

Laparoscopic hernia surgery offers better results

Approximately 400,000 patients each year in the United States have surgery to repair ventral hernias, which are tears in the “six pack” of stomach muscles often resulting from weakened tissue due to abdominal surgery.




Dr. Jessica Evans

In complicated cases, repairing these hernias can require a surgeon to make another large incision through the abdomen and then divide a layer of deep oblique muscles to relieve tension so the hernia doesn't recur.

Now, however, this procedure can be performed in a minimally invasive surgery through three small incisions on each side of the abdomen, says Jessica Evans, MD, a minimally invasive surgeon at Parker Adventist Hospital.

“Performing this procedure laparoscopically decreases the risk of wound infection, allows the patient to heal faster and is more effective at preventing recurrent hernias,” Evans says.

Abdominal surgery that cuts vertically through the middle of the “six pack” is a common procedure used in trauma surgery, colon surgery and other types of surgeries. Ten percent to 15 percent of these patients go on to develop large hernias that separate the muscles and bulge out of the abdomen.

If left untreated, parts of the abdomen may become stuck or twisted in the hernia, causing problems with digestion or other organ functions. An untreated hernia can even become a surgical emergency, which can lead to other health problems and make closing the hernia more difficult. 

Annual mammograms


Starting at age 40 saves lives

Getting annual mammograms starting at age 40 reduces breast cancer deaths by 40 percent, according to a new study.

Last year, the U.S. Preventive Service Task Force (USPSTF) — a national task force that evaluates the effectiveness of health screenings — recommended that women should get screening mammograms every other year starting at age 50. The American Cancer Society and other organizations came out against the recommendations, creating confusion for many women.

The new study, published in the February issue of the *American Journal of Roentgenology*, analyzed the same data used by the USPSTF but found that 71 percent more lives are saved with yearly screenings beginning at age 40 than with every-other-year screenings beginning at age 50.

“The evidence is clear — annual mammography screenings starting at age 40 saves lives,” says Christine Rogness, MD, breast surgeon and medical director of the breast program at Parker Adventist Hospital.

If all women currently in their 30s received annual mammograms from age 40–84, nearly 100,000 more lives would be saved than if they followed the USPSTF recommendations for biennial screenings from ages 50–74, the study found. 

The Trio Breast Center at Parker Adventist Hospital has received the highest level of accreditation as a Comprehensive Breast Center by the National Accreditation Program for Breast Centers, which is administered by the American College of Surgeons.

Get screened!


The Trio Breast Center at Parker Adventist Hospital is making it easier than ever to get your annual screening mammography. Join the Trio Breast Center for a special evening of Mammograms, Music and More. Women can get their annual mammograms, relax to live music and enjoy gourmet appetizers and desserts.

April 14 * 4–7:30 p.m.
Trio Breast Center at Parker Adventist Hospital
(just off main lobby)

Reservations are required by calling 303-269-4150. Please have insurance information available. If you have had previous mammograms at other facilities, we are happy to retrieve the results for you.



HealthFair April 17 | 7 a.m.–noon
OWN YOUR HEALTH Parker Adventist Hospital

More than 15 health screenings—including body mass index (BMI), vision screenings and blood pressure checks—will be offered FREE at this health fair. Blood chemistry (cholesterol), PSA and colon cancer screenings will be provided at discounted prices. All screenings are provided on a first-come, first-served basis. For more information, go online to 9healthfair.org. 

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