

FEATURING "IN GOOD HEALTH" FROM MONMOUTH MEDICAL CENTER

# Monmouth

HEALTH & LIFE

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## HOME — AND HAPPY

**HOLMDEL COLONIAL  
GETS GRAND RENO**

**SEA GIRT HOUSE  
FOR ALL SEASONS**

**BATHROOM  
MASTERY  
IN WEST  
LONG  
BRANCH**



  
**MODERN  
LIVING**  
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{ IN GOOD HEALTH }

# WELCOME TO THE TEAM

The addition of a new hematologist/oncologist elevates the care of benign and malignant blood disorders.



Hussam Eltoukhy, M.D.

**Monmouth Medical Center** has welcomed lifelong county resident Hussam Eltoukhy, M.D. to its staff. A blood cancer specialist with expertise in benign and malignant blood disorders such as leukemia, lymphoma, multiple myeloma and anemia, Dr. Eltoukhy also joins the medical staffs at Monmouth Medical Center Southern Campus in Lakewood, Community Medical Center in Toms River and Rutgers Cancer Institute of New Jersey in New Brunswick, the state's only National Cancer Institute-designated Comprehensive Cancer Center.

As a member of the multidisciplinary team of physicians who treat hematologic malignancies at these facilities, Dr. Eltoukhy has a unique role in being able to provide patients with close-to-home access to the most advanced, comprehensive care. Such care includes clinical trials and precision medicine, as well as facilitating access to the resources that an NCI-designated Comprehensive Cancer Center can afford, including specialized expertise in bone marrow transplantation (autologous and allogeneic transplants), CAR T-cell therapy and other cellular therapies, many of which are not available elsewhere.

"I am committed to bringing exceptional care to all my patients and strive to provide the most comprehensive and up-to-date, evidence-based care," says Dr. Eltoukhy. "I strongly believe in close collaboration with other providers and utilizing all available resources to help achieve the most optimum outcomes, all while respecting my patients' needs and wishes."

Dr. Eltoukhy earned his medical degree and completed residency training in internal medicine at Rutgers New Jersey Medical School in Newark. He completed fellowship training in hematology/oncology at Rutgers Robert Wood Johnson Medical School and Rutgers Cancer Institute. Dr. Eltoukhy is a member of the American Society of Clinical Oncology and the American Society of Hematology.



To schedule an appointment or learn more, call 844-CANCERNJ.







{ IN GOOD HEALTH }

# THE GIFT OF HEALING

Donation allows ICU to purchase state-of-the-art medical recliners to aid critically ill patients.

**Patients who need critical care** in an intensive care unit (ICU) don't necessarily spend all their time in bed. Indeed, healing includes being able to get up, move if possible and sit comfortably for periods of time. That may not be easy, of course. Special chairs can make all the difference.

The Monmouth Medical Center (MMC) ICU was recently able to purchase eight state-of-the-art clinical care recliner chairs, thanks to the generous donation from the J.L. Reiss Foundation. The heat and massage of the chairs assist with a holistic approach to healing critically ill patients.

The chairs can be set in several different positions, from nearly flat to reclining to upright—and almost every position in-between. There is a built-in ottoman footrest that can raise and lower as the seat back changes position. The chair is also able to lift straight up to help a patient stand and get out of the chair, which not only benefits the individual but also helps the care team get critically ill patients moving as easily as possible. Movement is an important part of healing, and the earlier a patient can move about, the better for his or her recovery.

Not only are the chairs easy to get into and out of,

they also provide the comfort of heat and massage as further therapy to aid healing.

Robin Embrey, Director of Donor Relations for the Monmouth Medical Center Foundation, notes that Rumson resident Carl Reiss, who represents his family's foundation, donates to the hospital every year. The donations are made in honor of his niece, ICU nurse

Gretchen Nicolosi, a resident of the Navesink section of Middletown.

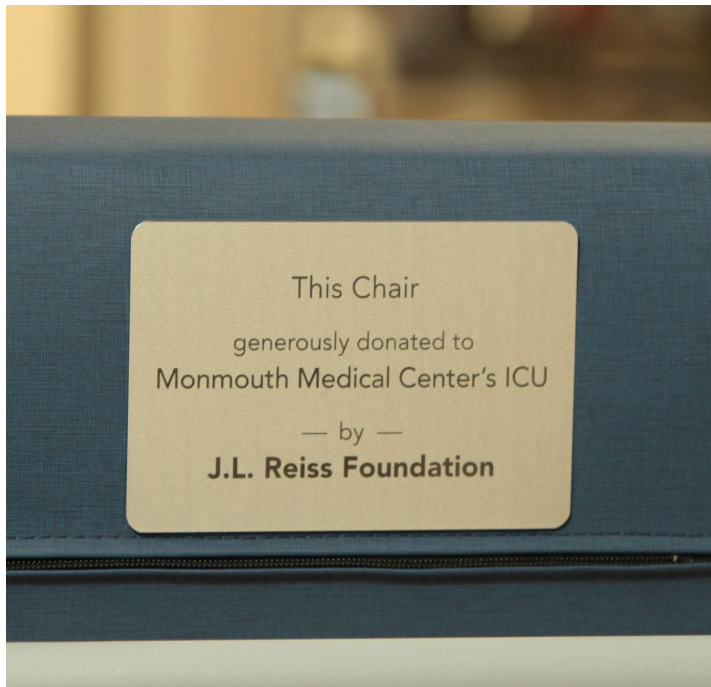
"This year, in speaking with Gretchen, [Reiss] learned that clinical care recliner chairs were needed for the ICU, and provided funding for the purchase of eight recliners," Embrey says.

To recognize this special gift, the hospital installed plaques on the back of each chair that read, "This chair generously donated to Monmouth Medical Center's ICU by J.L. Reiss Foundation."

"The recliners provide comfort

and support to our patients as well as their visiting loved ones," Nicolosi says. "They also provide support for progressive movement. It's important to have early mobility for optimum outcomes." She adds that the ICU patient rooms are equipped with

lifts in the ceilings that can raise patients right from the bed into the chair to get them started on their journey to mobilization.



**"The recliners provide comfort and support to our patients as well as their visiting loved ones."**

—Gretchen Nicolosi, ICU nurse at MMC

**Intensive care unit nurses at Monmouth Medical Center gather with the unit's new clinical recliner chairs. From left, Michelle Prusko; Maureen Bowe, Administrative Director of Critical Care; Lisa Fabrizio; Gretchen Nicolosi; Gina Peralta and Bailey Stark. Above, plaques engraved with the J.L. Reiss Foundation's name are installed on each of the recliners.**



To learn about giving opportunities at Monmouth Medical Center, visit [monmouthgiving.org](http://monmouthgiving.org).

# Your home for the best healthcare

**Home is the theme** of this issue of *Monmouth Health & Life*, and in the pages of our In Good Health section, we introduce you to a new physician and lifelong Monmouth County resident who has a unique role in being able to provide patients with close-to-home access to the most advanced, comprehensive care for blood cancers. We are proud to welcome Hussam Eltoukhy, M.D., a hematologist/oncologist with expertise in benign and malignant blood disorders such as leukemia and lymphomas.

Monmouth Medical Center has a bold vision for the future of healthcare in Monmouth County—one that brings together world-class care with community connections; provides care when, where and how our patients prefer; and continues to shape the future of healthcare. The growing partnership between Monmouth Medical Center and Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-Designated Comprehensive Cancer Center—means our patients have access in one convenient nearby location to innovative treatments, precision medicine, clinical trials and care informed by the latest research. And through this partnership, Dr. Eltoukhy's patients have access to the full spectrum of therapeutic procedures and advanced treatment options for blood cancers, including CAR T-cell therapy and other cellular therapies. They also have close-to-home access to one of only two programs that provide blood and marrow transplantation in the state. Additionally, at our new Family Care & Wellness facility opening this winter in Eatontown, innovative and expansive cancer support programs will be offered to help our patients continue to live life to the fullest from treatment through survivorship.

Fighting cancer can feel overwhelming, and the burden of travel to a far-away cancer center certainly adds to that stress. By offering our patients new hope with innovative solutions in the fight against cancer and supporting them in their journey from diagnosis to survivorship, right here, we are truly providing the highest level of cancer care close to home.



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

