

GREATER LIFE



Advanced robotic surgeries offer amazing benefits

Inside:

Single-site procedures

Comprehensive breast care services

Lung cancer care and screenings

Access health information online



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Featured physician



Sarala Masti, MD
Board certified
Family medicine

Residency

Michigan State University/
St. Lawrence Hospital
Lansing, MI

Medical education

Bangalore Medical College
Bangalore, India

Dr. Masti, a physician passionate about delivering the highest standards in family medicine, is accepting new patients. You can trust her to provide the care you and your loved ones require to stay healthy.

Office

**McLaren Greater Lansing
Williamston Family Medicine**
1288 W. Grand River Ave.
Williamston, MI 48895
(517) 975-2325



Robotic procedures have revolutionized surgery, requiring incisions no larger than a penny.

Small wonders: Tiny incisions, huge benefits

Some say, “Don’t sweat the small stuff.” However, when surgery is the topic, it’s the little things that matter most. A mastery of the details is absolutely essential.

At McLaren Greater Lansing, physicians perform a range of robotic procedures using the revolutionary da Vinci Surgical System, an extremely advanced robotic technology that allows surgeons to operate with greater precision and accuracy when compared to traditional surgery methods.

With robotic-assisted procedures, the surgeon’s hand motions are translated into precise movements of microinstruments at the surgical site. Essentially, this allows the physician to perform surgeries on a much smaller scale, dramatically reducing the size of incisions. The smaller incisions mean better outcomes for patients, including less pain and scarring, shorter hospital stays, and overall quicker recoveries.

Many types of robotic procedures are offered at McLaren Greater Lansing, including the following:

- › Cardiothoracic
- › Colorectal
- › Gallbladder removal
- › Gynecologic
- › Urologic



For more information about robotic surgery at McLaren Greater Lansing, visit mclaren.org/lansingrobotics.

No visible scar with single-site surgeries

Let's face it. No one wants to have a hysterectomy (removal of the uterus) or a cholecystectomy (removal of the gallbladder). However, sometimes these procedures are necessary to maintain good health.

If you are in need of one of these procedures, it's reassuring to know that McLaren Greater Lansing offers alternatives to traditional surgical methods, including a robotic-assisted technique called single-site surgery. Compared to traditional "open" procedures, single-site hysterectomy and cholecystectomy surgeries yield much better outcomes for patients, such as quicker recoveries, shorter hospital stays, less pain and—perhaps best of all—virtually no scarring. McLaren Greater Lansing is proud to be the region's only source making these state-of-the-art procedures available.

Single-site gallbladder surgery

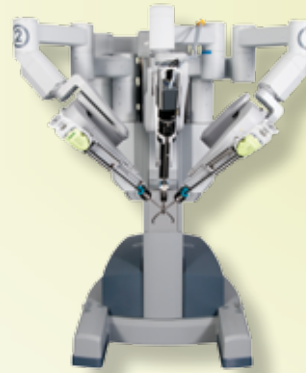
Gallbladder disease affects more than 25 million Americans, and gallbladder removal is one of the most common surgeries in the U.S. If you have pain or other symptoms related to gallstones or if your gallbladder isn't functioning properly, you may require gallbladder removal surgery.

While traditional gallbladder surgery requires an incision 5-7 inches in length, McLaren Greater Lansing's single-site procedure is much less invasive, requiring only a 1-inch incision at the site of the belly button. Through this one small incision, all necessary surgical devices are inserted into the abdomen. Then, the gallbladder is removed through the same site. At McLaren Greater Lansing, single-site gallbladder surgeries are performed with the da Vinci Surgical System, affording the surgeon greater surgical control and overall better visualization.

Single-site hysterectomy

About one-third of all women will require a hysterectomy in their lifetime. The health care conditions that necessitate hysterectomy vary; however, common ones include uterine fibroids, uterine prolapse, endometriosis, abdominal pain, and cancer of the uterus, cervix or ovaries.

For years, the only hysterectomy method available was the open abdominal procedure, which requires either a vertical or horizontal incision about 5-7 inches across the abdomen, leaving a sizable scar. Other disadvantages of this approach include a typical three-day hospital stay after surgery and a six-week recovery period before resuming normal activity.



Benefits of single-site surgery

- Less pain
- Less bleeding
- Shorter hospital stays
- Overall faster recoveries
- Fewer complications
- Virtually no scarring

In comparison to the open abdominal procedure, the single-site hysterectomy is remarkably less invasive. Using the da Vinci Robotic System, the surgeon detaches the uterus from a 1-inch incision made at the navel. Because of the incision site and size, cosmetic results are typically excellent. The single-site procedure also allows women to get back to life sooner, usually in not much longer than a week.

Other gynecologic procedures that can be done using single-site technology include removal of the ovaries, cysts and fallopian tubes, as well as lysis of adhesions.

For more information about robotic-assisted single-site surgery, visit mclaren.org/lansingrobotics.

Single-site surgery experts

Gynecologic surgeon



Grace Gibbs, DO

Gallbladder removal surgeons



Jeffrey Deppen, DO



Troy Ferguson, DO



Srinivas Kavuturu, MD

Think pink at the Pink Tea



Pink Tea

Thursday, Oct. 23, 6 p.m.

Keynote speaker: Lewis A. Jones Jr., MD, director of breast imaging, McLaren Greater Lansing

A Pink Tea is a free program designed to educate individuals about breast cancer detection and mammography in a relaxed, colorful, pink setting! Wear your pink, and learn how we can save lives and create a world with less breast cancer and more birthdays! Join Dr. Jones along with survivor speakers as they inspire and motivate women by teaching the basics about how to detect cancer at the earliest possible stage and significantly reduce risk of death from breast cancer.

DAWE AUDITORIUM AT McLAREN GREATER LANSING

401 W. Greenlawn Ave., room G042

[Use the patient entrance, take the Chi elevator to the ground floor, and turn right.]

Doors open at 5:30 p.m.

Refreshments served

To register, call (517) 975-6600 or email Jessica.Vermeersch@mcclaren.org.

Breast cancer: Understanding your risk



The main uncontrollable risk factors

Gender—Being a woman is the most significant risk factor.

Age—The older a woman gets, the greater her chances for breast cancer.

Family history—Having the BRCA1 or BRCA2 gene greatly increases risk of breast cancer.

Personal history—A prior breast cancer diagnosis increases risk of developing it again.

Menstruation factors—Starting menstrual periods before age 12 or going through menopause after age 55 increases risk.

Race/ethnicity—African-American women are more likely to die from breast cancer.

Things you can control

Weight—Having more body fat translates to increased breast cancer risk.

Diet—A low-fat diet with plenty of fruits and vegetables is recommended.

Exercise—Exercise helps reduce breast cancer occurrence.

Alcohol consumption—Drinking alcohol can increase risk of breast cancer.

Smoking—As with most cancers, smoking increases risk.

Estrogen exposure—Uninterrupted estrogen exposure for long durations can increase risk.

Quick facts about breast cancer

- Breast cancer affects one in eight women.
- Worldwide, breast cancer is the most diagnosed cancer in women.
- One-sixth of breast cancers occur in women aged 40-49.
- The risk of getting breast cancer increases with age. Approximately 77 percent of women with breast cancer are older than age 50 when diagnosed.
- Breast cancer kills more women in the U.S. than any cancer, except lung cancer.
- Mortality rates from breast cancer have been on the decline since about 1990, partly due to better screening and early detection, overall increased awareness, and improved treatment options.
- As of 2012, there were an estimated 2.9 million breast cancer survivors living in the U.S.
- Annual mammograms can detect cancer early when it is most treatable. In fact, mammograms can show changes in the breast up to two years before a patient or a physician can feel them.
- Mammography has helped reduce breast cancer by more than 30 percent since 1990.

The region's only nationally accredited breast care center

If you're a woman, breast care is an important part of your overall health and wellness. One in every eight women will be diagnosed with breast cancer. Because early detection is the most effective way to successfully treat the disease, receiving your mammograms regularly and from a trusted source is absolutely essential.

For quality breast care close to home, you can depend on our Breast Care Center, the only facility in the region to be accredited by the American College of Surgeons National Accreditation Program for Breast Centers. Our center offers the following to women living in the Greater Lansing area:

- › The area's most advanced technology, including digital mammography
- › Screening and diagnostic mammography
- › The region's only breast MRI and MRI-guided biopsy services
- › Needle, stereotactic and ultrasound-guided biopsy services
- › Mammopads, creating a softer, warmer surface during mammogram exams
- › Specially trained clinicians
- › Bone density testing
- › Individual consultation rooms and private dressing rooms
- › Extended and weekend operating hours

Schedule your next mammogram at a facility that makes your breast care a priority. Call McLaren Greater Lansing's Breast Care Center in Lansing, or contact our imaging center in Grand Ledge.

BREAST CARE CENTER

401 W. Greenlawn Ave.
Lansing, MI 48910
[517] 975-6425

GRAND LEDGE IMAGING CENTER

1035 Charlevoix Drive
Suite 200
Grand Ledge, MI 48837
[517] 626-3100



Bone density tests



Be smart about your bone health. Get a bone density test at the same time you receive your mammogram. Vital to monitoring and managing the health of aging women, this important screening is used to diagnose osteoporosis and gauge risk of bone fracture.

To make an appointment for a mammogram or a bone density test at our Breast Care Center, call [517] 975-6425. To schedule an appointment at our Grand Ledge location, call [517] 626-3100.

Comprehensive lung cancer services



If you have lung cancer, McLaren Lung Cancer Institute can help—on both medical and personal levels. We are part of a comprehensive cancer program at McLaren Greater Lansing and use a multidisciplinary approach to provide advanced medical, radiological and surgical treatments. Our compassionate cancer-fighting professionals are here to make sure you receive exceptional oncology care, as well as important support services.

The goal of the McLaren Lung Cancer Institute’s multidisciplinary approach is to provide seamless coordination of care. Our talented multispecialty team includes pulmonologists, oncologists and surgeons from McLaren Cardiothoracic & Vascular Surgeons and McLaren Cancer Institute.

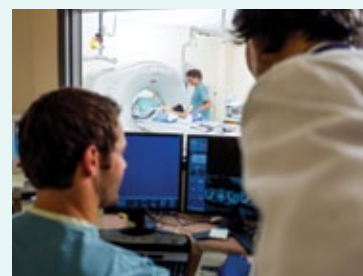
We also aim to make care as patient centric as possible, and to accomplish this, our Patient Navigator Program features a dedicated registered oncology nurse who guides patients through the treatment process, ensuring they receive seamless, coordinated care, along with any other necessary support.

For more information about McLaren Lung Cancer Institute, call (517) 975-8030.

A lung cancer screening could be a lifesaver

As part of Lung Cancer Awareness Month, McLaren Lung Cancer Institute is offering a public lung cancer screening to eligible individuals during the month of November. Screenings not only detect this deadly disease but also, in many instances, have uncovered serious cardiovascular conditions in patients. McLaren Lung Cancer Institute has performed 784 screenings from July 2011 to August 2014. From these screenings, four lung cancer malignancies, two non lung cancer malignancies and 181 incidental cardiac findings have been detected.

To be eligible for a screening, you must be between the ages of 50 and 75, be a current or former smoker with a 30-pack-per-year history and be asymptomatic of cough, hemoptysis, weight loss and pneumonia within the last six months.



Screenings are offered anytime during the year with a physician referral. However, patients can self-refer during November. To schedule a screening, call (517) 975-6255.

Support McLaren Greater Lansing at the 2014 Annual Gala

McLaren Greater Lansing Healthcare Foundation cordially invites you to join us on November 1 for the 2014 Annual Gala at the Country Club of Lansing.

- Enjoy an elegant dinner prepared by the renowned Country Club of Lansing chefs.
- Dance to live music from Bluewater Kings, a talented and versatile group whose individual members have performed with Michael Bublé, Stevie Wonder, Alicia Keys, Jason Mraz and Kanye West.
- Try your luck at blackjack, roulette, Texas Hold'em and craps for a chance to win prizes.

Don't miss this special evening to raise funds for the areas of greatest need at McLaren Greater Lansing.

Honorary chairs:

Mayor Virg Bernero and **Mrs. Teri Bernero**,
City of Lansing

Tom Anastos, head coach,
MSU Men's Hockey

Suzu Merchant, head coach,
MSU Women's Basketball

Physician chair:

Lewis A. Jones Jr., MD

Event details

Saturday, November 1, 2014

6 p.m.

Country Club of Lansing
2200 Moores River Drive
Lansing, MI 48911

Black tie optional
Individual tickets are \$175.

To learn more about this event and sponsorship opportunities or to register, please call **(517) 975-7100** or visit mclaren.org/lansinggala.



Sign up to access your health information online

Your health information should be at your fingertips. And now, it can be with My McLaren Chart, a secure online patient portal.

A free service for patients, My McLaren Chart allows you to access important health information 24/7, including lab and test results, clinical summaries, and care instructions from providers.

Using My McLaren Chart is easy—and so is signing up. To create an account, simply provide a valid email address during the registration process at McLaren Greater Lansing or visit myMcLarenchart.org.

myMcLarenchart

- Access your medical information online—
24 hours a day, seven days a week
- Review clinical summaries and
care instructions from recent visits
- Obtain lab and test results





GREATER LANSING

401 W. Greenlawn Ave.
Lansing, MI 48910

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LANSING, MI

Find a physician




Are you in need of a physician but don't know where to start? If so, we can help.

Call McLaren Greater Lansing's physician referral line. It's a quick and convenient way to find a provider who's right for you or your loved ones.

Physician referral line:
(877) 224-4325

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Mission statement:

McLaren Health Care, through its subsidiaries, will be the best value in health care as defined by quality outcomes and cost.

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