

## **LESS INVASIVE PROCEDURES ....THE WAY OF THE FUTURE**

The field of gynecology is changing rapidly and the gynecologists at Physicians' Primary Care are at the forefront of this trend. Particularly with all the recent health care news centered on health care reform, the OB/GYN's at Physicians' Primary Care are committed to finding more efficient and better methods of care for their patients. "We want to make patients aware of the less invasive options that are available" says Dr. Rex Stubbs.

### **What is a minimally invasive procedure?**

Technique used in surgery that does not require large incisions like the traditional methods of surgery. Common terms used in minimally invasive surgeries are laparoscopic or endoscopic.

### **What procedures are minimally invasive?**

The majority of the hysterectomies we do are laparoscopic supracervical (the cervix remains) or total laparoscopic hysterectomies. "It is rare for us to do a standard abdominally hysterectomy any more, says Kevin Fleishman, M.D. FACOG, an OBGYN with Physicians' Primary Care of SW Florida. 65% of all hysterectomies in the United States are abdominal, but the gynecologists with PPC are bucking that trend. "About 15% of our hysterectomies are abdominal," continues Dr. Fleishman.

In addition to hysterectomies other minimally invasive procedures include treatment of abnormal uterine bleeding, endometrial ablation and treatment of pelvic pain.

### **What are the benefits of a laparoscopic surgery?**

In general the benefit of this minimally invasive approach is that there are lower complications related to surgery and generally a shorter recovery period. It is less traumatic than traditional surgery since smaller incisions are used. For example in laparoscopic hysterectomies only three small abdominal incisions (less than one inch) are required, and therefore the pain is less. Patients recover more rapidly with these procedures, only requiring 1-2 day hospital stay, and patients are often able to return to work in 1-2 weeks. Other advantages include less bleeding and less scarring.

All in all it is a better experience for our patients. "Our goal is to take care of the problem in the most minimally invasive way so that patients can have the least amount of pain and the quickest return to their normal lives" said Fleishman.