



## Meet the Doctors Robert P. Liss, M.D.,

is a nationally recognized leader in treating cataract, glaucoma and corneal disease. In 1992, he became the first eye surgeon to bring minimally invasive cataract surgery to the Philadelphia area, and in 2005 was the first local ophthalmologist to successfully implant a synthetic iris.

Dr. Liss recently returned with his daughter from a non-medical mission to Ethiopia, where they worked at an orphanage and helped with irrigation, vegetable gardening and fencing for goat pens. "We were so moved that we plan to return again this summer for another mission," said Dr. Liss. "It truly was an eye-opening experience."



Dr. Robert Liss, and his daughter with Ethiopian child.

Dr. Liss will serve as Course Director for cataract/ glaucoma for the American Academy of Ophthalmology's 2009 annual meeting, the largest and most scientific gathering in ophthalmology. In this role, Dr. Liss will lead a team of ophthalmologists educating eye surgeons from all over the world about the latest in minimally invasive surgical techniques, like those he provides patients at Turk's Head Surgery Center.

## Surgeon Profile

- Graduated Magna Cum Laude from the State University of New York–Buffalo
- Clinical Assistant Professor of Ophthalmology at the University of Pennsylvania Medical School
- Teaches residents at the Philadelphia VA Hospital and Scheie Eye Institute
- "Top Doc" in *Main Line Today*
- Married for 20 years, with three children
- Coaches soccer and enjoys mountain biking and triathlons

Learn more about Dr. Liss at [www.turksheadsurgerycenter.com](http://www.turksheadsurgerycenter.com) and [www.chestercountyeyecare.com](http://www.chestercountyeyecare.com)

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TURK'S HEAD  
SURGERY CENTER



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Permit #6657  
Cincinnati, OH

## Tips for a Healthy Back

If you're one of the millions of people who suffer from minor back pain, these simple steps can help ensure your back remains in tip-top shape:

**1. Watch Your Posture:** When standing, keep one foot slightly ahead of the other, with knees slightly bent. That helps take pressure off the lower back. When seated, elevate your knees slightly higher than your hips, to provide better support.



**2. Lifting or Moving Heavy Items:** Pushing is easier on your back than pulling. Use your arms and legs to start the push. If you must lift a heavy item, get someone to help you. Or, kneel down on one knee with the other foot flat on the floor, as near as possible to the item you are lifting. Lift with your legs, not your back, keeping the object close to your body at all times.

**3. Careful when Carrying:** Two small objects (one in either hand) may be easier to handle than one large one. If you must carry one large object, keep it close to your body.

**4. Sleep Smart:** Sleeping on your back puts 55 pounds of pressure on your back. Putting a few pillows under your knees cuts the pressure in half. Lying on your side with a pillow between your knees also reduces the pressure.

**5. Treat Minor Back Pain:** Treat minor back pain with anti-inflammatories and gentle stretching, followed by an ice pack. If pain persists, consult a spine care specialist.

Other healthy behaviors – like maintaining a healthy body weight, exercise and not smoking – help with back pain.

## Preparing for Surgery at Turk's Head

- If you've never come by the center before, we encourage you to visit before your surgery. Give us a call at (484) 723-0100 to schedule a visit.
  - You must not eat or drink after midnight the night before your surgery unless you have received special instructions from our staff.
  - When you come for your procedures, please bring your insurance card and picture identification.
  - Arrange for a responsible adult to drive you to and from the Center. It is helpful to have this person at the Center to review your discharge instructions, but they do not need to stay with you the entire time you are at the Center.
  - Dress in comfortable clothes, and do not wear any jewelry or bring valuables.
- See more tips at:  
[www.turksheadsurgerycenter.com](http://www.turksheadsurgerycenter.com)

## Turk's Head NEWS

### Visit Us Online

[www.turksheadsurgerycenter.com](http://www.turksheadsurgerycenter.com)

We have recently updated our web site to include patient registration and a patient satisfaction survey. Click by for a visit.

### Welcome New Patients

Turk's Head Surgery Center welcomes patients of orthopedic surgeons Todd A. Michener, M.D. and Adrienne Towsen, M.D. Our whole team looks forward to serving you.

### Our Accreditation

Did you know Turk's Head has been accredited by the Accreditation Association for Ambulatory Health Care (AAAHC)?

AAAHC's independent reviewers have examined our operations and found that they meet high standards for patient rights, clinical quality and surgery center maintenance in more than 350 specific areas and metrics.

Accredited by the



ACCREDITATION  
ASSOCIATION  
for AMBULATORY  
HEALTH CARE, INC.

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