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## Shore ER Doctor's Quick Actions Help Save Linwood Woman's Life

For the past 10 years, Kathy Tully and two of her closest girlfriends have been getting together each year around their wedding anniversaries, which all fall within a few months of each other. They've been friends for 35 years, and with two of them living in different parts of South Jersey and a third living in North Carolina, these visits are treasured opportunities to reconnect, reminisce and laugh.

This past July, it was Kathy's turn to host the reunion at her Linwood home. Before their arrival, she went to the Somers Point Shoprite to pick up a few things for the weekend.

But Kathy never made it past the produce aisle that day.

"I suddenly felt this excruciating pain in my chest that threw me to the ground. I thought I must be having a heart attack or a stroke. Part of my face was numb. I grabbed the leg of a woman walking past me and begged her to get me help," Kathy said.

The next few hours were some of the most terrifying of her life. She was rushed to Shore Medical Center via ambulance where she was immediately greeted outside by a team of ER staff. "People were moving very quickly around me. I knew it was serious because I only see people moving like that on TV shows."

*Photo: Kathy Tully with Shore ER doctor Henry Souto, DO, at a recent reunion. Dr. Souto's quick actions helped save Kathy's life.*

**(continued inside)**



THANK YOU FOR

CARING  TOGETHER



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Shore ER physician Dr. Henry Souto went right to work on Kathy. He needed a diagnosis, and fast, so he could save Kathy's life.

Dr. Souto first ran an echocardiogram to see if she was having a heart attack. Kathy remembers him sternly and honestly telling her how serious her situation was. It was not to scare her but to help her find the courage to stop herself from shaking so he could get an accurate reading. "I really appreciated his honesty," Kathy said. "He was no-nonsense and all about saving my life."

Once Dr. Souto determined it wasn't a heart attack, he ordered an emergency CT scan, which showed her diagnosis – an aortic tear.

The aorta is the largest blood vessel in the body that carries oxygen-rich blood from the heart to the rest of the body. An aortic tear is a life-threatening emergency where blood leaks between the inner and outer layers. The tear must be fixed with surgery so the blood doesn't burst through the outer wall.

"By the time I got back from the CT scan, Dr. Souto and the team had already read the scan, diagnosed me, scheduled my surgery at Penn Medicine and called for the PennStar helicopter to transport me to Philadelphia. Looking back, it's truly amazing how quickly everything happened."

Kathy remembers everything leading up to her surgery – telling her husband, Paul, that she loved him in the split second she got to see him before leaving in the helicopter; being comforted the whole ride by the crew; and being whisked from the helicopter through two doors to the OR, where Penn

cardiac surgeon Dr. Joshua Grimm and his team were waiting for her.

"Dr. Grimm looked me right in the eyes to reassure me that I'd be alright, but he also said, 'When you come out of this, you thank Shore Medical Center because they saved your life,'" said Kathy. "Between Dr. Souto at Shore and Dr. Grimm at Penn, I don't have enough words of gratitude to thank them."

After the surgery, Kathy didn't really wake up for two-and-a-half days, a very trying time for her family, including Paul and her three sons. When she did finally wake up, two of her sons were by her side wiping away tears. They had been playing the three country songs she danced to with each of them at their weddings in hopes it would help her wake up.

After recovering from surgery, Kathy had a couple of scares that sent her once again to Shore's ER, as well as appointments with her new cardiologist Dr. Millee Singh with Penn Cardiology – Somers Point, and regular cardiac rehab appointments at Shore to help regain her strength – all within five minutes of her home.

"I'm so lucky to have someone as smart and caring as Dr. Singh following me, and the cardiac rehab team is so warm and compassionate. I can't believe I can get this kind of care right here," Kathy said. "Before this, I would have thought you could only find this in the big city."

At almost 70 years old, Kathy has always been athletic and healthy. But this experience helped her realize the importance of having quality medical care close to home, no matter how healthy you may seem.

"Now I know what a great hospital Shore is. I've been singing their praises to everyone I can since this experience. Everything they did, they did to save my life," Kathy said.

Kathy recently paid a visit to Dr. Souto at Shore's ER to say thank you to him and the team. It was an emotional experience for everyone.

"Dr. Souto reminded me how lucky I was, and introduced me to some of the other people who worked behind the scenes to save my life, like the woman who arranged for the helicopter. They are all my heroes."

Now that Kathy is regaining her strength, she is getting back to doing what she loves. She builds beautiful full-scale dollhouses and miniature "suitcase" dollhouses as well. She also recently babysat her grandchildren while her son and his wife celebrated their 5th wedding anniversary. And although Kathy wasn't able to get her anniversary club friends all together this year, she's looking forward to trying again next summer. Then, they'll have twice as much to celebrate – their wedding anniversaries and the anniversary of when Shore saved her life. 



*Kathy Tully is a talented dollhouse builder and designer, pictured here with one of her projects, and was eager to get back to it after her surgery.*

## Your Legacy can live on with a Planned Gift to Shore Medical Center

Would you like to help preserve and enhance the current and future healthcare needs of our entire community? Then consider joining our DiOrio Society by making a planned gift to Shore Medical Center. Learn more at [www.GivetoShore.org](http://www.GivetoShore.org) or call Mary McGuckin at 609-653-4657.

## Hope & Healing at Shore Cancer Center, with Your Help

At Shore Cancer Center, a member of the Penn Cancer Network, you help make exceptional cancer care possible through your compassionate and generous support. We're grateful for all that you do to help ensure we can provide our community with the most advanced and comprehensive cancer care, close to home. We're proud to share some recent updates at the Cancer Center, made possible with your help.

### New Aromatherapy Program Aids Symptom Relief



Shore Cancer Center nurse Laura Freire with the aromatherapy kits she gives to her patients.

Oncology Nurse Laura Freire loves doing whatever it takes to help her patients find relief from the often difficult side effects of cancer and its

treatment – both physical and emotional. She recently launched an aromatherapy program at Shore Cancer Center to help patients who are actively undergoing chemotherapy enjoy improved health and wellbeing from plant-derived essential oils, including lavender, ginger and peppermint. For people undergoing cancer treatment, these essential oils can help them get immediate symptom relief.

“Lavender has anti-inflammatory and relaxation properties and can help reduce anxiety and pain and improve sleep. Peppermint and ginger can help patients get through chemotherapy-related nausea and appetite loss, and peppermint can also help improve fatigue, concentration and pain,” says Freire. “We offer our patients these three blends in small, portable inhalers. When our patients are relaxed, better rested and able to take in proper nutrition, it can improve their overall quality of life during treatment.”

Freire wants to offer patients even more onsite holistic offerings. She is looking to transform the library in the waiting area of the Cancer Center to a private retreat space where patients, their families and staff can go to relax.

“We’re looking to include a massage chair and table, relaxing music, guided imagery, healing touch, and an expansion of our aromatherapy program. I’ve been incredibly supported with my wellness initiative and continue to strive to grow the program,” says Freire. “I’m excited about the impact this will make on our patients and families.”

### Penn Medicine Radiation Oncologist Joins Cancer Center



In September, Shore welcomed Penn Medicine Radiation Oncologist Dr. John James Wilson to the cancer center team. Dr. Wilson is on staff at Penn Medicine and attended medical school and residency there as well. He treats all cancer types that need radiotherapy, and now he leads a highly trained team of experts at Shore Cancer Center Radiation Oncology, offering advanced radiation treatment options close to home.

Matthew Piskun, PharmD, MBA, Director of Pharmacy, Oncology and Infusion Services at Shore Medical Center, says Dr. Wilson is an excellent fit for the community.

“We’re delighted to welcome Dr. Wilson to the team and our area. His leadership and expertise in radiotherapy, along with his Penn Medicine affiliation, will allow us to easily integrate Penn Cancer Network resources into patient care at Shore Cancer Center,” Piskun said. **(continued)**

## New \$1.5 Million TrueBeam Linear Accelerator Coming to Shore Cancer Center

In early 2022, Shore Cancer Center will add a new TrueBeam Linear Accelerator to its radiation oncology program, made possible with your help.

“The new TrueBeam linear accelerator offers more flexible treatment options, advanced imaging, high precision dosage control, and streamlined treatments,” said Piskun. “Between Dr. Wilson and the linear accelerator’s new treatment technology, we’re thrilled we will be able to help more patients with more complex cancer diagnoses get high-quality care close to home.”

## Oncology Pharmacy Renovation is Complete



Shore Oncology Pharmacist Timothy Guse, PharmD, with Pharmacy Technician Jan Weick in their newly renovated negative pressure compounding room.

At Shore Cancer Center, we are fortunate to have an oncology pharmacy right next to the medical oncology treatment room. It is where Shore’s oncology pharmacist, Timothy Guse,

PharmD, compounds chemotherapy and other medications with help from pharmacy technician Jan Weick. Having a dedicated oncology pharmacy at our cancer center lets Guse easily consult with physicians and answer any questions that patients may have.

Because chemotherapy and other cancer-fighting medications can be hazardous, oncology pharmacies must comply with strict safety regulations. We needed to make an upgrade to our pharmacy to meet these regulations and to ensure medication molecules lingering on surfaces or in the air are properly contained. In March 2021, with generous support from our donors, especially those who have contributed to our A Cause to Celebrate Gala and Golf Tournament, we were able to completely renovate the oncology pharmacy to provide a safer work environment for our staff. Thank you!

## Prostate Care Center: A Personalized Program for Men with Prostate Cancer

In September 2020 Urologist Dr. Michael Schutz and Shore Physicians Group established a Prostate Care Center at Shore Cancer Center. At the center, Dr. Schutz and Shore Cancer Center’s team of medical and radiation oncologists provide ongoing monitoring and treatment for men who have prostate cancer or are at risk of developing it. Each patient receives a personalized program based on their individual needs.

“Some prostate cancers are slow-growing and require close monitoring. Others are more aggressive and require radiation, surgery, hormone therapy

or chemotherapy. Through the Prostate Care Center, we can provide patients with the comprehensive care they need to make sure they receive the right treatment based on their age, overall health, how fast the cancer is growing and whether it’s spread outside the prostate gland,” says Dr. Schutz.

## All Thanks to You

As a nonprofit community hospital, we’ve been able to grow our cancer program through your philanthropic support. Whether you give through our Lightkeeper’s or Stainton societies, our gala and golf tournaments, our Auxiliary gift shops and thrift shops, our Guardian Angel program, planned gifts or fundraising appeals, your ongoing generosity helps us continue to advance healthcare in our region and save more lives.

If you would like to learn more about other ways you can support your community hospital, please contact our Planned Giving & Development team at 609-653-3800, or visit [www.GivetoShore.org](http://www.GivetoShore.org)



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We extend our heartfelt gratitude to the following members of Shore Medical Center's Lightkeeper's Society, which recognizes donors who annually contribute \$5,000 or more to Shore Medical Center to help further advance the care of our patients. Those marked with an asterisk (\*) are also members of the DiOrio Society, which recognizes those who have made a planned gift to Shore Medical Center. We thank these individuals and families for their investment in future generations.

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Visit [www.givetoshore.org](http://www.givetoshore.org) or call **609-653-3800** to learn more.

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We are deeply grateful for the generous support of our current Stainton Society members listed below, who gave between \$500 and \$4,999 this year. Donations made to Shore Medical Center through the Stainton Society ensure the ever-changing healthcare needs of our community are met with the region's most advanced medical services and clinical expertise. We are always eager to welcome new members! To join the Stainton Society, please visit [www.GivetoShore.org](http://www.GivetoShore.org) or contact Jessica Giles at (609) 653-3986.

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