



Groundbreaking Uterine Fibroid Procedures Performed on Long Island; No Incisions, No Hospital, Stay Quick Recovery

First noninvasive procedures in New York to treat uterine fibroids performed in Great Neck. Identifies and eliminates benign growths without surgery and hospital stay. ExAblate procedures first in NY since FDA approval in 2004

Great Neck, New York ([PRWEB](#)) May 19, 2006 -- The first non-invasive procedures in the New York area for the treatment of symptomatic uterine fibroids were performed in Great Neck last week at ExAblate of Metropolitan New York. Simply put, the groundbreaking procedures required no incisions, no hospital stay and the patients experienced quick recovery. The procedures to treat the benign growths in the uterus used the innovative ExAblate 2000 system, which received US Food and Drug Administration (FDA) approval in October 2004.

More than 1,600 noninvasive ExAblate treatments have been performed around the world, including more than 350 in The USA. Until the procedures in Great Neck, use of the innovative treatment in New York was limited to research at Cornell University Medical Center.

The Great Neck medical team included Robert A. Jason, MD, FACOG, Medical Director of ExAblate of Metropolitan New York, and Rhonda Snowdon, MD FACOG, both Board Certified Obstetrician/Gynecologists on staff at North Shore University Hospital and Long Island Jewish Medical Center, Arthur Chan, PhD, Clinical Applications and Training Manager for InSightec, and Jenny Krehbiel, RN, Clinical Care Coordinator of ExAblate of Dallas.

According to Dr. Jason, who performed the first procedure, "The ExAblate technology combines Magnetic Resonance Imaging and Focused Ultrasound ((MRg FUS), which enables us to see the fibroid and surrounding organs in 3D and to destroy the targeted tumors inside the body without the need for traditional surgical incisions. The procedure takes approximately three hours and utilizes mild sedation. It does not require hospitalization. On average, patients return to their normal activities in one to two days. The traditional surgical treatment for fibroids is invasive and can require several days of hospital stay and up to one to six weeks of recovery time."

Dr. Snowden, who performed the second procedure, said, "We are pleased that we can now offer women on Long Island and in New York City access to this innovative noninvasive treatment that previously required invasive surgery. We are delighted to see wider exposure for this new technology which gives uterine fibroid patients a treatment option that has very little discomfort and an extremely quick recovery time."

The outpatient ExAblate technology was developed by InSightec, a medical device company based in Israel, minority-owned by the General Electric Company. Outside of New York, the ExAblate technology is being used to treat patients at major medical centers including Brigham and Women's Hospital in Boston and the Mayo Clinic, Rochester, MN, as well as several outpatient clinics.

The ExAblate procedure uses breakthrough MR guided focused high intensity ultrasound waves to visualize tissues in the body, plan and monitor the treatment and heat the fibroid to a temperature that causes cell death. MR thermal feedback, uniquely provided by the system, allows the physician to control and adjust the treatment to ensure that the targeted tumor is fully treated and the surrounding tissue is spared.



The far-reaching effects of this non-invasive procedure are borne out by statistics from the U.S. National Institutes of Health (NIH). They report at least 25 percent of all women suffer from fibroids and as many as 77 percent may actually have the condition. Uterine fibroids are the most common non-cancerous tumor in women of childbearing age. Each year approximately 200,000 women have hysterectomies to treat uterine fibroids.

ExAblate Physician Team

The founding physicians of ExAblate of Metropolitan New York include Evan Shapiro, MD (Little Neck & Woodbury), Steve Brenner, MD (Lake Success), Daniel Kenigsberg, MD (Port Jefferson), Dwight DeRisi, MD (Great Neck), Michael Nimaroff, MD (Great Neck), Cliff Goldstein, MD (Great Neck), Robert Bernstein, MD (New Hyde Park), Steven Cohen, MD (Woodbury & Little Neck), Deborah Davenport, MD (East Setauket), David Bergman, MD (Great Neck), Maxine Spicer, MD (East Setauket), Robin Hilsenrath, MD (Brooklyn & Hewlett), Rhonda Snowdon, MD (Lake Success) and Robert Jason, MD (Lake Success).

This core of physicians is expected to take part in future clinical studies for other ExAblate applications such as breast cancer.

ExAblate of Metropolitan New York is located at 900 Northern Boulevard, Great Neck, New York. The physician group is part of Sound Medical Solutions ExAblate network, America's largest network of facilities using the new technology. Further information on ExAblate is available on the web at www.exablateoflongisland.com and www.insightec.com or by phoning toll free: 877 ExAblate (392-2523)

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