

## **Orthopedic surgeon puts patients first**

UVMC welcomes return of Brian Cable, MD

By Marlene Harris

Most people visit an orthopedist at least once in their lifetime. Orthopedics is a specialty that treats people of all ages and a variety of musculoskeletal concerns: sports injuries, disease, prevention, and age-related conditions. It's smart to find a doctor before you need one.

At Ukiah Valley Medical Center (UVMC), you'll find one of the best orthopedic surgeons around — Brian Cable, MD, of Ukiah Orthopedics.

"I refer about two patients each week to Dr. Cable simply because they get good results — he knows what he is doing. And patients like him. It's obvious how much he enjoys helping people," said Steven Wirth, MD, Ukiah family medicine physician of 20 years.

Cable graduated from UCLA School of Medicine in 1993, completed his residency program at Texas Tech University in 1998, and started a practice in Ukiah a year later. Then, in 2004, he left for a few years.

Cable said, "Don't get me wrong; I enjoyed my work here. My wife, Jeanine, and I decided to try a bigger city because it was a good opportunity to expand my experience.

“I still work in Marin County one day a week, but we wanted to raise our three children in family-oriented Ukiah. My full-time work is here now.” Cable plans to add more surgeons to his practice in the future.

President and CEO of UVMC, Terry Burns, understands the value of highly skilled surgeons. He said, “We are enormously pleased to have Dr. Cable return to our medical staff and community. His dedication to providing quality medicine fits perfectly with the hospital’s goal of providing leading-edge health care.”

Cable’s practice is general orthopedics with a special interest in sports medicine, trauma, and arthroscopy (the examination and repair of the interior of a joint using a miniature camera through a very small incision).

Shoulder arthroscopy, one of his specialties, might be recommended for problems such as a torn rotator cuff, damaged cartilage, shoulder stiffness, and arthritis, to name a few. Because it’s a minimally invasive procedure, patients oftentimes go home the same day. Recovery is faster than open surgery, and there is less risk of infection.

Orthopedic residencies are very competitive; you have to be one of the best to get in. Cable has an impressive resume filled with scholastic honors. Some people might develop a huge head, but you won’t find a big ego with Cable. Just the opposite.

This soft-spoken surgeon from Los Angeles exudes kindness as soon as you meet him. His charm is authentic and so is his welcoming smile; he couldn’t be easier to talk with. It’s apparent that what you have to say really does matter to him.

“I’m not treating a body part; I’m treating a person. I enjoy talking with patients and learning about them as individuals. This is missing in health care today,” said Cable.

No matter how busy he is, you can expect to hear from Cable the day after surgery, even if you’ve already gone home. You’re not just another patient.

Carin Smith, a bright, outspoken, 51-year-old accountant, does her research when looking for a doctor. She isn’t easily swayed. Although a new patient, Carin is already a walking billboard for her surgeon.

“My life has changed since Dr. Cable has been my doctor. It’s only three weeks since carpal tunnel surgery, and I’m thrilled,” Carin said. “I can sleep and work without pain for the first time in almost a year.

“I really can’t say enough good things about him. He cares about you and understands what you’re going through. I’ve had surgery in the past, so I know what to expect; this was beyond what I hoped for.

“I’m on my computer quite a bit at work, yet I returned only eight days after hand surgery. Even the physical therapist noticed how advanced Dr. Cable’s techniques are.”

Cable enjoys challenges, which makes him perfect for orthopedics. It’s a demanding specialty in a number of ways: intellectually, technically, and physically, but he’s a natural. Of course, hard work and good genes help. His father is a mechanical engineer and his mother a psychologist.

Don't think for a minute that surgery is automatically recommended when you set foot in the door. Patients are included in the treatment plan, which may include nonsurgical options such as physical therapy. His goal is to find the best treatment for each individual.

When you visit Ukiah Orthopedics, you'll discover that the staff reflects Cable's commitment to the patient. It makes a difference when you're worried or not feeling well.

Eileen Kalk, PA-C, PT, his certified physician assistant, is a health care professional trained and licensed to practice medicine with a supervising physician. Kalk is a vital part of Ukiah Orthopedics.

Cable said, "Eileen is a great asset to my practice. She's extremely skilled, and her bedside manner is terrific. Patients receive quality care from her.

"I feel the same about UVMC because I know that not all hospitals are alike. Doctors and patients are treated with enormous respect at Ukiah. Terry Burns (CEO and president) invests in the technology we need to provide state-of-the-art medicine so that our community has access to the best care available today."

This mild-mannered and witty surgeon returned to Ukiah for a number of reasons. He didn't want his family to become "upper breathers."

He said, "One day in beautiful Marin, we were going to the health food store. We noticed people fighting each other for a parking spot. We stopped and realized the irony — people rushing from yoga class to fight in a health food parking lot — and we knew something was wrong with that picture.

“Jeanine practices yoga. She began to notice that stressed people breathe from the chest, not the diaphragm. We’re very happy to live in a peaceful environment with all the ‘lower breathers.’ ”

Cable has downtime too. It used to be reserved for tennis and skiing, but now family takes center stage.

“These days, when I’m not a doctor, I would rather spend time with Jeanine and the kids. I love watching my children grow,” said Cable. Rumor has it that he has a green thumb with many living things. It appears that he’s pretty successful at growing fruit trees.

In his efforts to help build a healthy community, Cable, who is board certified, offers free, quarterly community seminars that will start October 30, 2008. You’ll learn about advances in sports medicine, treatment, and injury prevention. The first class is on winter sports injuries.

Gary Maddox, PT, MPH, director of rehabilitation services at UVMC for 22 years, has a staff of physical therapists that work frequently with Cable. Maddox said, “A patient noticed our team environment and told me that our physical therapy department could make a million if we bottled our atmosphere. Orthopedic surgeons like Dr. Cable contribute to this.

“He’s a real team player — always open to suggestions and doing whatever it takes to make sure that patients receive quality care.”

At UVMC, patients experience advanced medicine in a family atmosphere that puts patients first.

For further information about classes or Dr. Cable, contact Ukiah Orthopedics at (707) 462-6525.

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