

Choices

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 ENGLEWOOD
HEALTH

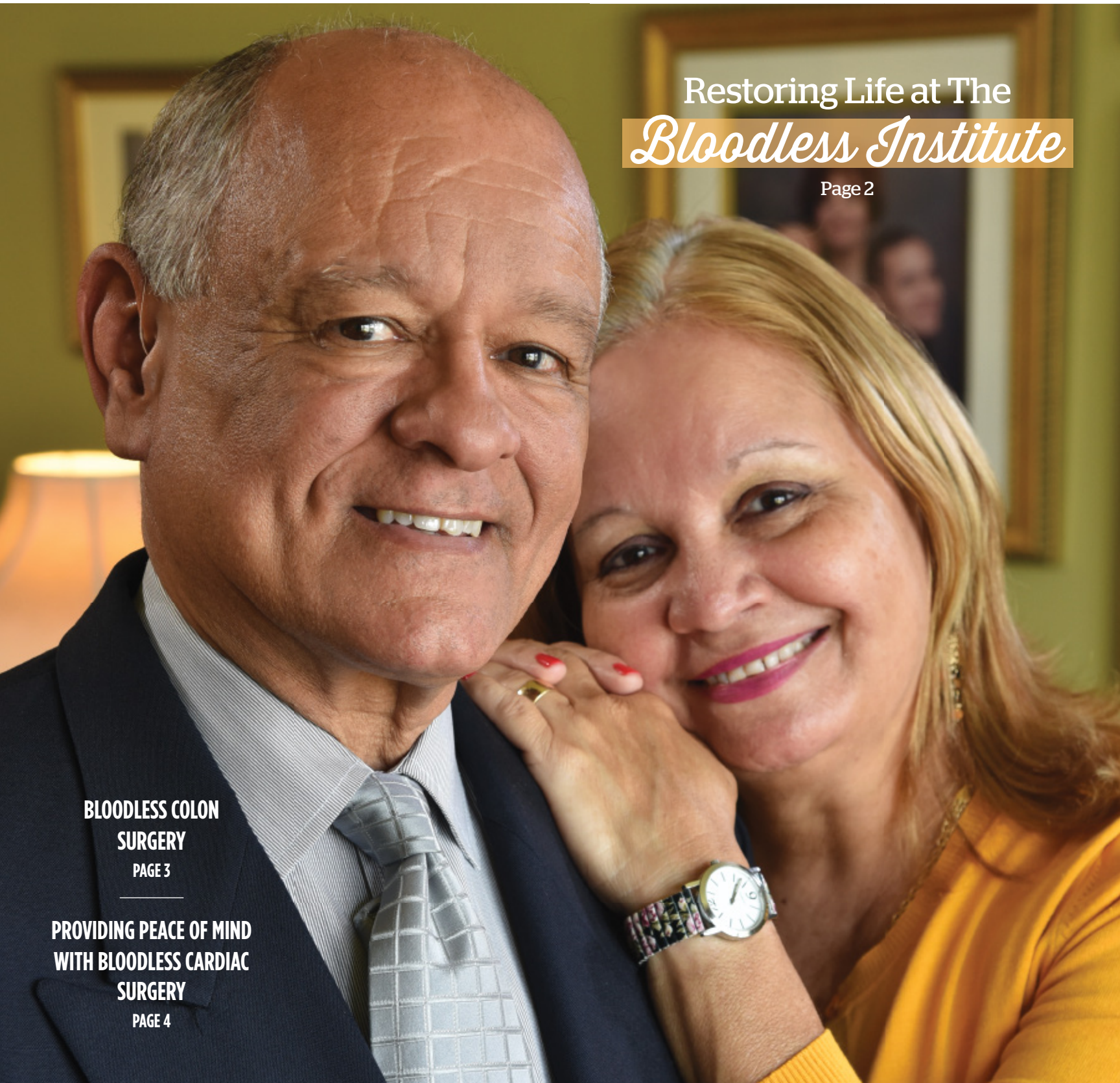
Institute for Patient
Blood Management and Bloodless
Medicine and Surgery

Restoring Life at The *Bloodless Institute*

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WITH BLOODLESS CARDIAC
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There and Back Again

Aleem Mohammed is thankful for his new lease on life after undergoing a heart procedure at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.

On a November evening in 2016, Aleem Mohammed felt a crushing pain in his chest. After calling his doctor's office, he and his wife rushed from their Jersey City home to a local emergency room with their adult son in tow. The staff at the hospital quickly put him into an elevator so that he could be taken up for examination.

"As I got into the elevator, I told them I couldn't breathe, and that was it," Aleem recalls. "I went down. I don't remember anything after that."

2,700 Seconds

What happened next sounded just as remarkable to Aleem as it did to his family and friends, many of whom were there to experience it.

"The doctors coded me at the hospital, and the heart monitor flatlined," Aleem says. "They were about to turn everything off, but my son told them to get back in the room and see what they could do, so they kept trying."

After 45 minutes of failed attempts to revive Aleem, the doctors were ready to give up when a blip on the computer signaled the return of his heartbeat.

One week later, Aleem was transferred to The Bloodless Institute at Englewood Hospital, where he underwent a procedure to treat the congestive heart failure that had come so close to taking his life.

"Other doctors in the past told me I would die if I didn't take a blood transfusion, but the doctor at The Bloodless Institute encouraged me," Aleem says. "He told me not to worry and that he would take care of me."

The doctor was true to his word. Aleem received a new defibrillator and was able to go home the next day. He has since worked with his cardiologist to improve his heart health through lifestyle and dietary changes and hopes his experience can inspire others to improve their health.

"Don't wait until the last minute to take action," Aleem cautions. "It might be too late."

An Important Difference

While Aleem has received bloodless surgery at other hospitals in the past, the support and expertise he witnessed at Englewood Hospital was unlike anything he had experienced before.

"I needed surgery in 2004 at another hospital, and the staff there was pressuring me to accept a blood transfusion," Aleem remembers. "I was able to find a doctor to perform the surgery without blood, but I think hospitals are lacking when it comes to this type of care. That's why I recommend The Bloodless Institute at Englewood Hospital."

To learn more about The Bloodless Institute, visit www.bloodlessmed.org.

"KNOWING THAT THE SURGEONS AND DOCTORS AT THE BLOODLESS INSTITUTE AT ENGLEWOOD HOSPITAL ARE EXPERTS IN THEIR FIELD DID A LOT TO CALM MY MIND. THE QUALITY OF CARE I RECEIVED WAS AMAZING."

—Aleem Mohammed



Aleem Mohammed

A Second Chance at CARE

After transferring to Englewood Health from another hospital, patient John Rivera says the improvement in his care could be felt the moment he walked through the door.



Fred Wolodiger, MD

the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.

"It's well known in our community that Englewood Hospital provides excellent care," says John, who works in customer relations for Audi. "The doctors are very skilled and respectful of our beliefs."

John's experience at Englewood Health, however, began at a different facility 35 miles away near his hometown of Perth Amboy, New Jersey. In December 2018, John experienced abdominal pain. He underwent a colonoscopy to find the cause, and his gastroenterologist found a foreign object—a piece of bone—in his colon.

"We speculate it was something the patient swallowed," says Fred Wolodiger, MD, the general surgeon who would eventually take care of John at Englewood Health. "In most cases, an object like a bone will usually pass on its own."

That was not the case for John, however, as parts of his colon became inflamed. Besides John's abdominal pain, he felt fine, but his doctors at the other facility told him he would require immediate surgery.

In his 66 years, John Rivera had never undergone a surgical procedure. However, he and fellow members of his congregation know their wishes will be honored at

"They were telling me, 'Hurry up, let's get the surgery done,'" John says. "That wasn't the reason I was there. That wasn't what I wanted."

What John wanted, he told his providers, was a second opinion—specifically, the opinion of doctors with The Bloodless Institute at Englewood Hospital.

Compassionate Care

When John came to Englewood, his colon remained inflamed, which Dr. Wolodiger believes was possibly due to the care he received at the previous facility.

"They tried to remove the piece of bone by pulling on it, which may have caused more irritation," Dr. Wolodiger says. "Between that and their recommendation for immediate surgery, John really lost faith in their care."

Dr. Wolodiger and his team told John they would wait a month to give the bone time to pass naturally and also to allow the inflammation to subside. When a month passed—but the bone did not—John was scheduled for laparoscopic surgery on April 3. Dr. Wolodiger removed John's sigmoid colon and the piece of bone inside. After his surgery, John says he is thankful every day for the care he received at Englewood Health.

"This was the first time I had surgery, and I'm grateful it was such a positive experience," he says. "I'm so thankful for the excellent work they did."

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



Carmen and John Rivera

**"I LIVE ALMOST
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BUT IF I HAD
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ENGLEWOOD
HOSPITAL JUST
TO RECEIVE
THEIR CARE
AGAIN."**

—John Rivera, Patient

Heart *A Faithful*

When the unexpected occurred, William Paseler was grateful to find cardiac care that complemented his beliefs.

MAKING ARRANGEMENTS

Just because you don't live near Englewood, New Jersey, doesn't mean that you can't access bloodless care from The Bloodless Institute at Englewood Hospital. Patients have come to us from all 50 states and from more than 50 countries to receive care from our world-renowned providers.

Coordinators with The Bloodless Institute are here to do more than just help you find a doctor and schedule appointments. If you're traveling to Englewood to see our physicians, the coordinator can also make suggestions to help you arrange for your family's accommodations, transportation, and meals—whatever you need.

We understand that finding bloodless care is stressful enough, and our coordinators can make the process as easy as possible for you and your family.



Adam Arnofsky, MD

William, 67, was driving with his wife, Linda, on a cold January day when the pressure began.

"It felt like someone was sitting on my chest," says the Tinton Falls, New Jersey, resident, who lost his father to a heart attack that occurred the same way. "Linda took over driving to take me to a hospital near our home, but I was feeling so bad that we stopped at the closest urgent care facility instead."

The clinicians at the urgent care center performed an electrocardiogram and determined that William was having a problem with his heart that required immediate treatment.

"They put William in an ambulance and sent us to the emergency room at the local hospital," Linda remembers.

"The doctor at urgent care said William could have a heart attack before we got to the hospital, which was only three miles away."

A team of cardiac specialists at the facility was ready to receive William at the emergency room, and they set to work performing an angioplasty to open an artery that was 100 percent blocked.

"William immediately felt better," Linda says. "But the doctor said that at least two other arteries were clogged, as well."

A Life-Changing Procedure

William would require open-heart surgery to address his cardiac complications, and doctors wanted to transfer him to another hospital on the Jersey Shore for the procedure. However,



Linda and William Paseler

because of his religious beliefs as a Jehovah's Witness, William felt it was important to receive care at a facility specializing in bloodless medicine. He knew he wanted to be treated by the bloodless experts at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.

"We have had other friends who have been to The Bloodless Institute at Englewood Hospital, and the results were fantastic," William says.

Adam Arnofsky, MD, Chief of Cardiothoracic Surgery at The Bloodless Institute, oversaw William's care.

"William had known blockages of the arteries, and it was difficult to manage. He came in with chest pain, so we proceeded to perform quintuple bypass surgery," Dr. Arnofsky says. "His blood counts were optimized prior to surgery, which is what you want when performing bloodless surgery, and he did well with the operation."

To perform the procedure, Dr. Arnofsky followed a meticulous surgical technique. Specifically, he put William on a bypass machine during the surgery and used a procedure to circulate William's blood.

"After we made sure that everything went well, William's blood was circulated back to his body," Dr. Arnofsky says. "Patients are aware of this technique and consent before the operation is performed. It has been a real lifesaver for this group of patients."

Dr. Arnofsky also notes that effective collaboration between cardiologists and cardiac surgeons is critical to each patient's success, and

"A STRONG BOND BETWEEN PATIENTS AND DOCTORS IN A BLOODLESS SETTING IS EXTREMELY IMPORTANT. WE WORK WITHIN THE CONSTRAINTS OF OUR PATIENTS' DESIRES AND WE DON'T RUSH INTO THINGS. PATIENCE IS NECESSARY TO PROVIDE METICULOUS CARE. WITH AN OPEN MIND, WE CAN ENSURE SAFE AND SUCCESSFUL OUTCOMES."

—Adam Arnofsky, MD, Chief of Cardiothoracic Surgery at The Bloodless Institute at Englewood Hospital

that is no different for patients for whom transfusion is not an option.

"Everyone is on board with the patient's wishes and works toward the same common goal," Dr. Arnofsky says. "We are really looking at different facets to get the patient treated appropriately and safely."

Providing Peace of Mind

The attention to detail paid by The Bloodless Institute extends to the team's bedside manner, according to Linda and William.

"I am so glad we had somewhere to go that made us feel comfortable," Linda says. "All of the doctors and staff were so helpful and loving. Englewood provided accommodations, and I was appreciative of the fact that the hospital arranged for me to stay there instead of having to drive back and forth to our home. I had peace of mind that I was nearby when William needed me."

William was also appreciative of his medical team's compassion and support.

"I was afraid, but they made me feel comfortable and told me about things before they happened," William says. "They really felt like family and let me know that someone cared."

Today, William is feeling better every day and enjoys exercising and traveling with Linda.

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Nimesh Nagarsheth, MD

Legends of The Bloodless Institute:

Dr. Nimesh Nagarsheth

Nimesh Nagarsheth, MD, is internationally recognized within the field of gynecologic oncology for his expertise in transfusion-free surgery.

Dr. Nagarsheth, a gynecologic oncologist who serves as Director of Gynecologic Oncology and Director of Robotic Surgery at Englewood Health, began his college career at the University of Wisconsin studying music. However, he quickly found his way to the field of medicine.

"I realized after my first year of college that I was not going to be a professional musician," Dr. Nagarsheth says. "I had already taken some advanced science classes, and a lot of my friends were applying to medical school, so it almost became more of an afterthought. It was not until I got into medical school at the Mount Sinai School of Medicine in New York that I realized how privileged I was to be able to pursue medicine for a career."

Thanks to this career change, Dr. Nagarsheth has been able to make a major impact on the field of gynecologic oncology. A board-certified obstetrician/gynecologist with fellowship training in gynecologic oncology from Memorial Sloan Kettering Cancer Center, Mount Sinai School of Medicine, and New York University Medical Center, Dr. Nagarsheth has conducted extensive research on the mechanisms of cancer prevention, as well as patient blood management in gynecology and gynecologic oncology.

He has also been presented with numerous awards and honors, including recognition as a Castle Connolly Top Doctor, multiple Vitals' Patients' Choice awards and Compassionate Doctor Recognition awards, and a Vitals' Top 10 Doctor award. Most recently, Dr. Nagarsheth accepted the 2018 Public Service Award from the Foundation for Women's Cancer on behalf of his band, N.E.D. (No Evidence of Disease), for their efforts in raising awareness about gynecologic cancers through their music and

documentary film. The band is comprised of gynecologic oncologists who donate all of their time and profits to women's cancer.

Bloodless Gynecologic Oncology

As a blood management physician for the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health, Dr. Nagarsheth specializes in using transfusion-free surgery and other blood management techniques to help treat gynecologic cancers, such as ovarian, uterine, cervical, vulva, and vaginal cancer, while minimizing patients' risk of blood loss.

"Numerous studies show that bloodless medicine has a vast number of benefits," Dr. Nagarsheth says. "Transfusion-free surgery, for instance, reduces the risk of infection and cancer recurrence and increases the patient's chance of overall survival."

These blood management techniques include preoperative measures, such as counseling, intravenous iron treatments, and erythropoiesis-stimulating agents (medications designed to increase patients' blood count), as well as intraoperative measures, such as the use of minimally invasive surgery in place of conventional open surgery.

"My involvement in bloodless medicine has made me a better physician and a better surgeon," Dr. Nagarsheth says. "I feel privileged and honored to be able to do this type of work and help patients and their families during their times of need."

Visit www.bloodlessmed.org to learn more about The Bloodless Institute. For a referral to a bloodless 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

Expanding Access to Bloodless Physicians

Access to quality health care is an important priority for each of us and our families. As hospital networks grow and change, we may need to adjust our choices and relationships with our healthcare providers. How so?

Traditionally, physicians tended to live and establish offices and practices close to the hospitals where they “had privileges,” meaning the hospital(s) in which they were able to work and care for patients. For many patients, this model was adequate, and families looked to friends and neighbors for local, convenient recommendations for a family doctor or general practitioner.

For patients who were interested in a relationship with a particular hospital, like many “bloodless” patients, this was challenging as doctors who were geographically convenient often were not associated with patients’ hospital of choice—one with an organized bloodless center. Such patients worried that if they needed care, they had to choose between their local doctor of choice and their chosen hospital.

Happily, Englewood Health has spent the last few years making services available in a much wider geographical region than ever

before. Known as Englewood Health Physician Network, this growing group of physicians and other providers has been established and expanded throughout Bergen, Passaic, Essex, and Hudson counties in New Jersey, as well as Rockland County in New York. The more than 450 providers practice a range of specialties including internal medicine, endocrinology, cardiology, cardiac surgery, hematology, oncology, neurology, and other medical and surgical specialties—and all the providers have the necessary knowledge and experience to safely care for patients for whom blood is not an option.

We are very excited that many patients in New Jersey and New York can now have expanded local access to Englewood Health providers, for both primary care as well as their more advanced needs.

For a referral to a healthcare practitioner, please call 888-766-2566.



ENGLEWOOD HEALTH

Institute for Patient
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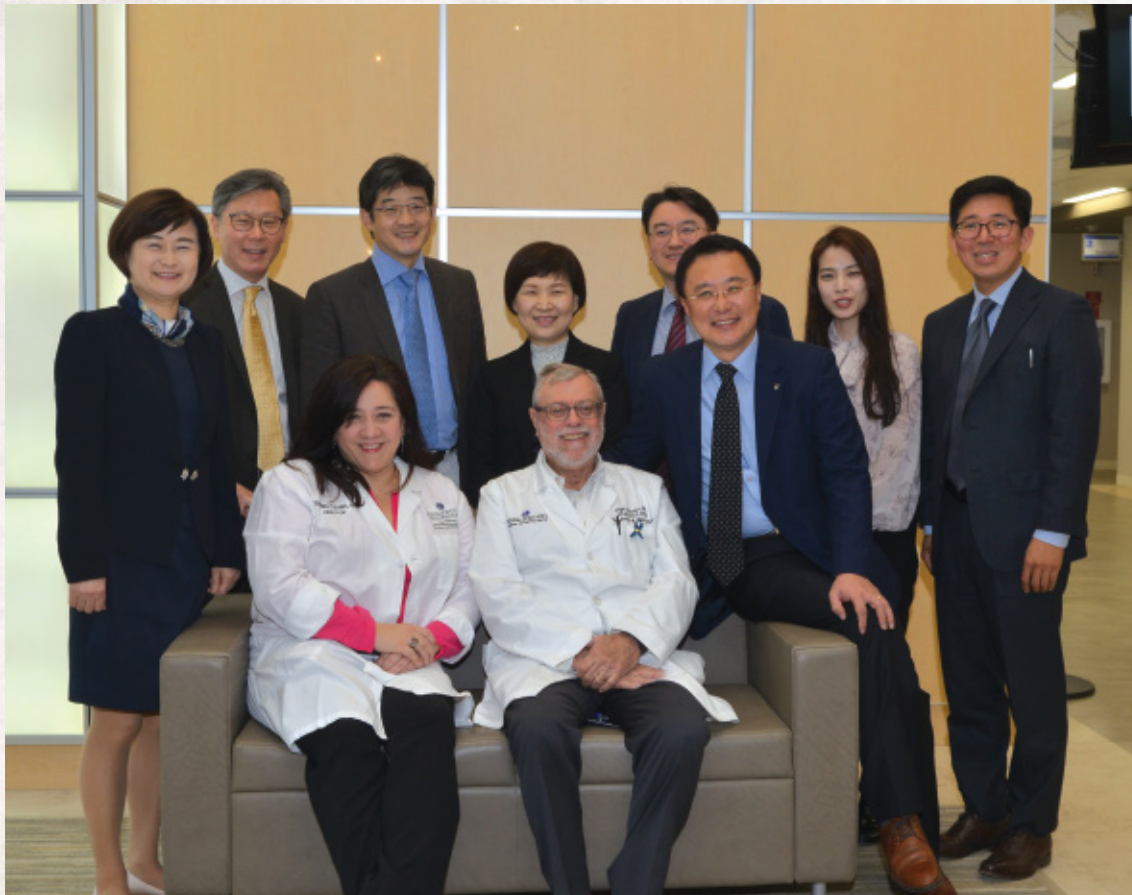
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On May 13–14, 2019, the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health had the pleasure of hosting five physicians from South Korea who came because they are starting a Patient Blood Management program and consider Englewood Health to be the model upon which a program of this sort should be based. The physicians came from the prestigious Korea University Hospital in Seoul, Korea.

Included in the photo are Jong Hoon Park, MD, PhD, President of Korea University Hospital, Professor, Department of Orthopedic Surgery; Seung Beom Han, Professor, Department of Orthopedic Surgery; Hyeon Ju Shin, MD, PhD, Director of Finance, Clinical Associate Professor, Department of Anesthesiology and Pain Medicine; Ki Hoon Ahn, Associate Professor, Department of Obstetrics and Gynecology; and Hyong Hwa Park, MD, PhD, Professor, Medical Oncology, Director, Clinical Trial Center.