

Health Connection

THOUGHTFUL CARE FOR OUR COMMUNITY

Clear the air!
CPRMC offers
new hope for
chronic sinusitis

Doctor Jake
helps heal patients

**Are you
exercise savvy?**
Find out inside

**Be wise—
immunize!**

**Ready to
GO GREEN?**
Consider a
digital option!
See page 5.



**CEDAR PARK
REGIONAL
MEDICAL CENTER**

A partner of the  Seton Family of Hospitals

www.cedarparkregional.com

Dogtor Jake is in the house!

New pet therapy offers heartwarming relief

It's said that dogs are man's best friends, and nowhere is that more true than at Cedar Park Regional Medical Center (CPRMC). We're proud to offer pet therapy through our Dogtor Jake's Pet Therapy Program. An all-volunteer program, Dogtor Jake's goal is to support healing through pet therapy, which provides special emotional and social support for people hospitalized for acute or chronic illness.

Pet therapy offers these patient benefits:

- **An outward focus.** Animals can help patients focus on their environment rather than thinking and talking about their conditions. Patients can watch and talk to and about the animals.
- **An emotional release.** It can be physically and emotionally exhausting to be ill. Hospital patients are in unfamiliar surroundings and undergo uncomfortable tests and procedures. This may make them close themselves off from friends and family. Animals can open a channel of emotionally safe, nonthreatening communication for patients.
- **A nurturing experience.** Patients need all the caring they can get. Psychologically, when a person nurtures an animal, he or she fulfills a personal need for that feeling.
- **Unconditional acceptance.** Animals have a way of accepting without qualification. They don't care how a person looks or what they say, which patients need. An animal's acceptance is nonjudgmental, forgiving and uncomplicated; they accept patients just the way they are.
- **Distraction and entertainment.** Studies show the presence of animals brightens the atmosphere and increases amusement, laughter and play. These positive distractions may help decrease feelings of isolation or alienation.
- **Physical contact.** Touch is important to nourish our minds and spirits. In hospitals, where touch can be painful or invasive, an animal's touch is

safe, nonthreatening and pleasant. Having an animal to hold and hug can make a world of difference.

• **Physiological benefits.** Many people are able to relax when animals are present. Tests show patients experience a dramatic decrease in heart rate and blood pressure.

All CPRMC Pet Therapy owner-dog teams complete rigorous screening and testing. Through team visits, these duos bring the healing power of our canine friends to those in need. CPRMC is proud to offer this new service to our patients and our community.

Jake and Maryann Orosz, CPRMC's first pet-partner team, can help you heal.



! Heal with paw-fect therapy

Let the healing begin! To learn more about pet therapy at CPRMC, call (512) 528-7100.

Healthy Woman kickoff a resounding success!



David G. Klein, M.D.
Chief Executive
Officer

One word—wow! November 13 was an incredible evening and a phenomenal kickoff to our Healthy Woman program. We welcomed more than 800 (mostly women and a few brave men) attendees and more than 35 partners who supported the program. Our keynote speaker, Jody Conradt, from the University of Texas Women's Basketball fame, spoke about the spirit of teamwork, camaraderie and her key ingredient to life—passion.

Women today are superheroes, taking care of children, their spouses, aging parents, work and home responsibilities. The list goes on—yet women end up spending the least amount of time on the person who matters most ... themselves! The kickoff was an event planned especially for them, and they truly had a chance to relax and enjoy it.

THANKS TO OUR PARTNERS

Many thanks to our partners who helped ensure the Healthy Woman kickoff was a memorable beginning to an empowering and life-changing program:

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Healthy Woman Florist of the Year

Bloomin' Across Texas

Until next time,

DAVID G. KLEIN, M.D.
Chief Executive Officer
Cedar Park Regional Medical Center

INTERESTED IN GOING GREEN?

Tell us at www.cedarparkregional.com/survey

Thank you for the positive feedback about *Health Connection*. We're pleased to bring you important medical information to keep you and your family healthy.

In our efforts to be environmentally conscious, we're considering offering this publication in a digital format. With an interactive digital magazine, you'll receive an

e-mail each quarter inviting you to view the latest issue of *Health Connection* so you can easily stay updated on the latest hospital news and health information.

SHOULD WE GO GREEN?

If you're interested in a free digital magazine and discontinuing the print publication, visit www.cedarparkregional.com/survey today to let us know!



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Relief for chronic sinusitis

CPRMC offers new hope for patients

Michael Sutcliffe was a man looking for relief. He'd suffered with chronic sinusitis (infection of the sinus cavity lining) for years. "I tried everything," he says, "but no matter what medicine I took, it didn't get any better. I had headaches and chronic sinus infections and I always felt stuffed up. And I'm a firefighter, so it was a real hassle. Fortunately, Dr. Briggs suggested a new procedure that completely changed all that."

The most common treatments for chronic sinusitis are medical and pharmaceutical therapies and/or conventional sinus surgery. These therapies are often successful, but for more than 20 percent of patients, conventional sinus surgery is their next hope for relief. However, conventional sinus surgery is a major operation that may require bone and tissue removal to open blocked sinuses. For this or other clinical or personal reasons, about 900,000 patients who might benefit from surgery opt to just live with their sinus conditions. The good news? Physicians now have a new way to take away the pain and suffering of chronic sinusitis.

HOW IT WORKS

Ear, nose and throat specialists Russell Briggs, M.D., and Karen Stierman, M.D., are using a new technique called the Acclarent Stratus MicroFlow Spacer at Cedar Park Regional Medical Center (CPRMC). Drs. Briggs and Stierman are guided by computed tomography scans and use an advanced system to place the catheter directly into the sinuses, avoiding sensitive areas. Then the physicians insert a plastic drug-delivery system that has tiny holes. They inject liquid steroids that deliver the drug and decrease swelling.



"It's an easier procedure for patients and is incredibly effective," says Dr. Briggs. The device is removed in the office after two weeks. Traditional surgery in the ethmoid sinuses (that separate the brain from the nasal cavity) involves tissue removal, resulting in pain and potential scarring.

Sutcliffe is already enjoying breathing easier and his headaches are now gone. "I'm enjoying a much better quality of life," he says. "I didn't realize just how difficult it was to breathe until I had this new procedure, and now my sinuses are wide open. No more headaches, no more continuous sinus infections, no more feeling like I'm all stopped up."

The MicroFlow Spacer is new to the market, and CPRMC is one of the few facilities in the United States offering it. Drs. Briggs and Stierman are among only 50 physicians in the country using this technique and the only two in Travis/Williamson Counties.

! Take a deep breath!

CPRMC's team is here for you and your family and is dedicated to your good health. To be evaluated for this exciting sinusitis procedure, call the office of Russell Briggs, M.D., and Karen Stierman, M.D., at (512) 328-7722.

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