

Health Reach

YOUR RESOURCE FOR WELLNESS

Surgery & Special Procedures

A QUICKER RECOVERY FROM COLON SURGERY

Diana Poskon was 77 years old when a colonoscopy revealed a large tumor in her lower intestine. "When you hear the word *cancer* you feel like it's over, but that was hardly the case," says the Pittsburgh resident, who traveled to Virginia Hospital Center for treatment. Using a high-tech, minimally invasive approach, colorectal surgeon Jennifer McQuade, MD performed Mrs. Poskon's surgery and was able to send her home in three days. "This was my first time in the Hospital and it was like the red carpet was laid out for me. I was booked for surgery in less than a

week. Afterward, I took pain medication for two days and then I was back on my feet—with (virtually) no scars," states Mrs. Poskon.

Her swift recovery is attributable, in part, to the fact that her tumor was removed laparoscopically through a series of one centimeter, button-hole sized incisions. Traditional open surgery for colon cancer requires a long midline abdominal incision and a five- to eight-day hospital stay. Laparoscopic surgery consists of three to four tiny incisions and patients experience less pain, shorter hospital stays and improved cosmetic results, and are



Jennifer McQuade, MD with patient Diana Poskon

back enjoying their lives quickly, notes Dr. McQuade.

Dr. McQuade specializes in minimally invasive surgery (laparoscopy) and devotes her practice solely to colon and rectal surgery. She and her team of specially trained staff use laparoscopic repair for a number of conditions, including large polyps that require surgery, colon cancer, diverticular disease, rectal prolapse and some inflammatory bowel diseases. ■

HELP FOR HEMORRHOIDS

As a colorectal surgeon, Jennifer McQuade, MD, handles many complicated cases. But she's also available to help patients with simpler problems, like hemorrhoids.

Hemorrhoids are an extremely common condition, affecting about half of people over 50 at some point in their lives. Many suffer in silence, but there are effective treatments available. Hemorrhoids are enlarged, bulging blood vessels that can develop internally or externally, causing pain, itching, bleeding and protrusion. Contributing factors may include constipation, heredity, aging, straining, excessive use of laxatives or enemas, and pregnancy.

Most patients benefit from an increase in dietary fiber and water intake, and avoiding prolonged straining and "toilet time". Patients who are not getting enough fiber in their diets may need a fiber supplement (see chart).

When these lifestyle modifications fail to provide relief, further medical or surgical intervention may be necessary. Infrared coagulation uses a "laser-type treatment" to heat and thereby shrink the hemorrhoidal tissue. Another option is rubber band ligation, which cuts off the blood supply to the hemorrhoid, causing it to shrivel up. When performed by skilled physicians, both of these procedures are painless, take less than a minute, and are easily performed in the office. In some cases, surgery may

GOT FIBER?

A diet rich in fiber (25 to 35 grams per day) is the first line of defense against hemorrhoids. Are you eating the right foods? You might be surprised to learn which foods have the highest fiber content.

Product	Serving	Fiber grams
Whole wheat bread	1 slice	2.11
Shredded wheat	1 oz.	2.64
Oat bran	1 oz.	4.06
Broccoli	½ cup	2.58
Lettuce (raw)	½ cup	.24
Spinach	½ cup	2.07
Pinto beans	½ cup	5.93
Apple (with peel)	1 med.	2.76
Prunes	1 cup	13.76
Raspberries	1 cup	7.50
Strawberries	1 cup	3.87