

Choices

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 ENGLEWOOD
HEALTH

Institute for Patient
Blood Management and Bloodless
Medicine and Surgery



Bloodless Surgery:

PRESERVING QUALITY OF LIFE

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UNCOMMON CANCER WAS NO MATCH FOR BLOODLESS SURGERY

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Ashwin Jathavedam, MD

Staying Vigilant During the Pandemic

The Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health has been on the front lines since the beginning of the COVID-19 pandemic. Now, about six months after the state's first patients were diagnosed, New Jersey's cases are declining, but things are far from over.

Ashwin Jathavedam, MD, Chief of Infectious Disease at Englewood Health, says that New Jersey's curve has been flattened since early June, but travelers remain a concern.

"If a traveler arrives here and triggers another spreading event, that's going to become a cluster very quickly. There's a real possibility that something like this could happen," Dr. Jathavedam says.

New Jersey, as well as New York and Connecticut, are seeing about 16–18 cases per 100,000 people, according to Dr. Jathavedam.

"To give perspective, Texas, which became a hot spot in mid-July, is projected

to reach several hundred cases per 100,000," Dr. Jathavedam says. "In New York, New Jersey and Connecticut, the lock down went a long way toward slowing the coronavirus spread. It's eerie to look now at what's happening in Texas and Florida—places that were initially slow to shut down."

Stressing Safety Measures

While local COVID-19 cases remain low, Englewood Health has eased up on visitor restrictions. Currently, one healthy visitor at a time is permitted to see each patient between the hours of 2 and 6 p.m. Visitors must be 18 or older.

Dr. Jathavedam also believes that face masks will remain the norm for the indefinite future at Englewood Health, noting that wearing one is the simplest intervention.

"Even if a vaccine comes out tomorrow, you're still looking at one to two years for it to become available for widespread use in this kind of environment," Dr. Jathavedam says. "We have to be ready to treat COVID-19 patients for the foreseeable future. Hopefully we will see a low number of patients at a time, as we do now, but I think it would be foolish to think we won't experience some sort of surge, especially come fall. I think the key to successful outcomes for our patients will be how well we mitigate disease spread now."

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Not Ready to Give Up

At 65, James Miraglia isn't ready to stop moving. The bus driver has stayed active by jogging, bicycling, camping, and participating in his volunteer work. When hip and knee pain threatened his active lifestyle, the Kings Park, New York, resident knew it was time to seek help. He found exactly what he was looking for at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health.



James Miraglia and his wife, Karen



David N. Feldman, MD

During a daily run one morning, pain in his left knee forced James to immediately stop his jog. He continued to try to run in the days following, but the overwhelming knee pain was unrelenting.

"Everything I did—even going up and down the stairs of the school bus or climbing the stairs of my apartment—became painful, but I could have endured that," remembers James, who was also experiencing hip pain related to a previous hip injury and surgery. "But stopping the jogging was something that really saddened me. I wasn't ready to give that up."

Finding the Solution

James, who needed both hip and knee surgery, initially wanted to have the procedures done near his Long Island home, so he visited local hospitals and consulted with several doctors he believed could have performed the surgery. However, one

thought kept running through his mind.

"For years, I had heard about The Bloodless Institute, and the people I associate with kept mentioning Dr. Feldman [David N. Feldman, MD, orthopedic surgeon and Associate Director of The Bloodless Institute]," says James, who decided to schedule an appointment. "When I visited The Bloodless Institute, I spoke with Dr. Feldman and saw the technology they were using. I felt I would get the best medical care possible there. I felt confident in his expertise, and I appreciated the way Dr. Feldman personally cared for me."

Together, James and Dr. Feldman decided James' hip surgery would be performed first.

In April 2019, James made the 50-mile trip to Englewood from Kings Park, where Dr. Feldman performed the procedure.

"We removed the old hardware from his previous surgery and put in a new ball-and-socket joint," Dr. Feldman says. "After the surgery, Mr. Miraglia was able to walk on it right away."

James was thrilled with his surgery and recovery.

"It was just phenomenal care, and I almost couldn't wait to go back to get my knee replaced," he says. "My fears were gone."

Just three months later, James returned to The Bloodless Institute and Dr. Feldman for total knee replacement. Now, he can run up and down the stairs of his bus, and he's also back at his local trails and slowly easing back into jogging. None of this would be possible, he says, without his team at The Bloodless Institute.

"They respected my beliefs 100 percent and did it in a dignified and caring way," James says. "If I had to go through it all again, I would definitely go back."

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

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*—David N. Feldman, MD,
orthopedic surgeon and Associate
Director of The Bloodless Institute*



Meet Eddie Kasing Ho, MD

For Eddie Kasing Ho, MD, internal medicine specialist and primary care provider at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health, building strong and trusted relationships with patients is a key element in the practice of medicine.

Dr. Ho, who grew up in Hong Kong, never considered a career as a physician until he moved to the United States.

“I studied laboratory science with the goal of working in a clinical or research lab. As I gained knowledge, though, I began to understand more clearly that I wanted to do more,” Dr. Ho says. “After college, I worked in a hospital and was drawn to the opportunity to take care of patients.”

Dr. Ho often came across individuals struggling with medical issues.

“Primary care medicine felt like a natural fit for me,” he says. “The specialty offers the opportunity to take a holistic approach to medicine by getting to know my patients and their families and journeying with them in the long term.”

The Rewards of Meaningful Work

His extended relationships with patients means that Dr. Ho often helps them work through the emotional and physical realities of

health problems. And while Dr. Ho notes that those instances can be particularly challenging, he is honored to collaborate with patients and their families to find healing solutions.

“These people trust me, and I never take that for granted,” Dr. Ho says. “When patients and family members thank me for providing care, I always thank them for their trust. Sometimes I feel as though I do not deserve it. There are so many wonderful doctors out there. I feel honored that patients trust me and value my opinions. It is very humbling.”

In addition to providing clinical care, Dr. Ho is also closely involved in improving population health in the ever-changing medical landscape. When he is not working, Dr. Ho enjoys breeding and caring for tropical fish. He also likes to bike outside, read, and spend time with family.

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Eddie Kasing Ho, MD

**“LOOKING FOR A PRIMARY CARE PROVIDER IS MORE LIKE
LOOKING FOR A FRIEND. YOU NEED TO FIND SOMEONE YOU
CAN HAVE A COMFORTABLE CONVERSATION WITH AND WHO
IS RELATABLE. MY PATIENTS AND I TALK AND SOMETIMES
EVEN LAUGH TOGETHER. THAT IS IMPORTANT.”**

— Eddie Kasing Ho, MD, internal medicine specialist and primary care provider at the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health

Rare Care

An uncommon form of bladder cancer was no match for Stephanie Martin—or the skilled oncologist who helped her beat it.



Maz Ganat, MD

When Stephanie, a 65-year-old retired federal worker from Bushkill, Pennsylvania, visited the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health in November 2018, she was at her wits' end. Months earlier, she'd noticed some abnormal urinary bleeding. She had visited two urologists, and the second told her there was a mass on her bladder.

"The first urologist had noticed an area that turned out to be the mass during a cystoscopy, but didn't investigate it further," Stephanie says.

"When the second urologist told me about the mass, I left the office and all I could do was cry. I was just numb."

With help from a friend, Stephanie learned about The Bloodless Institute and Maz Ganat, MD, Program Director of Urologic Oncology at Englewood Health. She arrived at his office in search of two things: hope and answers. Dr. Ganat offered both.

Surgical Solution

Stephanie had prepared a list of questions for Dr. Ganat, but she quickly realized that her list would be unused.

"I didn't have to ask Dr. Ganat any of my questions," Stephanie says. "He explained everything to me as we talked."

Dr. Ganat explained that Stephanie had a rare form of cancer called urachal cancer, which accounts for less than 1 percent of all bladder cancers, according to the National Institutes of Health (NIH). The NIH reports that urachal cancer affects the urachus, a structure that links the bellybutton and bladder during development in the womb. The urachus usually vanishes before birth, but a small portion of Stephanie's remained.

"We detected and treated her cancer in its early stages," Dr. Ganat says. "I recommended a partial removal of the bladder where the tumor was located, as well as removal of an embryological remnant called the urachus, which contained the cancer."

The Bloodless Institute team helped Stephanie optimize her hemoglobin levels prior to the operation, which Dr. Ganat performed in January 2019. The surgery went smoothly, and Stephanie didn't need any additional treatment for cancer. She continues to follow up with Dr. Ganat for monitoring.

"I'm cancer-free, and I don't have any more bleeding or other symptoms," Stephanie says. "I feel very blessed."

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Stephanie Martin

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FROM A TEAM THAT
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I WOULD HAVE
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NEW JERSEY, FOR
THAT LEVEL OF
EXPERTISE IF I'D
HAD TO."**

*— Stephanie Martin, who
underwent surgery for a rare form
of bladder cancer*

Introducing Dr. Omar Syed

Neurosurgeon Omar N. Syed, MD, was no stranger to bloodless medicine and surgery when he joined Englewood Health, but our bloodless program showed him the depth and breadth of the field's capabilities.



Omar N. Syed, MD

A Long Island native, Dr. Syed developed a passion for medicine by observing his parents, both of whom worked in health care. During medical school at New York University School of Medicine and a neurosurgery residency at New York-Presbyterian/Columbia University Medical Center, he became fascinated by neurosurgery, a field that still interests him today.

"I enjoy the intellectual challenges of operating on the brain and spine," Dr. Syed says. "It's immensely rewarding. Many of my patients are critically ill, and the interventions I perform can be lifesaving. Other patients have significant pain that may improve after one of my procedures. It's gratifying to have an effect that I can see on someone's life."

Dr. Syed trained in minimally invasive spine surgery during a fellowship at the Semmes Murphey Clinic in Memphis, Tennessee, in conjunction with The University of Tennessee Health Science Center. There, he honed the skills that allow him to perform surgeries at Englewood Health that lead to smaller incisions, less blood loss and postoperative pain, and a quicker return to activities.

Dr. Syed uses minimally invasive procedures to treat a variety of neck and back conditions, including herniated disks, spinal stenosis, and spondylolisthesis.

A Background in Bloodless Medicine

Prior to joining Englewood Health in late 2018, Dr. Syed worked at a hospital in New York and was involved in its bloodless medicine program. The opportunity to join a team with the full

scope of neurosurgical expertise brought Dr. Syed to Englewood Health, where the Institute for Patient Blood Management and Bloodless Medicine and Surgery was a natural fit.

"Performing neurosurgery takes more than a skilled surgeon," Dr. Syed says. "It requires close coordination and communication with a multidisciplinary team about all facets of patient care before, during, and after surgery. The protocols in place at Englewood Health showed me that we can perform highly complex surgeries while respecting patients' wishes for bloodless care. I didn't think certain complicated surgeries could be performed without blood until I joined Englewood Health."

To unwind from a physically and intellectually demanding job, Dr. Syed turns to his family, which includes his wife, 8-year-old son, and 3-year-old daughter.

"My goal is to spend as much time with my family as I can," Dr. Syed says. "My children are just starting to play sports, and it brings me joy to do that with them. I enjoy playing tennis and skiing with my son."

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"IT'S IMPORTANT FOR ME AND MY PATIENTS TO HAVE A RELATIONSHIP GROUNDED IN COMMUNICATION. THAT'S WHY I ALWAYS TAKE THE TIME TO EXPLAIN WHY A PATIENT HAS BEEN REFERRED TO ME, WHAT'S GOING ON, AND WHAT I RECOMMEND, AND WHY I WORK TO UNDERSTAND EACH PATIENT'S GOALS."

—Omar N. Syed, MD, neurosurgeon at The Bloodless Institute

Know Where to Go

Valerie D'Alessandro knew she may need surgery one day. She made sure she would receive it at Englewood Health.



Anna Serur, MD

Valerie works with her husband as a bookkeeper for his auto reconditioning business in Parsippany-Troy Hills, New Jersey. She has two grown children and, until recently, their births were the only time she had stayed in a hospital.

"I'm 63 years old, and I had never had surgery before," she says. "The one at Englewood Health was my first."

Valerie had surgery for diverticulitis after experiencing five flare-ups in 2018. Three of them required strong antibiotics, and one sent her to the emergency room. At her physician's recommendation, she scheduled surgery with

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

"Untreated diverticulitis can become debilitating," Dr. Serur says. "It can cause severe pain or infection, and the use of antibiotics can disrupt intestinal flora. More so, it can disrupt patients' quality of life because they live in fear of when their next flare-up will be."

Know the Past, Plan for the Future

Valerie was already familiar with the trouble diverticulitis can cause. Her grandfather, father, sister, and brother also have the disease, and three of them required surgery. For that reason, Valerie began searching in 2014 for a bloodless medical institute that would honor her beliefs. Englewood Health was the clear choice.

"There are several good hospitals where I live, but none of them were associated with bloodless medicine," Valerie explains. "I wanted to foster a relationship with Englewood Health so I wouldn't have to worry about where to go for surgery."

"I think Valerie's decision was wise," Dr. Serur says. "It's comforting for patients to know they have a relationship with a provider who knows their medical preferences and history."

Dr. Serur performed Valerie's robotic-assisted colon resection in early December 2018. Valerie admits she was anxious before her first surgical procedure, but her medical team did a wonderful job of helping her feel calm and prepared.

"I asked Dr. Serur, 'How long do you think I'll need to stay?'" Valerie recalls. "She said, 'I don't know, but that will be a decision you and I will make together,' and that was very reassuring."

Valerie's surgery required a two-day stay in the facility, followed by a seamless recovery. She hasn't had a single problem with diverticulitis since, and she feels great.

"I have nothing but good things to say about Englewood Health," she says. "I've already recommended The Bloodless Institute to my brother."

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Valerie D'Alessandro and her husband, Robert

**"IF SOMEONE ASKS ME
ABOUT THEIR OPTIONS
FOR QUALITY BLOODLESS
MEDICINE, I WILL ALWAYS
DIRECT THEM TO
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*— Valerie D'Alessandro,
who had surgery for diverticulitis*



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Tokyo, Japan

International Leadership



Calabar, Nigeria

For 25 years, leaders with the Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Health have traveled the world to teach healthcare providers about the lifesaving benefits of bloodless medicine.

In the United States, medical professionals may choose to practice bloodless medicine and surgery to address religious preferences or in an effort to reduce transfusion exposure. However, in certain areas of the world, blood safety is so questionable and uncertain that understanding the application of bloodless medicine is absolutely vital.

Sherri Ozawa, RN, Clinical Director at The Bloodless Institute, and Aryeh Shander, MD, Senior Consultant of The Bloodless Institute, are two leaders who travel the globe to teach others about this specialty. Together, they share education about bloodless medicine with healthcare professionals, charitable foundations, government and regulatory agencies, and universities.

“We are internationally recognized and frequently invited to talk with various audiences about the benefits of bloodless medicine,” Ozawa says. “We have an obligation to share the message that this is a better and safer way to take care of patients.”

One of the pair’s most recent trips took them to Calabar, Nigeria, in sub-Saharan Africa, an area of the world where safe blood is scarce.

“Africa does not have dependable methods of testing blood that may be infected by human immunodeficiency virus or hepatitis,” Ozawa says. “In areas of the world like this, we are able to demonstrate how to treat patients while also minimizing their exposure to dangerous blood.”