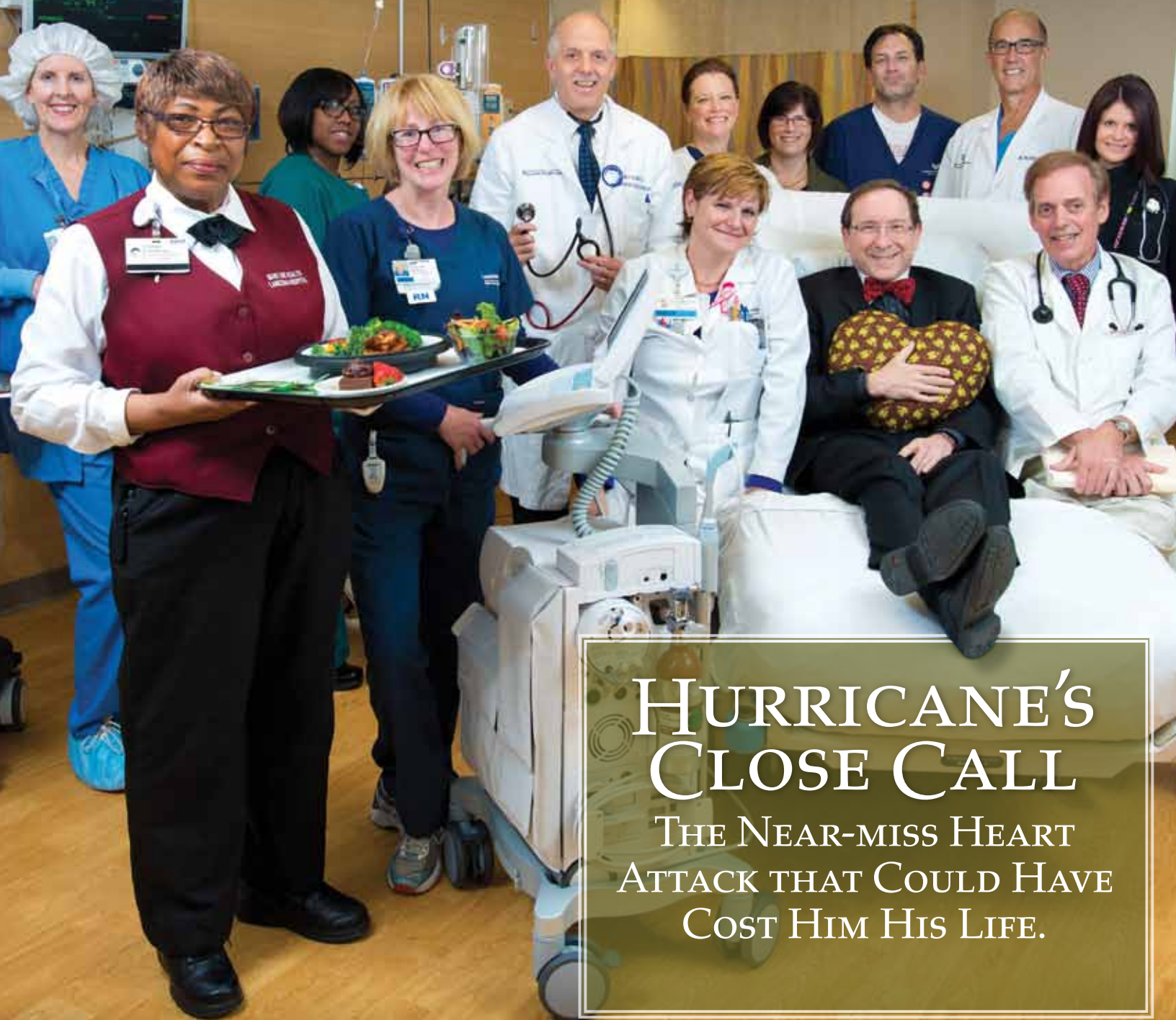


# LEADERS

Volume 8 Issue 1 Fall 2012



HURRICANE'S  
CLOSE CALL  
THE NEAR-MISS HEART  
ATTACK THAT COULD HAVE  
COST HIM HIS LIFE.

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## Letter from the President



Dear Friends,

### WELCOME TO THE LATEST EDITION OF LANKENAU LEADERS!

In the more than two years I have spent with Lankenau so far, I have come to learn much about the special relationships that make this institution so unique.

The relationship between a patient and their caregiver is crucial – as Glenn “Hurricane” Schwartz testifies in the cover story of this issue. Too often, medical institutions become so focused on the business of healthcare that they lose sight of the individuality and specific needs of each patient. In contrast, Lankenau’s physicians, volunteers and employees – from nurses and patient care technicians to environmental services and administrative staff – care deeply about creating a positive experience for each and every patient, family member and visitor that walks through our doors.

It is this people and patient-centeredness that, I believe, attracts the best and brightest physicians to come practice medicine at Lankenau – some of whom are spotlighted in our feature *Lankenau Welcomes...* Medical professionals who actively seek opportunities to participate in innovative research, who desire to instruct the next generation of physicians, and who understand that the patient experience is at the center of all that they do, are truly the caregivers at the forefront of the ever-changing healthcare industry.

Our relationship with our community extends beyond the treatment of illness and injury. At Lankenau we pride ourselves on being forward-thinking when it comes to your health. That’s why we have made healthy lifestyle community outreach programs such a priority. From Apples to Zumba – we’ve got you covered. We have barely scratched the surface of such programs in our new section of the magazine “*On Your Doorstep*,” but I sincerely hope you will keep an eye out for Lankenau programs in your neighborhood or take a moment to visit the events section of our website [mainlinehealth.org/lankenau](http://mainlinehealth.org/lankenau).

And should you or a loved one ever need to come to Lankenau for inpatient care, know that your experience is the blueprint for our patient rooms in the Heart and Vascular Pavilion, opening summer 2013. See for yourself in “*You, The Center of Our Design*” which details our journey to build a private, comfortable and healing environment, tailored for your recovery.

Remember – our relationship with you goes both ways. We value your feedback, so please take advantage of this opportunity to let us know what you think about *Lankenau Leaders* magazine by contacting our editor, Brittany Thompson, at (484) 476-8067 or [ThompsonBr@mlhs.org](mailto:ThompsonBr@mlhs.org).

Sincerely,

Phillip D. Robinson, FACHE  
President, Lankenau Medical Center

## Awards and Recognition

Lankenau Medical Center is honored to present two of our most recent accolades:

### Lankenau Makes U.S. News & World Report's Best Hospitals List

U.S. News & World Report recently released their 2012-2013 rankings of Best Hospitals, showcasing the very best of the roughly 5,000 hospitals in the nation. Lankenau was recognized with the highly-respected U.S. News "badge" of honor in seven specialties: Cardiology & Heart Surgery, Gastroenterology, Geriatrics, Nephrology, Neurology & Neurosurgery, Pulmonology, and Urology.

The hospital rankings help steer patients to hospitals with strong skills in the procedures and medical conditions that present the biggest challenges. U.S. News Health Rankings Editor Avery Comarow said that the hospitals on this list are "where other hospitals send the toughest cases."

### Top 50 Heart Hospitals in the Nation

For the sixth year, Lankenau has been named one of the 50 Top Cardiovascular Hospitals in the nation by Truven Health Analytics™ (formerly, Thomson Reuters). Selected from more than 1,000 eligible hospitals, Lankenau was one of only two medical centers in Philadelphia who made the elite list in the "Teaching Hospitals with Cardiovascular Residency Programs" category.

Comparing the award winners to a peer group of hospitals, Truven estimated that if all cardiovascular providers performed at the level of this year's winners, nearly 8,600 additional lives could be saved.

The 50 Top Cardiovascular Hospitals also: spend approximately \$3,500 less per bypass surgery case; have significantly better 30-day survival; maintain lower 30-day readmission rates for heart attack and heart failure patients; and release bypass patients nearly a day sooner than their peers.



## Lankenau Donor Listings Now Online

**L**ankenau Medical Center Foundation received more than \$5.7 million in charitable gifts to support programs and services at Lankenau Hospital, the Lankenau Institute for Medical Research (LIMR) and the Walter & Leonore Annenberg Conference Center for Medical Education in fiscal year 2012 (July 1, 2011 to June 30, 2012). In order to be better stewards of our resources, which include your charitable donations, we now list the annual Donor Report online rather than in print.

You can visit: [www.mainlinehealth.org/LankenauDonors](http://www.mainlinehealth.org/LankenauDonors) for Lankenau statistics and leadership, and a listing of the incredibly generous community members who supported our institution.

Please contact Brittany Thompson at (484) 476-8067 or [ThompsonBr@mlhs.org](mailto:ThompsonBr@mlhs.org) should you have any questions.







# HURRICANE'S CLOSE CALL

The near-miss heart attack that could have cost him his life.

In the NBC10 studio, more than 25 monitors show the approaching storms. Neon weather patterns move across the screen and a constant stream of facts and figures are scrolled through and recorded. Chief Meteorologist Glenn “Hurricane” Schwartz prepares for the afternoon weather broadcast under the bright plume of the NBC logo – a peacock that gazes off to the right...into the future.

“I still can’t believe it,” Glenn says. After all, he is hard at work in a bustling studio, hopping from one computer to another, jumping to and from meetings, conversing with the team on the weekend forecast, with an eye at all times on the latest hurricane developing out in the warm waters of the Atlantic. Just months earlier, the “Widow Maker” had almost taken him as its next victim.

Glenn always knew he wanted to be a meteorologist; since 5th grade, in fact. “Most of us who do what I do were like that. You develop an interest at an early age and you never lose it.” Born in South Philly and raised in Mt. Airy, Glenn has his roots in the City of Brotherly Love. But it took 23 years after studying meteorology at Penn State for Glenn to finally return home, where he took a job forecasting weather at NBC10.

“Some days are easier than others.

# "I was the luckiest person on that unit because they caught the problem just in time."

It can be hectic and you can go the whole day without a break. It's live TV, so we're talking high pressure and stress." The phones are ringing in the background and Glenn's email inbox fills up steadily. Between dealing with writers, producers, and reporters; maintaining a presence on Facebook and Twitter; and filming promos and weather segments, the hours can be long.

Glenn finds his release through exercise. "I've always been active, and I enjoy athletics and competition." With biweekly workouts involving weight training and laps in the pool, regular racquetball, and walks on weekends, Glenn's stamina is most likely better than many in their 20s. "To be honest, I've lived a pretty clean life. I never smoked, was never obese, and I've always been in good shape." For certain, Glenn didn't appear as someone on the verge of a massive heart attack. But there was always something lurking in the back of his mind.

"I have a family history of heart disease. I remember my mom having bypass surgery. My uncle had it too," Glenn remembers. "But they were never in good shape – so I always assumed I wouldn't have those issues...or if I did, that it would only affect me later in life." After all, other than sports injuries, Glenn had rarely needed a doctor. When he did seek health care, however, Glenn had only one place in mind.

"Lots of my colleagues go to Lankenau," says Glenn. "When I needed to see an allergist, someone at the studio recommended Dr. Martin." Glenn now comes to the Lankenau office of George Martin, MD, Chief of Allergy and Immunology, for his weekly allergy shots. And ever the athlete, Glenn makes the most of his appointments. "I always run the two flights of stairs up to Dr. Martin's office. It's my weekly 'check-in' to see how I am feeling!"

After discovering that he had high blood pressure during a live TV health segment,

Glenn started taking blood pressure medication. But again, with well controlled blood pressure, there was little indication of how close Glenn would come to a catastrophe.

For a much needed break from work, Glenn and his girlfriend, Phyllis, took a trip to Mexico in spring 2012 – a vacation he will surely never forget. "We had a nice private pool in Mexico. I would swim laps and Phyllis would relax and watch." One day, after just a couple of laps, Glenn experienced something strange. "I felt what I can only describe as pressure above my heart." Usually able to swim for 20 minutes, Glenn wondered if he was



getting out of shape. "I never said anything to Phyllis – I don't like to complain. I figure that unless someone can fix it, why bother talking?" But Glenn was about to discover that his body had more to say.

"The next day we went for a walk on the beach" – a normal activity for the couple who often spend time down the shore in the summer months. "Within a few minutes I was short of breath. That's when I told myself I should get checked out when I got back home. How could I suddenly become so unfit?"

Back at home, Glenn followed up on his promise to himself. "Monday morning is when I get my allergy shot. I was dressed and ready for work, and went to Lankenau to see



Above, L to R: Glenn recalls his experience with his surgeon Dr. Francis Sutter, cardiologist Dr. James Burke, and primary care physician/allergist Dr. George Martin.

Dr. Martin." A frequent visitor to the office, Glenn knew the office staff and nurses well. "I didn't want to make a big deal, but I asked for someone to check my blood pressure because of what happened in Mexico".

Glenn was greeted by Dr. Martin himself, who took a moment to check in with his long-time patient. After hearing Glenn's symptoms, Dr. Martin decided to perform an electrocardiogram (EKG). "The EKG allows us to take a look at the electrical activity of the heart," Dr. Martin explains. "With each heartbeat, an electrical signal spreads from the top of the



heart to the bottom. As it travels, the signal causes the heart to contract and pump blood. The strength and timing of these electrical signals can reveal if there is an issue with how the heart is working," says Dr. Martin. The EKG revealed a drastic problem. "Usually you see peaks and valleys called waves," Dr. Martin recalls. "Glenn's EKG showed less pronounced waves, meaning blood wasn't flowing to his heart as it should be."

Glenn was rushed to the Emergency Department where his cardiologist, Dr. James Burke, was waiting for him. After further testing, Glenn was told he would be admitted and stay overnight. "I couldn't believe there was anything wrong – I felt fine!" Glenn remembers. "When I called Phyllis, I asked her 'are you sitting down?' Phyllis later told me she had no clue what I could have possibly had to say that was so serious. Neither of us would have ever expected a medical issue."

The next step was for Glenn to undergo a cardiac catheterization. "When the heart isn't receiving enough blood, it usually means there is a blockage, or narrowing of an artery," says Dr. Amid Khan, the interventional cardiologist who performed Glenn's procedure.

Dr. Khan inserted a catheter into the artery of Glenn's wrist and slowly made his way to Glenn's heart. "We use a catheter to move through the body's blood vessels to the heart and inject dye to make blood-flow visible and find the blockage," Dr. Khan explains. "We perform approximately 90% of these procedures through the wrist, rather than the traditional access in the groin," says Dr. Khan. "That's well above the national average of 14%, and it is a much faster recovery for our patients!"

Most of the time, upon finding the blockage, the interventionalist can take care of the

"The best part was the units were all so not one person who

problem right away by balloon angioplasty and by deploying a stent. But for Glenn, the news was far worse.

"Two of Glenn's arteries supplying blood to the heart were severely blocked," says Dr. Francis Sutter, Chief of Cardiac Surgery at Lankenau. "The main artery – the one we call the Widow Maker because it takes so many lives – was 99% blocked." If just one piece of plaque or blood cell became trapped in that narrowed opening, Glenn would have a massive heart attack causing parts of his heart tissue to die, and potentially resulting in death. "It was practically unthinkable," said Glenn. "I was utterly shocked to think it could happen at any time."



**G**lenn immediately underwent lifesaving double bypass surgery by Dr. Sutter. "I was very impressed with Dr. Sutter," recalls Glenn. "He had an air of confidence that he was able to fix the problem, and that I might even feel better than I did before this whole thing. His whole team was assuring, so I wasn't afraid."

Using a blood vessel from Glenn's chest wall, Dr. Sutter re-routed the blood past the blockage, giving the heart much needed blood supply. "Based upon the location of Glenn's blockages, he was not a candidate for robotic surgery," explains Dr. Sutter, who has performed more robotic coronary bypass surgeries than any other surgeon in the U.S. Instead, Glenn had beating heart bypass, where the surgeon operates without stopping the heart, avoiding using a heart-lung pump machine. "Lankenau performs 98.5% of coronary bypass surgeries off-pump, versus the national average of only

they have to check on you and monitor your vitals on an hourly basis, so it's hard to get rest." But Glenn grew stronger quickly and was out of bed that same afternoon. "When I took my first walk around the unit, it felt like the first milestone. I realized it was all going to work out."

Glenn also remembers the highlight of his experience. "The best part was the people," he says. "The caregivers on the units were all so positive and had great attitudes. There was not one person who looked like they didn't want to be there – not one miserable person like I've seen in other hospitals...and there's always one!" Friendly faces often stopped in to see how he was doing. Glenn saw Dr. Martin daily. "Even Dr. Newman, who does my routine colonoscopy, checked up on me!" At every step of the way, Glenn was in the hands of an entire team he knew he could trust to work tirelessly towards his recovery.

the people," Glenn says. "The caregivers on positive and had great attitudes. There was looked like they didn't want to be there."

19%," says Dr. Sutter. "Doing it this way is less invasive and patients have quicker recovery."

**A**fter the procedure, Glenn remembers being wheeled into the Cardiothoracic Intensive Care Unit. "I thought to myself, 'I don't belong here!'" Seeing other patients brought Glenn to a harsh realization. "I could have ended up on a machine or in pain. I was the luckiest person on that unit because they caught the problem just in time."

Recovery wasn't without its struggles. "Sleeping was the hardest part," says Glenn. "I was never once in pain, but I had to work on my deep breathing exercises after open heart surgery. Sometimes I had an irregular heart-beat which kept me awake, and in critical care

There was a notable outpouring of support and well wishes from the community. Glenn had remained totally open about his experience, even inviting the NBC10 crew to film him in the hospital during his recovery. "It was such a revelation to me that the symptoms I had had were classic," says Glenn. "But since I hadn't realized this, it meant that there were certainly others out there, whose bodies are trying to tell them something, but they just don't know it!"

**G**lenn realized he could potentially save lives by sharing his experience. "People can identify with me because they feel like they know me," says  
*continued on page 17*

**Opposite page:**

The team that took care of Glenn involved pre and post-surgery nursing staff, intensive care nurses, patient care technicians, physicians, cardiac rehab team members, and environmental and food service staff, just to name a few.

# YOU The Center of Our Design

**WHEN THE MUCH ANTICIPATED HEART AND VASCULAR PAVILION OPENS AT LANKENAU MEDICAL CENTER** in summer 2013, 96 all-new patient rooms will have been created in the telemetry and intensive care units housed in the building. Every aspect of the design for the patient room is organized around YOU. You choose to entrust your health to Lankenau, so we feel it is our duty to consistently place *your needs* at the center of our thought process. From the colors and materials used in the space, to the exact angle of the bed, these rooms have been specifically planned to create the most safe, private, comfortable and harmonious environment possible. *Your experience* is our number one priority.

Door has large windows for enhanced visibility and can also break away for widened access in case of an emergency.

Work stations directly outside each room have a window with blinds that allows for charting in sight of patient, while minimizing disruption.

Lockable patient wardrobe to store personal items during stay.

Every patient room is single-occupancy.

High-quality, embroidered bathrobe for added comfort and privacy during a patient's stay.

Room size averages 350 square feet.

Privacy curtain between family and patient zones enables visitors to remain in the room while physicians administer direct care.



Privacy curtain shields the patient from the hallway when necessary.

Separate sink in caregivers' zone is part of the infection-prevention-centered design.

Flat screen TV with Comcast service, so you never have to worry about missing a Phillies game!







● Roll-in shower has window for natural light and built-in seat.

◆ Every room has own private bathroom with large vanity, toilet and shower.

◆ Combination of direct and indirect lighting promotes optimum conditions for administering care and patient preference.

● Floor to ceiling window provides lots of natural light – shown to promote healing.

● Window shade provides translucent and black-out options.

● Sleeper sofa transforms into bed for over-night visitors.

◆ Supplies in patient rooms and unit storage areas are organized with “Lean” methodology, ensuring the appropriate tools and equipment for optimum care are in the right place at the right time.

➡ Sliding door access to bathroom maximizes the available space.

◆ Room layout was designed specifically to maximize visibility. The headwall is slightly angled for better visibility of patients from the nurses’ station, and to optimize the patient’s visibility of the family zone and its large window.

◆ Room has wireless access to the internet.

◆ Individual thermostat control for patient comfort.

◆ Special flooring reduces noise, and is less strenuous for caregivers’ backs. Even the floor to ceiling height was adjusted for maximum noise reduction.

● State-of-the-art cardiac monitoring systems.

◆ At the bedside is the daily menu from which patients can order, whenever they wish to have their meals, rather than waiting for pre-set meal times.

◆ Telemetry rooms on 1st and 2nd floors are “acuity adjustable;” they have the infrastructure in place to be converted to intensive care rooms should the need arise.

#### A REPLICA OF THE PAVILION PATIENT ROOM

was created on one of our nursing floors to enable patients, caregivers and environmental services staff to experience the proposed design and provide feedback. As a result, several important adjustments were made to the design prior to any construction. These important observations, now a part of the pavilion rooms under construction, improve care delivery and patient comfort.



● Bedside computer for immediate documentation/charting.

● This H-frame overhead lift is the safest way to help patients get in and out of bed. Maximizing mobility has been shown to help the recovery process.



# Focus on Philanthropy



Lankenau Medical Center prides itself on being a unique institution that offers nationally recognized clinical expertise and advanced technological capabilities, in a personalized, community hospital setting. Our mission goes beyond providing a superior patient experience, to include educating the next generation of physicians through our diverse residencies and fellowship programs, and practicing innovative and visionary research. Charitable support is crucial to sustain these important endeavors that keep Lankenau, a non-profit institution, at the forefront of advances in healthcare. Below are examples of recent generous gifts, for which we are deeply grateful.

**The Ruth Goldner Trust** made its final distribution to Lankenau, bringing the total contribution from the Estate of Ms. Goldner, a former Lankenau employee, to more than \$460,000. *To read more about Ms. Goldner's incredible provision, go to page 15.*

**The Women's Board of Lankenau Medical Center**

presented Lankenau with more than **\$334,000** in support of our patient enhancement programs and Master Facility Project (MFP).

**Bobbi Brodsky** made a gift of **\$325,000** through the **Adolph and Rose Levis Foundation** in support of the MFP. This gift is part of a **\$1 million** pledge in memory of Bobbi's late

husband, Harvey Brodsky, and in dedication of the Brodsky Family Bridge.

Lankenau Trustee **I. Wistar Morris, and his wife Martha**, through **The Cotswold Foundation**, made a gift of **\$200,000** towards their **\$1 million** pledge in support of the MFP. In addition, the Morrisses contributed **\$50,000**

toward the Lankenau Institute for Medical Research (LIMR).

**John and Mary Lou Chappell** made a gift of stock totaling more than **\$240,000**, towards their **\$250,000** pledge to the MFP.

**Barbara Reeves-Cohen and the late Larry Cohen** contributed more than **\$86,000** through the **Lawrence Cohen Trust**, in support of Lankenau's Breast Health Outreach and Education Program directed by Dr. Marisa C. Weiss.

**St. Jude Medical, Inc.** made two grants totaling **\$75,000** to support the Clinical Cardiac Electrophysiology Fellowship and Interventional Cardiology Fellowship at Lankenau.

**The Charter Foundation** made a **\$50,000** contribution to LIMR. This gift is the second installment of a **\$150,000** pledge to help purchase a Fluorescence Activated Cell Sorter used in research endeavors.

**The Estate of Dorothy Merritt Jones Shumen** made a **\$50,000** distribution to support research at Lankenau. Ms. Shumen was a member of Lankenau's Women's Board, and a former employee at LIMR.

Lankenau Trustee **Dan Green, and his wife Flo**, made a gift of **\$40,000** towards their **\$100,000** pledge to support the MFP.\*

**Medtronic, Inc.** made a grant of **\$30,000** to help support the expenses of a clinical fellow in Lankenau's Adult Electrophysiology Fellowship for academic year 2012-2013.

An anonymous donor made a gift of **\$25,000** towards the MFP in tribute to his cardiologist, Dr. Timothy Shapiro, Chief of Interventional Cardiology and director of the Interventional Cardiology Fellowship.

An anonymous donor contributed **\$25,000** in support of the MFP and in

honor of his cardiologist, Dr. Frank McGeehin, Director of Clinical Cardiology for Main Line Health.

Vice President of Medical Affairs **Dr. Robert Benz, and his wife Marie**, made a **\$25,000** pledge to support the MFP.

Lankenau's Women's Board President **Alice Chase** committed **\$25,000** in support of the MFP.

Lankenau Trustee **Frederick Haab** gave **\$25,000** to support the MFP, bringing his total contribution to the project to **\$50,000**.

**The Philadelphia 76ers** contributed **\$22,500** in support of Lankenau Clinical Care Center, which benefits underserved individuals in our community.

**Kathy and Kenny Cordell** gave **\$20,000** through the Cordell Family Foundation, towards their **\$100,000** pledge to support the MFP and gastroenterology programs at Lankenau.

*\*Editor's note:  
Sadly, Flo Green  
passed away  
shortly before this  
issue went to press.*





## Lankenau Welcomes . . .

**L**ANKENAU MEDICAL CENTER IS JUST THAT — A CENTER — A PIVOTAL PLACE offering a comprehensive source of health care for our community and beyond. Because of our high standard of clinical care, determination to acquire the most state-of-the-art technology, and commitment to the advancement of medicine through research and medical education, Lankenau is a magnet attracting some of the nation's very best physicians. Yet even with all of the technological advances, superior facilities, and innovations in caring for patients, our entire community of physicians and employees never lose sight of the patient experience and the difference that a personalized approach in a community-based setting can make. It is, perhaps, this patient-centered approach, above all else, that encourages physicians, whose lives are devoted to caring for others, to practice at Lankenau.

We are honored to introduce you to just a few of our latest additions to the medical staff:

### Kar-Lai Wong, MD, FACC



Board certified in Cardiovascular Disease and Clinical Cardiac Electrophysiology, Dr. Kar-Lai Wong specializes in the

management of cardiovascular disease and diagnosis and treatment of cardiac arrhythmias. She performs a full-range of electrophysiology services from device implantation to ablation procedures for atrial fibrillation and ventricular tachycardia.

Dr. Wong completed her medical degree, internship, residency, cardiovascular fellowship and electrophysiology fellowship at The University of Pennsylvania Medical School. She comes to Lankenau from Pennsylvania Hospital where she served as Director of the Electrophysiology lab. She was also a Clinical Assistant Professor of Medicine at the University of Pennsylvania School of Medicine.

Dr. Wong participates in electrophysiology-related research and is currently principal investigator in several sponsored multi-center studies.

Fluent in Mandarin and Cantonese, Dr. Wong has served the Chinese community for the past 12 years and now practices out of Lankenau's first downtown location.

### Douglas Maus, MD



Dr. Douglas Maus joins the Lankenau Medical Center, bringing expertise in the specialty of epilepsy. He trained at the University of

Pennsylvania where he earned his medical degree, and completed a neurology residency and fellowship training in epilepsy and neurophysiology/electroencephalography (EEG). For the past four years, Dr. Maus was an assistant professor of neurology and an attending physician in the Epilepsy Center at the Medical School of the State University of New York-Downstate in Brooklyn, NY.

Dr. Maus is now the Director of the EEG laboratory at Lankenau. He continues to be involved in research on the use of EEG to help diagnose epilepsy, and plan and improve neurosurgical treatments. Dr. Maus has co-authored several articles on this research, and has published several book chapters on the advantages and potential pitfalls of digital EEG.

At the heart of Dr. Maus' practice is his understanding that epilepsy is a disease that has a multifaceted impact on a person's health, emotions, family, and employment. His sensitivity to these issues enables him to develop a patient-centered treatment plan that considers the whole person and is specifically tailored for each individual.

### Veeraiah Siripurapu, MD



Dr. Viri Siripurapu, born in New Delhi, earned his dual bachelor's and medical degree from the Royal Free and University College

London Medical School in the U.K.

No stranger to Lankenau Medical Center, Dr. Siripurapu completed his general surgery residency and chief residency through Lankenau's Annenberg Center for Medical Education and is now returning as a member of our medical staff.

Dr. Siripurapu completed a surgical oncology fellowship at Fox Chase Cancer Center in Philadelphia and was awarded the Thoracic Surgical Oncology Fellow Award in 2010. He went on to complete a hepatobiliary fellowship at Methodist Hospital in Dallas, Texas and is now board-certified in general surgery, specializing in surgical oncology and hepatobiliary surgery.

Dr. Siripurapu wishes to expand the role of laparoscopic surgery to liver and pancreatic diseases and, in addition to his focus on cancers of these organs, he is also interested in benign pancreatic disorders such as acute and chronic pancreatitis.

Dr. Siripurapu is actively involved in the clinical research of hepatobiliary tumor biology, and is a participant in ongoing clinical trials to make innovative discoveries available to patients.

## Irving Herling, MD



Before joining Lankenau, Dr. Irv Herling was Director of Consultative Cardiology and Associate Professor of Medicine at the Perelman School of Medicine at the University of Pennsylvania for 28 years. He was the recipient of the I.S. Ravdin Master Clinician Award in 2006.

In July 2012, Dr. Herling relocated his practice to Lankenau, taking on the role of Director of Clinical Cardiology for Lankenau and Main Line Healthcare.

Named among the top 1% in the nation in cardiology by *U.S. News & World Report*, Dr. Herling is also a *Philadelphia* magazine "Top Doc" for the ninth year in a row, and has been recognized by *Best Doctors in America* for the past ten years.

Dr. Herling has published more than 30 articles, abstracts and book chapters and serves as Editorial Reviewer for the *Journal of Clinical Pharmacology and Therapeutics* and the *Annals of Internal Medicine*. Additionally, over the last 10 years, he has delivered invited lectures on cardiovascular topics throughout the Philadelphia area and taught a myriad of courses in cardiovascular medicine and related topics at the University of Pennsylvania.

At Lankenau's state-of-the-art facilities, including the new Heart and Vascular Pavilion opening summer 2013, Dr. Herling will continue to provide the most current, evidence-based cardiac care to his patients in the compassionate, patient-centric manner that has been his signature for decades.

## Scott Rushton, MD



Dr. Scott Rushton has been a Lankenau-accredited physician since 2004, but has recently become a member of Main Line

HealthCare – the dynamic network of multi-specialty physician practices affiliated with Main Line Health.

Dr. Rushton received his medical degree from Jefferson Medical College, Thomas Jefferson University. He completed a residency in orthopaedic surgery at Thomas Jefferson University Hospital, and a fellowship in reconstructive spine surgery at Case Western Reserve. Board certified in Orthopaedic Spine Surgery and a Clinical Assistant Professor of Orthopaedic Surgery at University of Pennsylvania, Dr. Rushton brings more than a decade of experience in the treatment of complex spinal disorders. He is committed to helping patients improve mobility and eliminate pain, and provides state-of-the-art operative and non-operative care for adults and adolescents with spinal disorders caused by injury and disease.

Dr. Rushton was appointed Medical Director of the recently-formed Main Line HealthCare Spine Center at Lankenau Medical Center, in March 2012. This multi-disciplinary center provides expertise in spine surgery and reconstructive spinal procedures, pain management alternatives, radiology, and developing a comprehensive treatment plan.

Dr. Rushton's reputation as a highly-respected orthopaedic spine surgeon, with vast knowledge in the treatment of serious spine disorders, has attracted patients from around the country to choose Lankenau for their diagnosis and treatment.

## Patricia Wong, MD, MSCE, FACP



Dr. Patricia Wong joins us as Director of Lankenau's Women's Center – focused on providing comprehensive care for women

through an integrative, multi-disciplinary approach. She is also the Associate Fellowship Program Director in Gastroenterology & Hepatology.

Dr. Wong earned her medical degree at Stanford University School of Medicine, completed her internal medicine residency at Brigham & Women's Hospital and her GI fellowship training at the Hospital of the University of Pennsylvania. Prior to joining Lankenau, Dr. Wong was an Assistant Professor of Medicine, Clinic Director, and Associate Fellowship Program Director of the Division of Gastroenterology at the Johns Hopkins School of Medicine/Johns Hopkins Bayview Medical Center. Dr. Wong is active in clinical research and is devoted to the education of medical students, residents, and fellows.

The Women's Center will be part of the Gastroenterology Department at Lankenau Medical Center, which has been recognized consistently as a Best Regional Hospital by *US News & World Report* for Gastroenterology. Services include the diagnosis, treatment and management of all gastrointestinal and hepatobiliary diseases, including irritable bowel syndrome, colon cancer screening, pelvic floor dysfunction, GI and liver issues related to pregnancy, constipation and motility disorders. The program will expand to include other disciplines in an effort to provide an integrative, team approach to these disorders in a comprehensive center.

To request an appointment with a Lankenau physician call 1-866-CALL-MLH (225-5654)

## On Your Doorstep



**A**t Lankenau, we feel deeply connected to the members of our community – including you! The quality of life for those who choose to entrust their care to Lankenau is paramount. But you should know, Lankenau is not just a place you go in times of illness.



We believe our responsibility as a Medical Center reaches much further. We are an institution you can rely on in times of wellness. Whether we are educating families on how to maintain healthy lives, providing free blood pressure screenings, or making organic local produce available to your household, our

power of place and relationship with our community is of crucial importance to us. As such, we are committed to reach out and meet you on your doorstep for all your family's health-related needs. Below are just a few of our most recent programs.

**1&2.** Lankenau connected with more than 5,000 individuals at Philadelphia's Night Market events.

**3.** Guests at *Think Pink* participated in a Zumba demonstration.

**4.** Dr. Marisa Weiss, Lankenau Director of Breast Radiation Oncology and Breast Health Outreach, and President/Founder of Breastcancer.org, stands with *Think Pink* guest speaker and Google Science Fair Winner Brittany Wenger.

**ON OCTOBER 6, 2012, LANKENAU HOSTED** "*Think Pink, Live Green: Protecting Your Daughter's Breast Health*," the second *Think Pink* event since the series was launched in 2011. These events serve to educate our community about how the lifestyle and environmental choices families make can actually affect their risk of breast cancer. *Protecting Your Daughter* featured guest speaker Brittany Wenger, a high school student who helped create an application that diagnoses breast cancer with nearly 100 percent accuracy, earning top prize at this year's Google Science Fair. The conference, which was free of charge and open to all members of the community, was sponsored, in part, through a generous grant of \$10,000 from Marilyn and Robert Birnhak in memory of their daughter, Tracey Birnhak.

**LANKENAU WAS THE OFFICIAL HEALTH SPONSOR** of Night Market Philadelphia, the city's street food festival held in Mt. Airy in August 2012. Hosted by The Food Trust and Mt. Airy USA, this event, which was previewed in *The New York Times*, was attended by more than 15,000 area residents – many of whom connected with our physicians and community service staff who were on hand to give out healthy living advice and wellness and prevention tips. On October 4, 2012, the Lankenau team was back at it again, participating in Philly's Chinatown Night Market.

**LANKENAU HAS PARTNERED WITH ITS LOCAL** Whole Foods Market in Wynnewood for a 12-month healthy lifestyle, fitness and nutrition series called *Wellness Wednesdays*. On the first Wednesday of every month, physicians and health educators are readily available at the Whole Foods store for information and advice on a variety of topics that range from bike safety to breast health. Free blood pressure screenings are available at every session.

**EACH YEAR, LANKENAU OFFERS LOCAL PRODUCE** at its summer Farmers' Market. Fresh fruits and vegetables, locally grown and harvested, *continued on page 17*



For upcoming programs in your area, visit: [facebook.com/lankenaumedicalcenter](https://facebook.com/lankenaumedicalcenter)



## Research Within the Walls



**W**ithin the walls of Lankenau Medical Center, there is much more going on than meets the eye! Those starched white coats aren't restricted to physicians and caregivers. Did you know that we have more than 15 research laboratories on-site, where scientists, physicians and biotech companies are performing groundbreaking studies every day? Their visionary work at the Lankenau Institute for Medical Research has, for more than 80 years, been giving hope to those suffering with life-threatening illnesses through research and clinical trials in cancer, cardiovascular and other diseases. Join us as we take you into the laboratories of some of the region's most innovative thinkers.

### Brain Metastasis Research

George Prendergast, PhD, LIMR President and CEO; and Albert DeNittis, MD, Lankenau Chief of Radiation Oncology, completed a clinical trial determining that the malaria drug, chloroquine, can improve survival rates of individuals receiving whole-brain radiation for certain brain cancers. A test is being developed that will quickly identify whether a patient may benefit from chloroquine treatment when given along with radiotherapy.

### Breast Cancer Research

Some of LIMR's breast cancer research is focused on identifying markers that will help physicians classify tumors and then provide optimal therapy for each patient. During the past year, clinical studies have begun in collaboration with Lankenau's medical oncologists to evaluate the effectiveness

of current treatments on highly aggressive breast cancers. This research is performed in parallel with laboratory experiments led by LIMR Research Assistant Professor U. Margaretha Wallon, PhD, that aim to find new and more effective breast cancer therapies.

### Chemotherapy Toxicity Research

LIMR Associate Professor Iramoudi Ayene, PhD, is collaborating with Paul Gilman, MD, LIMR Clinical Professor and Chief of Oncology at Lankenau, to develop a blood test that may predict the onset of a toxic reaction to chemotherapy. This new blood test could greatly help an oncologist tailor the safest yet personalized medicine for each patient, helping to ensure the most effective treatment, while limiting possible complications.

*continued on page 17*

### Prestigious Clinical Trials Grant Renewed

In August 2012, the National Cancer Institute (NCI) renewed the Community Clinical Oncology Program (CCOP) grant, awarded to the Lankenau Institute for Medical Research, for another three years. We are one of only 47 NCI-sponsored clinical trial programs in the nation, and over the last three decades have been a major contributor to many of the clinical trials in cancer. With more than 120 different ongoing studies, our CCOP is one of the top five programs in the country for enrolling patients in radiation oncology and breast cancer research studies. We are thrilled to be recipients once again, as this will allow us to continue providing our community with access to national cancer clinical trials, exemplary cancer research and innovative treatments that lead to medical breakthroughs.

*For more information on the research and clinical trials ongoing at the Lankenau Institute for Medical Research, visit: [www.limr.org](http://www.limr.org).*

## What's Hot in Healthcare?



### Above, L to R:

Panelists Dr. Peter Kowey, Phil Robinson, Dr. Marisa Weiss and Dr. John Marks stand with host James "Skip" Oliver, Esq., and moderator Dr. Joseph DiMino.

On September 12, 2012, members of the greater Norristown, PA, community gathered together for "What's Hot in Healthcare? A Conversation about Prevention, New Treatments and Technology." The presentation and dinner, held at Plymouth Country Club, was generously hosted by Club Secretary and Treasurer, and Lankenau Medical Center (LMC) donor, James "Skip" Oliver, Esq.

This was the second "conversation-style" event in a wildly successful new series that gives attendees open access to an expert panel. More than 120 members of the community attended the program to find answers to their questions about cardiovascular care, cancer treatments, new technologies and procedures,

disease prevention, and the expansive Master Facility Project currently underway at Lankenau – which includes construction of The Heart and Vascular Pavilion, opening summer 2013.

Joseph DiMino, DO, Director of Health/Medical Director, Montgomery County Health Department, PA, moderated a panel of representatives from Lankenau including: Dr. Peter Kowey, Chief of Cardiovascular Diseases for Main Line Health, and holder of the *William Wikoff Smith Chair in Cardiovascular Research*; Dr. John Marks, Chief of Colorectal Surgery, LMC and Main Line Health (MLH); Dr. Marisa Weiss, Director of Breast Radiation Oncology and Breast Health Outreach, LMC, and founder of Breastcancer.org; and Phillip Robinson, LMC President.



## A Lasting Legacy

**I**n November 2011, Lankenau Medical Center Foundation was notified of an unexpected and magnificent donation – an estate gift of \$400,000 with the promise of more to come. Ruth Anna Goldner of Lima Estates passed away in February 2011, making the incredible provision in her Last Will and Testament to support Lankenau's needs through the Ruth A. Goldner Trust. When the final distribution was made in September 2012, Lankenau had received more than \$460,000.



Ruth Goldner

A 1946 graduate of Lankenau's nursing school and employee for more than 40 years, Ms. Goldner never informed the Foundation, during her lifetime, of her intention to provide such a generous gift. She was described as a Lankenau product from start to end, a quiet classmate, a trusty friend with social service aspirations and good humor. Lankenau's School of Nursing class of 1962 dedicated their yearbook to Ms. Goldner (see below).

Ruth Goldner's legacy at Lankenau now extends further than her decades of service as a teacher, employee and friend – her charitable gift will shape the future of our institution for years to come.

Are you interested in learning about making a planned gift to support Lankenau's programs and services? To find out more, visit: [www.legacy.vg/lankenau](http://www.legacy.vg/lankenau), or contact David Phillips in the Development Office at (484) 476-8101.

*"With grateful appreciation and affection, we, the class of 1962, dedicate our yearbook to Miss Ruth Goldner, clinical instructor, class advisor, and friend. Miss Goldner has worked with interest and enthusiasm to make our class activities successful and memorable. Through her friendship, support, and guidance we have grown as a group toward further maturity. As our clinical instructor she has exemplified the patience and understanding which provides the basis for better nursing care. She has nurtured in us the incentive to uphold the standard and spirit of service set here at Lankenau; she possesses 'a wise and an understanding heart.'"*





## Names in the News

**B**ecause of its reputation for excellence, Lankenau Medical Center receives numerous requests from local and national media seeking experts to comment on current trends in medicine, the latest research and technology, and inspirational patient stories. Over the course of three months, Lankenau physicians, nurses and staff were spotlighted on more than 30 occasions. Read on for our “who, where, and about what” taster of some of the most recent appearances and interviews.

**Dr. Rosemary Casey** on **NBC10** about the effect of fluoride on children • **Dr. Irv Herling** in **Main Line Suburban Life** on safe exercise in hot weather • Study by **Dr. Alexander J. Muller** and Lankenau Institute for Medical Research colleagues in **Augusta Chronicle** and **Cancer Discovery** on immune system evasion by cancer • **Dr. Alan Wofsey** on **6ABC** about the Colorado movie theater shooting and identity crises in young men • **Drs. John and Gerald Marks** in **General Surgery News** on topics debated at the International Rectal Cancer Consensus Conference • **Dr. Irv Herling** in **Main Line Suburban Life** on antioxidants and heart health • **Dr. Rosemary Casey** on **Philly.com** about swimmer's ear • **Dr. David Targan** in **Main Line Times** on treating summertime bug bites and bee stings • Infection preventionist **Eileen O'Rourke** in **Pharmacy Purchasing & Products** magazine on effective infection prevention policies • **Margaret Iacobacci, RN, MSN**, on **Nurse.com** about achieving the silver Beacon Award for Excellence for both the Cardiothoracic Intensive Care Unit, and Intensive Care Unit • **Dr. Marisa Weiss** in

**Philadelphia** magazine on why to use natural beauty products • **Dr. Rosemary Casey** on **Philly.com** about pink eye in children • **Dr. Bob Etemad** on **6ABC** about Cellvizio technology at Lankenau • **Dr. Francis Ferdinand** named president-elect of the prestigious **International Society for Minimally Invasive Cardiothoracic Surgery (ISMICS)** • **Dr. Gary Gordon** in **Main Line Today** on the ins and outs of osteoporosis medications • **Dr. Francis Sutter's** article on robotic procedures picked up by **ISMICS Innovations** • **Dr. Robin Ciocca** in **Main Line Times** on mammogram safety • **Dr. Erin O'Malley Tysko** on **NBC10** about female heart attack symptoms • **Dr. Irv Herling** in **Philadelphia** magazine on the meaning of cholesterol test results • **Dr. Barry Mann** at a round table discussion on Health-care Disparities sponsored by the **White House Business Council and the National Business Group on Health** • **Dr. Steven Rothman** in **Main Line Times** on irregular heartbeats • **Dr. Bradley Smith** on **WomenAroundTown.com** on Kinesio tape used by Olympic athletes • Lankenau's "Caring Clowns" and **Laurie Watson, RN**, in **Philadelphia** magazine on bringing smiles to patient's faces • **Dr. Marisa Weiss** on **NBC10** about findings of recent breast cancer study confirming genetically diverse forms of the disease • Article co-authored by **Rosemary Tucci** in **Oncology Nurse Advisor** on healthcare in the Navajo Nation • **Dr. Scott Rushton** in **Main Line Times** on leg pains and lumbar stenosis • **Dr. Marisa Weiss** on **CBS3** about Florida teen Brittany Wenger, who won Google's 2012 Science Fair prize for her Breast Cancer detection program, and has now partnered with Lankenau's pathology department • **Joyce Foresman-Capuzzi, RN**, honored by **Emergency Nurses Association** with Gail P. Lenahan Advocacy Award at annual convention in San Diego ©

## Hurricane's Close Call *continued from page 5*

Glenn. "My message could have an impact because viewers trust what I have to say after all these years." Glenn thought of all the men out there who were like him – not wanting to make a big deal out of nothing, quietly wondering if something might be wrong. "I came so close to a heart attack that could have killed me," Glenn recalls. "I thought of all the people who die from heart attacks that maybe could have been saved." Glenn's testimony has certainly resonated with his viewers. Five individuals have since come forward crediting him for saving their lives because they were experiencing similar symptoms and sought medical advice, preventing a devastating heart attack.

"I credit Dr. Martin with saving my life," concludes Glenn. "If he had asked me to make an appointment and come back later, and hadn't

taken the time to see me unannounced..."

Glenn trails off, considering the alternative. "But I definitely helped my situation because I acted on a symptom. I did something about it." And Glenn hopes others will, too. He offers his three critical pieces of advice. "One, listen to your body. It is sending you messages. Two, stop smoking. Don't start. I've seen the results. Being in shape is not enough. Looking like you're in shape is not enough. This happened to me and I'm healthy. If I hadn't taken care of myself, this could have happened 20 years ago." And finally, "Three, go see your doctors. Get to know them. Build a relationship with them so that when the time comes, they know you well enough to notice the small things."

One thing is for certain, Glenn never predicted this storm. But luckily for him, the forecast is now sunny.

## On Your Doorstep *continued from page 12*

go on sale in our cafeteria each Wednesday from 7 am. Due to the success of this popular venture, Lankenau is looking to partner with The Food Trust to expand its Farmers' Market in the future. The Food Trust is a national organization working to provide children and adults with access to affordable, nutritious

food – a mission closely aligned with Lankenau's commitment to provide healthy living resources for our community. We're even in the planning stages to put together a neighborhood vegetable garden and walking trail on the Lankenau campus!

## Research Within the Walls *continued from page 13*

### Lung Cancer Research

A recent study by LIMR Clinical Assistant Professor and pulmonologist Leah Lande, MD, and LIMR Professor Janet Sawicki, PhD, on *Mycobacterium avium* complex (MAC) – a common cause of lung infections – showed that those with a MAC infection may be at higher risk for peripheral lung cancer. Further research will determine whether a MAC infection promotes the start of cancer, or if pre-cancerous changes actively aid the growth of MAC.

### Inflammatory Bowel Disease Research

Inflammatory Bowel Disease (IBD) is a set of chronic disorders that can cause acute symptoms including abdominal pain, diarrhea, and fever. Several IBD projects in the laboratories of Drs. James Mullin, Thomas Stamato and George Prendergast, focus on improving the prevention, diagnosis, and treatment of Crohn's disease and ulcerative colitis through nutritional supplements, genetic analysis, and immunotherapy.

L A N K E N A U



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Main Line Health