



July 2009

Regional News

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Clinical Trials

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Watch Mayo Clinic Grand Rounds Presentations

Mayo Clinic [Grand Rounds presentations](#) are available online. Visit the [Medical Professionals](#) section of the [mayoclinic.org](#) Web site to access the listing (under Education). New presentations will be posted regularly and new additions will be highlighted in this newsletter.

Flexible Endoscope for Zenker's Diverticula

The most common treatments for Zenker's diverticula (ZD) are open surgical diverticulectomy with or without cricopharyngeal myotomy and rigid endoscopic myotomy. Recently, cricopharyngeal myotomy using flexible video endoscopes has been described as a treatment option for symptomatic ZD, especially for elderly patients.

[Learn more and view video discussion](#) with Todd Baron Sr., M.D.

Nephron Sparing Surgery

Nephron sparing surgical techniques are recommended for small renal cortical tumors up to 7 cm in diameter. New data suggest an improvement in overall survival and equivalent cancer-specific survival for patients with renal tumors plus other health issues related to chronic kidney disease.

[Learn more and view video discussion](#) with Michael Blute, M.D.

Single-incision Total Colectomy Performed

In a landmark surgery, a single 3 cm incision made around the navel allowed a camera and laparoscopic instruments to be inserted via a multiport trocar to extract the colon. It was the only incision made for a complex surgery in which the right colon, transverse colon and descending and sigmoid colon were removed, and the patient's small bowel was joined directly to the rectum.

[Learn more](#)

Minimally Invasive Esophagectomy Reduces Trauma

Encouraging results from Mayo Clinic researchers indicate that minimally invasive esophagectomy, in which laparoscopic and thoracoscopic tools are used for visualization and resection is a viable alternative to open surgery. Mayo is one of a few centers to offer the new approach and reports a mortality rate of less than 3 percent.

[Learn more](#)

Research

Dramatic Outcomes in Prostate Cancer Study

Two patients whose prostate cancer was considered inoperable are now cancer free. In a clinical trial of the immunotherapeutic agent MDX-010 or ipilimumab, the experimental drug therapy, used in combination with standardized hormone treatment and radiation therapy, initiated the death of a majority of cancer cells and caused tumors to shrink dramatically, allowing surgery. In both cases, aggressive tumors had grown well beyond the prostate into the abdomen.

[Learn more](#)

Fracture Risk Following Bariatric Surgery

Mayo Clinic researchers report that patients who undergo bariatric surgery may have an increased chance of experiencing broken bones. [Learn more and view video discussion](#) with Elizabeth Chittilapilly Haglind, M.D.

Protecting Kidney Function during Heart Failure

Mayo Clinic cardiology researchers found an alternative slicing of the peptide BNP (B-type natriuretic peptide) in messenger RNA that helps preserve and improve kidney function during heart failure without affecting blood pressure. Earlier variations of this peptide caused blood pressure to drop, limiting the potential benefits to the kidneys. [Learn more and view video discussion](#) with Robert Simari, M.D.

Education

Transform: A Collaborative Symposium on Innovations in Health Care and Health Care Delivery

Sept. 13-15, 2009

Be part of the solution and connect with thoughtful colleagues from inside and outside the health care industry. Discover new models of care that will transform the experience and delivery of health care in the 21st century. Presented by Mayo Clinic Center for Innovation. Location: Rochester, Minn.

[Learn more](#)
[Registration](#)

Evaluation and Treatment of Congestive Heart Failure

Aug. 9-12, 2009

Presentations will focus on the evaluation and treatment of congestive heart failure, including new diagnostic tools, drugs and devices. For cardiologists, primary care providers, hospitalists, nurse practitioners and nurses providing care for patients with heart failure.

Location: Whistler, British Columbia
Contact: 1-800-323-2688 (toll-free)
E-mail: cme@mayo.edu

[View brochure](#)
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Echocardiographic Symposium at Vail

Aug. 9-13, 2009

This symposium is an intensive and comprehensive review of state-of-the-art echocardiography for a wide variety of cardiovascular disorders. The review will stress the integration of all echocardiography techniques into the comprehensive ultrasound examination.

Location: Vail, Colo. Contact: 1-800-323-2688 (toll-free)
E-mail: cme@mayo.edu

[View brochure](#)
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Topics in Rheumatology

Aug. 15-18, 2009

Mayo Clinic clinicians and researchers from multiple specialties will highlight new advances in pathogenesis, diagnosis and management of rheumatic diseases. The program is intended for practicing rheumatologists, rheumatologists-in-training, general internists and those with special interests in rheumatic diseases.

Location: Leighton Auditorium, Rochester, Minn.

Contact: 1-800-462-9633 (toll-free)

E-mail: cme-jax@mayo.edu

[View brochure](#)

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Pulmonary Hypertension

Aug. 29, 2009

This course is designed to improve and update participants' knowledge of the evaluation and management of pulmonary arterial hypertension. It is intended for cardiologists, pulmonologists, rheumatologists, critical care, internal medicine and family medicine physicians.

Location: Kinne Auditorium, Mayo Clinic, Jacksonville, Fla.

Contact: 1-800-462-9633 (toll-free)

E-mail: cme-jax@mayo.edu

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