

Choices

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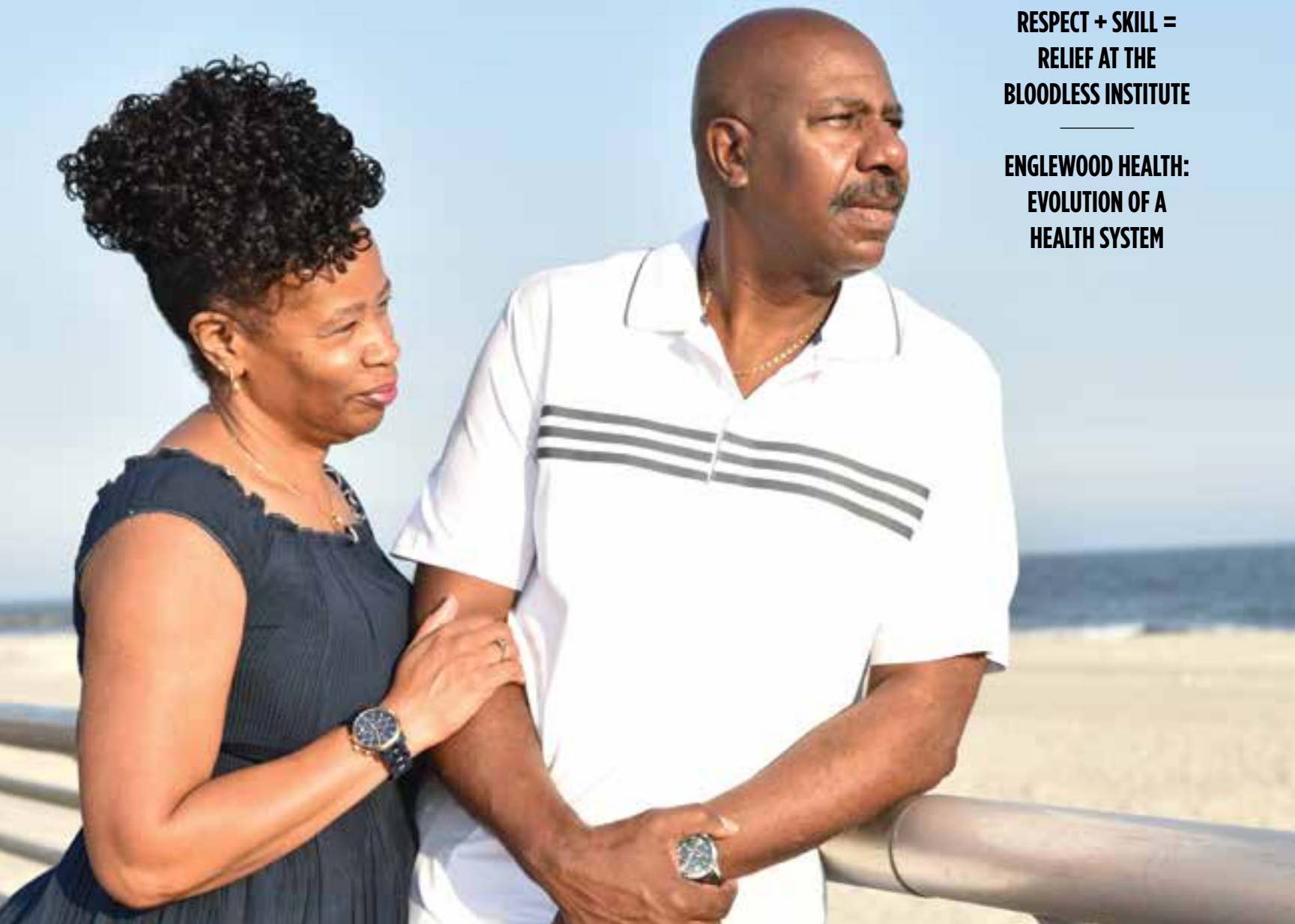
ENGLEWOOD
HOSPITAL AND MEDICAL CENTER

The Institute for
Patient Blood Management &
Bloodless Medicine and Surgery

Bloodless Care in Harmony with Beliefs

**RESPECT + SKILL =
RELIEF AT THE
BLOODLESS INSTITUTE**

**ENGLEWOOD HEALTH:
EVOLUTION OF A
HEALTH SYSTEM**





Sonia Azaharez and her husband, Jose Rueda Valdes

Respect + Skill =

Relief

After two local physicians refused to perform a bloodless hysterectomy, Sonia Azaharez found the understanding and surgical skill she was looking for at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.

Sonia, a Spanish instructor who now lives in Florida, was diagnosed with uterine fibroids—noncancerous growths in the wall of the uterus—in 2009 while living in Syracuse, New York. The condition caused heavy bleeding, but an outpatient procedure called endometrial ablation kept symptoms controlled for years, until the summer of 2017. Early on July 4, Sonia woke up with intense abdominal pain that radiated to her back and down her legs. Imaging tests at a local hospital revealed the fibroids had grown substantially.

A physician recommended a hysterectomy but refused to agree to perform the procedure without blood, as Sonia requested. A second physician later did the same, despite initially pledging to abide by Sonia’s wishes and twice scheduling the surgery. As the months passed, Sonia’s condition worsened.

“I was in constant pain,” she says. “I couldn’t even laugh.”

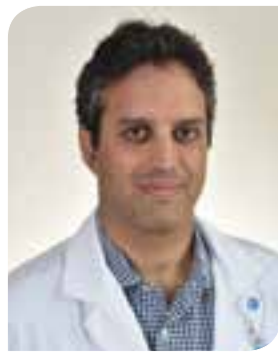
After the way she had been treated, Sonia didn’t want to see any more physicians—until a trusted family friend helped put her in touch with The Bloodless Institute at Englewood Hospital.

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MOST SURGEONS AT OTHER FACILITIES PROBABLY WOULD HAVE SAID SONIA AZAHAREZ’S HYSTERECTOMY COULDN’T BE DONE IN A MINIMALLY INVASIVE FASHION, BUT AT ENGLEWOOD HEALTH, WE HAD THE EXPERTISE AND EQUIPMENT TO DO JUST THAT. BY HAVING A MINIMALLY INVASIVE SURGERY, SONIA EXPERIENCED LESS BLOOD LOSS, LESS PAIN, AND A QUICKER RECOVERY.

—Nimesh Nagarsheth, MD, Director of Robotic Surgery and Director of Gynecologic Oncology at Englewood Health

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Just What She Needed



Nimesh Nagarsheth, MD

In late January 2018, Sonia met with Nimesh Nagarsheth, MD, Director of Robotic Surgery and Director of Gynecologic Oncology at Englewood Health.

“Dr. Nagarsheth respected my opinion, which was the first time that had happened to me,” Sonia says. “That made me cry.”

Imaging revealed the toll uterine fibroids had taken on Sonia’s body.

“One of the fibroids in Sonia’s uterus was so big it had outgrown its blood supply, and the uterus itself was comparable in size to that of a 16-week pregnant woman,” Dr. Nagarsheth says. “We needed to remove her uterus, fallopian tubes, and cervix.”

On February 12, Dr. Nagarsheth performed a minimally invasive hysterectomy using the da Vinci® robotic surgery system. The robot gave him a better field of vision and greater freedom of movement with the surgical instruments, both of which allowed him to minimize blood loss. Sonia was discharged from the hospital the same day.

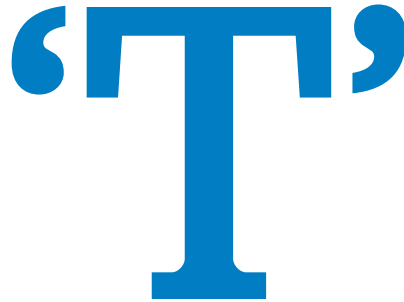
“Four weeks later, I was back at work with no pain,” she says. “I have felt completely well since then. I feel at peace.”

At The Bloodless Institute, honoring patients’ wishes for bloodless medicine and surgery is what we do every day. Visit www.bloodlessmed.org or call 888-766-2566 to learn more.

From Our Associate Director

Cardiology Care to a

Teamwork and technology have advanced patient care at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.



Richard S. Goldweit, MD

“There’s been an evolution in cardiology care in the last five years at Englewood Health,” says Richard S. Goldweit, MD, Chief of Interventional Cardiology and the Cardiac Catheterization Lab at Englewood Health. “Our team approach brings physicians together from multiple specialties and subspecialties to give the best possible care for patients.”

According to Dr. Goldweit, this approach allows for more depth in decision-making and enables physicians to handle particularly complex cases. The heart team meets twice a week to review patient cases and discuss the latest therapy options, and many different specialists often work together during complicated surgical procedures.

“For example, when we treat chronic total occlusions [complete blockages], we have two interventionalists there to help us in addition to the technical staff,” Dr. Goldweit says. “We’ve treated over a hundred cases like this, which allows us to avoid open heart surgeries and reduces the risk of excessive blood loss.”

Tech It Out

In addition to working collaboratively, specialists at Englewood Health are taking advantage of new technologies to meet the needs of their patients, including the WATCHMAN™ device, which helps lower the risk of bleeding for patients with atrial fibrillation (AFib).

“The WATCHMAN is a small plug that can be put in the left atrial appendage so patients with AFib don’t have to take blood thinners for the rest of their lives,” Dr. Goldweit says. “If patients have a bleeding risk or contraindication to blood thinners, this procedure may be appropriate for them and can be performed by our electrophysiologists.”

Cardiologists at The Bloodless Institute have the knowledge, tools, and resources to make advanced procedures as safe as possible for all patients—including those for whom blood transfusions are not an option.

To learn more about The Bloodless Institute, visit www.bloodlessmed.org or call 888-766-2566 for a referral to a bloodless physician.



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**THE SOONER YOU SEEK
MEDICAL ATTENTION FOR
BLEEDING, THE BETTER
YOUR OUTCOMES WILL BE.
BEING AWARE OF YOUR BODY
EMPOWERS YOU TO BE YOUR
OWN ADVOCATE.**

*—Nisha Gandhi, MD, FCCP, intensivist at
Englewood Health*

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STAY AWARE AND STAY SAFE

The following are warning signs of potential blood clotting problems, and these problems can put you at risk for dangerous bleeding issues.

Call your primary care doctor to determine if you need medical attention for any of these symptoms.

- Lightheadedness or dizziness
- General fatigue
- Nosebleeds lasting longer than 30 minutes
- Chest pain
- Shortness of breath
- Unexplained bruising
- Abnormal bleeding
- Blood in stool, urine, or vomit
- Black or tarry stools
- Abnormal menstruation



June and Anthony Session

The Right Rhythm

Medical care in harmony with his beliefs has given Anthony Session peace of mind about his future.

For Anthony, a 60-year-old Amtrak passenger engineer from Baldwin, New York, making music is a favorite activity—he likes to play R&B and jazz on his trumpet in his spare time. For about 20 years, he lived with a benign tumor on his pituitary gland that slowly enlarged, threatening his vision and ability to perform a variety of everyday activities. Earlier this year, he decided to have the tumor surgically removed. The catch, however, was finding a surgeon who would honor his religious beliefs to have the procedure performed without the use of blood.

In Search of Bloodless Care

On the advice of his primary care physician, Anthony met with a surgeon at a New York City hospital. The physician informed Anthony that a blood transfusion would be necessary if any major, unexpected bleeding occurred.

“I let him know that as one of Jehovah’s Witnesses, I don’t accept blood transfusions,” Anthony says. “He said that was the only thing they could do for me if significant bleeding occurred, so I started looking elsewhere.”

Anthony heard about the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health from a coworker and members of his congregation. In May, he met with Kevin Yao, MD, neurosurgeon at Englewood Health.

“Anthony’s most recent imaging study showed the pituitary tumor

had enlarged,” Dr. Yao says. “Once such tumors get to a certain size, they can cause a variety of problems, such as blindness, as well as hormone abnormalities that can affect every function of one’s body.”

Having found the right hospital and surgeon for the job, Anthony wasn’t at all nervous about having neurosurgery. A tumor-free future beckoned.

A Unique Approach to Treatment

In mid-July, during a three-hour surgery, Dr. Yao removed the tumor on Anthony’s pituitary gland using specially designed, camera-equipped instruments guided through his nose.

“We used the natural air spaces in the skull to get to the pituitary gland without cutting any major tissues,” Dr. Yao says. “Then, we separated the tumor from the surrounding normal pituitary tissue and pulled it away from the brain and nerve structures.”

Anthony went home after one night in the hospital. After a short return a week later for follow-up care with Dr. Yao, Anthony began to settle back into his normal routine. He returned to work in August.

“It’s a load off my mind to know the tumor is gone,” Anthony says. “I can’t say enough nice things about the care I received at Englewood Health.”

Visit www.bloodlessmed.org to learn more about how we perform surgeries without blood transfusions. For a referral to a bloodless physician, call 888-766-2566.

PATIENTS WHO HAVE CONCERNS ABOUT BLOOD TRANSFUSIONS ARE BEST SERVED IN A HOSPITAL SUCH AS ENGLEWOOD HEALTH, WHERE OUR DAY-TO-DAY, SURGERY-TO-SURGERY ROUTINE IS TO MANAGE EVERY PATIENT BLOODLESSLY.

—Kevin Yao, MD, neurosurgeon at Englewood Health





Michael T. Harris, MD

Englewood Health: A System of Solutions

Founded in 1890 as a tertiary care center focused on complex medical conditions, Englewood Health has evolved to become a complete health system inclusive of 80 locations in six counties and spanning two states.

With the creation of the Englewood Health Physician Network and the implementation of Epic, a leading electronic medical records system (EMR), Englewood Health leaders have transformed the hospital-centric facility into a comprehensive healthcare system that addresses the full spectrum of health needs.

“Englewood Health has really been transformed from a very good community hospital to a world-class integrated health system that provides the highest quality care to the patients we serve and their families,” says Michael T. Harris, MD, Senior Vice President and Chief Medical Officer of Englewood Health. “Our commitment to excel in treating illness and surgical conditions has remained consistent, but we are also now more focused on our ability to prevent illness and provide care to enhance the well-being of our community.”

Epic Benefits

Utilizing the smartly built Epic EMR system, Englewood Health providers can easily document and share important information with tremendous efficiency. Epic seamlessly connects the providers in the Englewood Health system with one another and with other Epic users across the country.

“Because Epic is so ubiquitous, housing records for more than 60 percent of Americans, we can query systems of other hospitals when necessary,” Dr. Harris says. “It gives us another way to provide the best care to the communities we serve.”

Patients can also reap the benefits of the intuitive system.

“Thanks to Epic, patients can see data about their doctors and check their own lab work,” says Sherri Ozawa, RN, Clinical Director of the Institute for Patient Blood Management and Bloodless Medicine and Surgery and Senior Director of Patient and Family Engagement at Englewood Health. “The accessibility and sense of empowerment is tremendous.”

A Network of Expertise

The connectivity provided by Epic is the foundation of the Englewood Health Physician Network. A coordinated network of office- and hospital-based providers, the physician network includes more than 400 providers, offering primary care and specialty services, including cardiology, general surgery, oncology, and neurology.

To learn more about Englewood Health, visit www.engagewoodhealth.org/about.

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WE WANT PEOPLE
TO FEEL LIKE THEY
BELONG HERE
THROUGHOUT LIFE.
THEY DO NOT NEED
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MEDIA. THEY CAN
GET THE SAME HIGH
QUALITY OF CARE
HERE, IN A PLACE
THAT ALSO MAKES
THEM FEEL LIKE THEY
ARE PART OF THE
FAMILY IN A WARM
AND WELCOMING
ENVIRONMENT.

*—Sherri Ozawa, RN, Clinical
Director of The Bloodless Institute
and Senior Director of Patient
and Family Engagement at
Englewood Health*

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David N. Feldman, MD

Legends of The Bloodless Institute:

Dr. David N. Feldman

For David N. Feldman, MD, working in bloodless medicine was a way to take his passion for serving others one step further.

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WE LOOK AT
PATIENTS' GOALS
FOR THEIR SURGERY
OUTCOMES. YOU
WILL NOT FIND A
MORE COHESIVE,
HIGHLY TRAINED,
AND PERSONALLY
INVOLVED STAFF
ANYWHERE. IT'S A
UNIQUE PROGRAM.

—David N. Feldman, MD

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Growing up as the son of a family practice physician, Dr. Feldman was always inspired by the opportunity to interact with and improve the lives of others.

“I like fixing things, and I like speaking to people,” says Dr. Feldman, orthopedic surgeon, Chief of Hip Surgery, and Associate Director of the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health. “But I was also drawn to the process of taking things apart, seeing how they worked, and putting them back together again better than before.”

Specifically, Dr. Feldman, who is also a classical cellist, enjoyed working with cellos, violas, and violins. He felt the transition to improving the instrument of the human body was a natural next step when he chose surgery as his area of specialty during medical school.

“My field is just phenomenal,” Dr. Feldman says. “There is nothing more rewarding than helping someone walk again or run and play with his or her child again—activities they may not have been able to do for more than a decade. Surgery, especially hip surgery, is incredibly satisfying.”

Finding a Home at Englewood Health

Dr. Feldman found like-minded colleagues at The Bloodless Institute at Englewood Health, where he has worked since 1990.

“These other orthopedic surgeons shared my philosophy that we are not just technicians,” Dr. Feldman says. “Our first priority is to know what our patients want. There are so many things we can do to help them, but if we do not listen, we may not choose the right solutions.”

When he heard stories about patients for whom blood transfusions were not an option, Dr. Feldman was driven to accommodate that population. He observed that, in general, bloodless patients across the board were actually doing better than patients who were transfused.

“Transfusions are essentially organ donations,” Dr. Feldman says. “And we do not know the name of certain infective agents that could contaminate blood and cause unnecessary problems throughout the body, such as infections and lung problems. If you do not want to be transfused for that or any other reason, people here will listen and figure out how to help you in the way that you want to be helped.”

To learn more about The Bloodless Institute, visit www.bloodlessmed.org. For a referral to a blood management physician, call 888-766-2566.



By Sherri Ozawa, RN, Clinical Director of The Bloodless Institute and Senior Director of Patient and Family Engagement at Englewood Health

Sharing Information about Bloodless Medicine and Surgery—Globally

Regular readers of this newsletter have witnessed the scientific and clinical progress of bloodless medicine and patient blood management, which have enabled us to help thousands of patients here at Englewood Hospital. But how can these important advancements be shared among other medical professionals beyond just one region, thus helping many more people?

We are excited that in September 2018, the Annual Scientific Meeting of the Society for the Advancement of Blood Management (SABM) took place in Brooklyn, New York. SABM is the only professional medical organization dedicated to the science of patient blood management, and whose mission is to teach others throughout the world about this important work. Hundreds of physicians, nurses, hospital administrators, patient advocates, and other medical professionals from around the world attended the meeting, which was themed “Bridging the World through Patient Blood Management Partnerships.” Representatives from far corners of the globe presented their experiences, successes, and challenges in caring for patients in a wide variety of cultural and economic settings. Presentations featured information from representatives of 26 countries, including Italy, Spain, Korea, Germany, China, Malaysia, Canada, a number of different African nations, and, of course, from throughout the U.S. Lectures about all aspects of bloodless medicine and surgery and patient blood management, including the latest science on anemia, controlling

bleeding, building programs in other hospitals, surgical techniques, and many other topics, were presented by world-renowned scientists and clinical experts. Medical professionals from distant and not-so-distant lands have already learned a great deal from the experiences here at Englewood Hospital, and this conference allowed the experts to share best practices, explore new scientific developments, and help one another take the best care of patients in their region of the world.

Englewood Hospital was excited to be a sponsoring hospital for this meeting, along with the Hospital of the University of Pennsylvania and New York University Medical Center, and I was personally honored, along with Aryeh Shander, MD, to be the Co-Chair of this conference.

As SABM was founded here at Englewood Hospital, we are excited that many of the visiting attendees prioritized a visit and tour of Englewood Hospital during their time in the U.S. Many visitors expressed much gratitude for the education, information, and support that they continue to receive as they care for medical challenges in all corners of the earth.



ENGLEWOOD
HOSPITAL AND MEDICAL CENTER

The Institute for
Patient Blood Management &
Bloodless Medicine and Surgery

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Adam Arnofsky, MD

New Artificial Heart Valve Offers Younger Patients More Options

Englewood Health recently became the first hospital in New Jersey to implant the INSPIRIS RESILIA aortic valve for aortic valve replacement.

The artificial valve, which was made by Edwards Lifesciences and is approved by the U.S. Food and Drug Administration, is made of pericardial tissue from cows and has two distinct advantages: First, early indicators show it will be more durable and longer lasting than existing valves. Second, the valve's frame has built-in joints, making it more expandable and easier to replace in the future, if necessary. If the valve does begin to deteriorate, a larger valve can be placed inside INSPIRIS during a minimally invasive procedure.

“In years past, aortic valve replacement typically substituted a mechanical valve for the damaged valve, requiring recipients to be on blood thinners for the rest of their lives,” says Adam Arnofsky, MD, cardiothoracic surgeon at Englewood Health, who performed the first procedure in the state of New Jersey. “INSPIRIS has the potential to be a game changer for younger patients who want lifelong aortic valve health while avoiding blood-thinning medication, which can lead to bleeding and clotting complications.”

Englewood Health's first patient to receive the implant was a physically fit 53-year-old male who, aside from having a damaged aortic valve, was otherwise healthy.

Englewood Health's cardiothoracic surgery team, a leader in cardiac outcomes and clinical research and early adopters of the most beneficial treatment options for heart patients, is now incorporating the INSPIRIS valve into its decision-making process when evaluating patients preoperatively.

Over the past five years, Englewood Health has invested significant resources in aortic valve replacement, specifically transcatheter aortic valve replacements (TAVR), a procedure that has given new hope to people who have severe aortic stenosis but are too high-risk to undergo traditional open-heart valve replacement. Since the FDA approved TAVR in 2011, our team has performed more than 250 such procedures—and with excellent outcomes—making us one of the most experienced TAVR centers in New Jersey.