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THE HEALTH & FITNESS ISSUE

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Proud To Be Your Partner For Good Health

Throughout the last 130 years, Monmouth Medical Center has partnered with our communities to transform care for every person who calls Monmouth County home. From our new Anne Vogel Family Care & Wellness Center at the Monmouth Mall in Eatontown to our ongoing partnership with the City of Long Branch, we continue to advance our vision for the future of healthcare in our region.

In this issue of *Monmouth Health & Life*, we celebrate our official purchase of the former Fort Monmouth property in Tinton Falls, which will be the home of our Vogel Medical Campus. Construction of the state-of-the-art medical campus, which will begin this year, was made possible by a historic \$50 million gift from local philanthropists Sheldon and the late Anne Vogel.

The development of this new campus is part of our mission to create an integrated outpatient network that helps patients maintain wellness and meet their care needs today and in the future. The cornerstone of the initial phase of the new Vogel Medical Campus will be a comprehensive cancer center in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-Designated Comprehensive Cancer Center.

This important partnership provides close-to-home access to the latest treatment options for cancer patients like Long Branch resident Jeff Prusan, who you will meet in our In Good Health pages. Mr. Prusan was kind enough to share his patient journey, and credits Monmouth Medical Center with providing not just advanced care, but comforting care that ensured he never felt alone in his cancer battle.

Our Vogel Medical Campus will leverage the latest medical space planning and technology advancements, making our world-class care more accessible to patients and their families. Most importantly, we will look to the Monmouth County community for feedback and insight as we move forward.

We are proud of the confidence placed in us to transform healthcare in Monmouth County. It is an honor to be on this journey with you.



ERIC CARNEY
President and Chief Executive Officer
MONMOUTH MEDICAL CENTER
AND MONMOUTH MEDICAL CENTER
SOUTHERN CAMPUS



{ IN GOOD HEALTH }

TRANSFORMING HEALTHCARE

Monmouth Medical Center to build the state-of-the-art Vogel Medical Campus at the former Fort Monmouth property in Tinton Falls.



From left: Eric Carney, President & CEO, MMC and MMC Southern Campus; Mary Anne Nagy, Chair, MMC Board of Trustees; Bill Arnold, Executive Vice President and President of the Southern Region, RWJBH, and President and CEO of Robert Wood Johnson University Hospital

A rendering of the future Vogel Medical Campus at Tinton Falls



Monmouth Medical Center (MMC), an RWJBarnabas Health (RWJBH) facility, has officially purchased the former Fort Monmouth property in Tinton Falls from the Fort Monmouth Economic Revitalization Authority (FMERA).

The property, located at Corregidor Road and Pearl Harbor Avenue, will be the home of the Vogel Medical Campus at Tinton Falls. Construction of the state-of-the-art medical campus will begin this year and was made possible by a historic \$50 million gift to MMC from local philanthropists Sheldon and the late Anne Vogel.

The Vogel Medical Campus at Tinton Falls will bring world-class care to an easily accessible location where patients can receive health care services in one place—creating a seamless and exceptional experience. The outpatient center will feature comprehensive same-day surgery, advanced diagnostic imaging and on-site specialty physician offices. The cornerstone of the outpatient center is a comprehensive cancer center in partnership with Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center. All of these services will be provided in a park-like setting designed to promote a healing environment by embracing the natural landscape with green vistas and outdoor seating and walking areas.

"We are excited to take ownership of the property and begin the process of constructing a truly incredible facility," says Eric Carney, President and CEO of MMC and Monmouth Medical Center Southern Campus. "The Vogel Medical Campus will enable us to further our mission to deliver truly outstanding care to our community. As an expansion of the MMC campuses in Long Branch and Lakewood, the Vogel Medical Campus is located within the communities we currently serve and will be designed to meet the unique needs of our diverse and growing community now and in the future."

The development of the Vogel Medical Campus is part of MMC's mission to create an integrated outpatient network that helps patients maintain wellness and meet their evolving care

needs. It is also supported by RWJBH's expansive primary and specialty care provider network throughout the region. Recent advancements include:

- MMC and its Unterberg Children's Hospital expanded access to pediatric care and wellness programs through the Anne Vogel Family Care and Wellness Center at the Monmouth Mall in Eatontown. The center also provides access to the outstanding offerings of Children's Specialized Hospital, also an RWJBH facility.
- MMC partnered with Monmouth University on the Linda Grunin Simulation Lab and Learning Center in West Long Branch, which is providing high-tech, hands-on learning experiences for medical residents, students and staff.

"The Vogel Medical Campus is another example of meeting the healthcare needs of our region in an effective, flexible and sustainable way," says Bill Arnold, Executive Vice President and President of the Southern Region, RWJBH, and President and CEO of Robert Wood Johnson University Hospital. "Our integrated network of inpatient and outpatient facilities, along with our outstanding providers, is ensuring high-quality care now and for generations to come."

Monmouth Medical Center is the only hospital in the region to receive an "A" Hospital Safety Score by the Leapfrog Group for 16 consecutive rating periods. MMC was also named a top teaching hospital by the Leapfrog Group in 2021 and was named to the 2022 *Newsweek* list of "World's Best Hospitals".

As part of the outpatient center development at the Vogel Medical Campus, plans for transforming the site also include the option for a new acute care hospital, should there be a future need. This hospital would be an expansion of the care already provided at Monmouth Medical Center and would operate in conjunction with the Long Branch campus.

"We are proud of the trust and confidence placed in us to transform healthcare in the region," says Carney. "Together, we will continue to work with our patients, families, clinicians and partners to advance healthcare in our communities."



For more information about Monmouth Medical Center, visit rwjbh.org.



Long Branch resident
Jeff Prusan, seated,
with his son Brandon

ELEVATING CANCER CARE

A Long Branch man discovers treatment at Monmouth Medical Center goes beyond cutting-edge technology — a pleasant staff helps heal too.

You can't get by on a good reputation alone, especially in healthcare, where good bedside manner and patient comfort is almost as important to treatment itself.

That's exactly what 64-year-old Jeff Prusan discovered in 2018 when he began treatment for what doctors originally believed was tonsillitis. Prescribed antibiotics didn't work, and the Long Branch resident said symptoms worsened.

"My throat felt like it was closing up, and I was having trouble breathing," Prusan recalls. "My friend even suggested I might have throat cancer, which was concerning because I had lost my wife years earlier to ovarian cancer."

He then sought care at a large reputable hospital, where a biopsy on his tonsils confirmed Prusan developed tonsil cancer. He immediately started treatment and responded well to a three-month chemotherapy plan, but Prusan didn't continue with additional treatment—and by July 2019, a cancerous mass formed on his right tonsil.

"That hospital provided standard care, but there was a lot of red tape," says Prusan. "I wasn't happy there, so I went to Monmouth Medical Center."

In October 2019, Prusan met with Mitchell Weiss, M.D., Chair of the Radiation Oncology Department at MMC, and soon started 6½ weeks of concurrent radiation and chemotherapy to treat his right tonsil and lymph nodes in his neck.

"The treatment went well," Dr. Weiss says. "We used advanced technology to treat him, including TomoTherapy." Before

delivering radiation, the TomoTherapy unit (a form of image-guided radiation therapy, or IGRT) allows radiation oncologists to take advanced imaging immediately before treatment to "make sure we are targeting the right areas and minimizing any long-term effects," Dr. Weiss adds.

By the end of January 2020, doctors told Prusan there was no evidence of cancer in his body.



Mitchell Weiss, M.D.

"Monmouth Medical Center got me in quickly, and doctors assured me that tonsil cancer is highly curable," he says. "And everyone made the process so easy: I went in once a week (chemo was once a week, radiation was daily), I had an iPad or a book, complimentary food and snacks and even a few laughs. The level of care at Monmouth Medical Center is so good. So many people check in on you, from doctors to nurses and nurse practitioners. You never feel alone.

"Dr. Weiss made me feel comfortable from the start," Prusan adds. "Cancer is not a joke—there's a lot to worry about. But to go to a place that makes treatment easy for you, what else can you ask for?"

Dr. Weiss credits the department's multidisciplinary team for the first-rate care, including nurses, patient navigators, nutritionists and radiation therapists, as well as the medical oncologists with whom they work.

"Radiation therapists see patients whenever they come in and form close relationships with them," he says. "They really make people comfortable. Everyone at Monmouth Medical Center treats patients like they're family."

ABOUT THE INSTITUTE FOR ADVANCED RADIATION ONCOLOGY

The Leon Hess Cancer Center at Monmouth Medical Center is a leader in cancer care thanks in part to its state-of-the-art Institute for Advanced Radiation Oncology. As the region's pioneer in delivering leading-edge cancer care, the institute continues to gain international, national and state recognition for its clinical application and research of breakthrough methods of radiation therapy.

Monmouth Medical Center's Institute for Advanced Radiation Oncology has earned accreditation from the American College of Radiology for the quality, safety and appropriateness of its radiation therapy. The Institute for Advanced Radiation Oncology offers a full spectrum of highly advanced technology in the delivery of high-precision radiotherapy that is dramatically helping cancer patients recover faster and with fewer side effects. These advanced treatment options include Gamma Knife, a proven alternative to invasive surgery for patients with brain metastases, brain dysfunctions and brain tumors, and TomoTherapy, which delivers a very sophisticated form of image-guided radiotherapy (IGRT) with such precision that surrounding healthy tissue receives lower doses than delivered by more conventional radiation therapy.

Monmouth's Institute for Advanced Radiation Oncology is actively involved in numerous research studies that are investigating a full spectrum of radiation therapies, as well as identifying ways to reduce the side effects of treatment.



RWJBarnabas Health and Monmouth Medical Center, in partnership with Rutgers Cancer Institute of New Jersey—the state's only NCI-Designated Comprehensive Cancer Center—provide close-to-home access to the most advanced treatment options. To find out more, call 8443.CANCERNJ or visit rwjbh.org/beatcancer.

{ IN GOOD HEALTH }

TAKING CHARGE

Monmouth Medical Center plastic surgery chief named president of noted national society.



Gregory Greco, D.O., FACS, is shown at left at the Gavel Ceremony with outgoing American Society of Plastic Surgeons President J. Peter Rubin, M.D., from the University of Pittsburgh.

The American Society of Plastic Surgeons (ASPS), the world's largest organization of board-certified plastic surgeons, has named Monmouth Medical Center (MMC) plastic surgeon Gregory Greco, D.O., FACS, as its new president.

Dr. Greco, a resident of Sea Bright, served as the Board Vice President for Health Policy and Advocacy for ASPS for three years prior

to his election last year as president-elect. Dr. Greco took office on Oct. 30 in Boston during Plastic Surgery The Meeting 2022, the society's annual scientific meeting. He will serve as president of the society for one year.

"It is an honor to lead ASPS during this era of technology and innovation," says Dr. Greco. "Looking ahead to the next chapter for both plastic surgery and ASPS, our foundational

commitment to improving patient outcomes by member surgeons around the globe remains as vital as ever before."

Representing more than 7,000 physician members, the ASPS comprises more than 94 percent of all board-certified plastic surgeons in the U.S. Founded in 1931, the society represents physicians certified by The American Board of Plastic Surgery or The Royal College of Physicians and Surgeons of Canada.

Dr. Greco has served as chief of the Monmouth Medical Center Division of Plastic and Reconstructive Surgery for nearly 12 years, and is the MMC general surgery program director as well as the assistant program director for the General Surgery Program at Rutgers Robert Wood Johnson Medical School, Monmouth Medical Center's teaching affiliate.

A dual board-certified plastic surgeon, he is a diplomate of both the American Board of Plastic Surgery and the American Board of Surgery and a Fellow of the American College of Surgeons. He specializes in full body cosmetic surgery and breast reconstruction.

Dr. Greco is a graduate of Adelphi University, and received his medical degree from The University of Medicine and Dentistry of New Jersey. After completing his five-year general surgery training at Monmouth Medical Center, he went on to complete a three-year plastic surgery residency at The University of Illinois at Chicago.



For more information about Monmouth Medical Center, visit rwjbh.org.