

ISSUE 2 | 2023

Choices

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Institute for Patient
Blood Management and Bloodless
Medicine and Surgery

SLEEPING SOUNDLY AFTER

Bloodless Surgery

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WITH BLOODLESS
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Compassionate Care

FROM DAY ONE



Daniela, Frank, and Sarina Rizzi

“EVERYONE KNEW SARINA WAS IN THE BLOODLESS PROGRAM AND UNDERSTOOD THE PROTOCOLS, SO THERE WERE NO SURPRISES. THE STRUCTURE AT THE BLOODLESS INSTITUTE AT ENGLEWOOD HOSPITAL IS AMAZING IN THAT REGARD.”

—Kevin Ende, MD, ear, nose, and throat surgeon with The Bloodless Institute at Englewood Health



Kevin Ende, MD

jumping on the trampoline, and trying to keep up with her older sister and cousin.

When Sarina was around age two, her parents noticed she was having difficulty breathing at night.

“Several times a week, sometimes twice in one night, Sarina would wake up with excessive coughing and then start throwing up,” Daniela says. “It was heartbreaking to hear her gasping for air, and it got so bad she was afraid to take naps or go to sleep at night.”

Diagnosis and Disappointment

A sleep study in October 2022 revealed Sarina had acute sleep apnea—a condition that causes people to stop and start breathing repeatedly as they sleep. It was determined that surgical removal of Sarina’s tonsils and adenoids was the best course of treatment.

In December 2022, the family gathered at their local hospital, and Sarina was prepped for surgery. When the anesthesiologist balked at the family’s requirement for bloodless surgery, their surgeon canceled the procedure.

Like many toddlers, three-year-old Sarina Rizzi is always on the move. Sarina lives on Long Island, New York, with her parents, Frank and Daniela, and enjoys swimming,

“Sarina could not understand why the doctors would not help her that day,” Daniela says. “We contacted the Hospital Liaison Committee for Jehovah’s Witnesses and were referred to Englewood Hospital.”

Treatment at The Bloodless Institute

Kevin Ende, MD, ear, nose, and throat surgeon with The Bloodless Institute, explained Sarina’s condition and the pros and cons of surgery in detail. Sarina’s surgery was performed on January 12, 2023, and after overnight monitoring of her breathing she was back at home the next day.

“When a patient enters the bloodless program here, there’s a discussion with everyone involved in their care, from pre-op all the way through the entire hospital stay, so we’re all on the same page and able to ensure they receive bloodless care,” Dr. Ende says. “Sarina then came to see me two weeks after the procedure so I could check and be sure everything had healed all right, which it did, and she told me all the good news about how she was recovering. The sleep apnea seemed to have disappeared.”

Sarina is no longer afraid to fall asleep, and her parents sleep better, too.

“Everyone at The Bloodless Institute made sure my daughter was very well taken care of, while honoring our wishes,” Daniela says. “I want parents to know you don’t need to settle; you should be able to find a doctor who will work with you and will respect your wishes, religious or personal, no matter what the case may be.”

Visit www.bloodlessmed.org or call 888-766-2566 to be connected with a bloodless medicine provider.

Staying True to Her Calling



Growing up in the Philippines, Ria Lim, MD, was sure of one thing: she wanted to be a physician someday.

An endocrinologist at Englewood Health, Dr. Lim was immersed in the world of health care from an early age. She often accompanied her parents as they organized medical outreach programs in rural areas. Those trips inspired her to work toward a career in medicine.

“I was amazed at the impact the visiting physicians were able to make on the lives of the local people,” Dr. Lim says. “Although I grew up with family members working in health care, they discouraged me from becoming a physician because they worried I wasn’t ready for the long hours in medical school and training. Thankfully, my love for medicine prevailed.”

Drawn to Endocrinology

After completing medical school at the University of Santo Tomas in the Philippines, Dr. Lim moved to the U.S. for an internal medicine residency at the University of Connecticut School of Medicine. She went on to complete a fellowship in endocrinology at the same institution. She enjoys the diversity of endocrine conditions and the lasting connections she forges with patients while helping them manage these diseases.

“Endocrinology is a multisystemic specialty involving a range of different organs, and this compels me to treat the whole person,” Dr. Lim says. “As an endocrinologist, I’m exposed to a variety of conditions. Some are common and have an impact at the

community level. Others are rare with interesting symptoms.”

As part of The Bloodless Institute, Dr. Lim ensures that her patients’ wishes for bloodless care are respected when they are in her office, and she works with other providers to make sure her patients are at their optimum health to minimize blood loss during their procedures.

Advocate for Education

Dr. Lim treated patients in Connecticut for several years before joining Englewood Health in 2018. She diagnoses and treats a variety of conditions, including diabetes, thyroid disorders, pituitary and adrenal diseases, and metabolic bone diseases, including osteoporosis. She also provides weight management services and collaborates with other specialists to optimize patients’ health before surgery. This prep work helps minimize blood loss during procedures.

“One of the most common diseases I treat is diabetes,” Dr. Lim says. “With managing diabetes, prescribing medications isn’t enough. Lifestyle modifications are part of the therapy plan. I always encourage patients to develop an understanding of their disease so we can be successful at managing it.”

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

“ENDOCRINE CONDITIONS TEND TO BE CHRONIC. AS A RESULT, I’M PRIVILEGED TO FORM LONG-TERM RELATIONSHIPS WITH PATIENTS AND HELP THEM IN VARIOUS STAGES OF LIFE.”

—Ria Lim, MD, endocrinologist at Englewood Health

A New Chance at Life in a *'New' Body*



Millie Rosado

After surviving breast cancer, Millie Rosado chose bariatric surgery to complete her healing.

When a worldwide pandemic began just a few months after Millie Rosado started her job as an administrative assistant at The Bloodless Institute at Englewood Health, she took things in stride.

“I’m a very happy, outgoing person, and I love to help people,” Millie says. “From the worst, I try to always make the best. I always have a smile on my face, regardless of what’s going on.”

That positivity came in handy when, in July 2020, Millie was diagnosed with breast cancer. Although the cancer was at an early stage, Millie still needed a double mastectomy. However, surgery to reconstruct her breasts didn’t go as planned.

“Everything that could have gone wrong, went wrong,” Millie says. “Basically, my body rejected the implants. My plastic surgeon told me he would need to perform a DIEP flap procedure.”

From One Surgery to Two

A DIEP flap surgery uses blood vessels, fat, and skin from the stomach to rebuild one’s breast. Millie’s surgeon recommended she lose weight before the surgery to make recovery easier. But between ongoing pandemic stress and her breast cancer treatments, Millie couldn’t keep the weight off.



James McGinty, MD

“Since my insurance was already going to cover the DIEP flap, he recommended that I look into weight loss surgery,” Millie says. “He told me that not only would the surgery make me healthier, it would lower any risks of the breast reconstruction procedure—and I’d also lose all the fat in my belly.”

In 2022, Millie decided to investigate bariatric surgery.

“At the time, Millie was more than 100 pounds over her ideal body weight and experiencing sleep apnea,” says James McGinty, MD, Chief of Surgery and Surgical Services at Englewood Hospital. “She had struggled with excess weight for years. Despite multiple attempts at losing weight through medical means, she eventually gained the weight back every time.”

Dr. McGinty recommended a sleeve gastrectomy for Millie, and she scheduled the procedure for early June 2022.

“Since I work at The Bloodless Institute, I had seen how many of our patients had gone to Dr. McGinty for bariatric surgery without complications,” Millie says. “But knowing he was a bloodless doctor was certainly important, because I knew if something went wrong, he would respect my personal and religious stance on blood transfusions.”

Successful for Weight Loss—for Good

Millie recovered quickly from the minimally invasive surgery.

“I felt as though I had gone to the gym and had done a hundred sit-ups, so I was a little sore,” Millie said. “But I only stayed one night in the hospital, and the staff was excellent.”

In the first nine months after surgery, Millie quickly lost 65 pounds. “She’s done very well,” Dr. McGinty says. “Usually, the weight loss continues for a year to a year and a half after surgery. Meanwhile, her blood sugar has improved and she no longer needs a CPAP machine for sleep apnea at night.”

Millie’s overall health has improved, too. She can easily walk places without running out of breath, and she has more energy to manage household chores and fun activities.

“It’s been one of the best things that has ever happened to me,” Millie says. “I have the ability to do so many things that I’ve always wanted to do. Also, my self-esteem has definitely gone up a bar or two. I’m able to wear clothing that fits, and I love how my face looks now.”

Millie plans to have her DIEP flap breast reconstruction later in 2023, hopefully after losing another 25 pounds. But she says that no one needs to wait for a cancer diagnosis before considering this life-changing surgery.

“Weight loss surgery is possibly one of the surgeries that no one wants to have,” Millie says. “But this is one surgery that can actually extend your life and make your health better. Having it here at Englewood’s Bloodless Institute, if you’re a bloodless patient, is the answer to all of your worries and concerns.”

If you or a loved one is interested in bariatric surgery, find out about the benefits of choosing The Bloodless Institute at www.bloodlessmed.org.

ARE YOU A CANDIDATE FOR BARIATRIC SURGERY?

Weight loss surgery isn’t right for everyone. But if you’ve had trouble losing weight and keeping it off, you may want to talk to a provider about your options.

“Bariatric surgery can extend life expectancy, and it’s as safe as gallbladder removal,” says James McGinty, MD, Chief of Surgery and Surgical Services at The Bloodless Institute at Englewood Health. Good candidates for surgery usually fall into one of three categories:

- Adults with a body mass index (BMI) of 40 or higher
- Adults with a BMI of 35 and one or more health problems related to their weight, such as diabetes or heart disease
- Adults with a BMI of 30 and hard-to-control Type 2 diabetes



Good Health Starts with

Good Food

Healthy eating can help you prevent diabetes and other chronic diseases—and live longer.



Mary O'Connor, MSN, RN

In the United States, about one in 10 people has diabetes. Another one in three has prediabetes.

“Prediabetes is a wake-up call,” says Mary O'Connor, MSN, RN, CDE, Diabetes Nurse Educator at Englewood Health and Program Manager for the Diabetes Education Program. “It means your blood sugar level is higher than normal, but not yet high enough to be diagnosed with diabetes.”

The good news is that if you have prediabetes, you may be able to prevent diabetes by making healthy lifestyle changes, including modifying your diet. If you have been diagnosed with diabetes, eating well can help you manage your blood sugar levels.

Understanding Diabetes

When you have diabetes, your body has a problem with insulin, the hormone that helps blood sugar enter cells so they can function properly. In Type 1 diabetes, your body produces little to no insulin.

However, about 95 percent of people with diabetes have Type 2, which means the body still produces insulin, but not as efficiently as it should. Insulin resistance means that the insulin your body produces is not doing its job as well as it should.

The Connection Between Food and Health

When the foods we eat are high in calories and low in nutritional value, we are at higher risk for gaining weight and developing many chronic conditions, including:

- Type 2 diabetes
- Obesity
- Heart disease
- Certain cancers
- Stroke

“Instead of thinking of it as going on a diet, we should think of it as healthy eating,” O'Connor says. “There's no such thing as a diabetic diet, just making healthy food choices and eating reasonable portions.”

Healthy Eating Tips

Whether you have diabetes, prediabetes, or just want to improve your diet, it's important to know what's in the foods you're eating. All foods are carbohydrates, proteins, fats, or a combination. These macronutrients are essential for the body to function, but some are much healthier than others.

Follow these general guidelines:

- Eat plenty of fruits and veggies.
- Opt for foods that are high in fiber, which can reduce the risk of diabetes, heart disease, and some cancers.
- Look for “whole grain” as the first ingredient when reading nutrition labels for foods like breads and pastas.
- Avoid processed foods.

“If a food label says refined or enriched, all the good stuff has been processed out,” O'Connor says. “Eating too many of these foods can lead to weight gain and insulin resistance.”

To learn more about Englewood Health's Diabetes Self-Management Program, visit www.engagewoodhealth.org/service/diabetes-self-management-education.



A Surgical Solution After a Year OF PAIN



Toni Jackson

When Toni Jackson learned she needed surgery, she knew there was only one place to turn.



Omar Syed, MD, FAANS

In 2020, Newark, New Jersey, resident Toni Jackson was training to become a bus mechanic for New Jersey Transit. When she had to remove and replace a bus tire during training, something happened.

“There was a pop in my lower back,”

she says. “I was 60 years old at the time and popping and creaking anyway, so I didn’t take it seriously.”

That changed when the pain worsened. Weeks and months passed, and Toni developed numbness in her legs and tingling in her feet. When walking became difficult, she dropped out of the mechanic training program.

Seeking a Solution

Initially, Toni’s doctor suspected a knee or leg problem, but physical therapy didn’t help. So Toni was referred to see Omar Syed, MD, FAANS, board-certified neurosurgeon with The Bloodless Institute at Englewood Health.

Fellowship trained in spine surgery and an expert in bloodless surgery, Dr. Syed ordered imaging exams for Toni. They showed a badly damaged back.

“By the time Ms. Jackson came to me, she’d been in pain for nearly a year, and it was progressively getting worse,” Dr. Syed says. “We found misalignment of the bones in her lower back and compression on her spinal nerves.”

Because physical therapy failed, Toni needed surgery. Having read success stories in *Choices* magazine, Toni was ready. She was cleared for the procedure, with no need for blood optimization.

Surgery and Stability

On July 6, 2021, Toni underwent spine surgery. Dr. Syed decompressed the nerves in her lower back by removing bone, and he realigned and stabilized Toni’s bones by inserting screws and rods to hold the bones in place. Additional stabilization was made possible by a small titanium cage that was also implanted in her spine.

Immediately after surgery, Toni was walking short distances on the road to recovery. Three days later, she was discharged to her sister’s house. After three more days, Toni returned home.

Six months later, Toni started a clerical position with New Jersey Transit. Whether at work or serving full time in her congregation, she’s not shy about her choice of hospitals.

“Where I live, I’m surrounded by hospitals, but when it came time for surgery, I didn’t think twice,” she says. “At The Bloodless Institute, they offer quality care and respect my wishes. It was the first and only choice for me.”

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—Toni Jackson



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Responding to the Need for Global PBM

By Sherri Ozawa, RN,
Consultant to The Bloodless Institute

In 2022, the World Health Organization (WHO) released an important directive titled “The Urgent Need to Implement Patient Blood Management.” In response, nations around the world began developing initiatives that support the better health of a patient’s own blood. This is a positive and dramatic change from efforts in the past, which were much more focused on the avoidance or “appropriateness” of transfusion. These new patient blood management (PBM) initiatives shift the attention to where it belongs—on detecting and treating anemia, avoiding bleeding and blood loss, and conserving a person’s own blood.

One country that has made great strides in PBM implementation is Portugal, which created a national education program on effective PBM approaches for doctors and nurses.

Another great example is the ongoing efforts in Southeast Asia, with Malaysia as

the central hub of activity. The Malaysian Society of Patient Blood Management created informative content for both healthcare providers and patients to better understand how to take care of this most precious resource, our own blood. I will have the privilege of speaking at their national meeting in July.

Straddling Asia and Europe, the nation of Turkey—despite its many economic challenges and a recent devastating earthquake—made impressive national efforts in PBM education and implementation. Other countries including Spain, Italy, China, Korea, Canada, the United Kingdom, and Germany have nationally supported, and expanding, PBM structures already in place. All of these global efforts expand the knowledge of non-blood medical and surgical techniques, positively impacting not only bloodless patients, but the entire world population.



Ankara, Turkey



Program discussion in Portugal