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Pictured back row, left to right:
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PENNSTATE
Milton S. Hershey Medical Center
College of Medicine

Unparalleled Expertise. Exceptional Treatment and Care.

The most experienced minimally invasive surgeons in central Pennsylvania are part of Penn State Milton S. Hershey Medical Center's Minimally Invasive Surgery Program. Surgeons perform bariatric, colon, prostatectomy, supracervical hysterectomy, total hysterectomy surgeries and more through small incisions using specialized techniques, tiny cameras with microscopes (called laparoscopes), miniature fiber-optic lights and hi-def monitors. As a major hospital and

educational institution, patients have access to state-of-the-art operating suites specially designed for minimally invasive or laparoscopic surgery, as well as a variety of medical and surgical resources and services. Patients experience less time in the operating room, reduced post-operative pain, smaller surgical scars, a shorter hospital stay, and a quicker return to everyday activities.

LAPAROSCOPIC COLON SURGERY

In most laparoscopic colon resections, surgeons operate through four or five half-inch incisions. Many laparoscopic colon procedures are performed the same: using a cannula, or a narrow tube-like instrument, surgeons enter the abdomen and insert a laparoscope through the cannula to get a magnified view of the internal organs on a video monitor. Several other cannulas are inserted to allow the surgeon to work inside and remove part of the colon. The entire procedure may be completed through the cannulas or by lengthening one of the small cannula incisions.

LAPAROSCOPIC WEIGHT LOSS SURGERY

Bariatric or weight loss surgery may be an option for obese patients who have not had long-term success with diets or medically-supervised weight loss regimens, and modifications in diet, behavior and exercise. At Penn State Hershey Medical Center—a Bariatric Center of Excellence and Blue Distinction Center for Bariatric Surgery—surgeons perform both laparoscopic gastric bypass surgery and laparoscopic adjustable banding (lap band) surgery.

Laparoscopic gastric bypass surgery—a laparoscope and surgical instruments are inserted into the abdominal wall allowing the surgeon to conduct the surgery viewing a monitor. The procedure combines restriction (decreasing the intake of food) and malabsorption (causing some food to be poorly digested and incompletely absorbed by reconfiguring the intestines).

Lap band surgery—a laparoscope and surgical instruments are inserted into the abdominal wall and a band is placed around the uppermost part of the stomach to separate it into one small and one large portion. The band can be adjusted and reversed.

LAPAROSCOPIC RADICAL PROSTATECTOMY

Laparoscopic prostatectomy is a less minimally invasive alternative to open radical prostate surgery, a procedure done to treat prostate cancer. Surgeons insert a laparoscope and surgical instruments through small incisions in the lower abdomen. The prostate is freed and removed through one of the incisions, and the urinary tract reconstructed without the need for open surgery.

LAPAROSCOPIC KIDNEY SURGERY

Laparoscopy can be used to remove an entire kidney without the need for a lengthy incision, or only part of the kidney. Surgeons insert a laparoscope and surgical instruments through small incisions in the upper abdomen. A small cosmetically placed incision in the lower abdomen is used to allow removal of the kidney.

LAPAROSCOPIC SUPRACERVICAL HYSTERECTOMY

A laparoscopic supracervical hysterectomy is a procedure in which only the uterus is removed using laparoscopic instruments, and the cervix and vagina are preserved unchanged. Surgeons separate the uterus from the cervix and remove it through one of the abdominal incisions. Preservation of the cervix and vagina allows for an even quicker recovery and return to full activity. It has been suggested that by retaining the cervix and vagina unchanged, women will maintain better pelvic support. Some women also feel that their sexual response is better maintained by keeping their cervix.

TOTAL LAPAROSCOPIC HYSTERECTOMY

In a total laparoscopic hysterectomy, the uterus and cervix are removed through an incision at the top of the vagina. Surgeons use a laparoscope inserted into the abdomen through one of the small incisions to view the uterus and the surrounding organs. The uterus and cervix are detached from the vaginal cuff using specialized laparoscopic surgical tools inserted through the other small incisions. The incision is

closed laparoscopically, and no retractors or instruments are placed in the vagina.

For more information about the Minimally Invasive Surgery Program, visit www.PennStateMIS.com.

More and more surgical procedures once performed through large incisions are now done using laparoscopic techniques. Other common and highly specialized minimally invasive procedures performed at Penn State Hershey Medical Center include:

- Adrenalectomy
- Appendectomy
- Donor Nephrectomy
- Gall Bladder
- Heller Myotomy for Achalasia
- Mymectomy/Fibroid Resection
- Nissen Fundoplication
- Paraesophageal (Hiatal) Hernia Repair
- Splenectomy

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