



Bowie Health Campus

The Human Dimension in Medicine

NEWSLETTER

Dimensions Surgery Center (**DSC**), a freestanding ambulatory surgery center located on the Bowie Health Center campus, has been serving the needs of the community since 1998. Outpatient surgical procedures, such as cataract, corneal transplantation, and glaucoma surgery, colonoscopies, orthopedic repair, plastic surgery and ear, nose, and throat procedures are just a few of the services offered at DSC. A warm and friendly patient centered environment awaits you at our center. **For more information, please call 301-809-2000.**

Next Generation Cataract Surgery

Improving visual performance, and reducing the need for glasses



Cataracts are a part of the aging process, but they do not have to interfere with your lifestyle. A cataract is a cloudiness of the crystalline lens inside your eye. As a cataract matures vision will become more blurred, or you may noticed glare or starbusts at night. Early treatment includes glasses. However, when light can no longer be focused, surgery is required. During the cataract procedure, the cloudy lens is removed and a clear artificial lens is implanted.

Bowie ophthalmologist, **Jonathan D. Solomon, M.D.** is offering the latest in premium vision correction technology. Now available at the Dimensions Surgical Center, the **ORange® Intraoperative Wavefront Aberrometer** is a state-of-the-

art device that provides him with real-time measurements of his patients' eyes during surgery.

Before **ORange®**, according to Dr. Solomon, "...measurements were made before surgery and then the patient and doctor would have to wait weeks or even months after the procedure to determine the need for glasses. The **revolutionary technology allows me to make surgical decisions at the precise moment that can best effect vision**, and reduce the need for glasses by assisting in astigmatism correction and more accurately determining the intraocular lens implant." In addition, the **ORange®** reduces the likelihood that the patient will need to undergo follow-up procedures.

JONATHAN D. SOLOMON, M.D.
MEDICAL DIRECTOR,
Dimensions Surgery Center

As a board certified ophthalmologist specializing in Anterior Segment Surgery including Cataract and Refractive Surgery, he is a fellow of the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, International Society of Refractive Surgeons, and member of the distinguished Cornea Society. Dr. Solomon is also the LASIK-surgeon for the Maryland Terrapins, and previously served as a Clinical Instructor at The Wilmer Eye Institute, at The Johns Hopkins University. He also works closely with leading manufacturers of precision surgical equipment including diagnostic and surgical instruments and intraocular lens implants, to improve surgical outcomes. Additionally, Dr. Solomon is a consultant to the Division of Ophthalmic Devices for the FDA. **Dr. Solomon can be reached in his Bowie office at 301-464-1885.**



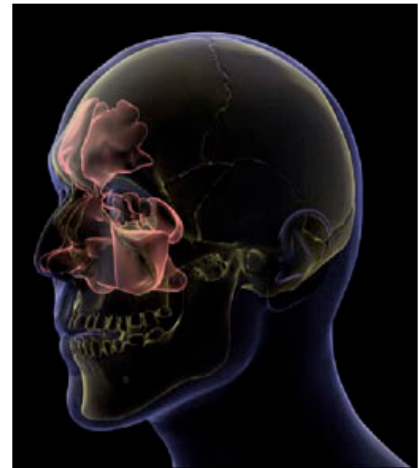
MY SINUSES ARE KILLING ME! *BY GAIL ANDERSON, M.D.*

Sinusitis is one of the most common chronic health problems in the U.S., afflicting 37 million Americans each year. Sinusitis significantly affects an individual's physical, functional, and emotional quality of life.

Historically, sinusitis patients were limited to two treatment options: (1) medical therapy such as antibiotics, decongestants, and nasal steroid sprays or (2) conventional sinus surgery including Functional Endoscopic Sinus Surgery (FESS). Medical therapy alone can help alleviate symptoms in up to 80% of sufferers. However, for approximately 20% of sinusitis patients, sinus surgery is indicated for relief.

FESS is usually well tolerated and successful, but requires bone and tissue removal in order to open

up blocked sinus passageways. Another procedure to achieve open sinuses is **Balloon Sinuplasty™**. This technique involves using a small, flexible balloon catheter that is placed through the nostril into the blocked sinus passageway. When the balloon is inflated, it **gently restructures and opens the sinus passageway, restoring normal sinus drainage and function**. Because tissue is often not removed with this technique, most patients experience less postoperative discomfort and reduced chance of bleeding. In some select patient, **Balloon Sinuplasty™ can even be performed in the doctor's office under local anesthesia**, avoiding general anesthesia side-effects and resulting in a speedier return to normal activities.



3-D Rendering: Paranasal Sinuses

Balloon Sinuplasty™: photo of catheter and balloon.



Gail Anderson, MD, FACS, of Chesapeake Otolaryngology Associates, LLC

was one of the first physicians in Maryland to perform Balloon Sinuplasty. In fact, she was part of the original, international multi-center study, CLEAR, that evaluated the effectiveness and safety of Balloon Sinuplasty. The CLEAR study reported 91.6% functional sinus patency rate at one-year, no serious adverse events at two-years, and symptom improvement for 85% of patients across the two-year-postsurgery period. This study was published in the prestigious journal, Otolaryngology-Head and Neck Surgery.

Dr. Anderson has been performing Balloon Sinuplasty at the Dimensions Surgery Center at Bowie for the past five years. She is also offering this procedure (when appropriate) in her office at 4000 Mitchellville Rd. , Suite A-414, Bowie, MD (Omni Building). If you want help with your sinus/nasal problems, **please contact Dr. Anderson or her knowledgeable staff at 301-860-0985.**

