



Doctor Details

Dr. Kenny Herskowitz has been practicing medicine since 1986 and has performed over 4,000 cardiovascular surgical procedures. Recognized as a leading expert in the field of minimally invasive aortic and mitral valve surgery, he was honored by the American Heart Association in 2007 for outstanding contributions to cardiac surgery in South Florida.

The Heart Lung Surgical Institute of South Florida:
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Cardiac Surgery

OLD WAY

Having heart surgery meant having a median sternotomy, considered "one of the most invasive and traumatic aspects of open-chest surgery." Doctors made a 10-to-12-inch incision in the chest, broke the ribs and placed patients on a heart-lung machine. Patients stayed at the hospital for several days and waited three to four weeks to resume normal daily activity.

NEW WAY

Dr. Herskowitz, medical director of Cardiothoracic Surgery at Broward General Medical Center who also has privileges at Holy Cross Hospital, gains access to the heart through minimally invasive surgery. He makes a two-to-three-inch incision in the chest, spreads rather than breaks the ribs and performs valve replacements, coronary bypass surgeries and other procedures. Patients typically spend one night in the intensive-care unit and resume normal daily activities within a week of leaving the hospital. Because the incision is so small, bleeding (and subsequent need for transfusions), pain and infection rates are greatly reduced. "The standard approach [the 'old way'] is still considered the gold standard," Herskowitz says, "but these other approaches are the wave of the future."