

M.D. NEWS

A BUSINESS AND LIFESTYLE MAGAZINE FOR PHYSICIANS

ELITE ORTHOPEDICS & SPORTS MED

Bruce M. Albert, M.D., Orthopaedic Surgeon

Sports Feature
**Making Dreams
Come True**

Mortgage Matters
**It's All About
Personal Attention**

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ON THE COVER

Bruce M. Albert, M.D., Elite Orthopaedics & Sports Medicine



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William J. Cox

Chief Executive Officer of Alliance of Catholic Health Care, noted, “Peter is a skilled and well-recognized leader in

Catholic health care and health care in general. His ascension to the position of Chair of the Alliance Board of Directors will strengthen the Alliance’s governance and provide valuable guidance to the health care ministry in California.”

Mission Hospital and St. Joseph Health System have been members of the Alliance of Catholic Health Care since 1999. As a Catholic health care ministry, Mission Hospital is dedicated to providing the highest-quality health care to all people in all communities. Mission uses its resources to promote the health of the communities it serves by providing access to health care, obesity prevention programs, mental health services, guidance on how to improve one’s quality of life, and access and capacity for affordable housing.

TWO ORTHOPAEDIC SURGEONS PRACTICING AT MISSION HOSPITAL CHAMPION THE XLIF TECHNIQUE IN SOUTH ORANGE COUNTY

For some Orange County residents suffering from chronic back pain, relief may finally be on the way. Drs. Jerald Waldman and Michael Burdi, orthopaedic surgeons practicing at Mission Hospital in Mission Viejo, are among the first physicians in south Orange County to successfully use extreme lateral interbody fusion (XLIF), a minimally invasive surgical procedure used



Mission Hospital

to treat certain spinal disorders and back injuries. The use of this sophisticated technique at Mission Hospital is on the leading edge of spinal surgery and chronic back pain treatment in Orange County.

The XLIF technique allows surgeons to access the spine laterally through the iliopsoas muscle on the side of the lumbar region. This lateral-entry approach is less disruptive to delicate muscle tissue than anterior or posterior procedures, and offers minimal postoperative pain. Blood loss and scarring are also significantly reduced when compared to an open procedure in which the spine is fully exposed. The XLIF procedure can be completed in as little as one hour, and patients typically experience faster recovery times, often walking in as few as one to two days after surgery.

When performed successfully, the advantages of the XLIF procedure are numerous. But for Dr. Waldman, the XLIF procedure represents more than just a state-of-the-art medical procedure.

“Restoring a patient’s quality of life is by far the greatest benefit of the XLIF method,” says Dr. Waldman, who has performed the procedure seven times to date. “Patients who have chronic symptoms were often left without options; the lateral-entry approach now gives them a surgical alternative that is minimally invasive.”

MISSION HOSPITAL CHIEF OF STAFF TAKES REINS FOR SECOND TIME

Mission Hospital’s Medical Executive Committee (MEC) elected Marvin D. Posner, M.D., Director of Mission Perinatal Diagnostic and Treatment Center, to the role of Chief of Staff.



Marvin D. Posner, M.D.

As Chief, Dr. Posner is the spokesperson for the MEC and medical staff, directing policies and procedures generated by the MEC. He is also re-

sponsible for self-governance of the medical staff.

The MEC is comprised of four elected officers, chief of staff, chief of staff-elect, secretary-treasurer and past chief of staff; the elected chairmen of the six medical staff departments; and the appointed chairmen of medical staff committees. This committee oversees the quality of medical care provided in the hospital, resolves issues related to medical care or its medical staff members and works collaboratively with hospital administration and the board of trustees to fulfill the hospital’s obligations to its patients.

Nominated by his peers and voted on by active medical staff — physicians who are actively involved with providing patient care in the hospital and who participate in medical staff governance — Dr. Posner begins his second term as Chief. He previously served nearly 10 years ago. The current term will run January through December. ■