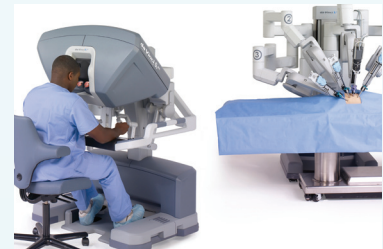


## Advanced Surgery for Urologic Health

**As a leading surgical hospital focused on men's health,** Marina Del Rey Hospital is committed to enhancing patients' lives by providing quality, focused care from a team of nationally recognized physicians and support staff. Our approach to urologic surgical care now includes sophisticated minimally invasive robotic surgery – the next evolution in the treatment of a variety of conditions ranging from prostate and bladder cancer to urinary obstruction.

### Urologic Robotic-Assisted Surgery

Marina Del Rey Hospital's specialized urology team is now using the state-of-the-art da Vinci® Si Surgical System, an advanced robotic surgery platform that enables surgeons to perform delicate and complex operations through a few tiny incisions. The minimally invasive technique enabled by the Si surgical system minimizes pain and recovery time after the procedure and facilitates excellent clinical outcomes.



### Helping You Heal Faster

Traditional urologic surgeries are performed using one of two methods. An “open” approach, which requires large incisions to access the pelvic organs, and is associated with pain, longer recoveries, and an unpredictable impact on continence and sexual function. Or conventional laparoscopy, which is less invasive when compared to open surgery, but limits the doctor's dexterity, visualization, and control.

The good news is that innovative, less invasive options are now available, including minimally invasive robotic-assisted urologic surgery using the da Vinci Si System, which incorporates the best techniques of open surgery – including comprehensive cancer control – and applies them to a robotic-assisted, minimally invasive approach.

The da Vinci Si Surgical System is being used by many surgeons worldwide for prostatectomy and other complex and delicate urologic surgeries in which the target site is not only tightly confined but also surrounded by nerves affecting urinary control and sexual function.

Compared with traditional open surgery, there are significant benefits associated with the da Vinci Si Surgical System, including:

- Reduced blood loss & fewer complications
- Lower risk of wound infections & minimal scarring
- Less pain & less narcotic pain medication needed
- Shorter hospital stays
- Quicker recovery of bowel function & fewer days with a catheter
- Faster recovery and return to normal activities

### Are You a Candidate?

When medication and other non-surgical treatments are unavailable or cannot relieve symptoms, surgery is the recommended treatment for many conditions that affect the male reproductive organs and urinary system. Urologic conditions that may be treated with robotic-assisted surgery at Marina Del Rey Hospital include:

- Prostate cancer
- Bladder cancer
- Kidney cancer
- Ureteropelvic junction (UPJ) obstruction

Marina Del Rey Hospital is at the forefront of robotic-assisted minimally invasive surgery. Procedures performed by our urologic surgeons include:

- Nerve-sparing robotic-assisted radical prostatectomy for prostate cancer
- Robotic-assisted laparoscopic pyeloplasty to correct UPJ obstruction
- Robotic cystectomy with urinary diversion for bladder cancer
- Robotic/laparoscopic partial nephrectomy for kidney cancer

## Insurance Coverage

Surgical treatment for the urological conditions discussed is widely covered by insurance. The good news is that robotic-assisted minimally invasive surgery does not cost the patient any more than traditional, open surgery. Any insurance plan that covers urologic surgery generally covers da Vinci surgery. This is true for widely held insurance plans like Medicare. It is important to note that your coverage will depend on your plan and benefits package.

## Clinical & Outcome Advantages

The da Vinci System has been used successfully in tens of thousands of procedures since its introduction more than 10 years ago. Its safety and efficacy have been documented in hundreds of clinical publications. The literature supporting da Vinci's use is extensive, covering all surgical specialties where the system is used. ❖

### UROLOGIC CONDITIONS & IMPACT ON MEN

Condition	Prevalence*
Prostate Cancer	<ul style="list-style-type: none"> <li>• Prostate cancer is the most common non-skin malignancy in men and is responsible for more deaths than any other cancer, except for lung cancer.</li> <li>• The American Cancer Society estimated that about 219,000 new cases of prostate cancer were diagnosed in the United States during 2007.</li> <li>• About one man in six will be diagnosed with prostate cancer during his lifetime, but only 1 man in 34 will die of it.</li> </ul>
Bladder Cancer	<ul style="list-style-type: none"> <li>• Nearly 69,000 new cases of bladder cancer are diagnosed in the U.S. each year.</li> <li>• Rates in men are 3-times greater than in women, and bladder cancer is more common in many Southern and Eastern European countries, parts of Africa, the Middle East, and North America.</li> </ul>
Kidney Cancer	<ul style="list-style-type: none"> <li>• Each year, kidney cancer is diagnosed in about 190,000 people worldwide.</li> <li>• Kidney cancer is slightly more common in men and is usually diagnosed between the ages of 50 and 70 years.</li> <li>• It is important to realize that with early diagnosis and treatment, kidney cancer can be cured. In fact, if found early, the survival rate ranges from 79-100%.</li> </ul>

\*References on file.

## 5 Reasons to See Your Urologist\*

- 1 Blood in the urine, whether visible or only seen under a microscope, is not normal and can be an early warning sign of bladder or kidney cancer. One incident of blood in the urine mandates a visit to the urologist for basic screening tests and exams, including urine tests, x-rays, or a look inside the bladder with a fiberoptic scope (cystoscopy). Waiting to see if the blood will go away is not advised.
- 2 An elevated or change in PSA (prostate-specific antigen) level. PSA remains one of the most sensitive indicators of prostate cancer. If your PSA level increases, even if still within "normal" levels, it may suggest cancer and should be evaluated.
- 3 An abnormal prostate exam. Abnormalities – firmness, small nodules, or irregularities – may indicate prostate cancer. This is why it is critical that all men over the age of 40 get a yearly exam, ideally by the same doctor. If detected early, the cure rate is high.
- 4 Any kidney abnormalities found on an x-ray. It must be assumed that these abnormalities are kidney cancers until proven otherwise. See a urologist before you schedule a biopsy for a kidney mass, as biopsies of a kidney mass can actually cause more harm, and may not provide the desired information.
- 5 A testicular mass or persistent pain. Due to the rare chance of testicular cancer, any testicular mass, firmness, or nodule must be seen by a urologist. This includes men with testicular pain that does not resolve within 1-2 weeks. If caught early, testicular cancer is one of the most curable cancers.

## Contact Us

Speak with your physician about your options and determine whether or not you are a candidate for robotic-assisted surgery. For more information about Marina Del Rey's expert team of urologic robotic surgeons or if you need a referral to a physician who has been trained in robotic-assisted surgery, please call: (310) 577-5509 or visit [www.marinahospital.com](http://www.marinahospital.com).