

A Publication of
MONMOUTH MEDICAL CENTER

FALL 2018

healthy *together*

A smiling woman with brown hair, wearing a purple zip-up hoodie and white leggings, is sitting on a blue mat. She is wearing blue earbuds and looking upwards and to the right with a joyful expression. The background is a bright, slightly blurred indoor space with large windows.

**BEST CARE
FOR YOUR HEART**

**'I BEAT LIFELONG
BACK PAIN'**

**50 YEARS OF
TINY MIRACLES**

**A NEW STATE
OF HEALTH
FOR YOU &
YOUR FAMILY**

A New State of HEALTH

At its heart, healthcare is about people: about you and your family, your doctors and other members of your care team. Supporting that care are researchers—people with minds curious and rigorous enough to help determine which treatments work best and to discover new ones.

At RWJBarnabas Health, we stand for all these people—every single member of each community we serve. With our new partner Rutgers University, one of the nation’s leading public educators, we’re creating a new state of health in New Jersey. Together, we’re building a network of the best minds to deliver unparalleled patient care, to train the next generation of exceptional medical professionals, and to grow our shared commitment to groundbreaking research. Our goal is simple: for you and your loved ones to have access to the highest quality care in the nation.

For example, on page 20, we spotlight the new academic partnership between Rutgers Robert Wood Johnson Medical School and the teaching faculty and administration at Monmouth Medical Center, which on July 1 became a new regional campus for the medical school.

As an accredited diploma-granting institution, Monmouth Medical Center prides itself not just on providing quality healthcare, but on preparing the physicians of tomorrow. Renowned throughout the world for the quality of their programs, teaching hospitals are responsible for training new generations of physicians and are the front-runners in medical research and technology. After training, these doctors go on to serve in all aspects of the medical community, ranging from public health to private practice to international missions, and we are proud of the role we play in these students’ journey to becoming effective and highly qualified doctors.

Where you get your healthcare matters. With this magazine, we’ll share what we stand for and how our values are positively impacting the health of individuals and entire communities. We hope you enjoy reading more about what we’re doing—and its importance to your health—in the pages of this new quarterly publication, *Healthy Together*.

Yours in good health,

BARRY H. OSTROWSKY
PRESIDENT AND CHIEF EXECUTIVE OFFICER
RWJBARNABAS HEALTH



BILL ARNOLD
PRESIDENT AND CHIEF EXECUTIVE OFFICER
MONMOUTH MEDICAL CENTER



HEALTH NEWS

MONMOUTH MEDICAL CENTER EARNS ACCOLADES

MMC’s steadfast commitment to improving the health and well-being of the communities it serves is exemplified by the national awards and recognition we have received. Here are some recent examples:

- COMMITMENT TO QUALITY** Top Teaching Hospital in 2017, The Leapfrog Group.
 
- SAFETY FIRST** Consistent grade “A” scores in Hospital Safety by The Leapfrog Group
- TOPS IN MEDICARE/MEDICAID** One of only eight hospitals in the state to receive a four-star rating from the Centers for Medicare and Medicaid Services
- WOMEN’S PROGRAMS** Becker’s Healthcare’s list of 100 Hospitals with Great Women’s Health Programs
- CANCER CARE** Designated as an Academic Comprehensive Cancer Program by the American College of Surgeons’ Commission on Cancer.
 
- HEART AND STROKE** Get With The Guidelines Performance Achievement Award by the American Heart Association/American Stroke Association (AHA/ASA) and recognized for healthcare quality by the AHA/ASA in the 2018 Best Hospitals edition of *U.S. News & World Report*.

Monmouth Medical Center | **RWJBarnabas HEALTH**

300 Second Avenue, Long Branch, NJ 07039
723-222-5200

CONNECT WITH US ON

- @MonmouthMedicalCenter
- RWJBarnabas Health

Monmouth Medical Center complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our home page at www.rwjbh.org/monmouth. Monmouth Medical Center cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al (732) 222-5200. Monmouth Medical Center konfòm ak lwa sou dwa sivil federal ki aplikab yo e li pa fè diskriminasyon sou baz ras, koulè, peyi orijin, laj, enfimite oswa sèks. ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele (732) 222-5200.

healthy *together* contents

FALL 2018



18



20



22



4



6



9


- 2. WELCOME LETTER.**
A community update from our CEOs.
- 4. LABOR OF LOVE.** Newly expanded facilities and services provide nothing but the best for mothers and babies.
- 6. BACK IN THE SWING.** Expert medical care put an end to years of back pain—and put Heshy Moses back on the golf course.
- 8. PRIDE FOR EVERY PATIENT.** MMC embraces diversity and inclusion for all.

- 9. A NEW STATE OF HEALTH FOR NEW JERSEY.** What the partnership of RWJBarnabas Health and Rutgers means for you and your family.
 - Latest treatments close to home—page 10
 - Reinventing the patient experience—page 11
 - Top medical minds team up—page 12

- 13. BACK ON TRACK.** A young athlete recovers from drastic knee injuries.
- 14. FIGHTING SUBSTANCE USE DISORDER.** More people seek treatment thanks to a peer-counseling program.
- 15. KEEP YOUR KIDNEYS HEALTHY.** Tame high blood pressure before kidney damage occurs.
- 17. A LEGACY OF LOVE.** A passion for women's health lives on in a generous donation.
- 18. THE BEST CARDIAC CARE, A HEARTBEAT AWAY.** A brand-new cardiology center provides comprehensive care.
- 20. PAGING SUN, SAND AND TALENT.** MMC kicks off a partnership with Rutgers Robert Wood Johnson Medical School.
- 21. PRECISELY RIGHT.** A new MRI machine provides a state-of-the-art experience.
- 22. FOUR TIMES LUCKY.** Each boy in the Kennett family got the lifesaving help he needed in the Hirair and Anna Hovnarian Foundation Regional Newborn Center.

LABOR OF LOVE

NEWLY EXPANDED FACILITIES AND SERVICES PROVIDE NOTHING BUT THE BEST FOR MOTHERS AND BABIES.

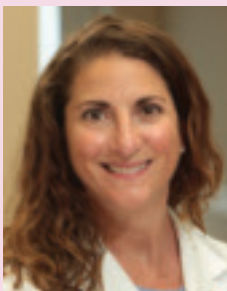


Heather Belitsis and her husband, Dr. Kenneth Belitsis, with their 7-month-old son Demetri at their Middletown home.

EXPANDING ACCESS TO OB/GYN SERVICES

Monmouth Medical Center's attending medical staff includes more than 50 highly trained obstetricians. As the region's largest academic medical center, MMC has a highly regarded teaching faculty that brings a wealth of experience to the resident obstetricians, who work alongside the attending obstetricians and nursing staff.

To offer convenient access to women's medical services to patients living to the north and west, MMC's attending obstetricians are expanding their practice locations to the northern corner of Monmouth, including the new West Long Branch OB/GYN office in Middletown.



JENNIFER POMPLIANO, DO

"Having seen most of the physicians in the practice at the Middletown office, they're an excellent group," says new patient Heather Belitsis, a resident of Middletown. "They're conveniently located, they have an in-house lab to draw blood which makes it easy, and the staff is very friendly. Dr. Jennifer Pompliano delivered our son this year, and it was an excellent experience. Being a first-time mom, I was put at ease by her combination of skills and compassion."

Monmouth Medical Center (MMC) brings more than 5,500 babies into the world each year—more than any other facility in Monmouth and Ocean counties. Now those newborns are being welcomed in even greater style, thanks to recent renovations at the newly expanded Eisenberg Family Center.

"We were able to add six more perinatal evaluation and treatment rooms and four more labor and delivery suites," explains Suzanne Spernal, Administrative Director of Women's Services at MMC. "This will allow us to offer more efficient care."

In addition to expanding space, the renovations have increased the ways in which treatment areas can be used. "All of

our labor and delivery suites can also be utilized as antepartum suites, for women who are admitted for observation or treatment, as the need arises,” Spernal says.

A brand-new nurses’ station is another notable enhancement. “That might not seem important, but with our patient volume and the amount of staff we have, we really outgrew our old one,” Spernal says. “Interestingly, although the dimensions and footprint of the new station are the same, the new design is smarter with state-of-the-art features, which makes it much more nursing- and physician-friendly.”

The latest renovations follow several other recent major updates, including a new wing of the postpartum unit with spacious private rooms.

As a designated Level-III High-Risk Maternity Center, the Eisenberg Family Center offers the most sophisticated level of treatment possible. “We take care of the most complex cases with moms and babies in the state of New Jersey,” says Spernal.

The high-level care is supported by the presence of two board-certified OB/GYNs on-site in the unit 24/7, so there is never a need to wait for an on-call physician to arrive.

CONTINUUM OF CARE

The Eisenberg Family Center doesn’t just provide expert care at the time of birth, but through the entire cycle of a patient’s pregnancy journey, offering services ranging from prenatal testing and childbirth education classes to postpartum support groups. There’s also a Perinatal and Mood Anxiety Disorder program, the only one of its kind in New Jersey, to help moms who may be struggling emotionally.

“We take a comprehensive approach to our patients,” explains Spernal. “Women’s health is not defined as a period of nine months of pregnancy, but as a continuum of care. We want to make sure they enter a pregnancy in the best possible health, stay healthy and have access to care to manage any complications that arise during a pregnancy or after a woman gives birth.”



Top, a spacious private room in the postpartum unit. Above, left, pictured from left: Bill Arnold, President and CEO of Monmouth Medical Center; Congressman Frank Pallone Jr.; Claire Knopf, Chairman of the Monmouth Medical Center Foundation Board of Trustees; Suzanne Spernal, Administrative Director of Women’s Services; Laura Eisenberg Barr, daughter of Lewis and Judith Eisenberg, for whom Monmouth’s maternity unit is named; Long Branch Mayor John Pallone; Robert Graebe, MD, Chair & Program Director, Obstetrics & Gynecology; and Dr. Michael Salvatore, Superintendent of Long Branch Public Schools.

To learn more about the comprehensive OB/GYN and maternity services offered by Monmouth Medical Center, visit rwjbh.org/monmouthmaternity.

Grateful patient Heshy Moses, at left, with his orthopedic surgeon, Jason D. Cohen, MD, Chair of Orthopedic Surgery at Monmouth Medical Center.



BACK IN THE SWING

EXPERT MEDICAL CARE PUT AN END TO YEARS OF BACK PAIN—AND PUT HESHY MOSES BACK ON THE GOLF COURSE.

For Heshy Moses, a beloved Monmouth County teacher and soccer coach, pain began early. At age 12, he threw his back out while playing golf and was hospitalized.

Back pain had been part of his family history: Heshy's grandfather suffered from it, and his father, a policeman, wore a girdle-like brace for support. Back surgery was uncommon then, and with no other viable options available, neither man was able to find long-term relief.

But starting in the 1970s, Heshy tried to break this cycle of pain. Over the years, he underwent a number of surgeries and procedures in hospitals in New York, Tampa and Philadelphia. While his first surgery provided a period of relief, the others were less successful. Still, he kept

trying: He underwent traction, laser and cortisone treatments.

The pain persisted. "It was as if someone had stuck an eight-inch knife in my spine," Heshy says. "It reached the point where it affected not only my teaching, because my right leg was numb, but my soccer coaching; I couldn't show kids the moves anymore."

Pain also interfered with Heshy's secondary job as a musician in an acoustic duo. "We played four nights in a row and by the fifth morning, I couldn't get out of bed," he says. Most painful of all, he finally had to stop playing golf at age 51.

Gradually, his personality changed. "I was a happy-go-lucky guy, and I liked to make people laugh, but I couldn't do it anymore. In fact, I began to stay away from people." Heshy took early retirement. "I'd basically given up hope," he says.

One day, a nurse recommended he try a new doctor: Jason D. Cohen, MD, an orthopedic surgeon and Chair of Orthopedic Surgery at Monmouth Medical Center. Heshy says he was a little skeptical at first because Monmouth wasn't a big-city hospital, but he ignored his preconceptions and made an appointment.

Other surgeons had told him that they could operate only on L4 and L5, the two lowest vertebrae in the lumbar spine. However, Dr. Cohen said that if Heshy were to undergo surgery again, they could work on all levels of his spine.

Dr. Cohen recommended a procedure called anterior lumbar interbody fusion. In this approach, the surgeon accesses the intervertebral disc space and fuses the lumbar spine from the front rather than from the back.

"When Dr. Cohen asked what my main



BE GOOD TO YOUR BACK

Dr. Jason Cohen gives his top five tips for alleviating back pain.



1. STAY PHYSICALLY ACTIVE,

even if that means just walking for 30 minutes a day, three times per week.



2. STRETCH!

Tight muscles, especially hamstrings, can cause back pain.



3. WATCH YOUR WEIGHT.

Excess weight, especially around the abdomen, places excess strain on your spine.



4. PRACTICE GOOD POSTURE.

If you work at a desk all day, it's important to sit up straight.



5. DON'T SMOKE.

Smoking decreases bone density, which weakens vertebrae.

CONSIDER SURGERY IF:

- Rest, physical therapy and epidurals have failed.
- Numbness and tingling persist.
- You suffer from debilitating pain.



TO BE FREED OF PAIN AFTER SO MANY YEARS IS LIKE HAVING A SECOND LIFE. THAT'S THE GIFT DR. COHEN AND MONMOUTH SPINE CENTER GAVE ME."

HESHY MOSES, PATIENT

goal was, I said to play golf again. I thought he was joking when he assured me I'd be playing again in 18 months," Heshy recalls.

He underwent the surgery at Monmouth Spine Center. The operation lasted two hours, and he was up and walking the next day. He was thrilled by the Spine Center's high level of treatment. "It was the best care I've ever had. The team was excellent, the nurses supportive and eager to explain everything to me. Afterward, I underwent rehab at home."

In 18 months, just as Dr. Cohen promised, Heshy was playing golf again, as well as coaching. And the real miracle: no more pain. Heshy was no longer afraid to bend down, sneeze or show his players how to kick a ball.

Now 69, Heshy says: "I feel happier and healthier than when I was in my 20s and 30s. To be freed of pain after so many years is like having a second life. That's the gift Dr. Cohen and Monmouth Spine Center gave me."

HELP CLOSE TO HOME: To learn more about the Spine Center at Monmouth Medical Center, one of the top spine programs in New Jersey, or for a referral to a spine specialist, call 888-724-7123. To hear Heshy Moses tell his story in his own words, visit rwjbh.org/heshy.



A backpack drive for local students was organized in part by the Diversity and Inclusion team.

PRIDE FOR EVERY PATIENT

MMC EMBRACES DIVERSITY AND INCLUSION FOR ALL.

Diversity and inclusion are an important part of a well-rounded hospital, and Monmouth Medical Center (MMC) is committed to serving the healthcare needs of everyone in its diverse community, including LGBTQ residents. MMC is proud to have been designated an LGBTQ Healthcare Equality Leader by the Human Rights Campaign Foundation because of this commitment.

MMC hospitals and medical centers are welcoming, inclusive environments where people from all walks of life can

seek the medical care they need. MMC has a patient non-discrimination policy and an equal visitation policy for LGBTQ couples. The organization also has an employment non-discrimination policy and strives to attract, retain and develop a diverse workforce.

As part of its efforts, MMC reaches out to the community in a variety of ways. Recent LGBTQ-related happenings at MMC include:

- In conjunction with Monmouth University, MMC presented a “Transgender Lives and Health Barriers” movie and panel discussion, featuring the documentary “Trans,” which chronicles the lives of six transgender individuals and the challenges that they face.
- With Garden State Equality, MMC presented an LGBTQ Health Care Forum designed to educate healthcare providers on challenges faced by this community in accessing healthcare, and to help the

MEET THE DIRECTOR

MMC welcomes Sylvia Jacobs as its new Director of Diversity and Inclusion. In this role, Sylvia will continue to develop programs that further support our mission of diversity, inclusion and cultural competency. She also serves as an important liaison to the community by helping to identify potential disparities in care, and better define the social determinants of health for those MMC serves. Most recently, Sylvia held the position of Assistant Director of Support Services at MMC and was a member of the RWJBarnabas Health Women’s Leadership Alliance, Co-Chair of the Upward Mobility Business Resource Group and Superior Service and Safety Together staff trainer.



SYLVIA JACOBS, DIRECTOR

LGBTQ community learn to effectively access and engage providers.

- MMC walked with the RWJBarnabas Health team at New Jersey’s Annual LGBTQ Pride Celebration in Asbury Park.

To learn more about diversity and inclusion at Monmouth Medical Center, call 732-923-7687.

A NEW STATE OF HEALTH

FOR NEW JERSEY, THE NATION, THE WORLD

WHAT THE UNPRECEDENTED PARTNERSHIP BETWEEN RWJBARNABAS HEALTH AND RUTGERS UNIVERSITY MEANS FOR YOU.

The state's largest integrated health system, RWJBarnabas Health, and Rutgers University, one of the nation's leading public research universities, have formed a groundbreaking partnership that will increase access to care and reduce healthcare disparities, while advancing health science discovery and innovation. RWJBarnabas Health will make a significant investment in recruiting and retaining the nation's finest doctors, researchers and medical students. That means more expert physicians to care for patients and more clinical trials to find better treatment options. Moreover, everyone on this dynamic new team has a mission to deliver excellence in every area of the patient experience. Altogether, the partnership means a transformation of the way healthcare is delivered in New Jersey.

That's the big picture. What's the personal picture for you and your family? You'll be able to get compassionate, world-class care without having to travel far from home. In the following pages, we'll share more good news about what this partnership means for you.



PARTNERSHIP BY THE NUMBERS



To be invested by RWJBarnabas Health in the education and research mission of the integrated academic health system, over 20 years



Committed by RWJBarnabas Health to encourage Rutgers medical students to remain in New Jersey and provide care to its residents



Physicians and providers (2,500) and staff (3,000) under the direction of the new Combined Medical Group



Patient visits conducted by RWJBarnabas Health and Rutgers, combined, in 2017



KNOWLEDGE IS POWER

HOW IN-STATE CLINICAL RESEARCH CONNECTS TO BETTER CARE FOR NEW JERSEY PATIENTS.

If you've read or watched anything about medical care in recent years, it's clear that the field of medicine is always advancing. How do medical treatments improve? Through clinical research or clinical trials. Doctors, nurses and scientists gather information through personal interaction with patients, or through collection of blood, tissue or data, to find new and better ways to detect, diagnose, treat and prevent disease.

When this research takes place in New Jersey, residents have the ability to participate in those clinical trials, and to be among the first patients to benefit from new treatments. Those opportunities will increase dramatically as a result of the RWJBarnabas Health/Rutgers partnership, which will double the Rutgers research portfolio—already the largest in New Jersey—and make it possible to hire about 100 new high-caliber principal investigators (lead researchers).

To learn more about this historic partnership, visit www.RutgersRWJBHtogether.org.

EXPANDING CANCER CARE

The Rutgers Cancer Institute of New Jersey offers a prime example of how the partnership between Rutgers and RWJBarnabas Health will enhance both clinical research and patient care. Under the new partnership, Rutgers Cancer Institute of New Jersey—the state's only National Cancer Institute-designated Comprehensive Cancer Center—is now able to more easily provide patients with greater access to outstanding cancer services and clinical trials close to home.

“For many cancers, standard therapy may not be sufficient to have the greatest success for an individual patient,” says Steven K. Libutti, MD, FACS, Senior Vice President of Oncology Services for RWJBarnabas Health and Director of the Rutgers Cancer Institute of New Jersey. “We're constantly



STEVEN K. LIBUTTI, MD, FACS

looking for the next generation of therapies that will be more effective, and the only way we make those discoveries is through the conduct of clinical research.” Immunotherapy, in which a person's immune system can be used to fight cancer, is just one of many cutting-edge areas of study at Rutgers Cancer Institute.

ACCESS EVERYWHERE

Thanks to the new partnership, more cancer patients will have access to the most advanced care. Rutgers Cancer Institute will leverage telemedicine and video conferencing to bring experts at different sites together with patients. “We're also expanding the number of patient navigators we have in our program,” says Dr. Libutti. “These navigators are essentially partnered with a patient from the moment of diagnosis throughout his or her care. They can make certain the patient goes to the closest facility that has the capability to address that patient's particular cancer problem with exceptional treatment.”

For New Jerseyans who have cancer, home is where the care is. “The significance of this partnership is really our ability to bring cutting-edge therapies, state-of-the-art technologies and world-class physicians directly to patients in their own community,” Dr. Libutti says. “We strongly believe in the notion that cancer does not travel well. No patient in New Jersey has to travel out of state to get the most advanced and exceptional cancer care.”

To learn more about RWJBarnabas Health and Rutgers Cancer Institute of New Jersey, the state's only National Cancer Institute-designated Comprehensive Cancer Center, visit rwjbh.org/cancer.



For a referral to a Combined Medical Group physician, visit rwjbh.org/medicalgroup or rutgershealth.org.

CARING WITH PURPOSE

A NEW VISION FOR HEALTHCARE UNITES PROVIDERS AND PATIENTS.

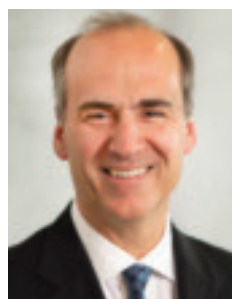
When many hearts and minds work with one purpose, healthcare can be transformed.

That's the guiding idea behind the Combined Medical Group, a joint physician practice that will be a key part of the partnership between RWJBarnabas Health and Rutgers.

"Having a shared purpose, a vision and a set of core values excites our employees and physicians and other healthcare professionals," says Andy Anderson, MD, MBA, Chief Executive Officer of the Combined Medical Group. "They want to be part of something

that's going to help define the future of healthcare."

RWJBarnabas Health and Rutgers are engaged in a partnership, not a merger, so each remains a separate institution. The



ANDY ANDERSON, MD, MBA

practitioners at RWJBarnabas Health and the faculty practice of Rutgers-employed healthcare professionals (including physicians, dentists, psychologists,

nurses, pharmacists and others) will collaborate and innovate as a team. The Combined Medical Group will include approximately 5,500 physicians, providers and staff.

VISION INTO REALITY

In order to integrate their efforts seamlessly, the group needs a common purpose. "We're focused on three areas," explains Dr. Anderson, who comes to the partnership from a similar role at Aurora Health Care in Wisconsin. "Those areas are: making sure we put patients first, valuing each member of the healthcare team and improving the health of the communities we serve."

That three-part purpose has to touch every aspect of the patient's experience, Dr. Anderson believes. "Healthcare is not only about hospitals. It's also about office practices, home-care services, access to medications and more," he says. "We want to better connect all those pieces and parts to make it easier for patients."

The effort will include a review of the electronic medical records system. "In the future state of the health system, a patient will be able to look at their medication list or next appointment, get reminders or get lifestyle recommendations, all through a single portal," Dr. Anderson says.

A FOCUS ON WELLNESS

The vision also includes focusing more attention on helping patients stay well. For example, having staff and providers talk more with patients about lifestyle habits can give them better control over chronic diseases like diabetes.

Though the goals of the Combined Medical Group are ambitious, they are also, in a way, simple. "We want to be the health system where patients want to get care," Dr. Anderson says, "and where people want to work."



GREAT MINDS, BIG HEARTS

THE RWJBARNABAS HEALTH/RUTGERS PARTNERSHIP OPENS THE DOOR TO NEW CENTERS OF EXCELLENCE—INCLUDING A GROUNDBREAKING NEUROSCIENCES ENTERPRISE.

Many critical conditions fall under the scope of a neurosurgical team: stroke, concussion, trauma to or infection in the brain or spine, and more. While Rutgers and RWJBarnabas Health already place among the top tier of neurosurgical care providers, their partnership is allowing the creation of a neurosciences institute of global renown.



ANIL NANDA, MD, MPH

“This is a unique opportunity to build a truly world-class center,” says Anil Nanda, MD, MPH, the newly appointed Senior Vice

President of Neurosurgical Services for RWJBarnabas Health. Dr. Nanda also will serve as Professor and Joint Chair of the Department of Neurosurgery at both Rutgers-Robert Wood Johnson Medical School and Rutgers-New Jersey Medical School. He comes to his role from Louisiana State University Health Sciences Center—Shreveport, where he built an internationally known department of neurosurgery.

FOCUSED ON QUALITY

“Our challenge here in New Jersey is to build on different cultures in the medical schools and in different hospitals and create a unified system,” Dr. Nanda says. Among his top priorities are to look at safety; to identify whether all sites have the cutting-edge technology they need;

and to do a sophisticated data analysis of outcomes. “We’ve hired a biostatistician and an epidemiologist to help us create a neurological dashboard to look at safety and quality issues across the system,” he explains.

While good data and technical expertise are critical, they’re only part of successful neurosurgical care, Dr. Nanda says. “We want to do this in a compassionate setting, to treat patients like we would want our families treated,” he says.

Public health outreach on topics like concussions and stroke will be a priority, as will looking at ways to eliminate disparities in healthcare. “We want to make sure patients get very good care, even if they live in communities that are economically challenged. That’s very important to me personally,” Dr. Nanda says. “And I feel strongly that in the neurosurgical services line, a rising tide brings healthcare up for all people in New Jersey. That’s why this is a magnificent partnership, with a strength in numbers that will allow us to provide excellent care to all.”

To learn more about neurological services, treatment and care at RWJBarnabas Health, visit rwjbh.org/neuro.



A SPORTS SLAM DUNK

RWJBarnabas Health and Rutgers University have partnered to develop an outstanding sports medicine program for Rutgers athletes, students and faculty, as well as for communities throughout New Jersey. The combined effort includes a new state-of-the-art athletic facility, the RWJBarnabas Health Athletic Performance Center, scheduled to be completed in July 2019.



“Omar was very motivated and upbeat in physical therapy,” Dr. Fantasia says.

BACK ON TRACK

A YOUNG ATHLETE TAKES A DEVASTATING FALL AND GETS BACK UP—WITH THE HELP OF CHILDREN’S SPECIALIZED HOSPITAL.

Last April, Omar Shehabeldin, 14, was running for a school bus when he felt a “pop” in his knees and fell—hard. Instead of going to a track meet as he’d planned, he was taken to the Emergency Department at Robert Wood Johnson University Hospital New Brunswick. Both knees appeared to be broken.



MICHELE FANTASIA, MD

In fact, the tendon that

connects the patella (kneecap) to the tibia (shin bone) had basically torn off in both legs. The tendons had to be surgically reattached with a type of hardware that looks like nails.

What had happened to cause such drastic injuries to the athletic Omar, who as a high school freshman was already a standout on the football team?

In fact, his family had long known he had Osgood-Schlatter disease, a not uncommon cause of knee pain in children. Bones, muscles and tendons change rapidly during growth spurts, and physical activity puts extra stress on them. “It started when Omar was younger,” says his mother Aliaa Gouda. “When he got on the floor to pray with his father, he would complain that his knee hurt. The doctor told us that he would outgrow it, as most children do.” Unfortunately, Omar was an exception.

WORKING IT

After surgery, Omar was sent to Children’s Specialized Hospital in New Brunswick for rehabilitation. “We stayed in close touch with the pediatric orthopedic surgeon, Dr. Stephen Adolfsen, who wanted to be sure the knee bones and patella had really fused before Omar began to bear weight on his legs,” says Michele Fantasia, MD, a specialist

in pediatric rehabilitation medicine at Children’s Specialized Hospital. “We worked with Omar on upper body and upper extremity training and core strengthening, all while he was in a special wheelchair that elevated his legs.” In June, Omar was cleared to walk with braces. In therapy, he began to bend his knees, bit by bit.

Omar was fortunate to have the considerable resources of Children’s Specialized, which include recreational therapy activities, water therapy and a therapy dog named Burton. “Our staff has experience in all developmental stages, and we are equipped with multiple therapeutic modalities,” Dr. Fantasia says.

Omar was discharged on June 21 and continues to go to the hospital for outpatient rehab. “Everybody at that hospital works with so much heart. It is a great place,” his mother Aliaa says. “In fact, we’re going to go back and volunteer to help people there.”

To learn more about Children’s Specialized Hospital, call 888-244-5373.

NEW WAYS TO FIGHT SUBSTANCE USE DISORDERS

AN INNOVATIVE PEER RECOVERY PROGRAM HELPS PEOPLE OPEN A WINDOW TO RECOVERY.

For information about placement into treatment for yourself or a loved one, call the State of New Jersey's IME (Interim Managing Entity) at 844-276-2777.

A hospital patient who has a substance use disorder may feel many things: fear, anger, loneliness, shame. What he or she may not feel is ready to accept help.

"That's where the magic of our Peer Recovery Program comes in," says Connie Greene, MA, CAS, CSW, CPS, Vice President of the RWJBarnabas Health Institute for Prevention and Recovery (IFPR). Peer Recovery Specialists—highly trained individuals who are in long-term recovery from their own substance use disorder—are available 24/7 at participating RWJBarnabas Health Hospitals through the Peer Recovery Program (PRP).

"Recovery Specialists are the best people to assess where this patient is at and how to engage him or her, because they've been in that bed," Greene explains. "That's a great relief for a person who may be isolated and may have exhausted relationships and resources."

For more information about the Institute for Prevention and Recovery, visit rwjbh.org/preventionandrecovery.

The goal of a Peer Recovery Specialist—one that often takes some time to achieve—is to get the person to agree to go to the next appropriate level of care, and to help him or her navigate the steps needed to maintain recovery.

NEW TACTICS FOR AN EPIDEMIC

In 2016 and 2017 alone, approximately 2,200 New Jerseyans died of overdoses. As part of the effort to reverse the tide, the IFPR staff has, with the help of state funding, gone from about 30 employees to about 160 over the past two and a half years.

The Peer Recovery Program is one of the innovative tactics the IFPR is using in its fight. In the past, patients who were brought to an emergency room with an overdose were given NARCAN to reverse the overdose, then sent on their way. Since 2016, participating RWJBarnabas Health hospitals have integrated Peer Recovery Specialists into ER teams, where they follow up with the patient and provide continuing support.



CONNIE GREENE, VP, IFPR

Now the Peer Recovery Program is functioning on medical floors as well. "Federal statistics tell us that between 9 and 10 percent of the population has a substance use disorder," Greene says. "So if you follow the data, up to 10 percent of the patients in our hospitals are affected."

Formerly, when a patient who was in the hospital for a different reason presented signs of a substance use disorder, physicians were often at a loss about how to proceed. Now Peer Recovery Specialists can be called in to come to the bedside, offer an intervention and guide the patient to the care that's needed.

"It's a very, very difficult job, but there is also the joy of holding someone's hand as they move into recovery," Greene says. Of the 5,500 people the Peer Recovery Program has interacted with, 85 percent have accepted recovery support services.

The blessings ripple out to family members as well. "Every morning when I see the whites of my son's eyes and hear him say 'Hi, Mom,' I want to cry, and then call you to thank you," one mother wrote to the Recovery Specialist who worked with her son. "May peace be with you on our journey as well—one day at a time."



KEEP YOUR KIDNEYS HEALTHY

TAME HYPERTENSION BEFORE KIDNEY DAMAGE OCCURS.

The heart beats steadily, creating pressure that moves blood through the body to nourish tissues and organs.

But when that pressure is too high—a result of obesity, genetics or other factors—the walls of blood vessels are damaged. They get weaker, narrower or harder.

Over time, the force of high blood pressure, or hypertension, can impair the arteries' ability to deliver sufficient blood to the

kidneys. In turn, kidneys can't fully perform their critical function of removing waste products and excess fluid from the body.

"There is a clear relationship between hypertension and renal failure that many



M. ISABEL ROBERTI, MD, PHD



RICHARD MANN, MD, MS

THE NATION'S #1 LIVING DONOR KIDNEY TRANSPLANT PROGRAM

Humans need only one kidney, so a person with two healthy kidneys can donate one of them to a desperately ill patient. Many people do just that, thanks to the world-class Living Donor Kidney Transplant program at Saint Barnabas Medical Center, which is ranked number one in the country. To learn more about kidney transplants or the Living Donor Institute at SBMC, visit www.rwjbh.org/sbmcckidneytransplant.



At right: The care team from the Renal and Pancreas Transplant Division at Saint Barnabas Medical Center.

To learn more about kidney transplant services at RWJBarnabas Health, visit www.rwjbh.org/kidneytransplant.

people may not be aware of," says Richard Mann, MD, MS, Medical Director of the Renal and Pancreas Transplant Program at RWJUH New Brunswick and Rutgers Robert Wood Johnson Medical School. "In many cases, hypertension plays a role in the progression of injury to the kidney and, in some cases, hypertension is the primary cause of renal injury."

A COMMON PROBLEM

More than half of the U.S. population over age 20 has high blood pressure, and an estimated 3.5 percent of children and teens have it as well. "For a long time, pediatric hypertension was an under-recognized problem," says M. Isabel Roberti, MD, PhD, Director of the Children's Kidney Center at Saint Barnabas Medical Center. "Now the recommendation is for blood pressure screenings to begin as early as age 3."

A "silent" disease, hypertension can go undetected without regular screening. "The earlier we catch hypertension, the better," says Dr. Roberti. "Damage due to high blood pressure in children and teens is reversible, and action now can prevent their having kidney problems as adults." The good news is that, in both children and adults, hypertension is treatable with a multi-pronged approach including medication, diet changes and exercise.

A New **State of Health** for **NEW JERSEY**, for the **NATION**, for the **WORLD**

RWJBarnabas Health and Rutgers University launch the state's largest academic health system

With the partnership of RWJBarnabas Health and Rutgers University, it is the dawn of an incredible new era in health.

Jointly, RWJBarnabas Health and Rutgers University will operate a world-class academic health system dedicated to high-quality patient care, life changing research and clinical training of tomorrow's health care workforce. By partnering, these two higher education and health care industry leaders will improve access to care and reduce health disparities in New Jersey and across the nation.

At the center of all of this are the patients who will benefit from increased access to a world-class academic health system, clinical innovation, groundbreaking research and newly developed centers of excellence, as well as more providers that families need to manage their health and wellness.



The recent Power of Pink luncheon featured the Judith W. Dawkins Ambassador of Excellence Award.



A PASSION FOR WOMEN'S HEALTH LIVES ON IN A GENEROUS DONATION.

For much of her life, Judi Dawkins was a tireless advocate and inspirational leader for Monmouth Medical Center (MMC), ultimately serving as a trustee on the hospital's board and chairing the board of its foundation. During her tenure as foundation chair, Judi helped launch the "Redefining Health Care Capital Campaign," which included oversight of \$15 million in upgrades for the Leon Hess Cancer Center, and the expansion of the Jacqueline M. Wilentz Comprehensive Breast Center.

An autoimmune disease tragically cut Judi's life short in 2017. This year, her family is continuing her legacy of generosity and service by making a \$4 million donation to establish the Judith W. Dawkins Women's Health Program at Monmouth Medical Center.

The program will provide a comprehensive array of healthcare services for women, including these services and more:

- Primary, obstetrics and prenatal care
- Breast health services, including mammography and breast imaging
- Gynecology services, including menopause care and pelvic health
- Cancer wellness
- Autoimmune disease care
- Nutrition and sports medicine
- Radiology and bone-density scanning
- Mental health services

The objective is twofold: First, to assemble these services into a coherent and closely linked collection of women's programs for enhanced care, and for the best possible coordination and shared understanding. Second, it is hoped that the effort will lead to new opportunities for collaboration, stimulating added research and new avenues of funding.

"Everyone who knew Judi knows how much her spirit and her deep commitment meant to Monmouth Medical Center," says Judi's husband, Pete. "The Women's Health Program is a fitting and substantive way for her to be remembered—as a champion, always striving to make things better, and working tirelessly to help those around her."

In addition, the family's donation has established the Judith W. Dawkins Ambassador of Excellence Award. The award will be given each year to a clinical team member, MMC trustee or outstanding community leader who exemplifies Judi's inspirational, ethical and leadership qualities. In July, current hospital trustee and former foundation chair Ann Unterberg was honored as its inaugural recipient.

To learn more about giving opportunities at MMC, please call 732-923-6886.

Pictured, center, is Isaac Tawfik, MD, Chief of Cardiology at Monmouth Medical Center. From left, cardiologists Lynne Einbinder, MD, Peter Farrugia, MD, Haris Usman, MD, Ajay Shah, MD, Julie Master, DO, and nurse practitioner Patricia Panfile, APN.



THE BEST CARDIAC CARE, A HEARTBEAT AWAY

THE BRAND-NEW CARDIOLOGY CENTER PROVIDES CONVENIENT AND COMPREHENSIVE CARE.



CARE FROM A CARDIOLOGY LEADER

Monmouth Medical Center is already a leader in heart care for the region. Its national recognition for safely providing the best heart care includes Joint Commission Disease Specific Certification for Acute Coronary Syndrome, Cardiac Rehabilitation, and Stroke, and the American Heart Association's Get With The Guidelines—Heart Failure Gold Quality Achievement Award.

If your heart doesn't work well, the rest of your body can't either. Whether a person has a life-changing heart attack, a congenital defect or a progressive condition such as congestive heart failure, the best care can make a dramatic difference in survival and quality of life.

That's why Monmouth Medical Center (MMC) created a new cardiac care facility in the landmark Pinnacle Building in Eatontown. The new location for Barnabas Health Medical Group (BHMG) cardiology practice, Monmouth Heart Specialists, offers the community convenient access to personalized, high-quality cardiac care, at a dedicated outpatient center, in a state-of-the-art facility.

"It's a cardiology hub," says interventional cardiologist Isaac Tawfik, MD, Chief of Cardiology at Monmouth Medical Center. "We have all outpatient cardiology services available—including sonography, echocardiography, nuclear medicine and arrhythmia monitoring by telemetry."

"We deliberately chose a building large enough to offer 'one-stop shopping,'" says Monmouth Medical Center President and CEO Bill Arnold of the 12,500-square-foot facility. "We know patients don't want to go all over town for testing and care. Here, we can do everything in-house."

According to Tanya Kenney, regional director of BHMG for Monmouth Medical Center and Monmouth Southern Campus, the group that has come together as Monmouth Heart Specialists offers board certification in cardiology, interventional cardiology, echocardiography, nuclear medicine, cardiac CT and vascular medicine, and are dedicated specialists in their fields. Collaboratively, they are able to provide their patients with the best and latest prevention and treatment for cardiovascular disease.

"We took into consideration what we want to be in terms of a center of excellence in cardiology. With the expertise of Dr. Tawfik, we built this site from the ground up to ensure that the group can provide the best, all-inclusive heart care," Kenney says.

PATIENT-FRIENDLY FEATURES

The cardiology center is furnished with new equipment, including the most recent Phillips 3D scanning technology and the "fastest nuclear scanner on the market," according to Dr. Tawfik, who adds that the facility is spacious, with an easy-to-navigate floor layout and comfortable examination rooms.

"The waiting room is fresh and attractive," says Dr. Tawfik, "but we want patients to go back to the exam room within minutes of arriving. Our goal is to respect their time and focus on their needs."

The new center is easily accessible from three major highways—the Garden State Parkway, Route 35, and Route 18—making it highly convenient for patients from many locations in Monmouth County.

ACCESS TO WORLD-CLASS CARDIAC SURGERY

Monmouth patients have another important advantage: They're connected with the state's largest health system. "Patients not only have access to great care with us," says Dr. Tawfik, "they can access advanced cardiac surgery through RWJBarnabas Health-affiliated hospitals Newark Beth Israel Medical Center, Saint Barnabas Medical Center and Robert Wood Johnson University Hospital New Brunswick. Our system's partnership with Rutgers, which has a large medical school, allows patients to connect with clinical research and join clinical trials, and they can receive the very latest care—for example, mitral valve interventions without open heart surgery, transcatheter aortic valve replacements and more. We really are at the forefront of heart care."

Your heart doesn't beat just for you. Get it checked. To make an appointment with one of Monmouth Medical Center's top cardiologists, call 888-724-7123 or visit rwjbh.org/heart.



PAGING SUN, SAND AND TALENT

**MMC KICKS OFF AN EXCITING NEW PARTNERSHIP WITH
RUTGERS ROBERT WOOD JOHNSON MEDICAL SCHOOL.**

Monmouth Medical Center (MMC) has a goal: to attract the best and the brightest among the next generation of physicians to call MMC and its community home.

To meet that goal, MMC has launched a partnership with Rutgers Robert Wood Johnson Medical School. Approximately 40 to 50 of the medical school's third- and fourth-year students will begin their clinical rotations at the hospital, and an additional five students will complete all their clinical rotations there.

To kick things off, administrators from both institutions co-hosted a beach party as a welcome and team-building event for leadership, administrators, medical school students and current residents at MMC. Themed "New Partners, New Friends," the outdoor celebration took place at Ocean Place Resort and Spa in Long Branch on June 28. The party featured a catered barbecue on the beach, followed by a bonfire, music, dancing and s'mores—all amid the breathtaking backdrop of Jersey sun, sand and surf.

"We look forward to forging this new academic partnership with the teaching faculty and administration at Monmouth Medical Center as a new regional campus," says Sherine E. Gabriel, MD, MSc, Dean, Rutgers Robert Wood Johnson Medical School. "The goal is to provide the best education for our students and hopefully retain as many physicians as possible to live and practice right here in New Jersey."



Top, team-building with students. Above, left to right: Bill Arnold, President and CEO, MMC; Sherine E. Gabriel, MD, MSc, Dean, Rutgers Robert Wood Johnson Medical School; Brian Strom, MD, MPH, Chancellor, Rutgers Biomedical and Health Sciences; Joseph Jaeger, DRPH, Chief Academic Officer, MMC; and Carol Terregino, MD, Senior Associate Dean for Education and Academic Affairs at Rutgers Robert Wood Johnson Medical School.

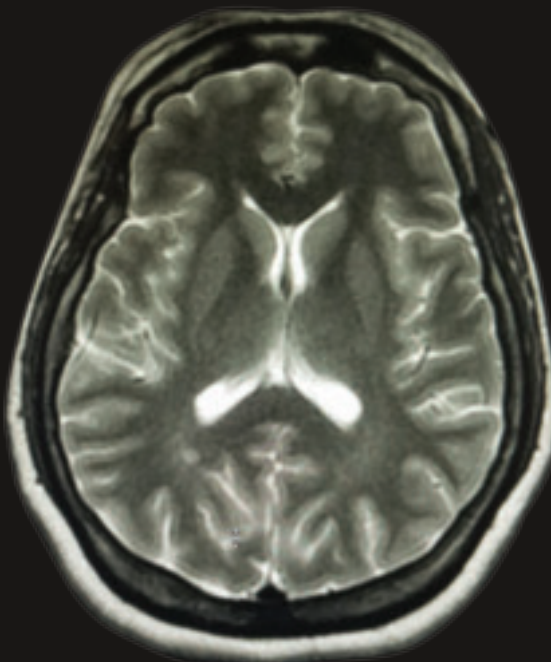
"We are proud to announce that Monmouth Medical Center will serve as a regional medical campus of Rutgers Robert Wood Johnson Medical School," says Bill Arnold, President and CEO of MMC. "Monmouth has a long history as a teaching hospital, and our respected reputation as a university-level medical center attracts outstanding physicians and dentists to our teaching faculty."

The leadership from both institutions took time to reflect on their success in bringing this idea to fruition. "What a great evening this was," says Carol Terregino, MD, Senior Associate Dean for Education and Academic Affairs at Rutgers Robert Wood Johnson Medical School. "It represents all the hard work that's gone into this past year in preparing MMC to be our regional campus for medical education. Our students just had a tremendous time and realized what a wonderful opportunity it will be to train at MMC—and having the beach in your backyard is not a bad thing!"

To learn more about the MMC/Rutgers Robert Wood Johnson Medical School partnership and see a video of the beach party celebration, visit rwjbjh.org/mmcmeded.

Precisely RIGHT

**A NEW MRI MACHINE PROVIDES
A STATE-OF-THE-ART EXPERIENCE.**



At left, a T2 weighted Brain MRI of the cerebral ventricles filled with bright CSF (cerebral spinal fluid). MMC's new MRI has been accredited by the American College of Radiology for brain, lumbar spine, female pelvis, knee, high-resolution arch and carotid contrast enhanced.

In the early days of photography, subjects had to pose stock-still for minutes at a time in order for an image to be captured. Today, smartphones capture photos in less than a second.

That's a pretty good analogy for the way MRI (magnetic resonance imaging) technology has improved over the years. Monmouth Medical Center (MMC) recently acquired a state-of-the-art MRI machine, the General Electric 1.5 Signa Artist, to give patients the most comfortable experience available and doctors the most precise imaging yet.

MRI technology relies on components called "receiver coils" that pick up signals from the area being scanned. The better the signal, the higher the quality of the image. The coils on MMC's new MRI can be adjusted closer to the body part being scanned. This allows for precise and accurate scans of areas that vary a great deal from patient to patient, such as elbows and knees.

EASIER, QUIETER SCANS

The new machine's speed is also optimized and has a larger bore (opening), meaning that a patient who is claustrophobic or has difficulty lying still can now tolerate a scan.

In fact, patients can enter the new scanner feet first. "That's big," explains Stanley Lu, MD, Chief of Neuroradiology. "In a traditional chest or abdominal MRI, your head is deep inside the MRI tube. Going in feet first is like draping a blanket over your lower body."

During a typical MRI, patients hear loud clicks, thumps and thuds. "We chose quieter technology and stronger magnets specifically to decrease noise," says Richard Ruchman, MD, Chair of



Cutting the ribbon dedicating MMC's new MRI is Richard Ruchman, MD, Chairman and Program Director, Department of Radiology. Also pictured, from left, are Eric Carney, COO; Barbara Richardson, Regional Director, Radiology for MMC and MMCSC; Thomas Heleotis, MD, VP, Medical Affairs and CMO; Louis Rodriguez, MMC Trustee, Neuroradiologist Stanley Lu, MD; MRI Tech Nicholas DeMonte; Bill Arnold, President and CEO; and Michael Perdoni, VP, Operations.

Radiology. Scans can be as quiet as a whisper.

The new MRI also allows images to be manipulated in order to show detailed aspects of the various part of the anatomy. This allows doctors to view minute problem areas such as groups of nerve fibers or micro-bleeds in the brain from accidents or trauma. The technology also provides images of the brain in use so that surgeons can avoid areas responsible for speech or movement.

Of course, any tool is only as good as the hands that wield it. In that area, MMC patients can rest assured. "Monmouth radiologists are among the best in the world," says Dr. Ruchman. All MRIs are interpreted by board-certified physicians with training in their chosen specialties within radiology. They also provide multidisciplinary care, meeting regularly with other specialists to craft personalized treatment plans for every patient—now, based on even more advanced and precise imaging.

To learn more about MRI and other advanced imaging at Monmouth Medical Center, call 732-923-6800.

FOUR TIMES LUCKY

EACH BABY BOY IN THE KENNETT FAMILY GOT THE LIFESAVING HELP HE NEEDED AT THE HIRAIR AND ANNA HOVNIANIAN FOUNDATION REGIONAL NEWBORN CENTER.

Over an eight-year period, Michael and Mackenzie Kennett of Monmouth County discovered firsthand the high standards at the neonatal intensive care unit (NICU) at Monmouth Medical Center. Each of their four boys needed specialized care there.

The Kennetts' first child, Max, born at 26 weeks, spent four and a half months in the NICU. "He was so tiny that he didn't even look like a baby," says Mackenzie. "He had ruby-red skin and was hooked up to so many tubes." Max underwent serious surgeries on his lungs and intestines, with his prognosis changing from day to day.

CONSTANT COMMUNICATION

"Because Max was our first, he was the hardest," says his father, Michael. "But the medical team was amazing. They told us what they would be doing, step by step, before they did it, along with the probable outcomes."

To learn more about the Hirair and Anna Hovnanian Foundation Regional Newborn Center, call 732-923-7250. To learn more about the Kennetts' story, view our video at rwjbh.org/fourofakind.



The Kennett Family of Freehold and members of Monmouth Medical Center's NICU clinical team gather on the field during the August 3 pregame ceremony at an "Amazing Saves" RWJBarnabas Health promotion night at the Lakewood BlueClaws' FirstEnergy Park. Dr. Diane Attardi is pictured 10th from right.

"They called me about the smallest things, just to let me know what was happening," Mackenzie remembers. "They'd sit with me and rub my shoulder and listen to me cry. You could tell that they actually cared about our child, not just for him."

The Kennetts' next son, Colton, now age 4, was born at 36 weeks and wasn't

expected to require extra care. However, his breathing was labored from fluid retention in his lungs following cesarean birth. He spent nine days at the NICU while his problem was stabilized.

Finally, twins Pacey and Calum, born at 34 weeks, had to remain at the center for eight and nine days, respectively, in order to regulate their body temperatures.

Today, all four boys are thriving. Mackenzie and Michael agree that the unit's exceptional caregivers made all the difference.

PARTNERS WITH PARENTS

Diane Attardi, MD, is one of these caregivers. Dr. Attardi is a neonatologist



50 YEARS OF SAVING BABIES

Now celebrating its 50th anniversary, the Hirair and Anna Hovnanian Foundation Regional Newborn Center (RNC) at the Unterberg Children's Hospital, a part of Monmouth Medical Center, is one of the nation's top-rated neonatal intensive care centers. The unit has one of the highest survival rates in the country. In addition to prematurity, the center treats conditions such as congenital disorders and low birth weight. Patients at the Newborn Center are among the tiniest and most fragile infants, as small as 1 pound and as young as 23 weeks.

Since 1968, the RNC has provided specialized care for thousands of babies, most recently for up to 500 babies a year. At the same time, it has retained its family-centered focus, treating parents and family members with compassion and respect.

who is specially trained to care for high-risk, complex cases of newborns. She's part of a team of doctors, nurse practitioners, nurses, therapists, social workers, case managers and clerks who provide family-oriented care at the MMC NICU.

"Dr. Attardi was so patient and down to earth, and willing to talk to me in clear and accessible language," Mackenzie says. "If I didn't understand something, she would explain it to me again."

"The beauty of my job is that I'm

able to form these types of relationships with families," says Dr. Attardi, who has worked in the unit since 1999.

"Of course, the Kennetts were unique in having four infants from their family in our care, starting with Max," she continues. "The little guy was so sick and so fragile—and she had to relinquish his care to us. Mackenzie was such a staunch advocate for Max, but I always felt that she trusted us."

Given their experience with the

center, the Kennetts' close bond with Dr. Attardi is still going strong, long after the boys were patients. "Having an ailing newborn is an experience I wouldn't wish on anyone, but the quality of care we received at the center made all the difference to us," Michael says.

"We are humbled every time a parent tells us this," Dr. Attardi says. "We've been given a gift in working so closely with parents like the Kennetts and their newborns."

**You just had a
complete physical.**

**You still need
a mammogram.**

It's curious how healthy habits can become go-to excuses. But don't excuse yourself from getting a mammogram. At Monmouth Medical Center, we offer the latest in comprehensive breast health services including mammograms, 3D mammograms, genetic testing, breast surgery and more — like peace of mind. And with breast health centers conveniently located in Monmouth County, finding us is simple, too.

Making excuses is easy. Making an appointment is easier. Schedule your visit to the Jacqueline M. Wilentz Comprehensive Breast Center at rwjbh.org/mammo.

**Monmouth
Medical Center**

**RWJBarnabas
HEALTH**

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

Let's beat breast cancer together.

