



SILVER CROSS
HOSPITAL

The way you *should* be treated.™

the SILVER CROSS experience

1900 Silver Cross Blvd., New Lenox, IL 60451 • 815-300-1100 • www.silvercross.org

INTRODUCING

MIDWEST INSTITUTE FOR ROBOTIC SURGERY AT SILVER CROSS HOSPITAL

Largest Robotic Surgery Program in Chicago Area

If you're considering surgery, you can count on the Midwest Institute for Robotic Surgery at Silver Cross Hospital to have you feeling better in no time. We are performing complex procedures safely and with more precision than ever before. This means **you will experience less pain and scarring, a shorter hospital stay, and recover quickly.**

With three da Vinci® surgical robots—including the latest da Vinci XI®, we perform the most robotic surgical procedures, hysterectomies, and colorectal procedures in the Chicago metropolitan area. And, we are one of the **Top 3 robotic surgery centers in the Midwest** with more than 1,000 procedures each year.

The Midwest Institute for Robotic Surgery at Silver Cross Hospital is the **only facility in Will County to offer Mako™ robotic-arm assisted surgery for partial knee and total hip replacement** for adults living with early to mid-stage osteoarthritis. This new technology helps provide more accurate placement and alignment of a patient's implant.

The Institute is also home to some of the most experienced robotic surgeons in the region and nation. **Surgeons from around the world train with us.**

Several are pioneers in their field mentoring other surgeons across the 50 states and around the world in advanced colorectal, gynecological, and hernia repair and gallbladder removal robotic techniques. Others help design the implants used during joint replacement surgery.

These experts even perform complex procedures such as **Single-Site® Hysterectomy and Cholecystectomy** (gallbladder removal) through one tiny incision in the belly button for virtually scar-less results.

The Institute's comprehensive team of robotic surgeons, anesthesiologists, nurses, and technicians have safely performed over 3,000 robotic procedures with minimal complications and have not had to convert to a traditional open technique.

And, our patients consistently rate us in the **Top 10% in the nation for patient satisfaction.**

You can feel confident that you are receiving the best care possible, as Silver Cross Hospital has received:

- "A" Hospital Safety Score from the Leapfrog Group
- Designation as a Center of Excellence in Minimally Invasive Gynecology
- Designation as a Blue Distinction Center for Knee and Hip Replacement
- Designation as a General Surgery Robotic Epicenter

If follow-up care and rehabilitation is needed, patients benefit from our partnerships with The Rehabilitation Institute of Chicago, The University of Chicago Medicine Comprehensive Cancer Center, and Silver Cross Home Health.

To learn more, visit midwestroboticsurgery.org. +



R.A. Gamagami, M.D.

Nahla Merhi, M.D.

Nicole Gress, M.D.

Laura Ragauskaite, M.D.

Sandra Culbertson, M.D.

Thai Nguyen, M.D.

Peter Vienne, D.O.

Gamilah Pierre, M.D.

Thomas Vasdekas, M.D.

Robert Daley, M.D.

Thomas Kazmierczak, D.O.

Andrew Ehmke, M.D.

Paul Trksak, M.D.

Tom Antkowiak, M.D.

FEELING FABULOUS FOLLOWING ROBOTIC HYSTERECTOMY



Teresa Brennan

For 55 year-old Teresa Brennan, the past four years were filled with painful abdominal cramps and exhaustion. She was even anemic due to excessive bleeding during her menstrual cycle. On the recommendation from her neighbor, the New Lenox resident made an appointment with **Gamilah Pierre, M.D.** After trying a variety of conservative treatments, Dr. Pierre determined that the best option to relieve Teresa's discomfort was with a robotic hysterectomy at the Midwest Institute of Robotic Surgery at Silver Cross Hospital. More hysterectomies are performed at Silver Cross than any other hospital or surgery center in the Chicago metropolitan area.

"I literally came out of my robotic surgery feeling like a million bucks," said Teresa. "I realized after my surgery how unhealthy I was because my recovery was tremendous. I sure didn't feel like I just had a complex surgery. I had no pain and was up walking around an hour after my procedure. In fact, I felt so good that I found it difficult to remember to follow my doctor's orders and not ride my bike during my recovery."

Controlled by a surgeon from a console, the daVinci robot is used to make 1 to 2 cm incisions and then long, delicate instruments are inserted into these incisions that enable specially trained physicians to perform the surgery. Interestingly, misconceptions still exist that the robot is actually performing the surgery all by itself. "The important aspect to understand is that the robotic system cannot be

programmed, nor can it make decisions," said Dr. Gamilah Pierre, gynecologist who has performed more than 150 robotic surgical procedures. "The da Vinci System requires that every surgical movement be performed with direct input from the surgeon."

The enhanced vision, precision, dexterity and control of the robot allows physicians to perform an excellent surgery even for complex cases. "Robotic surgery offers women, many potential benefits over traditional open surgery, including minimal blood loss, less scarring, shorter hospital stay, low risk of complications, and a faster recovery," said Dr. Pierre. "Some patients, like Teresa, can be back on their feet within a few hours. The benefits are incredible!"

"Dr. Pierre made me feel that I could ask her any questions and the Silver Cross nursing staff were so personable and attentive to all of my needs," added Teresa. +

Learn More

Menstrual Irregularities: The Myths & Management

Nov. 1, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. Gamilah Pierre, gynecologist, will discuss treatment options including minimally invasive robotic surgery. Free. Register to attend at midwestroboticsurgery.org.

PAIN-FREE AFTER COMPLEX ROBOTIC HERNIA REPAIR

Years ago, Orland Park resident John Jawor had a tumor removed from his pancreas. Over time, he developed a tear in his abdominal wall that became painful. Soon after a lump appeared which grew to the size of a walnut. At that point, John sought the advice of his doctor, who referred him to **Dr. Thomas Vasdekas**. Together, they determined that the best option to relieve John's discomfort and repair his hernia was with robotic surgery at the Midwest Institute for Robotic Surgery at Silver Cross Hospital.

"In John's case, his prior surgery made his abdomen wall weak causing scar tissue that eventually created a very large hernia, which was actually comprised of five small hernias," said Dr. Vasdekas.

A hernia occurs when an organ or scar tissue pushes through an opening in the muscle or tissue that holds it in place. Thousands of hernia repairs are performed in the U.S. every year, making it one of the most common general surgical procedures performed.

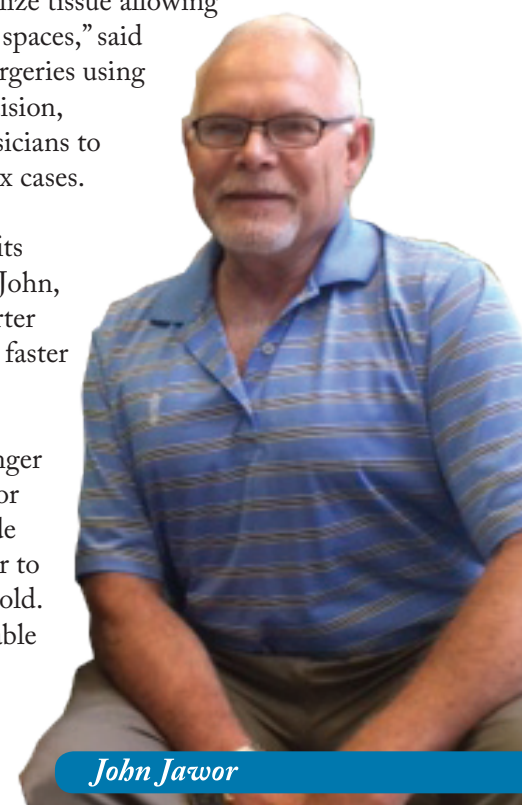
Instead of making one large incision—like in John's last procedure, Dr. Vasdekas chose a less invasive approach. He used one of Silver Cross' three state-of-the-art daVinci surgical robots to make a few tiny incisions to insert a large piece of mesh to repair the incarcerated ventral incisional hernia.

"Robotic surgery far surpasses any other surgical approach because it greatly enhances the surgeon's ability to visualize tissue allowing for more flexibility to make repairs in tighter spaces," said Dr. Vasdekas who has performed over 500 surgeries using the daVinci robot. The enhanced vision, precision, dexterity and control of the robot allows physicians to perform an excellent surgery even for complex cases.

"Robotic surgery offers many potential benefits over traditional open surgery to patients like John, such as minimal blood loss, less scarring, shorter hospital stay, low risk of complications, and a faster recovery," said Dr. Vasdekas.

John is now pain free and the hernia is no longer present. "Dr. Vasdekas' approachable demeanor and thorough knowledge of my problem made me feel confident that he was the right doctor to perform my robotic surgery, said the 63 year-old. "And not only was my recovery quick, I was able to return to work much sooner."

Learn more about hernia repair at midwestroboticsurgery.org. +



John Jawor

MAKO™ ROBOT PROVIDES MORE ACCURATE IMPLANT PLACEMENT FOR TOTAL HIP & PARTIAL KNEE REPLACEMENT



Robert Daley, M.D., Paul Trksak, M.D., and Jerome Bettis with the new Mako™ System.

After thirteen years of playing professional football and enduring high levels of physical impact on his body, Pro Football Hall of Famer and Super Bowl Champion, Jerome Bettis, is no stranger to joint pain.

This past summer, “The Bus” teamed up with orthopedic surgeons from The Midwest Institute of Robotic Surgery at Silver Cross Hospital to talk with fans and joint pain sufferers about the importance of mobility. The doctors also demonstrated the new Mako™ System for total hip and partial knee surgery. Silver Cross is the only facility in Will County offering

created based on a CT scan of the patient’s own knee, and the surgeon uses the robotic arm during surgery to resurface the diseased portion of the knee, sparing healthy bone and surrounding tissue for a more natural feeling knee. An implant is then secured in the joint to allow the knee to move smoothly again.

“The Mako robot helps take the guesswork out of surgery, resulting in a more accurate placement and alignment of your implant,” said **Dr. Paul Trksak**. “Many patients experience a shorter hospital stay, faster

Mako robotic-arm assisted procedures for adults living with early to mid-stage osteoarthritis. This new technology helps provide more accurate placement and alignment of a patient’s implant—all through a minimal incision.

“Accuracy is key in planning and performing both partial knee and total hip procedures,” said **Dr. Tom Antkowiak**, who performed the first procedure using the Mako robot at Silver Cross Hospital in August. “For a good outcome you need to align and position the implants just right.”

Mako Partial Knee Replacement is less invasive than traditional total knee surgery. A pre-surgical plan is

recovery and a rapid return to daily activities,” said **Dr. Robert Daley**.

During Mako Total Hip Replacement surgery, the Mako system provides visualization of the joint and biomechanical data to guide the bone preparation and implant positioning to match the pre-surgical plan. After first preparing the femur or thighbone, the surgeon uses the robotic arm to accurately ream and shape the acetabulum socket in the hip, and then implant the cup at the correct depth and orientation. The surgeon then implants the femoral implant.

“The Mako procedure offers the confidence of more accurate cup placement and accurate leg length restoration,” said **Dr. Andrew Ehmke**.

To ensure that your joint replacement is a success, patients attend a special program to learn exactly what to anticipate before and after the surgery, the daily expectations of rehabilitation therapy, and what you can do to recover more quickly. If additional care is needed, patients benefit from Silver Cross Home Health Care and The Rehabilitation Institute of Chicago (RIC) at Silver Cross Hospital for inpatient and outpatient therapy. RIC has been ranked as the #1 Rehab hospital by *U.S. News & World Report* for 26 years in a row. +

Designated as a
Blue Distinction®
Center for Knee and Hip Replacement

Learn More

Partial Knee Replacement & Other Current Options for the Treatment of Knee Pain

Sept. 22, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Orthopedic surgeon, Dr. Paul Trksak, will discuss arthritis and other causes of knee pain, review the various treatment options including partial and total knee replacement, and introduce the new Mako™ Robotic System. FREE.

What’s New in Knee Replacement

Dec. 1, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Join Dr. Robert Daley, orthopedic surgeon, for a discussion on the latest minimally invasive knee replacement techniques including Mako™ robotic-arm assisted surgery allowing for a precise fit of the implant, increased bone preservation, added stability, and reduced pain. FREE.

Minimally Invasive Robotic Assisted Total Hip Replacement: The Future is Here

Oct. 3, 1:30-2:30 p.m.

Silver Cross Hospital Conference Center

Hip arthritis is extremely debilitating. When conservative treatment fails, hip replacement may be the answer. Dr. Andrew Ehmke, orthopedic surgeon, will talk about a cutting edge technique that combines all of the benefits of the muscle sparing anterior approach along with the laser precision of robotics. FREE.

Modern Advancements in the Treatment of Hip Pain

Dec. 8, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. Tom Antkowiak, orthopedic surgeon, will talk about an innovative robotic arm solution for those suffering and in need of a total hip replacement to restore mobility and help you get back to an active lifestyle. FREE.

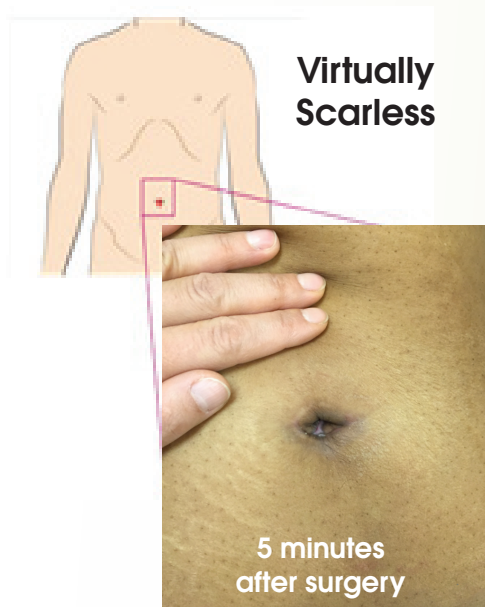
Register to attend at midwestroboticsurgery.org

SINGLE-INCISION SURGERY. VIRTUALLY SCAR-LESS RESULTS

At the Midwest Institute for Robotic Surgery at Silver Cross Hospital, we are performing robotic hysterectomies and cholecystectomy (gallbladder surgery) through one tiny incision in the belly button with virtually scar-less results. Not only will you look amazing, but you will be back enjoying life even sooner.

The potential benefits of da Vinci® Single-Site® Surgery include:

- Virtually scar-less results
- Minimal pain
- Low blood loss
- Fast recovery
- Short hospital stay—most patients go home within 24 hours
- High patient satisfaction



Unlike traditional robotic surgery requiring three to five small incisions, Single-Site® Surgery allows for a single incision in the belly button. Here, instruments are placed to remove the gallbladder or treat chronic pain, heavy bleeding, non-cancerous fibroids, endometriosis, and prolapse by surgically removing the uterus, known as a hysterectomy.

Not every surgeon who operates using a da Vinci robot is qualified to perform Single-Site Surgery. Not only do these

physicians meet rigorous criteria to be affiliated with The Midwest Institute for Robotic Surgery and care for patients at Silver Cross Hospital, but they are specially trained in da Vinci® Single-Site® Surgery.

Single-Site® Cholecystectomy

R.A. Gamagami, M.D.
Laura Ragauskaitė, M.D.
Thomas Vasdekas, M.D.

Single-Site® Hysterectomy

Nahla Merhi, M.D.

For more information about a specific surgeon, visit midwestroboticsurgery.org. +

Learn More

Gallbladder Disease

October 4, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Millions of people suffer from gallbladder disease and gall stones. Join Dr. Thomas Vasdekas, general surgeon, to learn about the symptoms, diagnosis, and the latest treatment options including robotic surgery. FREE. Register to attend at midwestroboticsurgery.org.

LARGE UTERINE FIBROIDS REMOVED THROUGH BELLY BUTTON

For three years, Nadine Lawson hoped her uterine fibroid would shrink and disappear. Instead, she felt bloated and uncomfortable for years as the mass grew larger pressing on her bladder requiring her to constantly urinate. Since the fibroid enlarged, the 49-year-old was unable to have her annual gynecological exam completed.

On the recommendation from her urogynecologist, **Dr. Nahla Merhi**, Nadine had a Single-Site® Hysterectomy at the Midwest Institute for Robotic Surgery at Silver Cross Hospital on June 6, 2016. Silver Cross was one of the first hospitals in the entire Midwest to use a robot to perform hysterectomies through a single incision with virtually scarless results.

Nadine's situation proved to be unusual since Dr. Merhi discovered something unexpected during surgery.

“Nadine's fibroid was actually two large fibroids joined together, said Nahla Merhi, M.D., Co-Director of the Center of Excellence for Minimally Invasive Gynecology at Silver Cross Hospital. “Even when her case became more complicated by having to remove two large masses, the enhanced vision, precision, and dexterity that is gained by using the robot, enabled me to perform a successful surgery.”

“Dr. Merhi was wonderful while she guided me to choose robotic surgery and throughout my entire recovery,” said the New Lenox woman. “As a result of her expertise and the thoughtful care I received from the nurses at Silver Cross, I was up and walking around hours after surgery. I even went home the same day. I only wish I didn't wait so long to have the surgery because I could have avoided being in such discomfort for so many years.” +



Nadine Lawson

Learn More

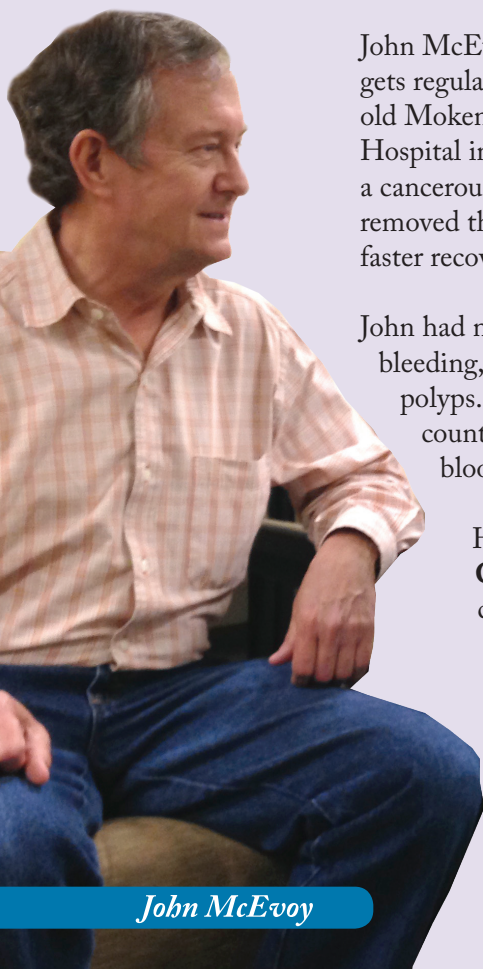
Girl Talk: Pelvic Pain

October 13, 6:30-7:30 p.m.

Silver Cross Hospital Conference Center

Dr. Nahla Merhi, urogynecologist, will discuss treatment options including Single-Site® Hysterectomy to treat the many causes of pelvic pain such as endometriosis, uterine fibroids, and pelvic prolapse. Register to attend at midwestroboticsurgery.org.

ROUTINE COLONOSCOPY FINDS CANCER, ROBOTIC SURGERY SPEEDS RECOVERY



John McEvoy

John McEvoy tries to stay in shape. He walks three miles a day and gets regular physicals and health screenings. So when the 62 year-old Mokena man underwent a routine colonoscopy at Silver Cross Hospital in December 2015, he was surprised when doctors found a cancerous tumor in his colon. Fortunately, they caught it early and removed the tumor with robotic surgery techniques allowing John a faster recovery.

John had none of the usual colorectal cancer symptoms such as rectal bleeding, blood in the stool, abdominal discomfort or a history of polyps. However, subsequent testing showed he had a low blood count which required additional treatments to boost his red blood cells.

His primary physician referred John to **Dr. R. A. Gamagami** who specializes in advanced minimally invasive colorectal procedures using a surgical robot. Surgeons from across the United States come to Silver Cross to observe robotic surgery and techniques from Dr. Gamagami. Silver Cross performs more colorectal cases robotically than any other hospital or surgery center in the area.

On Jan. 28, 2016, Dr. Gamagami performed a laparoscopic robotic right colon resection to remove John's tumor. Sitting at a console in one of Silver Cross'

operating rooms, Dr. Gamagami controlled the robot to make a few small incisions John's abdomen and colon. The robotic technology translated Dr. Gamagami's hand movements into smaller, intricate movements through tiny instruments inside John's body.

"The robotic instruments bend and rotate far greater than the human hand," said Dr. Gamagami. "This allowed me to remove the tumor and surrounding tissue from the right side of John's colon and reconnect the two ends of the colon with more precision and control than if I had used laparoscopic techniques alone."

"Having surgery performed this way was a major relief," John said. "I consider myself an active guy and was concerned about a lengthy recovery after surgery. Dr. Gamagami explained every detail of the procedure to me, which helped relieve my anxiety."

Just hours after surgery, John was out of bed and walking with minimal assistance. The next day he went home and could walk on his own.

"The nurses at Silver Cross are amazing. They really helped me with my recovery," John added. "Their cheerful spirit was just what I needed."

Learn more about colorectal surgery at midwestroboticsurgery.org. +

PROSTATE CANCER DIDN'T SLOW DOWN PLAINFIELD RUNNER

Bill Nehart had been receiving prostate screenings for the past 18 years. But last summer, his urologist noticed a change during the physical portion of the exam. Further testing and a biopsy indicated Bill had a less aggressive form of prostate cancer. Fortunately, they caught it early giving him options.

His doctor suggested they could watch and wait or Bill could have surgery. After talking it over with his daughter, Bill decided on surgery with **Dr. Thai Nguyen**, medical director of the Silver Cross Robotic Surgery Program.

"Dr. Nguyen spent 90 minutes with us explaining all the surgical options, said Bill, 62 of Plainfield. " He showed us where the cancer was located and how it had spread within my prostate. He explained everything so clearly even drawing diagrams making sure we understood what was happening."

"We decided that a robotic-assisted laparoscopic radical prostatectomy was in Bill's best interest since he is otherwise healthy and leads an active lifestyle," said Dr. Nguyen.

"Robotic surgery made the most sense to me," Bill said. "First of all, because of Dr. Nguyen's extensive experience in performing these types of operations, but also because it posed the least risk for any complications and would be less painful than open surgery. Plus I would only have to spend one night in the hospital."

Before leaving Dr. Nguyen's office, Bill's surgery was scheduled for Nov. 30, 2015 at Silver Cross Hospital.

Using one of Silver Cross' three da Vinci® surgical robots, Dr. Nguyen sat at a computer console inside the operating room manipulating the wristed robotic instruments used to make 5 keyhole size incisions in Bill's pelvic area. Using the robot, he then inserted a telescopic lens into one of the incisions, providing a three dimensional and magnified view of the erectile nerves, blood vessels and muscles surrounding the prostate gland allowing for optimal preservation of these vital structures. Using long, thin robotic instruments, Dr. Nguyen removed the cancerous prostate through one of the incisions before sewing Bill's bladder to his urethra with great precision.

Bill was up walking the day after surgery and back in the gym just two weeks later. He even participated in 5K just a month after his procedure, a 15K in Las Vegas last February, and a triathlon a few months ago.

"Everything Dr. Nguyen told me was spot on," Bill added. "Robotic-surgery is the way to go. I just had my second PSA following my prostatectomy and everything looks good."

Learn more about robotic surgery for prostate cancer at midwestroboticsurgery.org. +



Bill Nehart



Find us online!

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Paul Pawlak, *President/Chief Executive Officer*

Ruth Colby, *Senior Vice President of Business Development/Chief Strategy Officer*

Tracy Simons, *Director of Marketing/Community Relations*

** Physicians on Silver Cross Hospital's Medical Staff have expertise in their areas of practice to meet the needs of patients seeking their care. These physicians are independent practitioners on the Medical Staff and are not the agents or employees of Silver Cross Hospital. They treat patients based upon their independent medical judgment and they bill patients separately for their services.*

Meet the SURGEONS

The Midwest Institute for Robotic Surgery is home to some of the most experienced robotic surgeons in the region and nation.

Robotic-assisted surgery is performed by a surgeon—not a robot. The success of the surgery depends on the skill of the surgeons, not the equipment. In order to be affiliated with the Institute and care for patients at Silver Cross Hospital, robotic surgeons must meet rigorous criteria which include expertise as demonstrated by a high volume of procedures with outstanding results and high patient satisfaction.

Colorectal Surgery

R.A. Gamagami, M.D.

Gallbladder Surgery & Hernia Repair

R.A. Gamagami, M.D.
Laura Ragauskaitė, M.D.
Thomas Vasdekas, M.D.

Gynecology Surgery

Sandra Culbertson, M.D.
Nicole Gress, M.D.
Thomas Kazmierczak, D.O.
Nahla Merhi, M.D.
Gamilah Pierre, M.D.
Peter Vienne, D.O.

Hip & Knee Replacement

Tom Antkowiak, M.D.
Robert Daley, M.D.
Andrew Ehmke, M.D.
Paul Trksak, M.D.

Prostate & Kidney Cancer Surgery

Thai Nguyen, M.D.

Urogynecology Surgery

Sandra Culbertson, M.D.
Nahla Merhi, M.D.

For more information about a specific surgeon, visit midwestroboticsurgery.org.



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