

9-8-2017

LVHN Weekly-Pocono

Lehigh Valley Health Network

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Recommended Citation

Lehigh Valley Health Network, "LVHN Weekly-Pocono" (2017). *LVHN Weekly-Pocono*. .
<http://scholarlyworks.lvhn.org/lvhn-weekly-pocono/2>

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Three LVHN Institutes Formed

This message is from Brian A. Nester, DO, MBA, FACOEP, LVHN President and Chief Executive Officer.

From offering the first trauma unit in the region

to starting heart surgery and much more, LVHN has set the standard for care and innovation in the region for many years. We are announcing another significant commitment designed to

advance our clinical services leadership, provide continuing medical education and pursue research that saves lives. We are increasing our commitment and fervor to combat heart disease, cancer and conditions that require surgical treatment through the development of the LVHN Heart Institute, LVHN Cancer Institute and LVHN Institute for Special Surgery.

The institutes will enable us to focus on conditions that impact many members of the community and will allow us to create better patient experiences and outcomes.

I'm excited to share with you how the formation of these institutes will help our community and why each of you, your family and friends should feel confident that the highest standards of care for these specialized services are available right here at LVHN.

WHAT IS AN INSTITUTE?

The word "institute" in successful health care organizations describes a location where clinicians of the highest caliber collaboratively conduct patient care, research and provider education at the highest level to better predict, prevent and combat disease. We are adopting the institute model because we have the necessary infrastructure, programs and partnerships in place to help our communities stay healthy and provide the most advanced treatment when needed. This includes our membership in the Memorial Sloan Kettering (MSK) Cancer Alliance, which offers the nation's highest standard of oncology care, access to key MSK clinical trials and integrated learning.



LVH–Cedar Crest will host the three institutes and serve as the hub where innovation, research and education originate. LVH–Muhlenberg, LVH–Hazleton, LVH–Schuylkill and LVH–Pocono will be members of each institute and provide patients with access to the institutes' distinct services and expertise in their respective communities.

WHO WILL LEAD THE INSTITUTES?

Each institute will lead with a clinical and operational dyad reporting to the Executive Vice President level of Tom Whalen, MD, Chief Medical Officer, and Terry Capuano, Chief Operating Officer. The leadership teams are as follows:

- ▶ **LVHN Heart Institute:** Ronald Freudenberger, MD, Physician-in-Chief, LVHN Heart Institute, and Vincent Tallarico, Vice President, LVHN Heart Institute
- ▶ **LVHN Cancer Institute:** Suresh Nair, MD, Physician-in-Chief, LVHN Cancer Institute, and Keith Weinhold, Senior Vice President, LVHN Cancer Institute
- ▶ **LVHN Institute for Special Surgery:** Raymond Singer, MD, Physician-in-Chief, LVHN Institute for Special Surgery, Brian Leader, Vice President, LVHN Institute for Special Surgery, and Dan Quay, Director of Service Line Development.

HOW DOES AN INSTITUTE MODEL BENEFIT OUR PATIENTS?

- ▶ **Teamwork** – The best and brightest doctors and clinicians meet regularly to share their expertise with one another and work together to care for the patient as one team.
- ▶ **Advanced Treatment and Education** – LVHN doctors provide the most advanced technology and techniques in treating the patient's condition. The team continues learning the most innovative approaches for care through ongoing formal training and medical education, and offers free programs and information about prevention, risk factors and screenings.
- ▶ **Research and Clinical Trials** – Doctors and clinicians consult the latest research to inform decisions based on the best and most current evidence available. Patients who qualify are able to participate in the latest clinical trials.
- ▶ **Access and Convenience** – Patients at all LVHN locations will have access to the services, resources and expertise from our institutes.

continued on page 2

WHY HEART, CANCER AND SPECIAL SURGERY?

We are focusing on cancer and heart disease because they are the top two causes of death in our region. LVHN leads the fight against these diseases, as well as other serious conditions that require surgery. Our focus is to provide the best access, service and outcomes to our patients by offering collaborative, innovative and specialized care.

People with heart conditions can take comfort knowing LVHN has the most experienced cardiologists and cardiac surgeons in the region, consistently ranking in the nation's top 1 percent for heart attack survival. Consider LVHN was the region's first to perform [transcatheter aortic valve replacement](#) (TAVR) and is recognized as a center for performing complex mitral valve repair surgery. We lead the region in the life-saving technology known as [ECMO](#) and have specialized programs in women's heart health, sports cardiology, advanced heart failure technologies, peripheral vascular and venous care and rhythm disturbance care. [Learn more about the breadth and depth of quality and expertise at the LVHN Heart Institute.](#)

People with cancer can have confidence knowing they have access to hundreds of life-saving and breakthrough clinical trials through our MSK partnership and other clinical relationships, and can receive surgical precision and comprehensive expertise through our [multidisciplinary clinics](#) for skin and soft tissue, upper GI, breast, prostate, lung and esophageal, and soon head and neck cancers. [Learn more about the breadth and depth of quality and expertise at the LVHN Cancer Institute.](#)

People who have serious illnesses that require surgery can be assured our surgeons have the most experience in the region, specializing in robotic and minimally invasive surgery for chest, cancer, obesity, esophageal reflux, colon and rectal conditions, hernia surgery and more. Our emphasis on minimally invasive,

leading-edge technologies, such as [robotic surgery](#), allows our patients to return to their work and lives more quickly. [Learn more about the breadth and depth of quality and expertise at the LVHN Institute for Special Surgery.](#)

BRINGING VALUE TO THE COMMUNITY

At the forefront of our everyday innovation is the overall expertise of the LVHN medical staff and nursing teams. Our institute physicians are top-notch. They have been published in the nation's most prestigious journals and trained at the nation's best academic institutions, including Mayo Clinic, Cleveland Clinic, Harvard Medical School, Cedars Sinai Medical Center, Dana-Farber Cancer Institute, Memorial Sloan Kettering and Moffitt Cancer Center. Since 2002, our Lehigh Valley hospitals and nurses have held the American Nurses Credentialing Center's [Magnet designation](#), the highest and most prestigious distinction a health care organization can achieve for nursing excellence and quality patient care. LVHN is the only Magnet-designated organization in the Lehigh Valley and surrounding region.

Our strong leadership and relentless pursuit of innovation coupled with the adoption of an institute structure deliver true clinical value to our community. We hope to instill confidence that LVHN has a sharp focus on our community's greatest health needs and provides unparalleled and convenient care close to home in these specialties. I have so much faith in LVHN – and all of you – that I bring my family here for all their health care needs. And you should too.

It's an honor for us to be able to validate our commitment to cancer, heart and surgical care in this manner. It's also another way for us to share the incredible work all of our colleagues do every day. Thank you for all you do for LVHN.

Free Hernia Screening



Colleagues and community members are welcome to attend a free hernia screening on Saturday, Sept. 16. Kathryn Wheel, MD – a minimally invasive, robotically trained general surgeon – will explain what a hernia is, the importance of early detection and the latest minimally invasive approaches for hernia repair. Wheel will also provide private, non-invasive physical exam screenings at no charge.

Saturday, Sept. 16 • 10–11:30 a.m.

Breakfast will be served.

Hughes Cancer Center, second floor

181 East Brown Street, East Stroudsburg

Reservations required: **888-402-LVHN (5846)**

POSITIVE PATIENT TESTIMONIAL

“I was admitted through the ED.

I was treated immediately. I feel blessed to have had your staff to take care of me.”

Ask the Doctor: Sudden Cardiac Death in Athletes

An LVH–Pocono physician is featured regularly in the *Pocono Record's Ask the Doctor* column. This week's featured physician is **Hakki Bolukoglu, MD**, a board-certified noninvasive cardiologist and medical director of LVH–Pocono's heart failure program. He specializes in cardiovascular diseases, congestive heart failure, nuclear cardiology and echocardiogram imaging.



Q. I've seen stories in the news about seemingly healthy young athletes dying suddenly from heart failure. How does that happen? As a college student involved in sports, should I be concerned?

A. There is a condition called hypertrophic cardiomyopathy which, simply put, is a diagnosis of someone with thick heart tissue.

Hypertrophic cardiomyopathy is the condition most associated with sudden cardiac death in athletes. In cases in which an athlete suddenly dies on the court or field because of heart failure, it's likely they had this condition. But because heart failure is complicated, other factors could have played into the unfortunate outcome.

I don't know if you specifically should be concerned, but it's good to be aware. Consider your own health history and family background first. If you have had heart issues in the past or if a relative has suffered with heart conditions, maybe you should be more cautious.

Do you have any symptoms? Shortness of breath upon exertion is the most common indicator of heart-related conditions and should not be ignored. Also, pay attention to how much water you are retaining. Retention of water in areas like the legs can also indicate larger heart issues.

It's also important to take a look at your lifestyle. Activities like binge drinking, drug use and smoking are extremely detrimental to the heart. Even if heart conditions do not run in your family, these activities can exacerbate the potential for developing one. So many young people get caught up in these kinds of activities and do not realize what they are putting on the line. Peer pressure really plays a

role in this too. Teens and young adults, especially college aged, face great pressure to binge drink and try drugs at parties, and with each sip or puff, they affect their bodies in many ways, including the heart.

Some less suspicious causes of heart conditions and sudden heart failure are viruses and disease. Human immunodeficiency virus (HIV), for example, has been known to lead to heart disease. Among the many reasons to monitor your sexual activity, protecting your heart is a compelling one; contracting HIV can cause death not only through the virus itself but also through the effect of the virus on cardiac activity.

Similarly, travelers can contract other diseases that can also lead to sudden heart failure. A little research when determining worldwide travel plans can be a life-saver.

More specifically to you as a student athlete, know that contact sports create a potential risk for heart conditions and sudden heart failure. Something as simple as getting hit in the chest with a baseball can cause a heart contusion and lead to death. In general, heart disorders are exacerbated by extensive physical activity.

None of this is meant to scare you, but to help you understand how sudden heart failure, especially in young adults, is complicated and unpredictable. Each case should really be handled individually, so the best advice I can give you (and any athlete) is to get your heart tested.

A simple EKG can give physicians enough information to know if there are any abnormalities in the heart. An EKG should reveal whether or not you have the thick heart tissue I mentioned, or anything else that would affect your athletic career.

Also, it would be helpful to know if your school has an onsite defibrillator. These life-saving devices have become more common on campuses across the nation, an effort that began right here through the Gregory W. Moyer Defibrillator Fund (gregaed.org).

Good luck in your upcoming season. Play hard, win big and stay healthy.

Don't Live With Pain

Are you living with pain, or do you know someone who is? You can learn how LVH–Pocono can help rid your life of pain at a free orthopedic event. Board-certified Orthopedic Surgeons Fred Barnes, MD, and Brian Powers, MD, will explain the causes of and treatments for:

- ▶ Shoulder pain
- ▶ Rotator cuff tear
- ▶ Wrist pain
- ▶ Carpal tunnel syndrome

Thursday, Sept. 21, 2017 • 5:30–7 p.m.

Dinner will be served.

Hughes Cancer Center, second floor

181 E. Brown St., East Stroudsburg

Reservations required: **888-402-LVHN (5846)**

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LVHN.ORG 888-402-LVHN

Lehigh Valley Health Network

Roundup of the Roundup

LVH-Pocono was the title sponsor of the Pocono Mountain Regional Emergency Medical Services (EMS) "Regional Roundup." Held at Skytop Lodge, the fundraiser benefited the important work done by this non-profit organization. The event included delicious food, raffle prizes and entertainment. Colleagues from LVH-Pocono and the health network attended, including a special visit by the MedEvac team. We are proud to support our local EMS partners and the incredible life-saving work they do every day in our community.

