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healthpoints

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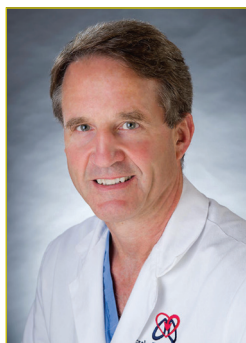
Deborah Schwarz, RPA, CIBE
Executive Director and
Chief Communications Officer
Office of External Affairs

Jada Fabrizio
Design and Photography

Valerie Andrews
Managing Editor

*More from the Department
of Surgery experts at:*

Message from the Chairman



Craig Smith, MD

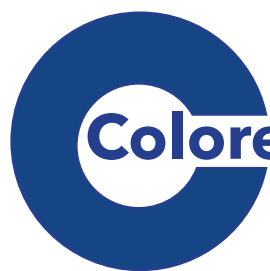
This issue of healthpoints focuses on our recent advances in thoracic surgery. You'll learn about our new lung transplant program for seniors, our continued leadership in Lung Volume Reduction surgery for patients suffering from emphysema and the launch of our Women's Lung and Health center to care for the growing number of women who are non-smokers and yet are being diagnosed with lung cancer, often at an advanced stage.

I'm also pleased to report that NYP/Columbia is now the world leader in treating disorders of the diaphragm.

For a full description of our national leadership in the diagnosis and treatment of chest, lung and esophageal disease, please see our new brochure at www.columbiasurgery.org/thoracic.

Our fall *Patient Awareness Day on Pancreatic Cancer* was well attended, and we hope you will mark your calendar and join us for the *Colorectal Awareness Day* on March 23. *Details below.*

Craig R. Smith, MD, FACS
Chairman, Department of Surgery



Please mark your calendars

Colorectal Cancer Awareness Day

Friday, March 23, 2018 • 11:00AM - 2:00PM

Milstein Hospital Building, 177 Fort Washington Ave., NYC

Information will include:

- Screening for colorectal cancer and colonoscopy
- Risk factors: Family, history, genetics, diet & exercise
- IBD: Crohn's/Colitis — medicines/surgery
- Nutrition: Advice for colon and rectal problems and preventing colon cancer
- Ostomy: Information and advice
- Information on surgical procedures

To view event online go to: www.columbiasurgery.org/events

New Lungs for Seniors

New hope for seniors with severe pulmonary disease

“Five years ago, only 5 to 10 percent of our lung transplant patients were over 65,” says **Frank D’Ovidio, MD, PhD**, Surgical Director of the Lung Transplant Program at NYP/Columbia. “Now that people are living longer and are generally in better health, about a third of our patients are seniors. Recently we gave a lung to a woman in her 70s who was on a ventilator. In the past, we have tended not to be so aggressive with such patients. Marcia Dzija was so determined to get better that she proved us wrong. Now she’s one of our success stories from our very active Lung Transplant Program for seniors.”

Until she was diagnosed with emphysema in her 60s, Marcia worked as a registered nurse. Over the next few years, however, her own medical journey would include multiple trips to the emergency room and well over a year of continuous hospitalization, including stays at a long-term acute care facility and rehabilitation center.

In 2013, Marcia was admitted to NYP/Columbia for shortness of breath and her pulmonary specialist **Dr. William Bulman** brought up the possibility of a lung transplant. “Until then, I didn’t feel I was sick enough to consider that,” she says. “Most patients like me are just dealing day to day and don’t want to look ahead. Yet it was clear I wasn’t going to improve without one.”

Dr. Bulman steered Marcia through the evaluation process but while she was on the waiting list for a donor lung, her condition worsened significantly. She then spent 15 months in medical institutions, requiring different levels of care. In January, 2015, Marcia went by ambulance to see Dr. Hillary Robbins at the NYP/Columbia Transplant Program and ended up in the emergency room. “I crashed as soon as I got there,” Marcia recalls. “My husband knew that if something like this happened, I wanted a fighting chance, so I was intubated. I woke up with a tube in my throat connected to a ventilator and was sent to a long-term acute care facility.”

From there, Marcia kept writing notes to her Columbia doctors, promising, “I’m going to get better so I can get back on the transplant list.” Though she had dropped down to 90 pounds, by mid 2015 she had regained enough weight, and reclaimed enough of her strength, to be considered for a transplant. Thanks to her hard work at a rehabilitation center, she passed a six-minute walk test to evaluate her overall fitness. “At the rehab center, I walked every day with one



Frank D’Ovidio, MD, PhD

Marcia Dzija

person holding my ventilator, another holding a wheelchair in case I pooped out,” Marcia says. With this parade of people, she walked 939 feet and qualified for the waiting list.

In November Dr. D’Ovidio gave Marcia a new lung and the operation went smoothly. “It was Thanksgiving eve,” Marcia recalls, “and it was like one of those Hallmark movies where happy things happen on the holidays.” Since the transplant she hasn’t had any problems breathing. A typical day will find her walking around the city, exploring museums and spending time with her grandchildren.

If anyone older needs encouragement, Marcia says, “Go for it! Emphysema can make you feel pretty sick. If people are telling you to forget it, you’re too old, well, then forget about them and listen to your doctors. My team at Columbia gave me a chance for survival and I’m so grateful to them and to the family of my donor.” ■

To make an appointment, please call 855.CU.SURGE (855-287-8743) or 212-305-3408.



Columbia Launches Women's Lung and Health Center

Addressing rise in women's lung cancer

A growing number of non-smoking women, many of them young, contract lung cancer every year and are often diagnosed with an advanced stage malignancy. This fall, NYP/Columbia opened the Women's Lung and Health Center, one of only two programs in the nation to serve this under-recognized patient population.

While an estimated 220,000 new cases of lung cancer with 150,000 deaths will be reported in 2017, almost half of these will be women. Lung cancer is the number one cancer killer of women and these patients die at almost twice the rate as breast cancer, the second leading cancer in the United States.

Recent data also shows that 15 percent of lung cancer patients are non-smokers; approximately two thirds of these are women. "We want to find out why women are especially vulnerable," says B. Payne Stanifer, MD, MPH, a thoracic surgeon who serves as director of this multidisciplinary center. "Is this because of their exposure to an environmental toxin? Is there an unrecognized hormonal component that makes women with minimal or no smoking history more likely to develop lung cancer?" The Center will focus on:

- Providing the most comprehensive clinical care available for these patients
- Offering latest therapies, immunotherapy, chemotherapy, radiation oncology and surgery
- Addressing metastatic cancer to the lungs
- Creating screening pathways for patients who might have unrecognized risk factors
- Programs on nutrition, wellness, and survivorship
- Research

"Lung cancer used to be associated with long-term smokers, but today we're diagnosing far too many mothers in their 40s, who have seemingly healthy lifestyles, with this disease, many at an advanced stage," says Dr. Stanifer. Gender disparities are also present in other lung diseases such as interstitial lung disease, asthma and COPD, and bronchiectasis. The center is bringing on-board multiple medical specialists in pulmonology and medical oncology to address these areas as well.

To make an appointment, please call: 212-305-3408

Advances in Lung Volume Reduction Surgery

Helping those with late-stage emphysema

Since 1994, NYP/Columbia has been the leading center in the country for Lung Volume Reduction (LVR) surgery, an innovative approach to treating advanced emphysema.

"Our multidisciplinary team of radiologists, pulmonologists, thoracic surgeons, specially trained nurses and physical therapists, is the most experienced in the U.S. in the removal of significantly damaged sections of the lung," says **Mark Ginsburg, MD**, director of the LVR Program.

LVR allows the remaining portion of the lung to function more efficiently, making it easier for the patient to breathe. A ten-year report on LVR surgery performed at NYP/Columbia shows lasting benefits for select patients with COPD (chronic obstructive pulmonary disease, an advanced form of emphysema).

"Our patients' one-year survival rate was 99%, and the three-year rate, 97%," reports Dr. Ginsburg, with a greater than 40% improvement in lung function. As expected, patients were more comfortable and more active and reported major improvements in quality of life."

Columbia is the only medical center in the tri-state area to be designated a National Center of Excellence for this advanced surgery.

Read more here <http://columbiasurgery.org/conditions-and-treatments/lung-volume-reduction-surgery-chronic-obstructive-pulmonary-disease-copd>

To make an appointment, please call 855-CU-SURGE or 212-305-3408.

World Leader in Disorders of the Diaphragm

Caring for a wide range of conditions

The Diaphragm Center, under the direction of surgeon **Mark Ginsburg**, and pulmonologist **Keith Brenner**, is the leading center in the world for the treatment of diaphragm disorders, with a steadily growing patient volume and outstanding outcomes.

“Ours is the first multidisciplinary program to address weakness and paralysis of the diaphragm,” says Dr. Ginsburg. “Our patients are cared for by an expert team of neurologists, radiologists, pulmonary and thoracic surgeons, who, offer the latest minimally invasive treatments.”

Conditions addressed at the Center include:

- Diaphragm paralysis and weakness
- Congenital central hypoventilation syndrome (CCHS)
- Central hypoventilation syndrome
- Hypoventilation related to quadriplegia
- Diaphragmatic hernias (congenital and acquired)
- Paraesophageal hernias

Untreated, dysfunction of the diaphragm can lead to significant respiratory compromise. ■

To make an appointment, please call 855-CU-SURGE or call 212-305-3408.

Advances in Treating Cystic Fibrosis

NYP/Columbia is home to the largest CF lung transplant program in the NY metro area.

NYP Columbia is renowned for successfully performing lung transplantation in patients with cystic fibrosis (CF). This genetic disease causes the build-up of thick, sticky mucus in the lungs and digestive tract. This mucus clogs the lungs, causing life-threatening lung infections, and obstructs the pancreas, impairing the ability of the intestines to break down food.

The Cystic Fibrosis Center at NewYork-Presbyterian/Columbia University Medical Center is fully accredited by the Cystic Fibrosis Foundation and cares for over 175 individuals with CF every year. Nearly 40% of our patients are adults. Our multidisciplinary team consists of adult and pediatric pulmonary physicians, gastroenterologists, genetic counselors, nutritionists, physical therapists, a nurse clinician, and a social worker.

Although current medical management strategies can control the disease into adulthood, lung transplantation offers extended survival in patients with advancing pulmonary disease. Our team has perfected surgical techniques and patient selection criteria for lung transplantation in CF patients. As a result we are home to the largest CF lung transplant program in the New York metropolitan area.

We have also established *The Gunnar Esiason Adult Cystic Fibrosis and Lung Program*, the premier site for adult cystic fibrosis care and research in New York. This program offers a comprehensive approach to diagnosis and treatment of CF in adults and helps pediatric patients transition to adult care. Learn more about lung surgery for CF at <http://columbiasurgery.org/conditions-and-treatments/cystic-fibrosis> ■

To make an appointment, please call 855-CU-SURGE or call 212-305-3408.

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