

## **GYN & FERTILITY SPECIALISTS**

### **Newsletter 2009**

#### **Introduction:**

Dr. Hanafi is Board Certified by the American Board of Obstetrics and Gynecology. He is Board Recertified by ABOG for the years 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007 and 2008. He was trained for ten years in OB/GYN, Surgery and Infertility including four years in the United Kingdom and four years in Atlanta before he started his practice in Atlanta in 1979. He has developed extensive experience in the field of Gynecology, Infertility, Tubal Reversal, Laparoscopic Surgery (Conventional and Robotic approach) and several other office and hospital treatment modalities.

Dr Hanafi published several medical research papers in the major medical Journals in the topics of Tubal reversal, Fibroid tumors, Contraception. He has an active research program in the office

#### **Da Vinci Robotic Laparoscopic Hysterectomy, Myomectomy, and Tubal Reversal Surgery: A Less Invasive Surgical Procedure**

We provide a state-of-the-art surgical procedure for hysterectomy, myomectomy, tubal reversal, removal of ovarian cyst ....etc, by the use of Da Vinci Robotic Laparoscopic procedure. This is a less invasive procedure design to assist the surgeon in performing your surgery in a more precise way with less discomfort and fast recovery. The procedure is done through the laparoscope.

Dr. Hanafi has experience in these most updated surgical technology in performing Hysterectomy, Myomectomy (Removal of Fibroid tumors) and Tubal Reversal (after tubal ligation). The Da Vinci Laparoscopic surgery has numerous advantages:

- -Shorter hospital stay
- -Less pain
- -Less risk of wound infection
- -Less blood loss
- -Less scaring
- -Faster recovery and quicker return to normal activities
- -Uterine preservation.

### **Da Vinci Robotic Laparoscopic Hysterectomy:**

If you have been diagnosed with uterine fibroid tumors, cancer, adenomyosis or endometriosis, your doctor may recommend a hysterectomy (surgical removal of the uterus). Surgery is usually reserved for those women who are experiencing symptoms such as excessive menstrual bleeding, pelvic pain, and cancer. Traditionally, the hysterectomy is done through an abdominal bikini cut or through the vagina. Now hysterectomy can be done with the assistance of the da Vinci Robotic machine. Once you are “asleep,” small incisions will be made in the abdomen to allow placement of ports which hold the various instruments we use. Once the robotic arms are put into place, your surgeon can begin removing the uterus with special instruments designed to make precise movements. Most of the time, the ovaries are left in place. The uterus is then removed through the vagina. Once the uterus is removed, the opening left behind in the vagina is closed with sutures ensuring the best healing possible. A special piece of material is also put into pelvis to help prevent scar tissue from forming. The robotic arms are then removed and the incisions are closed with sutures placed under the skin and dissolve by itself. The anesthesia is reversed and you are moved into the recovery area to be monitored for approximately one hour.

### **Da Vinci Robotic Laparoscopic Myomectomy:**

A common alternative to hysterectomy is myomectomy- or surgical removal of uterine fibroids. This procedure preserves the uterus and may be recommended for women who could become pregnant. Myomectomy is often performed through a larger abdominal incision. With the use of da Vinci Robotic Laparoscopic technique, myomectomy will be done through small incisions with much better result and faster recovery. After removing each fibroid, the surgeon carefully repairs the uterus to minimize potential bleeding, infection and scarring. Proper repair of the uterus is critical to reducing the risk of uterine rupture during the subsequent pregnancy.

Once the uterus is repaired carefully with sutures, a piece of special material is placed into place in the pelvis to prevent scar tissue from forming. We also test your fallopian tubes with dye to ensure that they are open. The robotic arms are then removed and the incisions are closed with sutures placed under the skin. The anesthesia is reversed and you are moved into the recovery area to be monitored.

### **Da Vinci Robotic Laparoscopic Tubal Reversal:**

You had your tubes tied, burned or clamped and your current social situation has changed for one *reason or* another and you want a baby .We have the answer for you .We can reverse your tubal ligation. Using the da Vinci-S Robotic equipment, with special micro instruments, the scarred part of the tubes will be removed and the two ends of the tubes will be connected together with fine absorbable (dissolves by itself) sutures. Then the tubes will be tested by a special dye to be sure that the lumen of the tubes is connected

well. The small incisions in the abdomen will be closed by sutures under the skin which leave very little scar.

**Infertility:**

The chance of a pregnancy occurring is about 7-9% in one menstrual cycle. Infertility may be a concern for a couple who have not conceived a pregnancy after 12 months of unprotected sex. The reasons for infertility can lie with the man or woman, so it is important for both to be worked up in order to find the cause. The cause may be either hormonal or structural (tubal blockage, fibroid tumor, endometriosis, etc.) in the women or a decrease in sperm quantity or quality with a man. Other factors that can impair fertility are smoking, excessive alcohol intake, and obesity. A physical exam, blood work, and other tests are done to find out the cause. Depending on the cause, treatment options include modifications in lifestyle, medication, and surgery, will increase significantly the chances of accomplishing pregnancy.

**Contraception:**

Contraception should be important consideration for any sexually active woman who would like to prevent pregnancy. There are hormonal and nonhormonal methods available. Hormonal methods include the pill, the patch (Ortho Evra), the ring (Nuva ring), Depo Provera, Implanon, and the Mirena IUD. Depo Provera is a progesterone only injection given every three months. Implanon is a progesterone only rod that is inserted under the skin in the upper arm that provides protection for three years. It is then taken out and another rod can be reinserted if desired. Mirena is a type of IUD that also has progesterone in it and it provides protection for up to five years.

In addition to preventing pregnancy, hormonal contraception can also be used to decrease the frequency and severity of periods.

Nonhormonal methods include condoms, both male and female, the diaphragm, and the Paraguard IUD which provides protection for up to ten years. Condoms should always be used to prevent sexually transmitted diseases.

**Cigarette Smoking Cessation:**

Although tobacco use is declining, it is still the biggest preventable cause of death. Smoking is directly linked to high blood pressure, strokes, heart disease, many cancers, and respiratory diseases such as COPD and emphysema. Quitting smoking decreases the risk of these diseases. It also improves lung function and the senses of taste and smell, which are often dulled after years of smoking. Nicotine is a very powerful agent and quitting is difficult for most people. However the average craving lasts for two minutes. Doing an activity such as chewing gum, eating a fruit or vegetable, meditation, deep breathing exercises, or going for a walk may help to get through the cravings. Therapies

available to help smoking cessation are hypnotherapy, nicotine replacement (the patch, gum, inhaler, and nasal spray), and oral medications Zyban and Chantix.

### **Breast Care:**

Breast cancer is the most common cancer and is second leading cause of cancer related death after lung cancer in women. Risk factors for breast cancer include a family history of breast or ovarian cancer, obesity, excessive alcohol use, not breastfeeding, no pregnancies, aging, exposure to DES, and the use of estrogens. Breast cancer has not been linked to antiperspirants, tobacco use, wearing bras, and breast implants. Having yearly clinical breast exams and mammograms (starting at age 40) are the best ways to detect the cancer earlier. Monthly self breast exams also help you to be aware of what is normal for you and a medical provider should be seen if there are any changes. Detecting the cancer in the earlier stages can increase the chances for a cure.

### **Human Papilloma Virus Vaccine (Cervical Cancer Vaccine):**

Human Papilloma Virus (HPV) has been directly linked to causing cervical cancer. HPV is the most common sexually transmitted disease and it is estimated that over 70% of sexually active women have been exposed to it. In recent years a HPV vaccine known as Gardasil has been approved by the FDA. The vaccine provides immunity to high risk HPV types 6, 11, 16, and 18. HPV types 6 and 11 are associated with genital warts. HPV types 16 and 18 are associated with cervical cancer. The vaccine is given in three doses. The second dose is given two months after the first dose and the third dose is given four months after the second dose. Unfortunately insurance will cover the vaccination only if it is administered between the ages 9 to 26 years old, although you can get the vaccine at anytime. Even if a patient has tested positive for one of the HPV types, the vaccine will still provide immunity from the other types the patient has not been exposed to. It is still important though to get regular pap smears to detect cervical cancer.

### **Colon Cancer:**

Colon cancer is the third leading cause of cancer related death in women. Risk factors include a family history of colon cancer, a personal history of breast, uterine, or ovarian cancer, a personal history of Crohn's disease or Ulcerative Colitis, a high fat diet, a diet low in fiber, tobacco use, and obesity. Annual rectal exams after age 40 and having a colonoscopy done at age 50 or earlier depending on family history are methods to help detect the disease earlier. You should also see a medical provider if you have changes in bowel habit or have any rectal bleeding. The American Dietetic Association recommends 20 to 25 grams of fiber a day for women. Fiber is found in fruits, vegetables, beans, peas, nuts, and whole grains. Fiber also helps to lower cholesterol.

### **Diet and Exercise:**

A well balanced diet is a key factor for a healthy lifestyle and for feeling good and well as looking good. Adequate nutrition is needed for healthy skin and hair as well as for your body to feel its best and for a good immune system to help fight illness. A good calcium and iron intake are also important to help prevent osteoporosis and iron deficiency anemia, two conditions that affect millions of women. A healthy diet includes whole grains and fiber, fruits, vegetables, and lean meats and fish. Six to eight glasses of water daily is also recommended. Saturated fats, trans fats, and refined sugars should be limited or avoided altogether. These are found in many fast foods, fried foods, and baked goods. Sodas and many commercial fruit juices are also high in sugar.

It is recommended to get 30 minutes of aerobic exercise on most days of the week. Walking, jogging, aerobics, swimming, and sports are all good ways to achieve this. You can start off slowly with only a few minutes a day and then gradually working up to 30 minutes a day. Regular exercise is not only physically healthy, but it also elevates mood and makes you feel good about yourself. However, if you have a chronic disease such as high blood pressure, diabetes or heart disease, you should be cleared by your physician before starting a regular exercise program.

A healthy diet and exercise also helps to prevent obesity which is a huge problem in the United States. Obesity is a major risk factor in several diseases including high blood pressure, strokes, heart disease, diabetes, cancer, and musculoskeletal disorders.

### **Osteoporosis**

Osteoporosis is a decrease in the density of the bone, making the bones brittle. It is a major risk factor for bone fractures. Osteoporosis is diagnosed by having a bone density test done (BMD). This is a painless procedure and is recommended for most postmenopausal women. Risk factors for osteoporosis include having a thin body frame, smoking, excessive alcohol intake, rheumatoid arthritis, and medical use of steroids. Ways to prevent osteoporosis include an adequate intake of calcium, preferably through the diet, Vitamin D, and weight bearing exercise such as walking and tennis. A woman who still having menstrual cycles should get 1000mg of Calcium daily and a postmenopausal woman should get 1500mg of calcium daily. Dietary sources of calcium include milk, cheese, yogurt, spinach, broccoli, collard greens, salmon, sardines, and foods fortified with calcium such as fruit juices, breads, cereals, and breakfast bars. Vitamin D is important because it helps the body to absorb calcium. You should get 400 to 800IU of Vitamin D daily.

### **Iron Deficiency Anemia**

This is a type of anemia that occurs when the body does not get enough iron and/or having heavy menstrual cycles. Iron is important in making healthy red blood cells. Symptoms of this type of anemia include dizziness, fatigue, nausea, headache, heart palpitations, and shortness of breath. Good sources of iron include liver, lean beef, beans, spinach, mustard

greens and turnip greens, peas, beans, raisins, fruits, and iron fortified breads and cereals. Vitamin C also helps the body to better absorb iron. Iron deficiency anemia is detected by a blood test and is treated through diet and iron supplementation. It may take up to six months of treatment before it is cured and the body has enough iron in storage. Treatment of any disease causing recurrent bleeding must be done soon, to complete the cure.

**Electronic Medical Records (EMR):**

We have new interphase connection between our office EMR and the outside lab and hospital computer which has improved our medical records.

**Insurance participation**

Gyn & Fertility Specialists participate with most insurance companies, HMOs, PPOs and POS. This will allow us to serve you in our facility and provide you with the excellent health care you need and deserve.

**Services available at GYN & Fertility Specialists**

- Routine checkup and physical examination.
- Routine blood work including checking for anemia, cholesterol, and blood sugar.
- Infertility workup.
- Diagnosis and treatment of pelvic endometriosis, which is common for patients who are trying to conceive.
- Diagnosis and treatment of fibroid tumors by medications or surgically (Robotic and conventional Laparoscopic Myomectomy and Hysterectomy as an outpatient procedures).
- Robotic Laparoscopic reversal of tubal ligation (Outpatient procedure).
- Management of heavy menstrual cycles either medically or surgically.
- Intrauterine insemination (IUI).
- Office ultrasound by updated 3D, 2D and color Doppler equipment.
- Ovulation induction program with the most recent programs.
- Management and treatment of abnormal pap smear.
- Management and treatment of acute and chronic abdominal and / or pelvic pain.
- Management and treatment of urinary incontinence (Leakage of urine) medically or surgically.
- Family planning with the most updated methods of contraception.
- Treatment and follow up for osteoporosis.