

## First for Indiana: TEM Surgery Performed by CRC Physician Cutting edge treatment provides faster recovery time, little discomfort

**On June 2, 2006, the first TEM** or Transanal Endoscopic Microsurgery was performed in Indiana by Dr. Joseph Muller, a CRC surgeon. This surgical method is a boon to patients with certain types of rectal tumors because it does not require open surgery. In

other words, a patient undergoing this surgical technique would not have to have extensive abdominal surgery that could result in the need for a permanent colostomy. TEM is accomplished by inserting a scope into the anal canal and utilizing instruments similar to those used in laparoscopic surgery. There are no incisions made and patients typically have no fecal continence problems following the procedure.

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home in record time, usually the day of surgery. There is very little discomfort, and you can go back to your normal activities after just a few short days of rest.

Wondering if you might be a candidate? Colon and Rectal Care Center recommends that this procedure be considered for patients with any type of growth in the rectum or lower colon that has not yet been definitively diagnosed as an invasive cancer. Also, if you or someone you know are considering undergoing a major abdominal surgery for treatment, please contact us to be evaluated as a candidate for TEM. Even if you have been diagnosed with an early stage cancer, let us know, you may still be able to undergo this procedure.

**Need more info on TEM?** Contact us at 317-849-8090 or 1-800-872-5123

### your life: a patient perspective

## *Your Story*

David Paterson knows firsthand the benefits of TEM. He was Dr. Muller's first patient to be operated on using the procedure. Mr. Paterson was undergoing treatment for his gall bladder when a large tumor was detected in his rectal area. His physician referred him to Dr. Muller and David now says, "I wouldn't let any other doctor touch me." Since the initial surgery last June, Dr. Muller has performed the TEM technique on Paterson two additional times to gradually remove the mass.

"There was of course some apprehension prior to the first procedure; but as we progressed I was less apprehensive. Dr. Muller was always very direct and communicated extremely well with myself and my family," Mr. Paterson explains. He continues, "He told me everything up front and this allowed me to relax about the surgery. In fact, everyone at CRC has been extremely cooperative and courteous. Any of our questions have been answered promptly and efficiently."

David also encourages others to get a rectal exam if they are concerned about their colon or rectum. He says the procedure is quite easy and one doesn't need to feel apprehensive about it. This is great advice from someone who's been there, and it could potentially save your life!

Mr. Paterson and his wife have gained peace of mind while in the care of CRC physicians. Mrs. Paterson sums it up this way, "We love Dr. Muller!"

### It's not too late...join the **CRC Family Program** today!



#### Enjoy the benefits of belonging

Our new **CRC Family Program** allows you to have access to our physicians 24 hours a day, 7 days a week. By enrolling in the program, you will be issued a card with contact information and instructions for emergency room visits and urgent visit requests. When you become a member of the Family program you will also enjoy benefits such as free seminars, preventative health guides, eligibility in various drawings for gift certificates or gift cards and much more!

Here's how you enroll: Simply send a blank e-mail to: [familyprogram@colonrectalcare.com](mailto:familyprogram@colonrectalcare.com) or call: 317-841-8090, ext. 223.

Once you've completed the enrollment process, we'll provide a Family Card to you. If you or someone in your family experiences a colon or rectal emergency, call us immediately! *Please be assured, all contact information will be kept private and used for the Family Program only.*

Visit us online at: [www.colonrectalcare.com](http://www.colonrectalcare.com)



## Ask the Doctor: **Dr. Arun Gowdamarajan** answers your questions

**Q** “What is a reliable internet resource I could use to research High Fiber Diets?”

The USDA has an informative website at:  
[www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17a291.pdf](http://www.nal.usda.gov/fnic/foodcomp/Data/SR17/wtrank/sr17a291.pdf).

**Q** “What is the difference between a stool softener, fiber and laxatives in resolving hard stools and constipation?”

Fiber is typically found in many types of food such as apples, pears, whole grain breads, broccoli, potatoes and beans. Stool softeners work by increasing the amount of water in your stool. Laxatives work by irritating the colon to induce bowel movements. Typically the first line of therapy should be increased fiber and water intake. This resolves the majority of problems. When it fails, the next line of therapy is stool softeners. Choose a stool softener that does not contain stimulants. Some types such as Miralax increase the water in the stool. You should avoid laxatives containing chemicals as these can lead to dependency to the laxative in order to have adequate bowel function.

**Q** “What type of cushion should I use after my rectal surgery?”

Avoid the donut cushion. Use a standard pillow or specialized cushion (like a wheel chair cushion.) This will allow for a more even weight distribution and more comfort.

got questions?

If you would like to submit a question for one of our doctors to be published in a future issue of *The Inside Tract*, please e-mail us at:

familyprogram@  
colonrectalcare.com

Your  
Digestive  
Health

## The Exercise Tonic: A perfect “medicine” for good digestion

- **Exercise is a great tonic for the mind, body and stomach.** Exercise helps to control weight and prevent constipation. Aerobic exercise (exercise that increases your breathing and heart rate) and deep breathing exercises are very beneficial for healthy digestion, because they stimulate the natural contraction of intestinal muscles, helping to move food through your intestines more rhythmically.
- **Avoid heavy exercise after a large meal.** Digestion requires a large amount of blood flow to your stomach and intestines. If you exercise immediately after eating, digestion will be put on hold while blood is redirected to support the increased work of the heart and muscles. With the reduction in blood supply to the gut, the gut muscles contract less vigorously, digestive enzymes are secreted in smaller amounts, and the transit of food waste shifts into slow motion. This can lead to heartburn, bloating and constipation.
- **Stress can cause a similar shift in blood flow away from the gut,** as muscles tense and heart rate accelerates, demanding more oxygen delivery to the active muscles. Daily exercise is a well-known stress buster through a variety of mechanisms, including boosting the release of endorphins - the “happy” hormones. The same neurotransmitters and receptors that dictate mood in the brain exist in great abundance in the gut and influence digestion.



Exercise helps to control weight **and** prevent constipation.