



Kadlec Medical Center

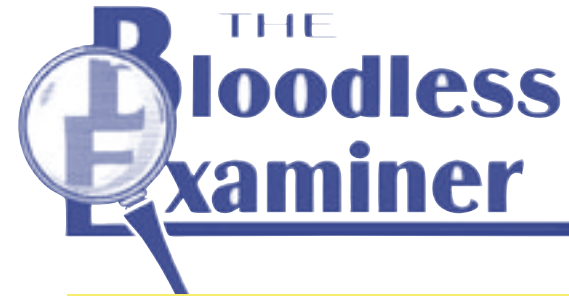
Bloodless Medicine & Surgery Program
888 Swift Blvd.
Richland, WA 99352

Phone: 509-942-2817
Johnean Hansen, Coordinator

www.kadlecmed.org

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Bloodless Medicine and Surgery Program
Kadlec Medical Center

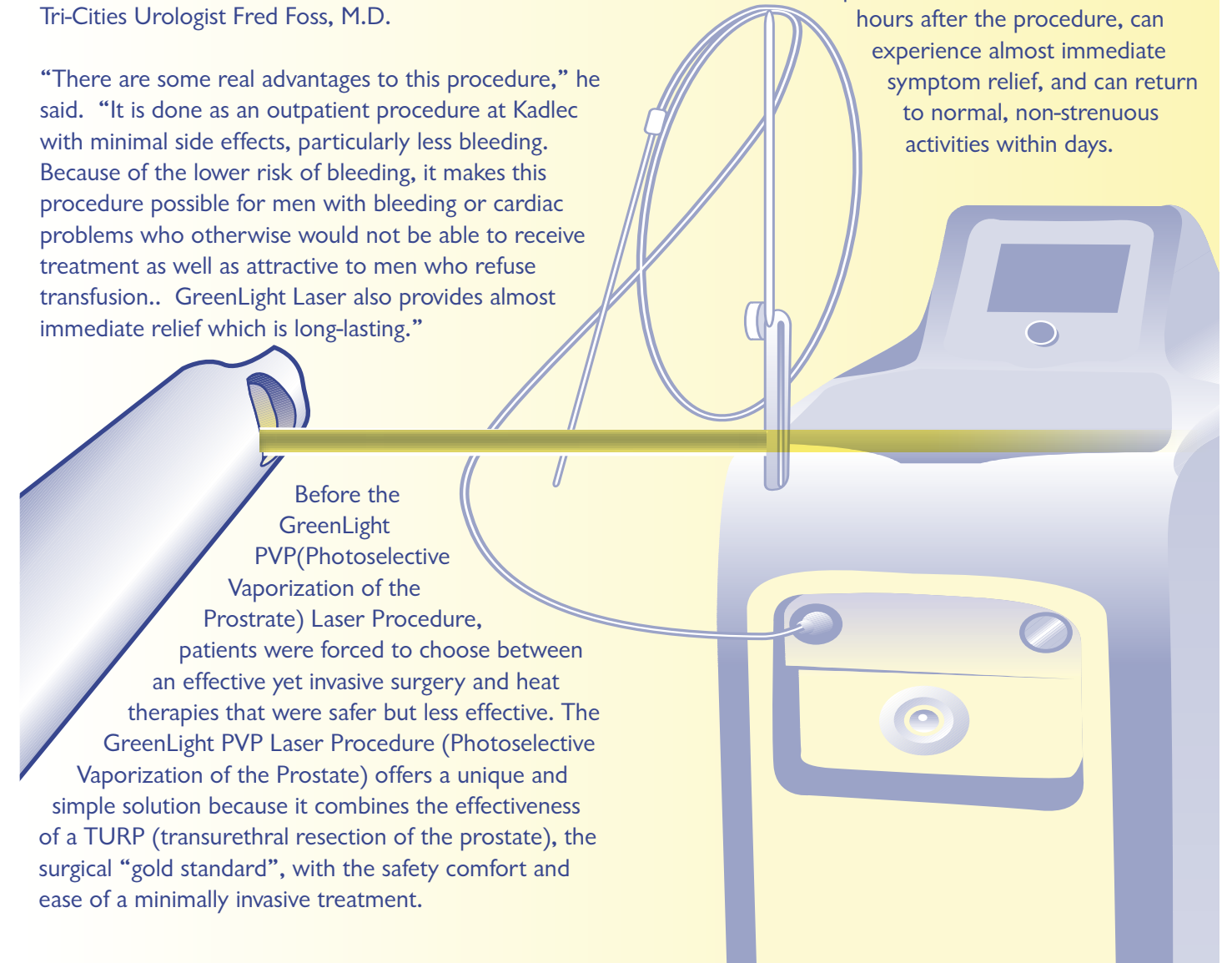
Fall/Winter 2005

Glancing Back & Looking Forward

A new procedure, called GreenLight Laser, is offering men a new option with improved results. It uses high energy pulses of green light to quickly and gently vaporize the obstructive prostate tissue, according to Tri-Cities Urologist Fred Foss, M.D.

“There are some real advantages to this procedure,” he said. “It is done as an outpatient procedure at Kadlec with minimal side effects, particularly less bleeding. Because of the lower risk of bleeding, it makes this procedure possible for men with bleeding or cardiac problems who otherwise would not be able to receive treatment as well as attractive to men who refuse transfusion.. GreenLight Laser also provides almost immediate relief which is long-lasting.”

The GreenLight PVP Laser Procedure uses a very precise laser to immediately vaporize and remove enlarged prostate tissue. It is virtually bloodless, most patients return home a few short hours after the procedure, can experience almost immediate symptom relief, and can return to normal, non-strenuous activities within days.



Before the GreenLight PVP(Photoselective Vaporization of the Prostrate) Laser Procedure, patients were forced to choose between an effective yet invasive surgery and heat therapies that were safer but less effective. The GreenLight PVP Laser Procedure (Photoselective Vaporization of the Prostate) offers a unique and simple solution because it combines the effectiveness of a TURP (transurethral resection of the prostate), the surgical “gold standard”, with the safety comfort and ease of a minimally invasive treatment.

NEED A PHYSICIAN?

If you need a physician referral, please call the program coordinator, Johnean Hansen at (509) 942-2817 or 1-800-780-6067 ext. 2817.

If you are looking for the Bloodless Medicine program office, it is located at the Kadlec Medical Center campus, second floor of the new North Addition in Quality Care Management.

**Next Issue:
AMAZING
CELL
SALVAGE!**

Find us on the web: kadlecmed.org

Amazing Platelets

The human body does not handle excessive blood loss well. Therefore, the body has ways of protecting itself. If, for some unexpected reason, sudden blood loss occurs, the blood platelets kick into action.

The smallest cells in the blood are the platelets. Platelets, like other blood components are produced in the bone marrow. Thrombopoietin is a hormone, mainly produced by the liver that stimulates platelet production. Platelets are designed for a single purpose—to begin the process of coagulation, or forming a clot, whenever a blood vessel is broken. As soon as an artery or vein is injured, the platelets in the area of the injury begin to clump together. At this point, the platelets form a clump, adhering to each other and to the blood vessel wall. They secrete chemicals that alter a blood-borne protein, fibrinogen, so that it forms a mesh of fibers at the damage site. The mineral Calcium and vitamin K work with fibrinogen. If your blood is lacking these nutrients, it will take longer than normal for your blood to clot. A clot forms when platelets and red and white blood cells become trapped in the fibers. Blood clotting begins within seconds of injury. The same process can

produce unwelcome clots in undamaged blood vessels. After the vessel is repaired by the formation of new tissue the clot is removed by plasma and platelet derived enzymes.



A scab is an external blood clot that we can easily see, but there are also internal blood clots. A bruise is the result of a blood clot. Both scabs and bruises are clots that lead to healing. Some clots can be extremely dangerous. A blood clot that forms inside a blood vessel, for instance, can be deadly because it blocks the flow of blood, cutting of the oxygen supply. A stroke is the result of a clot in an artery of the brain.

The number of platelets or a platelet count is performed under many conditions and can assess many diseases.

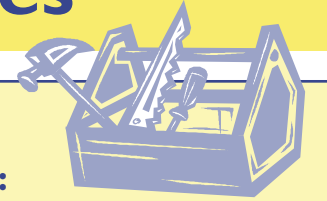
There are certain drugs that can lower platelet counts, like chemotherapy drugs or heparin, and there are some forms of treatment that can affect the ability of the platelets to function, such as cardiac bypass surgery.

Amazing Facts about Blood

- ◆ An adult human body contains five to six quarts of blood and an infant has about one quart of blood.
- ◆ The human body makes 2.5 million Red Blood Cells every second or about 200 billion Red Blood Cells every day.
- ◆ On an average an adult's heart pumps about 4,000 gallons of blood each day.
- ◆ Human blood contains 22,000 million cells.
- ◆ A drop of blood contains 250 million cells.
- ◆ Every day 440 Gallons of blood flows through the kidney.
- ◆ A healthy liver processes 720 liters of blood per day.
- ◆ On an average, the human blood circulates the body every 23 seconds.
- ◆ Human blood is colorless. It is the hemoglobin; a pigment present in the red blood cells that is responsible for the red color of the blood.
- ◆ There are 2.5 trillion (give or take) red blood cells in your body at any moment. To maintain this number, about two and a half million new ones need to be produced every second by your marrow.
- ◆ A red blood cell can circumnavigate your body in under 20 seconds.
- ◆ A square inch of skin consists of three yards of blood vessel.
- ◆ Every second, 15 million blood cells are destroyed in the human body.

On average, an adult's heart pumps about 4,000 gallons of blood each day

Falls and Hip Fractures

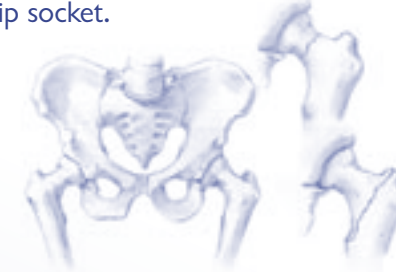


Tool Kit for Preventing Falls:

- Look at the floor in each room to make sure there is a clear path
- Check throw rugs to make sure they are non-slip
- Coil or tape cords and wires next to the wall so you can't trip over them
- Remove objects from stairs. Fix loose or uneven steps
- Make sure there is good lighting on stairs and handrails on both sides in good repair
- Improve the lighting in your home. Use lamp shades to reduce glare.
- Have your doctor or pharmacist look at all the medicines you take, even over-the-counter medicines. Some medicines can make you sleepy or dizzy.
- Have your vision checked at least once a year
- Get up slowly after you sit or lie down

Hip fractures are a serious health problem. A hip fracture is a break near the top of your thighbone (femur) where it angles into your hip socket.

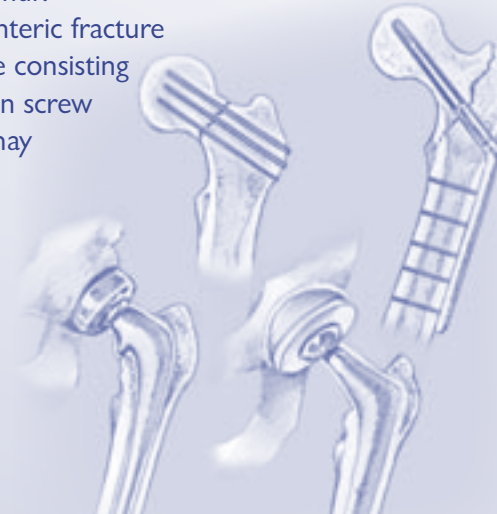
When you break your hip, it usually hurts too much to stand, and your leg may turn outward or shorten. In most cases, you need hospitalization and surgery.



Modern treatment for hip fracture aims to get you back on your feet as soon as possible while your break heals. The Orthopaedic Surgeon will reposition the fracture and hold it in place with an internal device.

For a femoral neck fracture, pins or more commonly called surgical screws may be used if you are younger and more active, or if your bone has not moved much out of place. If you are older and less active, you may need a high strength metal device that fits into your hip socket, replacing the head of your femur.

For an introchanteric fracture a metallic device consisting of a compression screw and side plate may be needed to hold the bone in place while it lets the head of your femur move normally in your hip socket.



Thanks, Volunteer (Eve Hughes)

Thanks for all the little things,
The "done-and-then-forgotten" things,
The "oh-it's-simply-nothing" things
That make our days much brighter.
With unobtrusive, friendly things,
And "never-mind-the-trouble" things,
And "won't-you-let-me-help-you" things,
You've made our hearts much lighter.

– Author unknown



Advance Directive Workshop

- When: **Saturday, January 14, 2006**
- Where: **Kadlec Medical Center
888 Swift Blvd. Richland
Columbia Rooms
North Wing, Third Floor**
- Time: **6:00-8:00 p.m.**
- Call: **800-780-6067, ext. 2817
or 942-2817**

Reservations required -
Class size limited to 50 people.
*Light meal provided

