

Choices

ISSUE 3 | 2019 WWW.BLOODLESSMED.ORG

 ENGLEWOOD
HEALTH

Institute for Patient
Blood Management and Bloodless
Medicine and Surgery

Breathing Better with *Bloodless Care*

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Don D'Elia

“AT THE BLOODLESS INSTITUTE, WE HAVE THE SKILLS AND THE TECHNOLOGY TO PROVIDE TOP OF THE LINE CARE FOR PATIENTS. UNLIKE OTHER HOSPITALS, WE’RE NOT AFRAID TO TAKE CARE OF BLOODLESS PATIENTS. WE KNOW HOW TO DO IT WELL.”

— Anna Serur, MD, Chief of Colon and Rectal Surgery at Englewood Health

Going the Extra Mile

When Tennessee-based Don D’Elia was told he would need colon surgery, he knew he needed specialized care from a team that understood bloodless surgery. He got exactly what he wanted from the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Hospital.



Marc Fiorillo, MD

While the colonoscopy performed near Don’s Nashville home was routine, the results definitely were not: Don had three polyps—potentially precancerous growths—in his colon. Two of the three polyps were removed during the initial colonoscopy, but the third was a challenge. After performing two additional colonoscopies to remove the last polyp, Don’s doctors recommended surgery.



Anna Serur, MD

“The surgeon I was referred to described removing part of my colon to get the polyp out,” Don says. “I told him that because of my religious beliefs, I would need to pursue bloodless surgery.”

Try, Try Again

While Don had never visited Englewood Hospital, he was very familiar with The Bloodless Institute’s reputation as one of the world’s leading providers of bloodless medicine and surgery. He researched surgeons and reached out to The Bloodless Institute’s coordinators, who put him in touch with gastroenterologist Marc Fiorillo, MD. Dr. Fiorillo called Don after reviewing the colonoscopy images.

“Dr. Fiorillo said he had discussed my case with Dr. Serur [Anna Serur, MD, Chief of Colon and Rectal Surgery], and they had a plan,” Don says. “Dr. Fiorillo thought he could get the polyp out during a colonoscopy, but if he couldn’t, Dr. Serur would be waiting on standby to do minimally invasive surgery and remove it.”

Don was confident in his team and felt good about their approach. He made the 900-mile trek to Englewood, and on January 24, Don had the procedure.

“Any time you hear that another doctor has attempted a procedure and wasn’t able to complete it, you assume that what you’re going to do will be difficult,” Dr. Fiorillo says. “As it turns out, it was a lot simpler than we anticipated. I was able to remove the polyp during the colonoscopy.”

Worth the Trip

“When I came out of surgery, my nurse wheeled me back to a room, and I asked her, ‘How many new holes do I have?’” Don remembers. “She laughed and told me that Dr. Serur didn’t have to do the laparoscopic procedure at all.”

Don was discharged that same day. It’s now been months since his hospital stay, and Don still sings the praises of his team.

“I really appreciate Englewood Hospital, because everyone there showed respect for me and my beliefs,” he says. “I was never talked down to. They explained everything to me thoroughly, and I know they weren’t doing that because I came from 900 miles away. I could tell they do that for all their patients.”

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

Holding Court with a New Hip

Once banished from the basketball court by hip pain, Emery Tarpink is hooping again, thanks to an assist from a skilled surgeon and his team.



Jake Zarah, MD

Emery, a 32-year-old East Orange, New Jersey, resident and recruiting leader for a national organization, lived with left hip pain for years stemming from a congenital hip disorder. The hip bothered him throughout college, especially when he played basketball, but he told himself it was just something he had to live with. As he entered his 30s, however, things got worse.

“I watched myself become less active, because that reduced the pain,” Emery says. “Eventually, I couldn’t bend over to tie my left shoe, and my wife had to do it

for me. At my young age, I thought that was ridiculous.”

Creating a Game Plan

Stretching and other conservative treatments didn’t help Emery. In January 2018, on the advice of a friend, Emery visited the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Hospital, where he met board-certified orthopedic surgeon Jake Zarah, MD. Dr. Zarah diagnosed Emery with severe osteoarthritis, which had destroyed the cartilage in his left hip.

“Emery was quite young for a hip replacement, which rarely lasts a lifetime, especially for someone his age,” Dr. Zarah says. “We needed to exhaust all conservative options before considering surgery. Over the course of several months, Emery tried medication, exercise, weight loss, and physical therapy. He came back to see me in the fall, and nothing

had worked. It was time for hip replacement.”

In December 2018, Dr. Zarah replaced the damaged portions of Emery’s hip with metal and plastic components to create a new joint. The surgical team used a variety of techniques and technologies honed at Englewood Hospital to ensure a transfusion-free surgery. After three days in the hospital, Emery returned home, and his rehabilitation began in earnest.

Back in the Swish of Things

After a month of physical therapy at home, Emery went to outpatient rehabilitation through spring. Nearly a year after his surgery, he’s pushing himself with strength training in the gym—and rediscovering his moves on the basketball court.

“I almost cried when I played basketball for the first time after surgery,” Emery says. “I can bring the ball down the floor, do a crossover, change direction, and shoot a jump shot. The fact that I can jump, get a rebound, and not have to worry about landing is great. I know I’m not fragile anymore, and that’s a beautiful thing.”

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“BEFORE MY HIP REPLACEMENT SURGERY, I HADN’T RIDDEN A BIKE SINCE I WAS A KID. WHEN I GOT ON A STATIONARY BIKE AT THE GYM FOR THE FIRST TIME AFTER SURGERY, IT WAS A TEARFUL MOMENT. I TOOK A VIDEO TO SHOW MY WIFE. I CAN RIDE AGAIN.”

—Emery Tarpink



Emery Tarpink



Rosemary Ojo, MD

Meet Rosemary Ojo, MD

Dr. Ojo offers patients a bloodless alternative to traditional ear, nose, and throat care.

Born in Nigeria and raised in Dallas, Texas, Dr. Ojo earned her medical degree from the University of Texas Health Science Center in San Antonio. She then completed her residency in otolaryngology—head and neck surgery—at the University of Miami and her fellowship in otology at the Silverstein Ear Institute in Sarasota, Florida. After two years of practicing medicine in Florida, she relocated to New Jersey with her husband in 2018 and joined the Englewood Ear, Nose, and Throat (ENT) team.

Before otolaryngology, however, Dr. Ojo says she was initially interested in studying psychiatry.

“I attended a summer psychiatry program during medical school and realized it was not for me,” Dr. Ojo says. “That is when one of my mentors stepped in and asked if I had considered otolaryngology, a medical-surgical specialty focused on ENT conditions. He described it as the best kept secret in medicine.”

Heeding her mentor’s advice, she looked into the field and found her calling. Now

a board-certified otolaryngologist, Dr. Ojo treats a variety of ENT conditions, including sleep apnea, chronic tonsillitis, chronic sinus infections, gland disorders, nasal obstruction, and benign and cancerous head and neck disorders, in children and adults. She also has specialty training in treating hearing and balance disorders, such as chronic ear infections, severe hearing loss, cholesteatoma, and vertigo.

A Patient-Centered Approach

Shortly after starting at Englewood ENT, Dr. Ojo became interested in joining the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.

“There are not a lot of otolaryngologists who specialize in bloodless medicine,” Dr. Ojo says. “However, we serve an important role. While very few ENT surgeries rely on blood transfusions, every surgery poses risks, and it is important for patients to know before they are put under that their wishes will be respected.”

As part of The Bloodless Institute, she takes extra precautions during surgery to decrease blood loss and is able to offer appropriate, safe, and effective care for bloodless patients. Additionally, Dr. Ojo notes, she strives to get to know each of her patients as individuals.

“My goal is to make sure that all of my patients walk out of the door feeling like they were taken care of and really listened to,” Dr. Ojo says. “This allows me to connect with my patients on a personal level and to address issues I might otherwise miss. For instance, if I have a patient suffering from allergies and know that he works in an office environment, I may be able to treat his symptoms fairly conservatively. If that same patient works as a gardener, then I may need to reassess my approach. Those kinds of details are important.”

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A Breath of Gratitude

When she experienced an abnormal sensation in her chest, Carmen Cruz knew where to find the solutions she needed.



Adam Arnofsky, MD

Having lived with chronic asthma for years, Bergenfield, New Jersey-resident Carmen Cruz is accustomed to the breathing challenges that come with the condition. But one morning during the spring of 2019, she knew that the chest discomfort she felt was unusual.

“My allergist checked my lungs and said that he was hearing something,” says Carmen, 73. “However, he was not quite sure what it was. One possibility was that there was water on my lungs, so he sent me for an x-ray to investigate. That is when we saw something.”

Allison Barone, MD, interventional radiologist at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health, conducted a follow-up computed tomography (CT) scan, which confirmed that Carmen had a mass in her chest. Carmen also reached out to Faith Goldman, MD, a breast surgeon at The Bloodless Institute.

“I wanted to consult Dr. Goldman,” Carmen says. “I have been her patient for years to routinely monitor the tissue of my left breast, where I have had some calcifications in the past. She reviewed all of the information and told me she had good news and bad news.”

According to Carmen, the bad news was that she had a thymoma tumor, a tumor originating in the thymus gland. The good news was that because blood transfusions aren’t an option for Carmen, Dr. Goldman was referring her to an excellent surgeon at The Bloodless Institute. That surgeon was Adam Arnofsky, MD, Chief of Cardiothoracic Surgery.

“We performed a very straightforward surgery on Carmen to remove her benign mass, and she did very well,” Dr. Arnofsky says. “We work very closely with our bloodless patients to treat them appropriately while also respecting their wishes. They have options.”

The Path to Healing

Today, Carmen feels terrific and is happy to be back to her beloved career working as a kindergarten teacher. She has regular visits with Maxwell Janosky, MD, hematologist and oncologist with The Bloodless Institute, to ensure that the appropriate steps are taken to prevent the tumor from coming back.

“I had a very long journey, but everyone at The Bloodless Institute was wonderful,” Carmen says. “If you have a health concern, see the doctors there. They are amazing and loving. I would recommend them to anyone.”

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Carmen and Albert Cruz

**“I KNEW IN MY
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—Carmen Cruz



Maz Ganat, MD

Getting to Know Dr. Maz Ganat

Maz Ganat, MD, Program Director of Urologic Oncology at the Lefcourt Family Cancer Treatment and Wellness Center at Englewood Hospital, turned his lifelong passion into a holistic approach to cancer care.

Before Dr. Ganat became a doctor, he was intrigued by medicine's capacity to help others. This curiosity didn't come as much of a surprise to him—medicine was a trade that ran in the family.

"I always had an interest in medicine and science, even as a small kid in school," Dr. Ganat remembers. "My father is a physician as well, and I spent a lot of time in his office growing up. I felt that becoming a doctor would be rewarding—that it would give me the opportunity to help people while fulfilling my passion for science."

Opportunity Calls

Dr. Ganat pursued this opportunity at SUNY Downstate Health Sciences University, where he earned his medical degree and completed a residency in urology. Afterward, he continued to shape his interests at Memorial Sloan Kettering Cancer Center, where he performed his fellowship in oncology and found a focus for the rest of his career.

"I discovered my calling in oncology," Dr. Ganat says. "By treating patients with cancer, I learned that we must have a deep understanding of the disease process, as well as a tailored approach to individual patients. We treat patients with other complex needs, and a holistic approach is needed to provide them with the best care."

Finding a Home

Dr. Ganat brought his passion to the Cancer Center shortly after

completing his fellowship. He heard about the work being done at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Hospital and knew that it would complement his holistic approach to cancer care.

"When I started my practice here, I saw the impact that The Bloodless Institute has on patients," Dr. Ganat says. "We have patients from all over the country see us because they appreciate what we offer. Many of them are denied by other institutions that don't have the resources to accommodate their wishes."

Team Player

Dr. Ganat specializes in the treatment of prostate, bladder, kidney, testicular, and penile cancers, but he collaborates with many other specialists when caring for patients.

"What I try to emphasize as an oncologist is that we're not just surgeons—we're also in charge of making sure patients get care that's best suited to their needs," Dr. Ganat explains. "That means we work as a team with medical oncology, radiation oncology, pathology, and radiology departments to find the right treatment approach."

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

When he's not delivering personalized care to patients, Dr. Ganat pursues his other passions as a husband, musician, and dedicated Los Angeles Lakers fan. With a baby on the way, time will tell if he'll be able to pass some of these passions along.

Where's the Beef?

Not in These Meatless Alternatives

The choices we make about what we eat and drink can say a lot about the importance we put on maintaining or improving our health, coping with stress, our cultural or ethnic backgrounds, and even feelings about what is right and wrong.

Many people choose to limit or eliminate the intake of certain foods or drinks based not just on likes, dislikes, or allergies, but because of the source of the food or how it is processed. Some may choose to avoid foods with added artificial flavors or colors, or those high in sugar or fat. Others try to avoid meat; some because of perceived health benefits, but others because they dislike the manner in which animals farmed for consumption are treated and processed—especially in developed nations like the U.S.

For these and other reasons, you may have recently heard about the relatively new development and availability of plant-based meat alternatives that taste, smell, and have the texture of real meat. In fact, at least two companies—particularly those responsible for the Beyond Burger and the Impossible Burger—are rapidly expanding their distribution of plant-based beef in grocery stores and in restaurants like Burger King, White Castle, and Carl's Jr. Other meat substitutions, such as plant-based chicken and shrimp, are also growing in popularity and are available in some restaurants.

Understanding Heme

But what really is this “meat,” and why do many meat lovers feel it looks, smells, and tastes very close to actual animal products?

We have to first understand why meat tastes and smells meaty. In meat, these recognizable features

come from the heme molecule found in part in the tissues of the animal being consumed. The same molecule makes up the hemoglobin measurement of blood and binds to iron in our blood cells. But where do the manufacturers of lab-created, plant-based meat get that heme molecule?

Amazingly, these molecules are derived from certain plants and vegetables. For example, the Impossible Burger gets its heme from soy, while the Beyond Burger uses pea protein and beet extract to mimic the flavor and look of beef. And while these plant-based meat products have a “beefy” taste, they are certified as vegan, meaning they contain no animal products. According to food reviewers, it's almost impossible to tell the difference between the taste and texture of real meat and these plant-based stand-ins. In the case of the Impossible Burger, its heme—soy leghemoglobin—makes it brown and bleed, just like a real-meat burger would.

The manufacturers don't necessarily claim health benefits from eating these products—they're typically not lower in calories, fat, or sodium than meat—but they do point out that plant-based meats reduce animal suffering and pollutants associated with “factory farming” of animals.

While each person must make his or her own choice about which foods to consume, plant-based meat might be the future of food today.



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



While the plant-based, vegan meat alternatives are safe for those who choose to avoid meat, other options that aren't vegan- or vegetarian-friendly are in the works but not yet on the market. Researchers are working to develop “cell-based” or “lab-grown” meat that use animal cells grown in a lab. If these products become available in the future, consumers will have to research these animal-based—not plant-based—products to determine if this is an option for them.



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TAVR Now an Option for Bloodless Patients

Patients with severe, asymptomatic aortic stenosis in northern New Jersey now have more treatment options at Englewood Health.

In August, the U.S. Food and Drug Administration (FDA) approved the use of transcatheter aortic valve replacement (TAVR) for the treatment of severe, symptomatic aortic stenosis in patients who have been determined to be at low risk of complications from open-heart surgery. Previously, the procedure was reserved for intermediate- and high-risk patients.

The newly approved indication offers an alternative treatment approach to a large group of patients for whom open heart surgery was the only option when medical therapy was not effective. This is particularly valuable for patients for whom blood transfusions are not an option.

With FDA approval expanded to low-risk patients, the heart team at Englewood Health can take into account patient preference in addition to risk factors and other considerations when reviewing treatment options. Compared to open heart surgery for valve repair, the TAVR procedure is significantly less invasive with a much quicker recovery, generally allowing the patient to return home the next day.

TAVR uses balloon-expandable and self-expanding valves, delivered via a catheter into the heart, to provide the best possible outcomes for patients with heart disease.



Minimally Invasive Procedure Available to Help Prevent Stroke

Englewood Hospital is one of the first medical facilities in New Jersey to offer a new, minimally invasive procedure to treat severe carotid artery disease, a condition in which plaque builds up inside the arteries and can lead to a stroke.

The procedure, called transcarotid artery revascularization (TCAR), is unique in that blood flow is temporarily reversed during the procedure so that any small bits of plaque that may break off in the artery are diverted away from the brain, which helps prevent a stroke. A stent is then placed inside the artery to stabilize the plaque, minimizing the risk of a future stroke.

Until now, the main treatment option for severe carotid artery disease was an invasive surgical procedure that may not be appropriate for high-risk patients, especially those for whom blood transfusions are not an option. Now, this minimally invasive technique is available here at Englewood Hospital.