



Omar M. Rashid, MD, JD, FACS, DABS

Fellow of the American College of Surgeons & Diplomate of the American Board of Surgery
Complex General Surgical Oncology & Robotic Surgery

Holy Cross Hospital Bienes Comprehensive Cancer Center, affiliated with MGH

Dr. Rashid has experience in surgical oncology, complex general surgery, hepaticopancreaticobiliary surgery, esophago-gastrointestinal & colorectal surgery, minimally invasive robotic surgery, thyroid/parathyroid/adrenal surgery and multimodality therapy, with over 70 publications, research grants and international collaborations. He was born in Broward County where he serves on the American Cancer Society board. He speaks Spanish, Italian and Latin and is proficient in Arabic.

Website: <https://medicalgroup.holy-cross.com/omar-rashid-md>

Publications: <http://scholar.google.com/citations?user=DYnpu-4AAAAJ&hl=en&oi=ao>

Dateline TV interview on cancer: <https://youtu.be/fCRhTzKA3f4>

Tumors of the adrenal glands, thyroid, parathyroid, and pancreas, provide unique challenges to providers and patients because of the complexity of their evaluation and treatment, such as the advances in genetic/molecular testing, targeted/immune therapy, minimally invasive surgery, intraoperative tumor localization and enhanced recovery after surgery. Dr. Rashid completed an H. Lee Moffitt Comprehensive Cancer Center & Research Institute Complex General Surgical Oncology Fellowship, where he gained expertise in these modalities and conducted research in the field, producing multiple national and international presentations and publications. When he moved back home to Fort Lauderdale, he developed a multidisciplinary Endocrine Tumor Clinic at Holy Cross for patients diagnosed with this disease to receive timely comprehensive patient centered care from our experts in various specialties, all in one facility, accredited by the American College of Surgeons Commission on Cancer and the American Society of Clinical Oncology Quality Improvement Initiative. We designed this clinic to improve patient outcomes and experience, as well as the experience of their families and caregivers, because we understand how challenging it is to coordinate all the resources needed to treat such a complex disease.

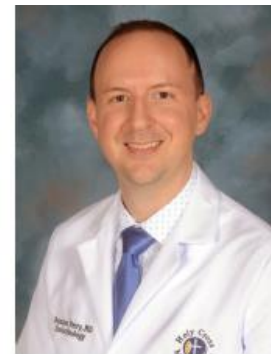
We collaborate with endocrinology, medical oncology, complex general surgical oncology, radiation oncology, radiology, pathology, interventional radiology, physical therapy and rehabilitation, nutrition and genetic counseling, social work, palliative care, pastoral services, and we also offer clinical trials. We actively conduct research to provide access to the latest treatments for patients and we have produced multiple national and international presentations and publications. The collaboration with the MGH Cancer Center provides opportunities for real time second opinions and access to clinical trials for patients, especially complex cases with advanced disease for which the treatment options are rapidly changing. "Our mission is you" in practice for the endocrine oncology patient translates into multidisciplinary multimodality treatment with access to second opinions and clinical trials in affiliation with Harvard Medical School's oldest and largest teaching hospital in the same community where our patients and their families live.

For more information on the program please read the patient testimonial below or to make an appointment, please call 954-267-7700.

Enhanced Recovery After Surgery: Teresita's Story

"I wanted to take a moment to recognize Dr. Brandon Perry who, thanks to his clinical care and bedside manner, helped our program demonstrate its value to a patient and a family who were outside of our health system. Until today I did not realize that they had chosen Holy Cross over [another local healthcare provider] for their thyroid care, despite the commute from Weston...I hope this case will offer other opportunities for Holy Cross Hospital to attract more out-of-network patients to our system."

*Best,
Omar Rashid, MD, JD, FACS, DABS*



Dr. Brandon Perry

Battling Graves' disease, Teresita Melendez was seeking treatment options, a listening ear and clinical expertise. She found them all at Holy Cross Hospital.

"In June, I was very sick," Teresita said. "In two weeks, I lost 10 pounds. My thyroid was going crazy."

When her original physician presented radiation therapy as her sole viable option to address her health challenge, Teresita sought a second opinion. She was prepared to drive to Miami.

"I don't care if we have to travel very far," she reasoned. "I want a doctor who wants to take care of me and pay attention to my problem."

Following the suggestion of several friends to check out Holy Cross Hospital, she selected Dr. Brandon Perry, an endocrinologist with the Holy Cross Medical Group.

"He listened to me he spent more than half an hour with me. He was very nice. Very nice."

Dr. Perry gave her three options: treatment with medication, radiation or an operation (total thyroidectomy). Her choice.

Teresita opted for the operation. But first, she had to try the medication for a month. It was not easy. "I lost my hair. My skin was very dry, nails broken." Her vision was impaired, a rash erupted on her legs. There was inflammation, palpitations, blood tests and monitoring of her liver function.

About a month later, she was cleared to see the surgeon, Dr. Omar Rashid, a complex general surgical oncologist at the Michael and Dianne Bienes Comprehensive Cancer Center at Holy Cross.

Dr. Rashid was straightforward about the possible surgical side effects—from the blood loss to the tracheotomy to the drain. Her voice could be affected. If they did not get the entire thyroid, radiation could still be in her future.

When Teresita awoke after the surgery, "I realize I was talking. I start to cry. I am talking! I didn't lose my voice." She was ecstatic. She did not even need the pain medications. Adding to her gratitude was the feedback she got from the nurses who said she did not look as though she'd been in surgery. The special glue used to close the incision on her neck gave her the cosmetic outcome she craved.

"My skin was beautiful and red, like when you put on blush," Teresita recalls. "My eyes were bright." (Teresita was a candidate for the Enhanced Recovery After Surgery (ERAS) protocol; see sidebar) The patient experience at Holy Cross was wonderful," she said. The doctors, nurses, everything in the surgery was perfect."

Of special note is the care Teresita received from nurses Olivia



Teresita Melendez

Williams, RN and Viljana Coneva, RN. "These two nurses were just wonderful and we want to recognize the amazing job they did in making sure my wife felt extremely comfortable and getting her ready to leave the hospital as soon as possible," said Alejandro Melendez. "Without their cheerful and caring attitude and dedication to their work, I don't think my wife would have recovered so quickly." Added Teresita, "Dr. Perry is very good and very nice doctor. He was very clear and honest with me. The Friday before my operation, he call me to wish me good luck. Dr Rashid is very nice too. Very polite."

Today, Teresita is enjoying her newfound health, calmer outlook on life and a healthy weight.

"Before, I was running all the time...I can't stop...I was crazy all the time. I want to do 800 things at the same time. I don't gain any pounds. I am perfect."

The Melendez family, ever appreciative of the expertise of Dr. Perry, Dr. Rashid and the surgical staff, remind us that ultimately, all healing comes from our Heavenly Father.

"I don't think that without the prayers of our family members and close friends asking God for a very successful surgery, to guide the surgeon's hand through the surgical process without any complications, that the outcome of the surgery would have been as successful as it was," said Alejandro. "We believe in the ability of the doctors, nurses and staff at Holy Cross Hospital, but we also believe that God was with us and everyone else in the surgery room every step of the process and recovery time." Amen. ●

What difference does Enhanced Recovery Protocol (ERP) make?

ERP allows for:

- Patients to eat a light meal up to 8 hours before surgery
- Patients to drink clear liquids up to 2 hours before surgery
- Fewer tubes postoperatively
- Patients will be able to eat and drink soon after surgery
- Increased focus on getting the patient up and walking, often the day of surgery

AND

- Your doctor will be using more than one method of pain management. Multiple methods can actually reduce the amount of medications necessary to relieve pain, and can minimize uncomfortable side-effects.

As a spin-off from this, the nurses on our surgical floor will be assembling a group of volunteer "Walkers" to walk with our patients.