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98 Mansfield Street  
New Haven, CT 06511  
203 562 4215  
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### **Before the Scalpel: What Everyone Should Know About Anesthesia By NewYork-Presbyterian/Weill Cornell**

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#### **NewYork-Presbyterian/Weill Cornell's Dr. Panchali Dhar Demystifies Anesthesia in New Book**

(HealthNewsDigest.com) – NEW YORK – The decision has been made: You are going to have surgery. You've met with your surgeon. You have a good idea what will happen during the operation. But how much do you know about the anesthesia?

A new book by Dr. Panchali Dhar, an anesthesiologist at NewYork-Presbyterian Hospital/Weill Cornell Medical Center, called "Before the Scalpel: What Everyone Should Know About Anesthesia" (Tell Me Press) demystifies the process and terms associated with anesthesia and arranges the information in an easy-to-understand, topic-by-topic sourcebook.

The book explores such real-life topics as:

- \* Pain-relief options during labor and delivery.
- \* Facts to know before deciding on plastic and cosmetic surgery.
- \* Why children are not just "small adults" when it comes to anesthesia.
- \* How obesity adds risk to surgery and anesthesia.

\* The common fear of awareness during anesthesia.

“By the age of 50, most people have had at least three encounters with some form of anesthesia. Before you or a loved one undergoes another surgery or medical procedure, it's important to empower yourself and learn the basic questions to ask about anesthesia in order to ensure a safe and pain-free experience,” says Dr. Dhar, who is an assistant professor of clinical anesthesiology at Weill Cornell Medical College.

Individual chapters in Dr. Dhar's book focus on how anesthesia is used in plastic and cosmetic surgery, during labor, and for dental care. Other chapters explore the special needs of babies and children, how surgeons and anesthesiologists have adapted their techniques in response to increased obesity rates, and how to avoid post-operative nausea and vomiting. Each chapter ends with an invaluable checklist, called “prescriptives,” that highlights key points and provides space to take notes -- something Dr. Dhar anticipates will be useful when the patient meets with a surgeon or anesthesia provider.

For more information, patients may call (866) NYP-NEWS.  
For more information, visit [www.nyp.org](http://www.nyp.org) and [www.med.cornell.edu](http://www.med.cornell.edu).

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Parenteau Guidance/Gail Parenteau – Public Relations  
212.532.3934 – [gail@parenteauguidance.com](mailto:gail@parenteauguidance.com)  
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