

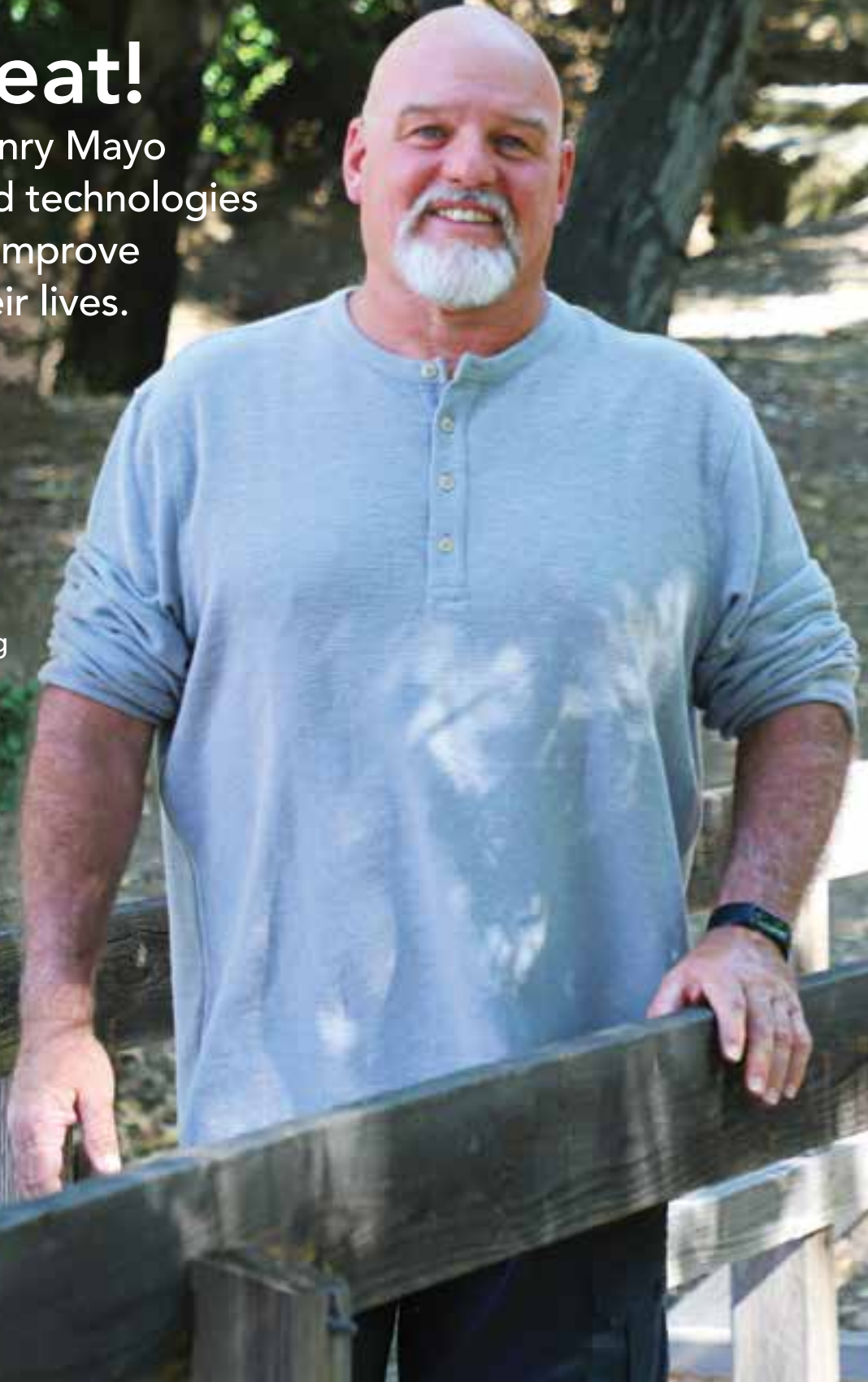
# IT'S YOUR HEALTH

## Feel Great!

Find out how Henry Mayo is using advanced technologies to help patients improve the quality of their lives.

### **INSIDE:**

Aquablation therapy patient Dean Aldridge is happy to be spending hours outdoors again.



# WELCOME



I had the privilege of joining Henry Mayo Newhall Hospital as president and CEO last March. I was excited to join a nonprofit, independent hospital that has a bright future in a growing, vibrant community.

One of the ways hospitals prepare for the future is by making prudent investments in new technologies. In this issue of *It's Your Health*, you'll read about three surgical procedures we now offer at Henry Mayo that use exciting new technologies. More importantly, these procedures—Aquablation therapy for benign prostatic hyperplasia, the innovative Inspire treatment for obstructive sleep apnea, and the Ion robotic-assisted bronchoscopy platform for minimally invasive lung biopsies—offer tremendous benefits to our patients.

October is Breast Cancer Awareness Month. It's a good reminder to schedule your annual mammogram at our Sheila R. Veloz Breast Center if you are due for this important screening. You can reach the Sheila R. Veloz Breast Center at 661.200.1099.

To learn about other important health screenings, please visit [henrymayo.com/screening](http://henrymayo.com/screening).

Finally, Henry Mayo Newhall Primary Care recently relocated to beautiful new offices. They are offering same-day or next-day appointments. If you need a primary care provider, please call 661.200.1710.

Yours in good health,

Kevin A. Klockenga  
President & CEO



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[henrymayo.com](http://henrymayo.com)

Under the governance of our community-based Board of Directors, and in partnership with our compassionate physicians, staff and volunteers, our purpose is to:

Be the trusted regional leader to inspire and deliver optimal health and wellness.

Together we share the following values:

Quality, Safety, Teamwork,  
Accountability, Integrity, Respect.



Follow us on social media for more health tips, news, and announcements!



# FUTURE-FORWARD

LEARN ABOUT THE MANY ADVANCED TECHNOLOGIES IMPLEMENTED AT HENRY MAYO NEWHALL HOSPITAL IN JUST THE LAST SIX YEARS.

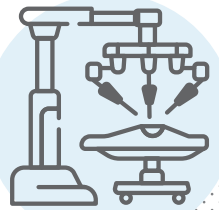
Since our founding nearly 50 years ago, Henry Mayo Newhall Hospital has adopted innovative technologies to enhance patient care, improve medical outcomes, and streamline healthcare processes.

Here are some of the recent technologies and procedures we've brought to the Santa Clarita Valley:

2017

## da Vinci Surgical System (robotic surgery)

**| July 2017:** This minimally invasive surgery system allows physicians to operate through small incisions while enhancing their vision, precision, and control. It also minimizes recovery time for patients.



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Some photographs in this issue were taken before social distancing measures and masking policies were put in place.



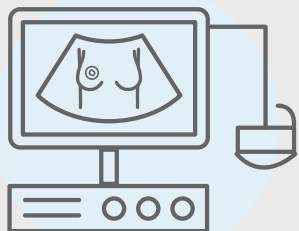
**HBOT (hyperbaric oxygen therapy) | July 2017:** HBOT is administered in a sealed, pressurized environment of 100% oxygen, causing an increase in oxygenated blood that promotes wound healing and fights infection.

**Andago (anti-gravity device) | September 2017:** The device supports the patient and rolls along while the patient walks, allowing the patient to maintain a natural gait; physiological data is tracked in real time.

**Impella | October 2017:** Impella is a temporary device that assists the heart in pumping blood to the body's vital organs, allowing the heart to rest and potentially recover after cardiac emergencies.



2018



**Invenia ABUS (automated breast ultrasound) 2.0 | January 2018:**

In conjunction with a screening mammogram, this technology improves the visualization of masses and abnormalities in dense breasts, and it can increase cancer detection, too.

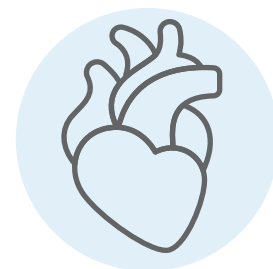
**High-Sensitivity Cardiac Troponin | October 2018:** This high-sensitivity blood test can detect a heart attack in patients within three hours rather than the standard six hours or longer.

2021

**TAVR (transcatheter aortic valve replacement) | August 2021:**

This minimally invasive procedure uses a catheter to replace aortic valves that fail to open properly. A new valve is guided and expands into place, pushing the diseased valve aside.

**ArmeoSpring | September 2021:** The ArmeoSpring counterbalances the weight of the patient's arm. It uses exercises designed to train core-movement patterns that are commonly used in the activities of daily living for patients with walking or balance impairments.



2023

**SportGait | June 2023:** The SportGait app is designed to provide accurate information about concussions by comparing an initial gait test to a subsequent test given after a suspected concussion, facilitating better treatment and adherence to return-to-play protocols for student athletes.

**Inspire's Sleep Apnea Innovation | April 2023:** Inspire works inside the body with a patient's natural breathing process to treat obstructive sleep apnea. The device is placed under the skin during an outpatient surgery procedure. It delivers mild stimulation to key airway muscles, allowing the airway to open during sleep.



**Ion (robotic-assisted bronchoscopy platform for lung biopsies) |**

**August 2023:** The Ion robotic-assisted platform uses a thin and maneuverable catheter to provide precise navigation deep into the peripheral lung, which allows physicians to target specific areas with accuracy for biopsies or nodule removals.

**Aquablation | September 2023:** A surgical treatment for benign prostatic hyperplasia (BPH)—otherwise known as an enlarged prostate. A surgical map is created with ultrasound technology, and then a robotically controlled, heat-free waterjet removes the prostate tissue that was outlined on the map.







Following his procedure, Aquablation patient Dean Aldridge is thrilled to be spending quality time outdoors again.

# Aquablation Therapy

THIS NEW TREATMENT OPTION FOR BPH PRIORITIZES  
PRECISION AND PREDICTABILITY.

**A**quablation therapy is a new type of surgical treatment for benign prostatic hyperplasia (BPH). Now offered at Henry Mayo Newhall Hospital, this advanced, minimally invasive treatment can bring long-lasting relief to men suffering from BPH.

BPH—which is also referred to as an enlarged prostate—is a prostate that has swelled in size to the point of being larger than normal. Still, it's important to note that BPH isn't prostate cancer.

With BPH, the prostate expands and may hence:

- Apply pressure on the bladder, which can weaken it and make it harder to empty
- Narrow the urethra, which can cause difficulties with urination

Without treatment, BPH can lead to complications or other health issues—from bladder stones, incontinence and recurrent urinary tract infections to urinary retention and kidney damage.

## A COMPELLING NEW TREATMENT OPTION

Choosing a treatment option can be overwhelming, as it often forces men to compromise in some way. This could mean taking medication that may be ineffective or choosing

a treatment that may have a long recovery time, only provides limited relief, or that may cause issues with sexual function.

Aquablation therapy is a one-of-a-kind procedure that aims to eliminate the need to compromise.

It uses water delivered with robotic precision to remove prostate tissue that causes symptoms—all without making an incision in the abdomen. The treatment is performed while the patient is under anesthesia, and it typically takes less than an hour, with an overnight stay for monitoring.

## THE POWER OF WATER

By using ultrasound imaging with a camera called a cystoscope, surgeons can see the entire prostate in real time, which allows them to map which parts of your prostate to remove and which parts to avoid.

Once the surgeon has created a surgical map, a robotically controlled, heat-free waterjet removes the prostate tissue that was outlined on the map. This robotic technology decreases the chances of human error in removing prostate tissue—and aims to make sure the tissue is extracted precisely and predictably.

Visit [henrymayo.com/bph](http://henrymayo.com/bph) or call 661.200.1332 for more information.



# INSPIRE TREATMENT

A TECHNOLOGICAL INNOVATION CAN HELP PEOPLE WHO NEED TREATMENT FOR OBSTRUCTIVE SLEEP APNEA IF CPAP THERAPY ISN'T AN OPTION FOR THEM.

**H**enry Mayo now offers Inspire therapy, a breakthrough obstructive sleep apnea (OSA) treatment option for those who cannot use continuous positive airway pressure (CPAP) therapy.

OSA occurs when the airway collapses during sleep and blocks the flow of oxygen to the brain. At this point, the brain senses a lack of oxygen and wakes the body up just long enough to take a breath, then falls back asleep. This cycle repeats throughout the night and causes poor, disruptive sleep.

According to the American Medical Association, OSA affects about 30 million Americans. When left untreated, it can cause worsening mood and memory, vehicle or workplace accidents, stroke, heart attack, and even death.

## LEADING-EDGE TECHNOLOGY

Inspire is made up of three components: a generator and two silicone leads. It works inside the body with a patient's natural breathing process to treat sleep apnea. The device is placed just under the skin with two small incisions in a same-day outpatient procedure that takes about two hours. Most patients return home on the same day and return to non-strenuous activities within a few days.


Mild stimulation to the motor nerve that controls your tongue moves it out of the way and opens the airway during sleep, allowing oxygen to flow naturally. The patient uses a small handheld remote to turn Inspire on before bed and off when they wake up. Additionally, the patient can pause therapy during the night if needed, and increase or decrease therapy settings.

The battery in the device is designed to last for approximately 11 years. When it runs low, it is replaced during a simple outpatient procedure.

## WHO SHOULD CONSIDER INSPIRE?

Inspire is for people who have been diagnosed with moderate to severe OSA—and for those who have not been able to use CPAP as treatment. Specifically, this refers to people who have an apnea-hypopnea index (i.e., the number of times they stop breathing each hour) between 15 and 100, with less than 25% of central and mixed sleep apneas; are unable to use or get constant benefit from CPAP; are not significantly overweight; and are over the age of 18.

Visit [henrymayo.com/inspire](https://henrymayo.com/inspire) or call 661.443.5418 for more information.



**"I tried a CPAP device three times and it didn't work. Then I tried Inspire. I am absolutely thrilled with the results. I believe it saved my life!"**

– Inspire patient Karen Carver



Mostafa Tabassomi, MD, and a Henry Mayo team perform a simulated procedure using the Ion bronchoscope.

# Ion Bronchoscope

A NEW ROBOTIC-ASSISTED PLATFORM FOR LUNG BIOPSIES FOCUSES ON RELIABLE RESULTS.

**A**t Henry Mayo, we have expanded our comprehensive cancer care offerings to include Ion: a robotic-assisted bronchoscopy platform for minimally invasive lung biopsies.

## A NEW APPROACH

This state-of-the-art system has transformed the way we approach lung biopsies. Lung nodules are a common finding in medical imaging, and while many of them may be benign (i.e., noncancerous), it's crucial to obtain accurate diagnoses for proper patient management. In cases where the nodules raise concern, your doctor may recommend a lung biopsy to confirm the presence of cancer or other conditions.

Traditionally, lung biopsies could be invasive and carried certain risks, but with the Ion robotic-assisted system, we are now offering a minimally invasive alternative.

## THE IMPORTANCE OF EARLY IDENTIFICATION

Early-stage diagnosis of lung cancer significantly improves the chances of successful treatment and long-term survival. At stage IA1, the average five-year survival rate is an encouraging 92%. However, identifying lung cancer at such an early stage can be challenging due to the location of nodules deep within the lung tissue. The Ion endoluminal system can safely and effectively obtain tissue samples from these hard-to-reach areas, aiding in accurate diagnosis and timely treatment.

"Lung cancer is a malignancy that can spread quickly and show no symptoms unless it is very advanced," said Henry Mayo

Interventional Pulmonologist Mostafa Tabassomi, MD. "Early detection is key. The Ion bronchoscope can shorten the time from diagnosis to treatment from weeks to hours. Also, with its small-diameter catheter, this bronchoscope can reach all areas of the lung."

Compared to traditional manual techniques, the Ion system's stability and precision significantly reduce the chances of inconclusive results, complications, or the need for subsequent biopsies.

Our investment in Ion complements our comprehensive cancer program in collaboration with Keck Medicine of USC, enabling patients to receive all care—from biopsy to treatment to cancer recovery—at Henry Mayo.

Visit [henrymayo.com/ion](http://henrymayo.com/ion) or call 661.200.1332 for more information.





**"The care and compassion  
I received made all the difference."**

– Lisa Passamonte Green



**Philanthropy will always be at  
the Center of our great outcomes.**

*Lisa Passamonte Green is the 2023 Breast Cancer Testimonial Speaker. To read her story and learn more about Colleen Audra Arevalo (left above), RN and Anjali Date, MD (right above), scan here.*



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Anirudh Rai, MD



Christina Soliman, PA-C



James Weagley, MD