

## Urological Surgery Turns High-Tech

**W**hen Claire German, 80, underwent an MRI in August for sciatica, the last thing she expected the screening to reveal was a kidney tumor. After all, the Arlington resident had no symptoms of renal distress. But there it was on a subsequent scan — a tiny mass roughly the size of a large grape.

Equally surprising as the diagnosis was the speed and ease of German's subsequent treatment. In a minimally invasive procedure known as laparoscopic cryoablation, surgeons Robert Mordkin, MD and Andrew Joel, MD inserted a thin probe through a small incision in German's side and used the instrument to freeze the tumor, turning it to scar tissue. German went home the next day. A benign tumor that once would have required open surgery to remove the entire kidney and a five-day hospital stay, followed by weeks of recuperation, proved little more than a minor inconvenience.

Laparoscopic cryoablation is just one of many minimally invasive surgeries now available through Washington Urology at Virginia Hospital Center. Some therapies can even be performed on an outpatient basis.

GreenLight PVP™ (photoselective vaporization of the prostate), a revolutionary treatment for enlarged prostate, is one such procedure. A fiber-optic scope is passed through the urethra and threaded to the prostate, where a high-powered laser vaporizes excess tissue. Because laser technology results in little to no bleeding, GreenLight PVP is fast becoming a preferred alternative to traditional transurethral resection of the prostate (TURP), which uses an electrically charged wire to destroy obstructive tissue. GreenLight PVP requires no incision, and its results — namely, improved urinary flow and relief from discomfort — are nearly instantaneous.

Harry T. Brown, 62, underwent GreenLight PVP in

October and was amazed by the simplicity of the procedure. "With GreenLight, you can take a day off work and be back the next day," Brown says. "I went to the Hospital in the morning and was home by 2:30 in the afternoon." Laparoscopic Urology is an emerging Center of Excellence at the Hospital, and Washington Urology has become a respected hub for difficult referrals. Whereas most urologists specialize in just one or two procedures, Dr. Mordkin and Dr. Joel offer a comprehensive range of laparoscopic therapies, from tumor ablation to complete nephrectomy (kidney removal). Both are academics who frequently train other surgeons in the latest urologic surgical procedures.

For more information, call 703.717.4200. ■

Andrew Joel, MD (left) and  
Robert Mordkin, MD of  
Washington Urology



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Redefining the  
Complete Physical  
The Smart Hospital

3

Rehabilitation  
Services Closer  
to Home  
Legs for Life

4

A Healing  
Place