

# CHOICES

## BREAST CARE AT *Its Finest*

Imagine finding a lump in your breast while doing your monthly self-breast check. While anxiety may immediately set in, the staff at The Leslie Simon Breast Care and Cytodiagnosis Center at Englewood Hospital and Medical Center is here to help you as fast as possible so you can quickly learn your diagnosis.

**CONGRESS RECOGNIZES THE CENTER** as a national model for breast cancer diagnosis and treatment. With an expert team of pathologists, surgeons, nurse practitioners, oncologists, and radiologists, each of The Center's patients is guaranteed an individualized treatment plan that will offer the best course of action for treating breast cancer—including those who desire blood management and transfusion-free treatment.

Because of The Center's close affiliation with The Institute for Patient Blood Management and Bloodless Medicine and Surgery, patients for whom blood transfusions aren't an option will be able to receive seamless care throughout the diagnosis and treatment processes. They can be assured that whether they need chemotherapy, radiation therapy, or surgery, The Center and The Institute are able to coordinate every level of their care.

"We have very compassionate, talented staff members who are highly skilled in their practice," says Christine Weiselberg, DNP, FNP-BC, Administrative Director of the Center. "Our renowned reputation allows us to serve as a model for breast centers around the world."

### Diagnosis in Minutes

Not all breast lumps are cancerous, but the sooner it's determined whether or not one is, the better the chances are for a positive outcome. The Center has been acknowledged for its ability to detect tumors half the size of those detected at 95 percent of all other institutions in the country. In fact, The Center diagnoses more stage 0—non-invasive cancer that hasn't spread—cases than any other facility in New Jersey.

"If a woman walks in and says she found a lump in her breast, we will see her right away," says Miguel Sanchez, MD, Medical Director of The Leslie Simon Breast Care and Cytodiagnosis



Mindy Goldfischer, MD, and Miguel Sanchez, MD



Center and Chief of Pathology at Englewood Hospital and Medical Center. "We're able to provide immediate care so she doesn't have to make multiple appointments and wait anxiously."

The Center provides many options for diagnosing lumps in the breast that are not only precise and accurate, but also performed in a manner that meets the needs of bloodless medicine patients.

The Center is equipped with state-of-the-art technology in the all-digital mammography center. These machines provide clear, precise images for radiologists to review accurately and quickly. When a mammogram reveals the need for additional testing, patients can receive an ultrasound or fine needle aspiration the same day.

Fine needle aspiration is a quick and usually painless procedure that often allows patients to avoid surgical biopsies. The Center keeps cytopathologists on staff full time, which allows them to take the sample and read the results immediately.

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**The Institute for  
Patient Blood Management &  
Bloodless Medicine and Surgery**

Englewood Hospital and Medical Center

“Fine needle aspiration allows for an immediate diagnosis. When a patient is struggling with the stress of what she may face, the last thing she wants to do is wait,” says Daniel Markham, Vice President of Diagnostic and Therapeutic Services. “These services allow us to provide a sense of promptness and security and ease the burden, which all tie in with our philosophy of humanistic care.”

### Special Treatment for High-Risk Patients

The Center also specializes in treating high-risk breast cancer patients.

“Someone who has at least one first-degree relative, such as a mother or sister with a history of breast cancer, is considered high-risk,” says Mindy Goldfischer, MD, Associate Medical Director and Chief of Breast Imaging. “For these women, we’re able to perform genetic testing and assess their risk to detect cancer in its earliest, most treatable stage.”

Each patient meets with a health-risk assessment analyst, who helps create a personalized prevention plan and ensures that

all bloodless requests are met. The Center is equipped with an Aurora 1.5 Tesla dedicated breast magnetic resonance imaging system, which is specially designed for high-risk patients and can detect even the smallest lesions.



Daniel Markham, VP of Diagnostic and Therapeutic Services

### Making Patients a Priority

From the moment you enter The Center, you are not just a number. Each patient who tests positive for breast cancer has her case reviewed by an entire team of experts, who then develop a personal treatment plan.

“The team approach enhances our ability to treat each patient successfully,” says Dr. Sanchez. “Each patient deserves the attention of all of our experts.”

The Center also remains open until 8 pm Monday through Thursday to make appointment times more convenient for patients.

For more information about The Center or to schedule a screening, visit [www.bloodlessmed.com](http://www.bloodlessmed.com) or call 1-888-766-2566.



## WHAT IS A FINE NEEDLE ASPIRATION?

For patients seeking a bloodless approach to breast cancer diagnosis, The Leslie Simon Breast Care and Cytodiagnosis Center has a method that can not only help you avoid a surgical biopsy, but also deliver accurate results within 24 hours. If a lump is discovered in the breast, a fine needle aspiration can be used to quickly test cells and determine if it’s cancerous. During a 10- to 20-second procedure, an expert cytopathologist will insert a fine needle—one that is smaller than the needle used to draw blood—into the lump and remove cells. The same cytopathologist will then review the cells under a slide, and a preliminary diagnosis can usually be made in well under an hour.



The American Cancer Society recommends women have one baseline screening mammogram between ages 35 and 40. Women 40 years and older should have an annual mammogram.

# AGAINST THE ODDS

Born more than three months premature, tiny Ethan Caldwell had to fight for his life from the minute he was born. Thanks to the staff of the Neonatal Intensive Care Unit (NICU) at Englewood Hospital and Medical Center, Ethan won his battle and is thriving today.

**THE AVERAGE WEIGHT FOR** a healthy newborn is between six and eight pounds. Because Ethan had to be delivered early—his mother faced a serious medical complication—Ethan's birth weight of just 2.3 pounds meant his immediate and long-term health were in serious jeopardy.

"The typical gestation for a healthy baby is 40 weeks," explains Elizabeth B. Carlin, MD, Clinical Assistant Professor of Pediatrics at Mt. Sinai School of Medicine and Acting Section Chief for the Division of Neonatology at Englewood Hospital and Medical Center. "Born more than 12 weeks early, Ethan was at an extremely high risk for respiratory infection and developmental concerns—both of which can be life-threatening for an infant. Because of these risks, timely medical care in the NICU was essential to stabilize Ethan's condition."



## Getting the Right Help

Jehovah's Witnesses by faith, Ethan's parents, Linda and Isiah, wanted to ensure their son could get the NICU treatment he needed in a manner that adhered to their religious beliefs. Ethan was able to access the technology and clinical excellence in bloodless techniques offered by physicians affiliated with The Institute.

Because he was unable to breathe on his own at the time of his birth, Ethan received a daily regimen of antibiotics and respiratory support designed to help him breathe, gain strength, and grow. From his birthday on January 24, 2011, to the day of his discharge from the hospital on April 3, Ethan slowly overcame the odds, gaining weight



*Elizabeth Carlin, MD, with the Caldwells*

and getting healthier. By the time he left the hospital, Ethan weighed more than 5 pounds and could breathe on his own.

Thanks to the NICU at Englewood Hospital and Ethan's perseverance and strength, he now weighs more than seven pounds.

"It was astounding to see the transformation our son made," says Linda. "Just a few months ago, our son was fighting for his life, and today he is a healthy, happy baby. We credit our son's health to the focused care he received in the NICU at The Institute."

*To learn more about The Institute, visit [www.bloodlessmed.com](http://www.bloodlessmed.com).*



## A PASSION FOR HELPING OTHERS

**SHARON FRIED, MD, DERMATOLOGIST** at Englewood Hospital and Medical Center, always knew she wanted to help others.

“Since I love science, I decided early on that medicine was for me,” Dr. Fried says. “I entered medical school straight out of high school.”

At the Sophie Davis Center for Biomedical Education at City College of New York—a six-year combination BS/MD program—Dr. Fried interacted with people from many different cultures and backgrounds, which inspired her to work at The Institute for Patient Blood Management and Bloodless Medicine and Surgery.

“When I heard about the blood management program, I knew I wanted to show my support for people’s choices,” says Dr. Fried. “It’s gratifying to teach all people to take care of their skin.”

Dr. Fried, who enjoys studying piano and traveling with her four daughters and husband, isn’t the first person in her family to work at Englewood Hospital and Medical Center. Her mother-in-law is a retired pediatrician, her father-in-law is a retired dermatologist, and her husband is a general and vascular surgeon. Her family has supported the Englewood community for two generations.



*For a physician referral to The Institute, visit [www.bloodlessmed.com](http://www.bloodlessmed.com) or call 1-888-766-2566.*



## FULFILLING A MISSION

**DAVID MOSKOWITZ, MD, CARDIAC ANESTHESIOLOGIST** at Englewood Hospital and Medical Center, originally considered a career in business and economics in college. However, his interest in physiology—the study of how organs function—led him to change his career path from money to medicine.

Ten years ago, Dr. Moskowitz was approached by M.A. Ergin, MD, to assist in starting a cardiac surgical program at Englewood Hospital and Medical Center. The program was designed to show the State of New Jersey Department of Health and Senior Services that they could successfully perform a bloodless approach to cardiac surgery.

“We have been able to show the State of New Jersey that cardiac surgery was possible without the use of significant amounts of blood or blood products,” says Dr. Moskowitz. “Researching and preparing these concepts, along with educating the many physicians and support staff involved in the care of patients undergoing cardiac surgery, required total commitment.”

However, thanks to these focused efforts, all patients undergoing cardiac surgery at Englewood Hospital and Medical Center can now reap the benefits of undergoing bloodless cardiac surgery.

In addition to playing a vital role in the cardiac surgery program, Dr. Moskowitz has published multiple articles for cardiac surgery journals to educate other medical professionals about the safety and efficacy of blood conservation techniques in cardiac surgery.

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# A SHORT ROAD TO RECOVERY

Peggy Day's Florida vacation with her husband, Charles, was a success, but the ride back home to New Jersey proved turbulent. While making a quick stop at a friend's home in North Carolina, Peggy observed considerable amounts of blood in her urine.



**RATHER THAN STOPPING AT** an unknown local hospital, Peggy decided she and Charles would continue their eight-hour trip back home to their local physician.

"As we continued traveling, I experienced more pain and discomfort. When we finally made it home, I realized that I needed emergency care immediately," says Peggy. "I was treated at a local hospital [not Englewood Hospital and Medical Center], where they examined me and inserted a catheter, which provided me with some relief, and I was then sent home."

## Taking Action

The morning after the catheter was inserted, Peggy awoke in extreme pain.

"Charles decided to call a fellow member of our congregation who is involved with The Institute for Patient Blood Management and Bloodless Medicine and Surgery at Englewood Hospital and Medical Center, and he advised me to go straight to the emergency room there," says Peggy. "He called The Institute to let them

know that we were on our way, and when we arrived, we were given immediate attention."

Shortly after Peggy's arrival, Robert Simon, MD, a urologist at Englewood Hospital who is affiliated with The Institute, ran medical tests and determined there was a large mass on her right kidney that needed to be removed.

When Dr. Simon found out that Peggy had been taking medication that contained aspirin, he delayed the operation seven days so the aspirin wouldn't affect the blood.

"When Peggy came into the hospital with unknown pain, we diagnosed her with a large kidney mass that had infiltrated into the main blood vessel of the body called the inferior vena cava.

This blood vessel is important because it returns all of the blood from below the diaphragm back to the heart," says Dr. Simon. "She underwent an extensive procedure to remove the mass, but we were meticulous in our control over blood vessels so she didn't have any serious blood loss."



Robert Simon, MD

## A Short Recovery

"Dr. Simon and the entire staff at The Institute respected and honored my beliefs while providing me with excellent care," says Peggy. "The staff explained every step leading up to the operation, and I feel truly grateful for the care bestowed upon me."

After her surgery on a Monday, Peggy was able to return home on Friday of the same week. She lost very little blood during surgery and was able to maintain normal post-operative blood levels, ensuring a quick recovery.

*If you would like to learn more about the success of bloodless services offered at The Institute, visit [www.bloodlessmed.com](http://www.bloodlessmed.com) or call 1-888-766-2566.*



**The Institute for  
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