



White Coats

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reinforced his commitment to serving others.

"This is a full-circle moment for me," echoed Aulisio. "Serving these vulnerable populations is what inspired me to continue on my path to medicine, a selfless field dedicated to serving others."

As the Lehigh Valley's first and only medical school, Temple/St. Luke's provides aspiring physicians the opportunity to complete their medical education close to home. By cultivating students such as Johnstone and Aulisio, the program is helping build the next generation of physicians who will serve communities throughout the region.

"The White Coat Ceremony marks the beginning of an extraordinary journey toward a career devoted to healing and improving lives," said Shaden Eldakar-Hein, MD, MS, FACP, Senior Associate Dean of the medical school. "We are excited to welcome these future physicians and help prepare them to meet the evolving health care needs of our communities with skill, empathy and excellence."

St. Luke's Expands Advanced Sleep Apnea Treatment Options with Addition of remedē® System

By St. Luke's University

LEHIGH VALLEY - St. Luke's University Health Network (SLUHN) has expanded its comprehensive sleep medicine program with the addition of the remedē® System, an innovative implantable therapy for adults living with central sleep apnea (CSA). The therapy further strengthens St. Luke's position as a regional leader in providing advanced, personalized treatment options for patients suffering from sleep-disordered breathing.

St. Luke's Sleep Medicine, which is part of St. Luke's Neurosciences, recently became the first program in the region to offer the remedē System. The first two procedures at St. Luke's were successfully performed by electrophysiologist Darren Traub, MD, SLUHN Section Chief of Electrophysiology, underscoring the Network's collaborative, multidisciplinary approach to treating complex sleep disorders.

Sleep apnea affects millions of Americans and can significantly impact quality of life, contributing to excessive daytime fatigue, cardiovascular complications and other serious health concerns. Central sleep apnea can often be seen in association with congestive heart failure, atrial fibrillation, neurological disease and other underlying medical conditions. Because no single therapy works for every patient, SLUHN offers a full spectrum of advanced treatment options tailored to each individual's diagnosis and needs.

The addition of the remedē System complements SLUHN's existing suite of implantable sleep apnea therapies, which includes: Inspire® Upper Airway Stimulation for eligible patients with obstructive sleep apnea.

Genio® Bilateral Hypoglossal Nerve Stimulation, an innovative, battery-free therapy that stimulates the hypoglossal nerve to help maintain an open airway during sleep.

Unlike therapies designed to treat obstructive sleep apnea, the remedē System is specifically indicated for adults with moderate to severe central sleep apnea, a condition in which the brain fails to send proper signals to the muscles that control breathing during sleep. The device monitors breathing patterns and delivers gentle stimulation to the phrenic nerve, helping restore a more natural breathing rhythm throughout the night.



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