

Keeping our referring physicians up to date with
Lincoln Surgical

A Survivor's Story

Cheryl Draves tells her story of surviving thyroid cancer.

To start receiving Cutting Edge News online, please fill out the enclosed card or the simple form at www.lincolnsurgicalbelleville.com/newsletter. **ALL FUTURE ISSUES WILL BE SENT VIA EMAIL ONLY.**



From 2009-2014, Cheryl Draves was being closely followed by Lincoln Surgical Associates for left lobe thyroid nodules after having previously undergone right lobectomy for benign disease.

In early 2014, Cheryl met with Lincoln Surgical's Stacy Stratmann, MD, FACS, for a routine thyroid follow up. Dr. Stratmann performed a needle biopsy, which revealed atypical cells. Surgery was subsequently recommended.

"Because of the atypical cells, Dr. Stratmann suggested removing the left side of the thyroid rather than continuing to get the biopsies and ultrasounds," Cheryl said. Cheryl had started taking thyroid medications in April 2014, which played a part in her decision to remove the thyroid.

Lincoln Surgical's James Clanahan, MD, FACS, performed the initial lobectomy in 2009. "My first surgery experience was so

great with Dr. Clanahan that I knew if I needed surgery again it would be with Lincoln Surgical," Cheryl said.

"Dr. Stratmann was a great doctor," she said. "She explained the surgery and how the post-op care would work."

Cancer Diagnosis

"My surgery was on a Thursday, and Dr. Stratmann called me the following Monday to let me know it came back as cancer," Cheryl said. "It was nice to know that I didn't have to wait long. I've heard of places where you have to wait longer to get your results."

After finding out the thyroid was cancerous, Cheryl met with an oncologist who—based on the size of the cancer—did not recommend further treatment.

Cheryl had an excellent experience with Lincoln Surgical, complimenting the team's bedside manner.

When the surgery was complete, her parents, boyfriend, and friends were an important part of Cheryl's recovery. "I couldn't have recovered as quickly as I did without their help," she said.

Local Surgical Care

Cheryl chose to have all her procedures done in Belleville because it was close to her Fairview Heights home. Although she was told she could get a second opinion, she entrusted the Lincoln Surgical team with her thyroid care.



Bucket List Celebration

To celebrate being cancer free, Cheryl and her boyfriend Kevin took a trip to Europe to visit her brother and his family in Spain and went sightseeing in Switzerland. She also made sure to visit the Eiffel Tower, which had been on her bucket list for a long time.

"They were encouraging, honest, and very calming considering the news they were giving me. Even though it was major surgery, they do it all the time. **I felt confident in both of the surgeons' decisions and how they handled everything.**"

Choose Lincoln Surgical for Your Thyroid Cancer Cases

Douglas Aach, MD, FACS, shares the advantages of Lincoln Surgical.

From ultrasound scans and biopsies to lobectomies and thyroidectomies, Lincoln Surgical can help treat your thyroid cancer patients, keeping you in the loop throughout the process.

In fact, Dr. Aach sees about 10 thyroid patients in the office per week. According to Dr. Aach, here are the main reasons referring physicians choose Lincoln Surgical for their thyroid cases.

1. Lincoln Surgical does biopsies under ultrasound guidance so if there's ever a question, they can come to Lincoln Surgical to look at the images, talk to the patient, and decide whether they need a biopsy.

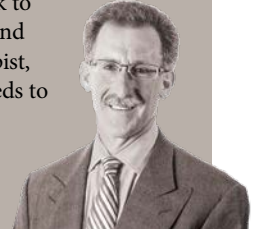
2. Lincoln Surgical doesn't refer ultrasound-guided biopsies out.

3. There is a pathologist in the ultrasound room when Lincoln Surgical performs fine needle biopsies to ensure there is enough of a sample for a diagnosis.

4. The decision of who needs surgery and who doesn't is dependent on the pathologist's findings, and the cases that trigger an operation are documented cancer, suspicious cancer, or follicular neoplasm.

5. If the patient has a palpable mass, the referring physician can order an ultrasound of the neck to look at the thyroid before the patient shows up, or Lincoln Surgical can do it when they see the patient.

If it is cancer, Lincoln Surgical will talk to the oncologist and radiation therapist, because this needs to be followed long term.



Surgeon Spotlight

D. Scott Crouch, MD, FACS, General & Minimally Invasive Surgeon



Dr. D. Scott Crouch realized at an early age that he could relate to just about anyone. "As I developed a love for math

and science, started out with a degree in chemistry, and then as it progressed with an interest in medicine, it was a perfect fit. I got to relate with the people, which obviously is very important, and not give up the love for math and science," Dr. Crouch said.

After 12 years as a general and minimally invasive surgeon with Lincoln Surgical, it's clear Dr. Crouch chose the right career path.

Watch Dr. Crouch's profile video at lincolnsurgicalbelleville.com. To refer your patients to him, call 618.277.7400.

Groin Hernia Treatment

Nathan Compton, MD, discusses different treatment options.

A groin hernia can typically be diagnosed with a simple physical exam, but when patients come in with a bulge in the groin area, pain (in the testicle for males), and burning, they may want to consider surgical treatment.

According to Dr. Compton, the majority of hernias Lincoln Surgical Associates gets referrals for are through the inguinal canal.

"Surgery is recommended based on pain and how the hernia affects daily activities," said Dr. Compton.

"Patients should definitely get it fixed so they can get on with their routines in a normal fashion."

"Some people will argue that you can watch them if the hernia isn't causing any symptoms," Dr. Compton continued. "However, they've had studies where people who are in the watch-and-wait category—up to 65-75% of patients—end up having surgery within five years due to new or worsening symptoms. That wait time can lead to strangulations or incarcerations as well as enlargement of the hernia leading to a more complex repair."

Treatment Options

The two most common types of groin hernia treatments are the open anterior Lichtenstein repair with mesh and laparoscopic; both are outpatient procedures. Lincoln Surgical will work with each patient to determine the pros and cons of laparoscopic and open surgery for their particular situation.

Open Surgery

In the open surgery, most surgeons use an ultra-lightweight polypropylene mesh that is about three to four times the burst pressure of the abdominal wall. There is less mesh contracture and pain with the lightweight meshes. The recovery time for the open approach is about a week. One possible complication of open surgery with mesh is nerve entrapment, which can cause chronic pain.

Laparoscopic Surgery

According to Dr. Compton, TEPP is a laparoscopic approach used by Lincoln Surgical for groin hernia repair.

"The TEPP involves getting in the peritoneal plane under the muscular layers and the fascial layers but above the peritoneum; the peritoneum makes up the hernia sac," Dr. Compton said. "So you dissect that away from the cord structures, then put a mesh underneath the muscles, rather than on top like in the open approach."

"One nice thing about using the laparoscopic approach on a patient with a recurrence is that you can get into a virgin plane that's never been operated on, making the reoperation a little easier," Dr. Compton added. "Another nice thing about laparoscopic surgery is patients who undergo laparoscopic surgery typically have less pain postoperatively and have a quicker return to normal activity. In addition, patients with bilateral inguinal hernias can often have them repaired at the same time."

"One caveat to laparoscopic surgery is that it's very difficult to do on heavier or obese patients because of excess visceral fat, making the preperitoneal working space smaller and the dissection more difficult and potentially dangerous," he said.

The recurrence of hernia after herniorrhaphy is 2-4% regardless of the operative approach, open or laparoscopic.

Improve Your Patients' Discomfort Today

To get your hernia patients back to the golf course or to doing whatever makes them happy, refer them to Lincoln Surgical Associates.



We specialize in advanced minimally invasive surgery, and we provide state-of-the-art treatment and expertise in all areas of general surgery including breast, endocrine, and colon and rectal treatment. We recently added plastic surgery to our services to meet our reconstructive and cosmetic patients' needs.