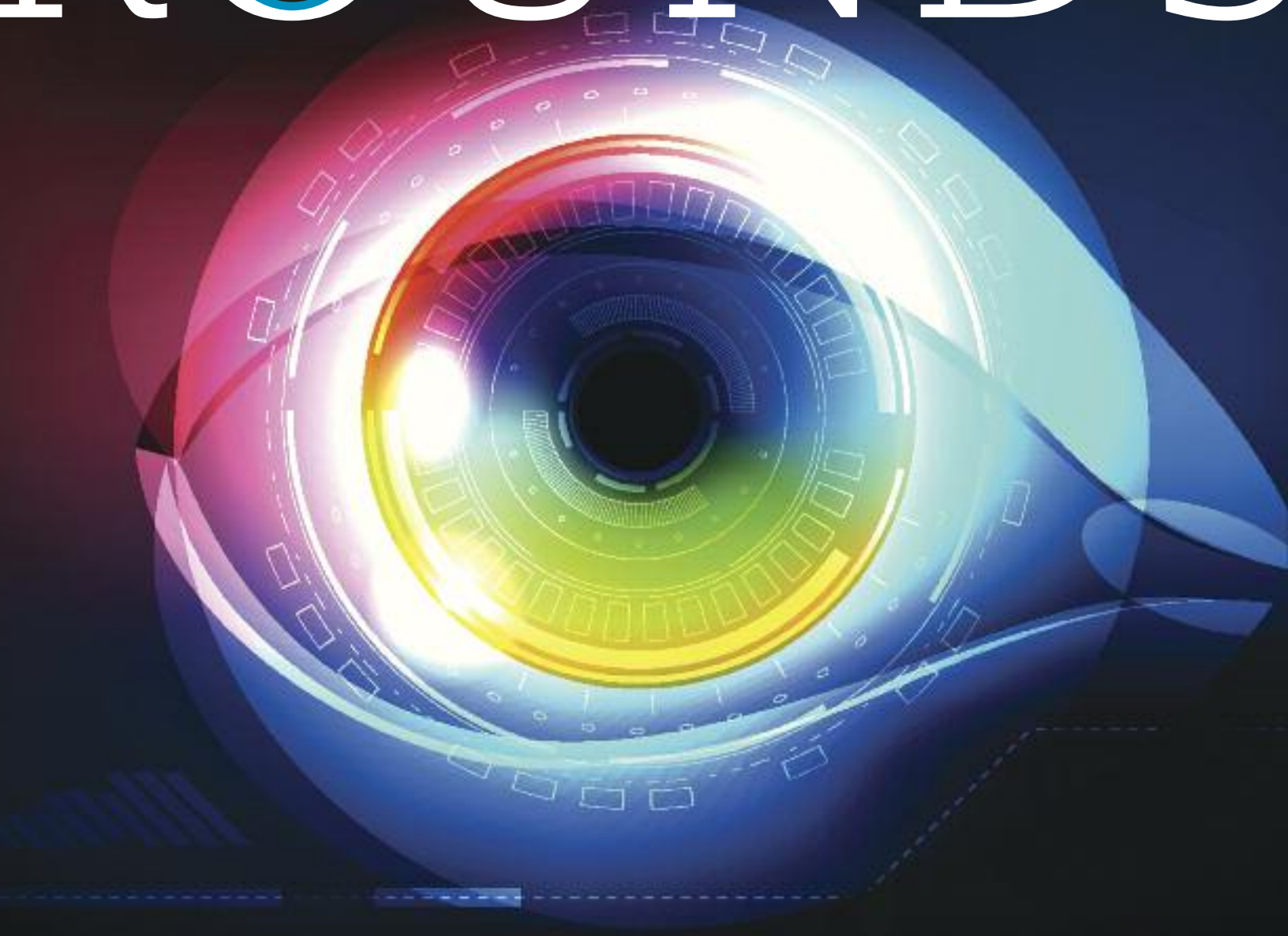
HARTFORD HOSPITAL'S WELLNESS MAGAZINE • Winter 2014

ROUNDS



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In Cataract Surgery

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Hartford Hospital
A Hartford HealthCare Partner

Winter 2014

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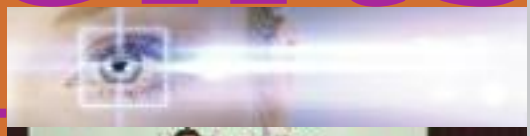

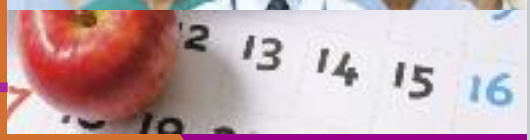

ROUNDS
Hartford Hospital's Wellness Magazine

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Enhancing Precision

In Cataract Surgery

Hartford Hospital's Eye Surgery Center was the first facility in the state with new laser technology that makes cataract surgery more precise and predictable than ever.

If you don't have a cataract, chances are you know someone who does. Cataracts — a clouding of the eye's lens that results in decreased vision — are fairly common, with most people developing them with age. Fortunately, surgery to remove the cataract can usually return vision to normal. At Hartford Hospital's Eye Surgery Center in Newington, Conn., ophthalmologists are now using innovative laser technology on select patients to perform the most exacting steps in cataract surgery with unprecedented precision — and without using a scalpel.

The center acquired the AlconLenSx Laser system in December 2012. Center administrator Dwayne Kertanis says that ophthalmologists at the center performed 1,700 laser-assisted cataract surgeries in the first nine months of use. Mr. Kertanis notes that, according to the laser's manufacturer, the center was the first in New England to use the laser and that it also performs the largest volume of laser-assisted cataract surgeries in the Northeast.

Leading-Edge Technology

The laser's sophisticated capabilities allow surgeons to use three-dimensional imaging to customize surgery to each patient's unique eye measurements and contours. Surgeons then preprogram the laser to perform key steps in the surgical process.

Lasers are used in many areas of medicine, and have been used in ophthalmology for LASIK surgery and other procedures. "This is really the first time it's being applied to cataract surgery," says Raji Mulukutla, MD, an ophthalmologist in Hartford Hospital's

ophthalmology department. Dr. Mulukutla notes that cataract surgery is the most frequently performed surgical procedure in the United States today. It involves opening the lens capsule, removing the patient's own lens and the cataract material, and inserting a fabricated intraocular lens. The laser, Dr. Mulukutla says, "turns cataract surgery into a bladeless operation and gives us a great deal of precision in making the opening in the capsule and removing the contents."

Martin Seremet, MD, of the hospital's ophthalmology department, also operates at the center. He says the laser can be particularly helpful in correcting some mild to moderate cases of astigmatism during cataract surgery. Astigmatism occurs when the cornea — the outer portion of the eye — develops an irregular shape that causes blurred vision. Surgeons can make small incisions in the cornea by hand to correct the astigmatism. "But those incisions are not as reproducible. They depend on the surgeon's skill and control," says Dr. Seremet. "The laser can provide extremely reproducible incisions."

Steps In Surgery

In conventional cataract surgery, the surgeon first uses a hand-held scalpel to make an incision in the cornea and gain access to the cataract. In laser-assisted surgery, the laser, preprogrammed for the patient's unique eye configuration, makes the incisions with superior precision.

The next step is to create a circular opening in the capsule, which is a membrane covering the lens. This is one of the most crucial steps in the process because it affects the ultimate positioning of the lens implant. In the standard approach, the surgeon uses a hand-held instrument to make the circular opening. In laser-assisted surgery, the laser is used to create the opening, based on the exact presurgical measurements.

"We think that being able to make that opening so perfectly round and centered using the laser will greatly improve placement of the intraocular lens," Dr. Mulukutla says. "This becomes particularly important when we're using advanced-technology intraocular lenses that are either multifocal or designed to correct astigmatism."

Once the opening is made, the surgeon removes the cataract material. This is done using a machine that employs ultrasonic energy to break up and remove the cataract. Here, too, the laser is helpful. It divides the cataract into multiple, small segments, so it can be removed with approximately 43 percent less ultrasonic energy. This is beneficial, Dr. Mulukutla points out, because "the more energy you use, the more damage you can potentially do to the inner aspects of the eye, particularly the cornea." Less ultrasonic energy, she says, "is less traumatic, so healing is quicker, with a smoother postoperative course."

The entire procedure takes from seven to 20 minutes, depending on the individual cataract and eye, with the laser operating for about 30 seconds.

Dr. Mulukutla says patients tell her the experience is amazing — very high-tech, with a lot of lights seen from the patient's perspective. Plus, she says, "Patients love the fact that I am not using an actual scalpel." The center's outcomes from laser-assisted surgery have been excellent, she says. "We have great results and no complications with the use of the laser."

Skill And Experience

Ophthalmologists who practice at the center have had extensive classroom and hands-on training in use of the laser, and each performed multiple cases under expert supervision before operating independently. Dr. Mulukutla estimates that she alone has performed more than 200 laser-assisted surgeries since January 2013.

Hartford Hospital's Eye Surgery Center, founded in 1998, performs more than 8,400 surgeries a year, the vast majority of them cataracts.

The addition of the advanced laser further distinguishes the center. "The fact that Hartford Hospital invested in this technology puts us at the forefront, with cutting-edge technology many cataract surgeons don't have access to," Dr. Mulukutla says. She points out that more than 40 ophthalmologists from multiple private practices throughout central Connecticut choose to perform their surgeries at Hartford Hospital's Eye Surgery Center. "We all use this facility for surgery because we all believe it is the best possible place we can take our patients," she says.

Hartford Hospital Eye Surgery Center, Newington

To obtain information about physicians practicing at Hartford Hospital's Eye Surgery Center, call Hartford Hospital's Physician Referral Line: 1.800.DOCTORS (1.800.362.8677).

"I'm A Brand-New Man!"

Cassimer McDonald, 69, was diagnosed with cataracts in both eyes 20 years ago, and he wore eyeglasses for decades to correct his astigmatism, a condition that causes blurred vision. By fall 2013, though, McDonald's cataracts had grown markedly worse.

"My vision was becoming cloudy," McDonald says. "I could not see things at a distance, and I had trouble reading."

McDonald's local eye care provider referred him to Martin Seremet, MD, for laser-assisted surgery at Hartford Hospital's Eye Surgery Center in Newington. McDonald had surgery on his right eye in October and returned to have his left eye done in December.

"When they finished the first one, I thought they were still prepping me for the operation, because it was so quick," McDonald says. "There were no stitches, and I didn't have to take any painkillers. It was all so precise and so perfect."

In addition to using the laser to treat the cataracts, Dr. Seremet used it to reduce McDonald's astigmatism. Based on customized measurements the laser makes possible, he preprogrammed the device to make precise "arcuate" — or curved — incisions of an exact length in predetermined locations in the cornea. By restoring the cornea to a more rounded shape, such incisions nearly eliminate astigmatism.

Although he will probably need glasses for reading, McDonald is enjoying his near-perfect vision.

"When I take off the glasses, I can see everything perfectly, like when I was 20 years of age," McDonald says. "I'm a brand-new man!"

Just as important, McDonald has high praise for Seremet and for the Eye Surgery Center staff.

"The people in Newington were so nice," he says. "From the moment you step into that place until you leave, they are nothing but love. The way they treated me was excellent."

An Unprecedented Alliance

Hartford HealthCare's (HHC's) plan to bring a consistent and elevated standard of care to patients across the system is taking a significant step with the newly established Hartford HealthCare Cancer Institute's charter membership in the Memorial Sloan Kettering (MSK) Cancer Alliance.

The unprecedented partnership, first announced in September, means that "HHC and MSK together will develop strategies to improve outcomes and reduce the barriers to high-quality cancer care that many patients and families in Connecticut face today," said Andrew Salner, director of the Helen & Harry Gray Cancer Center at Hartford Hospital. For the Hartford HealthCare Cancer Institute, the partnership represents an opportunity to access the very latest in cancer research and clinical trials — a hallmark of MSK — to bring consistently excellent care to patients. For MSK, the partnership is a chance to provide high-quality cancer care to a wider population of patients.

The pioneering partnership is the first of its kind for MSK, which plans to eventually expand to other regional health care providers as part of its Cancer Alliance. Since the partnership was announced, teams of physicians, clinical researchers and leaders from both organizations have been meeting to assess the resources and capabilities of each of HHC's five acute-care hospitals. As the partnership moves forward, HHC doctors will be integrated into MSK disease-management teams.

"We are so pleased to be able to bring the fruits of this remarkable collaboration to our patients," said Donna Handley, vice president of operations for the HHC Cancer Institute. "This is a demonstration of the commitment on the part of both of our organizations to bring extraordinary cancer care to those who need it most."

In Cancer Treatment

What is the Hartford HealthCare (HHC) Cancer Institute?

The HHC Cancer Institute was established to deliver high-quality, standardized, multidisciplinary and coordinated care to all HHC cancer patients, no matter where in the HHC system a patient receives care. As a system, HHC treats more than 6,000 new cancer cases annually. The institute model of care provides all the types of expert care a patient may need for his or her treatment and overall quality of life. Site-specific, cancer-care teams of oncologists, surgeons, radiologists, pathologists, nurses, researchers and others meet weekly to discuss patients. A team is involved in every patient's care.

What is the Memorial Sloan Kettering (MSK) Cancer Center?

Founded in 1884 in New York City, MSK is the world's oldest and largest private cancer center and is a world leader in patient care, research and cancer educational programs. MSK has been ranked by *US News & World Report* as one of the best hospitals for cancer care in the United States. Each year, MSK treats 35,000 new patients; has 500,000 outpatient visits and 19,000 surgical cases; and its expert physicians are specialists in more than 400 types of cancer.

MSK has more than a dozen multidisciplinary cancer-care teams, which include the various experts a patient needs for treatment for his or her type of disease. These experts include surgeons, medical oncologists, radiation oncologists, radiologists, pathologists, psychiatrists, and nurses. MSK pioneered this multidisciplinary approach to treating cancer, which is the way the HHC Cancer Institute practices – focusing not only on cancer treatment, but also on the patient's overall well-being and quality of life.

What will the HHC Cancer Institute's membership in the alliance mean for patients?

HHC Cancer Institute patients will have access to world-renowned cancer care and unprecedented access to MSK clinical trials, which will be conducted and delivered by HHC Cancer Institute physicians system wide. Clinical trials allow patients to receive the newest, most cutting-edge therapies and participate in advancing the care of future generations of cancer patients. Clinical trials are not just for patients with advanced disease. Expanding MSK's clinical trials also speeds up data collection so that investigational therapies can become approved faster and made available to more patients.

Does this mean more HHC patients will go to New York for care?

Because this alliance will bring MSK standards of care to the HHC Cancer Institute, the Cancer Institute does not anticipate referring more patients to MSK. In most cases, HHC Cancer Institute patients will be treated by HHC Cancer Institute physicians using MSK standards of care. For treatments not offered by the HHC Cancer Institute, such as bone-marrow transplants, patients will have the option to go to MSK, as they do now.

What if I need advanced care now?

Your physician will provide the best direction for your care.

What is happening with the partnership between MSK and HHC?

An MSK certification process is under way to ensure that the HHC Cancer Institute's resources, capabilities and standards of care meet or exceed the most-recent and highest standards. Designated HHC Cancer Institute clinicians will observe new treatment techniques on-site at MSK in New York City. The two organizations will share educational resources, and MSK will conduct quality and outcomes research at HHC Cancer Institute facilities. HHC Cancer Institute doctors will be integrated into MSK disease-management teams and actively participate in MSK clinical research. In addition to HHC Cancer Institute physicians, HHC Cancer Institute nurses, pharmacists, imaging experts and other care givers are undergoing training. The HHC Cancer Institute physician-in-chief will be on staff at both the HHC Cancer Institute and MSK, and an MSK researcher will be on-site at Hartford Hospital for two years.

A joint MSK-HHC Cancer Institute steering committee is overseeing the implementation and ongoing work to accomplish the goals of the alliance.

MINDS TO HEAL

Hartford Hospital provides advanced procedures to correct life-threatening disorders in the brain.

Imagine that you're going about your usual activities, when suddenly you know something is wrong. Your arm is numb and weak. You want to speak, but can't think of the words. Your vision is altered. Or you have the worst headache you've ever experienced. These symptoms may mean you're having a stroke — a condition caused by blockage or bleeding of blood vessels in the brain. Untreated, stroke can cause permanent disability or death, so it's critical that you get medical attention immediately. Fortunately, the most advanced stroke care in the country is available at Hartford Hospital, a fact highlighted earlier this year when the Joint Commission named Hartford Hospital's Stroke Center New England's first Comprehensive Stroke Center. It is one of only 50 nationwide to earn the distinction.

A variety of underlying brain abnormalities may cause a stroke. One is a rare disorder called moyamoya disease, while another, more common one, is an aneurysm, a bulge in a weakened area of a brain blood vessel. Physicians at Hartford Hospital are using leading-edge techniques to address these two life-threatening conditions.

Restoring Blood Flow To The Brain

Moyamoya disease is a condition in which arteries at the base of the brain become blocked over time, shutting off blood flow to the brain. "Moyamoya" is a Japanese word meaning "puff of smoke." It was used to describe the disease because X-rays of affected brains show a tangle of tiny blood vessels growing out of the blocked artery in an attempt to compensate for the blockage. The disease occurs in both children and adults. It can cause both ischemic stroke, which is due to a clot blocking blood flow, and hemorrhagic stroke, which is bleeding within the brain. Stroke is usually the first sign that the patient has the disease. Only surgery can restore blood flow and prevent steady deterioration in the patient's physical and mental abilities.

An operation known as EDAS (short for encephaloduroarteriosynangiosis), is the surgical procedure most often used to treat moyamoya disease, and Hartford Hospital neurosurgeon Inam Kureshi, MD, is one of very few surgeons in the country skilled in performing it. Dr. Kureshi learned the procedure during his fellowship at UCLA, where he worked with some of the world's most prominent neurovascular surgeons.


Kureshi

EDAS, Dr. Kureshi explains, is a procedure that "restores circulation to the brain to allow more blood supply and prevent strokes or bleeding in the future." During the procedure, Dr. Kureshi accesses a blood vessel called the superficial temporal artery, which is in the patient's scalp.

"We take the artery, lay it on the surface of the brain and suture it to the brain's surface. That allows the brain to be in contact with another healthy blood vessel. Over six months to a year, the artery sprouts new branches and, over time, blood flow to the brain is restored enough to reduce the risk of stroke occurring again," Dr. Kureshi says. The artery is never cut or detached. "It starts in the scalp, goes into the brain and back to the scalp through a tunnel we make for it in the skull," Dr. Kureshi says. "We're careful during surgery to ensure that the blood vessel isn't compressed or kinked."

Over six months to a year, the artery sprouts new branches and, over time, blood flow to the brain is restored enough to reduce the risk of stroke occurring again.

When performed by a surgeon with Dr. Kureshi's experience and expertise, EDAS is highly successful. He notes that 95 percent of children and 85 percent of adults grow new blood vessels, and that the risk of complications from the surgery is a very low 5 percent. The patients Dr. Kureshi worries about most are those who smoke. "The success rate among smokers is much lower," he says. "Smoking is poison to new blood vessels."

Defusing Dangerous Aneurysms

A brain aneurysm presents many risks. As the aneurysm sac grows larger, it may compress nerves within the skull, causing headache, double vision or blindness. Blood clots can form within the aneurysm sac and later break off, blocking a downstream vessel. Or, as happens more often,

the aneurysm can rupture and bleed. Any of these occurrences can lead to permanent neurological damage. Hartford Hospital was the first hospital in New England to use an innovative tool called the Pipeline Embolization Device to reduce the risks posed by aneurysms, according to Gary Spiegel, MD, director of neurointerventional surgery at Hartford Hospital.


Spiegel

Pipeline is a flexible, mesh tube called a stent, which can be implanted across the "neck" or opening of the aneurysm so that blood flows through the stent, rather than into the aneurysm. Redirecting the blood flow encourages clots to develop within the sac of the aneurysm. This slowly decreases blood flow into the aneurysm, relieving the pressure that could lead to rupture. The federal Food and Drug Administration has approved the Pipeline device for the treatment of large aneurysms in a brain blood vessel called the internal carotid artery.

"In contrast to conventional stents, Pipeline is a much tighter mesh, akin to window screen rather than chicken wire," says Dr. Spiegel. "I saw this technology eight years ago and had been awaiting its release. As soon as it was available, I ensured that we had virtually immediate access to it."

In the past, treating large, wide-necked aneurysms was especially challenging. In these instances, "coiling," a treatment that involves filling an aneurysm with tiny coils to reduce blood flow into the aneurysm, required implanting a conventional stent across the neck of the aneurysm to prevent the coils from falling out of the large neck opening. By essentially reconstructing the blood vessel, Pipeline offers a superior treatment for these patients.

"All other endovascular treatments [those performed from inside the blood vessel] just filled the sack of the aneurysm, whereas Pipeline corrects the primary problem, which is the weakness in the vessel wall," Dr. Spiegel says. "The Pipeline stent has such a tight mesh that it creates resistance to blood flow into the aneurysm. Over time, the lining of the blood vessel grows over it like ivy over a trellis."

Hartford Hospital interventional radiologists Stephen Ohki, MD, Martin Ollenschleger, MD, and Dr. Spiegel all have had extensive training in the Pipeline procedure. Dr. Ollenschleger participated in the clinical trials of the device during his fellowship at New York University. In August 2011, only four months after the FDA approved the device, he became the first in New England to perform cases with it. Since then, the three colleagues have treated more than 42 aneurysms with Pipeline.


Ollenschleger

"It's a very minimally invasive surgery," Dr. Ollenschleger says. "We go in through the femoral artery [in the groin], then thread a small catheter into the patient's neck. We guide a microcatheter containing the Pipeline device into the blood vessels of the head, then place the stent across the neck of the aneurysm."

Depending on the size of the aneurysm, doctors may insert one stent or several overlapping stents.

"Each one covers the neck of the aneurysm 30 to 35 percent, so with more stents, you decrease blood flow even further, while keeping the carotid open to feed the rest of the brain," says Dr. Ollenschleger.

Patients have angiograms — X-rays of the brain blood vessels — six months after surgery to ensure that the aneurysm is fully closed. If it's not, another angiogram is performed in six months. If it still isn't fully closed, doctors may suggest implanting an additional stent to further slow the blood flow. In clinical trials, Dr. Ollenschleger says, the aneurysms of 82 percent of patients were found to be fully closed at six months and 86 percent at one year. This was significantly better than more conventional treatment of large, wide-necked aneurysms, which saw successful closure in less than 50 percent of patients.

"We are treating more and more patients with Pipeline preferentially over coiling because the results have been so good and the complication rates so low," Dr. Ollenschleger says. "It's very effective in these larger or more complicated aneurysms."

The rapid adoption of Pipeline, Dr. Ollenschleger says, "is further evidence of Hartford Hospital's readiness to engage innovative technologies to advance patient care."

Rethinking Emergency Care

A fresh approach to emergency care promises to reduce wait times while ensuring top-quality care.

Hospitals across the country are struggling to deal with an ever-increasing demand for emergency services. Last year, Hartford Hospital's emergency department alone had more than 100,000 visits from people with everything from minor cuts and sprains to life-threatening illnesses and injuries. Seeing such a high volume of patients quickly while providing every patient with the appropriate level of care is Hartford Hospital's top priority. That's why the hospital is introducing iTrack, or intermediate Track; an innovative approach with the potential to transform emergency care statewide.

Jeffrey A. Finkelstein, MD, Chief of Emergency Medicine, Hartford Hospital

Jeff Finkelstein, MD, chief of emergency medicine at Hartford Hospital and The Hospital of Central Connecticut; and Danette Alexander, RN, MSN, director of emergency services at Hartford Hospital, are spearheading the initiative. Dr. Finkelstein notes that patients who come to the ED with non-life-threatening conditions typically see a greeter, are triaged and then either go to an ED room or wait for one to become available. Once in a room, the patient stays there until either discharged or admitted. "The problem is, what if you run out of rooms?" Dr. Finkelstein says. "This could happen for multiple reasons. People may be waiting to be admitted upstairs or doctors are busy saving lives or workups are taking longer or the volume of patients is especially high. Almost every ED at some point, every day, runs out of rooms."

iTrack aims to address this bottleneck by providing an alternative arrangement for patients whose conditions don't require them to be gowned and placed in a room for their entire visit. "iTrack is a combination of private rooms, where we do exams and take histories; a few treatment rooms; and a special waiting area where patients who don't need active treatment or who are awaiting test results can relax in comfort," Dr. Finkelstein says. Using this system, he estimates, treating selected patients can be accomplished using two intake rooms, four to five treatment rooms, and a results-waiting area, rather than 15 to 18 regular ED rooms.

Patients appropriate for iTrack are those whose conditions require more than a typical "fast-track" level of treatment, but less than the immediate, high-level care provided for patients suffering severe trauma, heart attack or stroke. "We think of iTrack as a mid-track or intermediate level of care," Dr. Finkelstein says.

iTrack was piloted at Hartford Hospital the summer of 2013, before it was rolled out in the fall. Although it operated only weekdays from 8 am to 7 pm that month, iTrack saw an average of 35 patients a day. "Thirty-five patients a day is enough to take the pressure off of the 61 rooms in the back, so people who need to be treated there can be," Dr. Finkelstein says. The change increased patient satisfaction scores, decreased ED length of stay, and reduced median "door-to-doc" time for non-critical patients by nearly 25 percent.

Hartford Hospital is the only area hospital implementing this type of systematic process for patients with significant, but not life-threatening, conditions. "We're seeing people with belly pain, chest wall pain, vomiting, kidney stones and more," Dr. Finkelstein says. "We're seeing them completely, safely, privately, ordering tests and following them through their course, but they're not occupying space needed for those with more serious conditions."

Dr. Finkelstein expects to operate iTrack with its own dedicated staff beginning in April 2014 and hopes to extend its hours. "The goal is to be open from 8 am to midnight seven days a week," he says.

Olin Center Celebrates Expansion

A ribbon-cutting ceremony was held in the fall to mark the official opening of the Institute of Living's expanded Olin Neuropsychiatry Research Center. The Olin Center, which celebrated its 10th anniversary in 2013, is at the forefront of neuroscience research. The expansion and the acquisition of state-of-the-art equipment were made possible by a $3.2 million grant from the federal American Recovery and Reinvestment Act and $2.2 million in matching funds from Hartford Hospital.

Left to right: Bimal Patel, vice president, operations, Hartford Hospital; Jeffrey Flaks, executive vice president and chief operating officer, Hartford HealthCare; Robert B. Goode, Jr., chairman of the board, Institute of Living; Godfrey Pearlson, director, Olin Neuropsychiatry Research Center, Institute of Living, Hartford Hospital; Harold I. Schwartz, MD, psychiatrist-in-chief, Institute of Living, and vice president of behavioral health, Hartford Hospital; Stuart Markowitz, MD, president, Hartford HealthCare, Hartford Region and senior vice president, Hartford HealthCare.

Survival Strategies After Mass Shootings

Recently issued federal guidelines for responding to active-shooter incidents are based on recommendations from a group initiated and chaired by Lenworth Jacobs, MD, Hartford Hospital's vice president of academic affairs and chief academic officer. After the December 2012 shootings at Sandy Hook Elementary School in Newtown, Conn., Dr. Jacobs proposed bringing together senior, national leaders from law enforcement, medicine, emergency response and the military to develop strategies for helping more victims survive shootings and other "intentional mass-casualty" events. The group's recommendations were titled "The Hartford Consensus." The Federal Emergency Management Agency's endorsement of these survival strategies is a testament to Hartford Hospital's leadership on a national level in this area.

Jacobs

Cardiac Program Honored

Hartford Hospital's Cardiac Rehabilitation Program was certified by the American Association of Cardiovascular and Pulmonary Rehabilitation and recognized for its commitment to improving the quality of life by enhancing standards of care. AACVPR-certified programs are recognized as leaders in the field of cardiovascular rehabilitation because they offer the most advanced practices available.

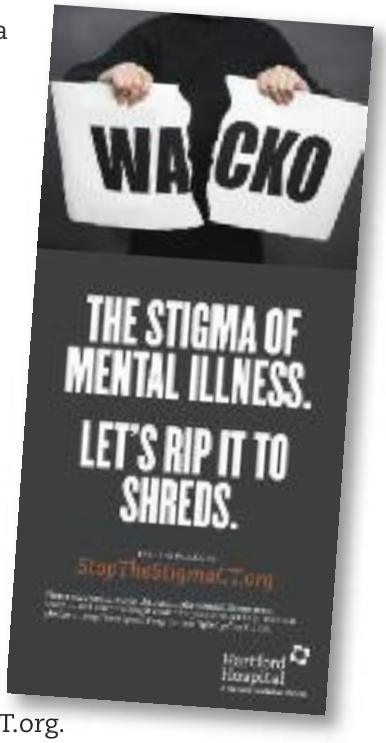
Psychiatric Emergency Unit Renovated

The psychiatric section of Hartford Hospital's Emergency Department has undergone extensive renovations designed to enhance the privacy, safety and dignity of patients and facilitate communication among staff. Part of the funding was provided by the Hartford Hospital Auxiliary, which directed the proceeds from its annual golf tournament to the project. The physical improvements are part of a comprehensive initiative to ensure the highest-quality emergency psychiatric care.

Newly renovated patient rooms in Hartford Hospital's emergency psychiatry department.

Campaign Aims To "Stop The Stigma"

Hartford Hospital has launched a multimedia campaign aimed at reducing the stigma often associated with mental illness. The "Stop the Stigma" campaign, which got under way in December 2013, invites users to sign an online pledge to try to change the way society views mental illness. The site also offers information about mental illness and links to other resources. To learn more and sign the pledge, visit www.StopTheStigmaCT.org.



Innovation In Surgery

Hartford Hospital continues to be a leader in offering advanced surgical techniques. This fall, thoracic surgeon Mario Katigbak, MD, assisted by fellow thoracic surgeon Juan Escalon, MD, was the first in Connecticut to remove a diseased esophagus using minimally invasive robotic surgery. Also this fall, gastroenterologist Michael Karasik, MD, performed the state's first "endoscopic submucosal dissection," an operation to remove a cancerous lesion from the surface of the esophagus, while leaving the esophagus intact.

Katigbak

Escalon

Karasik

Beyond Our Borders

Hartford Hospital's expertise increasingly reaches around the world.

Hartford Hospital Cancer Center Director Andrew Salner, MD, recently visited Hartford Hospital's sister hospital in China, Qilu Hospital of Shandong University Medical School, in Jinan. Dr. Salner attended the opening ceremony of the new Qilu Hospital Nanshan Branch, gave two scientific presentations on cancer and presented a proclamation from Connecticut Gov. Dannel Malloy congratulating Shandong and Qilu leaders on the opening of the new hospital.

Left to right: Drs. Yufeng Cheng, Fengcai Wei, Andrew Salner, and Dadong Li at the opening ceremony of the new Qilu Hospital Nanshan Branch in Longkou, China.

Bruce Browner, MD, site director of the Orthopedic Residency Program at Hartford Hospital and professor and chair emeritus of the UConn Health Center Department of Orthopedic Surgery; and Michael Miranda, MD, chief of the Orthopedic Trauma Service at Hartford Hospital and clinical assistant professor with the UConn Health Center Department of Orthopedic Surgery, conducted an International Multidisciplinary Trauma Conference with Muhimbili University in Tanzania via video conference. Speakers from Hartford Hospital and Tanzania discussed the challenges of treating complex fractures in Africa and how these fractures are handled in the United States.

Browner

Miranda

Celebrating Weight Loss — And Better Health

The Hartford Hospital Surgical Weight Loss Center held its third annual patient reunion this fall. Patients, their guests and members of the center's staff came together to celebrate the improved health and quality of life patients have achieved through weight loss. The center has performed nearly 3,000 bariatric (weight-loss) surgeries over the past seven years, and patients have lost a total of 171,000 pounds. The average weight loss per patient was 57.57 pounds. The Surgical Weight Loss Center at Hartford Hospital is accredited as a Center of Excellence by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program, an initiative of the largest organization of bariatric surgeons in the world.

Research Studies
Focus On Mental Health

The Institute of Living, Hartford Hospital's division of psychiatry, is at the forefront of research aimed at understanding the origins of mental health problems and developing better ways to prevent and treat them. The Institute's Anxiety Disorders Center, led by Director David Tolin, PhD, is currently engaged in several clinical research studies. They include:

Hoarding

Many of us have clutter in our homes. But when one's accumulation of objects becomes so excessive that it interferes with normal activities and quality of life, it becomes hoarding. Hoarding is now recognized as a mental health disorder and is, for the first time, listed as a diagnosable mental illness in the new edition of the American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders*.

The Anxiety Disorders Center is a nationally recognized leader in research on hoarding. Dr. Tolin and his colleagues are now conducting a first-of-its-kind study on the effects of cognitive behavioral therapy, or CBT, on brain function in people with hoarding disorder. The study, "Neural Mechanisms of CBT Response in Hoarding Disorder," uses functional magnetic resonance imaging, or fMRI, to monitor brain activity in people as they receive CBT. The goal is to discover how to make CBT even more effective in treating people with hoarding disorder.

The study is seeking participants aged 20 to 60. Those who meet the study criteria will complete assessments, receive CBT and have fMRI scans. There is no cost to participants, and compensation of up to $200 is provided. For more information, call 860.545.7039 or email adc.research@hhchealth.org.

Panic Disorder

People who have recurring episodes of sudden, intense fear or anxiety, with no evident cause, may have a condition called panic disorder. Panic attacks occur without warning and are often accompanied by physical symptoms such as pounding heart, chest pain, shortness of breath or nausea. The attacks themselves, coupled with the constant fear of their occurrence, can significantly affect a person's quality of life.

The Anxiety Disorders Center is conducting a research study to see whether a biofeedback device called the Canary Breathing System can reduce the symptoms and number of panic disorders. Previous research has shown that people with panic disorder breathe differently from other people. In this study, participants periodically place under the nose a small tube equipped with a sensor. The sensor analyzes the person's breathing and transmits the information to a small tablet computer. The person is then asked to change his or her breathing based on signals from the tablet.

The tablet and other equipment are loaned to participants, who are asked to use the device periodically over a four-week period. At weekly office visits with the therapist, participants review the data and discuss progress. They also return to the center for one-hour visits three months and 12 months after beginning the study.

For more information, call 860.545.7039 or email adc.research@hhchealth.org.

Generalized Anxiety Disorder

Generalized anxiety disorder is characterized by ongoing fear of bad things happening to oneself or others and an inability to control worrying. People with GAD often have physical symptoms such as restlessness, difficulty concentrating and sleep problems. GAD is a fairly common condition, affecting more than 3 percent of adults in the United States.

The Anxiety Disorders Center is conducting research to see whether transcranial magnetic stimulation (TMS) therapy is effective is treating GAD. TMS is a noninvasive therapy approved by the federal Food and Drug Administration for treatment of patients with major depressive disorder. The therapy involves the patient sitting in a comfortable chair while a treatment coil on the head delivers magnetic pulses that stimulate certain nerve cells in the brain.

In this study, patients first have a brain MRI that will guide TMS treatment. Participants are then randomly divided into two groups. One group will receive TMS and the other will receive placebo treatment.

The study is open to people 18 and older with excessive anxiety and worry who meet study criteria. For more information, or to refer patients to the study, please visit generalizedanxietydisorder.com or contact the study coordinator, Laura Bragdon, MA, at 860.545.7386 or adc.research@hhchealth.org.

We welcome some of the newest members of our Hartford Hospital Medical Staff. For more information on these and other physicians, visit our website at www.harthosp.org or call the Health Referral Service at 860.545.1888.

Cardiology
Arshad Yekta, MD
Dr. Yekta has joined Hartford Hospital as a cardiologist. He is a graduate of the Tufts University School of Medicine. He completed his internship and residency at the Icahn School of Medicine at Mount Sinai in New York and was fellowship trained at Hartford Hospital. He is board certified in internal medicine and cardiovascular diseases.

Internal Medicine
Jane Buss, MD
Dr. Buss has joined Hartford HealthCare Medical Group in Wethersfield in the practice of internal medicine. She is a graduate of New York Medical College. She completed her residency in internal medicine and her fellowship in infectious disease at Hartford Hospital. She is board certified in internal medicine and infectious disease.

Family Medicine
Thao Doran, DO
Dr. Doran has joined Hartford HealthCare Medical Group in Manchester in the family medicine practice. She graduated from the Lake Erie College of Osteopathic Medicine and completed her residency at Mercy Hospital of Pittsburgh. She is board certified in family medicine.

Internal Medicine
Angela Stein, MD
Dr. Stein has joined Hartford Hospital in the practice of internal medicine and is seeing patients in West Hartford. She graduated from the University of Connecticut School of Medicine and completed her residency at the University of Connecticut Medical Center.

Urogynecology
Elena Tunitsky, MD
Dr. Tunitsky has joined Hartford Hospital as a urogynecologist. She graduated from McGill University and completed her residency at BayState Medical Center and her fellowship in urogynecology at Cleveland Clinic. She is board certified in obstetrics and gynecology.

Breast Surgery
Elise Gates, MD
Dr. Gates has joined Hartford HealthCare Medical Group's division of Breast Surgery and is seeing patients in Farmington and in Enfield. She graduated from Drexel University Medical College. She completed her residency in surgery at Tufts University School of Medicine and her fellowship in breast surgery at UMass Memorial Medical Center. She is board certified in surgery.

General Surgery
Edward Hannoush, MD
Dr. Hannoush has joined Hartford HealthCare Medical Group in Hartford as a general surgeon. He graduated from the Universidad Central de Venezuela. He completed his residency in general surgery at University of Medicine & Dentistry of New Jersey and his fellowship training in bariatric and minimally invasive surgery at Yale New Haven Hospital.

Surgical Oncology
Christina J. Wai, MD
Dr. Wai has joined Hartford HealthCare Medical Group in Hartford as a surgical oncologist. She graduated from Georgetown University School of Medicine and completed her residency at Tufts University School of Medicine. She completed her fellowship training in surgical oncology at Fox Chase Cancer Center in Philadelphia and she is board certified in surgery.

calendar

To see a complete listing of classes, or for more details, please visit www.harthosp.org/calendar.

Cancer Program

www.harthosp.org/Cancer/Classes

The Lebed Method: Focus On Healing
A gentle medically based exercise program with emphasis on movement to music designed especially for female cancer patients/survivors. To register, call 860-545-6000. FEE: $30/6 sessions.

New Beginnings
A six-week program for men and women on maintaining and improving their physical, nutritional and mental well-being. To register, call 860-545-5113. FREE.

CHESS — Support For Cancer Patients
Education and support for patients with breast cancer or prostate cancer. CHESS, Comprehensive Health Enhancement Support System, provides online support and information. Computers are loaned, at no cost, to patients who do not have their own. Call 860-545-3781. FREE.

Integrative Medicine Programs

Visit www.harthosp.org/intmed for complete calendar and class offerings

Brain Tumor Survivor Support Group
Provides brain tumor patients and families with education and support. Light dinner provided. Registration is required at least 48 hours in advance. Call Erin Williams, RN at 860-545-5808 to register. FREE.

Prostate Cancer Support Group
Provides education and support for patients and families to understand and deal with this disease. Call 860-524-2715 for schedule. FREE.

Advanced Prostate Cancer Support Group
Provides education and support for men in the advanced stages of prostate cancer and their families. Call 860-524-2715 for schedule. FREE.

Healthy Hearts

Stop Smoking for Life Program
For schedule and to register, call 860-545-3127 or email: stopsmoking@harthosp.org.

Resources For Smokers — Community Education Group
This monthly program is open to smokers, and anyone who wants to help someone to quit. Topics include: treatment options, behavioral strategies, medication options and services available to people who want to quit. FREE.

Individual Cessation Counseling
Recommended for individuals who would benefit from a personalized, one-on-one treatment approach to learn about behavioral strategies, medication options and counseling support. Sessions are offered in West Hartford.

Stress Management For Cardiac Patients
Recommended for cardiac patients interested in improving their skills to manage stress. Facilitated by a counselor from Hartford Hospital's Behavioral Cardiology Program. Sessions focus on cognitive-behavioral techniques and meet weekly for six sessions in West Hartford. FEE: $225.

Counseling And Stress Management Service — Individual Counseling
Coping with an ongoing medical condition can be a challenging task for many patients. Learn how emotions play a role in recovery. Sessions are offered in West Hartford.

Breathe Easy Relapse Prevention Support Group
For some people quitting once and for all is difficult. This monthly support group can help you stop smoking for life. Group sessions are offered in Hartford and West Hartford. Call for schedule. FREE.

Mended Hearts Support Group
For people who have had open-heart surgery or heart disease and their partners. Hartford. Call 860-289-7422. FREE.

Surgical Weight Loss Programs

www.harthosp.org/obesitysurgery/Classes

Surgical Weight Loss Support Group
Education and support for those who have had or are thinking of having bariatric weight loss surgery. Conducted by Sally Strange, RN, Bariatric Nurse Coordinator at Hartford Hospital's Education & Resource Center, 560 Hudson Street, Hartford. Registration is not required. FREE.

Surgical Weight Loss: Nutrition Support Group
Get back on track with our nutrition class! Attend a monthly support group for people who have had weight loss surgery through Hartford Hospital's Surgical Weight Loss Program. For more information, call the Surgical Weight Loss Center at 860-246-2071, option #2.

Surgical Weight Loss: General Education Session
A comprehensive, educational session focused on patients who are ready to start the program or just want to learn more about surgical weight loss. Registration is required. Call 860-246-2071 and select option #2. Parking will be validated — bring your ticket. FREE.

Women's Health Issues

www.harthosp.org/women/Classes

The Strong Women Program
Working with weights increases strength, muscle mass and bone density while reducing the risk of numerous chronic diseases. 12-week sessions meet twice a week for "no-impact" workouts. Schedule and registration available online at www.harthosp.org/classes. FEE: $160.

Parent Education Classes

www.harthosp.org/ParentEd

Registration is required for all classes. Some classes may close registration 48 hours prior to the beginning of class so please register early.

• Twin Preparation Class
This three-part series will cover the unique needs of parents delivering and caring for multiples. Expectant parents may invite extended family members to attend any of the classes. FEE: $125/3 sessions (may be prorated).

• Baby Care
Understand the needs of your newborn and learn great tips on diapering, bathing and general care. FEE: $25/couple.

• Breastfeeding With Success
Before the baby arrives, learn about the basics and benefits of breastfeeding. FEE: $25.

• Breastfeeding And Returning To Work
We'll help you by covering such topics as choosing the right breast pump, collecting and storing milk and setting a routine. Babies are welcome. FEE: $25.

• Cesarean Birth
This class prepares you for the experience from pre-admission through recovery at home. Learn what to expect during surgery and throughout your hospital stay, how your partner can help, and tips for a smooth recovery while caring for a newborn. Includes a maternity tour at Hartford Hospital. FEE: $50.

• Expectant Grandparents Class
Provides grandparents with an opportunity to talk with trained professionals about birthing changes, baby care, infant feeding and safety. FEE: $5/person.

• Pups And Babies
Get tips on preparing your pet for baby's arrival, introducing baby to your pet and helping your pet understand his new place in the expanded pack. FEE: $25/couple.

• Baby Signing: An Introduction
Led by a pediatric nurse practitioner, this class focuses on how your child develops language and speech, and how sign language can enhance family communication. For babies 6 to 24 months. FEE: $25.

• Maternity Tours
A guided tour to acquaint you with our facility and maternity services. Tours available in English and Spanish. For schedule and to register, visit www.harthosp.org/ParentEd. FREE.

• Neonatal Intensive Care Unit Tours
Private tours for those expecting twins, triplets, etc. By appointment only. Please call 860-545-8987. FREE.

• eLearning Childbirth Education
When traditional childbirth education classes are not a possibility due to bed rest or time constraints, our interactive web-based program provides a solution. Call 860-545-1333. FEE: $100.

• **Preparation For Childbirth**
Topics include: stages of labor, relaxation, breathing techniques, pain management options and coping skills. Learn to be an active participant in the birth of your baby. Go to www.harthosp.org/ParentEd for schedule and to register. FEE: $100.

• **The Happiest Baby**
Learn approaches to keeping babies happy by helping them sleep better and soothing even the fussiest baby in minutes. FEE: $65/couple includes class, Parent Kit, choice of Dr. Karp's DVD (or VHS) and Soothing Sounds CD.

• **Epidural Anesthesia For Labor**
Led by a board-certified anesthesiologist, this class covers what an epidural is, the risks involved and what to expect for pain relief. FREE.

• **Comfort Measures For Labor**
Led by a certified labor doula/licensed massage therapist, this interactive class will help expectant couples practice and master hands-on techniques to address the discomforts of labor, including relaxation, positioning, movement and touch. FEE: $35.

• **Sibling Preparation**
A class to help children prepare for the arrival of a new baby brother or sister. FEE: $15 per child; $25 for 2 or more children.

Nurturing Connections
(Provided by the Nurturing Families Network)

• **Telephone Support For New Parents**
Volunteers provide education and support when the mother is pregnant or while mother and baby are still in the hospital. Contact Leslie Escobales at 860-972-3201.

• **Home Support For New Parents**
Starting prenatally until the baby is 5 years of age, home visitors act as teachers, supporters and advocates, and help families obtain community services. Contact Leslie Escobales at 860-972-3201.

• **Lactation And Feeding Consultant**
The goal is to offer mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies or feeding formula safely. Contact Mary A. Marshall-Crim at 860-545-1313.

• **Prenatal Groups**
Offered in both English and Spanish depending on the number of participants. Meet once per week for ten weeks. Contact Damaris Rodriguez at 860-972-3131.

Parent–Baby Series

• **Enjoying Infants Together**
Led by a pediatric nurse practitioner, this six-week series is for parents and infants younger than 12 months. Learn fun, developmental activities for infants, participate in discussions and make new friends. FEE: $50 for 6-week series.

• **Time For Toddlers**
Led by a pediatric nurse practitioner, this series is for parents and toddlers, 12 to 24 months. Learn fun, developmental activities for toddlers and participate in discussions. FEE: $50 for 6-week series.

• **Time For Infants & Toddlers — Saturdays**
This series is for parents and children under 24 months. Learn fun, developmental activities, participate in discussions and make new friends. FEE: $15/class.

Exercise for Expectant and New Moms

• **Prenatal Yoga**
Improve your strength and muscle tone, ease tension and relieve discomforts of pregnancy. FEE: $50/4-week session.

Safety Education

Car Seat Safety
Four out of five car seats are installed incorrectly. That's why we offer a free Car Seat Safety class for expectant parents, hosted by Community Safety Officer David Cavedon. Space is limited and registration is required. West Hartford. FREE.

CPR For Family And Friends: Infants And Children
Recommended for new parents, babysitters and anyone who cares for infants and children who want basic first aid and CPR information but who do not need a course completion card. This is a non-certification informational class intended for home use only. Hartford. FEE: $45.

Mental Health
www.harthosp.org/InstituteOfLiving/Events
The following free programs are conducted by staff from the Family Resource Center at the Institute of Living. Meetings take place at 200 Retreat Avenue on the first floor of the Center Building unless indicated otherwise. Registration is not required unless noted. For additional information, directions or dates, visit www.harthosp.org/InstituteOfLiving/Events.

Myths, Minds And Medicine Exhibit
A permanent exhibition on The Institute of Living's

To see a complete listing of classes, or for more details, please visit www.harthosp.org/calendar.

history and the treatment of psychiatric illnesses. Self-guided tours Monday through Friday, 9:00 a.m. to 5:00 p.m. FREE. By appointment only; contact Gina 860-972-4500

Anxiety Disorders Group
Group cognitive behavioral therapy for children and adolescents with anxiety concerns such as panic attacks, social anxiety and excessive worrying. Facilitated by licensed psychologists with expertise in anxiety treatment. Call 860-545-7685, option #3 for schedule. Registration is required. Billable to insurance and co-pay.

Bipolar Disorder — An Introduction
This program is for family members and friends of individuals who have bipolar or a related disorder. Registration not required. FREE.

Schizophrenia — Introduction To The Disorder
Learn about schizophrenia and its treatment, with specific suggestions to help family and friends cope. FREE.

Introduction To Mental Health Benefits And Services For Severe Mental Illness
Overview of benefit programs available for individuals with mental health disabilities. FREE.

Depression: An Introduction To The Disorder
This program is for family members and friends of individuals who suffer from depression. Contact Mary Cameron at 860-545-7665 for more information and dates. FREE.

Managing Schizophrenia
This presentation will discuss the impact that symptoms of schizophrenia have on everyday activities, and how to make things better at home. FREE.

Dementia Support/Educational Group Meeting
Please join us as we bring together experts and those who want guidance, direction, and support through this journey. Let's work together, help each other and exchange ideas. Space is limited — reservations are required 860-545-7665.

Mental Health Peer Support Group
Provides support, encouragement and positive momentum for people in recovery from mental health issues and substance use. Call 860-545-7202 for more information. FREE.

Support Group For Families Dealing With Major Mental Illness
Share your successes and struggles in loving and living with someone who has schizophrenia. FREE.

Peer Support Group—Schizophrenia Anonymous (S.A.)
This is a peer run, open forum group meeting providing support to people with a diagnosis of schizophrenia. FREE.

Social Support Group — L.G.B.T.Q. Issues
(Lesbian/Gay/Bisexual/Transgender/Questioning) Support group for 16-23 year-olds who identify LGBTQ issues as being prominent in their lives. The goal is to discuss support strategies to manage life challenges. FREE.

Un Grupo De Apoyo Para Las Familias Hispanas
El segundo martes de cada mes de 5:00 to 6:00 p.m. Este es un grupo de apoyo para las familias que hablan espanol y que estan preocupados con los asuntos de la salud mental. (Este no es un grupo de tratamiento sino un grupo para los amigos y las familias de una persona que esta sufriendo con una enfermedad mental.) This is a group geared toward supporting and educating friends and family members of those dealing with mental health issues and is not a treatment group. Second Thursday of the month from 5:00 to 6:00 p.m. in the Center Building, First floor.

Support Groups

Visit www.harthosp.org/supportgroups for a full listing of support groups with dates, times and locations.

Volunteers

www.harthosp.org/Careers/Volunteer

Volunteer Opportunities
If you are interested in giving your time, we offer a wide variety of opportunities to match your interests with those of our patients, their families or our staff. Positions are available for adults and in April applications will be available on-line for those 14-18 years of age for the summer program. Training and free parking are provided. For more information, call Volunteer Services at 860-545-2198 or visit us online at www.harthosp.org/volsvc.

Surgical Family Lounge
Looking for mature and organized volunteers with excellent communication skills and basic computer skills to serve as Family Liaisons. They update family members on their loved one's surgery, connect families with physicians and provide support for family members, patients and staff. (The lounge is covered Monday – Friday from 7:00 a.m. to 8:00 p.m.)

Pet Therapy Volunteers
Certified Pet Therapy teams are needed as visitors on Hartford Hospital's inpatient units, in the lobbies as greeters and at the behavioral campus—Institute of Living and Grace Webb School.

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A Hartford HealthCare Partner

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Oven Roasted Salmon With Spice Rub

Ingredients

- 4 fillets of salmon (4 oz each)
- 1/2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp garlic powder
- 1/2 tsp ground coriander
- 1 tbsp brown sugar
- 1 tsp fennel seeds
- Orange slices

Heat a dry nonstick pan over medium to high heat and add fennel seeds. Shake pan or stir seeds frequently to prevent burning. Cook for three minutes until fragrant. Remove seeds from pan and let cool.

Pat dry the salmon. Divide olive oil between the fillets and rub on flesh side of fish.

Mix the next four ingredients together.

Grind fennel seeds with a mortar and pestle or by using a mallet and a plastic bag with the seeds inside. Add to spice and brown sugar mixture. Rub mixture into flesh side of fish fillets coating each generously.

Preheat oven to 450 degrees. Spray a baking dish with cooking spray and add four fillets skin side down. Place in oven and turn down to 350 degrees. Bake until it the fish flakes approximately 12 to 15 minutes.

Garnish with orange slices.

One 4 ounce fillet provides the following:

175 calories
3 grams carbohydrate
27 grams protein
6 grams fat
1.4 grams saturated fat
2.5 grams monounsaturated fat
1.7 grams polyunsaturated fat
63 milligrams cholesterol
67 milligrams sodium
519 milligrams potassium

According to the American Heart Association, fish is recommended to be eaten twice a week for its heart healthy benefits. These benefits are attributed to the polyunsaturated fat known as omega-3 fatty acids. Salmon and other fatty fish are especially rich in this type of fat. Whenever possible select wild salmon over farmed raised, since farmed fish often contains dyes, antibiotics and growth hormones. Salmon is a low mercury containing fish. Spices also have antioxidant properties which ward off chronic disease.