Bloodless Medicine and Surgery

Changing Health Care for Good.
Safe, modern technology and caring professionals

Although improved screening methods have made the blood supply safer than it once was considered to be, the use of donor blood is not risk-free; the possibility of the transmission of bloodborne and immune diseases or allergic reactions still exists. Baptist Health’s Bloodless Medicine and Surgery offers a viable and safe alternative.

Providing high-quality medical care without blood transfusions requires frontline technology and equipment, including:

• Harmonic Scalpel, Lasers, Argon Beam Coagulator, Electrocautery and the da Vinci® S-Robot – Reduces blood loss during surgery
• Intra-Operative/Post-Operative Blood Salvage (Cell Saver) and Hemodilution – Salvages and recirculates patient’s own blood
• Pharmaceuticals - Synthetic Erythropoietin (EPO) – Stimulates bone marrow to produce red blood cells - Recombinant Products – Build white blood cells and hemostatic agents to promote coagulation
• Volume Expanders – Intravenous fluids that enhance circulation of patient’s own blood
• Transcutaneous Oxygen Monitoring and Pulse Oximetry – Non-invasively track oxygen levels during surgery and hyperbaric oxygen treatment (offered at Baptist Downtown and Baptist Beaches)
• Blood Conservation Techniques – Micro-sampling dramatically reduces amount of blood needed for analytic testing
• Minimally Invasive Surgery – Allows procedures to be performed through a natural opening or a small “keyhole” incision (minimally invasive procedures promote less pain and blood loss, a shorter hospital stay and cosmetic benefits)
• Novalis Tx™ – Involves quickly delivering precisely focused, high-energy radiation to a localized area to destroy tumors throughout the body that often cannot be treated using traditional surgery, including malignant and benign tumors; brain metastases; arteriovenous malformations and trigeminal neuralgia
• Interventional Radiology – The minimally Invasive Interventional Radiology Lab offers procedures such as fibrin embolization, liver ablation, aortic endograft, minimally invasive cancer treatment and vertebroplasty

Our team

Our professional staff including more than 300 physicians, surgeons and anesthesiologists, has a high level of expertise in bloodless medical and surgical procedures, and a desire to help those who request non-blood medical management.

Manager Tom Martin has over 40 years experience in bloodless medicine. An associate member of the Society for the Advancement of Blood Management, he has the knowledge and skills necessary to assist and support patient choices. Coordinator Ashleigh Roseberry Queen is a trained patient advocate. Her goal is to ensure each patient’s wishes are respected and executed.

Be prepared

Since a majority of hospital visits are unforeseen or emergency situations, stay prepared. Feel free to contact us to discuss your bloodless medicine and surgery questions, concerns and wishes today.

Call 904.202.3460 (manager), or 904.202.2141 (coordinator), to set up an appointment or to obtain additional information.

Bloodless Medicine and Surgery

Baptist Health offers a multidisciplinary approach for those patients seeking alternatives to blood transfusions and the management of conditions without the use of blood or blood products.

Tips to help you fight anemia

Anemia, a common blood disorder, is a deficiency in the number of red blood cells (RBCs) or a low level of hemoglobin, the oxygen-carrying protein found in RBCs. Approximately 3.4 million Americans suffer from a common blood disorder. Anemia is more prevalent among women than men, and has several forms:

• Iron deficiency anemia
• Hemolytic anemia
• Vitamin B-12 deficiency anemia
• Folic acid deficiency anemia
• Anemia caused by a chronic disease
• Inherited forms (for example, sickle cell anemia and thalassemia)

Mild anemia usually does not produce any symptoms: Weakness, fatigue and pale skin frequently are symptoms of severe cases of anemia. As severe anemia worsens, you may experience light-headedness, rapid heartbeat, shortness of breath, chest pain or heart failure. To help improve your iron level, try the following:

• Include foods rich in iron (red meat, liver and dairy products)
• Add folic acid (commonly found in leafy greens, spinach, broccoli and whole wheat)
• Reduce caffeine and foods containing EDTA (a common preservative in processed foods)

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Increase your blood count with iron-rich foods

Raisins
Bran Flakes
Baked Potato
(with Skin)
Spinach
Chick Peas
Figs

Lentils
Lean Red Meats
Oatmeal
Soy Milk
Seafood
Tofu
Whole-wheat Bread

Your body will absorb the iron in these foods better if combined with foods rich in vitamin C.

Foods to avoid pre-surgery

Angelica Root
Anise
Borage Seed Oil
Capsicum
Cat’s Claw
Chamomile
Chondroitin
Clove
Fenugreek
Feverfew
Garlic

Ginger
Gingko
Ginseng
Horse Chestnut
Kelp
Lovage Root
Red Clover
Sweet Clover
Tonka Bean
Willow Bark
Wintergreen

These foods are natural blood thinners, so avoid them at least 7 days prior to surgery to prevent increased bleeding.
“Bloodless” treatment means receiving your care without the use of a blood transfusion.

Bloodless medicine can be safely and successfully applied to a wide range of procedures, including cardiac, orthopedic, oncological, gynecological, urological and general surgery.
Directions

To Baptist Jacksonville/Wolfson Children’s Hospital:
From I-95 North: Take Prudential Drive Exit 350A. Turn left onto Prudential Drive. Turn left onto Palm Avenue. Turn right into Parking Garage A.

From I-95 South: Take San Marco Exit 350B. Turn left onto Palm Avenue. Turn left into Parking Garage A.

To Baptist South:
From I-95 South: Take Exit 335 - Old St. Augustine Road. Loop right over I-95 and merge left one lane. Turn right at the second traffic signal, the entrance to Baptist South.

From I-95 North: Take Exit 335 - Old St. Augustine Road and turn right. Turn right at the first traffic signal, the entrance to Baptist South.

To Baptist Beaches:
From 1-95: Take Exit 334 - J. Turner Butler Boulevard, eastbound. Merge onto 3rd Street (A1A), northbound, via the exit on the left. Turn left onto 13th Avenue South. Turn left into entrance to Baptist Beaches.

Locations

Baptist Medical Center Jacksonville/Wolfson Children’s Hospital
800 Prudential Drive, Jacksonville, Florida 32207

Baptist Medical Center South
14550 Old St. Augustine Road, Jacksonville, Florida 32258

Baptist Medical Center Beaches
1350 13th Avenue South, Jacksonville Beach, Florida 32250

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For more information call 904.202.3460 (manager), or 904.202.2141 (coordinator).

baptistjax.com/bloodless