



EXPERT SURGEONS CLOSE TO HOME  
**GENERAL SURGERY  
SERVICES**



## CONDITIONS AND TREATMENTS

McLaren is committed to meeting the surgical needs of our patients in the form of both elective and critical procedures. We aim to provide excellent care throughout each assessment, surgery, and post operative recovery phase. Our General Surgery team combines their knowledge of a wide-ranging group of specialties, working alongside a team of highly certified anesthesiologists, operating room nurses, and technicians to help put you back on your feet.

### Minimally Invasive Surgery:

- Abdominal Wall Hernia
- Appendix
- Colorectal
- Gallbladder
- Hiatal Hernia
- Inguinal Hernia
- Small Bowel

### General Surgery:

- Abdominal
- Breast
- Colonoscopy & EGD
- Hernia
- Skin & Soft Tissue
- Spleen
- Stomach
- Thyroid

## WHY CHOOSE McLAREN?

At McLaren we are committed to doing what's best for our patients by delivering the highest quality evidenced based care. We offer a multitude of educational classes, support groups, screenings, seminars, and other special events to benefit you and your health.

McLaren is a fully integrated healthcare system including 13 hospitals and countless outpatient sites in Michigan, and we have over 400 employed primary and specialty care physicians.

We also operate Michigan's largest network of cancer centers and providers. Our Karmanos Cancer Institute is one of only 54 national cancer institute designated comprehensive cancer centers in the US.

## APPENDICITIS

Appendicitis is the Inflammation of the appendix, a small finger-like projection that extends from the large intestine. Appendicitis is a medical emergency that requires surgery to remove the appendix.

## CHOLECYSTITIS

Cholecystitis is the inflammation of the gallbladder, a small organ that stores bile, a digestive fluid. Cholecystitis can be caused by gallstones, which are hardened deposits of bile.

## GALLSTONES

Hardened deposits of bile that can form in the gallbladder or bile ducts. Gallstones can cause pain, nausea, and vomiting.

Gallstones are formed when substances in the bile, like cholesterol, harden. Gallstones can be unnoticeable or asymptomatic. However, if these stones become stuck in a duct, you may experience what is called a gallbladder attack.

Other symptoms of a gallbladder attack include:

- Tenderness in your abdomen when touched
- Abdominal bloating
- Yellow-ish color to your skin or white of your eyes
- Nausea, belching, or vomiting
- Fever or chills

Changing your diet to one low in saturated fats, sugar, carbs and high in fiber and calcium helps reduce bile concentration. Obesity is also a top predictor for gallstones, so maintaining a healthy weight and regular exercise can help lower cholesterol which can lead to the formation of gallstones. If symptoms worsen, surgery may be required for removal of the gallbladder.

## HERNIAS

A hernia occurs when an organ or tissue pushes through a weakness in the muscle wall. Hernias can occur in the groin, abdomen, or other parts of the body. Each year, hernias affect millions of Americans, according to the National Center for Health Statistics, yet experts believe hundreds of thousands suffer in silence, primarily because they fear surgery.

Hernias are caused when there is a weakness or hole in the abdominal wall. They can be painful and cause discomfort, often preventing people from taking part in physical activities they love. Ignoring symptoms may lead to complications that can be life-threatening.

Hernias are very common in physically demanding jobs, but can also be dependent on other factors, such as family history, obesity, pregnancy, straining caused by physical exercise, coughing, and smoking. Over time, a hernia can get larger and, in some cases, could progress to the point of needing immediate attention.

Common types of hernias include:

- Inguinal and Femoral Hernias – These form in the groin.
- Umbilical Hernia – This type forms near the navel.
- Hiatal Hernia – This hernia forms on the diaphragm and allows the esophagus and stomach to move up into the chest cavity.
- Incisional or Ventral Hernia – These can form at the site of past surgical incisions.
- Epigastric Hernia – These can form between your chest and navel.
- Diverticulitis: Inflammation of pouches (diverticula) that form in the lining of the colon. Diverticulitis can cause abdominal pain, fever, and constipation.
- Inflammatory bowel disease (IBD): A chronic disease that causes inflammation of the digestive tract. IBD can cause abdominal pain, cramping, diarrhea, and weight loss.
- Colon cancer: Cancer of the colon, the large intestine. Colon cancer is one of the most common cancers in the United States.

# MEET YOUR GENERAL SURGERY TEAM



## EXPERIENCE MATTERS

***Trust The Team That Has Over 100 Years  
Of Combined Surgical Expertise!***

*McLaren surgeons specialize in the latest minimally  
invasive surgical techniques to provide the best  
treatment for our patients.*

*Our experienced surgeons will work with you to  
provide the best treatment plan including both  
non-surgical and surgical treatment options.*

## SURGEONS

*(Pictured left to right)*

**JAMES  
McQUISTON, DO**

**ROY  
HANKS, DO**

**MICHAEL  
D'ALMEIDA, DO**

**DOUGLAS  
PAULK, DO**

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