South Nassau Total Hip Replacement Broadcast Live

A total hip replacement performed by Bradley Gerber, M.D., chief of joint replacement at South Nassau, on Friday, April 27, 2012, was broadcast live to more than 200 surgeons as part of the medical technology company Smith & Nephew’s 19th Annual North American Hip and Knee Symposium in Scottsdale, Ariz.

The live surgery broadcast – the first in South Nassau’s history – was aired via satellite uplink with one-way video and two-way audio transmission, allowing Dr. Gerber to discuss the surgery in detail and answer questions from the audience during the surgery. The production went live at about 1:40 p.m. and concluded at 2:40 p.m. once the surgery was completed.
Back to Catching Waves

For John Zator, surfing is not just great exercise, it’s in his blood. “I’ve been surfing since I was 14 years old,” said the 57 year-old Lido Beach resident. “It’s a daily ritual, and what I love to do.”

But in late February 2012, an accident derailed his normal routine. While skateboarding, he fell and tore his right rotator cuff. “I knew I was in trouble when I couldn’t raise my arm and didn’t have much movement,” he said. He consulted his nephew, who happens to be an athletic trainer, and who suggested that he schedule an appointment with Craig Levitz, M.D., chair of orthopedics at South Nassau.

“We initially saw Mr. Zator in March, after he had fallen and landed on his outstretched hand. After his initial exam, I sent him for an MRI,” said Dr. Levitz. “The MRI revealed a large, full-thickness or complete rotator cuff tear. He was going to need surgery.”

Now, six months post-op, Mr. Zator is back to surfing every day. “Losing use of my right arm and shoulder put a damper on everything. I also have chronic lymphocytic leukemia, a cancer of the blood and bone marrow. Not being able to exercise was contributing to a worsening of my leukemia symptoms, and my hematologist said I may have to start chemo. After having the surgery, though, I’m back to surfing and enjoying a healthier lifestyle; and my blood numbers are getting better every day.”

For more information on Dr. Levitz or South Nassau’s Shoulder Center, call 866-32-ORTHO or visit southnassau.org. Dr. Levitz’s bio can be found on page 4.
The 56-year-old teaching assistant consulted with her primary care physician and an orthopedist, who both recommended physical therapy. After months of rehabilitation, to no avail, Ms. Alberto still had the weakness, which was worsening, to the point where she couldn’t even lift a carton of milk from the refrigerator let alone lift weights at the gym or practice yoga. After a battery of diagnostic exams, including x-rays, an MRI, and a nerve test, she was referred to Jonathan B. Ticker, M.D. of South Nassau’s Shoulder Center.

“I first saw Ms. Alberto seven months after the onset of her symptoms. At one point she was even being treated by a spine surgeon for a possible neck issue, which turned out not to be the source of her symptoms,” said Dr. Ticker. “As this was an unusual shoulder problem, she was then referred to me to confirm the diagnosis of uncommon nerve compression, and for surgical treatment.” Dr. Ticker performed an arthroscopic suprascapular nerve release on Ms. Alberto in November 2011 at South Nassau. Using the minimally invasive arthroscopic technique he cut the ligament compressing the nerve below it. “By doing this, the nerve is released and has a chance to recover its full function,” he said. “In the past, this was a traditional open procedure with a slower recovery,” recalled Dr. Ticker. “After the arthroscopic approach, Ms. Alberto returned to yoga within three months and was fully recovered within five months.”

Today, Ms. Alberto has regained the strength in her arm and is living life to the fullest.

Alice Alberto knew something was terribly wrong with her shoulder when she started feeling unusual weakness back in March of last year. “I just noticed a weakness in my right arm, which seemed to be getting worse.”

For more information on Dr. Ticker or South Nassau’s Shoulder Center, call 866-32-ORTHO or visit southnassau.org. Dr. Ticker’s bio can be found on page 4.
Center for Advanced Orthopedics
Physicians

Craig Levitz, M.D.
Dr. Levitz is chair of orthopedics at South Nassau Hospital, director of orthopedic surgery and the head of the Shoulder Center. He is one of a few physicians nationwide who is board-certified and fellowship-trained in sports medicine and he is nationally renowned for his use of minimally invasive arthroscopic procedures for repair of knee and shoulder injuries.

Dr. Levitz was recently listed for the sixth consecutive year in New York’s "Top Doctors" in orthopedic surgery published by Castle Connolly. He has also been recognized by Castle Connolly as one of the top surgeons in the U.S. and by Long Island Business News as the top orthopedic surgeon on Long Island.

Bradley Gerber, M.D.
Dr. Gerber is a national leader in hip resurfacing procedures, and fellowship-trained in adult reconstruction. Recognized for his use of leading-edge techniques in all areas of total hip and knee surgery, Dr. Gerber is chief of total joint replacement surgery at South Nassau Hospital.

He was also named as one of the “Best Orthopedic Surgeons” on Long Island by the Long Island Press’ Best of Long Island poll for 2011 and 2012.

James A. Germano, M.D.
Dr. Germano is chief of hip service at South Nassau. He is a board-certified, fellowship-trained orthopedist who sub-specializes in total hip and knee replacement with a special interest in revision arthroplasty. He is skilled in minimally invasive and computer-assisted surgery as well as alternative bearing surgery. He is also one of Long Island’s only hip arthroscopy specialists, allowing him to treat almost any hip problem, regardless of age.

Jonathan Ticker, M.D.
Dr. Ticker was recently recognized by Castle Connolly as one of the top surgeons in the United States for the fourth year and is a board-certified, fellowship-trained shoulder and sports medicine specialist. Having earned a medical degree at the University of Medicine and Dentistry of New Jersey, Dr. Ticker went on to complete an orthopedic residency and a research fellowship in shoulder biomechanics at Columbia-Presbyterian Medical Center. He later completed a fellowship in sports medicine/shoulder at the University of Pittsburgh’s Center for Sports Medicine and Rehabilitation.

Dr. Ticker is an assistant clinical professor of orthopedic surgery at the College of Physicians and Surgeons at Columbia University. A leading authority in minimally invasive arthroscopic procedures for shoulder repair, Dr. Ticker has presented dozens of international and national lectures, has authored more than 40 scientific articles, two books on shoulder surgery and shoulder arthroscopy, and has made numerous television, print and interactive media appearances.
Peter Lementowski, M.D.
Dr. Lementowski is a fellowship-trained, board-certified hip and knee orthopedic specialist with diverse expertise ranging from conservative treatments to hip and knee arthroscopy and traditional and minimally invasive approaches to total joint replacement. He earned a medical degree from Georgetown University School of Medicine in Washington, DC. Dr. Lementowski completed a residency in orthopedic surgery at Westchester Medical Center, New York Medical College in Valhalla, N.Y. and completed a fellowship in adult reconstructive surgery at Presbyterian Medical Center at the University of Pennsylvania in Philadelphia, Penn. He is a member of the American Academy of Orthopaedic Surgeons, is a diplomate of the American Board of Orthopedic Surgery and a fellow in the American Association of Hip and Knee Surgeons as well as a noted and respected researcher.

Kenneth A. Kearns, M.D.
Dr. Kearns is a board-eligible, fellowship-trained shoulder and elbow surgeon who specializes in arthroscopic surgery, minimally invasive surgery, joint replacement and fracture care. He earned a medical degree from University of Toledo College of Medicine in Toledo, Ohio. Dr. Kearns completed a residency in orthopedic surgery at Thomas Jefferson University Hospital in Philadelphia, Penn. and completed a fellowship in shoulder and elbow surgery at Thomas Jefferson University Hospital/Rothman Institute. Dr. Kearns is an award-winning researcher who has published and presented extensively in the areas of the shoulder and elbow surgery as well as adult reconstruction and is a candidate member of the American Academy of Orthopedic Surgeons.

Omar Saleem, M.D.
Dr. Saleem is a fellowship-trained foot and ankle specialist and physical therapist. He earned a medical degree from SUNY Downstate College of Medicine in Brooklyn. Dr. Saleem completed a residency in orthopedic surgery at Louisiana State University Health Services Center in Shreveport, La. and completed a fellowship in orthopedic surgery, foot and ankle reconstruction at the Hospital for Special Surgery in New York City. Dr. Saleem is a noted researcher who has been published extensively and is a member of the American Academy of Orthopedic Surgeons, the American Physical Therapy Association and the Association of Pakistani Physicians of North America.

Neil P. Pathare, M.D.
Dr. Pathare is a fellowship-trained, board-eligible orthopedic surgeon specializing in arthroscopic procedures of the knee and shoulder. His practice focuses on joint cartilage restoration and preservation, surgery of the meniscus and labrum, as well as primary and complex ligament and tendon repair and reconstruction. He earned a medical degree from Tufts University School of Medicine in Boston, Mass. Dr. Pathare completed a residency in orthopedic surgery at SUNY Downstate Medical Center in Brooklyn and completed a fellowship in orthopedic sports medicine at Lenox Hill Hospital in New York City. He is a member of the American Academy of Orthopedic Surgeons, the American Orthopedic Society for Sports Medicine and the Arthroscopy Association of North America.

Congratulations!

South Nassau congratulates Dr. Craig Levitz and Dr. Jonathan Ticker for their selection to Castle Connolly’s 2012 Top Doctors® list. Dr. Levitz has been selected for the past six years and Dr. Ticker for the past four years.
Not too long ago, physical therapist Katherine Hawes experienced first-hand what it is like for her patients to rehabilitate from a hip surgery. “My patients would always say to me, ‘you don’t understand what it’s like to be in pain, you are young and healthy.’ Little did they know, I was working through extreme pain in my right hip every day.”

In May 2011, the vibrant 27-year-old was diagnosed with a labral tear (a tear of the outside rim of the socket of the hip joint) in her right hip, which occurred after lifting a heavy weight. Her first course of action was physical therapy, which decreased her symptoms but never alleviated them. She decided to see an orthopedist and was sent for an arthrogram, a test using X-ray and contrast material (such as dye, water, air or a combination of these) to take pictures of the hip joint. The results revealed the tear, and she was referred to James A. Germano, M.D. of South Nassau’s Long Island Joint Replacement Institute.

“Ms. Hawes came to see me because she was having groin pain every day, which was made worse with activity and working out at the gym, “said Dr. Germano. “She could no longer run, and the pain was affecting her work as a physical therapist.”

On August 12, 2011, Dr. Germano performed a hip arthroscopy. Sometimes referred to as hip preservation surgery, hip arthroscopy uses arthroscopic instruments to diagnose and treat joint problems.

Today, 14 months after her surgery, Ms. Hawes bikes, runs, lifts weights and is back to treating her patients. She is even considering running a half-marathon. “I hope to participate in one soon, but don’t want to push myself too much yet.”

Most of all, she can again babysit her beloved nieces and nephews without having to worry that picking them up will strain her hip. “I am able to babysit and snuggle with them without thinking about the pain in my hip and back. Today, I have a much brighter outlook on life.”

For more information on Dr. Germano or South Nassau’s Long Island Joint Replacement Institute, call 866-32-ORTHO or visit southnassau.org. Dr. Germano’s bio can be found on page 4.
South Nassau
Total Hip Replacement
Broadcast Live

Continued from cover

What does it take to broadcast a live surgery?
Plenty of work. For nearly 13 hours, production crews set up cameras, tripods and lights in the surgical suite and converted a supply room (adjacent to OR suite 10) into a broadcast control room outfitted with high-definition technology. What’s more, they ran cable from the control link to a satellite uplink-truck – used in the production of NFL Super Bowl games and other high-profile events – along with two analog telephone lines for return audio. Whew!

“The project was a complete success due to the cooperation of my patient and the collaborative effort and team work of the broadcast production crew and South Nassau Communities Hospital,” said Dr. Gerber.

“I was honored to be asked to perform the surgery for the symposium, which would not have been possible without the help of South Nassau’s operating room, engineering and maintenance, and administrative staff members.”

For more information on Dr. Gerber or South Nassau’s Long Island Joint Replacement Institute, call 866-32-Ortho or visit southnassau.org. Dr. Gerber’s bio can be found on page 4.

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Dr. Bradley Gerber addressing the viewing audience while performing the total hip replacement surgery.

Photo credit: EBU Productions Inc. for the three photos above.
Pre-Surgery Joint Replacement Education Classes

Offered throughout 2012 and 2013, every other Thursday, from 12:00 - 1:30 p.m.

Classes are free of charge and free parking is available.

Nov. 8* ...... Conference room B
Nov. 15* .... Conference room B
Dec. 6 ........ Conference room B
Dec. 20 ...... Conference room B

2013
Jan. 3 ........ Conference room B
Jan. 17....... Conference room B
Jan. 31....... Conference room B
Feb. 14 ...... Conference room B
Feb. 28 ...... Conference room B
Mar. 14...... Conference room B
Mar. 28...... Conference room B

Apr. 11 ...... Conference room B
Apr. 25 ...... Conference room B
May 9........ Conference room B
May 23 ...... Conference room B
Jun. 6 ........ Conference room B
Jun. 20 ...... Conference room B
Jul. 11* ...... Conference room B
Jul. 18....... Conference room B
Aug. 1 ....... Conference room B
Aug. 15 ...... Conference room B
Aug. 29 ...... Conference room B
Sep. 12 ...... Conference room B

*PLEASE NOTE CHANGE IN SEQUENCE DUE TO HOLIDAY.

To register, please call 516-632-3924 or online: www.southnassau.org/orthopedics/onlineapp.cfm