

Traditions

THE MIRIAM HOSPITAL • 2023

ADVANCED TECHNOLOGY ENABLES STATE-OF-THE-ART SPINE SURGERY AT THE MIRIAM

When you combine the talents of world-class surgeons with state-of-the-art technologies, the impact on health outcomes and patient experience can be profound. At The Miriam, this working marriage of high touch and high tech is embedded in the hospital's DNA and a big reason why remarkable results are realized there every day.

One recent example can be found in orthopedic spine care, where a revolutionary robotic assistant has joined the operating team.

Alan H. Daniels, MD, Chief of Spine Surgery for the Department of Orthopedics and co-director of the spine surgery program at The Miriam Hospital, is augmenting his team's already formidable skills by employing the Mazor X Stealth™ Edition Robotic Guidance System to assist in the procedures they perform.

"The Mazor X brings together a mixture of artificial intelligence, 3D imaging, and precision guidance that allows us to perform minimally invasive surgeries in a more exacting way, using smaller incisions, less X-ray radiation, and allowing for amazing accuracy of screw placement," Dr. Daniels explains.

Planning, precision, and built-in navigation

What sets the system apart from other robotic platforms is that it includes a comprehensive planning suite that features 3D computerized analytics and virtual modeling tools, which enable care teams to create an individualized, patient-specific "blueprint" for each surgery. This plan can be determined pre-operatively by analyzing a patient's CT



Dr. Alan H. Daniels



David Cabral

scan to recognize anatomical landmarks. So, everything can be mapped out and optimized—for example, the position of implants and trajectories or the ideal orientation of each vertebra—before ever setting foot in the operating room. Mazor also offers intraoperative planning capability as well.

Once a plan has been created, the technology helps execute it. The software guides an automated arm into position, which holds key surgical instrumentation in place. Robotic guidance then helps the surgeon carry out the customized plan with exceptional precision, while simultaneously using built-in navigation and an integrated camera with spatial tracking to get real-time imaging feedback. This provides visualization on progress and ensures the operation goes exactly as intended.

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First in Rhode Island

In June of 2022, Dr. Daniels and his team at The Miriam became the first hospital in Rhode Island to perform spine surgery using the Mazor X platform. David Cabral, who suffered from degenerative disc disease in his lower back, was among his first patients, undergoing surgery on July 8, 2022.

The 69-year-old from Tiverton, Rhode Island, reports that the discomfort he was experiencing for years before seeing Dr. Daniels had become debilitating and it prevented him from doing many of the things he loved, like going on long walks with his wife and grandchildren, sports fishing, and volunteering at his beloved local Elks Club. "I really couldn't do much of anything because of the pain," he recounts, "which went from my hip all the way down to my foot. My quality of life was greatly diminished."

Post-surgery, however, David was singing a different tune. "The pain went away pretty quickly, and within two weeks I was back to myself again." While David says he was made aware that his surgery was performed using "some brand-new technology," it was the compassionate and coordinated care that Dr. Daniels and his team at The Miriam provided that really stuck with him.



Dr. Daniels and team performing spine surgery at The Miriam

"I felt like I was the only patient in that hospital," he recalls. "I knew that wasn't the case, but that's how they made me feel." And he's not shy about spreading the word. "I live in a 55 and older complex. When I see someone limping around or complaining about back or neck pain, I always say, 'Hey, do yourself a favor. Go see my guy.'"

ORANGE DATE MUFFINS



INGREDIENTS:

1 naval (seedless) orange	3 tbsp. olive oil or canola oil
1 cup unbleached white flour	1 tbsp. honey
3/4 cup whole wheat flour	1.5 cups buttermilk
1 tsp. baking soda	1/4 cup low-cholesterol egg substitute
1/4 tsp. salt	1/2 cup chopped, pitted dates
1/4 cup unprocessed wheat germ	1/2 cup chopped walnuts
1/4 cup milled flax seed	

DIRECTIONS:

- 1 Preheat oven to 375°. Grate enough of the orange rind to make ½ teaspoon. Set this aside and proceed to remove and discard the remaining orange peel.
- 2 Section the orange (do this over a bowl so you won't lose the juice) and cut the sections into small pieces.

- 3 Sift together flours, baking soda, and salt. Stir in the wheat germ and flax seed and make a well. Beat together the buttermilk and egg substitute. Add combined oil and honey. Beat well.
- 4 Stir in the orange pieces (plus juice), the ground orange rind and the dates. Add the wet mixture to the dry. Stir until thoroughly mixed.

- 5 Spray the muffin cups with a no stick cooking spray. Spoon the batter into the muffin cups. Bake at 375° for 20 to 25 minutes.

Yields: A dozen 2-inch muffins

Time: About 45 minutes

Recipe is courtesy of Lifespan employee, Heather Donahue, and is a favorite of our food and nutrition services department.

THE MIRIAM LAUNCHING FIRST-OF-ITS-KIND LUNG CANCER PROGRAM

When it comes to lung cancer screening, Rhode Island is leading the country; 13 percent of eligible patients get screenings here compared to the national average of about six percent.

And while four out of five lung nodules discovered are found to be benign, lung cancer still ranks as the number one cancer-related killer in the United States, claiming the lives of more men and women each year than colon, breast, and prostate cancers combined.

Thankfully, Southern New Englanders found to have nodules (or masses) in their lungs will soon have access to a first-of-its-kind program dedicated exclusively to their care when the

Lung Cancer Screening and Nodule Program at The Miriam Hospital launches later this spring.

This advanced program will bring together recognized leaders and specialists in various disciplines, who will provide the coordinated care and navigation necessary to meet the specific needs of each patient as soon as a potentially cancerous lung nodule is detected.

Proceeds from the auctions and fund-a-need during The Miriam's 2022 Gala & Auction supported the creation of the program—showing how the power of philanthropy can help turn a vision into reality.



Eunice Rios (center) pictured with her son Hector and daughter-in law Gail.

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giving.lifespan.org/The-Miriam/gratitude



WITH *Gratitude*

September 3, 2022

Maria Ducharme, DNP, RN, NEA-BC
President, The Miriam Hospital

Dear President Ducharme,

Last week on Tuesday morning around 1:30 am, my 90-year-old mother complained of chest pain. Without hesitation, I drove her to The Miriam Hospital Emergency Room. Within minutes, the staff of nurses and doctors quickly realized she was having a heart attack. A few hours later, she was in the CCU recovering from a double stent procedure. Four days later she is back at home, remarkable!

Your superheroes don't wear capes or have supernatural powers. Instead, they wear scrubs, stethoscopes, and smiles. Healing powers greater than any Hollywood fiction. Words cannot describe our eternal gratitude to The Miriam Hospital (a.k.a. The Heroes Den) staff of the Emergency Room, CCU, and Fourth Floor East.

Once again, thank you.

Best regards,

Hector and Gail Rios
Barrington, Rhode Island

NEW INITIATIVE WILL OFFER WEIGHT CONTROL GUIDANCE TO UNDERSERVED COMMUNITIES

Sixty-three percent of adults and 33 percent of children living in Rhode Island are either overweight or obese. This means they face increased risk of negative health consequences, including diabetes, heart disease, stroke, cancer, and osteoarthritis. Children and adults from underserved populations—such as individuals from ethnic/racial minority backgrounds and low-income communities—are disproportionately represented in this group. At the same time, they experience greater barriers to accessing evidence-based care designed to improve their physical activity, dietary intake, and weight status.

But a new initiative at The Miriam aims to address this disparity.

Modifying interventions, expanding access

Elissa Jelalian, PhD, is Associate Director of the Weight Control and Diabetes Research Center (WCDRC) at The Miriam Hospital and leads the new initiative, which aims to expand the scope of existing research programs to better address the needs of adults and youth from under-resourced communities.

“People need to be able to connect with a program for it to resonate and reap tangible benefits,” Dr. Jelalian explains, “which is why we will be gathering meaningful, ongoing feedback from community stakeholders, working to better understand how things like neighborhood and access affect healthy eating and activity behaviors, and developing and testing interventions intended to address some of these challenges.”

Making information available in Spanish, presenting more culturally relevant examples in materials, promoting physical activity options available at no cost, and helping

participants navigate their WIC and SNAP benefits to purchase healthy foods, are all elements of the approach.

The center works to expand knowledge of the causes and consequences of obesity, develop effective treatments for weight loss and weight maintenance, facilitate ongoing clinical trials, and provide advanced training for interns and postdoctoral fellows interested in obesity research. Building on these pillars, the team will look to increase community engagement with intervention development, ensure cultural appropriateness of offerings, and reduce or eliminate barriers to access for adults in underserved populations.

Donor dollars at work . . . again

To support the work, Dr. Jelalian applied for and received a grant from The Miriam Hospital Foundation Board. Through an annual allocation transfer from the unrestricted endowment, the board makes funds available to invest in equipment, program needs, research, training, or staff.

Dr. Jelalian was awarded a grant for year-one preparatory work intended to help create a centralized infrastructure to facilitate the program. In part, funding will be used to hire a full-time bilingual research community outreach coordinator and a part-time bilingual research assistant, and to compensate community members who participate in advisory board meetings.



Traditions, a publication of The Miriam Hospital Foundation, is published for the friends and supporters of The Miriam Hospital. For more information, please contact the Development Office at 401-793-2004.

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