

# بيانو

## مركز كليمنصو الطبي - العدد 7



# PIANO

## CLEMENCEAU MEDICAL CENTER NEWLETTER 7

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### DEAR READERS

أبنا نعد مرضانا دائما بإفادتهم قبل غيرهم من أحدث طرق العلاجات والتكنولوجيا الطبية. وأن جزء من رسالة مستشفى مركز كليمنصو الطبي البحث باستمرار عن أساليب جديدة ومحسنة للقيام بالشفاء، نحن نفتخر اليوم بكوننا المرفق الأول والوحيد في لبنان الذي يوفر جراحة المنظار بالروبوت، وذلك بواسطة خبراء في مختلف التخصصات التي تستخدم هذه التقنية وهم يشكلون فريق الروبوتية في المركز ويفخرون بتقديم الرعاية الجراحية والخيرة الغير المتوفرة في أي مكان آخر في لبنان والمنطقة.

تطلعون أيضاً في هذا العدد على آخر مستحدثات المركز مثل:

**جراحة المنظار أحادية المنفذ - الجراحة الأولى في لبنان.**  
تطور معيار العناية الطبية بشكل سريع ولا سيما على صعيد الأمراض المسالمة، وبحري اعتماد هذا النمط من جراحة المنظار بشكل كبير في كل من الولايات المتحدة وأوروبا، ويفخر مركز كليمنصو الطبي بكونه الموفر الرائد والوحيد لجراحة المناظير في لبنان والمنطقة.

**استئصال الديسك بالمنظار.**  
يفخر مركز كليمنصو الطبي بأن يكون الأول في لبنان والمنطقة بتقديم مثل هذا الجزء المتطور للمرضى الذين يعانون مرض انزلاق غضروف في العنق. يتم تشغيل هذا القسم من قبل فريق من الأطباء ذات الخبرة الواسعة في جميع أنواع استئصال الديسك بالمنظار كذلك جُفِر القسم بأحدث المعدات اللازمة لمثل هذه الإجراء.

**تنظير الحالب المرين وتفقيت الحصى بالليزر.**  
هي الرائدة في لبنان والمنطقة في جراحة تفقيت الحصى بأقل تدخل ممكن، وتشمل الخيارات الجراحية تفقيت الحصى بالموجات التصادمية (ESWL)، منظار الحالب، واستخراج حصى الكلية عن طريق الجلد (PCNL). إن شكل الكلية، وتكوين الحصى وبنية الجسم ستلعب الأدوار الرئيسية في تحديد النتائج والنهج المتبع للعلاج.

**كاميرا VISION™** هي أيضا متوفرة الآن في مركز كليمنصو الطبي الذي يستعيد الرؤية القريبة - بدلاً منتمركز للمرضى المتحسسين من العدسات اللاصقة وأمن تعب من نظارات القراءة.

**ليزر طب الأسنان:** تخيل أن ثور قسم الأسنان لدينا وتجاره من دون ألم، كل ذلك أصبح ممكناً في قسم الأسنان الطبي، طب الأسنان بأفانج جديدة.

تجدون في هذا العدد مزيداً من التفاصيل عن التقنيات أعلاه بالإضافة إلى الكثير من المواضيع التثقيفية المثيرة للاهتمام. أتمنى لكم قراءة ممتعة.

د. مؤنس قلاوي  
الرئيس التنفيذي

#### كلمة الرئيس التنفيذي

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##### Introducing our Premises:

1. Stone Center
2. Tip Top Technologies:
3. Kamra Vision
4. Laser Dentistry
5. Patient Education:
6. Stress Management Diet

As we always promise our patients that they will be among the first to benefit from avant-garde treatments and technology, and as it is part of CMC's mission to continually look for new and improved ways of doing things, we are proud to announce that Clemenceau Medical Center is the first and only facility in Lebanon that provides robotic assisted laparoscopic surgery. Experts in different specialties that apply robotic surgeries comprise the robotic team at CMC and offer surgical care and expertise not found anywhere else in Lebanon or the region.

You will see in this issue much more information on our advanced technology such as:  
**The Single Port Laparoscopic Surgery: Gynecological surgery without a scar- A first in Lebanon.**

The standard of care in the surgical management of diseases is rapidly evolving. Minimally Invasive gynecological surgery is being adopted exponentially both in the United States and Europe. Clemenceau Medical Center is a leading provider of minimally invasive surgery in Lebanon and the region.

**The Endoscopic Lumbar Discectomy:** Clemenceau Medical Center is proud to be the first in Lebanon and in the region to offer such a revolutionary procedure to patients with Lumbar Herniated Disc Disease. Our Endoscopic Spine Unit is run by well trained doctors with special training and experience with all types of Endoscopic Lumbar Discectomy and equipped with the state of the art equipments necessary for such procedures.

**The Flexible Uretroscopy and Laser Lithotripsy for kidney stones treatment:**  
CMC is a pioneer in Lebanon and the region in minimally invasive stone surgery. Surgical options include extracorporeal shock wave lithotripsy (ESWL), ureteroscopy, and percutaneous nephrolithotomy (PCNL). Renal anatomy, stone composition, and body habitus all play major roles in determining outcomes and operative approach.

**KAMRA VISION™** is also now available at Clemenceau Medical Center which restores Near Vision – an innovative alternative for contact lens intolerant patients and for those tired of reading glasses.

**Laser Dentistry:** Imagine a visit to our dental department without a shot or drill and leaving without a numb lip in most cases! CMC Dental Department: Leading Dentistry to a New Horizon.

More details about the above technologies are available in this issue and many other interesting and educational topics. Enjoy reading.

Mounes Kalaawi, MD, MBA  
Chief Executive Officer



## Single Port Laparoscopic Surgery

### Gynecological surgery without a scar - A first in Lebanon

The standard of care in the surgical management of diseases is rapidly evolving. Minimally invasive gynecological surgery is being adopted exponentially both in the United States and Europe. Clemenceau Medical Center is a leading provider of minimally invasive surgery in Lebanon and the region.

Laparoscopic gynecological surgery has proved itself in having advantages in terms of improved surgical outcomes, decreased bleeding, faster recovery, shorter hospital stay and decreased pain afterwards.

In laparoscopy, three or four small incisions (from 1/2 to 1 cm) are done providing the patient with barely visible scars and improved patient comfort and satisfaction, in addition to the mentioned surgical advantages over the "traditional" open surgery.

Because another very important aspect is cosmesis surgeons developed a novel technique in laparoscopy, known as single port Laparoscopic surgery or "scar-less surgery".

A single incision is made in the navel (belly button) allowing the surgeon to conceal it in the umbilical fold and thus providing the patient with virtually no visible scar, therefore the term "scar-less surgery".



Scar of open hysterectomy



Scar of laparoscopic hysterectomy



Scar-less single port laparoscopic hysterectomy



In addition patients seem to report less discomfort and faster recovery compared with those undergoing traditional laparoscopy.

The surgeries that can be performed using this technique include removal of the uterus (hysterectomy), removal of the ovaries (oophorectomy), removal of ovarian cysts (ovarian cystectomy) in addition to release of adhesions and certain infertility cases.

On **June 2nd 2012** and on **June 9th 2012**, **Dr Karim Nawfal** and **Dr Toufic Eid** performed the first cases of *Single Port Laparoscopic Hysterectomy with bilateral salpingo-oophorectomy* in Lebanon and the region.

Clemenceau Medical Center now offers these technically advanced procedures, taking minimally invasive surgery to a higher level and providing patients with surgical care that is otherwise only available in specialized hospitals in North America and Europe.

For more information or an appointment you may contact the Women's Clinic on +961-1-372888, Ext. 6700

## Endoscopic Lumbar Discectomy

Low back pain is a common complaint that might affect all age groups. It is estimated that at least 80% of people will experience low back pain at one point of their life. Causes of low back pain vary from muscular sprain and strains to the more serious conditions such as herniated lumbar disc.

### What is the Intervertebral Disc?

The Intervertebral Disc is a shock absorbing structure that exists between the vertebrae (Fig 1). It is made of a thick fibrous outer layer (called annulus fibrosis) that surrounds a soft gel-like center (called nucleus pulposus).

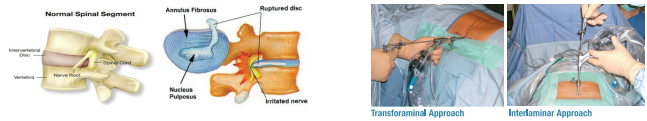
### What do we mean by Disc Herniation?

As the disc degenerates, the outer layer will crack, the inner gelatinous material will leak outside and the herniated disc material causes direct compression on the nerve passing nearby (known as disc herniation) causing pain that goes down to the leg (known as Sciatica) and if the compression continues it may cause weakness of the muscles.

### Treatment of Lumbar Disc Herniation

Treatment of Lumbar Disc Herniation is mainly nonsurgical. About 85-90% of herniated lumbar discs will improve over 6-8 weeks with medications, rest and physical therapy. Only a small percentage of patients with lumbar disc herniation will need surgery. Indications for surgery include weakness and persistent leg pain not responding to medical treatment.

The classical surgical procedure for a herniated disc was open lumbar discectomy. This procedure has been traditionally done by an open surgical technique, that is making a cut in the skin over the midline of the lower back area and then through subcutaneous tissues, fascia and muscles and most often part of the bone which are cut to reach the disc fragment compressing the nerve in order to remove that fragment.



### What is Endoscopic Lumbar Discectomy?

Endoscopic Lumbar Discectomy is an advanced technique in spine surgery that has improved greatly over the last few years. Endoscopic Lumbar Discectomy is done through a tube using special instruments and a scope connected to a camera enabling the surgeon to view the operation on a TV screen in the operating room. Depending on the location of the disc herniation within the spinal canal, the surgeon may elect to use either the interlaminar approach (through the midline) or the transforaminal approach (from the side).

### What are the advantages of Endoscopic Lumbar Discectomy?

The skin incision is much smaller (needs one stitch to close) causing little damage to the muscles and surrounding tissues if any, and no bone is removed which allows for less post-operative pain and faster recovery. It can be done under local or spinal anesthesia, as well as general anesthesia if the patient prefers to. The procedure usually takes less than 1 hour. The patient is allowed to be out of bed, can use the bathroom and return home. Postoperative back pain is minimal and well tolerated and lower extremity symptoms starts to improve immediately after surgery and usually disappears in few days as the nerve heals and the inflammation subsides. Patients are allowed to return to their outdoor regular daily activities in 10 days after the procedure.

### Endoscopic Lumbar Discectomy at Clemenceau Medical Center

Just as endoscopic techniques are now the standard for many surgeries such as cholecystectomy (removing the gallbladder) and knee arthroscopy (removing torn meniscus), Endoscopic Lumbar Discectomy will soon become the standard operation for the treatment of lumbar disc herniation disease. Clemenceau Medical Center is proud to be the first in Lebanon and in the region to offer such a revolutionary procedure to patients with Lumbar Herniated Disc Disease. Our Endoscopic Spine Unit is run by well trained doctors with special training and experience with all types of Endoscopic Lumbar Discectomy and equipped with the state of the art equipments necessary for such procedures.