Mayo Clinic cardiac surgeons emphasize early mitral valve repair instead of replacement for significant mitral insufficiency

There is a growing body of evidence that supports early mitral valve repair instead of valve replacement for significant mitral regurgitation. Early benefits of repair include shorter hospital stays, less need for anticoagulant therapy, and lowered in-hospital mortality rates and complication rates. Mayo Clinic cardiac surgeons are leaders in these procedures and have completed more than 3,000 mitral valve repairs, completing nearly 400 in 2002. Mayo’s elective mortality rate for repair is less than 1 percent in patients under age 75.

Studies have shown that mitral valve repair offers a greater long-term survival benefit compared with valve replacement in surgery for mitral regurgitation caused by native valve degeneration. Based on results of their studies, Mayo Clinic investigators advocate early surgical intervention even in asymptomatic patients with severe mitral regurgitation secondary to flail leaflets. Intervention prior to having ventricular dysfunction and increased left ventricular size imparts an increased long-term survival.

Sleep apnea may be a cause, rather than just an effect, of heart failure

Mayo Clinic researchers report that central sleep apnea, which has been previously understood as a symptom of heart failure, may contribute to the development of heart failure in people at risk. The identification of central sleep apnea as a possible risk factor for heart failure merits the need for further research to develop effective treatments, according to findings of a Mayo Clinic collaborative study published in the Feb. 11, 2003, issue of Circulation: Journal of the American Heart Association.

The Mayo Clinic study, conducted in cooperation with the Fondazione Salvatore Maugeri Medical Center in Veruno, Italy, evaluated sleep patterns in 47 patients whose heart pumping function was impaired but who had not yet progressed to heart failure. Over half (55 percent) had central sleep apnea (36 percent severe) and another 5 percent had obstructive sleep apnea. Those with central sleep apnea also had more evidence of heart arrhythmias than patients with normal breathing patterns.
Men’s Health Center for Urology provides collaborative, comprehensive focus on patients

The new Mayo Clinic Men’s Health Center for Urology, a cooperative initiative between the departments of Urology and Internal Medicine, evaluates patients with certain urologic symptoms or conditions, as well as asymptomatic men seeking screening for prostate cancer.

The comprehensive approach at Mayo Clinic provides patients with access to advanced treatments for benign prostatic hyperplasia and erectile dysfunction, as well as opportunities to participate in clinical trials. In symptomatic men with benign prostate hyperplasia, treatment may be needed. Long-term medications or transurethral prostate surgery were the only available options in the past. Currently, new, less-invasive procedures offer an expanded range of options for men who would prefer a one-time treatment that avoids the risks and inconvenience of the standard surgical procedures.

The evaluation of men with erectile dysfunction includes a thorough history and physical and may include imaging techniques (ultrasonography, cavernosography and cavernosometry) to determine the amount of blood flow in the penis. Urologists also work closely with endocrinologists, radiologists and cardiologists during the patient’s diagnostic assessment.

A multispecialty team of urologists, internists, radiologists and other medical professionals, works with the patient to determine the best treatment options for his particular urologic issues.

Mayo Clinic study shows total hip replacement safe and effective for the very elderly

Mayo Clinic researchers found total hip replacement surgery of patients aged 90 and older is a safe and effective procedure that produced a reduction of pain and restoration of function in most of the subjects.

The results of the study, which appeared in the March issue of Mayo Clinic Proceedings, are especially noteworthy in light of the changing demographics of the United States. The most rapidly growing segment of the United States’ population is the group 85 years of age and older. And the number of centenarians is predicted to double each decade in the future, meaning treatment of this age group will become much more commonplace.

Researchers reviewed the medical records of 65 patients, aged 90 and older who had total hip replacement surgery – both primary or a revision of a previous surgery – from 1970 to 1997 at Mayo Clinic.

Patients in this age category often have multiple medical conditions, such as hypertension, anemia or a history of cardiac disease, which make the surgery more challenging. With that in mind, it is important for patients to be followed closely for medical complications in the early postoperative period.

OBSESSIVE-COMPULSIVE DISORDER VOLUNTEERS SOUGHT FOR RESEARCH STUDY

Mayo Clinic is seeking men and women who have been diagnosed with obsessive-compulsive disorder to participate in a research study to compare and identify any inherited or genetic factors that may contribute to the disease. Individuals with obsessive-compulsive disorder will receive a diagnostic interview and will be asked to give about three teaspoons (19-milliliters) of blood to determine eligibility for the study. Participants will then be asked to take an over-the-counter medication called dextromethorphan, and collect their urine overnight to see how quickly the medication is metabolized.

If you are interested in this study, please call Stefanie Schwartz at (507) 284-5849.