

Innovative Stent Promotes Healing After Sinus Surgery

Michael Cestarro, 82, of Wading River suffered for years from chronic sinusitis, a condition that caused his sinuses to become swollen and inflamed, leading to difficulty breathing and facial pain. People with chronic sinusitis often misdiagnose themselves as suffering from seasonal allergies or a persistent cold.

“It was just unbearable to live with. I just kept putting off seeing a doctor,” he said.

While medications such as nasal sprays, antibiotics and antihistamines can provide temporary relief, many times they do not solve the problem and a surgical procedure may be required. Cestarro went to see otolaryngologist John Sugrue, MD in Port Jefferson Station.

“He had sinus surgery with image guidance,” Sugrue said. “The patient had multiple frontal

sinus cavities that were filled with fungus.”

Sugrue uses a CT scan of a patient’s sinuses which gives him a 3D “map” that shows exactly where he needs to work. Then

he performed minimally invasive endoscopic sinus surgery to clear the sinus of infection and to place a medicated sinus stent that keeps the sinus open and prevents recurrence. The stent uses dissolvable, drug-releasing technology that helps prop open the sinus passage after sur-

gery and gradually delivers anti-inflammatory medication directly into the sinus lining.

“It’s a pleasure to be able to breathe instead of blowing my nose constantly,” Cestarro said.

Deborah McLaughlin of Holtsville suffered from painful sinus headaches for years that at times made it difficult to function. “When I bent down it would throb almost to the point that it was unbearable,” she said. McLaughlin, 62, said medications had provided little relief from her condition.

“Her entire sphenoid sinus was full of fungus, and the pressure had eroded part of the bone separating the sinus from the brain,” Sugrue said. “Image guided sinus surgery was successfully performed with complete removal of the fungus. A sinus stent was placed in the sinus cavities bilaterally to help decrease postoperative swelling and inflammation.”

Two days after the surgery, the nasal packing was removed and the stents were removed 10 days later. Sugrue said that, depending on the surgery and the patient, the stent may be left in until it dissolves over the course of a month, or



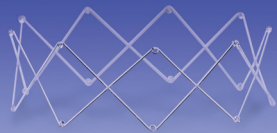
John Sugrue, MD and Deborah McLaughlin of Holtsville, who suffered from painful sinus headaches.

removed. The steroids it releases to fight inflammation can remain in the tissue for 60 days and will help decrease swelling.

“I have no more headaches. I resumed my normal life,” McLaughlin said. “I’m a little bit of a gym rat and I was able to go to the gym fewer than 10 days after the surgery.”

“I think we’re on the cutting edge of sinus surgery at Mather,” Sugrue said. “We have image-guided surgery and the latest in sinus balloon and sinus stent technology. We’re able to open sinuses compromised by fungal infections, mucocoeles (fluid-filled swellings), polyps, papillomas (benign tumors) - we’re doing the challenging cases.”

The medicated stent being used in sinus surgery at Mather Hospital.



Fortunato Breast Health Center Earns National Recognition

The Fortunato Breast Health Center at Mather Hospital has received a full three-year reaccreditation by the National Accreditation Program for Breast Center (NAPBC), which is given only to centers throughout the country that have voluntarily committed to providing the highest level of quality breast care and undergo a rigorous review of their performance.

The Breast Center provides state-of-the-art breast healthcare and a sense of comfort, privacy and assurance that individual needs will be met. Our board certified radiologists who exclusively specialize in breast imaging offer

digital mammograms, ultrasounds and other advanced diagnostic modalities. Center staff also provides expert navigation, education for patients, families and the community and support groups.

The Center’s patient navigation staff ensures that every patient who is diagnosed with breast cancer receives personal assistance in scheduling appointments, obtaining prescriptions, dealing with insurance providers and other help they may need.

Contact the Fortunato Breast Health Center at 631-476-2771, Ext. 1.

NAPBC

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

No-Cost Mammograms

Individuals who are uninsured or underinsured may be eligible for no cost or discounted screenings at the Fortunato Breast Health Center through the Center’s Fund for Uninsured.

For more information and to make an appointment, call

631-476-2771, Ext. 1.