Shady Grove Adventist Hospital - eHealth Advisor This is Your Hospital. July 2011

Hello Center for Adventist Research! Here is the newsletter from Shady Grove Adventist Hospital that you requested. If you would like to be removed from this list, you can do so via the link at the bottom of this email. If you are able to view HTML emails and wish to receive your next newsletter in full color with photos and graphics, please update your profile via the link at the bottom of this message.

Use the "Forward" link below to pass this newsletter on to a friend!

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Robotic Surgery Now Offered at Shady Grove Adventist Hospital
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We are excited to announce that surgeons at Shady Grove Adventist Hospital will soon begin performing the next level of minimally invasive surgery using the latest in robotic technology, the da Vinci Surgical System.

The da Vinci Surgical System offers a minimally invasive alternative to both open surgery and laparoscopic surgery. It’s designed to enable complex procedures to be performed through incisions roughly the size of a dime. For our patients, this means a shorter hospital stay, less pain, less risk of infection, less scarring, faster recovery and a quicker return to normal daily activities.

Learn more about how the da Vinci Surgical System works, and what conditions can be treated through robotic assisted surgery.

http://sgahnews.c.topica.com/maao63Gab5hvHbR9IcBbaehogj/

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Skin Cancer 411
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July is UV Safety Month, and did you know that skin cancer is the most common form of cancer in the United States? Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UVA radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer. Risk factors for skin cancer include:

- Unprotected and/or excessive exposure to ultraviolet (UV) radiation
- Fair complexion
- Occupational exposures to coal tar, pitch, creosote, arsenic compounds, or radium
- Family history
- Multiple or atypical moles
- Severe sunburns as a child

Learn more about the signs, symptoms and prevention of skin cancer on our monthly health page.

http://sgahnews.c.topica.com/maao63Gab5hvIbR9IcBbaehogj/
Our NICU Receives Award for Quality Care

"We are proud to announce that Shady Grove Adventist Hospital is the only hospital in Maryland to earn the Gold Medal award for quality care provided to critically ill newborns from the Maryland Patient Safety Center Neonatal Collaborative. The Neonatal Collaborative strives to

- Decrease neonatal mortality, chronic lung disease and length of stay,
- Reduce hospital-acquired infections through the implementation of evidence-based care practices;
- Improve teamwork and communication through the implementation of team behaviors, including the family, into neonatal care.

"As care givers to critically ill newborns, we appreciate this important recognition from the state," said Jim Rost, M.D., the Medical Director of Shady Grove’s Neonatal Intensive Care Unit (NICU) and the Chair of the Neonatal Collaborative. "Shady Grove Adventist Hospital engenders proactive behaviors to advance the delivery of safe care and we look forward to continuing our work with area hospitals as part of the collaborative to ensure best practices for our littlest and most vulnerable patients."

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Get Social. Get Involved. Be Heard!

We invite you to follow Shady Grove Adventist Hospital on social media. Find out what’s going on at your community hospital and find health tips on Facebook, Twitter, YouTube, Flickr and Foursquare.

http://sgahnews.c.topica.com/maao63Gab5hvKbR9IcBbaehogj/

News & Media

Dr. Lawrence Green Discusses New FDA Rules Establishing the Safety and Effectiveness of Sunscreens http://sgahnews.c.topica.com/maao63Gab5hvlbR9IcBbaehogj/

Women's Diseases Often Misdiagnosed http://sgahnews.c.topica.com/maao63Gab5hvlbR9IcBbaehogj/

Tips for Allergy Season http://sgahnews.c.topica.com/maao63Gab5hvlbR9IcBbaehogj/

Upcoming Events & Classes

We offer hundreds of community health classes and events each year. From prenatal care classes for moms-to-be to preventive screenings to CPR certifications for health care professionals - we have the class/event for you!
Visit our Community Calendar to find upcoming class, event and support group dates.

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Find a Physician
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1-800-642-0101

Our free 24-hour referral service can help you find the physician or specialist that best suits your needs. We can provide you with information on specific physicians, such as their medical training, office locations and more.

http://sgahnews.c.topica.com/maao63Gab5hvNbR9IcBbaehogj/

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END-ANTISPAM-VOTING-LINKS
The da Vinci Surgical System is now available to patients at Shady Grove Adventist and Washington Adventist Hospitals. The state-of-the-art robotic surgical system performs minimally invasive surgery and offers an alternative to traditional open surgery and laparoscopic surgery for complex procedures.

**How it works**

Using the da Vinci, a specially trained surgeon makes tiny incisions, roughly the size of a dime, in the body and inserts miniaturized instruments and a high-definition camera. The surgeon sits nearby to manipulate the instruments and perform the operation. The robot translates the surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments.

**Benefits of daVinci Surgery**

To date, da Vinci has been used in tens of thousands of procedures. Compared to traditional surgeries, the system reduces blood loss, scarring and risk of infection and provides excellent cancer control. In addition, patients experience less pain, fewer complications, a shorter hospital stay and recovery period and a quicker return to normal activities.

**Conditions treated with daVinci surgery**

The da Vinci Surgical Systems at Shady Grove Adventist and Washington Adventist hospitals can treat a variety of medical conditions including:

- prostate cancer,
- endometriosis,
- hysterectomy,
- kidney cancer,
- gynecologic cancers,
- uterine fibroids,
Talk to your doctor to find out if surgery with the da Vinci surgical system is right for you.

Search our online physician directory or call 1-800-642-0101.
Sun Safety Month

**Multimedia Spotlight**

Dr. Lawrence Green Discusses New FDA Rules Establishing the Safety of Sunscreen Products

Ultraviolet (UV) rays are a part of sunlight that is an invisible form of radiation. UV A radiation can cause damage to connective tissue and increase a person's risk for developing skin cancer. Skin cancer is the most common form of cancer in the United States. The Food and Drug Administration (FDA) is taking steps to help protect consumers from skin damage caused by excessive sun exposure. The FDA established new guidelines that test the effectiveness of sunscreen products and require more accurate labeling. The regulations won't go into effect until next year, but knowing what they require can help us ensure the sunscreen we buy has the protection our skin needs.

**STAYING SAFE IN THE SUN**

1. **Broad Spectrum Protection**
   - Broad spectrum protection means the sunscreen protects against Ultra Violet A (UVA) rays, which can cause damage to connective tissue.

2. **SPF (Sun Protection Factor)**
   - The higher the SPF, the better the protection, right? Wrong. SPF only refers to UVB rays and protects against skin damage caused by UVB rays, which can cause sunburn.

July - UV Safety Month - Adventist HealthCare

Broad spectrum protection means the sunscreen protects against Ultra Violet A (UVA) rays, which penetrate deeper and causes skin aging much more efficiently than Ultra Violet B (UVB) rays. The FDA recently established guidelines to test sunscreens for “broad spectrum protection,” so check the label before you buy!

3 Time Spent in the Sun

Sheryl Crow may make soaking up the sun sound fun, but Dr. Green says it’s one of our worst habits. When you lay out, you aren’t burning any calories and your skin has no protection from harsh rays. The FDA now requires sunscreen labels to indicate if they offer 40 or 80 minutes of protection from the sun. Be sure to reapply at least every two hours.

4 Clothing & Shade are Best

“Sunscreen isn’t meant to protect you when you are laying out without shade or clothing,” says Dr. Green. In other words, sunscreen alone is not enough. When you are playing outside in the sun, be sure to wear clothing – even a t-shirt and hat in the pool. When possible, take cover under some shade or an umbrella. Remember, damage to your skin may not be visible. Stay safe!

Information from Shady Grove Adventist Hospital’s Dr. Lawrence Green.
Shady Grove Adventist Hospital NICU Receives Award for Quality Care

Shady Grove Adventist Hospital is the only hospital in Maryland to earn Gold Medal award for quality care provided to critically ill newborns from the Maryland Patient Safety Center (MPSC) Neonatal Collaborative.

“We are pleased to receive this award that recognizes the commitment of the NICU team at Shady Grove Adventist Hospital to ensure the safest care for critically ill newborns,” said Dennis Hansen, President of Shady Grove Adventist Hospital.

Twenty-six hospitals in Maryland, the District of Columbia and Northern Virginia participate in the Neonatal Collaborative, which strives to:

- Decrease neonatal mortality, chronic lung disease and length of stay through standardized resuscitation and stabilization of the neonate in the first hour of life, known as the Golden Hour;
- Reduce hospital-acquired infections (HAI) through the implementation of evidence-based care practices;
- Improve teamwork and communication through the implementation of team behaviors, including the family, into neonatal care.

To earn the Gold Medal award, a hospital’s neonatal team must earn at least 90 percent of the 500 total points possible based on timely data entry related to the Neonatal Collaborative’s three goals, attendance at face-to-face sessions and participation in both quarterly team update calls and quarterly network sharing/learning calls. Shady Grove Adventist Hospital was the only Gold Medal winner in 2011.

“As caregivers to critically ill newborns, we appreciate this important recognition from the state,” said Jim Rost, M.D., the Medical Director of Shady Grove’s Neonatal Intensive Care Unit (NICU) and the Chair of the Neonatal Collaborative. “Shady Grove Adventist Hospital engenders proactive behaviors to advance the delivery of safe care and we look forward to continuing our work with area hospitals as part of the collaborative to ensure best practices for our littlest and most vulnerable patients.”

Physicians and nurses in Shady Grove Adventist Hospital’s NICU created three teams to address each of the Neonatal Collaborative’s three goals.

“Our teams run regular drills, utilizing evidence-based best practices in caring for some of the most critically ill newborns,” explained Kathy Dallas, the Director of Children’s Services at Shady Grove Adventist. “We also work to closely connect families with the care teams through ongoing communication and regular meetings.”

Since its inception in 2007, “the Neonatal Collaborative has positively affected the care of 30,000 newborns in Maryland. By ensuring that evidenced-based, standardized interventions are utilized for each and every critically ill newborn, we have seen significant improvements in important outcome measures,” said Dr. Rost. As a result, fewer babies are being admitted to the NICU, which means more mothers are going home with their babies after delivery.

The Neonatal Collaborative is funded by a grant from CareFirst Blue Cross Blue Shield.

Shady Grove Adventist Hospital offers a full spectrum of specialized health-care services for women and children. The hospital’s 38-bed NICU is rated Level III-B, one of the highest designations attainable, and is staffed around the clock with board-certified neonatologists and neonatal nurses who are trained to handle the most complex and high-risk situations for newborn babies. The Birth Center at Shady Grove Adventist Hospital features all-private rooms with...
Shady Grove Adventist Hospital NICU Receives Award for Quality Care ... http://www.shadygroveadventisthospital.com/SGAH/about/news/2011/sh...
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Adventist HealthCare and our facilities are live on the social Web. If you are looking for a great way to keep up with all of our latest news and events, we cordially invite you to...

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