

KNOW YOUR OPTIONS

When it comes to your health, you are the most important decision maker. The more you know, the more confident you'll feel knowing you made the right decision for you.

MINIMALLY INVASIVE PROCEDURES



With MIPs, less is more.

- **Less recovery time**
- **Less time in the hospital**
- **Less pain**
- **Less scarring**

...when compared with open surgery

How effective are MIPs?

MIPs have been shown to be just as effective as open surgery for many procedures, including:

- Cholecystectomy (removal of the gallbladder)
- Colectomy (for colon surgery)
- Appendectomy (removal of the appendix)
- Hysterectomy (removal of the uterus)
- Surgery for acid reflux (GERD, gastroesophageal reflux disease)

Talk to your benefit plan's administrator.
In most cases, your copayment is reduced when you select an MIP.

Ask your healthcare provider whether or not you are a candidate for an MIP. For more information, visit www.healthhappens.com.

Minimally invasive procedures (MIPs) emphasize the less-is-more approach — less time in the hospital, less pain and less scarring.

Minimally invasive procedures (MIPs)

MIPs, also called laparoscopic surgeries, use state-of-the-art technology to perform abdominal surgery. Patients who choose MIPs usually enjoy faster recoveries and shorter hospital stays when compared with traditional surgery patients. Learn more at www.healthhappens.com.

What happens during an MIP?

During an MIP, a small, dime-sized incision is made in the patient's abdomen through which a miniature camera, or videoscope, and specialized instruments are inserted to perform the procedure. As shown in the illustration below, an MIP reduces the need for a long incision that may cut through large amounts of skin and muscle. With an MIP, less is more.

Choosing an MIP vs. open surgery

For some patients, MIPs are not an appropriate choice. Visit www.healthhappens.com for more information on whether or not an MIP is right for you.

Know the risks

All surgical procedures have risks, but the risk for serious complications depends on your medical condition and age, as well as on your surgeon's and anesthesiologist's experience. Ask your healthcare provider or surgeon, or visit www.healthhappens.com, to learn about what to expect after surgery, as well as the risks that may occur with any surgery.

1. "Know your options" — www.healthhappens.com

2. © 2010 Ethicon Endo-Surgery, Inc., a Johnson & Johnson company — www.MIPInfo.com

3. © National Center for Biotechnology Information, NCBI U.S. National Library of Medicine — www.ncbi.nlm.nih.gov