



## Matthew Kaufman, M.D. Celebrates His Landmark Phrenic Nerve Surgery

Among his nerve surgery expertise which he performs as part of the Institute for Advanced Reconstruction in Shrewsbury, NJ, Dr. Kaufman is the only known surgeon to perform specialized phrenic nerve surgery for the treatment of diaphragm paralysis. On September 30, 2011, Dr. Kaufman performed his 30<sup>th</sup> phrenic nerve surgery. Including the diaphragm pacemaker cases Dr. Kaufman has performed, his collective experience of surgery for diaphragm paralysis numbers over forty cases. As of October, 2011, Australia will be his furthest patient; age 25 is the youngest he has operated on for phrenic nerve problems, and early 70s the oldest. To date, Dr. Matthew Kaufman has a 70-80% success rate in reversing diaphragm paralysis.

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*See Dr. Matthew Kaufman's article:*

Reinnervation of the Paralyzed Diaphragm: Application of Nerve Surgery Techniques Following Unilateral Phrenic Nerve Injury, CHEST / 140 / 1 / JULY, 2011



Dar Thompson of Peachtree, Georgia (left), and Russell Garrison of Bedford, Indiana (right) are both at the height of physical fitness. That's been made possible by phrenic nerve surgery by Dr. Matthew Kaufman (center). Thompson, age 48, the CEO of World Gym Fitness Centers in Fayetteville and Peachtree, Georgia, struggled for six years with fatigue and poor lung function before finding Dr. Kaufman. "This guy saved me," says Thompson of Dr. Matthew Kaufman. Thompson, who says he looks and feels 20 years younger from the relief he has gained, reports he was at 50% of his work level prior to surgery, and a year after surgery is now able to play competitive ice hockey and perform at 95% of maximum capacity. Russell Garrison, a 42-year-old commander of the Indiana State troopers, is pictured here a mere five days after his surgery. Like Thompson, he continued his training program despite the shortness of breath and inability to maintain his stamina. Says Dr. Kaufman of these two supremely fit patients, "Following phrenic nerve surgery I think fitness helps the rehabilitation of the diaphragm (which is compromised by an injury to the phrenic nerve that causes paralysis). After all, at least one study showed that the diaphragm muscle begins to deteriorate even 12 hours of inactivity."



Heather Stutzman, a phrenic nerve injury patient, was in despair. The 25-year-old Ohio native suffered several bouts of pneumonia and was forced to wear an oxygen tank 24/7. After being told by doctors there was nothing further they could do for her, she went onto the Internet and found Dr. Kaufman. "I don't think I can have children," she told him in tears. But immediately following surgery by Dr. Kaufman to repair her phrenic nerve, Stutzman was able to abandon her oxygen tank, and begin a walking program. The day following her operation, with tears of joy this time, she told Dr. Kaufman, "I think I can be a mom." Her message: "If you're told there is nothing that can be done, don't give up. Dr. Kaufman saved my life."



In just over a year, Don Bird, a 48-year-old handyman and married father of three from Geelong, Victoria, Australia, has been admitted eight times to the hospital with pneumonia, a result of phrenic nerve damage. A foundation established in his name has raised the funds for Bird to come to Dr. Matthew Kaufman's Institute for Advanced Reconstruction in New Jersey for surgery on November 4, 2011. Bird's deteriorating condition has also caused his right lung to deflate and other internal organs to shift, leaving him chronically short of breath and at great risk for recurring pneumonia, infection and inflammation. Without Dr. Kaufman's surgical intervention, Bird's lungs will become too scarred and future episodes of pneumonia will be untreatable. Phrenic nerve transplant is not available in Australia, so Don Bird found Dr. Kaufman on the Internet. Says Dr. Kaufman, "Our team of physicians and health care professionals is dedicated to treating individuals with breathing difficulties due to phrenic nerve paralysis, and also offers groundbreaking treatment for many other types of paralysis and nerve injuries."