

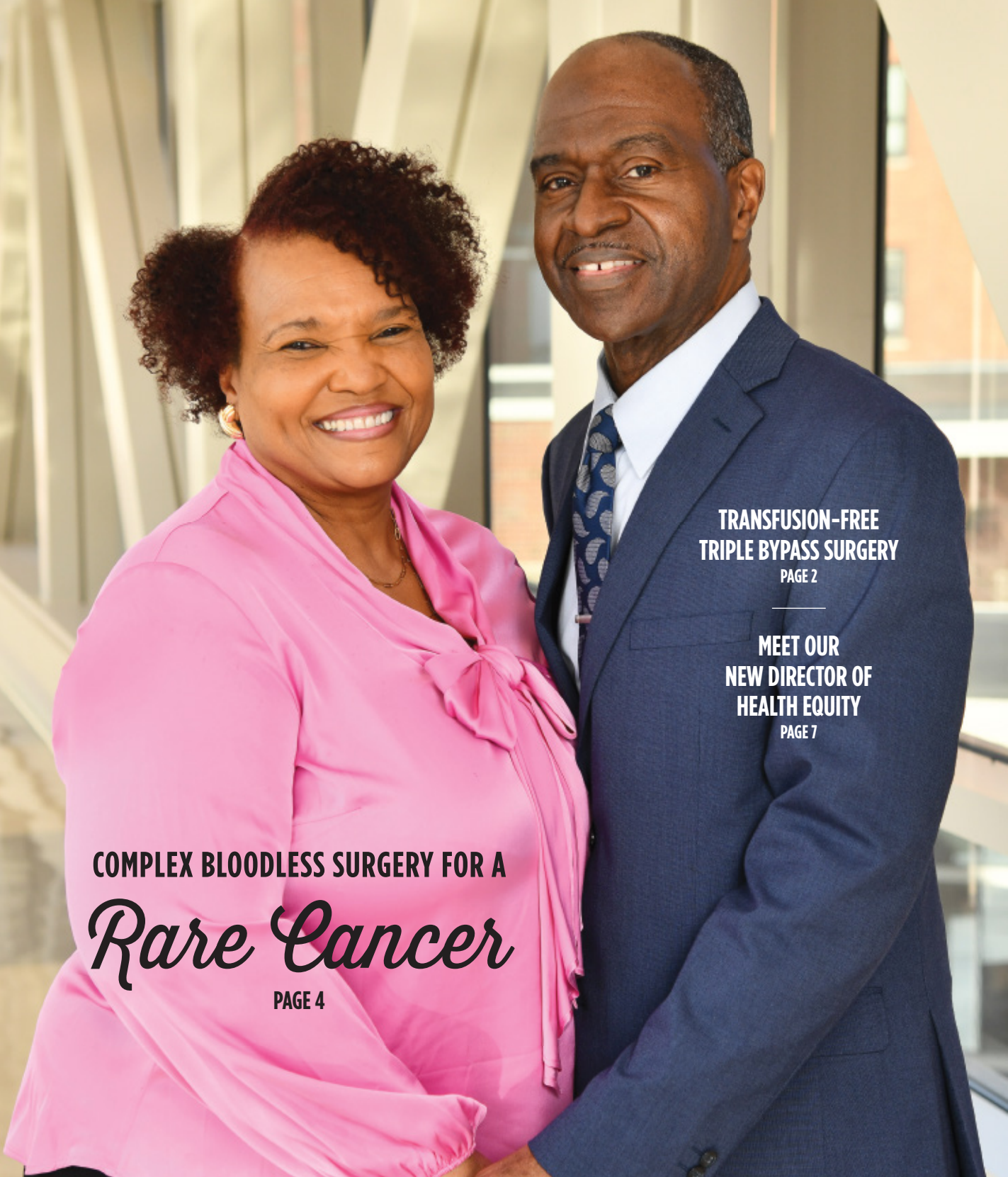
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Choices

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ENGLEWOOD
HEALTH

Institute for Patient
Blood Management and Bloodless
Medicine and Surgery



**TRANSFUSION-FREE
TRIPLE BYPASS SURGERY**

PAGE 2

**MEET OUR
NEW DIRECTOR OF
HEALTH EQUITY**

PAGE 7

COMPLEX BLOODLESS SURGERY FOR A

Rare Cancer

PAGE 4

TAKING THE BYPASS TO *Better Health*

Despite multiple heart procedures, Henry Robertson experienced low energy. He found a long-term solution in bloodless cardiac bypass surgery.



Adam Arnofsky, MD

Henry Robertson, now 61, had always been energetic and active. The middle school teacher from Bayonne, New Jersey, enjoyed playing basketball with his students and spending time with his wife, Nelly. But six years ago, Henry noticed that he was getting winded during normal activities, and he felt that something was wrong.

“I initially thought I was just getting older,” Henry says. “But when I noticed these symptoms happening on a regular basis, I told my doctor.”

Henry’s doctor referred him to a local cardiologist, who performed a minimally invasive procedure called a cardiac catheterization to identify any blockages or narrowed areas in the arteries. When the doctor found three blockages—which were preventing oxygen-rich blood from reaching his heart—the doctor performed a catheter-based angioplasty procedure to remove the blockages. Three mesh tubes called stents were placed at the blockage sites to provide support and keep the artery from reclosing.

The procedure brought relief for a time, but three years later, Henry’s symptoms returned. He went back to the cardiologist and received two more stents. When the symptoms returned a third time in August 2023, Henry’s cardiologist didn’t seem to think there was anything wrong. Henry disagreed.

The Search for Bloodless Care

Henry found a new cardiologist for a second opinion, and that cardiologist placed yet another stent. However, this time, the cardiologist also recommended open-heart surgery to correct blockages on the left side of Henry’s heart.

Henry was fine with the recommendation, but there was one very serious problem.

“The surgeon I was referred to could only promise to do his best to perform the procedure without blood, and that made me nervous,” says Henry, who declines blood transfusions because of his faith.

Once again, Henry sought a second opinion. This time, his research led him to The Bloodless Institute at Englewood Health, where he met Adam Arnofsky, MD, Chief of Cardiothoracic Surgery at Englewood Hospital.

Dr. Arnofsky examined Henry’s case and agreed with the previous cardiologist. The left side of Henry’s heart had three significant blockages, and bypass surgery provided a good long-term solution.



Henry and Nelly Robertson

Most importantly, Dr. Arnofsky had extensive experience with bloodless surgery, which put Henry at ease.

“Dr. Arnofsky guaranteed that my bypass surgery would be bloodless,” Henry says. “He’d performed many of these surgeries without blood transfusions in the past, and that gave me confidence going into the procedure.”

Building Up for Better Strength

In the weeks leading up to surgery, Henry visited The Bloodless Institute for a series of injections that helped ensure Henry had optimal blood health before his surgery.

“We take time to boost patients’ iron and red blood cells ahead of surgery,” Dr. Arnofsky says. “This way, patients will usually be okay if they lose a little blood during surgery, because they have a really high blood count to start with.”

Now ready for the procedure, Henry had triple bypass surgery on January 31—six years after his symptoms began. The procedure went smoothly.

The day after surgery, Henry was out of his hospital bed and on his feet. Nelly stayed by Henry’s side in his room throughout his hospitalization, which Henry compared to a hotel stay. After approximately one week, Henry returned home.

Once there, he began a walking routine at a nearby park. At first, he could only walk for a quarter of a mile. Less than two months later, he had worked his way up to a mile. Not only is he walking farther, he’s also walking faster.

“I’m still recovering, but I’m not winded anymore,” Henry says. “I feel energetic.”

Singing the Praises of His Team

Henry is thrilled to regain his energy levels, and Dr. Arnofsky is pleased with Henry’s progress as well.

“Henry’s procedure went well, and he’s recovering nicely,” Dr. Arnofsky says. “Now that we’ve bypassed his clogged arteries, he should have smooth sailing going forward.”

Henry is back at work, teaching and training the next generation. No matter how much time passes, he’ll always be ready to sing the praises of Dr. Arnofsky and his entire care team at The Bloodless Institute.

“I’ve been to many hospitals as a patient and a visitor, but by comparison, every staff member at The Bloodless Institute was kind, professional, and ready to go above and beyond,” Henry says. “I had heard that the team at The Bloodless Institute was good, but I thought people were exaggerating. They weren’t. If anything, people *understated* how good The Bloodless Institute staff really is.”

BLOODLESS FOR ALL

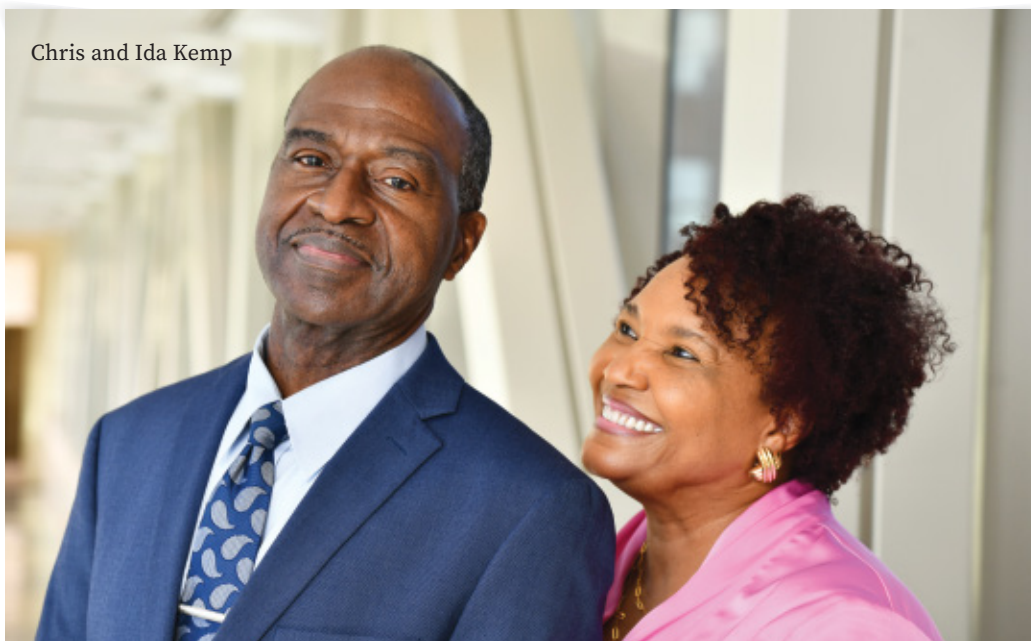
Wondering if we offer a procedure you need? According to Adam Arnofsky, MD, Chief of Cardiothoracic Surgery at Englewood Hospital, the answer may well be yes.

“If you’re interested in bloodless surgery, it’s worth a consultation with surgeons at The Bloodless Institute,” he says. “We’re used to performing bloodless surgery in all sorts of circumstances. We can treat even the most complex cases without blood.”

Looking for transfusion-free heart surgery? Call Englewood Health at 888-766-2566 to learn more about procedures available at The Bloodless Institute.

Rare Care

Chris and Ida Kemp



After a diagnosis of a rare form of cancer stunned Chris Kemp, a complex surgery by a skilled team helped restore his health.

During the summer of 2023, Chris, an operation service specialist from Jersey City, New Jersey, visited his primary care physician (PCP) for his annual physical. When he mentioned that he'd been having persistent back pain, his PCP referred him to an orthopedist.

"The orthopedist ordered some x-rays of my spinal cord, which showed some issues related to aging and arthritis," Chris says. "The orthopedist also sent me for physical therapy. Later, when I saw her again, she asked if the pain had gotten any better, and I said, 'Not really.' She ordered an MRI to take a closer look at my back. It showed a huge mass over my left kidney."

Finding the Right Expert

A subsequent CT scan revealed a 13-centimeter tumor on Chris' left adrenal gland, one of two hormone-producing glands that sit atop the kidneys. With a referral from his PCP, Chris visited Ki Won Kim, MD, an endocrine surgeon at Englewood Health.

Dr. Kim, in turn, arranged for Chris to meet with a surgical oncologist with extensive experience in removing large tumors: Steven 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.

Dr. Brower knew Chris' case was anything but straightforward. At first, the evidence seemed to point to an adrenocortical carcinoma, a type of adrenal gland cancer. The final pathology report, however, revealed that Chris had a pheochromocytoma, a rare tumor that arises from cells in the adrenal glands. (See "5 Facts About Pheochromocytomas.") Removing the cancerous tumor would be a complicated endeavor.

A Team Effort

Last fall, during a successful surgery lasting more than seven hours, Dr. Brower removed Chris' adrenal tumor, spleen, left kidney, and left diaphragm, as well as major portions of his pancreas and colon. Dr. Brower was assisted by endocrine, thoracic, and vascular surgeons, along with a urologist. The team used a variety of techniques to ensure the procedure was bloodless, including hemodilution and cell salvage, as well as a variety of surgical tools that help limit blood loss.

In the waiting area, Chris' wife, Ida, tracked his status on a monitor using a unique identification number. She also received periodic calls from Dr. Brower with updates about her husband. She appreciated Dr. Brower's attentiveness both during and after surgery, when he and other physicians on Chris' care team regularly visited him during his 13-day hospital stay.

The work of the team at The Bloodless Institute at Englewood Health impressed the Kemps.

“The representatives from The Bloodless Institute were an excellent support team,” Ida says. “Not a day went by during Chris’ hospital stay that someone from The Bloodless Institute wasn’t visiting him and checking on his progress. We had awesome support.”

Positive Outlook

Fortunately, Chris didn’t require further treatment after surgery.

“I thought I would have to go for chemotherapy, but it turned out that I didn’t,” he says. “The medical team made sure my remaining kidney was functioning successfully. I just go for follow-up visits with an endocrinologist now.”

After returning to work earlier this year, Chris says that life is back to normal.

“I was with Chris every day in the hospital,” Ida says. “He had such a thorough team. Everyone was very attentive and caring. We couldn’t have asked for a better team, and I don’t think we could have received such high-quality care anywhere else. Englewood Hospital is top-notch. I wouldn’t trade it for anything.”

Dr. Brower says a surgery as complex as Chris’ should only take place in a large, dedicated cancer center with a team of clinicians experienced in using the most advanced techniques.

“We see patients like Chris from virtually every corner of the U.S.,” Dr. Brower says. “Our surgeons, anesthesiologists, and hematologists are completely comfortable with the care of bloodless patients. Bloodless cases like Chris’ aren’t *rare* events at Englewood Health. They’re *weekly* events.”

Visit www.EHnoblood.org to find out more about why The Bloodless Institute is an excellent destination for the most complex surgeries.



Steven Brower, MD

“IF YOU ARE A BLOODLESS PATIENT AND YOUR CURRENT CARE TEAM AT ANOTHER HOSPITAL IS HESITANT OR IS GIVING YOU PUSHBACK ABOUT YOUR CARE, THEN YOU NEED TO CONTACT OUR BLOODLESS PROGRAM. HERE, YOU WILL BE CARED FOR WITH THE HIGHEST LEVEL OF CONCERN FOR YOUR BLOOD MANAGEMENT WISHES.”

—Steven 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

5 FACTS ABOUT PHEOCHROMOCYTOMAS

- 1. Pheochromocytomas begin in hormone-producing cells of the adrenal glands.** Known as chromaffin cells, they release hormones called catecholamines, which include adrenaline and noradrenaline. These hormones control your fight-or-flight response during times of intense stress.
- 2. These tumors are usually benign.** Most pheochromocytomas aren’t cancerous, and very few spread to other organs or tissues.
- 3. Symptoms can come in surges.** Pheochromocytomas can cause the chromaffin cells to flood the blood with hormones. When this happens, patients can experience a rush of symptoms that may include headaches, high blood pressure, and a rapid or fluttering heartbeat.
- 4. Some cases are inherited.** The causes of a pheochromocytoma aren’t always known, but around 40 percent of cases occur due to genetic changes passed on from parents to children.
- 5. Surgery is common.** In most cases, physicians recommend surgery to remove a pheochromocytoma.

“WHAT WAS SUPPOSED TO BE JUST A REGULAR PHYSICAL FOR MY HUSBAND TURNED OUT TO BE SOMETHING BIGGER THAN THAT, AND IT WAS VERY SCARY. THE DOCTOR KNEW CHRIS WOULD NEED BLOODLESS CARE, SO SHE SET US UP RIGHT AWAY WITH A DOCTOR AT ENGLEWOOD HOSPITAL.”

—Ida Kemp, wife of patient Chris Kemp



No Place Like *Englewood Health*

Wanda Lloyd lives in Jersey City, New Jersey, close to several hospitals. But to her, Englewood Hospital is well worth the 40-plus minute drive.

Wanda was at work in New York City in May 2022 when she started feeling dizzy, having chest pain, and being short of breath. She knew she needed medical attention, but she didn't want to go to a hospital in the city. Wanda wanted care at Englewood Health from a team she has grown to trust over the past two decades.

Once she made it to the emergency room at Englewood Hospital and talked with the doctors, Wanda learned that her condition was more serious than she realized.

"They said that if I hadn't gotten to the emergency room when I did, I wouldn't have made it," Wanda says. "They found that I had fluid under my heart. I had emergency surgery the next day and spent six days in the hospital."

Having great bloodless care is critical to Wanda, and that's why she always prefers Englewood Hospital.

"They really care about their patients," she says. "The care you receive is so personal, and they do everything they can to make you feel comfortable. Even the emergency room is different than in other places. I tell everyone to go to Englewood Hospital if they can get there safely."*

Like Family

Wanda, who does not accept blood transfusions for religious reasons, discovered Englewood Hospital after being invited to a bloodless seminar in Newark, New Jersey, in the mid-2000s, where she met several Englewood physicians.

"Getting bloodless care is very important to me, and I love

everything about Englewood," Wanda says. "The people are so nice, and the attention to detail is amazing. Even when I was there for just a colonoscopy, someone from The Bloodless Institute came to make sure that all of my bloodless forms, including my advance directive, were in order."

One-of-a-Kind Care

Wanda remains extremely grateful that she found Englewood Hospital. She has been a frequent patient over the past few years, in part due to a condition called pericarditis, which causes inflammation around the heart. During 2023 alone, she was hospitalized 10 times.

"Every time I've been to Englewood Hospital, the nurses are so understanding," she says. "I've been in a lot of pain, and they really try to help me. It's more like a family than a hospital."

Wanda is also thankful that she is now able to see some Englewood providers close to her home in Jersey City, including a hematologist, rheumatologist, and pulmonologist.

"I tell people that even if I have to crawl to Englewood Health, I'm still going to go there," she says. "I've never experienced that kind of care anywhere else."

To find out more about our bloodless medicine program, visit www.EHnoblood.org.

**In the event of an emergency, call 911 and go to the nearest hospital. You or your healthcare agent can call The Bloodless Institute to request a possible transfer or seek a consultation with a bloodless physician.*

Introducing Anita Ramsetty, MD

Our new Director of Health Equity is working to improve care for everyone.



Anita Ramsetty, MD

In the fall of 2023, Anita Ramsetty, MD, was appointed as Englewood Health's first Director of Health Equity. With 20 years of experience as a board-certified endocrinologist and administrator, Dr. Ramsetty is well poised to make health care more accessible for our patients and community.

"I'm excited about my new role at Englewood Health,"

Dr. Ramsetty says. "There's such a diverse population of patients, and I am looking forward to creating new ways to serve our patients from different communities and varied backgrounds."

What Is Health Equity?

Health equity includes addressing challenges that people may face in accessing health care, such as finances, cultural or language barriers, transportation, and other concerns—including how well they understand the medical information given to them. We often think of health care as medications and procedures, but the reality is that it's more than that: All aspects of our lives affect our health.

"The goal is to level the playing field so more people have better access to all of the services we offer," Dr. Ramsetty says.

Englewood Health is committed to doing its part to achieve health equity by investing in resources, infrastructure, and programs to achieve better health outcomes for all communities.

Continuing the Battle

Health equity isn't a new concept at Englewood Health. In 1994, a team of healthcare providers at Englewood Hospital established The Bloodless Institute to ensure that Jehovah's Witnesses—a group often discriminated against because of their refusal to accept blood transfusions—could receive innovative health care that was equal to that received by other populations. Today, The Bloodless Institute is a world-renowned leader in bloodless care and provides guidance to other organizations establishing similar programs. Building on the success of The Bloodless Institute, Dr. Ramsetty will help lead the charge at Englewood Health to improve access to care for all of the patients we serve.

"Fostering diversity and inclusion in health care has never been a more pressing goal," says Hillary Cohen, MD, Senior Vice President for Medical Affairs at Englewood Health. "Under Dr. Ramsetty's guidance, Englewood Health will implement targeted interventions designed to improve health outcomes and health equity for our communities."

Visit www.EHnoblood.org to learn more about how *The Bloodless Institute provides outstanding care to patients for whom blood transfusions aren't an option.*

EXAMPLES OF HEALTH DISPARITIES IN THE UNITED STATES

In a survey, about **one in five Black adults** and **one in five Hispanic adults** reported that they were unfairly treated while accessing health care for themselves or a family member during a one-year period.

Black and American Indian and Alaska Native women have the **highest levels of pregnancy-related death**. The death rate of Black infants is more than **double** that of white infants.

About **80 percent** of older adults find medical forms or charts confusing, which can make it difficult for them to understand their health options.

About **25 percent of Hispanic adults** report that it is either very difficult or somewhat difficult to find a doctor who explains things to them in a way that is easy to understand.

Less than half of people who have a mental illness get the counseling or mental health treatment they need.



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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Blood: Your Liquid ORGAN

It's time to think differently
about your body.

You might be surprised to learn that blood is now considered an organ by many doctors.

“An organ is a particular set of cells and tissue that work together to accomplish something,” says Sherri Ozawa, MSN, RN, consultant in patient blood management and bloodless medicine and surgery for The Bloodless Institute at Englewood Health.

“Your blood is more than connective tissue, as has been taught in the past. Blood is the organ that all other organ systems depend on to survive.”

Treating your blood like an organ means prioritizing its health, just like your heart or your lungs.

“Be aware of your blood count and have conversations with your healthcare provider about it,” Ozawa says. “That’s a great place to start.”

Infographic created by S. Reed; S. Ozawa, MSN, RN; D. Manning; and the Society for the Advancement of Patient Blood Management

