



NEWS RELEASE

Date: April 8, 2008

Contact: Mary Brandenberger, Banner Estrella Medical Center

Contact: 623-327-7168

Banner Estrella Medical Center launches new program designed to improve patients' surgical experience and speed up recovery time

PHOENIX (April 8, 2008) – An innovative new program at Banner Estrella Medical Center helps surgical patients feel less anxious before surgery, feel less pain during surgery and heal faster after surgery.

The *Prepare for Surgery, Heal Faster* program guides patients through five pre-surgical steps that incorporate guided imagery, healing statements spoken during surgery, supportive doctor-patient relationships, and positive thoughts to positively affect the surgical experience in the hospital. Patients who have used the techniques report that after surgery they feel more peaceful, alert and in control. Research indicates that patients who prepare for surgery have less pain, fewer complications and recover sooner.

"This program is amazing," said Keron Bowen, director of Integrative Medicine for Banner Estrella, which is offering the program. "It is simple to learn, easy to do, and the benefits are awesome. I would recommend this program to any of my family or friends who are preparing to undergo a procedure."

Dr. Sandy Gladding, chairman of the department of Surgery, said she has "seen it provide incredible support for patients," especially those who are anxious about surgery.

Before surgery, patients follow a book by Peggy Huddleston titled *Prepare for Surgery, Heal Faster* and its companion relaxation CD, and attend a free workshop at the hospital. At the workshop, they learn how to use the techniques explained in the book and how to use the relaxation CD. Patients are invited to listen to the CD before surgery, during the time they are being transported into the OR, and during recovery. During surgery, the surgical team recites healing statements, such as "You will heal very well" to the patient. Following the procedure, the patient continues to listen to the CD.

Patients can schedule a free workshop by calling 623-327-4159.

Banner Estrella Medical Center, located on the southeast corner of the Loop 101 Freeway and Thomas Road, is a full-service hospital offering general surgery, orthopedics, OB services, cardiac services with open-heart surgery and emergency services. Banner Estrella is part of Banner Health, the leading provider of health care services in the Valley with eight hospitals.

Note: To photograph or videotape a surgical procedure and other components of the *Prepare for Surgery, Heal Faster* program, and interview patients, surgeons, and other relative parties, please contact Mary Brandenberger at 623-327-7168 or Mary.Brandenberger@bannerhealth.com.

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