

Caring
FOR COATESVILLE

Preparing for
LIFE AFTER CANCER

Family Medicine
DOCTORS QUINN

synapse

THE CHESTER COUNTY HOSPITAL MAGAZINE | 2023 VOL 1



KAREN TARBOTTON IS

Grateful

TO BE BACK-TO-LIVING
AFTER SAME-DAY HIP
REPLACEMENT SURGERY



Penn Medicine

CHESTER COUNTY HOSPITAL WELLNESS CALENDAR

PROGRAMS TO KEEP YOU WELL!

WELLNESS PROGRAMS

If you want healthier lifestyle choices, you will benefit from these educational programs offered by Chester County Hospital's Community Health and Wellness Department. The majority of offerings are virtual. Please visit ChesterCountyHospital.org/Wellness for more details.

NUTRITION AND WEIGHT CONTROL



Whether you have a chronic health condition or want to improve your eating habits for your personal and physical well-being, we have the expertise and programs in place to help you.

Nutrition Counseling

Meet one-on-one with a registered dietitian.

Struggles & Solutions

A dietitian leads a monthly discussion on an interesting, timely, and immediately useful topic about food, activity, and wellness.

Weight Management Programs –

- Truth About Weight Loss
- Your Weigh Down
- A Conversation about Emotional Eating

WELLNESS PRESENTATIONS



We are committed to providing a broad scope of high-quality education programs that address specific life cycle needs and chronic health conditions and topics:

- Cancer
- Diabetes/Pre-Diabetes
- Heart and Lung
- Lifestyle Medicine
- Mental Health



- Nutrition
- Orthopaedics
- Senior Health
- Women's Health

DIABETES PREVENTION

Approximately 88 million Americans have pre-diabetes. With early detection and awareness, you can take the steps to prevent or delay the onset of Type 2 diabetes. Our programs will help you make proven, achievable lifestyle changes to reduce your risk.



Reversing Pre-diabetes

A 90-minute program about diagnosing pre-diabetes and what to do to prevent Type 2 Diabetes.

Prevent Type 2 Diabetes

A six-week program led by a trained lifestyle coach to help you make lifestyle changes to improve your health.



National Diabetes Prevention Program

A year-long program designed by the Centers for Disease Control to help you make sustainable lifestyle changes.

DIABETES EDUCATION

By learning to manage your diabetes, you can enjoy a long and active life. We have education programs to help you understand nutrition, blood sugar testing, exercise, and coping.

Diabetes Basics for Type 2 diabetes.

Intensive Insulin Management Training

For anyone on multiple insulin injections.

Gestational Diabetes Management for pregnant women who develop diabetes.

CHILDBIRTH EDUCATION

Whether you are a first-timer or an experienced parent, we offer carefully crafted and comprehensive programs to support you during pregnancy, labor, postpartum and parenthood.



SMOKING CESSATION

Our six-week cessation program, Stop Smoking Now will teach you the tools you need to quit smoking. The class meets virtually weekly to help identify your smoking triggers and deal with withdrawal symptoms.



SUPPORT GROUPS

We have a wide variety of support groups to provide participants with education, information-sharing, and support:

- Cancer
- Diabetes
- Heart and Lung
- Parent Wellness Network
- Parkinson's Disease



SPEAKERS BUREAU

Healthcare providers and educators can present to your group or organization for FREE. The presentation format can be flexible, ranging from a formal lecture with questions and answers to a more informal/interactive program.



For additional program information, including descriptions, schedules, and registration, call 610.738.2300, email CCHWellness@penncare.upenn.edu, or visit ChesterCountyHospital.org/wellness.

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▼ DEAR FRIENDS



In May, the federal Public Health Emergency (PHE) for COVID-19 ended, marking a milestone in a pandemic that lasted more than three years,

taking the lives of more than a million Americans and bringing unprecedented scientific breakthroughs and health care innovations to beat the virus.

Chester County Hospital's physicians, nurses, and staff from dozens of other health professions – from laboratory and pharmacy teams to respiratory therapists to the professionals who worked behind the scenes to support care at the bedside and in clinics – joined forces to provide exceptional care to patients during the pandemic.

Across Penn Medicine, teams cared for more than 27,650 COVID-19 inpatients, administered nearly 390,000 COVID-19 vaccines, and stood up more than 500 COVID-19 related clinical trials and other research studies to investigate how best to prevent and treat the virus.

I am proud of the courage displayed by every member of our hospital family, and I am beyond grateful to the Chester County community – our local neighbors, restaurants, service organizations, and businesses who supported us through an unimaginable time. The masks you made, the pizzas you delivered, the meals you prepared, the cards you sent, and the prayers you offered truly lifted us up.

Enjoy our latest issue of Synapse and the rest of summer filled with friends, family, and those you love.

Sincerely,

Michael J. Duncan
President and CEO

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SYNAPSE MAGAZINE SINCE 1981

Synapse is an award-winning publication produced by Chester County Hospital's Corporate Marketing Department. The articles provided in this magazine are solely for informational purposes. It should not be relied on or used in any place of a physician's medical advice or assessment. Always consult a physician in matters of your health.

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BLOO

DAWN OF A NEW ERA IN JOINT REPLACEMENT

MOUNTING RESEARCH SUGGESTS THAT, IN MANY CASES, DISCHARGING PATIENTS THE SAME DAY AS THEIR JOINT REPLACEMENT SURGERY IS SAFE AND EFFECTIVE. THE KEY, ONE SURGEON SAYS, IS SELECTING SUITABLE PATIENTS AND PREPARING THEM.

Although she was in her forties, Karen Tarbotton struggled with troublesome knees for the last 15 years. So, when she started having trouble lifting her left leg or bending over to tie her sneakers, she initially put off seeing a doctor because she thought the pain was related to her knee and that it was the last straw.

As the summer wore on, her pain became harder to ignore. During a vacation in Ocean City, Maryland, Tarbotton labored so much walking the block-and-a-half to and from the beach she didn't return that summer.

"And I love the beach," she says.

Helping her daughter move into her college apartment in August was "excruciating" for her. Soon after, Tarbotton saw her primary care doctor, who suspected her left hip was causing the distress, and ordered an x-ray. Tarbotton then scheduled an appointment at Penn Orthopaedics, where John Manta, MD, had been treating her knees. This time, she saw Christopher Lyons, MD, a surgeon who specializes in hip replacement.

He told her she needed a hip replacement. The news shocked Tarbotton, who thought the pain could be resolved with a shot, the way her knee pain was. He told her that a steroid injection may or may not help, whereas hip replacement surgery would almost certainly relieve her pain and improve her mobility.

As further incentive, Dr. Lyons told Tarbotton that she was also a candidate for a same-day hip replacement, meaning she would be discharged from the hospital the same day she had the surgery.

For Tarbotton, who was trying to come to grips with the idea of having surgery, something she had actively avoided for several months, the possibility that it could be done in a single day was "a lot" for her to digest.

KNOWING WHAT TO EXPECT

The Same Day Discharge program began at Chester County Hospital in 2021 in an effort to allow patients to safely and comfortably recover, but minimize the time they need to stay in the hospital.

Mounting research suggests that, in many cases, discharging patients the same day as their joint replacement surgery is safe and effective. Advancements in technology, surgical, anesthesia, and pain management techniques are aiding the movement.

Beyond the surgeon's expertise, Dr. Lyons says the most crucial component of the Same-Day Discharge program is preparation.

"To make it happen, you have to prepare the patients well before they arrive at the hospital," he says. "We have a system in place because we do many of these procedures. Basically, we make sure they clearly understand what will happen and our expectations for them."

In addition to reviewing the procedure with the surgeon and their staff, patients receive an information booklet explaining the process in detail, including what to expect and how to prepare for recovery.

Same-day joint replacement surgery isn't appropriate for everyone.

"We have not had problems with patients who have gone home the same day because they have been patients who have been preselected against a set of criteria that we know increases their chance of successfully going home on the same day," Dr. Lyons says.

Criteria for the program include access to a strong support system after surgery, an ideal home layout where one can avoid stairs temporarily, overall good health, and a maintained body mass index of less than 35.

continued >

<< MEET KAREN TARBOTTON
*same-day hip replacement surgery
got her back to feeling strong and
enjoying the great outdoors*

joint replacement... *continued*

Following the surgery, and after a spinal anesthetic has worn off, the patient is visited by a physical therapist and an occupational therapist, who will evaluate their ability to safely walk with the assistance of a walker, negotiate a set of training stairs, and climb into and out of a simulation car. If the patient can do all of that, they're cleared to go home, pending a final medical exam.

HOME SWEET HOME

Rest is integral to healing from surgery. For many, it can be easier to come by in the comfort of their own home. Tarbotton settled into a recliner in her living room the first night after her surgery ("just because that was the easiest place for me to get up and down") and, much to her surprise, slept for six or seven hours straight.

"I know if I would have been in the hospital, that would not have been the case," she says.

It's also essential for patients who undergo joint replacement surgery to get up and move. Dr. Lyons says this process tends to unfold a little more quickly for the patients who are discharged the same day as their surgery.

Before her surgery on January 13, 2022, Tarbotton coordinated with Penn Medicine Home Health to have a physical therapist visit her first full-day home and, for the next three weeks, for a total of six visits. The therapist also checked her vitals and stitches. Having never had a major surgery or used a walker, Tarbotton says there was a learning curve, but she managed by following what the physical therapist told her to do "to a 'T'."

Christopher Lyons, MD >>
Penn Orthopaedics



About two weeks after her surgery, Tarbotton visited Penn Orthopaedics to have her stitches removed and see Dr. Lyons. He told her she was healing according to plan and encouraged her to continue doing the exercises the physical therapist had shown her.

Even though she was discharged from the hospital less than 12 hours after she arrived there for her surgery, Tarbotton says she never felt as though she was on her own.

"Dr. Lyons and his staff were very responsive in addressing my questions. And my physical therapist knew just when to push me and when it was enough," she says. "I was very, very impressed with everyone."

"Dr. Lyons and his staff were very responsive in addressing my questions. And my physical therapist knew just when to push me and when it was enough," she says. "I was very, very impressed with everyone."

<< *Karen Tarbotton*

She adds, "I don't have a single complaint about the entire process, from scheduling the surgery and the pre-op testing to the physical therapy at home and follow-up exams."

Two months after her surgery, Tarbotton says she felt "really, really good." That continues to be the case more than a year later. For a time, she couldn't imagine what her life would be like if she needed joint surgery. Today, she can't imagine what it would be like if she didn't have the surgery.



PHOTOS TAKEN IN FIELDS
OF STYER'S PEONIES BLOOMING
IN CHADDS FORD



MICHAEL COSTELLO, MD, MEDICAL DIRECTOR OF THE ABRAMSON CANCER CENTER AT CHESTER COUNTY HOSPITAL, AND MIKE DUNCAN, HOSPITAL PRESIDENT AND CEO, JOIN MEMBERS OF THE CANCER TEAM IN ACCEPTING AMERICAN CANCER SOCIETY DONATION.

Chester County Hospital Receives \$15,000 from the American Cancer Society to Provide Transportation for People in Cancer Treatment

The American Cancer Society (ACS) recently awarded a \$15,000 transportation grant to The Abramson Cancer Center at Chester County Hospital to alleviate the financial burden of cancer treatment. The grant is one of 380 transportation grants totaling \$6.2 million awarded to health systems nationwide. The funding will allow health systems to provide eligible patients with an estimated 577,350 rides to treatment.



Chester County Hospital is Nationally Recognized for its Commitment to Providing High-quality Cardiovascular Care

Chester County Hospital has received the American College of Cardiology's NCDR Chest Pain MI Registry Gold Performance Achievement Award for 2023. It is one of only 56 hospitals nationwide to receive the honor.

The award recognizes the hospital's commitment and success in implementing a higher standard of care for heart attack patients. It signifies that Chester County Hospital has reached an aggressive goal of treating these patients to standard levels of care as outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

The Hospital has also received the 2023 American Heart Association (AHA) Get With The Guidelines®-AFIB Gold Award for its commitment to managing atrial fibrillation (AFib), ultimately helping to reduce patients' stroke risk.

Penn Medicine Hospitals Awarded Spring 2023 "A" Hospital Safety Grade from The Leapfrog Group

Chester County Hospital was one of six Penn Medicine health system hospitals to receive an "A" grade for Spring 2023 by Leapfrog Hospital Safety Grade, a national distinction recognizing hospitals' achievements in protecting patients from harm and providing safer health care. Lancaster General Hospital, the Hospital of the University of Pennsylvania and Hospital of the University of Pennsylvania-Cedar Avenue, Penn Presbyterian Medical Center, Pennsylvania Hospital, and Princeton Medical Center also each received an "A" grade for Spring 2023.



Chester County Hospital Opens New Physical Therapy Clinic in Westtown Township

Residents living in the West Chester area will have another option for their physical therapy needs.

Chester County Hospital's Department of Physical Therapy, Rehabilitation, and Sports Medicine is now seeing patients at its new location at Penn Medicine Westtown.

The Westtown Clinic is one of four existing therapy sites and is poised to provide a full suite of customized services, including orthopedic, neurologic, vestibular rehabilitation, and pain management.

Located at 200 Willowbrook Lane, Suite 220 in West Chester, PA, 19380, the operating hours will be Monday/Wednesday/Thursday 8AM – 6PM, and Tuesday and Friday 8AM – 3PM. To schedule an appointment, call 610.883.4827. *Scan this code to learn more.*



WORK

- > Identify a location for the AED that is visible + unobstructed
- > Identify a qualified AED coordinator who is CPR certified
- > Have the ability to maintain + operate the AED

AEDS+ CHURCHES ONE LIFESAVING GOAL

With heart disease being the leading cause of death in the Central-West Chester region, including Coatesville, these church leaders want to be prepared to help their community in a time of need

The CCH Wellness Department recently received a \$10,000 grant from the Huston Foundation. With this grant, the team decided to gift seven Coatesville churches with AED (automated external defibrillator) devices and provide training to parish leadership and to their congregations on how to safely use the devices in an emergency.

The Greater Coatesville community has voiced concern over the recent closing of area hospitals and the uncertainty for accessing timely emergency services. With heart disease being the leading cause of death in the Central-West Chester region, including Coatesville, these church leaders want to be prepared to help their community in a time of need.



Charlotte Rokins,
Greater Deliverance
Church International, Inc.

The seven churches that received the AEDs were selected with the help of Minnie McNeil, a prominent Coatesville community leader from the W.C. Atkinson (WCA) Center, and Abigail McNeil, RN, BSN, president of Minority Nurse Educators of Chester County. In order to receive an AED, the churches needed to meet certain qualifications that were determined by (Minnie) McNeil and the CCH Wellness team. Some of the qualifications included:

- **Being able to identify a location for the AED that is visible and unobstructed**
- **Identifying a qualified AED coordinator who is CPR certified**
- **Have the ability to maintain and operate the AED**

Once the churches were identified, CCH coordinated and hosted free Basic Life Support (BLS) and AED training on March 27th for representatives from each of the churches.

On May 17th, CCH's Director of Wellness, Michele Francis, and Community Health Education Coordinator, Chad Thomas, visited Coatesville City Hall to distribute the AEDs. Attendees came from the seven churches, as well as Minnie McNeil, Abigail McNeil, and Coatesville Assistant City Manager, Roberta Cosentino.

"Our goal was to make sure the churches were comfortable with these devices and that they had enough people that could provide and be trained in basic life support, including the use of an AED," said Francis.

"We're so happy to be able to work with Chester County Hospital in supporting the Coatesville Community and the local churches who need these devices," states (Minnie) McNeil. "The trainings that they offer are a crucial part in making sure that everyone can readily assist in case of an emergency. An equipped and informed community is a safer community".

The effort isn't stopping there. To better support this initiative, the CCH Wellness team is hosting further training to provide hands-on education for additional church members. This training, provided by the staff of the Chester County Public Safety Training Center, Minority Nurse Educators, and CCH, will focus on hands-only CPR (cardiopulmonary resuscitation) and AED usage.

"Our partnership with the Minority Educators of Chester County and with the W.C. Atkinson Center is extremely appreciated," stated Thomas. "With their help, we are able to support the Coatesville community in getting easier access to health care education."

By Christina Smith

THIS GROUP IS DEDICATED TO BRIDGING THE GAP IN THESE COMMUNITIES BY COLLABORATING WITH LOCAL BUSINESSES AND RESIDENTS TO IDENTIFY WHERE THE MOST SIGNIFICANT HEALTH NEEDS ARE LOCATED AND HOW THEY CAN LESSEN THE BURDEN. ONE COMMUNITY THE CCH WELLNESS DEPARTMENT SUPPORTS IS COATESVILLE, PA—AND A RECENT INITIATIVE HELPS FURTHER THIS WORK.



COATESVILLE COMMUNITY LEADER MINNIE MCNEIL OF THE W.C. ATKINSON CENTER JOINS COATESVILLE AREA CHURCH REPRESENTATIVES TO DISTRIBUTE AEDS.

Chester County Hospital is ramping up a program that's designed to better detect heart health issues in cancer survivors

life after cancer

More than five percent of the American population are cancer survivors, and that number is expected to grow exponentially over the coming years. By 2032, the National Cancer Institute projects there will be 22.5 million cancer survivors living in the United States, which would be a nearly 25 percent increase over today.

Encouraging as this news is, it's not the whole story. As one survivorship study published last year in an American Cancer Society journal put it, "Many cancer survivors must cope with the physical effects of cancer and its treatment, potentially leading to functional and cognitive impairments."

Chester County Hospital is ramping up a program that's designed to better detect heart health issues in cancer survivors that can stem, in part, from their treatment.

"We're really trying to innovate and find different ways to minimize toxicity and other health-related issues because we want to focus our survivors on their recovery and wellness as they move forward with their lives," says Sandra Moffat Camarota, MSN, CRNP, AOCNP, the Survivorship Program Coordinator at the Abramson Cancer Center at Chester County Hospital.

Roughly 15 years ago, Joseph Carver, MD, the current Chief of Staff at the Abramson Cancer Center at the University of Pennsylvania, anticipated what was coming and began developing what is known today as Penn Medicine's cardio-oncology program. Essentially, Abramson oncologists started collaborating with cardiologists to identify patients who were at elevated risk for heart disease related to their cancer treatment.

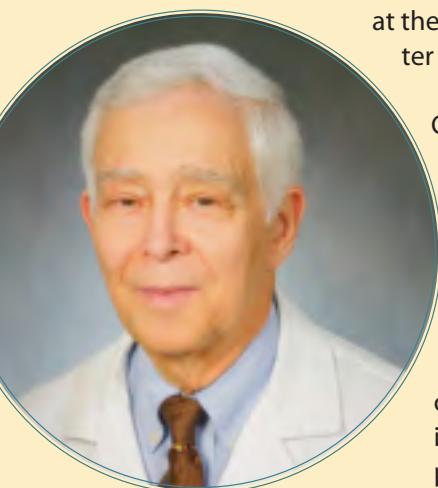
"This is not intended to be an urgent consult," Camarota says. "Rather, it's meant to be an evaluation by the cardiologist to

determine risk and plan interventions to help mitigate that risk."

About five years later, in 2013, Dr. Carver met with several providers at Chester County Hospital's Abramson Cancer Center, including Camarota. William Clay Warnick, MD, FACC, the Medical Director of the hospital's Cardiovascular Service Line, was in attendance, too. Dr. Warnick studied and trained under Dr. Carver, who, on this day, laid the groundwork for bringing the cardio-oncology program to Chester County Hospital.

Camarota and Dr. Warnick have largely steered the effort since, although they receive guidance from a larger network. From 7 to 8 AM on the first Friday of each month, Dr. Carver leads a virtual meeting of representatives from every Penn Medicine hospital to discuss strategies and insights into detecting heart disease in cancer survivors sooner and treating it more effectively. They've been doing this for the last seven years or so.

The group also includes Bonnie Ky, MD, MSCE, the Director of The Penn Cardio-Oncology Translational Center for Excellence and, according to Dr. Warnick, one of the field's foremost experts.



Joseph Carver, MD
Current Chief of Staff at the
Abramson Cancer Center at
the University of Pennsylvania

Many of the most sophisticated cancer treatments being performed today are done at the Abramson Cancer Center at the University of Pennsylvania. Thanks to these monthly conferences, Dr. Warnick says he's able to learn how the newest drugs can potentially affect the heart well before they're more widely used.

"Cancer therapies have truly exploded over the last several years," he says. "Without this group, I'd have a more difficult time deciphering them and anticipating their potential impacts."

Streamlining Risk Assessment

According to Dr. Warnick, the most prevalent types of cancer treated at Chester County Hospital are breast, prostate, and lung. This has enabled him and Camarota to focus on drugs like doxorubicin and trastuzumab. These drugs, which are used to treat some types of breast cancer, can potentially elevate a person's risk for heart-related issues.

"We look at the medical history for other risk factors like obesity, diabetes, hyperlipidemia, hypertension, and atrial fibrillation," Camarota says. "Even family history of heart disease can elevate risk."

Occasionally, Dr. Warnick and his team are

asked to offer guidance on patients who develop changes in heart function during their cancer treatment. Still, most patients referred by Camarota have completed their cancer treatment and are in remission.

"They may be completely asymptomatic at the time of our visit, but I always say to the patient, 'I'm not worried about your heart right now. I'm worried about your heart five to 10 years down the road.' And I try

William Clay Warnick, MD, FACC

Medical Director of the Hospital's Cardiovascular Service Line

to encourage them to seek consultation," Camarota says. "Ideally, we like for them to follow up with a cardiologist within a year after treatment is completed because, according to the National Comprehensive Cancer Network, the risk elevates for many patients when they reach the five-year mark. The goal is to do the cardiovascular risk assessment and see if there's anything that can be done now to avoid or minimize the progression of any cardiovascular issues in the future."

Dr. Warnick says he's learned from Drs. Carver and Ky that age is a key variable in determining someone's risk for developing heart trouble after their treatment. Also on that

list is the strength of their heart. "We want to know what their heart looks like because there are medications that can put them at risk of fluid retention or congestive heart failure," he says.

He also asks about other conditions

"They may be completely asymptomatic... I'm not worried about your heart right now. I'm worried about your heart five to 10 years down the road."

*W. Clay Warnick, MD,
Medical Director, CCH
Cardiovascular program*



Sandra Moffat Camarota, MSN, CRNP, AOCNP

The Survivorship Program Coordinator at the Abramson Cancer Center at Chester County Hospital

– hypertension, high cholesterol, and diabetes are all significant risk factors – and lifestyle. Research has shown that the more active you are, the better you should be able to tolerate therapy.

"I can also easily access all of their imaging, including the CT scan of the chest or abdomen that's typically done during a staging workup or in a diagnosis," Dr.

Warnick says. "That allows me to quickly see if there's evidence of any type of atherosclerotic disease present in their coronary arteries and/or aorta or vasculature, which then gives me further insight into their risk."

Improving with Demand

Since moving toward a more formalized referral process, Dr. Warnick says they've made the greatest inroads with detecting potential heart issues related to breast cancer therapies.

"We've really sharpened our skills as far as imaging of the heart muscle during an echocardiogram with strain" – a newer ultrasound test that enables providers to identify subtle changes in heart function – "to be better predictors of complications of therapy, specifically with trastuzumab and doxorubicin," he says. "We can now predict earlier, much earlier than we were able to just five years ago, who is at risk of having a complication of breast cancer therapy."

Recently, two cardiologists in Dr. Warnick's practice, Sharayne Mark Coffin, MD, and Adrian Richard Pearson, DO, also began doing cardio-oncology consultations. (Dr. Pearson will return to the practice in July 2024 after completing a year-long fellowship at the University of Pennsylvania.) Dr. Warnick says their help became a matter of necessity.

"Because of our aging population, the advancements in cancer treatment, and all the phenomenal work that Sandy and her group are doing, the need for cardiology-oncology is only going to continue to grow," he says. "Originally, it was just kind of a niche. But from our own experience and those shared with us throughout our network, it's clear now that it's here to stay."



Dr. Tom Quinn is one of Chester County

Hospital's longest-tenured staff members, his

son, Dr. Zack Quinn, is one of its newest...

MEET THE

2 Dr. Quinns

After growing up in Chester County and graduating from the Drexel University College of Medicine in Philadelphia, Zachary Quinn, MD, wanted to see more of the country. So he applied to internal medicine residency programs outside the Greater Philadelphia region and landed in New Orleans, at Tulane Medical Center.

Dr. Quinn, a hematologist and medical oncologist, spent the next four years training there, the last as chief resident. He returned to Philadelphia in 2019 for a three-year fellowship at Thomas Jefferson University Hospital. And last summer, he joined his father, Tom Quinn, MD, at Chester County Hospital.

The elder Dr. Quinn, a radiologist, is one of the hospital's longest-tenured staff members. In the early 2000s, he split his time between the former Medical College of Pennsylvania Hospital and Hahnemann Hospital downtown. The instability within the buildings and outside of them wore on him. He was considering a move elsewhere when Fred Squires, MD, a former colleague and Chair of the Department of Radiology at Chester County Hospital, invited Dr. Quinn to interview at the hospital.

This is an edited interview with father and son about an experience neither expected during their career: working under the same roof (first names used to avoid confusion).

Q & A

How long have you been at Chester County Hospital?

Tom A little over 20 years.

Zack A little over seven months.

Zack, what lured you back to Chester County?

Family was a big reason. We have two little kids, so being close to family is very helpful.

Tom, what's kept you at Chester County Hospital for all these years?

When I came here, I was pretty much the only interventional radiologist at the hospital. Still, I felt like I had more room to breathe, which was nice. As a radiologist, I interact with virtually every other specialist in the hospital, so I've come to know everyone here, and it's just a great environment. Good people providing quality care. That's hard to walk away from.

Tom, what was your reaction when Zack said he was coming to Chester County Hospital?

It was wonderful news. I mean, all throughout his process of getting to where he is now, I tried not to be too heavy-handed about giving advice. When I was asked, I would obviously give my opinion. But when I graduated from medical school, it was kind of a tumultuous time in medicine. Everyone I trained with was saying, "Why would you want to do this? It's the end of medicine as we know it." Obviously, it wasn't the case. So, I never wanted to be one to impart my baggage on him. I'm just really lucky that his decisions led him here.

As a radiologist, I interact with virtually every other specialist in the hospital, so I've come to know everyone here, and it's just a great environment. Good people providing quality care. That's hard to walk away from.

You mentioned you interact with just about every specialist in the hospital. Do you two interact at all, professionally?

Tom Sure, yeah. I'm not here every day. Our section's grown a lot. We have five interventional radiologists now. He's not here every day either. But on the days we are, we've interacted enough for there to be confusion about which Dr. Quinn they're trying to get a hold of.

Zack I often order procedures that are then done by him. And once or twice, it's been a Dr. Quinn to Dr. Quinn handoff.

Zack, we heard your dad say he's tried not to be too heavy-handed with his advice through the years. Did he have any influence on your decision to go into medicine?

Probably more indirectly than directly. It was never like, "Being a doctor's great. You should do this." It was more just seeing that that's what he did and finding medicine to be interesting. I don't think I always knew I wanted to be a doctor. The path seemed to lead there on its own.

What drew you to hematology and medical oncology, specifically?

Zack From a science perspective, it's a really interesting field. It's where a lot of the research and cutting-edge developments are right now. There's also the human side of it. I think everyone has a family member or someone they love who's been touched by cancer. And I've felt compelled to help.

Tom, you mentioned the dissuaders when you were coming out of medical school. Were you concerned at all when Zack told you he was applying to medical school?

Tom No, not at all. Listen, I've seen sure bets go sideways so many times. You let people figure it out on their own. I mean, it's not like he was robbing banks, or something.

What do you feel are Zack's strongest qualities as a doctor?

Tom I don't get to see him be a doctor. We don't work together in that way. But there was never a doubt in my mind that he would be a quality physician. He's always had the mentality and intelligence for it. And he's compassionate, very thorough, and organized. He doesn't leave loose ends.

Zack, what are your dad's strongest qualities as a doctor?

Zack I think all the things he just said about me are probably true for him, too. His reputation is stellar. He's extremely professional, and he takes every opportunity to help very seriously. That is a standard that I will try to live up to.

Are you two the latest in a long line of doctors?

Tom No, I have no relatives who were in medicine, going back as far as I can go.

Zack My wife's a doctor.

There's a chance, then, that the three of you may be inspiring the third generation of Quinn doctors at Chester County Hospital.

Zack We'll see. I don't want to push either one of them into it. But if they decide to do it, that would be great.

– Dr. Tom Quinn

vital signs

Adaptive Radiation Therapy Begins at Chester County Hospital

Chester County Hospital recently treated its first cancer patient using its newly installed Varian Ethos Linear Accelerator, the most advanced radiation oncology technology in Chester County. **Andre A. Konski, MD, MBA, MA, MSc, FACR, FASTRO, Medical Director of the Department of Radiation Oncology at Chester County Hospital**, says the ability to provide adaptive radiotherapy to patients contributes to Penn Medicine's vision of knowledge and innovation. "Adaptive radiotherapy allows us to treat patients more efficiently and effectively," says Konski. "Now, with the use of artificial intelligence, we can create a unique and personalized treatment plan and make changes to a patient's treatment in real-time based on tumor size and anatomy."



ANDRE KONSKI, MD, MEDICAL DIRECTOR, CCH RADIATION ONCOLOGY; FABIAN MARECHAL, COO, PENN MEDICINE RADIATION ONCOLOGY; AND MIKE DUNCAN, CCH PRESIDENT, AND CEO, CUT THE RIBBON TO THE HOSPITAL'S NEW ETHOS LINEAR ACCELERATOR.

MEMBERS OF THE RADIATION ONCOLOGY TEAM AT THE ABRAMSON CANCER CENTER AT CHESTER COUNTY HOSPITAL.

ADAPTIVE RADIOTHERAPY ALLOWS US TO TREAT PATIENTS MORE EFFICIENTLY AND EFFECTIVELY





MEMBERS OF THE CCH LUNG CANCER SURGICAL TEAM PROUDLY UNVEIL THE NEW ION ROBOT.

Robotic-Assisted Bronchoscopy at Chester County Hospital Diagnoses Lung Cancer Sooner

ION, a robotic-assisted bronchoscopy platform for minimally invasive peripheral lung biopsy, is operational at Chester County Hospital. Using an ultra-thin guided catheter and an integrated probe, pulmonary physicians and care teams have direct vision of the 18 lung segments. This minimally invasive technology provides increased flexibility and better precision during the collection of lung tissue samples. Early detection of lung cancer can significantly improve outcomes. More than 70% of all lung cancer nodules are located in the outer one-third of the lung, an area full of tight spaces and narrow airways that Chester County Hospital pulmonologists can now more easily reach.

THIS MINIMALLY INVASIVE TECHNOLOGY PROVIDES INCREASED FLEXIBILITY AND BETTER PRECISION DURING THE COLLECTION OF LUNG TISSUE SAMPLES.



Robotic Knee Surgery Allows for Greater Precision and Shorter Recovery Time

The ROSA® Knee System from Zimmer Biomet, is now available at Chester County Hospital for robotically-assisted orthopaedic surgery. The technology is designed to help surgeons perform total knee replacement procedures more accurately and precisely. "Getting a precise knee implant fit is important to the success of knee replacement surgery," says **Chester County Hospital Orthopaedic Surgeon Andrew Old, MD**. "The ROSA Knee robot uses data collected before and during surgery to inform the clinical team of the many anatomical details in and around a patient's knee that may affect how well the implant fits." By using this data to make more informed decisions, surgeons can plan and carry out personalized surgery based on a patient's needs.



ANDREW OLD, MD

new physicians



Breast Surgery

Allison B. Murray, MD

Dr. Murray earned her medical degree from SUNY Upstate Medical University. She completed her residency at SUNY Upstate University Hospital. Afterward, she completed her fellowship at Medstar Georgetown University Hospital. Board-certified in the field of Surgery, Dr. Murray practices at Penn Women's Specialty Center Fern Hill in West Chester, PA.



Family Medicine

Kathryn R. Hennessey, DO

Dr. Hennessey earned her medical degree from the Philadelphia College of Osteopathic Medicine. She also completed her residency at the Philadelphia College of Osteopathic Medicine. Board-certified in Family Medicine, Dr. Hennessey practices at Christine Meyer, MD, and Associates in Exton, PA.

Gastroenterology

Armin Marefat, DO

Dr. Marefat earned his medical degree from the Philadelphia College of Osteopathic Medicine. He completed his residency at Christiana Care Health System. Afterward, he completed his fellowship at the University of Medicine and Dentistry of New Jersey. Board-certified in Gastroenterology, Dr. Marefat practices at West Chester Gastrointestinal Group in West Chester, PA.

Internal Medicine

Umair M. Malik, MD

Dr. Malik earned his medical degree from Rawalpindi Medical College. He completed his residency at Jersey Shore Medical Center. Afterward, he completed his fellowship at Albert Einstein Medical Center. Board-certified in Geriatric Medicine, Internal Medicine, and Nephrology, Dr. Malik practices at Brandywine Medical and Kidney Specialists in Thorndale, PA.

Cardiology

Paul N. Fiorilli, MD

Dr. Fiorilli earned his medical degree from Georgetown University School of Medicine. He completed his residency at Yale New Haven Hospital. Afterward, he completed his fellowship at the Hospital of the University of Pennsylvania. Board-certified in the fields of Internal Medicine, Cardiovascular Disease, and Interventional Cardiology, Dr. Fiorilli treats patients at Penn Heart and Vascular Center in Philadelphia, PA, and Penn Cardiovascular Surgery Chester County in West Chester, PA.



Jay S. Giri, MD

Dr. Giri earned his medical degree from Northwestern Feinberg School of Medicine. He completed his residency at Massachusetts General Hospital. Afterward, he completed his fellowships at the Hospital of the University of Pennsylvania and Massachusetts General Hospital. Board-certified in the fields of Internal Medicine, Cardiovascular Disease, and Interventional Cardiology,



Dr. Giri treats patients at Penn Heart and Vascular Center in Philadelphia, PA, and Penn Cardiovascular Surgery Chester County in West Chester, PA.

Robert H. Li, MD

Dr. Li earned his medical degree from the Warren Alpert Medical School of Brown University. He completed his residency at Yale-New Haven Hospital. Afterward, he completed his fellowship at the Hospital of the University of Pennsylvania. Board-certified in the fields of Internal Medicine, Cardiovascular Disease, and Interventional Cardiology, Dr. Li treats patients at Penn Cardiology Presbyterian in Philadelphia, PA, and Penn Cardiovascular Surgery Chester County in West Chester, PA.



Adrian R. Pearson, DO

Dr. Pearson earned his medical degree from the Philadelphia College of Osteopathic Medicine. He completed his residency at the Philadelphia College of Osteopathic Medicine. Afterward, he completed his fellowship at Rowan University School of Osteopathic Medicine. Board-certified in the fields of Internal Medicine and Cardiology, Dr. Pearson practices at Chester County Cardiology Associates West Chester, A Division of Cardiology Consultants of Philadelphia, in West Chester, PA.



Ophthalmology

James E. Benjamin, MD

Dr. Benjamin earned his medical degree from the University of Maryland School of Medicine. He completed his residency at Temple University Hospital. Afterward, he completed his fellowship at West Virginia University. Board-certified in Ophthalmology, Dr. Benjamin practices at Vistarr Laser and Vision Centers West Chester, West Chester, PA.

Rebecca H. Ward, MD

Dr. Ward earned her medical degree from the University of Maryland School of Medicine. She completed her residency at the University of Virginia Health System. Afterward, she completed her fellowship at Washington University School of Medicine. Board-certified in Ophthalmology, Dr. Ward practices at Vistarr Laser and Vision Centers West Chester, West Chester, PA.

Pediatrics

Maria Luiza C. Albuquerque, MD

Dr. Albuquerque earned her medical degree from the University of Maryland School of Medicine. She completed her residency at Harris County Hospital System. Afterward, she completed her fellowship at The Children's Hospital of Philadelphia. Board-certified in Pediatrics, Dr. Albuquerque practices at CHOP Care Network Chester County Hospital in West Chester, PA.



Jason M. Komasz, MD

Dr. Komasz earned his medical degree from Robert Wood Johnson Medical School. He completed his residency at Crozer-Chester Medical Center. Board-certified in Pediatrics, Dr. Komasz practices at CHOP Care Network Chester County Hospital in West Chester, PA.

Radhika L. Lakhani, DO

Dr. Lakhani earned her medical degree from Lake Erie College of Osteopathic Medicine. She completed her residencies at A.I. Dupont Hospital for Children/Thomas Jefferson University Hospital and Crozer-Chester Medical Center. Dr. Lakhani practices at Advocare Chester County Office of Broomall Pediatrics in West Chester, PA.

Orthopaedics

Daniel A. Evering Jr., DO

Dr. Evering earned his medical degree from Rowan School of Osteopathic Medicine. He completed his residency and fellowship at Crozer-Keystone Health System. Board-certified in Family Medicine – Sports Medicine, Dr. Evering practices at Premier Orthopaedics in West Grove, West Grove, PA.



John J. Mangan III, MD

Dr. Mangan earned his medical degree from GeisingerCommonwealth School of Medicine. He completed his residency at Thomas Jefferson University Hospital. Afterward, he completed his fellowship at the Cleveland Clinic Foundation. Board-certified in Orthopaedic Surgery, Dr. Mangan practices at Rothman Orthopaedics Glen Mills in Glen Mills, PA.

Podiatry

John D. Miller, DPM

Dr. Miller earned his medical degree from Des Moines University. He completed his residency at Veterans Affairs Maryland/Rubin Institute for Advanced Orthopedics. Afterward, he completed his fellowship at MedStar Georgetown University Hospital. Board-certified in Podiatric Medicine and Surgery, Dr. Miller practices at Brandywine Foot and Ankle Associates in Coatesville, PA.

Jeffrey C. Paruszewski, DPM

Dr. Paruszewski earned his medical degree from the New York College of Podiatric Medicine. He completed his residency at Roxborough Memorial Hospital. Board-certified in Podiatric Medicine, Dr. Paruszewski practices at West Chester Podiatry Associates in West Chester, PA.

Vincent J. Pongia, DPM

Dr. Pongia earned his medical degree from Temple University School of Podiatric Medicine. He completed his residency at Metropolitan Hospital. Afterward, he completed his fellowship at the American College of Foot and Ankle Surgeons. Board-certified in Podiatric Medicine and Foot and Ankle Surgery, Dr. Pongia practices at Brandywine Foot and Ankle Associates in Coatesville, PA.

▶▶ TO FIND A DOCTOR,
CALL 610.738.2300, OR VISIT
ChesterCountyHospital.org



In December, we mourned the passing of Fredric Squires, MD, Chair of the Chester County Hospital Department of Radiology

FM

REMEMBERING DR. FREDRIC SQUIRES

Dr. Squires was a prodigious contributor, leading the team of CCH mammography readers in service to the women in our community.

Fred had boundless energy, often walking the hospital hallways between reading cases, chatting up anyone he encountered to share a story or hear about their day.

Fred was always the first to volunteer an anecdote, reminisce about a childhood memory, or crack a silly joke.

Fred was unflaggingly positive and upbeat, our very own energizer bunny with the stamina to give back to his community and his family after his long day.

Fred was a radiologist first and foremost, but he had an entrepreneurial and creative spirit that generated countless ideas for zany and fun-loving ways to promote unity, peace, and love in this world.

Fred served as President of the Temple Medical School Alumni Association Board, establishing a scholarship there in his father's name.

If CCH had a physician mascot, Fred was it. Always optimistic and encouraging. An extravert who knew everyone and always had an out-of-the-box idea to run by people.

Fred's vivaciousness, charm, and whimsy complimented his dedication to his department, the hospital, and his patients.

Fred was a quintessential and inextricable part of the fabric of CCH. He will be sorely missed.

By Karen L. Pinsky, MD

Memoriam



During the pandemic, Dr. Squires was an active participant in the hospital's push-up club. It's members included physicians, pharmacists, transporters, nurses and clinicians. They met outdoors weekly. Dr. Squires was among the top competitors.

**HE WILL BE
SORELY MISSED...**

DR. SQUIRES MANY ACCOMPLISHMENTS

- Chester County Hospital Medical Staff member since 1999

EDUCATION

- B.A. (French)
Rutgers University, 1986.
- M.D. (Medicine)
Temple University School of Medicine, 1991

POST-GRADUATE TRAINING

- Internship in Internal Medicine, Cooper Hospital University Medical Center, Camden, New Jersey, 1991-1992.
- Resident in Radiology, Albert Einstein Medical Center, Philadelphia, PA, 1992-1994.
- Radiology Chief Resident, Cooper Hospital University Medical Center, Camden, NJ, 1994-1996.
- Fellowship in Breast/Body Imaging, Memorial Sloan-Kettering Cancer Center, Cornell University Medical College New York, NY, 1996-1997.

**BELOVED HUSBAND, FATHER,
BROTHER, AND FRIEND**



Penn Medicine
Chester County Hospital

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JOIN FRIENDS & NEIGHBORS who are improving the health of our community with a gift to **The Chester County Hospital Foundation**. Your donation will support compassionate care, advanced technology, and clinical excellence. If you are interested in supporting specific hospital programs, honoring a healthcare hero, or including a gift in your will, please contact us. We can help you save taxes and maximize the impact of your giving.



TO MAKE A GIFT OR LEARN MORE ABOUT GIVING OPTIONS, please visit chestercountyhospital.org/giving or contact **Jeannette Edwards, Director of Development**, at **610.431.5110**, jeannette.edwards@penmedicine.upenn.edu.

Information is not offered as legal or tax advice. We urge you to seek the advice of your tax advisor, attorney and/or financial planner to make certain a contemplated gift fits well into your overall circumstances and planning.