

inspira **HEALTH**
FALL 2020



Inspira Welcomes

AMY B. MANSUE
President & CEO

INNOVATIONS

Providing Leading-Edge Care in Your Backyard.

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CAN YOUR HOLIDAY SEASON BE ENJOYABLE — AND SAFE? YES!

Protecting our loved ones is a priority this holiday season, and that includes making informed decisions about family and social gatherings. With COVID-19 activity rising across New Jersey, there are several things to consider to assess the risk and decide whether a more distant or virtual gathering is the best and safest approach.

AMY B. MANSUE
PRESIDENT AND CEO
INSPIRA HEALTH

- What is the level of COVID-19 cases and spread in your area? *(If your area is experiencing a growing number of cases, large holiday gatherings create a prime opportunity for COVID-19 to spread.)*
- How many people would attend the gathering? *(Smaller get-togethers are safer by limiting exposure, and making it easier to socially distance.)*
- Does your guest list include senior citizens or anyone with an underlying health condition? *(Both of these groups are more vulnerable to COVID-19. Surrounding them with other people at your gathering puts them at greater risk.)*
- Are the attendees all from the local area or would they come from other areas? *(Higher levels of COVID-19 cases and community spread in your location, or where attendees are coming from, increases the risk of infection and spread.)*
- How will attendees travel to the gathering – by car, plane or bus? *(Public transportation, or stopping at rest areas, increases exposures and brings that risk to your holiday gathering.)*
- Have the attendees been tested for COVID-19, and will they quarantine from the date of the test until the holiday gathering? *(This is a smart practice in identifying a core of close family and friends that want to socialize while protecting everyone.)*
- Is your gathering indoors or outside? How long will it last? *(Indoor gatherings bring a greater risk of transmission, and longer exposure to others also increases the risk. Indoor gatherings should not exceed more than 10 people.)*
- Will all attendees be willing to follow “the rules”? *(Personal actions like wearing a mask, hand washing, social distancing and staying home when sick are critical for a responsible holiday gathering.)*

If your answers to these questions raise concerns about the ability to keep your friends and family safe, consider other ways to celebrate the holidays this year.

Create a Holiday Bubble

A “bubble” during COVID-19 is a group of people who commit to safety practices that protect against the spread of the virus, and agree to interact only with bubble members who follow the same precautions. Creating your bubble requires preparation and commitment, that — if followed with discipline — could create a way to gather over the holidays with greater peace of mind.

- Identify the members of your bubble and make sure everyone is committed to following the safety precautions, including limiting exposure to anyone beyond the bubble.
- Two weeks prior to your gathering, begin your self-quarantine. Avoid exposure to anyone who’s not part of your bubble.
- Get a COVID test, and continue to self-quarantine.
- Even with a negative test result, continue to monitor for COVID symptoms. If you become sick, see a health care provider and get tested.
- Anyone with a positive COVID-19 test or signs of illness should bow out of the holiday bubble.
- Agree on the location and the ground rules for your holiday gathering, including face masking and social distancing. Consider who will cook, or whether attendees will bring their own separate food.
- Drive to your gathering if possible, and follow strict precautions if you must stop at a rest area or service station.
- At the holidays, continue to use common sense precautions with members of your bubble and respect the rules for your safe social gathering.

Your Vascular System is

60,000

inspira HEALTH VASCULAR INSTITUTE



DAVID LYNCH, M.D.



NAUVEED IQBAL, M.D.



HOLLY GRAVES, M.D.



TIMOTHY PILLA, M.D.



SANJAY KUMAR, M.D.

INSPIRA VASCULAR INSTITUTE DELIVERS ADVANCED CARE TO SOUTH JERSEY

The vascular system is made up of the veins and arteries that carry blood through the body. A healthy, efficiently-functioning vascular system is critically important to overall health and quality of life. When a vascular system is damaged by disease or injury, patients need prompt medical intervention, which could include vascular surgery or other therapies.

To bring advanced vascular care to patients and communities throughout South Jersey, Inspira has announced the Inspira Vascular Institute.

WHO IS AT RISK FOR VASCULAR ISSUES?

Anyone can have a vascular problem, but people with high cholesterol or those who smoke, are overweight or have diabetes, high blood pressure or kidney disease, may be at significantly increased risk. Age and family history can also make your chances of developing vascular disease higher.

For many years, Inspira has offered a wide range of preventive, screening, diagnostic and therapeutic vascular care at locations throughout the network. The Vascular Institute coordinates these services and spans three Inspira Health medical centers – Vineland, Mullica Hill and Elmer – so patients can get the care they need no matter where in our service area they live.

The Inspira Vascular Institute is led by [Nauveed Iqbal, M.D.](#), [Tim Pilla, M.D.](#), [David Lynch, M.D.](#) (see article on varicose veins on page 6), [Sanjay Kumar, M.D.](#), and [Holly Graves, M.D.](#)

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Miles Long

TITUTE | We Treat Every Inch.

Iqbal, a board certified general surgeon and fellowship trained in vascular surgery said that the Inspira Vascular Institute gives patients increased access to excellent vascular care. "Our team can provide high-quality vascular treatment, including surgery, managed medical therapy, minimally-invasive procedures and surgical reconstruction," he said. "Our patient population is aging, increasing the need for more complex vascular care. Now, when area primary care doctors or specialists need to refer patients for vascular care, they can be seen sooner – and closer to home."

INSPIRA EXPANDS VASCULAR TEAM

Inspira recently announced the addition of Holly Graves, M.D., a board certified general and vascular surgeon to the staff of the Vascular Institute. "We are very fortunate to have Dr. Graves join us," Iqbal said. "Adding talented, experienced physicians to our staff means that more patients can be seen sooner. The earlier we see people dealing with vascular disease, the greater the chance that we can help them recover and get back to their lives."

Graves said that the availability of high-quality care from vascular specialists is key for South Jersey patients. "At Inspira, you're going to see a vascular surgeon. Every procedure or therapy that you might need is right here. So when someone notices swelling or pain in their legs or feet or has a wound or ulcer that just won't heal, they can get started on the road to better outcomes by being seen at Inspira. Being seen early by a vascular surgeon can be the difference between saving or losing a limb."

Sanjay Kumar, M.D., board certified vascular and general surgeon, agrees. "Vascular health is not just a stent or one-time procedure," he said. "It requires comprehensive care and follow-up, often for months or years after a diagnosis or treatment. We provide not

only the surgical and medical expertise and experience our patients need, but we can also offer individualized education and counseling to help patients manage their conditions when they're home."

MINIMALLY INVASIVE SERVICES SPEED HEALING

Inspira Health's Vascular Institute has offered a wide range of endoscopic (or minimally invasive) vascular techniques, such as robotic surgeries, since 2010. A "minimally invasive" procedure is one in which the surgeon uses advanced imaging technology, operating through a small opening, rather than a large incision. These surgeries are designed to reduce scarring, minimize pain and speed up recovery time.

Iqbal said, "If we can help a patient with a minimally invasive surgery because we saw them before their disease progressed too far, we can not only set them up for a faster recovery, but we can help them potentially avoid the need for more complex procedures later."

Inspira has also recently ramped up its outpatient interventional radiology capabilities for vascular patients at the Inspira Surgical and Vascular Center in Vineland.

HYBRID OR: PATIENT CONVENIENCE AND SURGICAL EXCELLENCE

Inspira Mullica Hill features an advanced hybrid OR; a spacious surgical suite that includes medical imaging and radiologic equipment in addition to the traditional OR technology. Having these resources in one room means that more procedures, minimally invasive, open or both, are possible during one surgical session, without moving the patient or rescheduling a second surgery.

"Automation, imaging accuracy and software enhancements allow us to image multiple parts of blood vessel anatomy with a single injection," explains Pilla, a board-certified vascular and general surgeon. "Patients undergoing procedures in the hybrid OR also benefit from reduced use of contrast and less radiation exposure. It is state-of-the-art vascular care, right here, near home, for many of our patients."

By coordinating efforts and bringing more vascular surgeons and support staff to the region, the Inspira Vascular Institute is committed to delivering advanced vascular care to patients, quickly and without them having to travel far from home.

For more information about Inspira's Vascular Institute, go to <https://www.inspirahealthnetwork.org/vascular> or call 1-800-INSPIRA.

One common vascular condition is peripheral artery disease (PAD). PAD occurs when blood vessels become narrow and blood has a hard time flowing to limbs. If left untreated, PAD can lead to limb amputation. Bringing comprehensive vascular care to South Jersey means patients with symptoms of PAD can be diagnosed and treated at Inspira. Through our comprehensive PAD screenings program, Inspira's vascular physicians will be able to quickly define a treatment plan that fits the patient's needs. These screenings are offered at several Inspira Imaging centers across the region and at Inspira's three medical centers.

1-800-INSPIRA



MINIMALLY INVASIVE TREATMENT FOR VARICOSE VEINS

To help patients experiencing discomfort from varicose veins, Inspira surgeons are using radio waves, in a minimally invasive procedure called endovenous radiofrequency ablation (RFA). The procedure, which takes about 45-60 minutes per leg, requires only a tiny skin puncture, and patients can return to their normal activities the next day.

“RFA is proven to be safer than laser ablation, and it’s just as effective,” said [David Lynch, M.D., chief of the Division of General Surgery and assistant chief of Surgery](#). “It also results in less blood loss and quicker recovery than vein stripping, in which the vein is pulled out from under the skin.”

Varicose veins typically occur just under the skin in the legs, when blood pools or collects in the saphenous vein—the large blood vessel that runs near the inside surface of the leg from the ankle to the groin. The pooled/collected blood causes the vein to swell, twist and lengthen. Varicose veins are often an inherited condition, but they also can appear after childbirth.

According to Dr. Lynch, varicose veins can make it difficult for leg wounds to heal. Patients who also have an inflammatory condition called phlebitis may experience hot and tender areas over their veins.

“Most people seek treatment for varicose veins when the symptoms cause discomfort,” he said. “However, some want treatment for cosmetic or aesthetic reasons.”

A WIDE RANGE OF THERAPIES

When they come to Inspira for treatment, patients receive a full evaluation by an Inspira surgeon. She or he then creates an individualized treatment plan by using ultrasound to map the veins. Then, a local anesthetic numbs the entry point, and a catheter is inserted into the vein. A radiofrequency (RF) fiber is threaded through the catheter, and RF energy is used to heat and collapse the damaged vein.

Dr. Lynch noted that some patients with varicose veins may benefit from other therapies offered at Inspira. One example is sclerotherapy, a minimally invasive, in-office procedure in which medication is injected into the blood vessel, making it shrink. The procedure is particularly effective when used on smaller, more superficial veins.

“Inspira offers all of the state-of-the-art treatments patients need to address varicose veins,” concluded Dr. Lynch.



HEART AND LUNG EXPRESS: FASTER, MORE CONVENIENT CARE FOR COPD PATIENTS

Patients living with congestive heart failure (CHF) or chronic obstructive pulmonary disease (COPD) now have a new resource for more streamlined care at Inspira Medical Center Vineland.

The Inspira Heart and Lung Express Center allows patients who have been referred by their physician to be seen and treated faster and with personalized service because they can come directly to the center for routine or follow-up care.

Frank Bender, director of Cardiopulmonary Services for Inspira Vineland says,

“Patients can be seen and treated in the Express Care Center quickly, with an average turnaround time of approximately two hours. In most cases, a referring physician will call, notifying us that their patient needs to be seen. Our staff will call the patient and evaluate their symptoms, to make sure that they do not need to go directly to the emergency department. Then they will make an appointment for that patient to be seen in the center as soon as possible.”

GIVING PATIENTS WHATEVER THEY NEED

Once patients are enrolled, they can receive a wide range of care at the Center, including medications, treatments, x-rays or other tests. On arrival, they are evaluated by a registered nurse and may be seen by an available cardiologist, pulmonologist or other specialist if necessary. Patients experiencing acute symptoms may be transferred to the emergency department. In all cases, the patient's primary care provider is notified and kept in the loop the entire time. All appropriate Covid-19 precautions and protocols are being followed to make it safe for patients and staff at the Center.

Gladwyn Baptist, M.D., a cardiologist affiliated with Heart House (CADV), who has referred several patients to the center, said,

“This is a win-win. The staff at the Heart and Lung Express Center get to know the patients well, building trusting relationships with them. With regular interactions and close supervision, patients tend to be more compliant with their diets and medications. The Center staff provides us an extra set of eyes and ears to manage our patients with chronic conditions. They determine when patients need to come to the Center for administration of medications on an outpatient basis, in consultation with the appropriate specialist, preventing expensive ER visits and readmissions.”

Mark Gelernt, M.D., cardiologist and director of echocardiography for Heart House, agrees that patients benefit in multiple ways.

“They can be seen, diagnosed and treated for a range of issues without going to the ER or being hospitalized. It's comfortable, convenient and private. The staff is excellent and specially-trained. Taking care of patients and letting them go home is almost always better. Patients love it.”

Bender said thanks to participating physicians such as Dr. Baptist, Dr. Gelernt, and many of their cardiology and pulmonology partners and colleagues, the center has cared for and monitored patients that otherwise may not have been seen, achieving an extremely low (6%) hospital readmission rate. He encouraged patients who are interested in the Inspira Heart and Lung Express Center to ask their primary care provider or specialist for a referral.

ONLINE APPOINTMENTS MAKE SCHEDULING FASTER AND EASIER



Making an appointment with an Inspira Medical Group (IMG) physician just got more convenient. Inspira patients can now go online at Inspirahealth-network.org or use the MyInspira Mobile App to search for an IMG doctor, nurse practitioner or other healthcare provider using several criteria.

Tom Pacek, vice president and chief information officer at Inspira said,

“The new interface will allow patients to search for a provider by name or even type in - in plain language - a symptom or health issue they are having to get a list of IMG doctors or other caregivers. They will be able to search for providers by location, specialty, gender, types of insurance accepted and other criteria. They can then see time slots that are open and make their appointment.”

Patients can also use the system to get more information about the provider and her or his expertise and experience. It also provides basic information, such as driving directions, at the time the appointment is made.

Once an appointment time has been selected, it is put on the calendar for the office staff. Patients will receive an email confirming their appointment. Current patients will be sent - via email or text - links to verify that their information has not changed since their last appointment. (Staff will reach out by phone to patients who do not have access to text or email.) New patients will be sent links to complete the necessary paperwork prior to seeing the physician. Reminders of an upcoming appointment may come via text, phone call or email.

Of course patients can still simply call the office to make an appointment, Pacek said. “This is just one more tool we are offering to make seeing an Inspira provider, whether in person or via telehealth, simpler and more convenient for our patients.”

NEW AT INSPIRA

INSPIRA HEALTH CENTER SICKLERVILLE

FEATURED SERVICES:



COMING SOON TO INSPIRA:

INSPIRA HEALTH CENTER WOOLWICH

- FULL SERVICE IMAGING
- REHABILITATION SERVICES, PT & OT
- SLEEP CARE
- URGENT CARE
- PRIMARY CARE
- OBGYN SERVICES





PERSONALIZED BREAST CANCER SERVICE, CLOSE TO HOME

Nandini Kulkarni, M.D., says there is one thing she would like all breast cancer patients to know, especially after an initial diagnosis:

“All breast cancers are not the same.”

Kulkarni, medical director of surgical oncology at Inspira, said, “That is why we build a customized approach for each patient, taking into account not only the type of cancer, but their overall health and condition, lifestyle, family relationships and many other social and environmental factors. We know how to deliver successful surgery and treatment, but we also want to make things as comfortable and convenient as possible.”

MORE THAN JUST SURGERY

Today Inspira offers virtually every service a breast cancer patient needs, right in South Jersey. This includes a wide range of breast health programs as well as comprehensive diagnosis and treatment - medical and surgical - of virtually all types of breast cancer. The Frank and Edith Scarpa Regional Cancer Pavilion at Inspira Medical Center Vineland is a nationally accredited Breast Center. In 2020, the program expanded with the opening of the Inspira Leading-Edge Cancer Center on the campus of Inspira Medical Center Mullica Hill. Kulkarni sees patients at both locations.

Inspira has advanced imaging centers throughout the region. Dedicated cancer care teams, which include surgeons, oncologists, pharmacists, nurses, radiologists and other specialists see all patients. Nurse navigators in both Vineland and Mullica Hill guide patients through the entire process - before, during and after treatment - helping even with non-medical issues such as transportation and food insecurity.

The team can also connect patients with local support groups that offer a wide range of services. The goal is to deliver comprehensive cancer care, including genetic screening, prevention, detection, early disease management and on-going treatment.

“Our team treats people, not cases,” said Kulkarni, who is board certified in general surgery and complex general surgical oncology.

A “SAFETY NET” FOR PATIENTS

Linda Rogaczewski, a retired sales executive from Cedarville, NJ, said that her experience at Inspira helped steady her after a breast cancer diagnosis rocked her and her family.

“The idea of cancer was not on my radar. I had virtually no risk factors,” she said. *“But hearing that word puts you into a freefall. You have no idea what’s up or down.”*

Rogaczewski said that she began to feel remarkably at ease during her very first meeting with Kulkarni, to whom she was referred by her primary care physician, Olga Kaczaj, M.D., of Vineland. “Everyone took the time to really talk with me. I felt like Dr. Kulkarni and her team put me in a little safety net. They arranged for everyone I needed to see and just took all of the guesswork out of this for me. If I had a question, someone got back to me the same day. I never felt like they were just treating my disease. They were taking care of me.”



THE RIGHT DOCTORS, THE RIGHT TECHNOLOGY

One aspect of treatment that helped make Rogaczewski's experience a little less daunting is a technology called SAVI Scout, an advanced diagnostic tool designed for more precise surgery and a better patient experience. Inspira was one of the first adopters of the technology in South Jersey.

"It uses a tiny reflector that is inserted into the breast days or weeks ahead of the surgery," Kulkarni said. "It takes only a few minutes. Then, during surgery, we use a hand-held device to locate the reflector, pinpointing the area that we need to operate on. It is more comfortable, spares healthy tissue, can deliver a better aesthetic result and makes the day of surgery simpler, quicker and less uncomfortable."

Rogaczewski said that, for her, knowledge was empowering. "Dr. Kulkarni was very positive and optimistic with me, but she was also straightforward. She's the real deal. When I got my diagnosis, all I could think is that I wanted 'my tribe' to surround me and take care of me. Inspira gave me that."

For more information about any of the cancer programs at Inspira Health, please call 1-800-INSPIRA (1-800-467-7472) or go to <https://www.inspirahealthnetwork.org/cancer>.

Many people have questions about coming to any health care facility during the Covid-19 era.

Allison Lawyer, M.D. is a board certified radiologist who heads Inspira's breast imaging program. "From day one we did everything necessary to protect patients, family members or caregivers who were coming to appointments," she said.

"We asked the right screening questions, had people wait in their cars until they could be seen and moved some appointments to less busy hours. Our rigorous cleaning procedures were, of course, already in place. We know this can be a scary time, but with the guidelines we follow, you shouldn't let fear stop you from coming in. We've got this down."





LOCAL SURGEON'S EXPERTISE HELPS BRING NATIONAL CLINICAL TRIAL TO SOUTH JERSEY

VINELAND MAN BECOMES EARLY PARTICIPANT IN SPINAL FUSION RESEARCH STUDY

Bob Fanucci didn't know he would become one of the first people in the country to be randomly placed into the investigational arm of a national clinical trial. In fact, the Vineland resident wasn't shopping for a clinical trial at all. He was focused on finding a surgeon and a procedure that could stabilize his cervical spine with a single surgery. The numbness in his arms and shoulders had become intolerable. His quality of life and livelihood were too important to ignore.

Although Fanucci endured years of neck pain, it was the numbness caused by nerve compression in his cervical spine which convinced him to pursue surgery. He wasn't willing to give up his physically demanding job as a journeyman lineman for the Vineland Municipal Electric Utility. And it wasn't just his spine that needed repair – he knew that joint reconstruction on both thumbs was also in his future.

"I knew I needed several surgeries, and the doctor said this procedure might take care of my neck with one surgery instead of two," recalled Fanucci.

Fanucci's orthopedic spine surgeon, **Rahul Shah, M.D.**, suggested he consider participating in the FUSE clinical trial, which had just started enrolling patients. As good fortune would have it, Fanucci was randomized into the investigational arm, meaning he would undergo an innovative spinal fusion procedure that was being tested against the predominant fusion surgery. Study participants placed into the control arm of the trial receive a more traditional fusion procedure.

Outside of the trial, Dr. Shah had performed this and similar procedures almost 150 times over five years at Inspira Medical Center Vineland. He has also taught it to more than 100 surgeons from across the country. New surgical approaches and devices are often developed and then utilized by a small group of surgeons. Those that show promise might then be studied in a formal clinical trial to measure and quantify the anticipated benefits.

As one of the few surgeons in the world with this level of expertise, and the OR team's experience with these procedures, Dr. Shah and Inspira Vineland were quickly accepted into the national trial. As it turned out, Fanucci was among the first patients in the United States to have the investigational procedure as part of the clinical trial conducted by Providence Medical Technology.

For Fanucci, participating in the study yielded benefits almost immediately. His chronic pain was gone shortly after his procedure. Six weeks post-op, he and Dr. Shah are very pleased with the pace of his recovery. No more pain. No more numbness. Excellent range of motion. **"Bob's range of motion – up, down and side to side – is almost 100 percent,"** said Dr. Shah. **"The numbness he experienced in his arms and shoulders before the surgery has been alleviated. This procedure holds great promise for countless people who require multi-level spinal fusion."**





The surgery also took care of the muscle pain in his neck. For years, the compressed disks in his spine had caused his neck to lean forward, leading to muscle strain. By restoring the space between the vertebrae in his neck, the surgery improved his posture and eliminated the pain.

During his six-week follow-up appointment, Bob was understandably hesitant to test his range of motion because he had been wearing a neck brace since his surgery. As he began to turn, lift and lower his head, Bob's face lit up. Even the mask he was wearing couldn't hide his excitement and relief.

“My range of motion and healing are spot on,” said Fanucci. “The x-rays look good. The doctor is very happy; I’m happy.”

For decades, spinal fusion surgery performed from the front of the neck has been the gold standard for relieving pain and numbness caused by nerve irritation in the cervical spine brought on by one or more herniated disks. Although highly successful for most people, the procedure can be less effective for those who need more than one level of fusion, as well as patients who have risk factors that can hinder the healing and fusing of bone.

The study procedure involves the traditional anterior (from the front) approach, a tissue-sparing posterior (from the back) approach, and the insertion of the Posterior Cervical Stabilization System (a series of small titanium implants) into small joints on the back of the spine. The procedure aims to improve outcomes by promoting fusion in both the front and back of the spine. Although a traditional posterior stabilization technique has been available for decades, it is not nearly

as common as anterior surgery because it involves significant muscle dissection, longer recovery times, and more postoperative pain.

Dr. Shah is hopeful that the FUSE Study results will transform spinal fusion surgery for people who need multi-level fusion in the cervical spine and/or have other health factors that impede the healing and fusing of bone. Diabetes, osteoporosis, and nicotine use are factors that can cause bone not to fuse and heal successfully.

“The early results that Bob has achieved are in line with the results many of my patients have experienced when I performed this procedure prior to the clinical trial,” explained Shah. “As a surgeon, it is gratifying to play a role in advancing new technology and techniques that may help people regain function while eliminating their pain.”

Your Virtual Visit is One Call Away



Through your telephonic or [virtual visit](#), you can consult one of our Inspira Medical Group Primary Care or Specialty providers from the comforts of your home. Receive your diagnosis and treatment by phone or virtually through PC, smartphone or tablet.

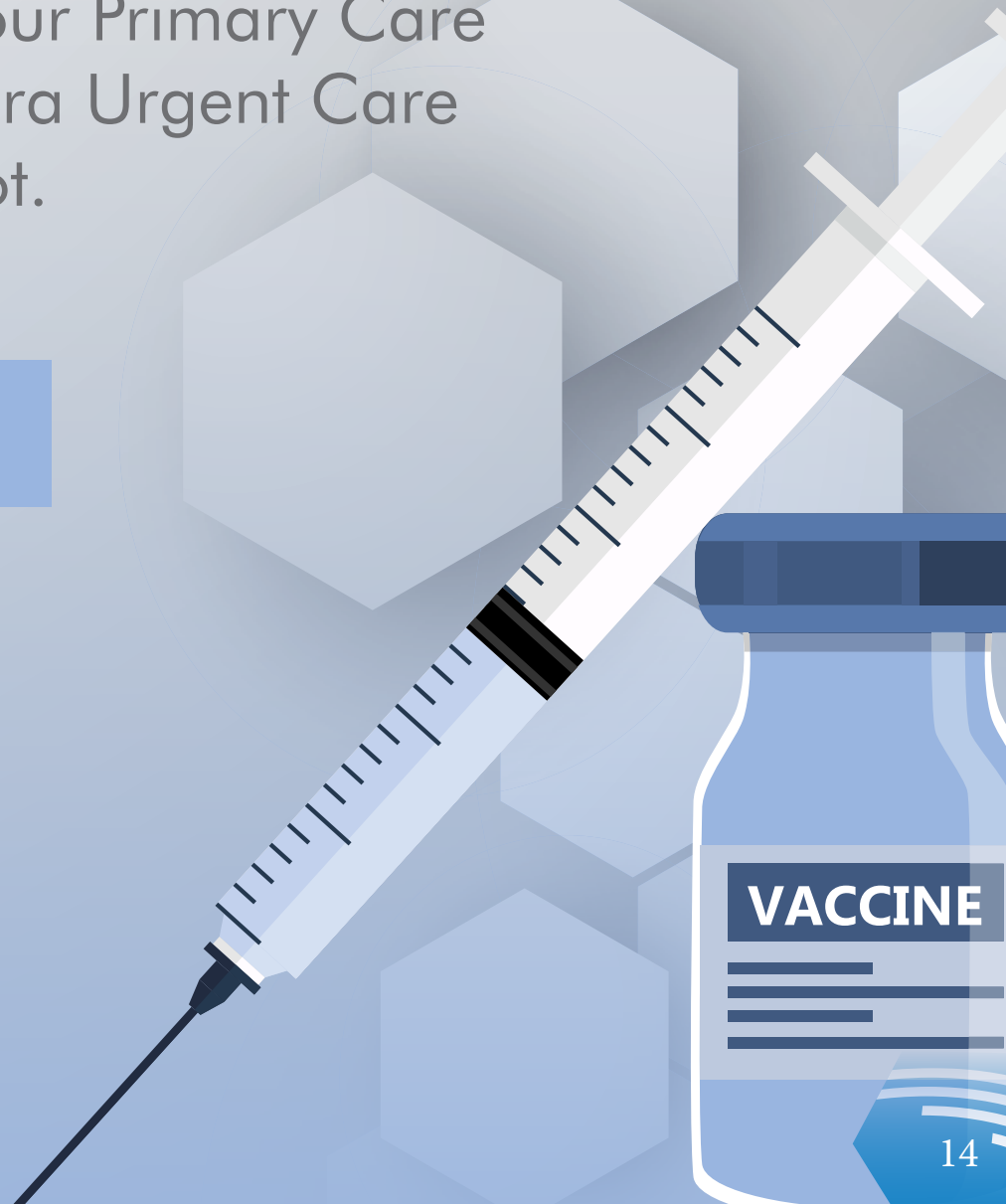
Call **1-800-771-2778** or request an appointment at **inspirahealthnetwork.org**

REMINDER

Have You Gotten Your Flu Shot?

You can help reduce the spread of flu, too. Visit your Primary Care doctor or an Inspira Urgent Care to get your flu shot.

[Learn More](#)






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