



beam laser is employed to remove the cancer and seal small blood vessels.

Hand-assisted nephrectomy also offers additional benefits. With the traditional laparoscopic procedure that employed only trocars, the kidney often had to be removed using a morcellator that shredded the organ inside a special bag that was then removed through one of the small ports. "The problem with this approach was our inability to come to exact conclusions regarding the pathology. It often compromised our ability to determine the true extent of the tumor," said Dr. Perzin.

Hand-assisted laparoscopic nephrectomy can be performed in about 90 percent of patients. Patients usually leave the hospital within 72 hours and have considerably shorter recovery times when compared with open surgeries. Extremely large tumors may still require a standard incision, Dr. Perzin said.

"People are understandably afraid of cancer and they're nervous about the effect that surgery will have on their lives," Dr. Perzin said. "Laparoscopic surgery allows patients to get back to work sooner and begin enjoying life."

#### **Renal Cryoablation**

Depending on the tumor's size, its location within the kidney, and the patient's health, cryoablation is another option. Intra-operative ultrasound allows the surgeon to place special gas-filled probes directly into the tumor, which are then rapidly frozen and thawed in two cycles. The cancer is killed in place, without the need for removing any renal tissue.

This method is particularly useful in older patients with diminished renal function and for whom radical nephrectomy may pose undue risk, Dr. Perzin said. The patient usually spends one night in the hospital.

In April, the Mayo Clinic announced results of a study of 40 patients treated with percutaneous cryoablation between March 2003 and August 2005. Cryoablation was successful in 38 of the 40 patients, with no repeat treatment necessary.

For more information on these procedures, call Urology Healthcare Associates, a division of Delaware Valley Urology, LLC, at 609-914-0021. For more information on other urological procedures offered by the Lourdes Health System, call 1-888-LOURDES (568-7337).

## Cutting-Edge Kidney Cancer Surgery

*Lourdes Medical Center of Burlington County offers patients the latest surgical approaches for the treatment of kidney cancer, including hand-assisted laparoscopic nephrectomy, partial-nephrectomy and renal cryoablation.*

#### **Hand-Assisted Laparoscopic Nephrectomy**

Laparoscopic approaches to kidney cancer are now the standard of care for treating renal cell carcinoma and transitional cell carcinoma of the upper tracts. Doctors from Urology Healthcare Associates performed the first of these ever in Burlington County more than three years ago at Lourdes. The hand-assisted procedure allows the surgeon to gain more tactile ability in manipulating and removing the kidney, and the surgeries can proceed more quickly.

Under this approach, the surgeon makes two one-inch incisions to place the trocars (for insertion of a camera and laparoscopic tools) and another incision 2.5 inches long, for the surgeon's hand to manipulate and remove the kidney. This represents a significant change from standard surgery where a large incision often resulted in lengthy hospital stays and prolonged recuperation at home. Blood loss is quite minimal when compared with older forms of kidney removal, said Dr. Perzin, who along with his partner, **Robert Goldlust, M.D.**, has performed more than 50 of the hand-assisted procedures at Lourdes.

Based on the size and location of the tumor, patients may also be a candidate for a partial nephrectomy in order to preserve additional renal function. In this procedure, an argon

"We are offering state-of-the-art treatments for a variety of urologic conditions at Lourdes in Willingboro," said **Adam Perzin, M.D.**, of Urology Healthcare Associates, a division of Delaware Valley Urology. "These advances make it unnecessary for patients to travel elsewhere for the most up-to-date treatment. Our treatment for kidney cancer rivals the finest institutions in the country."