

# Neapolitan

HEALTH | CLASSIFIED

■ **Blood test** New fetal test creates dilemma for some women. **7D**

Tuesday, December 4, 2012



## Save money and time by eating at home

**Q:** My family spends so much money eating out; we've got to start eating at home. I work full time; do you have any suggestions to make this transition easier?

**A:** Sure! By taking a couple of steps to prepare ahead of time, mealtime can be much less daunting. By cooking and freezing ground beef, turkey or chicken ahead of time, you will cut down meal preparation time significantly. I call it the 10-minute trick: Grab a Ziploc bag of pre-cooked ground beef, turkey or chicken out of the freezer, pop it in the microwave for a minute to thaw, then add it to your favorite recipe.

**Ground beef or ground turkey:** Place ground beef or turkey into a tall stock pot and break apart with spoon. Turn burner on low; set a timer for 20 minutes. When the timer beeps, stir the meat, then set timer again. You will follow the same pattern for about an hour or until the meat is no longer pink. Rinse and strain excess oil. Cool, and then divide into servings in Ziploc freezer bags. Flatten bags to allow excess air to escape.

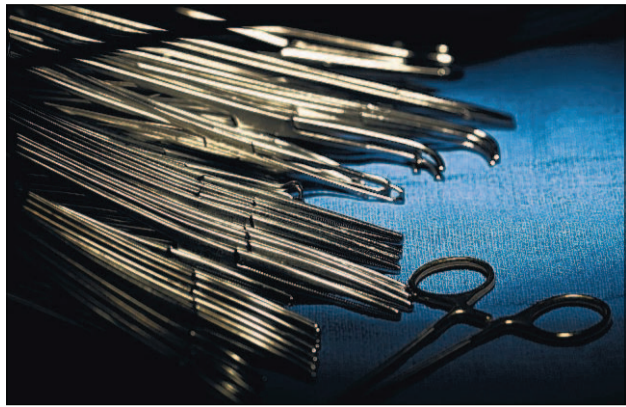
**Chicken:** Grill multiple packages of boneless skinless chicken breast. Once cooled, divide into Ziploc freezer bags.

Or, place thawed bone-in or boneless skinless breast in a Crock-Pot. Add water to cover, salt and pepper and two cans or one carton of chicken broth. Cook seven to eight hours on low. Once cooled, break chicken into pieces and divide into family-sized servings in Ziploc freezer bags. Add a little broth to the chicken to prevent it from drying out. Place flat in the freezer.

**Homemade chicken broth:** Strain remainder of broth by placing a paper towel in a colander and draining broth. Put a bowl under the colander to catch the strained chicken broth. Divide into Ziploc bags.

Kasey Trenum is a mom of two who manages the couponing website Time2Saveworkshops.com with her partner, Kelly Thompson. Trenum offers tips on how to use coupons in an effective way. Contact her at time2save@hotmail.com.

## Naples doctor uses da Vinci robot to perform single-site incisions for gallbladder surgery



Surgical tools wait to be used during the surgery.



WILLIAM DESHAZER/STAFF (3)

Dr. Mark Liberman, right, performs single-site gallbladder surgery on a patient Nov. 19 at the Physicians Regional — Pine Ridge campus. Until recently, minimally invasive gallbladder surgery has involved four incisions, but the da Vinci robot allows for just one, made in the belly button.

# IN ONE CUT

By Liz Freeman  
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Amy Bloom tolerated gallbladder attacks and cut out chocolate, the main culprit for her pain.

But after four months, the mother of two toddlers wanted normalcy again.

She had her gallbladder removed in a surgery in which Dr. Mark Liberman made only one incision, through her belly button. The outpatient surgery was done at Physicians Regional Medical Center — Pine Ridge in October.

"Truly, he just told me this is what we do, the single site," Bloom, 28, said, referring to how she learned of the new technique. "I thought it sounded good to just have one incision instead of four."

With two children at home, ages 3 and 18 months, Bloom needed to get back to her active life soon after the surgery.



Liberman uses a da Vinci robot to perform surgery. In addition to a single scar, a shortened recovery time is another benefit of the minimally invasive procedure.

A shortened recovery time is a key benefit for patients with a single, 1-inch incision. Another is the procedure virtually leaves no scar because the incision is made at the belly button.

Up until now, minimally in-

vasive gallbladder surgery has involved four incisions.

"You can't see the scar at all," Bloom said, adding that most of her pain was gone four days after the surgery. She had some lingering sensation at the site

of her gallbladder, which lasted a few weeks.

The gallbladder is the pear-shaped sack that stores bile, made in the liver, so larger quantities are available to help break down fat after a meal. Bile also works as an antioxidant to remove toxins from the liver.

An attack can be caused by gallstones or by a back up of bile in the gallbladder that leads to swelling and discomfort.

The U.S. Food and Drug Administration approved use of the da Vinci robot, made by the Sunnyvale, Calif.-based Intuitive Surgical, for the single-site gallbladder procedure in December 2011.

Liberman was trained in Orlando on how to use the robot for the surgery, and he expects other surgeons to follow suit.

"The company has to approve the surgeon," he said, referring to Intuitive. "At least two years from now, more surgeons will

See **ONE CUT**, 4D

## GET OUT AND PLAN YOUR DAY

**TODAY:** Enjoy music, snow, train rides, cider, cookies and a visit from Santa and Mrs. Claus from 4:30 to 9:30 p.m. at Riverside Park, 27300 Old 41 Road, Bonita Springs. It is free. The number to call for more information is 239-949-6262.

**WEDNESDAY:** Sample 10 wines and cheeses for free from 4 to 7 p.m. at the specialty beer, wine and cheese department of Whole Foods Market, 9101 Strada Place, Naples. Call 239-552-5515 if you want directions or more information.

## Season's Eatings: 31 days of appetizers

These latkes will make the happy holiday of Hanukkah a little bit sweeter for everyone.

### SWEET POTATO LAKES (PANCAKES)

8 servings

#### INGREDIENTS

- 2½ pounds sweet potatoes, peeled and grated
- 6 tablespoons all-purpose flour
- 4 large eggs, lightly beaten
- 4 green onions, sliced
- ½ teaspoon salt
- Vegetable oil for frying

#### DIRECTIONS

- 1 Stir together the potatoes and flour and



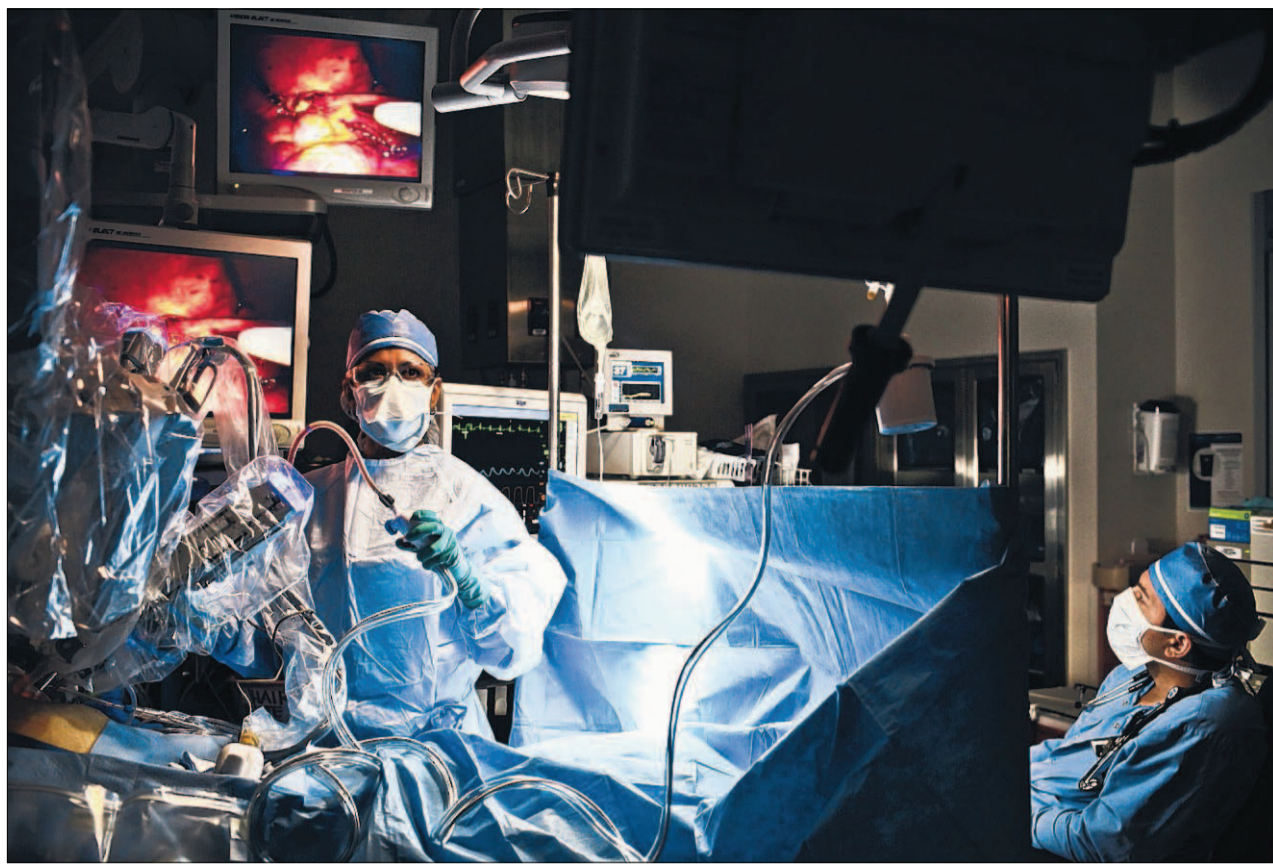
then stir in the eggs, green onions and salt and blend well.

- 2 Pour vegetable oil to about ½-inch depth

into a large heavy skillet and heat to 350 degrees.

- 3 Drop potato mixture by tablespoonfuls into the hot oil.
- 4 Gently flatten latkes with the back of a spoon and fry in batches for 3 to 4 minutes on each side or until golden.
- 5 Drain on paper towels and serve or save covered and heat in the oven before serving.
- 6 Can be served with sour cream and caviar; if you are kosher, make sure the caviar is from salmon.

Connect with Sheila Mesulam at smesulam@naplesnews.com



WILLIAM DESHAZER/STAFF (2)

Surgical technician Zoraima Padilla, left, assists Dr. Mark Liberman as he performs gallbladder surgery on Socorro Padilla. Nurse anesthetist Peter Nazzario looks on.

## ONE CUT from 1D

be doing it because patients will demand it.”

At the Lee Memorial Health System in Lee County, surgeons haven't started using the robot for the single-site procedure yet, said Lee Memorial spokeswoman Mary Briggs.

Intuitive also is pursuing FDA approval for using the robot for other procedures, according to Angela Wonson, the company spokeswoman.

“We have submitted to the FDA an application for single-site for benign hysterectomy and salpingo oophorectomy, which is the removal of the ovary and fallopian tube,” she said in an email. “Timing for approval cannot be predicted at this time. We are looking at expanding the indications for single site further, but have not decided upon the next procedure on which we will focus.”

Liberman began doing the single-site gallbladder surgery in October and has done more than 15 procedures at Physicians Regional.



Liberman, left, stitches up the small incision in Padilla's belly button after the surgery.

“I was skeptical at first,” he said. “What is the big advantage of one incision versus four?”

But he soon became convinced of its advantages.

“I noticed how my patients have less pain and a quicker recovery,” he said.

Single-site surgery and robotic surgery have separately been around for some time but combining the two takes training.

“When you use the robot, you have a lot more freedom with the instruments,” he said. “The da Vinci takes the difficulty away and the vision is better.”

The instruments mimic the surgeon's hand and wrist movements.

According to the American College of Surgeons, more than 1 million people in the United States each year have their gallbladder removed, mostly by a traditional laparoscopy involving several incisions.

The only patients who would not be candidates for the single-site method would be the morbidly obese because of the need to retract the instruments, Liberman said.

The surgery typically takes a half-hour to just less than one hour, a few minutes longer than when several incisions are made in the abdomen, he said.

Two weeks after her surgery, Bloom went back for a follow-up check.

“I'm doing well now,” she said, adding that she has had friends who had the traditional four-incision surgery. “Their recovery seemed not to be too much longer, but they have all those scars.”

# Liars face health consequences, research shows

By Lee Bowman  
Scripps Howard News Service

Lying lengthened Pinocchio's nose, but research suggests the more falsehoods we tell, the more it shortens our lives.

Fibbing releases stress hormones that can increase heart rate and breathing, slow digestion and cause tension and hypersensitivity in muscles and nerve fibers.

When we lie, blood pressure in the heart rises — and polygraphs pick up the change. Lying often enough, long enough can damage the heart and arteries.

Researchers at the University of Notre Dame carried out a 10-week honesty experiment with 110 people, half of whom were instructed to stop telling major and minor lies during the test. The rest got no special instructions about lying.

Both groups went to a lab each week to complete health and relationship surveys and to take a polygraph test assessing the number of major and “white” lies they had told that week.

“We found that the participants could purposefully and dramatically reduce their everyday lies, and that in turn was associated with significantly improved health,” Anita Kelly, the psychology professor who led the study, said in a statement after presenting her findings to the American Psychological Association at an August meeting.

The link between less lying and improved

health was significantly stronger in the no-lie group. When people in that group told three fewer white lies than they did in other weeks, they experienced about four fewer mental-health complaints, such as feeling tense or melancholy, and about three fewer physical complaints, such as sore throats and headaches.

When people in the control group told three fewer minor lies, they reported two fewer mental health complaints and one less physical complaint. The pattern was similar for major lies.

In weeks when participants told fewer lies, they reported their close personal relationships had improved and their social interactions overall had gone more smoothly.

At the end of the study, Kelly said, members of the no-lie group were asked to tell how they managed to be less deceptive. Some said they realized they could simply tell the truth about accomplishments rather than exaggerate, others said they stopped making false excuses for being late or failing to finish tasks. Still others evaded telling lies by responding to a difficult question with another question to distract the person calling them on the carpet.

The study underscores that in addition to physical harm from lying, the practice also damages trust and causes people to avoid dealing with emotions or problems that boost emotional stress.

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