



## Performing Minimally Invasive Endoscopic Surgery for Removing Pituitary Gland Tumors

The otolaryngologists at ENTA have combined efforts with neurosurgeons to provide a progressive, minimally invasive surgical approach to removing tumors of the pituitary gland. This multidisciplinary endoscopic approach is useful not only for pituitary tumors, but also for other tumors of the skull base and offers considerable advantages over conventional surgery including faster recovery, less pain and reduced cosmetic deformity.

The pituitary gland is a small, pea-sized endocrine gland located at the base of the brain, approximately three to four inches behind the nose in the middle of the head. It produces several different hormones that are critical in bodily function. Although tumors of the pituitary gland are generally benign, they may create problems as they enlarge including visual loss or even blindness and pressure on the brain. While most do not affect pituitary function, some of these tumors are associated with endocrine disturbances.

The otolaryngologists at ENTA have been working with the neurosurgeons at Decatur Memorial Hospital removing pituitary tumors and other skull base tumors for

many years. The usual interdisciplinary approach involves removing the tumor through the nose, utilizing an incision beneath the upper lip (sublabial approach), which then communicates with an incision within the nose. Using a specially designed speculum and microscope, pituitary tumors would be removed. While this conventional approach still has value in selected cases, the new, state-of-the-art expanded endonasal endoscopic approach is now being used far more frequently.

This new Expanded Endonasal, Endoscopic Approach utilizes specially designed rigid video endoscopes and is done through the nostrils without external incisions. The endoscope is placed through the nose back to the sphenoid sinus, which provides a pathway to the pituitary gland at the base of the brain. The approach offers an expanded view to allow more complete resection of these tumors than was easily attainable using the older approach. Moreover, no incisions are needed beneath the lip and there is less pain and discomfort following this approach than the traditional, conventional approach. The operation still utilizes the advanced technology of image

### The Benefits

- ▶ Improved visualization of skull based tumors
- ▶ No external or sublabial incisions
- ▶ Less pain and discomfort
- ▶ More rapid recovery and return to work
- ▶ Enhanced opportunity for complete tumor removal

guidance for enhanced precision. The otolaryngology and neurosurgery team at Decatur Memorial Hospital are fully trained in this technique and have considerable experience using it here in Decatur. The use of this new approach reflects our commitment to providing the quality care to our patients at ENTA.

To learn more, call ENTA at 217-876-3682.

## New Tonsillectomy Techniques: Minimizing post-operative pain and Maximizing Recovery in Children

When parents find out that their child will need a tonsillectomy, they want their physician to have and use the latest knowledge and technology. This common procedure has evolved over time, and there are several new techniques available.

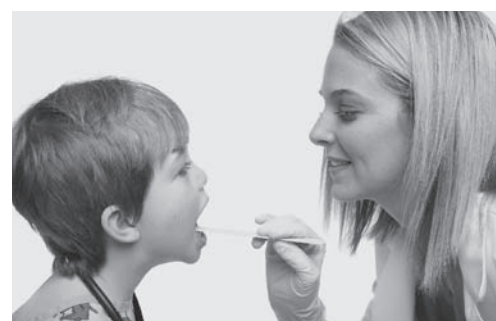
At ENTA, we've found that Intracapsular and Coblation tonsillectomy techniques minimize post operative pain and have rapid recovery results.

Coblation® tonsillectomy is a gentle procedure for removing both tonsils and adenoids offering a fast and easy recovery. Traditional methods remove tonsils and adenoids by cutting or burning, which can cause extensive pain and damage to surrounding healthy tissue. Coblation is an advanced technology that combines gentle radiofrequency energy (RF) with a natural salt solution to quickly and safely remove tonsils and adenoids, causing very little harm to healthy tissue. Benefits of the Coblation technique include decrease

pain and less frequent need for narcotic painkillers, faster return to normal diet, less incidence of postoperative nausea and swelling, and faster healing.

An intracapsular tonsillectomy uses a microdebrider to remove the tonsils. A microdebrider is a powered instrument that has a very small rotating tip. In this technique, the surgeon uses the microdebrider to precisely remove 90-95% of the tonsils. A thin layer of tonsil tissue is deliberately left intact as a protective shield for the delicate throat muscles, which helps reduce postoperative pain and recovery time, in some cases.

Some tonsillectomy techniques remove the tonsil tissue completely, which exposes the underlying throat muscles to bacteria, thermal injury and inflammation. This can cause the severe pain, slower recovery and higher rate of complications associated with traditional tonsillectomies. Recent research has found that, in many



cases, a near-complete (90-95%) removal of tonsil tissue with the intracapsular tonsillectomy provides a safe and effective treatment with considerably less pain and a faster recovery.

To find out which technique is best for your child, contact ENTA today at 876-ENTA.



## The benefits of In-Office Laryngeal Surgery

Thanks to the innovation of many technologies such as fiber-optics and distal-chip scopes, the skilled physicians at ENTA have the capabilities to perform many diagnostic and therapeutic procedures for the larynx on awake patients in the office, as opposed to undergoing general anesthesia in an operating room.

Due to the accessibility of the larynx and new technology, we're able to perform a variety of procedures in the awake setting. Simple biopsies, laser treatments, and injections are the most common in-office laryngeal procedures performed in awake patients.

One of the more common procedures includes the removal of benign tumors, such as laryngeal papilloma that requires repeated treatments. The traditional approach for treating the recurrent papillomatosis was direct laryngoscopy and removal in the operating room. With this approach physicians would have to wait until the

disease was advanced before treatment. This could cause large fluctuations in the patient's voice and quality of life. With the in-office surgical option, patients are treated in 20 to 30 minutes and can be treated more frequently, keeping the disease at bay. This limits the wide voice fluctuations and maintaining a better quality of life for the patient.

In addition to the effectiveness of many in-office awake laryngeal procedures, the majority of patients appear prefer this type of treatment versus being in the operating room under full sedation. Patients not only can be treated quicker, they also do not have to take three to four days off from work to recover.

**To learn more about the in-office procedures performed at ENTA, call 217-876-3682.**



### Our Physicians



**Steven Sobol, MD, FACS**  
Medical Director



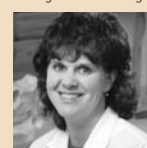
**Stephen Chadwick, MD, FACS**  
Research Director



**Terence Woods, MD, FACS**  
Otolaryngologist



**Bethany Gibson, MD**  
Allergist & Immunologist



**Candace N. Benner, APRN, NP**  
Nurse Practitioner