

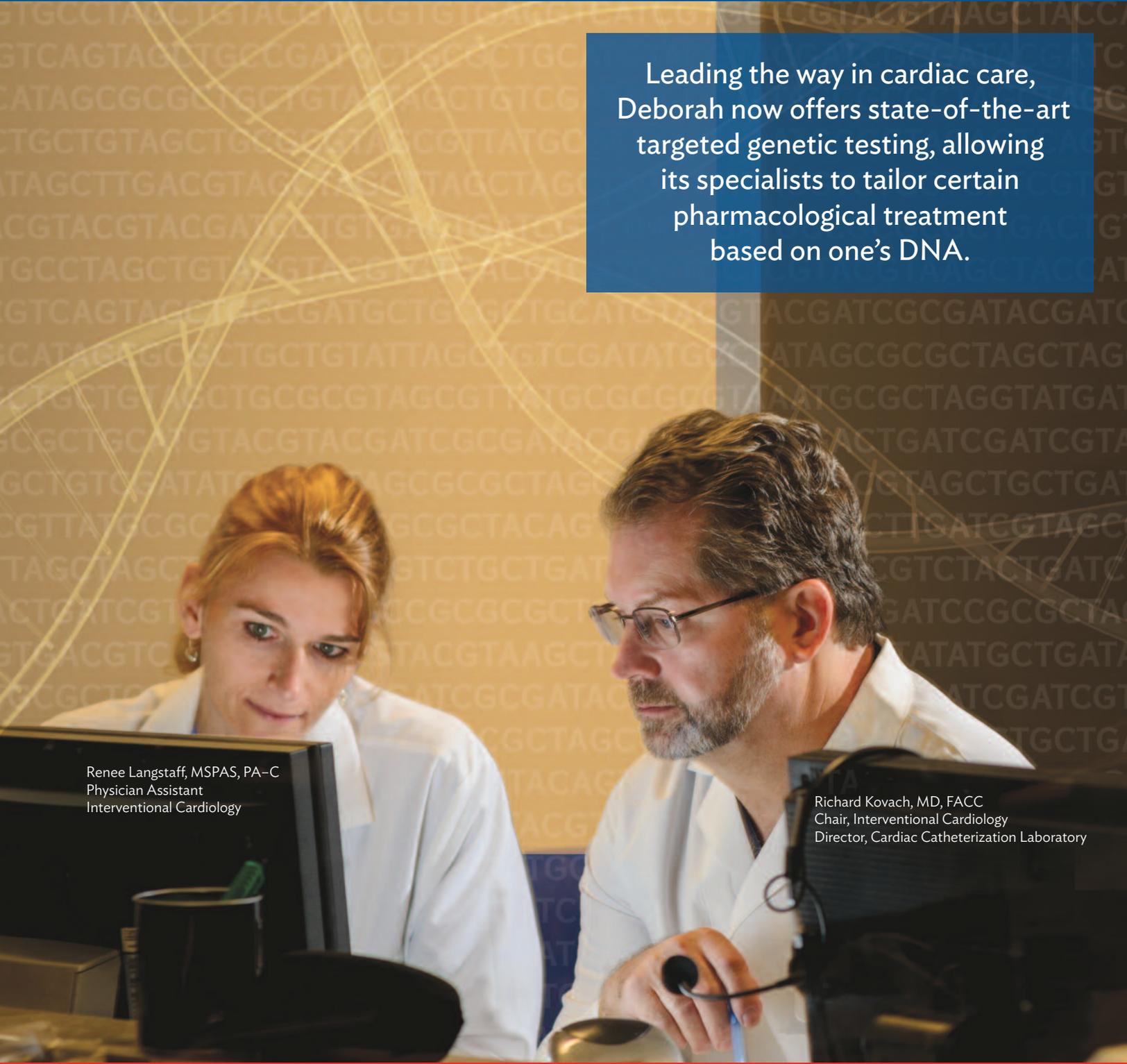


# Clinical **UPDATE**

Issue 1, 2015

[www.DemandDeborah.org](http://www.DemandDeborah.org)

Leading the way in cardiac care, Deborah now offers state-of-the-art targeted genetic testing, allowing its specialists to tailor certain pharmacological treatment based on one's DNA.



Renee Langstaff, MSPAS, PA-C  
Physician Assistant  
Interventional Cardiology

Richard Kovach, MD, FACC  
Chair, Interventional Cardiology  
Director, Cardiac Catheterization Laboratory

★★★

Only 10% of American cardiac surgery centers have received this highest rating for quality by the Society for Thoracic Surgery

#1 Hospital in New Jersey  
HCAHPS government surveys

INNOVATORS IN HEALTHCARE AWARD  
SNJ Business

# Targeted Cardiac Care Based on Genetics

Leading the way in cardiac care, Deborah now offers state-of-the-art targeted genetic testing, allowing its specialists to tailor certain pharmacological treatment based on one's DNA.

This focused approach to cardiac care uses genetics to accurately predict an individual's metabolic response to specific and commonly prescribed cardiac medications.

“Our genetic cardiovascular panel can test to see if you have metabolic compatibility with some commonly prescribed drugs like clopidogrel (Plavix) and warfarin (coumadin),” notes Richard Kovach, MD, Chair of Interventional Cardiology at Deborah.

“With this information in hand, it is much more of a precise science when putting together a treatment plan. Understanding each patient's specific genetic make-up affords us an opportunity to customize our treatment – maximizing the results that certain medications have.

“I am excited that we have this cutting-edge treatment option available to us now. We are one of the very first hospitals in the country now using cardiovascular genetic testing to target care for their patients. Once again, it is great to be part of a hospital that is on the leading cusp of providing the very best in patient care.”



## Congratulations to Dr. Kovach!

Richard Kovach, MD, Chair, Interventional Cardiology and Director, Cardiac Catheterization Laboratory has just been appointed to the editorial board of Vascular Disease Management.

# Low-dose CT Scans for Smokers

## Screening Recommendations Broaden

Medicare is the latest organization joining the growing movement to have current and former smokers screened with low-dose CT scans, for early detection of lung cancer. The recent Medicare proposal for coverage follows on the heels of prominent organizations such as the U.S. Preventive Services Task Force and the National Cancer Institute, which have supported early-detection screenings.

Deborah is offering these 5-minute CT scans to those between 55-80 years old who are current smokers or former smokers who have quit within the last 15 years with a “30-pack” smoking history (meaning one pack a day for 30 years or two packs a day for 15 years).

“These early detection scans for lung cancer can help reduce lung cancer deaths by 20 percent,” states Andrew Martin, MD, Chair, Deborah’s Pulmonary Medicine Department. “We strongly urge physicians to recommend to their patients who are current and former smokers and who meet the criteria, to make an appointment for the scan.”

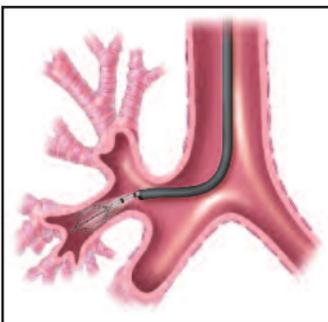
Deborah’s Foundation has provided an underwriting grant for this program, so this vital health screening can be offered with no charge to patients. For more information, or to schedule an appointment for a patient, please visit [www.deborah.org](http://www.deborah.org) or call 1-800-214-3452.



# Revolutionary Treatment for Asthma Patients

Bronchial Thermoplasty (BT) is a revolutionary outpatient procedure for patients with severe, non-controllable asthma. A safe, proven procedural option for treating even the most advanced cases of asthma, BT offers patients a new lease on life.

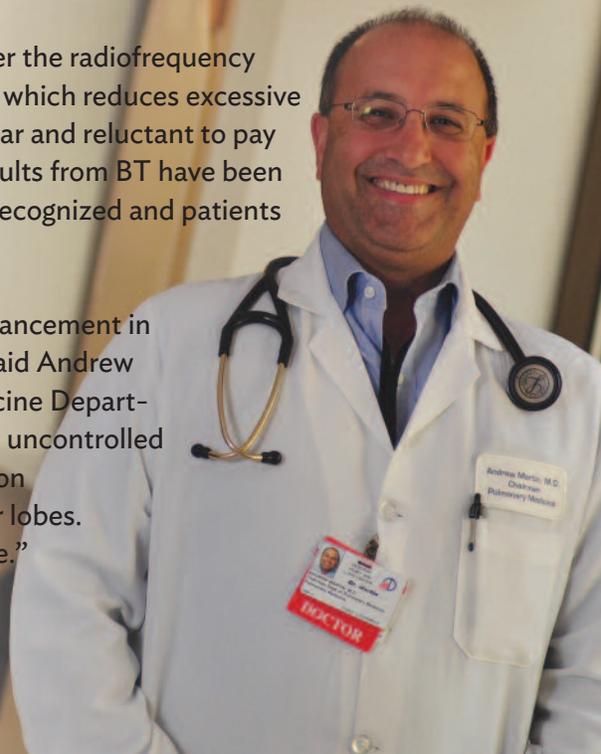
Deborah has been an industry leader in providing BT to patients. Shortly after the radiofrequency energy ablation was FDA-approved, Deborah began offering this procedure, which reduces excessive airway smooth muscle. At the time, it was so new that insurers were unfamiliar and reluctant to pay for it. Over the past few years, however, the results from BT have been so astounding, that the procedure is now fully recognized and patients rarely have insurance issues.



“Bronchial Thermoplasty is a revolutionary advancement in the treatment and control of severe asthma,” said Andrew Martin, MD, Chair, Deborah’s Pulmonary Medicine Department. “These patients suffer terribly from their uncontrolled asthma. They come in for three separate ablation

procedures involving the right lower lobe, the left lower lobe, and both upper lobes. When treatment is finished, they see their quality of life significantly improve.”

To learn more about BT, follow Dr. Martin and patient Eileen Semple through the BT process at [youtube.com/watch?v=oNQMELz7OfE](https://youtube.com/watch?v=oNQMELz7OfE)



**Clinical UPDATE***published by*

Deborah Heart and Lung Center, Browns Mills, NJ 08015  
Joseph P. Chirichella, President and CEO  
Lynn B. McGrath, MD, VPMA, Medical Editor  
Thomas J. Campbell III, Director, Marketing/Media/PR, Editor;  
Donna McArdle, Writer; June Lambert, Coordinator;  
Susanna Kanzler, Proofreader; Frances Marshall, Layout/Design;  
Barbara Minnick, Cover Design; Agnes Marsala, Photography

## Deborah Proudly Announces the Appointment of Top Surgeons Paul Burns, MD and Ronald Ross, MD

**Paul Burns, MD | Chair of Cardiothoracic Surgery**

Dr. Burns joins Deborah following a move from St. Barnabas Medical Center in Livingston, NJ, where he served as Vice Chairman of Cardiothoracic Surgery. He has practiced cardiac surgery in New Jersey for thirteen years, with excellent outcomes as reported in the *Health Care Quality Assessment* published by the N.J. Department of Health. Dr. Burns is listed as a “Top Doctor” in *U.S. News & World Report* for 2011, 2012 and 2013; *New Jersey Monthly Magazine* and *Inside Jersey* from 2009 through 2013. Dr. Burns is a graduate of Princeton University and the Columbia University College of Physicians & Surgeons. He completed a general surgery residency at Deaconess Hospital–Harvard and a cardiothoracic surgery fellowship at The New York Hospital–Cornell.

**Ronald Ross, MD | Cardiothoracic Surgeon**

Dr. Ross joins Deborah having completed his cardiothoracic surgery fellowship at Strong Memorial Hospital at the University of Rochester, New York, which ranked by *U.S. News & World Report* as in the highest category in the country for cardiology and heart surgery volume, advanced technologies, and patient services. Dr. Ross’ experience spans the spectrum of cardiothoracic approaches, including CABG, valve surgery, aortic surgery and redo surgery. Dr. Ross has published extensively in the *American Journal of Surgery*, *The Annals of Thoracic Surgery* and the *Journal of the American College of Surgeons*, among others.

Their approach is patient-centered with emphasis on open communication with each patient’s referring physician. Physicians are encouraged to call directly to discuss their patients.

**PHYSICIAN-TO-PHYSICIAN DIRECT ACCESS CONTACT:**

If you have a particular concern about a patient and would like to discuss a case, please call:

Paul Burns, MD - Cell phone: 972-632-2123

Ronald Ross, MD - Cell phone: 347-449-1390

To reach the offices of Drs. Burns or Ross, call 609-893-1200, extension 4353.