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MONMOUTH

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WELCOME LETTER

MARKING CHANGE —AND CONTINUITY

IN 1998, I ASSUMED THE POSITION OF EXECUTIVE DIRECTOR OF Monmouth Medical Center. As chief executive officer, I have held responsibility for the daily operations of Monmouth, a Barnabas Health facility and one of the state's largest teaching hospitals.

After nearly 20 years as Monmouth's chief executive, I have been named to the position of executive vice president of Barnabas Health and chief executive of Monmouth Medical Center, Southern Campus, and as of April 1, I'm turning over the reins of Monmouth Medical Center to my longtime chief operating officer, Bill Arnold. Bill's tenure at Monmouth mirrors mine as executive director—he joined the hospital in 1998 as administrative director of operations.

As chief operating officer since 2006, Bill has been recognized as a senior executive who has established himself as a leader in the development of strategic partnerships and a champion in the growth of both outpatient and emergency services. During his tenure at Monmouth Medical Center, Bill has developed great community relationships, which place him and the hospital prominently in the community.

Over the last 17 years, Bill and I have developed a unique rapport as leaders of Monmouth Medical Center. Together, we have helped guide Monmouth to national and statewide distinction, including the Thompson Top 100 Performance Improvement Leaders Award, and have overseen a period of tremendous growth—in patient volume and services, and in the merger with Kimball Medical Center, which is now Monmouth Medical Center, Southern Campus. Working together, we have been able to achieve our goals and ensure that Monmouth Medical Center and Monmouth Medical Center, Southern Campus, continue to thrive as vital resources for healthier communities.

It has been my tremendous honor to serve in the top leadership role at Monmouth Medical Center—where I began my career as a surgical resident and where I based my entire professional career as a general surgeon—serving as program director of the general surgery residency program and as president of the hospital's 900-member medical and dental staff. Through my new role, I look forward to participating in clinical integration, strategy and growth as Barnabas Health expands and combines forces with Robert Wood Johnson Health System to create the state's largest health system and one of the largest in the nation.

Sincerely,



Frank Vozos, M.D.,
and Bill Arnold

FRANK J. VOZOS, M.D., FACS
EXECUTIVE VICE PRESIDENT,
BARNABAS HEALTH,
AND CHIEF EXECUTIVE,
MONMOUTH MEDICAL CENTER,
SOUTHERN CAMPUS

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



The Food Revolution: The Cost of Cheap Food

Marion Nestle is a consumer advocate, nutritionist, award-winning author and academic who specializes in the politics of food and dietary choice. Her books and research explore social influences on food choice and obesity, the effects of food production and dietary intake, and food safety with an emphasis on the impact of food industry marketing.

Acclaimed Professor of Nutrition and Public Health at NYU, Author of Food Politics and Eat Drink Vote

She is ranked #7 on the list of 100 most influential people in health and wellness, among Deepak Chopra #6, Michelle Obama #9, Oprah Winfrey #11, Jamie Oliver #15 and Gwyneth Paltrow #22.



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- Where Did My Libido Go?
- Reactivation Energy Healing: A Whole New Way
- Caring For An Aging Parent - An Individualized Toolkit
- It's Not You. It's Your Hormones!
- Meditation With A Side of Forgiveness
- The Healthy Foods You Are Eating Are Causing Weight Gain, Disease & Premature Aging
- Where Did I Leave My Keys? How To Sharpen Our Memory As We Age
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- Local medical practices, businesses & health care facilities in fitness, food, cosmetics and wellness fields
- Products for mind, body and soul & free giveaways
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PROCEEDS:

- Proceeds will continue to support free educational health and wellness programs and services that Monmouth Medical Center develops to make vital health care information accessible to the entire community.

ADMISSION:

- \$125 Regular Admission
- Visit WEforumGroup.org for tickets
- Nursing Contact hours to be awarded. Monmouth Medical Center is an approved provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. (Provider Number P91-7/2014-2017) Approved status does not imply endorsement by MMC or ANCC of any commercial products or services.

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A hospital TURNS TEN

THE UNTERBERG CHILDREN'S HOSPITAL AT MONMOUTH MEDICAL CENTER MARKS A DECADE OF CARING FOR CHILDREN.

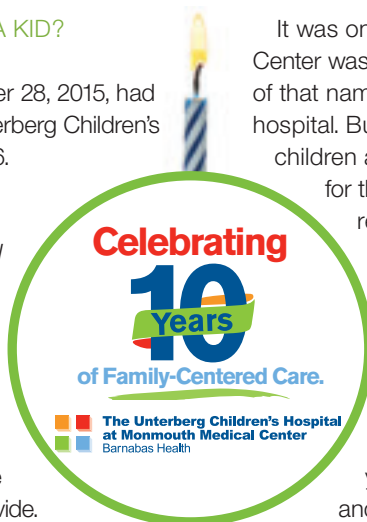
RIDDLE: WHY IS A HOSPITAL LUCKIER THAN A KID?

Answer: It gets to celebrate a "birthday" all year.

Indeed, while a child who turned 10 on December 28, 2015, had a big day that day, Monmouth Medical Center's Unterberg Children's Hospital is having a big celebratory year—all of 2016.

The contrast may seem unfair to kids till you remember that Unterberg's whole purpose is to assure more birthdays—happy, healthy ones—for all of the children of Monmouth and Ocean counties.

As a regional leader in pediatric health care and a teaching affiliate of the prestigious Drexel University College of Medicine in Philadelphia, Unterberg offers young people—from newborns through adolescents on the brink of adulthood—the leading-edge treatments and specialized expertise that only a comprehensive children's hospital can provide.



It was on December 28, 2005, that Monmouth Medical Center was recognized for its strength in Pediatrics and its unit of that name was licensed by the state as an official children's hospital. But Monmouth's commitment to top-quality care for children actually goes back much further. A special area for the care of youngsters was mentioned in its annual report in 1904. And its Regional Newborn Center opened its doors in 1968 as New Jersey's first neonatal intensive care unit and the first such unit in a community hospital in the nation. Today the medical center's commitment to state-of-the-art care for almost every pediatric health issue at every stage of young life goes on.

So this 10-year-old is clearly wise beyond its years—but never too venerable to toot the horns and blow out candles. Happy "Birthday," Unterberg!

HIGH HONOR FOR A CHILDREN'S DOCTOR

Who's the Garden State's "Pediatrician of the Year"? The choice will likely please all of the friends of Monmouth Medical Center—and surprise none. It's Margaret C. Fisher, M.D., chair of the medical center's Department of Pediatrics and medical director of The Unterberg Children's Hospital.

Dr. Fisher was selected for the 2016 honor by the New Jersey Chapter of the American Academy of Pediatrics (NJAAP). It marks "the recognition and respect of peers for consistently providing an exceptional level of care to patients and families and distinguished contributions to the pediatric profession." And it's hard to imagine a children's doctor anywhere in America—let alone in New Jersey—who more deserves such recognition and respect.

Eminence makes some outstanding individuals seem unapproachable, but somehow that has never happened to Dr. Meg Fisher. She has the same delighted rapport with individual children that she

had before she earned her stripes as an internationally renowned expert on pediatric infectious diseases (and immunization advocate). She's the AAP chapter's immediate past present and—to cite just one of her dozens of publications and other accomplishments—she's editor-in-chief of an AAP-published book titled *Immunizations & Infectious Diseases: An Informed Parent's Guide*.

She is also a medical educator of the first rank. At conferences and annual meetings, says NJAAP Executive Director Fran Gallagher, "her unique combination of world-class expertise, unbridled enthusiasm and engaging style fills every seat in the house."

Dr. Fisher will be recognized at the chapter's annual gala in late April in Somerset. But she's already voiced her gratitude for the "Pediatrician of the Year" designation—and characteristically



"Pediatrician of the Year" Margaret C. Fisher reads to a young patient.

bounced the plaudits right back at her Monmouth Medical Center colleagues and her patients' families. "It is a privilege to work alongside such a dedicated group of healthcare professionals at an exceptional facility and provide care to the children whose families put their faith in all of us," she said.



Saved from a 'perfect storm'

FAST ACTION BY FAMILY, FIRST RESPONDERS AND MONMOUTH MEDICAL CENTER CLINICIANS RESTORES A HEART-ATTACK PATIENT TO HEALTH.

THERE'S NO GOOD TIME TO HAVE A HEART ATTACK, but the middle of a blizzard is a very bad one. Fortunately, when Oceanport resident Thomas Williams suffered that fate this winter, the story had a happy ending.

Like countless other residents, the 69-year-old painting contractor spent hours on Saturday, January 23, digging out from the heavy snowstorm that was hitting our region. At the height of the blizzard, he suffered a massive heart attack. But unlike nine others on the East Coast who died from cardiac arrest while shoveling snow, Thomas survived—thanks to the quick reactions of his wife, the Oceanport First Aid Squad and a team of doctors and nurses at Monmouth Medical Center.

"I remember pushing the snow blower, coming inside and taking off my boots, and feeling short of breath," he says. "I took two baby aspirins, and then my wife told me to lie down on the couch."

His wife, Gayle, asked if she should call the EMTs, and when he told her, "I think you'd better," she knew it was serious. Moments later, he suffered what is known as v-fib—ventricular fibrillation—the most serious cardiac rhythm disturbance.

"With v-fib, the lower chambers of the heart quiver and the heart can't pump any blood, causing cardiac arrest," says Monmouth Medical Center interventional cardiologist Michael A. Wappel, M.D., who performed emergency cardiac catheterization and percutaneous intervention that opened Thomas' blocked artery and restored the function of his heart.

Dr. Wappel notes that while the blizzard created a "perfect storm" of conditions that led to Thomas' heart attack—severe cold and a great deal of wet, heavy snow—an equivalent "perfect storm" of



Thomas Williams and his wife Gayle.

timely reactions fortunately made his recovery possible.

"Everything worked perfectly," says the doctor.

First Gayle, a retired Long Branch high school guidance counselor, called 911 immediately and performed CPR until help arrive. (She'd been certified in the technique by the Oceanport First Aid Squad years before, when the older of her two sons was born with a congenital heart blockage.) The EMTs recognized Thomas' lethal arrhythmia and shocked his heart to get it beating again, and then transported him to Monmouth Medical Center's Emergency Department, where he arrived at 4:30 p.m.

Among the first responders playing key roles in his transport and emergency treatment were Oceanport police officers Matthew Cole and William Resnyk, fireman Jerry Bertekap and volunteer fireman Stuart Briskey.

In Monmouth's ER a "Code STEMI" was begun—the process put in place to treat all heart-attack patients. Back in 2006, Monmouth Medical Center joined the American College of

Thomas recuperates in the hospital with his doctor, interventional cardiologist Michael A. Wappel, M.D., at his bedside.



Cardiology in launching a national quality improvement initiative to ensure that patients like Thomas with ST-segment elevation myocardial infarction (STEMI) undergo emergency angioplasty. (A myocardial infarction is a heart attack; the “ST segment” refers to interval between the “S” and “T” waves on an electrocardiogram, or EKG—elevation suggests that severe heart damage is possible.) The result was “Code STEMI,” and its record has been impressive.

WHAT THE ‘CATH LAB’ OFFERS

Monmouth Medical Center’s Cardiac Catheterization Laboratory provides invasive cardiac services, offering the most advanced technology in the diagnosis and treatment of a wide range of cardiac disorders. Also offered is full-service diagnostic cardiac catheterization and emergent angioplasty for heart attack. To learn more, call 732.923.6875.

When a patient arrives at Monmouth Medical Center with symptoms of a heart attack, in minutes Emergency Department physicians order an EKG. It can detect signs of poor blood flow, heart muscle damage, abnormal heartbeats and other heart problems. If a heart attack is diagnosed, a Code STEMI is activated, with the on-call interventional cardiologist and the specially trained cardiac catheterization team called in for emergency treatment. The Code STEMI team that cared for Thomas, led by Dr. Wappel, acted quickly despite the blizzard, performing a lifesaving emergency angioplasty.

“Dr. Wappel did a miraculous job,” Thomas says. “All of my doctors were phenomenal.”

“My colleague, Dr. Jeffrey Osofsky, was covering the hospital, and he coordinated everything until I arrived, when Thomas was in the cath lab—prepped and ready to go,” Dr. Wappel says. “It was a huge team effort, from the moment of his heart attack through his cardiac catheterization and interventional procedure. It was truly amazing considering the blizzard conditions.”

Before the advent of interventional cardiology, says Dr. Wappel, the cardiac arrest Thomas suffered was known as a “widow maker.” “Previously, doctors wouldn’t have been able to offer his family much hope,” he says. “This is a classic type of heart attack, and with the interventional cath we were able to open the blocked artery with a stent.”

Dr. Wappel thinks that even though Thomas lost about half of his heart function as a result of his heart attack, the loss is most

likely not permanent. “I think we’ll see his heart muscle recover,” he says.

A big concern in cases like this is damage to the brain, and he considered therapeutic hypothermia, which seeks to maintain a specific body temperature in a person surviving out-of-hospital sudden cardiac arrest and can improve rates of long-term neurologically intact survival. “But he was in recovery following the cardiac cath by 9 p.m., wide awake and alert,

so there was no need for him to go through that,” Dr. Wappel explains. “The next morning when we checked on him, he was absolutely fine and had suffered no memory loss.”

In fact, in a conversation prior to his hospital discharge January 27, Thomas vividly recalled a visit in late November to his longtime primary care doctor, Monmouth Medical Center internist Michael Disciglio, M.D., who himself, several years earlier, had survived a “widow-maker” heart attack thanks to the Code STEMI process. Thomas had undergone a stress test during that office visit, and he says even though it yielded good results, it prompted him to finally quit smoking.

“Dr. Disciglio had been after me for years to quit smoking, and I figured my negative stress test was telling me I had pushed my luck long enough,” he says with a smile.

Dr. Wappel notes that in every snowstorm, cardiologists see the type of heart attack Thomas had in patients who have been exerting themselves clearing snow. In Thomas’ case, he explains, weather conditions combined with the blockage triggered his heart attack.

“Thomas didn’t have a severe blockage—his artery was less than 50 percent blocked—but he was out in the cold, which restricts arteries,” says the doctor, adding that there was a lot of snow, and it was colder than usual. “One reason shoveling snow can lead to a heart attack is that the sudden stress of the shoveling causes the plaque in arteries to rupture, prompting the coronary artery to develop acute thrombus (blood clot) and completely close, which starts the heart-attack process.”

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