

Health Above all Else

Prof. Ronni Gamzu



Photo: Pini Siluk

Dear passengers,

It is with great pleasure that I write these words of introduction to Ichilov hospital's brand-new Health section here in Atmosphere magazine. It aims to enlighten readers about the extraordinary work our doctors are accomplishing at our medical center and the cutting-edge services we offer our patients. We named this monthly appointment with you - dear El Al passengers - "A Guide to a Healthy Life", because we believe that even though doctors and hospitals take care of the sick, our steadfast focus is on health. As one of Israel's leading medical centers, we see ourselves not only as medical professionals but as teachers and guides, committed to help Israeli citizens achieve and maintain healthier lives. Each month, our articles will be filled with information designed to help you take the best healthcare decisions. I am positive our "Guide to a Healthy Life" will capture your interest, as you make your way to your holiday or business destination, or back home to Israel. I wish you a pleasant flight and above all else - health.

Ronni

Professor Ronni Gamzu is the CEO of the Tel Aviv Sourasky Medical Center - Ichilov Hospital

A BREATH OF FRESH OXYGEN

The Tel Aviv Sourasky Medical Center's new oxygen chamber can cure complex medical conditions and be effective in cases where other types of treatment have failed.

* Is it a submarine? Or a plane perhaps? This is the type of question the unusual new clinic at the Ichilov Hospital may inspire at first glance. It looks like a giant iron tube with small windows inside - a set-up not unlike the plane you're on right now. What it is, is the hospital's brand-new hyperbaric oxygen chamber which treats patients by administering oxygen at high atmospheric pressure.

What effects does this have on the body? The hyperbaric oxygen activates a mechanism that increases oxygen levels in the patient's blood and body tissue. This in turn encourages the production of new cells and channels the flow of oxygen to the areas in the body that are most in need of it, allowing wounds to heal and oxygen-deprived body tissue to repair itself.

Who can this treatment help? Doctors may suggest hyperbaric oxygen therapy to patients suffering from radiation injuries, nonhealing wounds,

neurological and cognitive, fibromyalgia, sudden deafness, or sports injuries.

Who should avoid this type of treatment? Oxygen chamber therapy isn't suited for patients taking chemotherapy medication, claustrophobia sufferers, pregnant women and more.

What does oxygen chamber therapy involve? Treatment programs can include from 20 to 60 therapy sessions, depending on the diagnosis. Each session requires spending two hours inside the oxygen chamber for five consecutive days, from Sunday to Thursday.

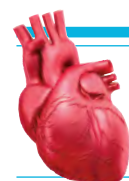
What do patients do while they're inside the chamber? Doctors recommend reading a book or solving a crossword. It's forbidden to introduce cellphones. It is also forbidden to eat, though drinking water is allowed.

Some of the oxygen chamber schemes are covered by Israeli healthcare. More information: *8819, hyp@tlvmc.gov.il



The oxygen chamber encourages the production of new cells

Photo: Lior Zur



LISTEN TO YOUR HEART

* Recent technical innovation in the field of virtual diagnostics has made it possible to detect potential heart failure and prevent fatal outcomes from occurring. The Tel Aviv Sourasky Medical Center treats patients seeking to undergo early detection by carrying out CT angiograms of the arteries, with the new Philips spectral scan, the "Spectral CT 7500", that allows for high image resolution and much less radiation. According to Professor Galit Aviram, head of Cardiothoracic Imaging at Ichilov hospital, "this test makes it possible to

detect artery stenosis and even more crucially, whether atherosclerosis, often a prelude to heart attacks, is developing or not, so that patients may be directed towards the right type of treatment before damage occurs". The test is particularly suited to patients that don't have a history of heart problems but may be experiencing chest pain or patients who though symptomless, possess certain risk factors that put them in danger of developing coronary atherosclerosis, such as high levels of fat in the blood, smoking or high blood pressure.

ABOUT EGG FREEZING

* What's the hot topic of conversation among young female singletons you may wonder? Why egg freezing procedures of course! women are born with a limited number of eggs that gradually decline with age, along with the chances of getting pregnant naturally. It's no wonder young and healthy women are increasingly choosing to freeze their eggs to preserve

them for future use. How does it work? The egg freezing process is timed to coincide with the beginning of the menstrual cycle and ends about two weeks later. The process includes hormone injections, ultrasound scans, blood tests and the last step is the egg retrieval procedure. What are the side effects? Though the procedure is invasive, chances of complication are very rare.

3D PRINTED SPLINTS

* A broken limb instantly conjures up visions of itchy white plaster casts that blight childhood summers, as they mean no poolside fun and constant discomfort. Dr Solomon Dadia, orthopedic oncology specialist at Tel Aviv Sourasky Medical Center, has put a stop to this sad state of affairs: together with engineer Eran Golden, he has designed and created a 3D printer for splints and braces able to encase limbs

and replace the uncomfortable plaster casts of old. Each individual splint is created according to a scan of the broken limb, in order to achieve optimal compatibility, freedom of movement and best of all - water resistance. 3D splints are currently able to treat wrist fractures though more solutions are on the way. The service comes at a price of 900 NIS, To make an appointment call: *8801.