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INSIDE:
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ANESTHESIA EXPLAINED

Even though more than 70 million Americans undergo surgery every year, "most patients don't consider the role of anesthesia," says Panchali Dhar, M.D. To educate patients and address common fears, she wrote *Before the Scalpel: What Everyone Should Know About Anesthesia* (Tell Me Press, 2009).

Dr. Dhar tells readers how to ask the most important questions of their anesthesiologists and surgeons and how to prepare for surgery. She alleviates concerns about being awake during surgery and explains the latest pain-control techniques.

Individual chapters

focus on how anesthesia is used during plastic and cosmetic surgery, during labor, and during dental care. Other chapters explore the special needs of babies and children, address the ways surgeons and anesthesiologists

are adapting their techniques in response to the growing rates of obesity, and discuss how to avoid post-operative nausea and vomiting. Each chapter ends with a checklist that highlights key points.

Dr. Dhar is Assistant Attending Anesthesiologist at NYP/Weill Cornell, board certified in internal medicine and anesthesiology.

