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## **Marian Surgeons Perform Hospital's First Adrenal Gland Tumor Surgery Removal**

*Expert Marian Regional Medical Center surgeons perform Marian's first Laparoscopic Adrenalectomy for the removal of a rare adrenal gland tumor*

**CENTRAL COAST, CA – (March 7, 2013)** – Recently, David Maccabee, M.D., F.A.C.S., and Daniel Oh, M.D., F.A.C.S., performed Marian Regional Medical Center's (MRMC) first Laparoscopic Adrenalectomy surgery – the surgical removal of a rare adrenal gland tumor.

Due to MRMC's recruitment of expert surgeons and investments in the most advanced surgical and medical technology, Santa Maria resident Alex Ochoa, 31, was able to have this rare tumor removed in his home town. Only 300 adrenal gland cancer cases are diagnosed in the United States each year and previously community members diagnosed with this rare tumor were transferred to regional medical centers in metropolitan cities such as Los Angeles or the Bay Area.

Just as Alex was preparing for his long-awaited vacation, he began experiencing strange symptoms of extreme perspiration, high blood pressure, nervous shaking and hematuria. After seeing his primary care physician, he was referred to endocrinology specialist Michael Lai, M.D. who diagnosed Alex with an adrenal gland tumor.

"I was experiencing extremely strange symptoms of constant sweating and was constantly anxious – I just knew something wasn't right," recalls Alex. "With my blood pressure at 197 over 122 I was literally on the brink of having a heart attack or a stroke."

The sophisticated Laparoscopic Adrenalectomy procedure involves three to five small incisions to insert a video chip camera. The insertion of the camera allows for an image of the abdomen to then appear on monitors making it possible for the surgeons to see the adrenal gland(s). Then surgical instruments are inserted through long ports and to remove one or both adrenal glands.

"For this type of surgical procedure, patients are commonly sent out of small rural towns to larger tertiary centers, but patients on the Central Coast now have access to the latest laparoscopic equipment, surgical technology and high-level care at Marian which allows for treatment closer to home," explains Dr. Maccabee.



“Ultimately, procedures done locally tremendously benefit a patient’s recovery process and even cut down on patients’ expenses associated with travel.”

Following the procedure, Alex’s health quickly improved and he is now healthy and happy.

“I didn’t know little old Santa Maria could perform surgeries just like big city hospitals can – it’s amazing,” says Alex. “Although it was frightening to be diagnosed with cancer, I feel so fortunate that my physicians and surgeons were able to diagnose and remove my tumor. Now feel back to my old self.”

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### **About Marian Regional Medical Center**

Marian Regional Medical Center, located in Santa Maria, California, is rated among the top 10% in the nation for cardiac care and its cancer program is distinguished as the only comprehensive Community Cancer Center on the Central Coast. The need to meet the demand for quality, technologically-advanced care for a growing community led Marian to open its doors to a new state-of-the-art, 191-bed facility in the spring of 2012. The new facility houses the largest and most comprehensive perinatology/neonatology service providing the most compassionate, quality care to the littlest of patients. Marian is a Dignity Health member of the Central Coast, which also includes Arroyo Grande Community Hospital in Arroyo Grande, CA and French Hospital Medical Center in San Luis Obispo, CA. Dignity Health of the Central Coast is an integrated network of top quality hospitals, physicians from the most prestigious medical schools, and comprehensive outpatient services including primary care offices, premier ambulatory surgery centers, technologically-advanced laboratories and imaging centers and a full service home health agency; all recognized for quality, safety and service. Each hospital is supported by an active philanthropic Foundation to help meet the growing health care needs of our communities.