

SUBURBAN
WOMAN
North Shore

**Dr Constantine Frantzides
Develops Revolutionary
New Advances in Minimally
Invasive Surgery** p 42-43

Gone GREEN p 38

Women's Retreats p 47

Your Pet's Health p 40

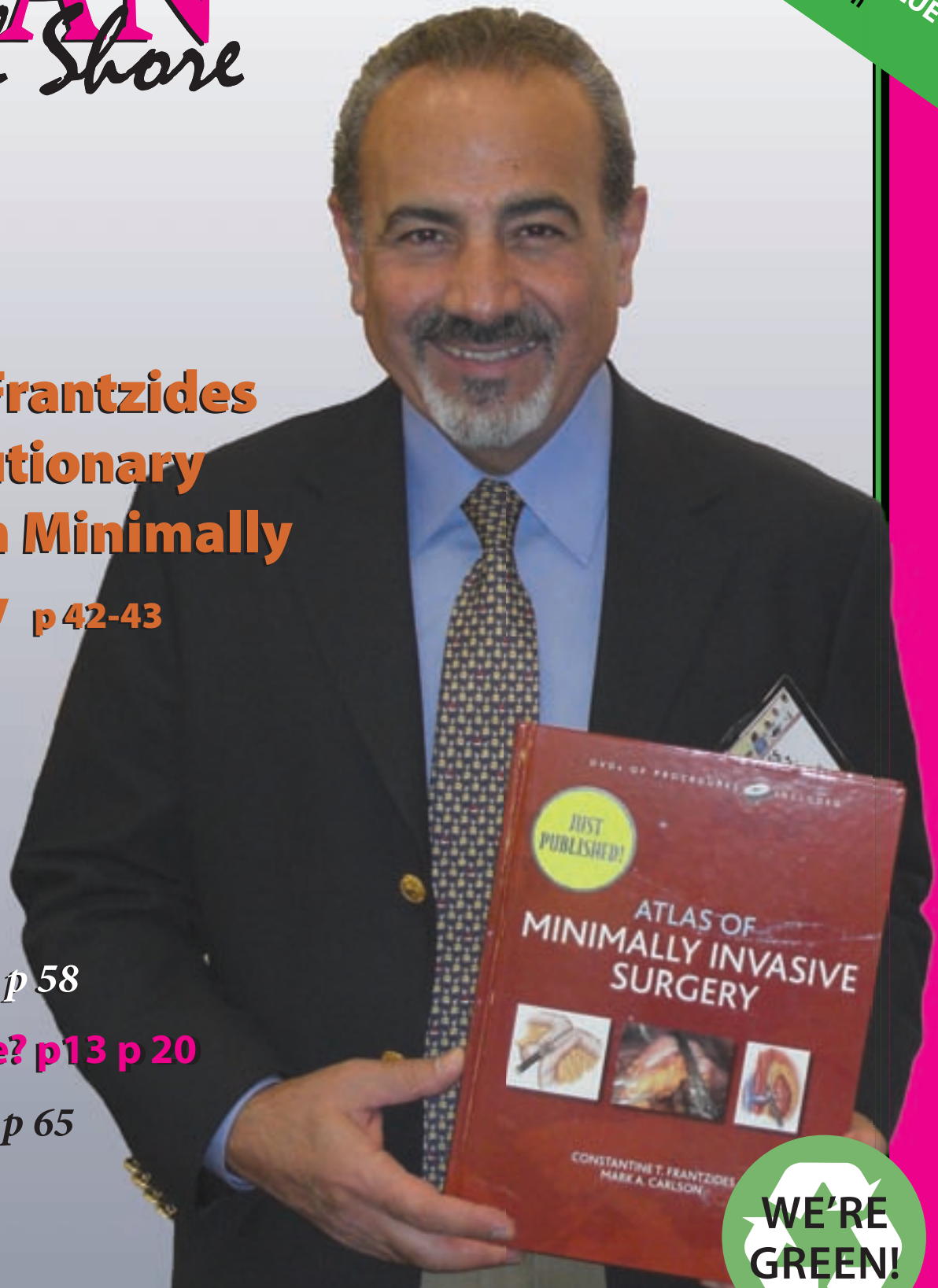
Your Guide to Cold Sores p 58

Is Divorce in Your Future? p13 p 20

Bankruptcy Alternatives p 65

MARCH/APRIL 2009

Our New Compact Design is GREEN
ALWAYS FREE, PRICELESS VALUE
www.empowerwoman.com



**WE'RE
GREEN!**

EMPOWER • ENERGIZE • EVOLVE

Revolutionary Advances in Minimally Invasive Surgery

Swiss Patient Seeks U.S. Operation by Dr. Frantzides

My name is Christos Adamo; I live in Zurich, Switzerland, and was diagnosed with polycystic kidney disease, which ultimately resulted in kidney failure and a need for kidney transplantation. Because I feel medicine is superior in the United States, I flew to Chicago in 2000, and underwent double kidney transplantation. Everything went well until a year later, when



“...I have two angels looking after me, one that is in heaven and one on this planet and that’s Dr. Frantzides.”

I started developing a hernia at the site of the incision. By 2003, this hernia was the size of a watermelon. My doctors in Zurich, as well as in the U.S. told me that I would have to have another major surgery. This is when one of my physicians told me of Dr. Frantzides, one of the few surgeons in the world that could possibly perform this operation laparoscopically.

I met with Dr. Frantzides who exuded confidence, but at the same time compassion for his patients and love for his profession. Dr. Frantzides managed to perform on me a laparoscopic total abdominal reconstruction with mesh in June 2003. The day after my surgery I was back at my hotel, and three days later I returned to my home in Zurich. I know that I am a special patient to Dr. Frantzides, because a Medical Journal features the picture of my abdominal hernia in one of his publications. I knew that I was a challenging case but I never imagined that I would present another challenge to Dr. Frantzides.

Until April of 2008, I thought the angels were watching over me. But then in mid April I started developing severe abdominal pain on my right side and fevers. I was admitted at the Zurich University Hospital, where I was diagnosed with bacteremia as a result of an abscess in my native right polycystic kidney. They started me on strong intravenous antibiotics with very little response. At that time professor Wilhelm Vettaer, of the Zurich University Hospital, suggested that I should consider going back to Chicago, to have Dr. Frantzides remove my right infected kidney laparoscopically. It was quit clear to me that I was critically ill with a serious medical problem, and Dr. Frantzides was the only surgeon that I trusted with my life.

On May 16, 2008, while on a plane back to the states, I had to be administered I.V. antibiotics during my flight. Dr. Frantzides admitted me to St. Francis Hospital (wonderful hospital with wonderful people) the same day, where I continued my antibiotic treatment until Tuesday, May 20, 2008. I have to admit, that though I trusted Dr. Frantzides’s

skills and surgical expertise, I was fearful because I knew that he was facing a multitude of challenges, including the fact that I am 76 years old with multiple medical problems related to my previous kidney transplantation. In addition I knew that these infected kidney cysts should not be perforated in my abdomen during surgery because that would result in spread of the infection and contamination of the previously implanted mesh.

The operation was performed on May 20, 2008 and was a complete success. Dr. Frantzides managed to remove the infected kidney laparoscopically. I was discharged from the hospital on Thursday, May 22, 2008 and I flew back to Switzerland on Sunday, May 25, 2008. There is no doubt in my mind that I have two angels looking after me, one that is in heaven and one on this planet and that’s Dr. Frantzides.

Bowel Obstruction— Adhesions & “The Gentler Surgery”™

My name is Theresa Costello and I am 54 years old. In February of 1993 I had a total hysterectomy for Endometriosis, which is when my problem began. Within one week of being released from the hospital, I was in extreme abdominal pain. I was diagnosed with a bowel obstruction and a tube was inserted into my stomach. For 18 days I could not eat or drink anything. Finally, the obstruction cleared and I left thinking my problems were solved. Boy was I wrong.

Since 1993 I have been plagued with small bowel obstructions at least 4 times a year, had colonoscopies once a year, only to have all of my test results come back negative. Thinking I was going crazy, and that the problem was all in my head, I consulted with my gastroenterologist, who believed that there



“This to me was a miracle, and all because Dr. Frantzides was willing to take on a tough case in order to help a person have a normal life.”

was only one doctor left whom could possibly help me. That is when I went to Dr. Frantzides. Upon meeting him, I felt at ease. I explained my feelings, and gave him a brief history of what my life had been like over the last 15 years.

After my shedding of tears, he explained that he felt he could help me. The day after surgery I knew it was a success! When Dr. Frantzides came in to see me after surgery he explained that he had to resect two portions of my small intestine that were completely twisted, and he had to remove a lot of scar tissue. This was all performed with minimally invasive surgery through four 1/3in. incisions. The discomfort at the incision site was minimal.

Dr. Frantzides released me from the hospital two days after surgery. During my first follow up office visit he showed me the pictures of my abdominal cavity before and after my surgery. I was truly

amazed when I saw what was performed, but even more so to have a doctor take the time to assure me that I really did have a problem, that was not just in my head.

Since the surgery (May 2008) I have not had one problem with bowel movements and I don't have to take laxatives of any sort. This to me was a miracle, and all because Dr. Frantzides was willing to take on a tough case in order to help a person

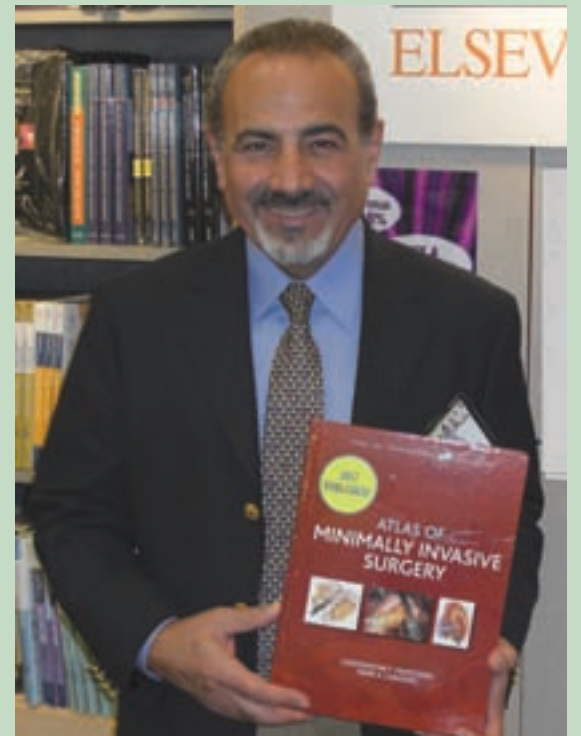
have a normal life. He is truly one of the best doctors I have ever met, not only because he cured my disease, but also because he is giving of his time, treats every patient like a friend rather than a number, and is one of the most compassionate doctors I have been to.

I hope that anyone reading this article who has any fears about going to a surgeon would consider seeing him.

For more information on, or to schedule a consultation with Dr. Frantzides and the Chicago Institute of Minimally Invasive Surgery please visit www.cimis.info or call 847-676-2200

Recently Published— *Revolutionary Atlas of Minimally Invasive Surgery*

Constantine Frantzides, M.D., Ph.D., F.A.C.S., the Director of the Minimally Invasive Surgery fellowship program at St. Francis Hospital, Professor of Surgery at Northwestern University and Director of The Chicago Institute of Minimally Invasive Surgery, has published a ground-breaking book that will teach other surgeons how to perform minimally invasive surgery.



The textbook, called “Atlas of Minimally Invasive Surgery” includes DVDs of 30 live laparoscopic surgeries and more than 395 figures to teach surgeons advanced laparoscopic techniques and procedures.

The book is co-authored by Dr. Constantine Frantzides and Dr. Mark A. Carlson, both recognized experts on minimally invasive surgery. The book describes step by step the performance of a broad spectrum of laparoscopic procedures including gastric bypass, gastric banding, hernia repairs, colorectal, hepatobiliary, pancreatic, gastrointestinal, and solid organ surgery. The book is published by Elsevier, the largest publisher of medical books in the world.