

# Good Health

## Special Edition

Important Information on Healthcare Advances, Technology and New Services at Mount Carmel St. Ann's

## BAHA® System Gives Patients With Single-Sided Deafness Chance To Hear At Full Potential

There are many causes of hearing loss and a number of methods to treat them. One such method, called the BAHA® system, is performed by specialty trained physicians at Mount Carmel St. Ann's and gives patients with certain types of hearing loss the chance to hear at their full potential without the use of a hearing aid.

It's important to note that hearing loss can be temporary or permanent. The difference, oftentimes, is timing. According to Mount Carmel neurotologist Dr. John Ryzenman, those who react quickly and see a specialist find that there are a number of treatments available that can reverse certain types of hearing loss.

"There are any number of causes of temporary hearing loss," said Dr. Ryzenman. "Injury, infection, trauma and disease can all be responsible. Fluid can simply build up behind the eardrum (known as conductive hearing loss), there can be damage to the hearing nerve from a virus, or even hearing bone erosion from repeated infections. The good news is, each can be addressed if identified and treated in time."

While ear surgery or a hearing aid may be the right solution for some, others need an alternative. That's where the BAHA® system comes in.

The BAHA® system (which stands for bone-anchored hearing device) is not a hearing aid. Nothing is worn in the ear canal.

*Continued on back page...*



# New Treatment For Pelvic Organ Prolapse Available At MCSA



It seems it's called labor for a reason. In addition to a beautiful new baby, the product of childbirth can often be weakened pelvic muscles, which can result in something called pelvic organ prolapse.

According to Mount Carmel OB/GYN Alan Murnane, MD, pelvic organ prolapse also can be the result of age, surgery or defective or weakened tissue, but the strain of childbirth is the most common culprit. It occurs when organs in the pelvis, including the bladder, intestine, rectum or uterus, are no longer well supported by the pelvic muscles and push against or protrude into the potential space of the vagina.

Symptoms can include dull pain, abdominal pressure, urinary leakage and/or low back pain, but a thorough physical examination is the best way to diagnose pelvic organ prolapse.

"Our goal is to alleviate the symptoms," said Dr. Murnane. "Fortunately we have a number of very viable treatment options."

Some women's symptoms can be alleviated with physical therapy, through weight loss or by performing pelvic muscle exercises (called Kegels), while others may require some form of intervention.

The first option is a low-cost, low-risk device called a pessary. A pessary is a removable silicone device that's inserted into the vagina to hold the pelvic organs in place. It can be a short-term or long-term solution for those with mild cases of prolapse, but women with severe prolapse often have difficulty keeping it in place. That's when physicians consider the surgical options.

"There are essentially two surgical options," says Dr. Murnane. "The first is a traditional open surgery and the second is a more minimally invasive approach we call a vaginal sling."

The open surgery requires a vaginal incision through which the surgeon can remove excess tissue. The primary downside to the open approach — beyond the typical surgical risks — is that approximately half of the women who have to procedure have a recurrence of prolapse within five years.

The vaginal sling, which is a newer and considerably less invasive approach, uses a six-centimeter incision and multiple puncture wounds to place a piece of plastic mesh over the vaginal wall. The soft tissue around the vagina anchors the mesh and the tension of the surrounding muscles holds it in place.

"It's a huge breakthrough that should provide a long-term solution for most women," Dr. Murnane said. "It's less straining on the patient as well. We can use a regional anesthesia for the procedure and there's relatively little post-operative pain. Most patients go home the next morning and are back to normal activities far sooner."

While the procedure is too new to have produced long-term outcome data, the outcomes so far have been very positive and Dr. Murnane expects a 90 percent cure rate for those who have the procedure going forward.

"We've been doing a growing number here at Mount Carmel St. Ann's over the last few years," Dr. Murnane added. "Between our experience, level of care, outcomes and convenience, we're an ideal place for prolapse treatment."

# Physical Therapy a Successful Solution for Women with Urinary Incontinence

Women can develop weakness in their pelvic floor and deep abdominal muscles in a number of ways, but one of the most successful means to combat the condition is physical therapy.

According to Mount Carmel Women's Health physical therapist Jackie Lowery, pregnancy and childbirth, surgery, chronic constipation, heavy lifting and simply aging can lead to pelvic muscle weakness and possibly result in a loss of bladder control known as incontinence.

There are several types of incontinence, and each is often accompanied by frustration and embarrassment. With proper evaluation and treatment, though, those feelings and the bladder leakage can be significantly improved or eliminated.

"The first thing women who are troubled by incontinence should do is see a doctor," said Lowery. "He or she can evaluate the patient's symptoms and recommend the most beneficial form of treatment, including physical therapy."

The Mount Carmel physical therapy team, which is made up entirely of women, provides private, sensitive, one-on-one treatment for incontinence, including therapeutic exercise, electrical muscle stimulation, biofeedback and manual therapy to improve muscle strength. The therapists also can recommend lifestyle changes to help limit bladder irritants and control bladder urgency.

According to Lowery, a typical treatment period is one session per week for eight weeks, with most of patients seeing at least a 70-75 percent improvement in that time. The treatment is covered by most insurance companies as well.

For more information about physical therapy for urinary incontinence, call 614-234-4060.

## Free seminars to address common health concerns

Join us at the Everal Barn in Westerville for our upcoming seminars on joint replacement and prostate health. This is not a two-part series, so you're welcome to attend one or both of these free seminars.

### JOINT PAIN

**Dr. Merle L. Kennedy**

**May 27, 4 p.m.**

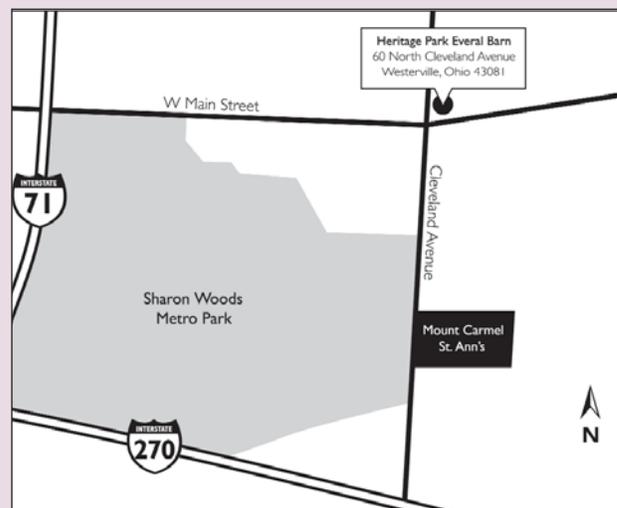
Wondering about treatment options for joint pain? One of Mount Carmel's orthopedic surgeons, Merle Kennedy, MD, will discuss preventive care, joint replacement and other options. He will also explain the joint replacement procedure, describe the available implants and answer your questions.

### PROSTATE HEALTH

**Dr. David H. Brown**

**May 11, 4 p.m.**

As men age, the likelihood that they'll encounter some type of prostate problem, including cancer, increases dramatically. Symptoms like frequent urination, difficulty or pain when urinating, and prostate swelling are common, but often ignored. Regardless of the diagnosis, early detection means more treatment options, faster relief and greater success. Join David Brown, MD as he discusses common conditions and available treatments.



#### Location:

Everal Barn (Heritage Park)  
60 North Cleveland Avenue  
Westerville, Ohio 43081

**Registration:** Registration is required. Call 614-234-LIFE to register.

## BAHA® System Gives Patients With Single-Sided Deafness Chance To Hear At Full Potential *continued*

Instead, the system combines an external sound processor with a small titanium fixture implanted behind the ear. It allows sound to be conducted through the bone of the skull directly to the inner ear, or cochlea, rather than via the eardrum and hearing bones. It's a process known as direct bone conduction.

"Not unlike a dental implant, we surgically insert the BAHA abutment or implant into the skull behind the hearing-impaired ear," said Dr. Ryzenman, a fellowship-trained surgeon specializing in ear and hearing disorders who does BAHA® implants regularly. "Over about three months' time, the body osteo-integrates the titanium abutment, which is about the size of a pencil eraser. Once it's permanently bonded there, we attach what amounts to a digital microphone to the abutment, which sends sound waves to the better or only hearing cochlea so that the patient's hearing is dramatically improved."

The 45-minute procedure is done on an outpatient basis under local or "twilight" anesthesia. Since the implant is inserted through the skin, it takes about three weeks for the skin to heal completely around it, and if it's well cared for, the implant can last a lifetime. Perhaps the only downside is the fact that the digital processor is visible when attached to the implant, especially in patients with short hair.

"The BAHA® system is ideal for certain patients with conductive or mixed hearing loss, as well as those with single-sided deafness," Dr. Ryzenman added. "It gives them a permanent solution and can allow them to hear with excellent sound fidelity. In short, it maximizes their potential to hear. And that improves not just the quality of their hearing, but the quality of their lives."



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