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WELCOME LETTER

A YEAR MARKED BY EXCELLENCE

ANOTHER HOLIDAY SEASON IS UPON US, AND at Monmouth Medical Center we have much to celebrate.

Monmouth Medical Center offers award-winning medical care, and 2015 was a very productive year that was highlighted by our being among just 17 New Jersey hospitals named to The Joint Commission's recently published annual list of "Top Performers" in the U.S. Monmouth has been consistently recognized since the Top Performer on Key Quality Measures® program was introduced in 2011. Recognition of Top Performer hospitals occurs in the fall of each year and coincides with the publication of The Joint Commission's annual report entitled *America's Hospitals: Improving Quality and Safety*.

Excellent care is something all patients expect and deserve. Hospitals work hard to achieve Top Performer status—it is not an easy goal to reach; it takes the knowledge, teamwork and dedication of the entire hospital staff.

The Joint Commission's Top Performer on Key Quality Measures® program honors hospitals that demonstrate excellent performance on evidence-based process of care measures. Also, it is intended to encourage hospitals to consistently improve their performance on accountability measures by publicly recognizing those that ultimately achieve excellence in this arena. The ultimate goal is to improve the care provided to patients in all aspects addressed by these accountability measures.

Additionally, Monmouth Medical Center, which was chosen "the Best of the Best" Hospital in the *Asbury Park Press* 2015 Readers Choice Awards, has recently been recognized with a number of other quality awards, including recertification through The Joint Commission's Disease-Specific Care Certification Program for its comprehensive breast cancer treatment and hip/knee/spine programs and for the care of advanced primary stroke, cardiac rehab and acute cardiac syndrome.

It is enormously gratifying for me as president and chief executive officer to conclude each year of my administration by celebrating our ongoing success. From the Monmouth family to yours, I wish you the happiest of holiday seasons and the healthiest of new years.



FRANK J. VOZOS, M.D., FACS
PRESIDENT AND CHIEF EXECUTIVE OFFICER,
MONMOUTH MEDICAL CENTER,
THE UNTERBERG CHILDREN'S HOSPITAL
AND MONMOUTH MEDICAL CENTER,
SOUTHERN CAMPUS

FOR ADDITIONAL INFORMATION ABOUT MONMOUTH MEDICAL CENTER, VISIT OUR WEBSITE AT BARNABASHEALTH.ORG/MONMOUTH-MEDICAL-CENTER.





Manpreet K. Kohli, MD and Jennifer L. Keedy, MD

Two more excellent reasons.

The region's top breast center welcomes Drs. Kohli and Keedy.

The Jacqueline M. Wilentz Comprehensive Breast Center is New Jersey's only Certified Quality Comprehensive Breast Center of Excellence. As the region's leader in breast cancer treatment, we're proud to welcome two outstanding clinicians to our team, breast imager Jennifer L. Keedy, M.D., and breast surgeon Manpreet K. Kohli, M.D. Their passion for excellence only strengthens our comprehensive approach to breast health services.

■ ■ **Monmouth Medical Center**
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*Jacqueline M. Wilentz
Comprehensive Breast Center*



WEforum Appoints 2016 Wellness Ambassadors

Monmouth Medical Center, a Barnabas Health facility, recently announced its inaugural WEforum, a Women's Health and Wellness Conference to be held on April 20, 2016 at the Ocean Place Resort and Spa in Long Branch. A female-led organization, WEforum's mission is to strengthen the health and wellness of communities within New Jersey. WEforum targets women because they're often the guardians of health maintenance for their families, as well as for themselves. Capsulizing the deeper mission of WEforum is their tagline,

“When you educate a woman, she empowers her family, and together WE can evolve a community.”

The day-long conference, designed to provide an opportunity for participants to gain a fuller understanding of caring for their health and that of their family's through education and early prevention, will include approximately 30 different workshops led by experts with the latest information on specific health and wellness topics. Proceeds from the conference will support free wellness education workshops and programs through Monmouth Medical Center to make vital health care information accessible to the entire community.

WEforum is thrilled to announce the 2016 Wellness Ambassadors selected for the inaugural Women's Health and Wellness Conference. The Wellness Ambassadors draw from an array of health-minded disciplines, but share a common conviction that empowering women with their best mind & body health serves a greater good for their communities. Through their individual passions the Wellness Ambassadors collectively mirror the three touchstones of **WEforum: Educate. Empower. Evolve.**

“The Wellness Ambassadors will represent WEforum and its mission to strengthen the health and wellness of



our communities in New Jersey. This inaugural group was specially selected because they truly embody what it means to lead a healthy lifestyle,” Carolyn C. DeSena, a member of the Board of Trustees for Monmouth Medical Center Foundation and Chair of WEforum, explains. Wellness Ambassador Katy Fraggos echoed Ms. DeSena's sentiment stating, “Now, with WEforum and the network of inspirational women involved, this positive community can grow exponentially. This kind of collaboration, education, and empowerment is how real change is made on a large scale.”

The collaboration of WEforum and the Wellness Ambassadors joining in a collective effort to support Monmouth Medical Center is best summed up by Wellness Ambassador Jen Portman's business vocation's namesake, “Synergy - the creation of a whole that is greater than the sum of its parts.” Take an important step towards better health by joining WEforum on April 20, 2016 for the Women's Health and Wellness Conference. Tickets will be going on sale soon. Advance ticket price will be \$99. Regular admission will be \$125. Event Sponsorships and Vendor participation are available. **To learn more about the event and these opportunities, contact Davina Feingold at 732.923.7521 or dafeingold@barnabashealth.org.**

2016 Wellness Ambassadors:

- Lori Brown - New Jersey-based T3 Lacrosse
- Jen Portman - Synergy Hot Yoga
- Lisa Matthews - Monmouth Beach Yoga & Wellness
- Dani Rubin - Pilates Blast
- LB Kass- LB Kass THE STUDIO
- Alex Mazzucca & Cara Pescatore - Seed to Sprout
- Reggie Flimlin- juice basin
- Ashley Bissett - 3B Fit
- Katy Fraggos - Perspirology
- Stefanie Hicks - CrossFit Shrewsbury
- Megan Gridley- MegaCycle
- Mary Claire Pennotti- Manasquan's Tandem Cycle
- Ginger Whitenack - Clementine Cycling Studio





Our Commitment to Your Health.

- ▶ The Joint Commission, the leading accreditor of health care organizations in the U.S., has named Monmouth Medical Center a Top Performer on Key Quality Measures every year since 2011.
- ▶ Monmouth is the first hospital in Monmouth and Ocean counties to become an American College of Radiology-designated Lung Cancer Screening Center.
- ▶ The Epilepsy Monitoring Program received the distinction of a “Level 3” designation from the National Association of Epilepsy Centers, recognizing outstanding medical evaluation and treatment of complex epilepsy.
- ▶ Monmouth’s surgeons perform groundbreaking procedures using the latest minimally invasive techniques and state-of-the-art equipment.
- ▶ The Level III High-Risk Maternity Center was initiated more than 40 years ago, and Monmouth offers one of the safest obstetrical and gynecologic services in the nation.

■ ■ Monmouth Medical Center
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Shown with the electromagnetic navigation platform used to biopsy lung lesions is the team that leads the new procedure at Monmouth Medical Center: from left, nurse Elaine McKane, clinical director of the Cranmer Surgery Center; respiratory therapist Terri Price; respiratory therapist Lisa Porth, regional director of Respiratory Care Services; anesthesiologist Michael Flashburg, M.D.; and pulmonologist Chandler D. Patton, M.D.

A REVOLUTION IN SPOTTING LUNG CANCER

THIS NEW TECHNOLOGY BRINGS THE LAB TO THE BEDSIDE FOR A FASTER DIAGNOSIS.

TALK ABOUT HIGH-STRESS. WAITING TO LEARN IF YOU have lung cancer can bring some of life's most difficult moments. But now those moments are fewer, thanks to a new diagnostic technology available at Monmouth Medical Center.

"It helps the patient get a quicker diagnosis in a less invasive way," says Lisa Porth, a respiratory therapist who is regional director of Respiratory Care Services at the medical center. And it can be a relief for a patient and family to receive a prompt, clear answer and move on to the next step—even if that step is surgery.

The new technology is an electromagnetic navigation platform with which physicians can take biopsies of nodules in the lung. "It

allows the physician to target a tumor directly, where before he or she could only reach its periphery," says Porth. "The new system shows a tumor's dimensions in 3-D."

The system is manufactured by St. Louis-based Veran Medical Technologies, a company that specializes in electromagnetic navigation, and it's called SPiNDrive® 2.0. It meets the newest guidelines for lung cancer diagnosis issued by the American College of Chest Physicians (ACCP), and Monmouth Medical Center is the first hospital in Monmouth County to acquire it.

"There are other navigational bronchoscopy systems out there, and we evaluated them," says pulmonologist Chandler D. Patton, M.D.,

of the medical center. “We decided this one would be best for our patients. The big advantage of this system is that it allows us to biopsy much smaller lesions than was possible before, which possibly means earlier diagnosis and staging of lung cancer—and hopefully better outcomes.”

Early diagnosis of lung cancer can be a lifesaver, says Dr. Patton, who notes that he recently completed a case in which he found a 1-centimeter lesion that turned out to be cancerous.

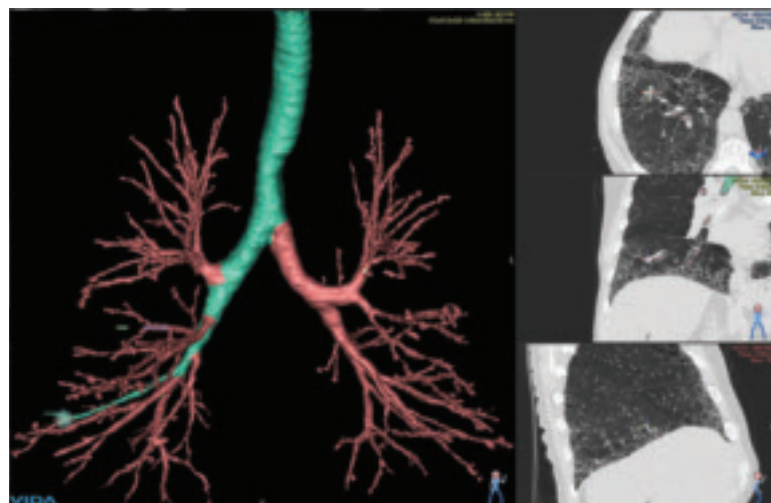
The disease causes more deaths in men and women than colon, breast and prostate cancers combined. If lung cancer is diagnosed at Stage III or IV, the five-year survival rate is only 15 percent. With early detection, however, there is an 88 percent survival rate at 10 years and a 92 percent survival rate with the immediate removal of the lesion. Prior to the recent development of electromagnetic navigation, as now recommended for use in ACCP guidelines, only 16 percent of lung cancer patients have been diagnosed at an early stage, when the cancer was still localized.

The new navigational system shows the full dimensions of potentially cancerous lesions. Used in an operating room, it also allows a biopsy to be taken then and there. Laboratory equipment is brought into the room, so that an initial evaluation of the biopsy sample can be performed quickly, even though a full analysis still will be required. In some cases that means that if one biopsy sample is inconclusive, the medical team knows to take another biopsy right away—so that potentially precious time is not lost.

Last September 30, Monmouth Medical Center pulmonologist Sharon Weiner, M.D., used the new navigation platform for the first time, assisted by Dr. Patton. The diagnostic procedure is performed in the medical center’s Cranmer Surgery Center, and participating team members include a pulmonologist, a chief pulmonary technician, a respiratory therapist, an operating room nurse, an anesthesiologist and a technician from the laboratory.

“Today the tide has turned in our battle against lung cancer,” says Laurie Fenton Ambrose, president and CEO of Lung Cancer Alliance, a national organization that seeks to bring the benefits of responsible screening to those at risk. “We can and will continue to ensure adherence to the proven best practices to guide the screening, diagnosis and treatment of lung cancer.”

For more information about this new technology, call the [Lung Cancer Screening and Lung Nodule Program](tel:732.923.7966) at 732.923.7966.



SHOULD YOU BE SCREENED FOR LUNG CANCER?

On December 30, 2013, The U.S. Preventive Services Task Force (USPSTF) issued its final recommendation approving the use of low-dose computed tomography (CT) screening for individuals at high risk for lung cancer. The recommendation set the stage for both public and private insurance coverage, and it’s expected to bring about a dramatic increase in lung cancer survival. The USPSTF’s high-risk populations include current and former smokers, ages 55–80, who have significant cumulative tobacco smoke exposure and have smoked within the last 15 years.

Monmouth Medical Center is the first hospital in Monmouth and Ocean counties to be designated by the American College of Radiology (ACR) as a Lung Cancer Screening Center. Screening is handled by the medical center’s Leon Hess Cancer Center.

Here are answers to four often-asked questions:

1. WHO SHOULD BE SCREENED?

Current and former smokers are at high risk; also, second-hand exposure to tobacco smoke may increase your risk. Talk to your doctor about whether CT screening may be right for you.

2. HOW IS A CT SCAN DIFFERENT FROM A CHEST X-RAY?

A chest X-ray only shows the front and side views of your chest. A low-dose CT scan shows many cross-sectional images from the top of your lungs to the bottom. A CT scan gives doctors a more complete picture of your lungs.

3. WHAT HAPPENS DURING A CT SCAN?

The CT machine is shaped like a big donut. A moving table slides you in and out of it in 20 seconds. During those seconds the machine revolves around you, taking pictures from many angles. No injections or medications are needed. It is a noninvasive procedure, and the amount of radiation used is low.

4. HOW MUCH WILL THE SCREENING CT COST?

If you qualify for the program, you will receive a free low-dose CT scan of the chest. If additional follow-up tests are needed, they are generally covered by insurance. If you have a lung nodule, you may also be eligible to be followed in our Lung Nodule Program.

For more information or to make an appointment, call the [Lung Cancer Screening and Lung Nodule Program](tel:732.923.7966) at 732.923.7966.





HIGHLIGHTING BREAST HEALTH AWARENESS

2015 BEST OF MONMOUTH SPONSORS



DURING BEST OF MONMOUTH, Monmouth Medical Center's newest breast surgeon, Dr. Manpreet K. Kohli, answered attendees' questions about breast health and breast cancer, and staff members from the Jacqueline M. Wilentz Comprehensive Breast Center were on hand to book mammogram appointments.

One in eight women in the U.S. will develop breast cancer during her lifetime. The Jacqueline M. Wilentz Comprehensive Breast Center at Monmouth Medical Center was established in 1994 to provide patients with clinically excellent and compassionate care in a supportive and comfortable setting that provides the very best in breast cancer detection and treatment. In 2010, the Wilentz Breast Center became the state's first Certified Quality Comprehensive Breast Center of Excellence.

In 2014 and 2015, the Wilentz Center also received the coveted Women's Choice Award as one of America's best breast

centers. The Women's Choice Award helps women and their families by providing recommendations they can trust when making health care choices. Recommendations are the single most important consideration used by women in selecting a hospital or care center, and when women know which breast centers in their area are among America's best, they can make better decisions and smarter healthcare choices.

The Wilentz Breast Center earned the Women's Choice award by having met the National Accreditation Program for Breast Centers (NAPBC) standards from the American College of Surgeons. As one of America's Best Breast Centers, the Wilentz Breast Center also carries the Seal of the American College of Radiologists as a Breast Imaging Center of Excellence, and scored above-average on the Centers for Medicare and Medicaid Services patient satisfaction measures.

To learn more, visit www.monmouthwilentzbreastcenter.com.

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