

ISSUE 3 | 2023

Choices

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WWW.YOURBLOODHEALTH.ORG.

 ENGLEWOOD
HEALTH

Institute for Patient
Blood Management and Bloodless
Medicine and Surgery

TREATING A RARE CONDITION WITH

Bloodless Surgery

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MEET MARGIT KAUFMAN, MD,
MEDICAL DIRECTOR OF THE
BLOODLESS INSTITUTE
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FROM ALASKA TO NEW JERSEY
FOR BLOODLESS CARE
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Bryant Ponce

Don't Give Up on

YOUR DIAGNOSIS

Bryant Ponce hopes that his experience with type 2 achalasia will encourage others with rare conditions to advocate for themselves in medical care.

“I FELT COMFORT KNOWING THAT SUCH A QUALIFIED PROFESSIONAL WAS TAKING MY CASE. DR. SHERMAN EXPLAINED THE BENEFITS OF EACH TREATMENT OPTION AND HOPED THAT MY CHOICE WOULD GIVE ME THE BEST LONG-TERM RESULTS AND THE BEST BENEFITS.”

—Bryant Ponce

At 29, the New Jersey resident developed acid reflux and difficulty swallowing, particularly when drinking sodas and eating spicy foods. Eventually, he struggled with even bland foods and drinks like yogurt, milk, cereal, and water. By the time he started skipping meals, Bryant knew that something was deeply wrong with his health.

“When I told my gastroenterologist how much weight I had lost in the previous six months, he referred me to Dr. Sherman for additional testing,” Bryant says. “I had heard about The Bloodless Institute from a friend, who shared with me how people came from all over the world to access bloodless care. Because bloodless medicine is important to me, I was glad to have this type of care nearby.”

An Incredibly Rare Condition

After an endoscopy and many other tests, Bryant was diagnosed with type 2 achalasia, an esophagus malfunction in which food has a hard time emptying into the stomach. A rare disease, achalasia is only diagnosed in one person in 100,000 worldwide. Bryant was in the right hands with Jingjing Sherman, MD, general surgeon with The Bloodless Institute at Englewood Health. She assured him that his treatment could be done without a blood transfusion.

“The symptoms can be managed with a Heller myotomy,” Dr. Sherman says. “This procedure involves making five small incisions and using minimally invasive techniques to cut the esophagus muscles enough to relieve pressure.”

An Individualized Solution

Dr. Sherman and her partner, general surgeon Celinés Morales-Ribeiro, MD, performed a myotomy and a procedure to reduce Bryant’s acid reflux symptoms. Thanks to the success of the surgery, Bryant has returned to his active life, hiking, swimming, and doing outdoor photography—and he can eat pretty much whatever he wants.

“Listen to your body, collaborate with providers, and do your own research,” Bryant says. “I remember noticing a difference within the first month or two, and I was soon in a good mood because I was finally eating like a normal person again.”

To find out more information about what our bloodless medicine program can do for you, visit www.bloodlessmed.org.



Surgeons Celinés Morales-Ribeiro, MD, and Jingjing Sherman, MD



Compassionate and Bloodless *Patient Care*

Fulfilling her childhood dream of becoming a physician, Margit Kaufman, MD, dedicates each workday to the advancement of bloodless medicine around the world.

From the time she was a little girl, Dr. Kaufman knew she wanted to become a physician.

“I always enjoyed math and science, and I have always enjoyed working with phenomenal teams,” Dr. Kaufman says. “Medicine was a way to combine many of my interests.”

Thanks to her father, who worked as a solo practitioner, Dr. Kaufman learned very early on in life what compassionate bedside care was. Each day when she got home from school, she had the opportunity to watch her father care for patients in his small pediatrician’s office attached to their house. She would also accompany her father to the hospital on Sundays, where she would spend time observing babies in the newborn nursery while her father worked.

Now, Dr. Kaufman works in anesthesiology and critical care medicine at Englewood Health and serves as Medical Director for its Bloodless Institute. As an active champion for patient blood management within her department and the hospital community, she is proud to carry on her father’s legacy.

A Passion for Bloodless Medicine

At The Bloodless Institute, surgeries and procedures are completed using patient blood management, a strategy that prioritizes optimizing a patient’s own blood, thus avoiding blood transfusions. Dr. Kaufman first learned of bloodless medicine as a critical care medicine fellow at Mount Sinai Hospital when she

rotated through Englewood Hospital’s Medical Surgical Intensive Care Unit.

“I experienced firsthand the phenomenal care that has been established for the bloodless patient population,” Dr. Kaufman says. “It was especially eye-opening to see the methodical and meticulous care that was provided to patients with severe anemia.”

Standing at the Forefront of Advancement

What Dr. Kaufman admires most about working at The Bloodless Institute is the opportunity to learn. Rather than settling for traditional methods, she believes in anticipating how new information and advancements might change the way she ought to perform her job.

“Englewood Health supports a culture of providing up-to-date, excellent care to our patients,” Dr. Kaufman says. “It encourages us to move forward and think critically about the way we practice medicine.”

Dr. Kaufman and other experts at Englewood Hospital serve as leaders in bloodless medicine, providing ongoing education and assistance to clinicians around the world.

“Bloodless Medicine was born at Englewood Health,” Dr. Kaufman says. “My goal is to continue ensuring the excellence in care we have provided for our Bloodless patients for decades.”

Visit www.bloodlessmed.org to learn more about The Bloodless Institute. To discuss a provider to meet your needs, call 888-766-2566.

Aryeh Shander, MD, and
Sherri Ozawa, MSN, RN



Patient Blood Management's *Growing Global Reach*

Over the past 22 years, patient blood management has spread from Englewood Health across the world, and 2023 saw more important steps in the international effort to protect and preserve patients' blood.

In 2001, a group of people dedicated to caring for patients for whom transfusion was not an option decided to take their advocacy further.

"We had a lot to learn not just about transfusions but also about anemia, bleeding, blood clotting, and better preserving patients' own blood," says Sherri Ozawa, MSN, RN, consultant in patient blood management (PBM) and bloodless medicine and surgery to Englewood Health and Immediate Past President of the Society for the Advancement of Patient Blood Management (SABM).

"There was no organization dedicated to that. That was the genesis for forming SABM, an organization focused on protecting and preserving patients' own blood."

Two Decades of Transformation

Since its establishment, SABM has worked diligently to educate clinicians in the U.S. and around the world about PBM through the medical literature. Those efforts have paid off. SABM now works with members and allied organizations across the globe, and in 2021, the World Health Organization issued a policy brief calling for the implementation of PBM. Still, much work remains.

"PBM is accessible to everyone on some level," Ozawa says. "It's important to bring PBM to ministries and departments of health in various countries so they recognize that although PBM may look differently everywhere, everyone can and should do something."

During the summer of 2023, SABM members took that message to several international meetings and conferences.

Spreading the PBM Message in Europe and Latin America

In June, Aryeh Shander, MD, FCCM, FCCP, FASA, Emeritus Chief of the Department of Anesthesiology, Critical Care, and Hyperbaric Medicine at Englewood Health and former Medical Director for The Bloodless Institute, attended the 10th International Congress of The World Society of Emergency Surgery in Pisa, Italy. There, Dr. Shander presented a session about bloodless medicine and surgery and PBM.

“The aim of the congress wasn’t centered around PBM,” Dr. Shander says. “Our mission, however, was to address a subpopulation of patients for whom blood transfusion is not an option and let the audience know that with proper evaluation and treatment, these patients will benefit from the techniques we use in both bloodless medicine and surgery and PBM.”

The next month, Dr. Shander presented information about PBM for an audience on the other side of the Atlantic, at a meeting of the Sociedad Iberoamericana de Patient Blood Management in Cartagena, Colombia. Representatives from countries across Central and South America gathered to discuss the advancement of PBM.

“The electric atmosphere and the participants’ enthusiasm are difficult to put into words,” Dr. Shander says. “This activity resulted in ongoing blog conversations and partnering among participants in getting local hospitals, local governance, and state and country ministries of health to support the implementation of PBM in their countries, regardless of economic status.”

Malaysia Marks a First

The Malaysian Society of Patient Blood Management welcomed Ozawa as the keynote speaker for its 1st Annual Scientific Conference in July.

“Over the past few years, SABM has formed alliances with PBM societies in other parts of the world,” Ozawa says. “These societies model their definition of PBM and standard setting on SABM’s work, and we encourage and support these efforts.”

The conference in Malaysia was particularly exciting because the full leadership of the country’s health ministry attended, which could represent a turning point for PBM there.

“In countries such as Italy, Malaysia, South Korea, Portugal, Turkey, and China, senior-level healthcare leaders and government officials are attending and participating in PBM-related conferences,” Ozawa says. “When they understand the information, they’ll often work on national legislation and guidance to advance PBM.”

That’s been the case in Turkey, Italy, and Portugal, which have developed PBM-related legislation or guidance. In Australia, the Australian Commission on Safety and Quality in Health Care includes a blood management standard in its National Safety and Quality Health Service Standards. For Ozawa, seeing the increasing acceptance of PBM across the globe is immensely rewarding.

“PBM protects and preserves patients’ blood around the world,” Ozawa says. “It’s been in front of us all the time, but the world didn’t pay attention to it. We were ignoring patients’ most precious resource, but now it’s getting the respect it deserves. By implementing PBM, we can improve the lives of billions of people and the economies of hundreds of countries.”

Want to connect with a bloodless medicine expert? To discuss a bloodless physician at The Bloodless Institute at Englewood Health, call 888-766-2566.

“SINCE ESTABLISHING
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—*Sherri Ozawa, MSN, RN, consultant in patient blood management and bloodless medicine and surgery to Englewood Health and Immediate Past President of the Society for the Advancement of Patient Blood Management*

“PATIENT BLOOD
MANAGEMENT IS GOOD
CLINICAL MEDICINE. IT’S
EVIDENCE BASED, ACCOUNTS
FOR PATIENTS’ EXPERIENCES
AND EXPECTATIONS,
AND RESULTS IN BETTER
CLINICAL OUTCOMES,
FEWER COMPLICATIONS,
AND REDUCED RESOURCE
CONSUMPTION. IT’S A WIN FOR
EVERYONE.”

—*Aryeh Shander, MD, Emeritus Chief of the Department of Anesthesiology, Critical Care, and Hyperbaric Medicine at Englewood Health and former Medical Director for The Bloodless Institute*

Crossing the Country for Bloodless SURGERY

Vivian Gonzalez's story began in her home state of Alaska in 2021, when a small cyst was discovered in her pancreas.



Vivian Gonzalez and her husband, Raul



Steven T. Brower, MD

While an initial biopsy ruled out cancer, the cyst continued to grow over the course of the next two years. In 2023, when Vivian went to the emergency room, she learned that the cyst was putting too much pressure on her gallbladder. She would need surgery—a pancreaticoduodenectomy, also known as a Whipple procedure—to remove the cyst.

Because Vivian is one of Jehovah's Witnesses, she could not have a procedure that required a blood transfusion.

"If I did not accept the blood transfusion, [the surgeon] was not going to treat me," Vivian says. "It became necessary to start looking at hospitals in other states that might respect this matter regarding transfusions."

Finding Her Way to Englewood

In her search, Vivian used her three decades of experience as a nurse to determine where she would receive the best possible care, and The Bloodless Institute at Englewood Health stood out. Vivian was introduced to Steven T. Brower, MD, Medical Director of The Lefcourt Family Cancer Treatment and Wellness Center, Chief of Surgical Oncology, and leader of the Pancreatic Cancer Program at

Englewood Health. Despite the challenges of geography and time difference, Vivian was able to consult with Dr. Brower through video chat, and his expertise and compassion were evident through her screen.

"He told me, 'If they don't treat you in Alaska, come here. We have a specialized team of providers that can help you,'" Vivian recalls.

After the onscreen consultation, Vivian and her family made the 3,493-mile journey across the continent, from Alaska to New Jersey.

Creating a 'New' Digestive System

After Vivian's hemoglobin levels were optimized to help her be in the best possible condition, it was time for surgery. During the procedure, Dr. Brower cut Vivian's pancreas near the cyst and then performed a series of reconnections in her gastrointestinal tract. The Whipple is considered one of the most complex procedures performed in pancreatic surgery, and it is one that Dr. Brower has extensive experience with.

"It's like I have a new digestive system," Vivian says.

Vivian's recovery after the Whipple procedure was not without its challenges, but the care she received at Englewood Health made a significant difference.

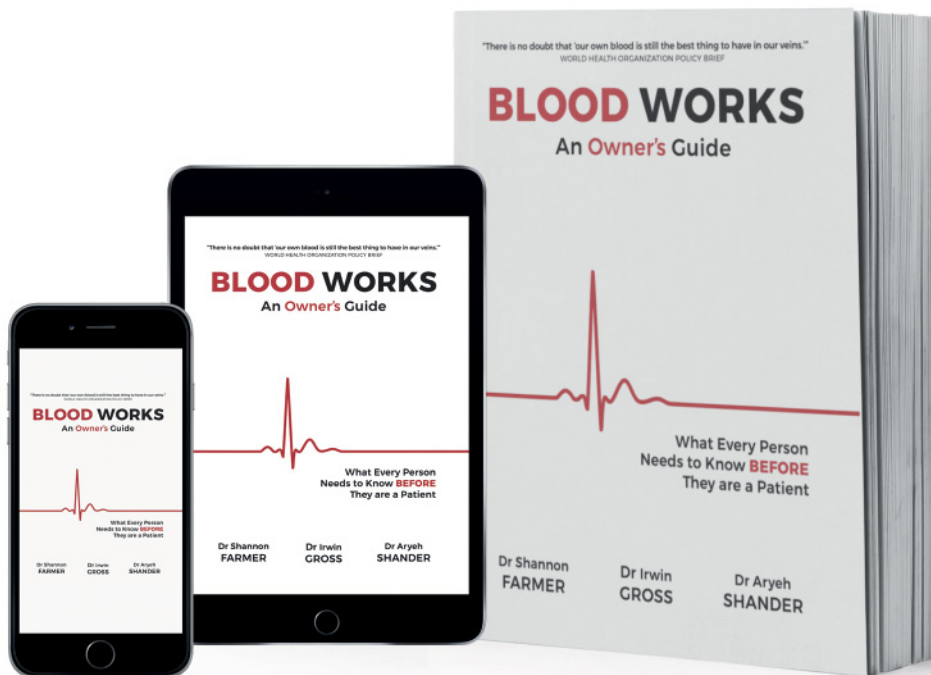
"Having been a nurse for 30 years, my knowledge allowed me to see the expertise and professionalism of the doctors and nurses in the hospital," Vivian says. "I would give them all a 100 percent."

"VIVIAN'S CASE UNDERSCORES THE IMPORTANCE OF PROVIDING NOT ONLY ADVANCED MEDICAL CARE BUT ALSO A SUPPORTIVE ENVIRONMENT THAT EMBRACES INDIVIDUAL BELIEFS AND CONCERNS."

—Steven T. Brower, MD, Medical Director of The Lefcourt Family Cancer Treatment and Wellness Center, Chief of Surgical Oncology, and leader of the Pancreatic Cancer Program at Englewood Health

Blood Works

You probably know your weight and blood pressure range, maybe even your cholesterol and blood sugar levels. But are you aware of your iron or hemoglobin levels or your overall blood health? A new book explains why your blood health matters.



“When your doctor says, ‘Take care of your heart health,’ it means something to you, and you can easily find tips to help you achieve that goal,” says Sherri Ozawa, MSN, RN, consultant in patient blood management and bloodless medicine and surgery to The Bloodless Institute at Englewood Health and immediate past president of the Society for the Advancement of Patient Blood Management, “but many patients aren’t aware of their blood health, which often means they don’t advocate for it.”

An Explanation for Patients

Blood Works, a new book featuring contributions from Ozawa and others at The Bloodless Institute, aims to explain the

importance of blood health in an easy-to-understand manner.

“When patients have reliable information, they can think clearly about their condition



Aryeh Shander, MD

and help their physician by explaining their expectations and asking pertinent questions,” says Aryeh Shander, MD, Emeritus Chief of the Department of Anesthesiology, Critical Care, and Hyperbaric Medicine at Englewood Health and former Medical Director for The Bloodless Institute. “We hope that reading *Blood Works* will empower patients to feel confident when discussing this topic.”

The book has helpful tips on patient choice and questions to ask doctors, as well as a wide range of patient stories. Topics covered include:

- Anemia and iron deficiency
- Blood transfusion (and its complications)
- Cancer
- Childbirth
- Menstruation
- Preparing for emergencies
- Surgery

The book also addresses the rights of patients and the delicate matter of childhood illnesses.

Going Beyond Transfusions

Many people are already uncomfortable with blood transfusions for personal or religious reasons, but *Blood Works* explains the complicated science behind

transfusions and why they may not be a good option from a medical standpoint.

Understanding blood health can help people better understand their overall health. Additionally, learning how your blood functions can help you be prepared in case you ever face a serious medical emergency or condition involving blood loss.

“Every patient, not just bloodless patients, can benefit from learning about patient blood management,” Dr. Shander says. “This is the book that patients will carry to their physicians.”

Discounted copies are available to Choices readers. Email Nancy Solomon at The Bloodless Institute at Nancy.Solomon@ehmcHealth.org.

DID YOU KNOW ...

- Anemia affects about 2 billion people across the globe.
- Having anemia prior to surgery increases your risk of infection, stroke, and kidney damage.
- Over 600 million people experience acute or chronic bleeding.
- The cause of anemia in women is often heavy periods, the iron demands of pregnancy, or both.

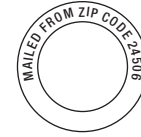


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Nationally Recognized Excellence in Cardiac Care

Our commitment to high-quality, patient-centered care shows in the work we do every day. At Englewood Health, our achievements and dedication to patients were recently recognized by the American College of Cardiology.

Englewood Health was awarded the American College of Cardiology Chest Pain-Myocardial Infarction Platinum Performance Achievement Award for the second year in a row. We're honored to be one of a select number of hospitals nationwide to receive this designation in 2023.

A Leader in Heart Attack Care

The Chest Pain-Myocardial Infarction Platinum Performance Achievement Award acknowledges outstanding care for myocardial infarctions, or heart attacks. To achieve the platinum level award, Englewood Health met or exceeded 14 performance measures, including those related to:

- Accurately and quickly recognizing and diagnosing a heart attack

- Following current best practices for home-based treatments when patients leave the hospital
- Promptly evaluating heart function
- Providing timely, evidence-based heart attack treatments
- Referring patients to cardiac rehabilitation to improve quality of life, increase independence, and lower the risk of another heart attack

Additionally, the award recognizes our dedication to providing exceptional, comprehensive care for each and every Englewood Health patient.

To discuss a heart care specialist who is part of The Bloodless Institute at Englewood Health, call 888-766-2566.

BE READY FOR THE UNEXPECTED

Heart care experts with The Bloodless Institute at Englewood Health are here to help if you or a loved one has a heart attack.* Most heart attacks happen when a blockage prevents oxygen-rich blood from reaching the heart. Knowing the signs of a heart attack can help you get the treatment you need as fast as possible and limit heart damage.

Heart attack symptoms may include one or more of the following:

- Abdominal pain
- Chest discomfort or pain
- Discomfort or pain in the arm, back, jaw, neck, or shoulder
- Dizziness, fainting, or lightheadedness
- Fatigue or weakness
- Nausea
- Shortness of breath
- Sudden anxiety
- Sweating

**In the event of heart attack symptoms, call 911 and go to the nearest hospital first. You, your family, or your healthcare agent can call the bloodless experts at The Bloodless Institute for a medical consultation or to arrange for a transfer.*