Speaking Up About Crohn’s Disease

LIVING WITH A CHRONIC ILLNESS

PLUS

Physicians discuss issues that can affect gut health

A generous donation funds new equipment and furnishings

An Epic Transition, A Pivotal Transformation
THE HEADLINE | Speaking Up About Crohn’s Disease
Lori Plans shares her experience as a patient and a nurse at Paoli Hospital.

QUICK BITS
285 grateful patients made gifts in support of the Nursing Excellence Fund at Paoli Hospital in fiscal year 2018.

The Paoli Hospital Auxiliary contributed $400,000 to the hospital this past fiscal year. A portion of their gift supported the purchase of new stretchers in the Emergency Department.

244 Potter Society members made a gift of $1,000 or more during fiscal year 2018. Collectively, their support totaled nearly $2.4 million in charitable gifts.
AS THE NOW PAST PRESIDENT OF THE MEDICAL STAFF, I want to extend a big THANK YOU to all our donors, volunteers, and trustees. I’ve seen firsthand the impact of your support and I remain continually impressed by your dedication. Your desire to make Paoli Hospital the best we can be is tremendous and crucial to our mission as a community hospital. While some days it seems there are a lot of things conspiring to make the practice of medicine difficult, your commitment has not wavered. I am so grateful for the opportunities I’ve had to connect with each of you at meetings, parties, and during quick chats in the hallway. Your hard work and generosity has reaffirmed my own commitment to our hospital and to the practice of medicine—thank you for that!

I also want to thank my colleagues—the Paoli Hospital physicians, nurses and staff who work tirelessly to support our patients. Your skill and compassion is unparalleled and I am honored each day to work alongside you. Many of you choose to extend your commitment to our patients by making a charitable gift to the Paoli Hospital Foundation. I am pleased to share with you that, with the support of the physicians listed on pages 12-13, we’ve successfully met the $1 Million Challenge Grant in support of the Always There with Great Care campaign. The Challenge Grant was designed to encourage new donors and physician donors to support the Always There with Great Care campaign. This unique fundraising effort will help to sustain our leading-edge care for generations to come.

Thank you, once again, for your support and for all that you do to make Paoli Hospital so special.

SINCERELY,

Matt Callahan, DO
Q. Why are diseases of the gut so common and what do we need to know about them?

A. Adam B. Kaufman, MD  
_Gastroenterologist, Main Line Gastroenterology_

It is important to know that many problems affecting the gut are temporary but can be quite symptomatic and may result as a consequence of other issues. However, there are diseases of the digestive tract that can become life altering, leaving patients in need of regular, specialized medical care and proper support.

Crohn’s disease and ulcerative colitis, which fall under the all-encompassing term inflammatory bowel disease (IBD), are two primary examples of chronic diseases affecting the digestive tract. Patients dealing with IBD have a genetic predisposition, along with certain environmental exposures or changes to the microorganism environment in the gut, leading to an alteration in the immune system and causing chronic inflammation that can damage the gut. While there is likely no single environmental factor that corresponds to the disease, a few possible triggers include cigarette smoking and antibiotics early in life. Interestingly, we are now seeing a rise in the rates of IBD in third world nations as they become more industrialized. Some researchers have linked this trend with the “hygiene hypothesis,” suggesting that our increasingly sanitized environments and lifestyles are resulting in dis-regulated immune systems which overcompensate by attacking exposures instead of delivering a healthy immune response. While there are several theories as to why IBD is becoming more prevalent, currently there is no evidence regarding the exact cause and similarly there is no definitive cure for the disease. The good news is many of my patients are able to lead full, healthy lives, particularly if the disease is caught early and treated aggressively to alter the disease course and prevent related complications.
A. Rob Frankel, MD  
*Gastroenterologist, Main Line Gastroenterology*

No one is sure what causes irritable bowel syndrome (IBS). It is likely multifactorial. There is a theory of a “leaky gut” in which the integrity of the connection between the cells is compromised, leading to the immune system having more exposure to “foreign” objects as they pass through gut. While there is no clear inflammation as a result of activation of the immune system in patients with IBS, something may be happening at the microscopic level. In patients with IBS, there are no lab abnormalities, and no irregular findings on imaging or endoscopy. However, the fact that we do not see it does not mean it is not real. We do know that people with IBS have a different microbiome signature than people without it, and we also know that people who have exposure to antibiotics are more likely to develop IBS. Finally, there is what’s called a “brain-gut axis” which explains the high correlation between stress and anxiety and the development of IBS; however, irritable bowel can occur before the development of anxiety or depression.

When treating patients, I take a detailed history and if their symptoms are consistent with IBS, providing reassurance is key. The first step in treatment is dietary, which includes avoiding dairy and artificial sweeteners, followed by a low FODMAPs diet, which minimizes the fermentable types of food in the diet. If this is not sufficient, there are multiple types of medications that can be used.

A. Keith J. Laskin, MD  
*Gastroenterologist, Main Line Gastroenterology*

Diseases of the gut are quite common because, like the skin and lungs, the gut is one of the main ways our body interacts with the environment. For patients with celiac disease, gluten enters the body through the GI tract, and the immune system responds, which results in damage to the lining of the small intestine.

Approximately 1% of Americans suffer from celiac disease but an estimated 85% of them don’t know they have it. Some of the most commonly recognized symptoms are gas, bloating, diarrhea, and weight loss. Other symptoms can include joint pain, infertility, iron-deficiency, and chronic fatigue.

In the past 60 years, the prevalence of celiac has more than quadrupled. Similar to other autoimmune diseases, many researchers have linked the increase of celiac disease to the diminishing exposure to bacteria and other microorganisms during early childhood. There is also a genetic link to the disease. If you have a close relative who has celiac, you have a one-in-10 risk of developing the disease yourself.

A blood test can screen for celiac but in order for the test to be accurate, you must be on a diet that includes gluten. Further testing may include endoscopic biopsy of the small intestine. Treatment for celiac disease is lifetime avoidance of gluten. Patients should work with a specially trained dietitian and be monitored for nutrient deficiencies. There are medications being developed to help with incidents of cross-contamination and there is also a vaccine under development which hopes to eliminate the immune response to gluten.
LEARNING TO LIVE WITH A CHRONIC ILLNESS IS NEVER EASY. For more than a decade, Lori Plans has lived with Crohn’s disease, an autoimmune disorder that causes chronic inflammation of the digestive tract.

Throughout her early twenties, when symptoms first started to appear, Lori saw countless specialists. “It was a blur of doctors’ visits, misdiagnosis, and band-aiding symptoms,” she recalled. But, when Lori first visited Main Line Gastroenterology in 2005, at 28 years old, they looked outside the box and did the appropriate testing. “The Crohn’s diagnosis came as a blessing and a curse. I felt reassured that we’d find appropriate treatment but saddened to know that I would be living with a chronic illness for the rest of my life,” she explained.

After a string of hospital admissions, three bowel surgeries, and some trial and error in establishing an effective medication regime, Lori finally felt free from symptoms and lived in remission for a few years. But in 2016, things started downhill again.

“My medication became less effective—as often happens with this disease—and I started having flare-ups. I became severely ill and then hospitalized at Paoli,” Lori said.

Lori is a nurse, so being the one in bed wasn’t easy. “I set a pretty high-standard. But, after experiencing firsthand the care of our talented physicians and seeing the skill of our nursing staff, I was just so grateful to have this hospital in my community.”

With the expert care of her specialists at Paoli Hospital, the support of her family, and even a little help from Hollywood, Lori was soon feeling periods of remission again.

“Psychologically, this disease is very taxing. I’m a wife and a mom. At 41 years old, I am in the prime of my life. But at times I feel shattered and falling apart.”
Lori and her husband Jason try to keep things as normal as possible for their two sons Jordan and Andrew, ages 11 and 8. But Crohn’s disease affects nearly every aspect of their life. “I think there are a lot of misconceptions out there—Crohn’s is more than just some belly pain. In fact, I can handle those acute flare-ups; it’s the chronic joint pain and fatigue that I loathe,” Lori said.

At times, Lori feels like she could sleep for days. “But, I get up and put myself together, even though it doesn’t reflect how I feel on the inside,” she explained. “Jason is my biggest supporter. He knows when to just let me rest, but he also knows when and how to kick me into gear.”

Through it all, Lori turns to the specialists at Paoli Hospital. “I know I’m in the right place at Main Line Gastroenterology with Dr. Adam Kaufman. He has a reputation for taking on the most challenging Inflammatory Bowel Disease (IBD) patients,” Lori asserts. She recalls her first office visit with Dr. Kaufman, “I walked in to his office with a 15-year history of this disease—my medical record was phone books high. He knew things about my case that I had forgotten. We talked about the progression and symptoms of the disease, my medications and their side effects. I never once felt rushed. Right away, he put me on a medication to help ease my debilitating joint pain and we soon found a more effective medication to manage my other symptoms.”

But when Lori’s prescription drug coverage changed and the new plan didn’t cover her medications, she was faced with the possibility of paying over $5,000 out-of-pocket each month for medication. “We had finally found a drug that was working, so when I got the news that it wasn’t going to be covered by insurance, I was devastated and completely overwhelmed.”

Fortunately, Dr. Kaufman took the wheel. He spent countless hours working with the insurance company and was eventually able to get Lori the coverage she needed through a peer-to-peer appeal process.

“At times, it can feel like so much is turning against me; but to find strength in the face of this illness and all the adversity it brings, I think is really important. Knowing that Dr. Kaufman and Paoli Hospital are here brings me such assurance and security. Words can’t express how grateful I am for that.”

THE ELLEN SHOW
After a series of hospitalizations in 2016 Lori sent a letter to her favorite celebrity, Ellen DeGeneres, proclaiming to be Ellen’s number 1 fan. The Ellen Show responded by inviting Lori, along with her husband and her two sons, Jordan and Andrew, to be guests on the show where she gifted them an all-expense paid vacation to Mexico. “The whole experience came on the heels of one of the most difficult times in my life. It was exactly what my husband and I needed to recover from the setbacks we faced that year,” Lori recalled.

LORI PLANS with her dog Moose, husband Jason, and sons Jordan, age 11, and Andrew, age 8.
ADMINISTRATIVE UPDATE
Shaun Essex, previously the Vice President of Administration at Riddle, will now serve as the Regional VP of Administration at Paoli and Riddle Hospitals.

Matt Magargal, former Vice President of Patient Care Services at Paoli, will now serve as the Regional VP of Patient Care Services for Paoli and Riddle Hospitals.

These changes in administrative structure will create efficiencies and cost savings while helping to hardwire our commitment to collaboration and standardization of processes.

PATIENT RECLINERS
168 new patient recliners were purchased with support from the Paoli Hospital Foundation. The recliners help to promote early mobility, which facilitates faster healing and prevents numerous complications.

STROKE ACHIEVEMENT
Paoli Hospital, along with Bryn Mawr, Lankenau and Riddle Hospitals, has received the American Heart Association’s Get With The Guidelines®–Gold Plus Quality Achievement Award. The award recognizes the commitment and success of each hospital’s staff in implementing a higher standard of care by ensuring that stroke patients receive treatment according to nationally accepted guidelines.

ALWAYS THERE CAMPAIGN UPDATE
More than 2,200 grateful patients and 300 physicians and staff supported the overwhelming success of the Always There with Great Care campaign, by contributing $7,712,403 to serve as a flexible source of funding and support the high-priority needs of Paoli Hospital for generations to come.
Cancer Survivors Night

All Cancer Center patients were invited to bring a guest and join this celebration of life. The evening’s sports theme celebrated cancer survivors as the “real MVP” and encouraged attendees to wear sports-themed attire for an evening of fun, dinner and dancing.

H. Phelps Potter Society and Paoli Society—An Evening of Celebration

1 From left, Mark Humphrey and his father Leonard Humphrey enjoy the Foundry’s balcony view. 2 From left, Paoli Hospital President Jim Paradis is pictured with Greg Rubin. 3 From left, Main Line Health President and CEO Jack Lynch and his wife Deborah with Carol and Steve Aichele, Past Chairman of the Main Line Health Board of Governors.

Paoli Hospital Auxiliary’s Annual Golf Outing

1 Winners of the Paoli Hospital Auxiliary’s Annual Golf Outing pause for a photo. From left, Peter Vacca, MD (United Anesthesia Services), Michael Cabral, MD (UAS), Rich Banner, MD (UAS), and David Taylor, DDS.
At 6:45 am on Saturday, March 3, 2018, after two years of planning and preparation, Main Line Health transitioned from our previous electronic health records systems to the Epic system, making possible a pivotal transformation that will enhance every area of our health care system.

Epic is a key part of our PIVOT initiative (Promoting Innovation by Valuing Organizational Transformation), enabling us to build a new technological infrastructure that will seamlessly integrate inpatient and ambulatory care with clinical and financial systems, and fully support value-based care and population health.

With the full support of the Main Line Health Board of Governors, the transition to Epic followed—and met—a timetable established in 2016. The launch did much more than simply move hundreds of thousands of our patient records—it integrated multiple clinical and administrative computer systems to support high quality care:

• Our physicians and practitioners have real-time access to a single computer system that holds all patient records across all of our locations and specialties, speeding access to treatment and improving patient care. Clinicians also gain secure communication, mobile charting, and clinical practice guidelines that will improve efficiency and increase safety and quality.

• Patients can now access their own records and securely communicate with their health care team—two factors proven to lead to improved patient outcomes. Through the online My Main Line Health Chart, patients can—from any device—schedule primary care appointments, request prescription refills, view lab and test results, coordinate family care, pay bills, and much more.

• Patients also have a single, integrated record throughout Main Line Health and will receive one consolidated bill covering services received at all our entities and Main Line HealthCare physicians.

Driven by a goal of providing a safe, timely, efficient, effective, equitable and patient-centered experience for everyone, everywhere, every time, teams of clinicians and specialists from key administrative areas worked over the past two years to improve clinical and financial workflows so that, no matter what office or campus a patient visits, the experience is the same, whether scheduling an appointment, undergoing a procedure, or being discharged home.

In the months preceding the Epic launch, nearly 9,000 clinical and administrative staff were trained in the new system to make the transition as smooth as possible. With such a massive undertaking, some changeover challenges were anticipated. To resolve issues and minimize impact on patients and providers, hundreds of At The Elbow (ATE) staff clad in green shirts were positioned round-the-clock throughout the health system, as well as at satellite launch centers.

As the opportunities available through Epic are realized throughout Main Line Health, more PIVOTal transformations will be implemented, enhancing our commitment to patient safety, continuity of care, and real-time reporting and analytics. Complete information on the New Era in Health Care at Main Line Health, including My Main Line Health Chart, is available at mainlinehealth.org/newera.
Prior to transitioning to an electronic medical records system in the Cancer Center, the exam rooms needed to be equipped with computers, an appropriate workspace, and new wall-mounted vital signs equipment to help maximize the space. As a community-based Cancer Center, needs arise that cannot always be supported by the operational budget alone, so charitable gifts serve as an important source of support.

“When a donor came forward interested in supporting our highest-priority needs, the enhancements we needed in our exam rooms seemed like a great use of their gift,” said Susan Zuk, Program Director of the Cancer Center. The donor, who graciously made the gift in honor of Dr. Greg Ochsner, expressed that “for the first time, a doctor had given us hope in treatment. We were so pleased to support their care.”

Dr. Ochsner said, “This is just a tremendous example of how patients can find healing and greater purpose in making a charitable gift. It’s been wonderful to see the incredible impact of their support—not only are we seeing operational improvements but it inspires me and our Cancer Center staff to witness this patient’s sincere gratitude and desire to give back.”

In this new era of health care, philanthropic gifts are essential to ensuring that Paoli Hospital remains in a strong position to provide leading-edge care for our community. Through the Always There with Great Care campaign, $7,712,403 was raised from 2,200 grateful patients, hospital employees and physicians. These gifts will serve as a flexible source of funding for years to come, supporting high-priority patient care programs, equipment, and facility upgrades.
PAOLI HOSPITAL is honored to receive charitable gifts from physicians, who are not only exceptional care givers, but exceptional leaders. We appreciate their dedication to our community with these generous gifts and their expert, compassionate care.

With their support, we successfully secured the $1 Million Challenge Grant which matched all physician gifts of $1,000 or more and all gifts over $10,000 from new donors. The Challenge Grant was awarded by two anonymous donors to support the Always There with Great Care Campaign, a fundraising effort encouraging our community to give charitable gifts to help meet urgent needs and plan for future programs at Paoli Hospital. Gifts to the campaign provide an important source of flexible funds for advancing patient care.

The following physicians have contributed to Paoli Hospital since the launch of the Always There with Great Care campaign and the $1 Million Challenge Grant on January 1, 2015. We acknowledge and thank our members of The H. Phelps Potter Society for their generous support of $1,000 or more to Paoli Hospital. We truly appreciate these generous physicians and their endorsement of our mission of caring at Paoli Hospital. Together, we continue to make the strategic investments that result in superior health care for our community.

Alexander P. Anthopoulos, MD  
Jennifer L. Armstrong, MD*  
Nelson P. Aspen, MD, FACS*  
Matthew R. Astroff, MD*  
Sumanth Atluri, MD*  
Alec C. Beekley, MD  
Joseph S. Bennett, IV, MD*  
Philip Bernstein, DPM  
David A. Bernstein, DPM*  
Stuart A. Brilliant, MD*  
Michael E. Cabral, MD*  
Norman M. Callahan, III, DO*  
Ashley K. Caplan, DO  
John T. Carpenter, Jr., MD  
Mark E. Chasteney, MD  
John H. Chidester, MD*  
Enrico A. Cifelli, MD  
Murray J. Cohen, MD*  
Robert E. Day, Jr., MD*  
Marie R. Donnelly, MD  
Mitchell S. Drake, MD*  
Steven A. Ebner, MD*  
Robert E. Elliott, MD*  
M. H. Etezady, MD*  
Donald V. Ferrari, DO*  
Jacquelyn E. Fisher, DO  
Thomas A. Fosnocht, DDS  
Timothy T. Fox, MD*  
Robert C. Fried, MD, FACS*  
Frank H. Furman, MD  
Steven J. Gamburg, MD*  
Jonathan P. Garino, MD*  
Charles S. Gawthrop, MD*  
Andrew G. Gerson, MD  
Jennifer C. Gilbert, DO  
Ernest F. Gillan, MD*  
Duane K. Godshall, MD*  
Thomas H. Graham, MD  
William R. Greer, MD, FACP*  
Roger L. Groves, MD  
Nancey M. Hahn, MD  
Peter N. Hillyer, MD  
Michel C. Hoessly, MD*  
Bruce D. Hopper, MD  
Kevin Horan, MD*  
Joseph P. Horstmann, MD*  
Andrea E. Horvath, DO*  
Barbara P. Hughes, MD*  
Valerie T. Hunt, MD*  
Larry Jonas, MD*  
Vincent P. Kasper, MD  
Lawrence I. Katin, MD*  
Jeffrey I. Katzman, MD  
Adam Kaufman, MD  
Kris R. Kaulback, MD
Robert Fried, MD and Matt Callahan, DO enjoy the 2017 H. Phelps Potter Society event.

Eleanor O. Leise, MD
Patricia H. Lotito, MD
Kevin Lutsky, MD
Timothy Mack, DO
Susan M. Marchiano, DO
Sharon A. Marshall, MD*
Malini Mathur, MD
Harris P. Miller, MD*
Jason R. Miller, DPM*
Stanley J. Miller, Jr., MD
Ronald Mojica, MD
David A. Nathan, MD
Andrew J. Norton, MD*
Gregory J. Ochsner, MD
John J. Orris, DO, MBA*
James A. Paulson, MD*
Aleksandr A. Pekar, MD
Ila M. Peterson, MD
Robert Pinsk, MD*
Ross D. Podell, MD
Scott M. Pugh, MD
Suzanne K. Pugh, MD
Joseph P. Quintiliani, Jr., DO
Atif E. Qureshi, MD*
Joshua A. Rabinowitz, DO
Sara L. Reichard, MD*
Ann E. Reilly, MD*
David M. Robinson, MD*
Robert A. Ruggiero, Sr., MD*
Joseph L. Russino, MD*
Melanie B. Schatz, MD*
Robert T. Schuster, MD*
Curtis N. Scovill, MD*
Shari L. Senzon, MD
Shailen Shah, MD
Zakir H. Shaik, MD
Nieta G. Shapiro, MD
Mahesh Shrestha, MD*
James N. Simon, DO*
Archie J. Sirianni, MD
Becky Souder, DO
Sally G. Speck, MD*
George Steele, MD
Jeffrey C. Stevens, DO
Jennifer K. Stuck, DO
Anne L. Supina, MD*
George T. Taylor, MD*
Ira M. Thal, MD
Richard D. Tolin, MD
Andrew B. Ulichney, II, MD*
Gregory S. Williams, MD, FCCP
Gary F. Wingate, MD*
Michael B. Wolfson, MD*
Irina Yegudkina, MD
Richard M. Yelovich, MD*
Jean K. Yi, MD*
Michele J. Ziskind, MD*
Janis E. Zvargulis, MD*
*Potter Society member

From left, Christopher Wright, Jean Yi, MD, Patricia Katin and Larry Katin, MD pictured at the annual H. Phelps Potter Society event.
This September marks 60 years since the move of the former Memorial Hospital of Chester County to what became Paoli Memorial Hospital. On September 21, 1958, numerous entities organized by Kathryn Sweeney, RN and Dr. Jack White, worked together to completely move the Memorial Hospital of Chester County to its new location.

The move was no easy task. Nurses and volunteer aides accompanied the patients in ambulances, which included a large military ambulance from the Army hospital at Valley Forge and numerous others from the Good Fellowship Company of West Chester and the Berwyn, Malvern and Goshen ambulance companies. Everyone worked quickly to transport the remaining patients along with 31 pints of blood.

The hospital’s narcotics were securely transported by a West Chester police car and The Salvation Army provided coffee and doughnuts for volunteers. In just a few hours, patients, supplies and remaining equipment had been packed up and transferred over to Paoli, where the new 104-room, $4 million medical center awaited their arrival.

Over the first weekend, 28 patients were treated in the new Emergency Room and the first baby, a boy, was born on the day after the move. A story in Marjorie Panitt’s *A History of Paoli Memorial Hospital* says that one of the first patients, a little girl unfamiliar with the new intercom system, answered a nurse who was talking to her through it, with the response, “Hello, God?”

On a bright Sunday in October 1958, more than 1600 people gathered at the hospital’s formal dedication ceremony. Joseph L. Pyle, a Board member, presided. The dedicatory address was given by The Honorable Thomas G. Gawthrop, President Judge of Chester County Court of Common Pleas. Veterans of Foreign Wars Upper Main Line Post 5203 presented and dedicated a flag to the hospital that was raised for the first time on the pole at the entrance. The move had been a model of efficiency; so exemplary, it was featured in *Hospitals* magazine in an article written by Paoli Memorial Hospital Executive Director Joseph A. Williamson.

Paoli Hospital has always been rich in history, serving an important role in its community—providing jobs and care to the many people that live here. Over the years, it has evolved from a hospital with seven rooms and a children’s ward, through two world wars, the Great Depression, and two name changes to become a state-of-the-art community hospital serving more than 300,000 people each year in Southeastern Pennsylvania.
There are many ways to donate.

1. As a non-profit, Paoli Hospital depends on charitable support from the community which includes our grateful patients, employees, and physicians. Please consider making a tax-deductible donation using the enclosed postage-paid envelope.

2. Or, make a gift online and learn more about other ways of giving by visiting mainlinehealth.org/phgiving.

3. While gifts of cash are the most common outright gifts, there are a number of other ways you can give immediate support to Paoli Hospital. To talk to someone at the Paoli Hospital Foundation about making a planned gift or an estate gift call: 484.565.1385.

Thank you.
Annual Gala & Fine Art Show

Featuring the work of Jan Weir and original art expressions of 50 local and regional artists

OCTOBER 6 & 7, 2018
WHITE MANOR COUNTRY CLUB
MALVERN, PENNSYLVANIA

Evening Gala & Fine Art Show
Cocktails & Culture
Saturday, October 6, 2018 from 6:30pm to 11:00pm

Fine Art Show
Sunday, October 7, 2018 from 11:00am to 5:00pm

Sponsorship Opportunities Available
paoliauxiliary.org/fineartshow
Contact Sheila Gerhart-Lauver at 484-565-1380 or paoliauxiliary@MLHS.org