

If you or someone you love has diabetes, take note!

Most individuals with diabetes understand how crucial it is to maintain tight control of blood glucose. However, many may not know that it's just as critical to strictly monitor blood pressure and cholesterol levels.

For patients with diabetes, controlling even mild elevations in blood pressure is critical. That's because diabetes coupled with uncontrolled high blood pressure puts an individual at even greater risk for cardiovascular complications and premature death.

The fact is up to 60 percent of adults with diabetes have hypertension. Many are unaware they have it, or they are not receiving adequate treatment.

"When it comes to diabetes, managing one disease process is not enough," asserts Kris Iyer, M.D., medical advisor of Hoag Diabetes Education Center. "You will see good results with tight control of blood glucose, but if hypertension or high cholesterol are present, it will nullify the results if you don't strictly control these conditions as well."

In fact, studies show that diabetics who tightly control blood glucose, blood pressure and cholesterol levels have less cardiovascular complications, live longer and enjoy a better quality of life.

If you have diabetes, or are at high risk for developing the disease, partner with your physician to learn more about the steps you can take to reduce your risks for diabetes-related complications such as cardiovascular disease, kidney disease and stroke.

For more information about Hoag Diabetes Education Center, call 949/764-8065.

Community residents are also invited to join Dr. Iyer on February 28 for a discussion about the dangerous link between diabetes and cardiovascular disease. See page 6 for details.

Hoag ranked among nation's best

Hoag Hospital has again received high marks for clinical excellence in a study recently released by HealthGrades®, the nation's leading provider of independent hospital ratings.

Hoag is ranked among the top five percent nationally for overall women's health services, orthopedic services, joint replacement, critical care services and coronary interventional procedures, and in the top ten percent nationally for maternity care services, spine surgery, and gastrointestinal surgery.

The report also ranks Hoag Hospital best in California for both overall orthopedics and joint replacement, and among the best in the state for overall cardiac care. HealthGrades® also cites the hospital as best-rated in Orange County for valve replacement surgery, overall gastrointestinal care and gastrointestinal surgery and procedures.

According to the study, Hoag received the highest rating of five stars for outstanding patient outcomes for 14 procedures and diagnoses, including:

- Coronary interventional procedures
- Valve replacement
- Joint replacement

- Total hip replacement
- Partial hip replacement
- Total knee replacement
- Back and neck surgery (without spinal fusion)
- Spinal fusion
- Gastrointestinal surgery and procedures
- Gastrointestinal bleed
- Pancreatitis
- Pulmonary embolism
- Maternity Care Services
- Women's Health Services

"Recognition from an objective, independent source such as HealthGrades® affirms our commitment to clinical excellence," comments Hoag President and CEO Richard Afable, M.D., M.P.H. "With many of our services having earned five stars since the inception of these rankings eight years ago, the latest results again serve to validate the consistency of the outstanding performance of our physicians, nurses and staff. It is an honor to be counted among the nation's best in so many specialties."

The 2006 HealthGrades® ratings for all hospitals nationwide are available on the web at www.healthgrades.com.



Pioneering the future of orthopedic surgery

Computer assisted technology is the latest advancement to ensure accuracy and longevity in joint replacement surgery. And orthopedic surgeons at Hoag Hospital are among the first in the nation to use this new computer guided imaging system during total knee arthroplasty (TKA).

"Computer assisted surgery reflects a convergence between technology and the art of surgery," explains Hoag-affiliated orthopedic surgeon James Caillouette, M.D., a first investigator of this technology and one of a few surgeons in Orange County performing this procedure. "The system is designed to enhance and expand the surgeon's existing skills to improve outcomes through greater precision and accuracy."

An innovative technique

Computer assisted surgery (CAS) provides an even higher degree of surgical accuracy, precision and control, contributing to the functional success and longevity of total knee replacement.

CAS can be described as a global positioning system for the body. Similar to the way GPS works in mapping geographical coordinates, CAS provides surgeons with precise, real-time digital information on where implants and instruments are in relation to each other and to the patient's anatomy, allowing them to essentially map out the joint.

Enhanced accuracy and precision

"Computer assisted surgery minimizes the instability and misalignment that have proven to be the primary causes of implant failure in traditional knee replacement," explains Hoag-affiliated orthopedic surgeon Steven Gausewitz, M.D. "The computer assisted technique overcomes this challenge through promoting optimal performance of the implant by aligning its position based on specific characteristics of the individual patient's anatomy, and therefore provides a degree of accuracy not possible with the naked eye."

Using CAS, surgeons are now able to dramatically improve accuracy to within a tenth of a millimeter. Additionally, the system provides surgeons with immediate feedback, allowing for adjustments to be made during the operation. At each point of the procedure, the surgeon has the opportunity to check the ligament balancing, angle of cut surfaces and range of motion, giving them the flexibility to adapt the treatment plan based on the data shown, without the use of X-rays.

Improved patient outcomes

Recent studies of computer assisted total knee replacement confirm that CAS leads to superior restoration of alignment than with traditional surgery. Research also confirms that better anatomic alignment through CAS results in better patient outcomes.

Patients appreciate this innovative technology because it directly impacts their quality of life.



Computer assisted surgery (CAS) is the latest advancement in joint replacement surgery.

"I knew it was time for knee surgery when I couldn't even stand during graduation ceremonies," says Albert Jones, executive director of Carden Hall School in Newport Beach. "I was tired of the pain and the limitations I faced not being able to stand for a reasonable period of time or walk somewhere I wanted to go."

Albert met with Dr. Caillouette, who after explaining the benefits of computer assisted TKA, successfully performed the surgery enabling Albert to return to many activities he hadn't participated in for years. "I feel younger," says Albert with a smile. "I can't tell you how great it is to be back walking again with my wife, and enjoying school activities with the children."

For Jim Ure, a former fighter pilot who was severely injured when his plane was shot down in Korea, getting back on his feet again was like a second lease on life. "Because of the injury, I lost my right leg and had to learn to walk again using a prosthetic. I was doing fine until my left knee gave out. I could hardly stand or walk."

Using the CAS system, Dr. Gausewitz was able to successfully perform TKA despite the fact that Jim had extensive past injuries. "Jim is the type of patient that even the most skilled surgeon would have had a tremendous challenge using the traditional approach. His remaining leg was so badly damaged that the computer assisted technology was not only helpful, but mandatory."

"I can't say enough about Hoag Hospital and the care I received," exclaims Jim. "My new knee is great! It has enabled me to get back to flying on a regular basis and enjoying life to its fullest."

Hoag Orthopedic Services recently received a "Five Star Rating" for total knee replacement and was ranked "Best in California for Overall Orthopedic Services" by HealthGrades®, the nation's leading provider of independent hospital ratings. For more information, please call Hoag Orthopedic Services at 949/764-8464.