A Decade of Cardiac Excellence
In June 2000, Englewood Hospital and Medical Center embarked on a journey to create a comprehensive cardiac program separate and unique from the others in the region. With the vision to deliver unsurpassed excellence in cardiac care—and the talent and technology to support that goal—we opened our doors to offer comprehensive cardiac services, including invasive and non-invasive cardiology, cardiac surgery, and, shortly after, cardiac electrophysiology.

Endless effort and countless hours have gone into realizing our vision of excellence, the foundation of which remains deeply rooted in a single principle: teamwork. As a team, we recognize that excellence is achieved only through the combined and individual efforts of our physicians, nurses, allied health professionals, and administrative leadership.

Ten years later, we look back upon numerous accomplishments, achievements, and awards. Most importantly, however, we are able to reflect upon and celebrate the many lives we have touched. The Heart and Vascular Institute at Englewood Hospital and Medical Center is proud and privileged to present to you a look at the outstanding care we have provided for the past decade, and we invite you to join us as we enter the next phase of delivering exemplary cardiac care. Success in excellence is our journey, not our destination.

For more information about the Heart and Vascular Institute at Englewood Hospital and Medical Center, visit EnglewoodHospital.com; for a referral to one of our cardiac specialists, call 1-866-980-EHMC.

“Excellence is not a skill. It is an attitude.” — R. Marston
Letter from the President

Ten years ago, if you lived in the region and you needed heart surgery, you went to New York City. Today, patients come to The Heart and Vascular Institute at Englewood Hospital and Medical Center for the best cardiac care around.

We were ranked #3 nationwide for heart attack survival by the Centers for Medicare & Medicaid Services and are the state leader in cardiac bypass surgery, with outcomes that are the best in the state. The program is recognized year after year by the New Jersey Department of Health and Senior Services for outstanding coronary bypass surgery results and low mortality rates. Cardiologists throughout the region refer their most complex cardiac cases to our experts.

The success and excellence of our cardiac program also was recognized recently by J.D. Power and Associates for an “Outstanding Patient Experience,” by HealthGrades 2010/2011 five-star rating for Treatment of Heart Attack and Coronary Artery Bypass Surgery, and by CareChex as the #2 top cardiac care hospital in New Jersey.

Our dedicated and experienced caregivers make a difference in the lives of thousands of people each year by delivering quality, compassionate care and superior patient satisfaction. We look forward to continuing our commitment and offering the best possible care to all patients in the region.

All the very best,

Douglas A. Duchak
President and CEO
Englewood Hospital and Medical Center
The experts at Englewood Hospital utilize non-invasive and invasive diagnostic technology to ensure each cardiac patient receives both a definitive assessment of their condition and access to the most appropriate, personalized treatment.

**Non-Invasive Testing**
A full-spectrum Echocardiography Laboratory includes capabilities for a range of diagnostic tests including:
- 64-Slice Computed Tomography (CT Scan)
- Echocardiogram
- Electrocardiogram (ECG or EKG)
- Nuclear Imaging
- Pharmacological Stress Test (for those unable to tolerate exercise)
- Stress Test (with Nuclear Medicine or Echocardiography)

**Invasive Testing**
The use of leading technologies in the Cardiac Catheterization Laboratory allows high-resolution cardiac imaging and imaging devices to provide rapid and accurate diagnosis in patients with cardiac arrhythmia, coronary, valvular, or other heart disease.
In the hands of the experts of Englewood Hospital’s Interventional Cardiology and Electrophysiology teams, the technology available in this facility ensures that our patients receive the highest level of care when undergoing a catheter-based procedure.

Our Cardiac Catheterization Laboratory is unique for its ability to facilitate family cardiac counseling by providing computerized image review in a counseling room environment. The Laboratory also integrates various advanced cardiac imaging technologies for use by Englewood Hospital cardiologists and cardiac nurses.

Procedures Expertly Performed:

- Angiography
- Angioplasty (balloon pump)
- Atherectomy (rotational)
- Echo Procedures
- Intracoronary Ultrasound
- Peripheral Vascular Intervention
- Stent Implantation
- Valvuloplasty
- Carotid Artery Stenting

Special Features:

- Hansen Sense™ Robotic Catheter system
- High resolution digital pulsed fluoroscopy which reduces radiation exposure
- Multi-image monitor displays with synchronization & overlay capability
- Real-time digital processing with computerized image enhancement
- Marquette Monitoring and Hemodynamic System
- Specialized Recovery Area
- Conference facility specially equipped for family cardiac counseling
In contrast to other programs in the area, our surgeons perform a substantially larger proportion of complex procedures such as multi-valve repair, aneurysm/aortic dissection repair, and endovascular thoracic aneurysm graft (TAG) repair. Our reputation for performing complex surgical procedures is a result of the unified team approach developed at the Medical Center to allow for expert care to be delivered to every patient regardless of the complexity of the problem.

A leader in mitral valve repair, a technique that avoids the potential problems associated with the implantation of an artificial valve, Englewood Hospital and Medical Center has made this approach available to over 90% of patients with mitral insufficiency (leaking mitral valve.)

With a highly motivated and accomplished team, Englewood Hospital’s program has emerged as the area’s most comprehensive and successful Cardiac Surgery unit. The experience and achievement of our surgical team, which has performed thousands of procedures together over many years, give patients the best chance for a successful surgical outcome.

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Jock Nash McCullough, MD
Director, Valve Surgery Division
American Board of Surgery
American Board of Thoracic Surgery

James J. Klein, MD
Chief, Department of Cardiothoracic Surgery
American Board of Surgery
American Board of Thoracic Surgery
Assistant Clinical Professor of Cardiothoracic Surgery, The Mount Sinai School of Medicine, NY
Cardiac Surgical Procedures Offered Include:

- Aortic Valve Replacement
- Coronary Bypass Grafting (CABG)
- Maze Procedure for Atrial Fibrillation
- Mitral Valve Repair
- Mitral Valve Replacement
- Repair/Replacement of Aortic Aneurysms and/or Dissections
- Thoracic Aortic Endografting
- Valve Sparing Aortic Root Replacement

Our surgeons are committed to providing the least invasive surgical technique that will allow for a positive patient outcome. We are one of the few centers in the region to offer patients a truly minimally invasive mitral valve repair technique, known as the Port Access approach. This operation uses a small incision below the breast, as opposed to opening the entire chest, to minimize damage to the body and discomfort as well as to allow for a faster recovery.

Adam G. Arnofsky, MD
Cardiothoracic Surgeon
American Board of Thoracic Surgery

M. Arisan Ergin, MD, PhD
Cardiothoracic Surgeon
American Board of Surgery
American Board of Thoracic Surgery
Professor of Cardiothoracic Surgery, The Mount Sinai School of Medicine, NY
Excellence in Action:

- Englewood Hospital received the HealthGrades® 5-star rating for Coronary Bypass Surgery, 2010-2011.
- According to the latest New Jersey Department of Health and Senior Services Cardiac Surgery Report, Englewood Hospital and Medical Center had no Isolated Coronary Artery Bypass Graft (CABG) surgery mortalities during the year for which the data was collected (2007). This is the fourth consecutive cardiac surgery report in which Englewood Hospital achieved 0% mortality—a perfect record.
- As a marker of quality, patients operated on at Englewood Hospital have a substantially shorter length of stay as compared to patients operated on at other programs throughout the state.
- Approximately 80% of cardiac surgeries at Englewood Hospital are performed transfusion-free. Many other well-known institutions seek our expertise in bloodless surgery.

Vascular Surgery

Englewood Hospital has established itself as one of the world’s leading centers for vascular and endovascular treatment through leading edge surgical and non-surgical techniques, state-of-the-art diagnostics, and an ongoing commitment to patient care, research, and training.

The Departments of Vascular Surgery and Cardiothoracic Surgery at Englewood Hospital work in partnership to perform ground-breaking, less invasive thoracic endografting to an ever-increasing variety of patients with diseases of the thoracic aorta. This has resulted in substantially improved outcomes over traditional approaches to aortic disease. This collaboration has made Englewood Hospital one of the largest implanters of thoracic endografts in New Jersey.
Bloodless Surgery

The avoidance of blood transfusion during open-heart surgery has been shown to significantly reduce the incidence of postoperative complications, some of which are: renal failure, stroke, pneumonia and post-operative death.

Our cardiac surgery team has performed open-heart surgery with a remarkably low transfusion rate for the past decade. Meticulous technique, vigilant care, and consistent advancement in patient blood management have resulted in a process which allows approximately 80% of heart surgery at Englewood Hospital to be performed without blood or blood product transfusions. This includes all open-heart procedures (reoperations, aneurysms, aortic dissections etc.).

Englewood Hospital is now a widely renowned center for patients and institutions seeking expertise regarding the use of blood products during open-heart procedures. Patients travel to us from all parts of the U.S. to be cared for by our team. As a result, our hospital is adept at dealing with out-of-state issues regarding patient preparation and consultation prior to surgery.

Transfusion-Free Cardiac Surgery 2000-2010

Transfusion Free 81%
Transfused 19%
At Englewood Hospital’s Arrhythmia Center, our team of Cardiac Electrophysiologists uses advanced computer mapping systems to visualize real-time images of the electrical activity within a patient’s heart. These new mapping technologies include phased-array intracardiac ultrasound and both contact and non-contact mapping, all of which improve the efficacy of diagnosis and safety of subsequent treatment. This information is used to pinpoint the location of normal and abnormal heartbeats—information vital to treating arrhythmias.

Our Arrhythmia Center is one of the few centers that treat atrial fibrillation with catheter-based procedures—those that utilize long flexible wires placed within the heart in an attempt to stop the arrhythmia at its source. In many cases, this technology cures troublesome arrhythmia. We are one of the few centers in the tri-state area to use cryoablation for the treatment of certain arrhythmias. We also provide the latest implantable cardioverter devices (ICD) and pacemakers for those patients who need them.

The Arrhythmia Center provides personal support through regularly scheduled ICD Support Group dinner meetings, allowing for open question-and-answer sessions, special guest speakers and tips on living with your ICD.

The Arrhythmia Center offers patients the latest in robotic treatment of arrhythmia using the Sensei® Robotic Catheter System. A very specialized tool used for catheter-based mapping within the chambers of a patient’s heart, the Sensei System allows for more precise and stable catheter manipulation during complex cardiac procedures. Englewood Hospital was the first facility in New Jersey to offer this technology.
Cardiac Electrophysiologists at the Arrhythmia Center were among the first in the area to recognize the value of and successfully use the LifeVest, an external, temporary body appliance used to detect and counter potentially fatal irregularities in a patient’s heart rhythm.
By taking a team approach and individualizing patient care, the expert cardiologists at Englewood Hospital are able to focus on the diagnosis and treatment of all manifestations of cardiovascular disease.

Our team of cardiologists recognizes the cardiac needs of specific populations. As such, we offer a variety of community outreach services such as: counseling, referral services and/or facilitation of cardiac care and necessary work-up, lectures by Englewood Hospital’s Women’s Cardiac Health Center, heart failure educational sessions, Latino outreach activity, and alliances with the JCC and Berkeley HeartLab, Inc.

Jeffrey S. Matican, MD
Chief, Section of Cardiology
Board Certified, Cardiovascular Disease and Interventional Cardiology

Richard S. Goldweit, MD
Director, Cardiac Catheterization Laboratory
Board Certified, Cardiovascular Disease and Interventional Cardiology
Assistant Clinical Professor of Medicine, The Mount Sinai School of Medicine, NY
Section of Cardiology, Englewood Hospital and Medical Center

Weekly hour-long cardiac conferences presented by our expert physicians, are open to all staff interested in learning about the latest developments in cardiac care and interesting collaborative case studies covering medical, interventional, and surgical treatments for cardiac conditions.
Holding one of the three best 30-day Heart Attack survival records in the nation, Englewood Hospital is a leader in emergency cardiac care. As a result of the implementation of the hospital’s STEMI Alert algorithm, the Medical Center’s “door to balloon” time (the time from patient arrival to the start of a cardiac interventional procedure) has been 20 minutes below the national average for the last seven years.

Patients with cardiac symptoms who arrive at our new Emergency Care Center are treated as quickly as possible. An Interventional Cardiologist is available 24/7 to meet patients as they arrive — an arrangement often made through a call from the EMS providers as patients are still being transported.

Our Emergency Medicine program has been recognized for service excellence under the J.D. Power and Associates Distinguished Hospital ProgramSM indicating patient responses for satisfaction which exceed the national benchmark for “An Outstanding Emergency Experience.”
In addition to our outstanding heart attack care, Englewood Hospital is recognized as a Primary Stroke Center by The Joint Commission and the New Jersey State Department of Health and Senior Services (NJDOHSS).

Patients are treated in our new, 35,000 square-foot state-of-the-art Emergency Care Center, which offers 40 large, private rooms; skilled emergency care physicians; award-winning nurses; and a dedicated imaging center.

The efforts of our Heart Attack response team have resulted in nearly a 25 percent reduction in the risk of death compared to the national average. For three years in a row (2009 - 2011) Englewood Hospital has also received the HealthGrades® 5-Star rating for the Treatment of Heart Attack.
Englewood Hospital’s Cardiovascular Intensive Care Unit (CVICU) is staffed with expert nurses and healthcare practitioners who are adept at caring for high-acuity patients in a fast-paced setting. Utilizing superior technology and evidence-based practice, the CVICU team works hand-in-hand with Cardiothoracic Surgeons and Cardiologists to provide safe, quality, compassionate care that helps patients recover from serious cardiac conditions.

For cardiac patients who do not need intensive care—but still require closer observation, Englewood Hospital offers the Cardiac Step-Down Unit and Cardiac Telemetry Monitoring (the 24-hour electronic surveillance of key indicators of one’s cardiac condition). This area is staffed by nurses who have undergone special education and training in post-open-heart and post-interventional patient care.

The Magnet Award is the highest level of recognition awarded by the American Nurses Credentialing Center (ANCC) of the American Nurses Association. Only 6% of all US hospitals achieve Magnet Status. Englewood Hospital and Medical Center was awarded Magnet status in 2002 and again in 2006.
Englewood Hospital and Medical Center’s medically supervised cardiac rehabilitation program assists patients recovering from various cardiac conditions. Whether a patient is recovering from heart surgery, a heart attack, angioplasty/stent, heart transplant, or suffers from stable angina, our professional staff of cardiac nurses and exercise physiologists will lead them through a program of exercise and education, which will allow them to return to the most active and healthy life possible.

Working with the orders provided by the patient’s cardiologist, our Cardiac Rehabilitation staff develops an individualized rehab program. While exercise is the cornerstone of Cardiac Rehabilitation, patients also receive education on stress management and nutrition. This education includes access to a dietitian who can help program participants plan heart-healthy meals. A diabetes educator also is available to provide vital information about diet and insulin schedules for patients managing diabetes.

The outpatient Cardiac Rehabilitation facility is equipped with exercise treadmills, Airdyne bikes, Monark arm ergometers, rowers, and other specialized equipment.
Research & Vision for the Future

While we are committed to bringing the latest research and techniques to our patients, we are also working to advance cardiac medical and surgical care on a national and international scale. Our dedicated team of data managers, research coordinators, and healthcare professionals collaborates with cardiologists and cardiac surgeons to actively participate in ongoing scientific studies and clinical trials which advance knowledge and technology.

Plans are underway to restructure our facility to accommodate additional advanced technology for invasive cardiology and cardiac surgery services. This development will solidify Englewood Hospital and Medical Center’s position as the area’s leader in advanced cardiac care and allow our doctors to provide services for even more cardiac patients.
About Englewood Hospital and Medical Center

Englewood Hospital and Medical Center provides patients with the highest level of compassionate care through a broad range of state-of-the-art clinical programs and the most advanced treatments and diagnostic services. It is renowned for its bloodless medicine and surgery program, cardiac and vascular programs, and its leadership in breast care, oncology and joint replacement services. Through its affiliation with the Mount Sinai School of Medicine and the Mount Sinai Consortium for Graduate Medical Education, this thriving, acute-care and community teaching hospital trains medical residents in a variety of disciplines, including internal medicine, critical care medicine, surgery, pediatrics, podiatry, and pathology. Englewood Hospital is home to a Vascular Fellowship Program that has trained a generation of world-class vascular surgeons. Additionally, many members of the medical staff at Englewood Hospital serve as faculty members at Mount Sinai.