



# Breathing Lessons: Keeping the Lungs of Southern New Jersey Healthy

*By John DiAngelo, Inspira Health Network President and CEO*

**B**reathing is one of the most basic functions of our body. We never think about it—that is, unless we’re struggling to get our breath, whether we’re having an asthma attack, working out hard in the gym or perhaps enduring some other more serious condition. Then, just about all of our attention is focused on our breathing function.

At Inspira Health Network, our team of pulmonology doctors think about lungs and breathing function significantly more than the average person. This committed group has a wide array of services that they deliver. We have trained specialists in pulmonary medicine, critical care and sleep disorders. These include a full spectrum of pulmonary diagnostic procedures, including diagnostic bronchoscopies, endobronchial ultrasound, transbronchial needle biopsies, pleural drainage and full body box pulmonary function tests.

And for the many who have trouble breathing while sleeping—we’re talking about the increasingly prevalent problem of sleep apnea—we offer CPAP mask fittings, done by a dedicated Respiratory Therapist who is on-site during office hours.

The newest member of the team is Dr. Ted Plush, who joined us this summer after completing a three-year fellowship in pulmonary critical care at Lankenau Medical Center. This focus on critical care has been at the center of Dr. Plush’s career—he headed up Lankenau’s Pulmonary Embolism Response Team, and has written a number of articles in medical journals on pulmonary critical care.

Dr. Plush is a Doctor of Osteopathy (D.O., as opposed to an M.D.); osteopaths are trained to emphasize a “whole-person” approach to medical treatment and care. They’re fully licensed physicians, authorized to perform the same tasks as anyone else in their specialty. They have a particular focus on prevention, focusing on lifestyle and environmental conditions that may impact a person’s health.

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Dr. Plush and the other osteopaths on our staff help to ensure that we have not only vast expertise across our health network, but also a broad range of approaches to help keep the residents of southern New Jersey healthy.

This growth of both depth and breadth is true for our pulmonology team. It helps to ensure that we are able to provide treatment and care rooted in deep expertise and the ability to take a step back and see the bigger picture for each individual patient.

You might not be thinking about your breathing all the time, but rest assured—we are.



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