

America's Best in Medicine: Catherine Zhu, MD: Board-Certified Anesthesiologist Delivering Patient-Centered Care in NJ

Englewood Hospital Physician Combines Clinical Expertise, Research Background, and Compassionate Care to Support Patients Through Complex Surgical Experiences



Englewood, New Jersey Aug 23, 2026 ([IssueWire.com](https://www.issuewire.com)) - Catherine Zhu, MD, is a board-certified anesthesiologist dedicated to providing safe, compassionate, and high-quality care to patients undergoing surgical procedures. Since completing her anesthesiology residency in 2019, Dr. Zhu has developed extensive experience managing a wide range of cases, including complex and high-acuity situations that require precision, clinical judgment, and careful attention to each patient's individual needs.

Dr. Zhu currently practices with Teams Health at Englewood Hospital in Bergen County, New Jersey, where she specializes in general anesthesia. Her clinical responsibilities include providing anesthesia care for surgical patients and managing challenging cases, including trauma calls. Through her expertise and commitment to patient safety, she plays an essential role in supporting positive surgical outcomes and ensuring patients receive attentive care throughout their medical journey.

Dr. Zhu earned her Medical Degree from SUNY Downstate College of Medicine, where she studied from 2011 to 2015. She then completed a combined internship and anesthesiology residency at Columbia University Medical Center from 2015 to 2019, gaining comprehensive training in perioperative medicine, anesthesia management, and critical care.

Before entering clinical medicine, Dr. Zhu developed a strong foundation in biomedical research and nearly pursued a PhD in immunology. During her research years, she authored several scholarly articles published in immunology journals. Although her career path ultimately shifted toward patient care, her research background continues to influence her analytical mindset, dedication to evidence-based practice, and appreciation for scientific advancement in medicine.

Today, Dr. Zhu remains committed to lifelong learning and professional growth through continuing medical education, grand rounds, and departmental presentations. These efforts allow her to remain current with evolving medical practices while contributing knowledge and experience to her colleagues and the broader healthcare community.

Originally from China, Dr. Zhu immigrated to the United States at the age of nine. Adapting to a new language and culture at a young age helped shape the resilience, determination, and perseverance that have guided her throughout her academic and professional journey. These qualities continue to influence her approach to medicine and her dedication to serving patients from diverse backgrounds.

Dr. Zhu is an active member of the American Society of Anesthesiologists and is affiliated with the Englewood Hospital Foundation. Her combination of clinical expertise, research experience, and personal perseverance reflects her commitment to advancing patient care and supporting the continued growth of anesthesiology.

Through her work as an anesthesiologist, Dr. Catherine Zhu continues to make a meaningful impact by combining scientific knowledge, clinical excellence, and compassionate care to help patients navigate some of their most important healthcare experiences with confidence and trust.

Learn more about Dr. Catherine Zhu:

Through her America's Best in Medicine profile, <https://americasbestinmedicine.com/connect/catherine-zhu> or through her profile on Englewood Health, <https://www.engagewoodhealth.org/providers/catherine-zhu>

America's Best in Medicine

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