Connecting the Dots: Breath by Breath
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Director’s Letter

UT Health/UHS Center for Advanced Lung Diseases

Our team of physicians and other healthcare professionals within the Division of Pulmonary at UT Health has a unique relationship and partnership with the University Health System in order to improve the lives of patients with advanced lung diseases throughout South Texas and beyond. Our team utilizes state-of-the-art diagnostic and evaluation tools and “Connects the Dots” between evidence-based research and literature, quality improvement processes, expert knowledge and experience, and patient/family preferences in order to implement management strategies to optimize outcomes.

We are dedicated to advancing the care of our patients by translating and implementing clinical and basic science research into our daily practices. Many of our faculty are recognized nationally and internationally for their technological innovations, for their clinical, educational, and research contributions and leadership, as well as for training the next generation of leaders in our sub-specialties.

We live and practice in San Antonio and would be honored to serve you, your patients, and their families.

Please contact us – we are here to help!

Sincerely,

Stephanie M. Levine MD, FCCP
Director of the UT/UHS Center for Advanced Lung Diseases
The mission of our team within the Division of Pulmonary and Critical Care Medicine at UT Health San Antonio is to develop comprehensive management plans with our patients and their families in order to achieve optimal outcomes for patients with advanced lung diseases and critical care illnesses.
This brochure provides a snapshot of our experience and the professional services we provide on a daily basis, many of which are not available elsewhere in the community.

To give you a preview of what we offer:

- One of the leading lung transplant programs in the country with one of the shortest waiting times, and the highest patient and graft survival rates in Texas
- An accredited Care Center for both Adult and Pediatric Cystic Fibrosis by the Cystic Fibrosis Foundation, with more of these patients choosing our University for their care than any other program
- The largest Pulmonary Hypertension Program in South Texas
- Advanced Interventional Bronchoscopic and Pleural procedures for those with both malignant and non-malignant diseases
- An approved center for Interstitial Lung Diseases, recognized by the Pulmonary Fibrosis Foundation
- A multidisciplinary lung cancer care team ranging from evaluation and diagnosis to multimodality treatments
- State-of-the-art clinics for advanced obstructive lung diseases including asthma, bronchiectasis, and COPD
- A dedicated team of thoracic surgeons performing lung transplantation, thoracic oncologic surgery, minimally invasive thoracic surgery, lung volume reduction surgery, video assisted thoracoscopic surgery, and all forms of tracheal and esophageal surgeries
- We also are San Antonio and South Texas’ first health system to earn Magnet status — a prestigious designation the American Nurses Credentialing Center awards only to healthcare providers with a proven track record of providing excellent care and positive outcomes.
University Lung Transplant Center (UTC):
More experience, more options for patients with end-stage lung disease.

UTC: a pioneer in Lung Transplantation: Clinical Excellence with Outstanding Outcomes

- One of the first and most experienced transplant centers in the world with over 30 years of experience.
- Among shortest waiting times in Texas.
- Among the best 3-year survival outcomes in the nation.
- Only Lung Transplant Center in South Texas.
- Efficient evaluation and preparation of candidates for transplant.
- Inclusive recipient care post transplantation.

Patient Referrals:
Physician to physician direct communication if requested. Please contact specialized intake referral coordinator at 210-567—5777 or 1-888-3369633
University Lung Transplant Center: a multidisciplinary team approach: Specifically skilled in meeting all elements of the transplant candidate and recipient for the best outcomes.

- Partnership between University Health System and UT Health San Antonio
- UTC awarded the Beacon Award for excellence in ICU Transplant Nursing.

Top Row (L to R): Elsie Harris, Tamara Sookchan, Holly Keyt, Scott Johnson, Daniel Dearmond, Sergio Rodrigo Burguete, Aaron Rossett
Bottom Row (L to R): Stephanie Levine, Deborah Levine, Monica Esquivel, Melissa Taylor, Philip Ong
“Although ILDs, including idiopathic pulmonary fibrosis (IPF), are relatively uncommon compared to asthma and COPD, they can be irreversible and progressive with a poor short-term prognosis worse than many cancers. A timely and accurate diagnosis is essential for early referral to a lung transplant center, clinical trial enrollment, initiation of effective treatments, and avoidance of harmful ones. A multidisciplinary ILD team conference brings together our expert pulmonologists, radiologists, and pathologists for an accurate diagnosis and optimal patient management.”

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<th>Patient care</th>
<th>Research (Selected Clinical Trials)</th>
<th>Education</th>
<th>Community outreach</th>
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<tr>
<td>UT Health San Antonio ILD Clinic</td>
<td>ASCEND trial: pirfenidone</td>
<td>Presentations to trainees, nurses, respiratory therapists, community &amp; academic pulmonologists</td>
<td>San Antonio Pulmonary Fibrosis Support Group</td>
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<tr>
<td>Multidisciplinary ILD Conference</td>
<td>RIFF trial: lebrikizumab</td>
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<td>PF-ILD trial: nintedanib</td>
<td>Multidisciplinary ILD Conference</td>
<td>Free ILD Clinics, first-of-its-kind worldwide</td>
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To refer a patient to the UT Health SA ILD Clinic, please contact Gina Herevia, phone: 210-450-9800, fax: 210-450-4935.
Cystic fibrosis (CF) is a genetic disease that involves multiple organ systems but primarily has pulmonary manifestations including recurrent bacterial infections and bronchiectasis. Recent advances in care have led to remarkable improvements in life expectancy and quality of life for people with CF.

As the only medical home in South Texas providing care for people with CF from birth through adulthood and lung transplant, our center’s mission is to provide comprehensive, compassionate, and collaborative multidisciplinary care for adults with CF and their families. We aim to empower people with CF to understand and care for their disease through the provision of state-of-the-art care, participation in clinical research, and through life-long education by a team of dedicated professionals.

Our center was accredited by the CF Foundation in 2017 and became the only fully accredited adult center in San Antonio. We have also received a CF Center Quality Improvement Award, awarded by the CF Foundation 2017.

For appointments, please call: 210-358-3436 or fax: 210-702-4567
Interventional Pulmonology Program

Our specialists provide services that utilize advanced minimally invasive techniques to manage complex central airway obstruction and structural disorders of the airway, both from malignant and non-malignant causes. Advanced diagnostic and interventional procedures are utilized to diagnose, stage, and manage lung cancer and diseases of the pleura (the membrane of the lungs and chest cavity). We coordinate with thoracic surgery, ENT, medical and radiation oncology to provide multidisciplinary care.

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<tr>
<th>Conditions</th>
<th>Procedures Offered</th>
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<tr>
<td>Malignant airway obstruction</td>
<td>Airway ablation (Electrocautery and Argon Plasma Coagulation)</td>
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<tr>
<td>Tracheal and bronchial stenosis</td>
<td>Rigid and flexible bronchoscopy</td>
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<td>Tracheobronchomalacia</td>
<td>Cryotherapy, cryoablation and cryobiopsy</td>
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<tr>
<td>Pulmonary nodules</td>
<td>Airway stenting (Silicone and self expandable metallic)</td>
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<tr>
<td>Malignant and benign pleural effusion</td>
<td>Endobronchial ultrasound (Convex and radial probe)</td>
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<td>Persistent air leak and bronchopleural fistulas</td>
<td>Endobronchial valve placement</td>
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<td>Massive hemoptysis</td>
<td>Percutaneous dilatational tracheostomy</td>
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<tr>
<td>Mediastinal staging of lung cancer</td>
<td>Indwelling pleural catheter placement</td>
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<tr>
<td>Treatment of early centrally located lung cancer</td>
<td>Microdebrider bronchoscopy</td>
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</table>

To refer a patient to the UT Health IP Clinic, please contact Tyson Kunz, BSN, RN, phone: 210-743-4297, fax: 210-358-0616
University Hospital is home to South Texas’s largest and most experienced comprehensive PH Center. Our PH team of specialists excel in the diagnosis and management of this uncommon but potentially fatal condition.

**University PH Center provides:**

- PH Diagnostic evaluation done efficiently and thoroughly
- Management with all FDA approved therapies
- One on one education for patients and their families
- PH Clinical Trials ongoing with new therapies
- Multi-disciplinary Team available: Nutrition, Pulmonary Rehabilitation, PH Pharmacist
- Direct and efficient evaluation for lung transplantation

**Referrals:**
Physician to Physician direct contact if requested:
210-567-5777
Or 1-888-336-9633

Left to Right: Kimberly Winters, Monica Esquivel, Olga Dib, Deborah Levine, Melissa Taylor, Adriel Malave
The Severe Asthma Program was created to treat a special population of patients with difficult-to-control asthma using a multidisciplinary approach. The program focuses on the diagnosis of severe asthma and its mimickers, environmental control, asthma education and advanced therapies. There is an emphasis in evaluating and addressing coexisting conditions that may impact asthma control. Available testing includes advanced radiology, fractional exhaled nitric oxide (FeNO), bronchoprovocation testing, bronchoscopy, allergy testing, and serum biomarkers. State-of-the-art treatments, such as biologicals (i.e. omalizumab, mepolizumab, reslizumab) and bronchial thermoplasty are available. The program includes a weekly/biweekly outpatient Severe Asthma Clinic working closely with the University Hospital Infusion Center, Endoscopy Center, and Respiratory Care Department. Patients are encouraged to participate in ongoing clinical trials and registries at UT Health and University Health System.

### Patient care
- **Severe Asthma Clinic**
- **Bronchial Thermoplasty**
- **Omalizumab, Mepolizumab**

### Research (Selected Clinical Trials)
- **NOVELTY: observational study of asthma and COPD**
- **Bronchial Thermoplasty Registry**
- **NIH Mycoplasma in asthma Study**

### Education
- Presentations to trainees, nurses, respiratory therapists, community & academic pulmonologists
- National and International presentations

To refer a patient to the UT Health Severe Asthma Program, please contact, (210) 358-3555

Approximately 1 in every 10 asthmatics has severe asthma, and these patients often do not respond to conventional therapies.

Our team has decades of experience researching and treating asthma.
Chronic Obstructive Pulmonary Disease - COPD

COPD is a common, preventable and treatable disease that is characterized by persistent respiratory symptoms and airflow limitation. The chronic airflow limitation is caused by a mixture of small airways disease (e.g., obstructive bronchiolitis) and parenchymal destruction (emphysema), the relative contributions of which vary from person to person. A timely and accurate diagnosis is essential in order to improve patients' symptoms and quality of life. In patients with very severe and progressive disease, early referral to a lung transplant center or other surgical interventional center is important. We have now multiple combinations of bronchodilators to treat this condition and it is important to determine what are the appropriate medications for our patients.

Since 2007, we have been part of the NHLBI funded cohort – COPDGene® that is following the largest cohort of smokers in the US.

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<tr>
<td>UT Health San Antonio Clinic</td>
<td>COPDGene®</td>
<td>- COPD presentations to trainees, nurses, respiratory therapists, community &amp; academic primary care clinicians and pulmonologists.</td>
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| Access to UT/UHS Lung Transplant Program, Interventional Pulmonary and Cardio-Thoracic Surgery | - A randomized, double-blind, open-labeled, placebo-controlled, 52-week study evaluating the effect of danirixin (GSK1325756) on lung function and health related quality of life…… 
- PEARL – “A Randomized, Double-Blind, Parallel Group, Multi-Center Study to Assess the Efficacy and Safety of PT009 compared…” 
- NOVELTY – “A NOVEL observational longitudinal study on patients with a diagnosis or suspected diagnosis of asthma and/or COPD to describe patient characteristics…” | - Implementation of WipeDiseases® COPD educational programs and UT Quality Improvement interventions in the UT Health San Antonio primary care clinics: (https://WipeDiseases.org) |

To refer a patient to the UT Health SA COPD Clinic, please contact Gina Herevia, phone: 210-450-9800, fax: 210-450-4935.
# Lung Cancer

“Lung cancer accounts for more deaths than any other cancer in both men and women. A timely and accurate diagnosis is essential to increase the survival and the possibility of cure. Our multidisciplinary approach brings together our expert and interventional pulmonologists, interventional radiologists, radiologists, pathologists, thoracic surgeons, oncologists, and radiation oncologists for optimal patient management.”

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<td><strong>UT Health San Antonio Lung Cancer Clinic:</strong> our focus is on the evaluation/diagnosis, management, and treatment of patients with lung cancers, tumors of other cancers metastatic to the lungs, and lung conditions resulting from chemotherapy.</td>
<td>Presentations to students/trainees, nurses, respiratory therapists, community &amp; academic pulmonologists, as well as to community and academic primary care providers</td>
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**UT Health SA Cancer Center Thoracic Tumor Board:** as a center designated by the National Cancer Institute, we meet weekly to discuss the care of our patients. It is comprised of thoracic surgeons, medical oncologists, radiation oncologists, pulmonologists, and pathologists.

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To refer a patient to the UT Health SA MARC Clinic, please contact 210-450-9800

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Tamara Simpson, MD  
- *Medical Director, UT Health Lung Cancer Clinics*

Adriel J. Malavé, MD  
- *Co-director UT Health Lung Cancer clinics*
Thoracic Surgery

Our Thoracic Surgeons are highly-trained and specialized. Their surgical expertise includes:

- Lung transplantation
- Video-assisted thoracoscopic surgery
- Thoracic oncologic surgery: diagnostic and therapeutic surgical procedures including resection of primary lung cancers, solitary metastases to the lungs, thymomas, and sarcomas
- Surgery for malignant and benign esophageal disease
- Minimally-invasive thoracic surgery
- Lung volume reduction surgery
- Tracheal surgery

To refer a patient to UT Health Thoracic Surgery, please contact 210-450-0999, or fax to 210-450-4965

Scott B. Johnson, MD
- Chief, General Thoracic Surgery
- Surgical Director of Lung Transplantation

Daniel DeArmond, MD
- Associate Program Director, Thoracic Surgery Residency
- Director of Minimally Invasive Lung Surgery
Education for Patients and Healthcare Professionals: Promoting Lifelong Learning

If diagnosed early and optimally managed, many pulmonary diseases can be controlled and patient outcomes can be improved!

Lifelong learning is not only important for us, as healthcare professionals, but for our patients as well. Encouraging patients to become active participants and true partners and key members of our healthcare team, not only makes our lives as clinicians easier and more rewarding, but also has the potential to improve patient outcomes as well (see figures below).

If your group / office would like to discuss educational options for to help improve the care and lives of your patients, please contact Dr. Sandra G. Adams at adamssg@uthscsa.edu.
University Hospital, home to University Transplant Center, is #6 in Texas and #1 in San Antonio.