HEALTH IS
TOUCHING THE LIVES OF OUR PATIENTS, EVERY DAY, IN AMAZING WAYS

AND WE HAVE, FOR ALMOST TWO CENTURIES
The pursuit of clinical excellence is a never-ending journey. It takes constant study, intellect and most importantly, a collective commitment to exceed the expectations of patients and their families.

Jefferson is proud to be recognized for providing exceptional primary and complex, highly specialized care. We are consistently ranked among the nation's best hospitals by *U.S. News & World Report* in a number of specialties because our clinicians are delivering transformative medicine and compassionate care.

The glue that bonds Jefferson to its patients is our exceptional nursing staff. They are among the best in the nation, as demonstrated by our Magnet® designation and redesignation for nursing excellence at Thomas Jefferson University Hospital — an honor achieved by less than seven percent of hospitals nationwide. This exceptional recognition by the American Nurses Credentialing Center is the gold standard of patient care and a distinction that *U.S. News & World Report* holds in high regard.

While we couldn’t possibly write about every specialty and subspecialty, we are excited to highlight some. The drive to deliver clinical excellence and compassionate care is evident in every corner of Jefferson … where the extraordinary happens every day.
In 2014–15 we are ranked among the nation’s best hospitals by U.S. News & World Report in eight specialties: Cancer, Gastroenterology and GI Surgery, Gynecology, Nephrology, Neurology and Neurosurgery, Orthopedics, Otolaryngology and Urology.

We are a Magnet®-designated hospital, an honor achieved by less than seven percent of hospitals nationwide.

We have a staff of 1,400 nurses with Advanced Practice Certificates.
We are a proud recipient of the Healthgrades Distinguished Hospital Award for Clinical Excellence given to the top five percent of U.S. hospitals for achieving notable outcomes in clinical quality, patient safety and care and readmissions.

We are one of only 11 facilities in Pennsylvania to receive this award.

We received the University HealthSystem Consortium’s Quality & Accountability Rising Star Award for demonstrating significant continuous improvement in delivering high-quality care. We ranked 17th out of 118 academic medical centers nationwide.
Jefferson is ranked by *U.S. News & World Report* among the nation’s Best Hospitals for cancer treatment. We are also one of only 68 NCI-designated Cancer Centers in the nation, offering the best practices and standards of cancer care and research.

The *Sidney Kimmel Cancer Center at Thomas Jefferson University (SKCC)*, designated as a National Cancer Institute Cancer Center, is also recognized as a Blue Distinction Center for Complex and Rare Cancers by the Blue Cross and Blue Shield Association. Our staff includes distinguished radiation oncologists, medical oncologists, surgeons, neurosurgeons, urologists, gastroenterologists and cancer specialists; many are recognized on such prestigious lists as the *Best Doctors in America®*. Our specialists contribute to leading scientific and medical journals and hold leadership positions in national and local cancer organizations. And, they collaborate to provide Jefferson patients with breakthrough treatments and comprehensive multidisciplinary care with compassion, state-of-the-art technology and vital support services.

For more than 20 years, the Sidney Kimmel Cancer Network has also provided patients in more than two dozen of its network member hospitals access to the latest developments in cancer research, technology and treatment. Physicians in the Network leverage the expertise of Jefferson specialists so all patients have a greater opportunity to participate in more than 120 clinical trials that use advanced and targeted approaches to preventing, diagnosing and treating cancer.
**Brain Tumors** — Jefferson introduced the region to leading-edge, non-invasive Shaped Beam™ Stereotactic Radiosurgery that precisely treats brain tumors while saving surrounding healthy tissue. Recipients of this treatment live longer and are spared unpleasant side effects common with chemotherapy and other options.

**Blood and Marrow Transplant** — Jefferson treats patients in varying stages of disease. We successfully perform transplants not undertaken by most centers around the country. For example, we’ve developed a unique two-step approach to improve outcomes for patients without a fully matched donor. Our transplant team has performed more than 1,000 bone marrow transplants using matched-related donors, half-matched-related donors, unrelated donors, or those in which patients have received their own cells.

**Breast Cancer** — Our advanced breast cancer treatments include targeted therapies, intensity-modulated radiotherapy, sentinel node biopsy and the least-invasive procedures, including breast-sparing surgery. Our specialists include experts in inflammatory and other rare breast cancers. We also offer various breast reconstruction techniques as well as genetic counseling for women and men at risk.

**Lung Cancer** — The recently formed Jane and Leonard Korman Lung Center at Jefferson is conducting innovative research and has developed a comprehensive program for patient care. The program’s components range from lung cancer screening and evaluation of lung nodules, to bringing clinical trials and the newest advances in molecular therapeutics and personalized medicine to Jefferson patients.

**Ocular (Uveal) Melanoma** — Jefferson is a national referral center for patients whose ocular (eye) cancer has metastasized. Two-thirds of our patients with this disease travel from outside the tri-state area. Uveal melanoma is the most common and dangerous form of eye cancer in adults. Immunoembolization — a new therapy developed and only available at Jefferson — is prolonging patients’ survival.

**Pancreatic Cancer** — Jefferson surgeons have extensive experience performing pancreatic cancer surgeries. Clinical studies have shown improved patient outcomes for surgeries performed at high-volume centers such as Jefferson. Whenever possible, our surgeons use an innovative procedure called a mini-Whipple, co-developed by the Chair of Jefferson’s Department of Surgery. Advantages include preservation of the entire stomach and pylorus, a shorter hospital stay and fewer complications. More than 1,200 Whipples have been performed by Jefferson surgeons.

**Prostate Cancer** — Jefferson’s treatment options include brachytherapy (implantation of low-dose radioactive seeds, computer-assisted for accuracy), chemotherapy, cryotherapy (freezing of cancer cells), intensity-modulated radiation therapy (precisely fits the 3-D shape of a tumor and tightly regulates radiation intensity to more closely target tumors and spare surrounding tissue), radiation therapy, vaccine therapy and robotic-assisted minimally invasive surgery to remove the prostate (benefits include less pain and a briefer hospital stay).
INTERNATIONALLY RECOGNIZED GENOMICS EXPERTISE

Treatments for cancer are becoming increasingly individualized as advances in cancer genetics and genomics provide tremendous amounts of information that yield more precise diagnosis and individualized therapies for patients.

With a multidisciplinary team of medical oncologists, pathologists, geneticists, biostatisticians and bioinformatics specialists, the Sidney Kimmel Cancer Center at Thomas Jefferson University operates a world-class cancer genomics laboratory to support research in cancer biology, and a Molecular Analysis Laboratory (MAL) to serve the demands of an increasingly genomics-based approach to the practice of oncology. This translates to very precise cancer treatment options for our patients.

Our genomics expertise has also earned Jefferson international recognition. In a special collaboration reflecting the global impact of the genomics revolution in cancer care, the Sidney Kimmel Cancer Center is providing the Star Health Network of hospitals in India with advanced molecular diagnostics/genomics testing and medical consultations and second opinions to medical oncologists there.

Melanoma Center of Excellence for its exceptional care, knowledge and compassion for melanoma patients.

Jefferson Breast Care Center was one of the first academic medical institutions to receive full accreditation by the National Accreditation Program for Breast Centers.

We are accredited in radiation oncology by the American College of Radiology and The American Society for Radiation Oncology.

The Sidney Kimmel Cancer Center at Thomas Jefferson University is one of only six cancer centers in the nation designated as a Center of Excellence by Fertile Hope, a nonprofit dedicated to providing reproductive information, support and hope to cancer patients.

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Jefferson physicians were the first in the Delaware Valley to remove the prostate laparoscopically; they have extensive experience with the daVinci® surgical system.
Jefferson’s gastroenterologists and hepatologists are national leaders in the diagnosis, treatment, research and education related to diseases of the digestive tract and liver. We take a comprehensive and multidisciplinary approach to the medical, endoscopic and surgical diagnosis and management of gastrointestinal diseases.

Our patient-centered philosophy offers the most advanced, safe and proven treatments delivered in the most efficient and convenient way. Jefferson is one of the largest providers of gastrointestinal care on the East Coast and is rated among the best hospitals in the nation for Gastroenterology and GI Surgery by U.S. News & World Report.

**Barrett’s Esophagus** — Building on our reputation for high-quality patient care, the Jefferson Barrett’s Esophagus Treatment Center provides specialized care and expedited patient access to multidisciplinary expertise in the diagnosis, management and treatment of basic and more complicated cases of this precancerous digestive disorder. Patients not amenable to endoscopic therapy are treated by our minimally invasive surgical team, which provides state-of-the-art laparoscopic and robotic options.

Jefferson pioneered the use of radiofrequency ablation for the treatment of Barrett’s esophagus. The groundbreaking work of our surgeons is making it easier for patients with Barrett’s esophagus to return to a better quality of life. Barrett’s esophagus is a condition that results when digestive acid backs up from the stomach into the esophagus, causing damage and the growth of precancerous cells. A common treatment, even less than a decade ago, was radical surgery in which the esophagus was removed and the stomach was moved up to the neck.
Jefferson’s Bariatric and Metabolic Surgery Program has worked with more than 800 patients who have lost in excess of 23,000 pounds since 2008.

Today, our patients have the less-invasive option of radiofrequency ablation. This treatment can completely reverse the precancerous changes in the esophagus tissue in 80 to 90 percent of cases.

**Capsule Endoscopy** — Our renowned specialists are pioneers in capsule endoscopy, a truly revolutionary noninvasive means of gastrointestinal imaging. The so-called “camera pill” is used in people who are unable to complete a colonoscopy screening for colorectal cancer. A patient swallows the small vitamin-sized capsule that can capture images of even the most difficult-to-reach areas of the digestive tract. Once the images are captured, the data are downloaded and reviewed by one of our experienced gastroenterologists.

**Celiac Center** — The *Jefferson Celiac Center* was established in response to the growing number of patients with this autoimmune disorder of the lower intestine, which is triggered by consumption of gluten. Our specialists have an established track record of excellence in the diagnosis and management of celiac disease as well as extensive experience in helping patients cope with this lifelong condition.

**GI Surgery** — Jefferson continues to be the leader in the region in fighting the deadliest of cancers — pancreatic cancer. Our Department of Surgery uses the mini-Whipple procedure, a modified pancreas resection that preserves the entire stomach, the pylorus and several centimeters of the upper duodenum. The procedure results in a shorter hospital stay and fewer complications for pancreatic cancer patients. Each year, Jefferson performs more than 200 pancreas resections. Collectively, our surgeons have performed more than 1,200 Whipple procedures.

**Development of a “Bloodless” Liver Resection** — Jefferson pioneered the “bloodless” liver resection, a revolutionary technique that offers a much safer alternative — without the need for transfusions of five or more units of blood — to traditional surgery. With “bloodless” liver resection, patients are generally up and walking 24 hours after surgery, remain in the hospital only five to seven days (compared with 10 to 14) are back to regular activities in two weeks (as opposed to four) and completely recover in one month. Developed by a Jefferson surgeon, this technique has shown itself to provide outstanding success in the treatment of patients with all forms of acute and chronic liver disease.

**Bariatric and Metabolic Surgery** — Our *Bariatric and Metabolic Surgery Program* features experienced and dedicated healthcare professionals, including board-certified surgeons, nurse practitioners, dietitians, psychologists and medical consultants, who take the time to get to know you. And patients are reassured that our program meets the highest standards, with accreditation as a *Bariatric Surgery Center of Excellence* by the American Society of Metabolic and Bariatric Surgery. Jefferson offers a range of fully laparoscopic procedures, including gastric bypass and sleeve gastrectomy.

**First Hospital in Philadelphia to Offer Robotic Esophageal Mobilization Surgery** — A diagnosis of esophageal cancer, which is rare in the U.S., requires the best treatment possible. Using the da Vinci® Robotic System, Jefferson was the first hospital in Philadelphia to offer this robotic esophageal mobilization surgery. It improves on conventional minimally invasive techniques by decreasing the number of incisions required to perform the procedure.

Jefferson has the longest continuously active liver transplantation program in the Philadelphia area (initiated in 1984).
Our gastroenterologists have performed more than 500 radiofrequency ablation procedures, making Jefferson the regional leader.

Our specialists within the Esophageal Disorders Program assess and treat more than 1,000 patients every year.

Our surgeons have performed more than 900 liver transplants.

More than 3,000 capsule endoscopies have been performed by our highly skilled team.

Jefferson’s Gastrointestinal Endoscopy Unit is one of the busiest academic endoscopy units on the East Coast. Physicians perform more than 13,000 endoscopic procedures annually.
A LEGACY OF INNOVATIVE CARE
It began even before Dr. John H. Gibbon, Jr. opened a new era in cardiac surgery by developing the heart-lung machine at Jefferson. Innovation — it is our legacy, dating back to the 1800s when our physicians broke the mold by insisting that our students have hands-on clinical experience. And we’ve never looked back.

Whether it’s getting you back in rhythm or clearing the way to a heart-healthy lifestyle, specialists at Jefferson deploy some of the most innovative techniques to get your heart where it needs to be. Recognized for regional excellence by *U.S. News & World Report*, and noted for exceptional care by Independence Blue Cross, The Society of Chest Pain Centers, The Joint Commission and the American Association of Critical Care Nurses, Jefferson offers leading-edge heart treatment and cardiac surgery to address some of the most complex cases of heart and vascular disease. Many patients rely on us for their routine care, but Jefferson’s interventional programs have long been a source of expertise for heart patients deemed high-risk, inoperable or in need of second opinions.

**A Specialist for Every Special Part of Your Heart** — Our team at the Jefferson Heart Institute is at the forefront of advancing the diagnosis, treatment and prevention of cardiovascular disorders. And with more than 90 cardiac, pulmonary and vascular specialists, we have the combined expertise to manage coronary heart disease, heart failure, arrhythmia, heart valve disease, heart muscle disease, heart defects and peripheral vascular disease.
Our cardiothoracic surgeons have broken new ground by being the first in Philadelphia to use robotic surgery techniques to repair the mitral valve, thus improving patient outcomes.

**Angioplasty** — Jefferson has long been in the vanguard of innovation in coronary angioplasty, which enables patients to avoid open-heart surgery. Our physicians helped pioneer the use of minimally invasive angioplasty procedures, which have translated to less patient discomfort, fewer medications, earlier hospital discharges and patient outcomes that exceed national benchmarks. Specialists at Jefferson’s **Angioplasty Center** are at the leading edge in finding ways to make these procedures even safer for our patients. In particular, the risk for serious complications during angioplasty is just 38.5 percent at Jefferson, lower than the national average.

**Arrhythmia** — Our physicians are equipped with the latest technologies to treat disorders from common arrhythmias, like atrial fibrillation, to arrhythmias that are life-threatening. Jefferson is one of the first hospitals in the U.S. to offer advanced implantable cardioverter-defibrillators that allow our physicians to monitor a patient’s condition remotely over the Internet, reducing unnecessary hospital visits and inconvenience for those who have to travel long distances.

Other advanced capabilities include: radiofrequency catheter ablation to deliver radio waves that destroy tissue causing heart rhythm disorders such as atrial fibrillation; computer-aided diagnostic evaluation, which uses mapping systems to precisely locate rhythm disorders; biventricular pacing that uses a pacemaker-like device to synchronize the beating of the two lower heart chambers; and biplane x-ray that provides superior heart imaging with minimal discomfort to patients.

**Heart Failure and Transplantation** — Jefferson’s **Advanced Heart Failure and Cardiac Transplant Center** is a comprehensive program that offers innovative, evidence-based medical care for patients with heart failure. Patients are referred to us in all stages of congestive heart failure, from newly diagnosed asymptomatic left ventricular dysfunction, to heart failure requiring cardiac transplantation. And when transplantation is the right option, our patients are in the best of care with cardiologists and surgeons who have collectively performed more than 1,200 heart transplants at Jefferson and other facilities.

As an academic medical center and a regional referral center, Jefferson is equipped to care for patients with advanced valvular and coronary artery disease. We are one of a select group of cardiac centers in the region whose surgeons routinely use left ventricular assist devices (LVADs) to help maintain the failing heart. Currently used as a bridge to transplantation, these devices are more routinely used as destination therapy for heart failure. Our ability to use assist devices as a backup enables us to successfully treat patients with much more advanced vascular coronary artery disease.

**Hypertension** — Prevention, whenever possible, is always the best medicine. And taming high blood pressure is paramount to avoiding serious complications such as damaged organs, kidney and heart failure, aneurysm, stroke or heart attack. The American Society of Hypertension has recognized Jefferson for its excellence in treating the all-too-common condition of hypertension. For its efforts in combating it, Jefferson’s Department of Medicine was named one of only five **Complex Hypertension Centers** in the U.S.


Jefferson has a team versed in ECMO (extracorporeal membrane oxygenation), a procedure that uses technology to take over the work of the lungs and the heart — making it possible to transport critically ill patients.

Only a handful of clinicians in the U.S. are experienced in ECMO.

Jefferson is honored to be a hospital with that level of expertise.
Our national leadership in electrophysiology is exemplified by our expertise in dealing with implanted cardiac device malfunctions or complications. We are one of only a handful of centers in the U.S. with experience in the laser extraction procedure, which treats complications from device leads, including device-related blood infections.

Jefferson’s Medical Cardiac Care Unit has earned a Silver-Level Beacon Award for Excellence™ from the American Association of Critical-Care Nurses. This designation signifies exceptional care through improved outcomes and greater overall satisfaction among patients and their families.
PEACE OF MIND
Some patients come to us in a moment of crisis; others rely on us to manage a lifetime of disease. No matter the circumstances, we connect patients with the services and the expertise they need. Having the only hospital in the region dedicated entirely to neurology and neurosurgery, Jefferson is recognized as a leader and pioneer in neurologic care and research.

The neurosurgeons at Jefferson Hospital for Neuroscience treat the largest combined volume of brain tumors, spinal cord injuries, aneurysms, and arteriovenous malformations in the Philadelphia region. We're also regarded as one of the most advanced centers in the U.S. for strokes.

Ranked among the nation's Best Hospitals for Neurology and Neurosurgery by U.S. News & World Report, Jefferson offers a comprehensive range of services in neurologic subspecialties, including headache, epilepsy, multiple sclerosis, Parkinson's disease and other movement disorders, neurovascular diseases, cognitive impairment and Alzheimer's, spine and neuromuscular disorders. Our bench-to-bedside approach creates a dynamic academic healthcare environment where scientific discoveries and clinical excellence go hand in hand, making for better patient outcomes.

Our expertise is vast, and so is our presence.
Our neuro-specialists see upwards of 50,000 patients each year.

Making Every Second of Stroke Care Count —
Stroke is the second leading cause of death worldwide and the third leading cause in the U.S. Getting immediate and appropriate care is essential to making a full recovery. Jefferson is home to one of the most acclaimed centers in the nation for the prevention, diagnosis, treatment and research of stroke. It’s also the largest facility dedicated to the care of acute stroke in the Delaware Valley, with access to the greatest number of board-certified neurointensivists and dual-trained endovascular neurosurgeons in the region.

New drug and endovascular treatments are helping to save the lives and function of stroke patients, but not all patients have immediate access to these life saving therapies. To overcome barriers to stroke care, we established the Jefferson Neuroscience Network, which provides a 24/7 telemedicine stroke consulting service for participating community hospitals. We have delivered nearly 2,000 time-critical stroke consults via telemedicine to patients in 29 community sites through this program.

Transcending Spinal Cord Injury — From emergency surgery to rehabilitation, to a lifetime of follow-up care, Jefferson represents the best in treatment for spinal cord injuries. On average, we help 1,000 patients each year, many requiring complex and delicate surgeries. In affiliation with Magee Rehabilitation Hospital, Jefferson is designated as one of the nation’s 14 Model Spinal Cord Injury Centers and the only one in the Delaware Valley. We’re also one of only 18 hospitals in the nation that is a Level 1 Regional Trauma Center. We have a notably low level of severe secondary complications and a mortality rate of five percent among acute spinal trauma patients — well below the national average.

In addition, Jefferson is finding ways to improve the quality of life for those living with spinal injuries. We were the first in Pennsylvania to implant the NeuRx DPS™, a system that allows patients with certain types of spinal cord injuries to breathe without a ventilator. We also provide Locomotor Training in which therapists simulate walking for paralyzed patients in an effort to awaken dormant nerve cells.

Brain Power — Using pioneering techniques, Jefferson performs more than 1,000 surgeries annually on a wide variety of benign and malignant tumors, making us one of the busiest brain tumor practices in North America. Our clinicians also connect patients with clinical trials that evaluate new therapies to treat disease or extend life. Jefferson doctors lead many of these trials and deploy treatments resulting from those studies. For example, we’re a leader in progressive treatments like using a patient’s own healthy cells to attack tumor cells. We also employ hypofractionated stereotactic radiation therapy (H-SRT), an effective tool for extending survival time that allows patients with recurrent disease to avoid the side effects commonly associated with chemotherapy.

Jefferson is also the only hospital in the region using MRI-guided laser ablation for the treatment of hard-to-reach or inoperable brain tumors. Surgeons place a thin fiber optic cable into the tumor and then attach it to a laser. The system heats and burns away the tumor while sparing the surrounding tissue. The MRI scans provide detailed images of the procedure so surgeons can see and direct tumor ablation in real time — increasing the likelihood that the tumor is completely treated. The potentially life-extending surgical option also means patients recover more quickly and often can go home sooner.

Forging a Path to a Parkinson’s Cure —
Jefferson is globalizing the opportunity to find a cure for Parkinson’s disease by establishing unprecedented partnerships with leaders in the industry, like The Michael J. Fox Foundation, who are committed to eliminating obstacles to accelerate research. Through these collaborations, the Farber Institute for Neurosciences at Jefferson developed a genetically engineered construct that is being used to create, validate and distribute a reasonably priced and openly accessible animal model that will foster understanding of neurons affected in Parkinson’s disease. The knowledge gained will help researchers come closer to finding a cure. In the interim, with proper medical therapy, we can control the symptoms of Parkinson’s for many years. Jefferson’s treatment plan integrates the latest pharmacologic therapies, and patients also have the opportunity to participate in investigational clinical trials and research.

Relieving Chronic Headaches — Jefferson’s clinicians are international leaders in headache treatment, prevention and research. As one of only a few university-based headache treatment centers in the U.S., our mission is to turn basic research and the latest in clinical evidence into comprehensive therapies that will improve the lives of headache sufferers. Our clinicians routinely set the standards for the care of headache patients. With a United Council for Neurologic Subspecialties-accredited Headache Fellowship Program, Jefferson is an important training ground for future headache specialists. In the laboratory, our scientists are probing the causes of chronic headaches at the molecular level and developing new models that are crucial for understanding how headaches are triggered. We translate that knowledge into the latest therapies that will benefit our patients.

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Taking the Anxiety Out of Epilepsy — No other hospital in Philadelphia comes close to the volume of epilepsy surgery performed at Jefferson, and we participate in the most investigational drug trials of any epilepsy center in the Delaware Valley. We strive to help people of all ages achieve freedom from seizures and offer medical treatment, care and counseling for pregnant women with epilepsy, including genetic and psychological counseling and when required, surgery. By putting novel procedures in the hands of our well-orchestrated team of experts, we’ve watched two-thirds of our patients walk away to lead normal lives. Our physicians have even adapted minimally invasive laser ablation to treat epilepsy — helping some patients live seizure free.
Jefferson, in partnership with Magee Rehabilitation Hospital, is one of seven designated rehab hospitals of the Christopher Reeve Foundation NeuroRecovery Network.

We received the Get With The Guidelines™ Stroke Gold Plus Quality Achievement Award and the Target: Stroke Honor Roll from the American Heart Association, recognizing our success in implementing a higher standard of stroke care.

Our neurosurgeons perform nearly 5,000 spine, tumor and vascular surgeries each year.

Jefferson’s spinal cord injury team is consistently chosen as 1 of fewer than 10 international sites to direct delicate investigational therapies, including an FDA-recognized stem cell therapy program.
FROM HEAD TO TOE, 11,000 REASONS TO CHOOSE US
When you’re looking to get moving again, you need a team that has your back: a powerhouse with the expertise, innovation and outcomes to restore you to your best health. In surgical procedures alone, more than 11,000 patients — and counting — benefit from our industry-leading orthopedic care each year.

And that’s just the start of our strength in numbers.

Our Orthopedics Department has been ranked among the best hospitals nationwide by *U.S. News & World Report* for 13 years in a row. We’re ranked third on the *Expertscape* list of leading institutions for hip replacement. And we have a proven roster of more than 75 experts in eight specialty orthopedic areas. Our diverse team includes renowned specialists from the Rothman Institute at Jefferson and the Philadelphia Hand Center at Jefferson. Together — as researchers, instructors, physicians and surgeons — they bring the strength of a wide range of multidisciplinary expertise to create new options for better and faster healing to restore patients to active lifestyles.

**Sports Medicine and Concussion** — The Phillies, Eagles, 76ers and local college teams count on Jefferson specialists to treat them for injuries. And so do the area’s Little League and Pop Warner up-and-coming stars. In fact, more than 5,000 sports injury-related procedures have been performed at Jefferson. And in answer to the growing need for sports-related treatment, Jefferson created the Jefferson Comprehensive Concussion Center which draws on the expertise of an interdisciplinary team to diagnose and treat pediatric and adult patients for mild, moderate and severe concussions. Our certified specialists in sports medicine, cognitive neurology, neuropsychology, psychology, psychiatry, ophthalmology, optometry and physical, vestibular, and occupational therapy work together to detect all possible variations of concussion injury.
Hand and Wrist — Jefferson hand and wrist specialists are helping to establish best practices at medical centers around the world with their basic and clinical research. They have developed a less-invasive surgical option for patients with Dupuytren’s disease (abnormal thickening of tissue in the palm of the hand); discovered ways to prevent scarring and adhesion formation following injury or surgery to the hand and wrist; and are studying treatment options for distal radial fractures that can minimize the otherwise frequently high complication rate.

Hip, Knee and Spine — When the need arises for joint or spinal surgery or joint replacement, patients can rely on our specialists who conduct extensive research that influences clinical practice every day. The result is better diagnosis of infections and the most effective use of medications and innovative surgical procedures to minimize complications, reduce pain and return patients back to daily living. Chances are you have a neighbor, a relative or a coworker who we count among our patients. Jefferson is one of the nation’s highest-volume centers for joint replacement, total ankle replacement, and complex spinal surgery — and one of the most recognized for excellent patient outcomes.

Our spine surgeons excel in the treatment of herniated disc, degenerative disc disease, spine deformity, spinal cord injury, fractures, tumors and more. Patients who arrive in an emergency situation benefit from the expertise that stems from Jefferson being a designated Level 1 Trauma Center (one of just 18 in the country). Many patients are also transferred to Jefferson because of the spine team’s experience with complicated cases. Through our affiliation with Magee Rehabilitation Hospital, Jefferson is designated as one of the nation’s 14 Model Spinal Cord Injury Centers by the National Institute on Disability and Rehabilitation Research. We’re also the first hospital in Pennsylvania to offer a new device allowing patients with spinal cord injuries to breathe without a ventilator.

Sarcoma Treatment — Jefferson’s pioneering Musculoskeletal Oncology Center combines the oncology services of the NCI-designated Sidney Kimmel Cancer Center at Thomas Jefferson University with the orthopedic expertise of the Rothman Institute at Jefferson — and functions as one of the nation’s few complete sarcoma centers. Studies have shown that patients with sarcoma (a cancer that can form from bone or muscle) who are treated at sarcoma centers have better overall outcomes than those who are not. Surgeons in our center are pioneering the application of surgical navigation in sarcoma surgery, which is useful for performing resections in difficult locations — particularly the pelvis. This specialized navigation system provides the surgeon with the ability to visualize the operating field to within a millimeter. Jefferson is one of the first to use this system for the resection of pelvic tumors.

Orthopedic Trauma — The hours immediately following a traumatic injury are critical, with the level of available medical and surgical care sometimes meaning the difference between life and death. Jefferson staffs a highly specialized trauma and fracture care team to treat potentially limb-threatening or life-altering injuries that commonly result from car accidents, falls, sporting activities and industrial accidents.

The Trauma Center emphasizes a team approach, with trauma and orthopedic surgeons, physiatrists and neurosurgeons working together to provide multi-disciplinary care for major and/or multiple injuries. Our team also has specialized training on pelvis and intra-articular fractures.

Rehabilitation — Jefferson physicians and therapists have been leaders in rehabilitation medicine for more than 30 years; we’re nationally accredited by the Commission on Accreditation of Rehabilitation Facilities as a Comprehensive Integrated Inpatient Rehab Program. Our team of occupational therapists, physical therapists, speech language pathologists, rehab nurses, therapeutic recreation specialists, social workers and psychologists support the full-time staff of board-certified physicians—all with the same goal: minimizing pain, promoting wellness and helping patients regain function so they can get back to their everyday lives.
We are Joint-Certified for hip, knee and spine surgery.

Jefferson is one of the nation’s largest shoulder and elbow centers.

Jefferson is designated an Aetna Institute of Quality™ for Spine Surgery, noted for its clinical performance, access and efficiency for orthopedic care.

Ranked eighth among the Nation’s Best Hospitals for Orthopedics by U.S. News & World Report (among the nation’s best for 13 consecutive years)

We are Joint-Commission-Certified for hip, knee and spine surgery.
RESTORING HOPE
Designated by Independence Blue Cross as a Blue Distinction Center for Transplants, Jefferson has the region’s longest-running liver transplant program, and we’re the first hospital in Pennsylvania to implant a heart alternative, the Jarvik 2000 Heart Assist System. Our world-renowned surgeons are constantly pioneering innovative procedures that deliver improved outcomes, shorter recovery and fewer complications.

As for what really matters to our patients: Jefferson consistently surpasses national averages for liver, kidney, and pancreas transplantation survival rates.

We’re giving patients reasons to believe miracles can happen.

A Lifeline for Liver Needs — In 1984, Jefferson was the first hospital in the Delaware Valley to perform a liver transplant. Since then, more than 900 liver transplants have been performed here. Collectively, our surgeons have performed more than 1,400 liver transplants at Jefferson and other facilities. Our liver transplant program offers live donor transplantation, and pediatric transplantation through our partnership with Nemours/Alfred I. duPont Hospital for Children. Our patients have among the highest survival rates in the area (90 percent one year after transplant) and the shortest wait times to receive transplants (a little over a year) of any medical center in the Philadelphia area.
Jefferson’s legacy of clinical excellence is underscored by our compassionate physicians and staff who are dedicated to advancing liver transplant surgery and improving the quality of life of our recipients with groundbreaking treatments. As an example, we’re one of a limited number of hospitals worldwide to have successfully performed liver-auto transplant, a complex surgical procedure to treat liver cancer in patients who are not candidates for liver transplantation or standard liver resection. We’ve also developed innovative therapies to improve quality of life before and after liver transplant surgery, including a new artificial liver assist device and new anti-rejection protocols.

**The Care Behind Kidneys —** Jefferson’s superior outcomes also extend to kidney transplantation. Our surgeons perform from 80 to 100 live and cadaveric kidney transplants each year—with patient survival rates among the highest in the region. For the past two years our survival rate at one year for living donor kidney recipients has been 100 percent. These results exceed the benchmarks of the Scientific Registry of Transplant Recipients. Jefferson is also among the highest-volume programs for paired kidney exchanges in the U.S.

Collectively, Jefferson surgeons have performed more than 1,900 kidney transplants, most often conducted by laparoscopic nephrectomy, which is less traumatic than traditional, open-surgery kidney removal. Like our other transplant programs, our successes can be attributed to Jefferson’s multidisciplinary approach that combines the skill of the surgical team with meticulous pre-surgical screening and comprehensive post-surgical care.

**The Heart of the Matter —** The Jefferson Advanced Heart Failure and Transplant Center is the paradigm for exceptional cardiac patient care, research, education and a healing environment. The Center offers innovative, evidence-based medical care for patients with heart failure, providing a full range of medical and surgical options, including investigational treatments. Our cardiologists and surgeons have collectively performed more than 1,200 heart transplants at Jefferson and other facilities, and our patients’ one-year survival rates exceed the national average.

Jefferson is also certified by The Joint Commission for Ventricular Assist Device (VAD) Destination Therapy. Last year, our surgeons performed the highest volume of VAD procedures in the region, and through our clinical trials for innovative drugs and monitoring devices not yet widely available, we’re providing the latest options available to treat heart failure patients. We’re also one of the few hospitals in the country to offer the SynCardia total artificial heart.

By offering comprehensive choices for our patients, we can truly personalize medicine.

**Potential of the Pancreas —** Jefferson’s pancreas transplant program continues our trend of achieving consistent and outstanding results. The program is dedicated to providing treatment for diabetes, Type 1 in particular, and performing all three types of pancreas transplants: pancreas transplant alone, simultaneous pancreas and kidney transplant and pancreas after kidney transplant. This potentially curative surgery is carefully considered with all the latest therapeutic options.

By tapping the most influential and forward-thinking transplant experts, Jefferson gains the confidence of our patients, allowing them to believe that more moments with family and loved ones are still ahead.
Tony “TNT” Jones has been composing and playing jazz and blues for 40 years. A bass guitarist, he’s traveled the world with acts like Sister Sledge, Nina Simone, Grover Washington, Jr., Buddy Guy, and The Blue Notes.

Tony arrived in Jefferson’s ED with shortness of breath, pain and at times was unable to eat. He had experienced a massive heart attack, was in active heart failure and needed a transplant to survive. He received his new heart at Jefferson, and six months later picked up his guitar. To raise awareness for organ donation he hosted a concert to benefit Jefferson.

“The entire Jefferson staff, from the students to the nurses, residents, doctors and surgeons was fantastic,” said Tony. “They saved my life and now I get to say thank you.” Tony is all “jazzed up” about his second lease on life.
THE RHYTHMS OF LIFE
Jefferson offers a full range of health services for women and children. Our experts in obstetrics and gynecology are providing compassionate care in a new, 50,000 sq. ft., pavilion with state-of-the-art technology and specialty areas to support maternal-fetal medicine, high-risk obstetrics, ultrasound, family planning, infertility and urogynecology.

**Breast Care** — The Jefferson Breast Care Center provides comprehensive breast care, from screening and diagnosis, to treatment and follow-up care. Our team of top physicians is dedicated to providing specialized treatment for all types and stages of breast cancer and has access to promising experimental treatments through clinical trials.

**Gynecology** — Whether you’re young and single, planning a family, or facing mid- or late-life changes, Jefferson’s widely respected obstetricians and gynecologists can provide you with high-quality, personalized and compassionate care. At Jefferson, our skilled specialists offer a broad range of OB-GYN services — delivering innovative treatments across the continuum of care. Rated among the best hospitals for gynecology by *U.S. News & World Report*, Jefferson gynecologists work closely with our obstetricians to provide comprehensive care. Our gynecologists and gynecologic oncologists routinely perform many procedures laparoscopically through small abdominal incisions. We have been recognized as a surgical training site by the leading manufacturer of surgical robots, allowing us to help
physicians throughout the country to develop the skills that our patients benefit from each and every day.

The multidisciplinary team of our Division of Gynecologic Oncology has expertise in treating women with both premalignant and malignant conditions of the reproductive system. They are members of the Sidney Kimmel Cancer Center at Thomas Jefferson University and often collaborate with other cancer specialists to ensure our patients receive the most advanced treatments possible. The Division also participates as principal investigators with the Gynecologic Oncology Group (GOG), the national cooperative research organization for investigating new therapeutic approaches.

**Obstetrics** — Our specialists offer a broad range of maternity services — from fertility treatment and pre-pregnancy counseling, to the care we provide for healthy and high-risk expectant mothers. Our obstetricians and nurses provide routine obstetrical and maternity care for thousands of expectant women each year. We help to educate expectant parents and ensure that mothers deliver their children in the manner they wish through our Parent/Family Education classes held throughout the year.

At Jefferson, we want everyone’s dream of parenthood to be within reach. That’s why we’ve also established a new clinical partnership with Reproductive Medicine Associates of Philadelphia to bring together the area’s top specialists in reproductive endocrinology and infertility under one roof as RMA at Jefferson. Our physicians are experts in the field of infertility, and work closely with patients to find effective and personalized solutions to realize their dreams of building a family. At the Jefferson Reproductive Medicine Center, we understand the special needs of individuals with fertility problems. Our Center provides compassionate and personal care along with advanced procedures in assisted reproductive technology.

**Heart Health** — The heart health needs of women are different from men. That’s why we have some of the most highly skilled and trained professionals in treating and managing heart disease in women at the Jefferson Heart Institute. While our primary mission is to provide exemplary comprehensive medical and surgical cardiovascular care, we also emphasize the prevention and management of cardiovascular disorders, as well as the use of innovative noninvasive approaches to treating patients without open-heart surgery.

**Children** — Through our collaboration with Nemours/Alfred I. DuPont Hospital for Children, families close to Philadelphia and South Jersey have access to primary and multi-specialty pediatric care and diagnostic services.

Kids are different from adults and need specialized care, so a variety of Nemours’ pediatric specialists are available at Jefferson to provide:

- Immunizations and well-child checkups
- Evaluations and treatment for routine illnesses
- Diagnosis and treatment for chronic conditions
- Pediatric specialty consultations on inpatient units and the emergency department
- Pediatric surgical consultations in the outpatient surgery center
- Around-the-clock care in our pediatric suite by a team of board-certified Nemours pediatric hospitalists. Hospitalists are experts in treating hospitalized infants, children and adolescents. Working alongside our hospital staff, Nemours hospitalists communicate directly with your child’s physician to offer seamless inpatient care 24/7.

- Level III neonatal intensive care in our NICU, which is staffed by Nemours’ neonatologists. This designation enables us to provide advanced care for premature, low-birth weight and critically ill infants.

And we’re proud of the work being conducted by researchers in the field of children’s health. A recent study by Jefferson researchers prompted the American Academy of Pediatrics Committee on Fetus and Newborn (COFN) to modify its recommendations to clarify when newborns should be treated with antibiotics and for how long.

**Jefferson’s Level III Neonatal Intensive Care Unit**

is a 40-bed combined intensive care and transitional nursery that provides specialized care required for critically ill neonates and infants.

Our primary care pediatric physicians see more than 14,000 patients every year.

Jefferson has a 13-bed pediatric unit supported by Nemours pediatric hospitalists.
The Jefferson Breast Care Program and Center is one of the first 30 Centers in the country to be accredited by the National Accreditation Program of Breast Centers.

We are rated among the best hospitals in the nation for gynecology by U.S. News and World Report.

Jefferson has been designated a Neonatal Center of Excellence Network by the Clinical Sciences Unit of OptumHealth Care Solutions. We are one of only two centers in Philadelphia.
EXPLORING THE ALTERNATIVES
Healthcare consumers interested in complementary and alternative medicine can turn to the Myrna Brind Center of Integrative Medicine at Jefferson. Our physicians are guided by the science of medicine and are experts in the art of incorporating complementary and alternative medicine (CAM) therapies into the healing approach. This “integrative” way of practicing medicine is what makes the Myrna Brind Center so unique — and effective.
As defined by the National Center for Complementary and Alternative Medicine at the National Institutes of Health, integrative medicine “combines mainstream medical therapies and CAM therapies for which there are some high-quality scientific evidence of safety and effectiveness.” You could say integrative medicine uses the very best, scientifically validated therapies from both conventional and CAM systems.

At the Myrna Brind Center for Integrative Medicine at Jefferson, our professional staff includes board-certified physicians with expertise in using diet and nutritional supplements and herbal and homeopathic medicines. Clinical programs include acupuncture and Asian medicine; facial rejuvenation; hormone replacement therapy; integrative cancer care; integrative mental health; and integrative pain management. Our support programs include Executive Great Life (designed to promote superior health and well-being for 40- to 60-year-olds); Fitness and Lifestyle; JeffQuit, a smoking cessation program, and the Mindfulness Institute.

Our Mindfulness Institute is a leading provider of mindfulness-based stress reduction programs that teach people about living their lives in the richness of the here and now. For example, the program is helping athletes overcome obstacles by using mindfulness meditation. A batter who strikes out during a crucial part of a baseball game, for example, could spend time beating himself up about a perceived failure, or just vow to do better next time. Mindfulness can help athletes avoid dwelling on the last play or mistake and focus on what’s happening in the present.

Our Center also promotes research and educational activities related to integrative medicine. We study the health outcomes of all patients treated through our programs and work collaboratively with Jefferson clinical investigators to apply CAM therapies with traditional medicine to improve patient outcomes.

Acupuncture is one of the most widely used complementary therapies in the U.S. Jefferson should know — we conducted the first acupuncture studies in the U.S. in 1826.
In conjunction with the Myrna Brind Center, Jefferson researchers are conducting clinical trials by adding intravenous Vitamin C to the standard drugs gemcitabine and erlotinib for the treatment of stage IV metastatic pancreatic cancer.

Previous studies showed a reduction in the size of the primary tumor after eight weeks of treatment. The next phase of clinical trials is underway.

Among the variety of fitness and lifestyle programs that Jefferson offers are one-on-one and group personal training, Vinyasa yoga, and several different types of massage, including acupressure.

About a third of newly diagnosed cancer patients experience high levels of anxiety. Our clinicians are in the early stages of testing an innovative treatment that combines a neuro-emotional technique (NET) adapted from Chinese medicine and a “muscle test” to help patients understand and then release their stress. Preliminary results show that study participants who initially reported a high level of anxiety reported a “normal” range after treatment.