

# Medical Matters

If, as Winston Churchill famously said, “Healthy citizens are the greatest asset any country can have,” then the New York metropolitan area invests wisely to develop its assets. World-class healthcare professionals, and health and medical-research centers offer citizenry of the tri-state area access to individualized state-of-the-art care—and a multitude of choice options not available in other parts of the country. So go ahead, choose your own care. New York has whatever your health needs.

## Medical Matters

### Surgery without surgery

Remember those futuristic science fiction films where people could cure themselves using energy force fields? That future is now at **The Mount Sinai Medical Center**.

Using the most cutting-edge technology available, Mount Sinai offers stereotactic radiosurgery, a method of eradicating brain tumors with waves of energy. Isabelle Germano, M.D., Professor of Neurosurgery, Neurology and Oncological Science at Mount Sinai, explains:

#### Q: How does stereotactic radiosurgery work?

**A:** “It’s like surgery without surgery. We deliver precise, highly focused radiation to a brain or spinal lesion while sparing the normal surrounding tissue. There is no incision and therefore no scar. The patient is awake and can resume normal activity the next day.”»

#### Q: How does this differ from conventional surgery or radiotherapy?

**A:** “It differs from surgery in that it does not involve opening the skull or skin, or general anesthesia. In conventional radiotherapy, radiation sometimes includes a large volume of the brain, and therefore must be delivered in smaller multiple doses to minimize damage to the normal parts of the brain. Stereotactic radiosurgery is delivered only to the lesion, sparing the rest of the brain, so it can be given in one treatment.”

#### Q: Does the procedure hurt?

**A:** “Patients feel nothing during the course of radiation. Afterwards, they generally will not experience any of the side effects commonly associated with radiotherapy such as nausea, red skin or hair loss.”

#### Q: Who is a good candidate?

**A:** “Anyone with a brain tumor, brain cancer, arteriovenous malformation of the brain or spine, acoustic neuroma, pituitary tumors, recurrent gliomas, spine tumor, severe facial pain or epilepsy.”

BY BETH SQUIER